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VOL. 30, NO. 1

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 1, 2022

JULY SUNRISE/SUNSET: 1 6:39 • 8:25 2 6:30 • 8:25 3 6:40 • 8:25 4 6:40 • 8:25 5 6:41 • 8:25 6 6:41 • 8:25 7 6:41 • 8:25

## Celebrate The Red, Wild And Blue On Sanibel

The theme for the 30th annual Sanibel & Captiva Islands Independence Day Celebration is Red, Wild & Blue, and commemorative T-shirts and tank tops are selling fast. Featuring an eagle design created by Sanibel artist Rachel Pierce, the T-shirts and tank tops are \$10 each for sizes S-XL and \$12 each for size XXL. They are available at Bank of the Islands, located at 1699 Periwinkle Way on Sanibel. Volunteers will be selling shirts along the parade route on Monday, July 4.

The parade begins at 9:30 a.m. on July 4 at the intersection of Periwinkle Way and Tarpon Bay Road. The route continues down Periwinkle Way and ends at Casa Ybel Road. JN "Ding" Darling National Wildlife Refuge will serve as grand marshal. The use of water guns, launchers and hoses is prohibited during the parade.

Periwinkle Way will be closed from



The Independence Day parade T-shirt design, featuring artwork by Rachel Pierce image by Island Sun

Donax Street to Tarpon Bay Road beginning at 9 a.m. and will reopen around noon. Parade viewers are encouraged to secure their spots early, and bring lawn chairs or blankets, bottled water, sunscreen and bug spray. Parking

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## Poll Worker's Patriotic Legacy

Yvonne Hill has been a Sanibel resident for over 20 years. She curated the Gavin-Walker historical exhibit and published the book *Images of Sanibel*. But her favorite story to tell is the legacy of her mother, Laura Wooten. LMW or GMac, as she is known to her family, holds the national record for being the longest-serving poll worker in the country – 79 consecutive years.



Laura Wooten

On July 1, Princeton University recognized Wooten's outstanding service to the nation by naming a campus building after her. Marx Hall was renamed by the Princeton Board of Trustees to Laura Wooten Hall. The building houses the University Center for Human Values,

academic offices, a department library and teaching spaces. The naming of Laura Wooten Hall is intended to honor Wooten's extraordinary contributions and emphasize the importance of civic engagement at all levels.

Wooten volunteered at local, primary and general election polls in New Jersey for 79 years, never missing a year. In the summer of 2021, Gov. Phil Murphy signed "Laura Wooten's Law," citing her as the longest-serving poll worker in the country and mandating civic education in New Jersey public schools. The legislation focuses on middle school curriculum guidelines to ensure that students study the values and principles underlying the American system of constitutional democracy, the function of government and the role of a citizen in a democratic society. "Laura Wooten's life is a study in civics," Murphy said at the July 2021 signing ceremony. "She set a tremendous legacy of service. Even more importantly, in her life, born in the segregated South, she persevered through sexism and racism, including in New Jersey. Her life stands as evidence that change in a

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## Chamber To Host Hospitality Expert At Luncheon

Dr. Catherine Curtis, director and associate professor in the School of Resort and Hospitality Management at Florida Gulf Coast University (FGCU), will speak about the school's program at the business luncheon meeting of the Sanibel & Captiva Islands Chamber of Commerce. The meeting will begin at 11:30 a.m. on Wednesday, July 13 at Thistle Lodge at Casa Ybel Resort on Sanibel.



Dr. Catherine Curtis

Dr. Curtis' research focuses on employee and managerial performance in the hospitality industry. She completed her doctoral studies in hospitality management education at University of Central Florida in Orlando, where she also completed a master's degree in hospitality and tourism management. Prior to joining FGCU, she was a faculty member at Oklahoma State University in Stillwater and Florida

International University (FIU) in Miami.

Dr. Curtis has taught courses in organizational behavior; hospitality accounting, management and leadership; and food and wine. She has more than 15 years of industry experience focused on beverages, multi-unit management and accounting. She has served as the managing editor for FIU's *Hospitality Review* journal and writes reviews for various journals on hospitality and tourism, and other related fields. She has served as the secretary for the International Council of Hotel and Restaurant and Institutional Education.

"Dr. Curtis is an established authority in the field of hotel and food and drink industries," said John Lai, chamber president and chief executive officer. "She will fill in members on the workings of FGCU's educational programs in those fields and how the university is preparing a new generation of tourism management."

The chamber business lunch is a monthly networking opportunity held at various member locations. Members receive invitations by email. Cost for the luncheon is \$30 for chamber members only. Advance registration is required to attend; walk-ins are not accepted. Register by 5 p.m. on Friday, July 8 at [www.sanibel-captiva.org](http://www.sanibel-captiva.org) or by calling 472-8255. Payment is due at time of registration.✪

## Providing Meals With A Smile For Over 40 Years

Elaine Parente, meals manager for the FISH of SanCap Meals-by-FISH program said, "Meals are such a simple, basic need, yet many go without." The Meals-by-FISH program provides nutritious meals throughout the week for older adults and residents with disabilities and who no longer cook. Those experiencing a short-term situation, like recovering from a medical procedure, also take part in the program.

FISH has provided Meals-by-FISH for over 40 years. The program, which doubled in size during the pandemic, takes a team of volunteers and a volunteer manager to keep it running smoothly year-round. "The FISH meals program was one of our first services and truly a community effort," said Maggi Feiner, president of FISH.

When it began, the islands' churches provided the meals on a rotating basis to residents of Sanibel and Captiva. As the need for this service grew, FISH partnered with Bailey's General Store, who began preparing the meals. "Back then – over 20 years ago – we called each participant to take their order for the following day,"



Chef Karl Hamme of Bailey's hands a prepared meal to Elaine Parente for delivery to a resident in need photo provided

said Feiner. The chefs at Bailey's prepare the Meals-by-FISH menu while their staff sorts, bags and labels each meal on a daily basis. Each meal consists of a protein, starch and vegetable.

Today, this large, multi-faceted service is managed and coordinated by FISH volunteer Elaine Parente, who has been

continued on page 2

## OBITUARY

## ROBERT LAURENCE COX

Robert Laurence Cox, 84, went to be with Our Lord on June 22, 2022. Formerly of Mystic, Connecticut, he was a resident of Sanibel Island and Fort Myers, Florida.



Born in Bronx, New York, he was the son of Laurence and Grace McNulty. He is survived by his wife of 57 years, Susan Campbell Cox; daughters, Elizabeth "Camie" Cox of Mystic, Connecticut, Megen Leah Cox of Frederick, Maryland and his beloved son, Matthew who preceded him in death; brothers John of Maui, Hawaii, William J. of Killingworth, Connecticut; son-in-law, Blair Wright of Frederick; and brother-in-law, David G. Campbell, MD, of Hanover, New Hampshire.

Robert graduated from Monson Academy in 1955, Bates College in 1959 and Harvard Business School, Class of 1966. He was employed by Union Carbide and was CEO of Auralux Corp. in Hope Valley, Rhode Island.

His hobbies included woodworking, his dogs, golf and sailing in the waters of Long Island Sound with his beloved son, Matthew and friends. He was a member of Mason's Island Yacht Club and Ram

Island Yacht Club.

Robert is remembered as intelligent, industrious and devoted to his family. He was a loyal friend.

A service will be held to honor his memory at a later date.

Memorial contributions may be sent to: Hope Hospice, 9470 HealthPark Circle, Fort Myers, FL 33908. Visit the online guestbook at [www.harvey-engelhardt.com](http://www.harvey-engelhardt.com) to share condolences and photos.\*

## 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.\*

From page 1

## Meals

a volunteer since 2013. Originally from Pittsburgh, Pennsylvania, Parente had been visiting Sanibel with her family since the 1980s, but once her husband visited, it was clear the island was where they wanted to start their next chapter. Initially considering Sanibel as part-residents, Parente said it didn't take long before they

decided to make the full-time transition.

"I decided I wanted to volunteer someplace on the island but didn't know where," said Parente. "A friend told me about FISH's ice cream social at the former Zebra Frozen Yogurt – which is now Joey's (Custard) – and I met Lyn Kern and Nicole McHale, who told me all the exciting ways I could help my community."

Parente initially worked in the food pantry every Monday morning and at the walk-in center reception desk some afternoons. As she learned more about FISH and the volunteer opportunities, she added meal delivery to her responsibilities and eventually became meals manager.

"It takes a great deal of coordination between those needing meals and the FISH volunteers that deliver them to keep this program running smoothly," said Erika Broyles, seniors services director. "The meals programs also brings a smiling volunteer who may chat a few minutes with our neighbors." Last year, FISH distributed 5,090 meals to Sanibel and Captiva households.

When asked why she stays involved with the FISH organization, Parente said she particularly enjoys helping those who live here but don't have family close by. "Since I'm not close enough to always be of help to my mom, who still lives in Pennsylvania, I can be a help to someone else's parents," Parente said. Her volunteer position gives her a way to express her appreciation for the community. "Even though I help FISH, I feel it has helped me too. The people

I've met, the friends I've made, what I've learned as well as the help I've been able to provide, has made such a difference," said Parente. "All of the service organizations on Sanibel are worthwhile and provide much needed help and education. I guess what makes FISH unique is everything they do, they do to help people directly. Their services make an impact immediately."

"The first thing I would tell anyone considering volunteering with FISH is that it can be so rewarding," said Parente. "Everyone is assured to find a service area they enjoy because FISH offers so much to the community. Also, if someone is new to the community, volunteering provides an opportunity to meet people and make new friends, people you might not meet otherwise."

FISH provides many services, from loaning medical equipment, to providing nourishment through several food programs, assisting with financial needs, being someone's daily contact, and helping people understand and prepare for emergency situations.

"Volunteers are the lifeblood of FISH in providing services throughout the community. Our volunteers meet the neighbor they are helping, get to know them and form a heart-warming kinship. Elaine, as do all of our volunteers, not only gives time, but also their hearts. We are truly lucky to have dedicated and caring volunteers," said Feiner.

For more information on FISH programs and services, visit [www.fishofsanibel.org](http://www.fishofsanibel.org).

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Children created fish and other sea creatures out of shells photos provided



A little one showing mom her fish painting



Grandparents made fish-themed snacks with their grandchildren; pretzel rod fishing poles, licorice fishing line and gummy worm bait

## Next Messy Church Features Christmas In July

Celebrate the Christmas season a little early at the next Messy Church monthly gathering on Sunday, July 10 from 4 to 6 p.m. at St. Michael and All Angels Episcopal Church. This free community event includes activity stations for all ages, with something for everyone from ages 1 to 100.

The first hour will feature Christmas

themed crafts and games, followed by storytime and singing Christmas songs. A pulled pork dinner will be served at 5:30 p.m. (vegetarian, gluten-free and children's options available).

Last month was a fishing theme. Guests fished for prizes, made fish paintings with celery stick brushes, created sea creatures out of shells and made fish bracelets.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. For more information, visit [www.saintmichaels-sanibel.org/messy-church](http://www.saintmichaels-sanibel.org/messy-church) or contact Sue Van Oss at 472-2173.✪



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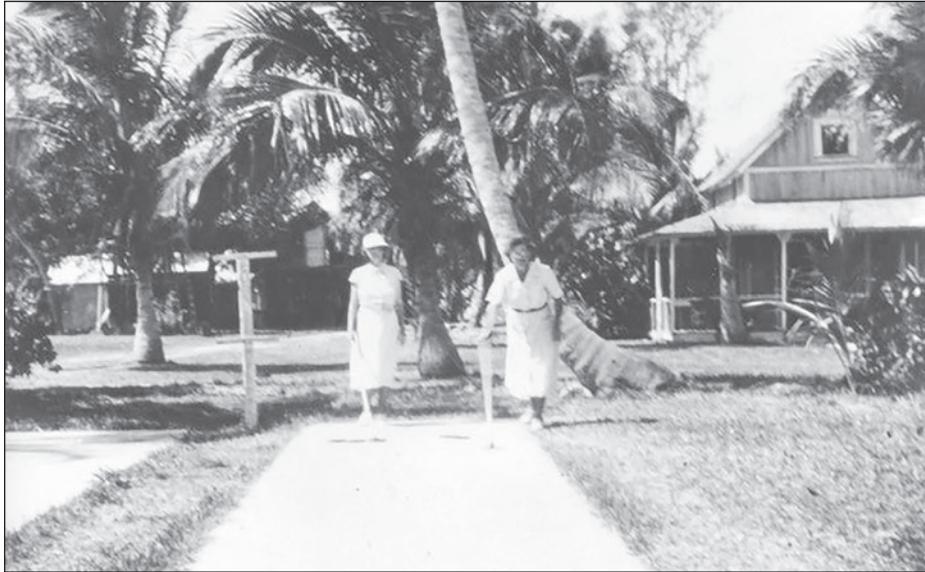
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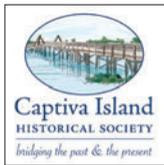
Captiva Island Historical Society

# Landmark: Fisherman's Lodge



Emma Alt, right, with a friend on the shuffleboard court at Fisherman's Lodge  
photo courtesy Captiva Island Historical Society Archives

This image depicts Emma Alt and a friend playing shuffleboard on the Fisherman's Lodge court, pre-1940. Fisherman's Lodge burned down in 1948.



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

Visit the website at [www.captiva-island-historical-society.org/archives/research](http://www.captiva-island-historical-society.org/archives/research) to view many more images to bring you closer to Captiva.\*

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

## 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](mailto: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](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto: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](http://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](http://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](http://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](http://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](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.\*

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# Protect Birds On The Beach This Holiday Weekend

Independence Day is a cause for remembrance and celebration. Unfortunately, celebratory fireworks can literally frighten birds to death. The City of Sanibel reminds residents and visitors that the possession and discharge of fireworks on Sanibel is illegal. This local ordinance, passed in 2001, is important for the protection of Sanibel's wildlife and wildlife habitats. Bursts of color and noise wreak havoc on coastal birds, especially for nesting species. After each fireworks explosion, birds panic and fly from their nests, scattering the chicks and exposing them to predators and heat. Debris left from the fireworks litters beaches and near-shore waters and can be easily mistaken for food by sea turtles and other marine animals. Hungry chicks nibble on plastic refuse, even ingesting some of the smallest pieces. Audubon Florida urges Floridians and visitors to let the birds nest in peace. Over the Fourth of July weekend, Audubon Florida's bird stewards will be out in force at locations across the state where people and beach-nesting birds come together. These ambassadors for nature help coastal visitors learn about the birds to better understand what is happening inside posted areas. To make the beaches safer for birds:

- Give nesting birds at least 100 feet of distance or as much as possible. Signs or people will alert you to these areas, but some birds haven't settled down to start nesting yet and may just look like they are resting in the sand. Avoid walking through flocks of birds on the upper beach;
  - If pets are permitted on beaches, keep them leashed and well away from birds;
  - Remove trash and food scraps, which attract predators that will also eat birds' eggs and/or chicks;
  - Do not drive on beach dunes or other nesting areas; and
  - Attend a municipal fireworks show.
- In addition to natural threats such as hurricanes and predators, beach-nesting birds face a suite of other challenges, many of which are human-induced. Disturbances can cause adult birds to abandon their nests or chicks, which can ultimately lead to chicks starving, getting eaten by a predator, or overheating. This Fourth of July weekend, many birds are re-nesting and will have a final opportunity to successfully raise their young.
- Be alert: if a bird dive-bombs you, you have gotten too close.
- Audubon Florida protects birds and the places they need, today and tomorrow. Audubon works throughout the Americas using science, advocacy, education and on-the-ground conservation. State programs, nature centers, chapters and partners give Audubon the ability to reach millions

of people each year to unite diverse communities in conservation action. A nonprofit conservation organization since 1905, Audubon believes in a world in which people and wildlife thrive.\*

## Spirit Of '45 Day In Lee County

The Lee County National Spirit of '45 Day will be held on Sunday, August 14 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriot Resort. Dinner will be served from 4:15 to 5:45 p.m. The World War II veterans tribute and ceremony will be held from 5:45 to 7:15 p.m. The agenda for ceremony (subject to change) will be:

- Opening speech and introduction;
- Marching of Color Guard, Pledge of Allegiance and singing of the National Anthem;
- Opening prayer;
- POW/MIA service (Missing Man Table);
- Placing of wreath and wreath ceremony;
- Speech on Spirit of '45;
- Guest speakers (several World War II veterans);
- Guns N' Hoses Pipes N' Drums performs;
- Flag folding ceremony;
- Amazing Grace performed by bagpiper;
- Honor Guard will perform the

three-volley salute; *Taps* played across the nation. *Echo Taps* will be played. Closing speech. There is no charge for World War II veterans and spouses of the World War II generation. Cost for all others is \$45 per person. Reservations must be made by August 5 and paid for by August 10 (non-refundable). To make a reservation, contact Eryka at 917-607-4385. Sanibel Harbour Marriot Resort is located at 17260 Harbour Pointe Drive in Fort Myers.\*

### CARD OF THANKS

We would like to express our thanks to a bunch of kind vacationers who helped us when our hire car broke down on June 22. We are husband and wife seniors visiting from the UK and regular vacationers on this beautiful island. We broke down with a flat battery in the refuge. These helpful Americans got us going again by jump starting the engine. We got back to our condo safely thanks to them. Particular thanks also to the party in the pickup from Louisiana, who went all around the refuge for us and we never got to thank. Thanks so much again to all. - Pam and Phil Boardman, Reading, England\*

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A camper spots a mangrove tree crab during a mud walk photos by Jodi La Sage

## Campers Zero In On Claws During Summer Camp

submitted by Shannon Stainken, Youth Education Director

Decapod or 10-legged crustaceans were the area of focus from June 13 to 17 during Sanibel Sea School's Island Skills Summer Camp at the flagship campus. Two of those 10 appendages are typically claws, or chelae,



Campers rinse off after the mud walk

which are modified for different uses dependent on the species. Claws are used for feeding, defense, communication, mate attraction and burrowing. After repeated observations of crabs using their claws in the field, campers learned how to make educated guesses about diet, defense strategies and behavior.

Spider crabs were the celebrity creature with the most effort focused on finding them. Two commonly found local species are the portly spider crab (*Libinia emarginata*) and the longnose spider crab (*Libinia dubia*). Using handy nets and snorkels, campers were also able to find stone crabs, hermit crabs and multiple

species of swimming crabs. A mud walk through the mangroves provided the perfect setting to observe fiddler crabs and mangrove tree crabs.

"The highlight of this week was definitely the mud walk," said Marine Science Educator Brianna Machuga. "We were able to observe male fiddler crabs waving their oversized claw to attract mates. Campers were definitely pushed out of their comfort zones in knee-deep mud but we ended the walk with a nice dip into the bay to clean off."

In addition to exploring all of Sanibel's diverse habitats in search of crustaceans, counselors led campers through plenty



A camper holding a crab

of games and hands-on activities. In one experiment, campers used tweezers, claw crackers, hair clips, chopsticks and pipe cleaners to try to pick up different "prey" items like gummies, sand, cotton balls and shells.

Each tool represented a different claw shape from species like spider crabs, stone crabs, swimming crabs and mole crabs while the prey items represented fish plankton, algae, bivalves and gastropods. Campers determined what the likely prey of each crab was based on the success of each "claw."

For more information about Sanibel Sea School, visit [sanibelseaschool.org](http://sanibelseaschool.org).✪

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## Dedication To Late County Commissioner

Lee County Commissioners voted to rename an east Lee County Conservation 20/20 preserve the Frank Mann Preserve after the Lee County District 5 commissioner passed away at his home in Alva on June 21.



Frank Mann

Mann was a lifelong resident of Lee County who began his career in public service in 1974 in the Florida House of Representatives, where he served eight years before moving on to the Florida Senate for four years.

Mann served as Lee County's District 5 commissioner for more than 15 years. Services for Mann are planned at Covenant Presbyterian Church, 2439 McGregor Boulevard in Fort Myers, on Saturday, July 2 at 11 a.m.

"Commissioner Mann was a tireless advocate for the people of east Lee County and for recreational opportunities, amenities and open spaces in District 5," said Chairman Cecil Pendergrass, who made the motion to approve the name change. "Frank was instrumental in both the creation of the preserve and the opening earlier this year of part of the site for fishing and kayaking."

Commissioners approved the purchase of the nearly 625-acre preserve in April 2019 through the Conservation 20/20 program.

The Board of Lee County Commissioners and Lehigh Acres Municipal Services Improvement District (LA-MSID) entered into a memorandum of understanding to partner on the management of the land. It was formerly known as Greenbriar Swamp (GS) or "Section 10," and mining activities occurred there.

LA-MSID is removing exotic plants and reconfiguring the existing mine lake into a filter marsh for stormwater treatment

and a storage reservoir for flood control. The majority of the property is closed to the public while this process is under way.

However, a portion of GS-10 Preserve opened in February for fishing, kayaking, paddling and wildlife observation. The preserve features a paddlecraft launch into a lake, offering a safe and easy location for beginner kayakers and paddlers. Anglers can fish from the lake's shore for bass and crappie. Bird-watchers can observe Florida scrub jays, great blue herons, woodstorks, ospreys and hawks. Park hours are dawn until dusk. Future plans include hiking trails, pavilions and picnic tables.

To learn more about the Frank Mann Preserve and other Conservation 20/20 preserves, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).

## New Flood Zone Maps Indicate Changes

by Wendy McMullen

The Federal Emergency Management Agency (FEMA) Coastal Risk Map goes into effect on November 17 and may affect insurance rates for some areas of Sanibel that are now placed under a new zone, designated Coastal A.

These Coastal A areas generally border Blind Pass and coastal regions north and south on the western and eastern ends of Sanibel. The entire island is in either the AE or VE zones and within the Special Flood Hazard Area (SFHA). If you have a mortgage, lenders require flood insurance in this zone.

The new flood maps, which at the moment are preliminary, are officially called Flood Insurance Rate Maps (FIRMs) and they reflect current flood hazards identified by a series of in-depth, large-scale studies that examined the flood hazards and risks in coastal counties and inland areas bordering the Caloosahatchee. Most of the areas north and south of the river in Fort Myers and Cape Coral will be affected by these changes.

The maps include another new area referred to as the Limit of Moderate Wave Action (familarly called LimWA).

## Bank Building Gets Okay For Historic Register

by Wendy McMullen

The new Sanibel Captiva Community Bank building, at the entrance to Sanibel on Periwinkle Way, is to be added to the Historic Register with the approval of Sanibel City Council.

The bank building, currently under restoration, is part of the Priscilla Murphy building and was the original office and home of Priscilla Murphy, the first realtor on Sanibel.

The main concerns of the planning commission were that the bank restore the building to its original color and that the part of the building that is historic be clearly demarcated. The building has been added on to and the bank, which owns the center, is occupying the historic part. The remainder of the building is leased to John R. Wood Properties.

Commissioner Karen Storjohann pointed out that the building was originally white with black shutters and asked if those colors would be restored, setting it apart from the later additions. Planning Commissioner Ty Symroski was particularly keen that the part that is designated historic be clearly defined and that no alteration or demolition take place without review by the historical committee with certificate of appropriateness.

Bank Senior Vice President Jonathan Ruiz assured the commission that the bank was going to restore the white color and that no alteration or changes would be

made. Symroski pointed out, however, that buildings can change ownership and the requirement to keep the original color should be included in the agreement to place it on the historical register.

Once authorized, the owner of the property may display official signs denoting the building's inclusion in the historic register and is entitled to modified enforcement of the building code.

The new Sanibel Captiva Community Bank building joins 26 other buildings on the historic register for Sanibel.

## Planners Approve Dredging

by Wendy McMullen

The Sanibel Planning Commission approved maintenance dredging in a human-made canal on Angel Drive at Tuesday's meeting.

The owner of the property at 1515 Angel Drive needed to navigate through some 34 cubic yards of sediment in order to launch his boat off his property, which is located at the end of a man-made canal and periodically fills with sand.

Dredging in a man-made canal is consistent with the Sanibel Plan. No native vegetation, including mangroves, will be disturbed in the process.

The dredging, which will take about two weeks, will be performed using a hydraulic dredge pump, which will pump to sealed containers on the edge of the uplands at the home. The sediment will be hauled and disposed of off site. The applicant has also included a stormwater management plan using hay bales.

## City Holiday Schedule

The City of Sanibel administrative offices will be closed on Monday, July 4 in observance of the Independence Day holiday. Regular operating hours will resume on Tuesday, July 5.

Refuse, recycling and vegetation waste collection by Waste Management scheduled for July 4 will be one day later. If

your normal pickup day is Monday, July 4, your waste will be picked up on Tuesday, July 5. The altered schedule will remain in place for the remainder of the week. The normal waste collection schedule will resume on Monday, July 11. If you have any questions, call 334-1224.

The Sanibel Recreation Center will be closed on Monday, July 4. Regular operating hours will resume on Tuesday, July 5. If you have any questions, call 472-0345.

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—Maria Espinoza, FISH Executive Director



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**Your continued support for these invaluable senior FISH programs is more critical than ever.**

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\*sources—2018 ALICE Report—Florida, Lee County, United for ALICE, <https://bit.ly/3LT1NT6>. State average Social Security ranking, Yahoo Finance, <https://yhoo.it/3vEpTLK>. HOUSEHOLD SURVIVAL BUDGET includes minimal housing, food, child care, health care, transportation, technology and miscellaneous costs.

### SENIORS: FIXED INCOME VS INFLATION

65+ total population	121,190
65+ below ALICE threshold	51,235
average social security check (2021)	\$1,537
65+ monthly SURVIVAL BUDGET	\$2,283

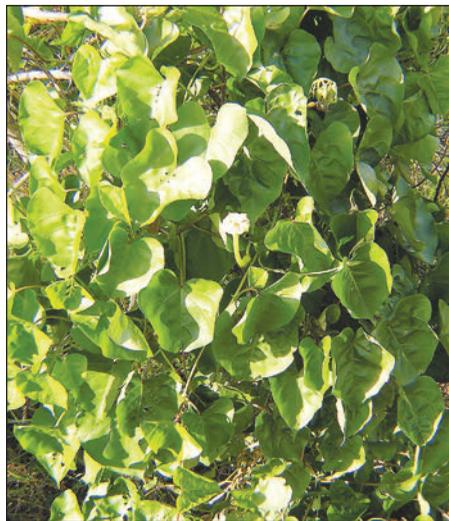


**About 1 in 5 island seniors report not having enough money to meet their daily expenses.**



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The large fragrant flowers bloom at night and attract sphinx moths  
photos by Gerri Reaves

## Plant Smart Tropical White Morning-Glory

by Gerri Reaves

Tropical white morning-glory (*Ipomoea alba*) is native not only to Florida but to tropical and subtropical America.

This long-lived twining vine is also called moonflower and moon morning glory because the heavily fragranced flowers open after sunset, attract sphinx moths and close after dawn.

In the wild, this member of the – what else? – morning glory family is found at hammock edges, in mangrove

**Tropical white morning-glory is a vigorous native twining vine**

swamps, thickets and disturbed sites.

White five-lobed funnel-shaped flowers can be more than five inches across and bloom throughout the year. They appear singly or in small clusters.

Yellow-green stripes radiate from the yellow center and form a star. The stripes are called nectar guides because they draw pollinators to the flower's throat.

Alternate heart-shaped leaves appear on smooth stems with short prickles. Stems can grow to 20 feet or more long.

This vigorous high-climbing vine can overtake other plants and even form mats. This fast-grower is best used in

controlled setting, such as on a trellis.

Give it full sun to partial shade. It has no tolerance for salt water, spray or wind.

Propagate it with seeds or cuttings. The inconspicuous capsule contains four seeds.

The plant is used as a poison as well as a medicine, and is also a food source in some regions.

The young leaves are edible if

cooked. The toxic seeds were used in Mexican religious ceremonies.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Everglades Wildflowers* by Roger L. Hammer; [www.fnps.org](http://www.fnps.org); <https://powo.science.kew.org>; and [www.regionalconservation.org](http://www.regionalconservation.org).

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

From page 1

## Legacy

democracy comes not from those who hold elective office, but through the work of ordinary citizens.”

Wooten was born in Goldsboro, North Carolina on December 19, 1920, the same year women’s right to vote was ratified in the U.S. She moved to Princeton as a young child at a time when the schools were segregated and began volunteering at election polls after graduating high school in 1939. Wooten was a longtime resident of Princeton, New Jersey and worked in Princeton campus dining for more than 27 years. She died in March 2019 at the age of 98 and was still going to work up until a month before she died.

Wooten was nonpartisan. Regardless of party, she advocated for everyone casting their vote. Hill remembers her mother saying, “Voting is your voice so if you don’t go out and vote for things,

there will never be any changes. That’s the only way you’ll get changes, is to vote. The privilege in a democracy of being able to vote means a lot to me. Vote every time. Let nothing and no one stop you because your vote is your voice.”

Hill said, “My mother’s status as the longest continuously serving poll worker in the nation is a rare and exceptional achievement, one that offers a powerful example of how ordinary citizens can perform extraordinary service to the nation. I am so proud of her. She walked off of a dead-end street in the black community in Princeton, and into history for no other reason than performing what she thought to be her civic duty. I am committed to following in her footsteps and keeping her legacy alive by being an advocate for voting rights.”

Hill is a member of the League of Women Voters of both Sanibel and Collier County, and has served as a poll worker on Sanibel.✱

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# Oceans Of Summer Fun At Sanibel Library

Sanibel Public Library offers in-person programs for adults and children featuring various themes and special guests. The 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 the Bailey-Matthews National Shell Museum, Sanibel Historical Museum and Village, Golisano Children's Museum of Naples (C'mon) and Clinic for the Rehabilitation for Wildlife (CROW) Visitor Education Center.

Babies to 12th graders can participate in the summer reading program by registering online with Beanstack at [www.sanlib.org/children](http://www.sanlib.org/children).

In-person programs for elementary-age students are offered on Tuesday afternoons. Staff from Florida Public Archeology Network will present a program on Tuesday, July 5 at 3 p.m. Learn about field work and interesting underwater items archaeologists have dug up that help teach about Florida's past.

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

Programs for teens and 'tweens (grades six to 12) are offered on Thursday evenings in July. On July 7 from 6:30 to 7:30 p.m., teens can make a tote bag out of an old T-shirt (you can bring one of your own or one will be



Vivi Whalen and Nicole McHale having oceans of fun photos provided

provided). Snacks will be served.

Family-friendly feature films are shown on Friday afternoons. On July 8 at 1 p.m., watch *Finding Dory*. See the full schedule online at [www.sanlib.org](http://www.sanlib.org).

The library will be closed on Monday, July 4 in observance of Independence Day.

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

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

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# Summer Snookin'



by Capt. Matt Mitchell

Summer always means some of the best catch and release snook fishing of the year. Although these fish are all through our area, the most consistent fishing will be found close to the

passes and around out on the beaches.

During strong tides, fishing in and around the passes can be some of the most wide open snook fishing of the year. Every pass has its own rips and eddies where these fish will stack up by the hundreds. Deeper passes like Captiva and Redfish can be drifted very effectively while, at times, anchoring on a specific rip or downed tree can be the better way to go.

Shiners, pinfish and grunts will all catch these fish while the most effective technique will be dependent on if you choose to fish deeper or shallow areas. For drift fishing, a small sinker or split shot on or above the leader will keep the bait close to and bouncing on the bottom. While pitching to downed structure and snags, free line is the way to go as bait will move more naturally.

Out along our beaches, snook fishing is a little different with these fish gravitating to any kind of structure. Even just a few downed tree limbs or areas of flat rock will hold lots of snook. Although our beaches



Brad from Maryland with a pass snook caught while fishing with Capt. Matt Mitchell this week

photo provided

don't offer very much structure anymore, it's worth searching it out. Jetties on the inside or outside of the passes make great ambush points too.

One of my favorite ways to fish summer snook is to sight-fish them on the beaches. With our water being so clear, it's often possible during light wind periods and high sun to slowly use a trolling motor right down the beach and sight-cast either jigs or live baits to these fish. The beaches of Cayo Costa are amazing for this. Anglers without a boat can walk the beaches and still enjoy this amazing sight-fishing opportunity. Look for these fish right up close to the sand as they slowly cruise.

We are so fortunate to live in a place that offers anglers some of the best snook

fishing anywhere on the planet. The rebound we have seen in this fishery since the red tide closure in 2017 has to be witnessed to be believed. This amazing resource should be guarded by all. Anglers need to keep doing everything possible to safely release these fish unharmed. This world-class snook fishing has been taken for granted for so many years, and mismanaged water almost wiped it out. It's great that things are improving and slowly getting back on the right track. We can thank the many grass roots movements that have exposed much of a crooked government scheme that controlled Florida's water for so many years.

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](mailto:captmattmitchell@aol.com). ✨

From page 1

## Celebrate

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.

Sanibel Community Church, located at 1740 Periwinkle Way, will be serving a pancake breakfast from 7 to 9:15 a.m. and beverages from 9 a.m. to noon.

Family friendly 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 serving hot dogs, with donations encouraged. There will be tents, tables, chairs and fans along with water slides, a dunk tank, bounce house, water games, karaoke, face painting and snow cones.

The 42nd annual Road Rally kicks off at noon at The Timbers Restaurant. An after party and awards presentation will take place at the Sanibel Grill.

The City of Sanibel fireworks display will launch at dusk 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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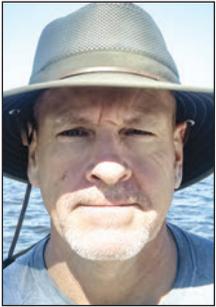


Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**

# Swallow-Tailed Kite

by Bob Petcher



The swallow-tailed kite (*Elanoides forficatus*) is a slender, unassuming raptor with a bright white head and shiny black wings. Those wings are distinctive due to their length – as they are longer than the kite’s slim body – as well as narrow and pointed. Another distinguishable feature is its tail, which is long and deeply forked.

Due to the length of its wings and tail, the swallow-tailed kite is a great glider in the air, needing few wingbeats to get to its destination. It is known for its aerial acrobatics including tight turns, backward diving and rolling while hunting for prey.

At CROW, a nestling swallow-tailed kite was admitted from Fort Myers after being found on the ground and unable to fly. The bird may have been too young for a flight attempt or was too ill to maintain balance in its nest.

“Based on feather development, this swallow-tailed kite was not quite ready to fly. It may have attempted to fledge too soon, a sibling may have pushed it out, it may have been sick and fallen, or a big gust of wind may have done the trick,” surmised CROW Rehabilitation Manager Breanna Frankel.

Upon admission, hospital staff found the kite was thin and severely dehydrated with some small scrapes on the feet. Radiographs revealed no fractures, and the kite was given supportive medications and placed under rehabilitative care.

“This young kite actually started tong-feeding right after admit and quickly started eating on its own,” said



**Patient #22-3131 needs to finish its medications and learn to fly before being released** photo by Breanna Frankel

Frankel. “Naturally, they hunt on the wing and eat a lot of insects, small birds and some small vertebrates. We mimic that by offering crickets, various types of rodents

and poultry.”

The nestling was reportedly doing well overall, but there was some concern on its blood work.

“Due to some abnormalities on diagnostics, this patient is currently receiving antibiotics and we will monitor for improvement,” said Frankel. “It also received a few-day course of anti-inflammatories since a fall from any height can lead to pain or bruising for young animals. We also administer subcutaneous fluids for hydration as needed.”

CROW staff has seen an influx of medical cases related to nestlings or fledglings falling from nests. “Based on a cursory search of our diagnosis code ‘fell from nest,’ we have seen 560 fell-from-nest babies so far this year,” Frankel confirmed.

Sometimes, animals are taken from their nest site too early without the finder conducting a detailed search for a parental figure. But, Frankel stated this particular youngster needed medical attention.

“This swallow-tailed kite needed to come to the clinic, which is evident by the need for antibiotics,” Frankel said. “However, it is always good to call us before taking matters into your own hands so we can assess the situation and determine the best course of action.”

Once the patient is off its medications, it will need time to grow before release.

“We plan to wait until the kite is fully ‘flighted’ before releasing it back near the nesting site. There will be flight training involved as we will not be putting it directly back in the nest,” said Frankel. “We are continuing to monitor for improvements in diagnostics as this nestling is not quite out of the woods yet.”

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](http://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 and live camera feeds of the hospital intake room and several 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.

CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. 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. The program has two parts: the daily presentation in the Visitor Education Center and a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds.

This program is not recommended for children under the age of 13. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital. To register, call 472-3644 ext. 229 or email [reservations@crowclinic.org](mailto:reservations@crowclinic.org). Payment is required to complete reservation.

**Daily Presentation Schedule Friday, July 1, 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. One of CROW's animal ambassadors will be present.

**Friday, July 1, 2 p.m.**

**Patient Profiles: Gopher Tortoises** – The life of a gopher tortoise revolves around its burrow. CROW's presenter explains why they are admitted and how the medical staff treats this species. One

of CROW's animal ambassadors will be present.

**Saturday, July 2, 11 a.m.**

**A Day in the Life** – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers.

Students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. See what happens behind the scenes. One of CROW's animal ambassadors will be present.

**Monday, July 4**

**Closed for Independence Day**

**Tuesday, July 5, 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.

**Tuesday, July 5, 2 p.m.**

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

**Wednesday, July 6, 11 a.m.**

**A Day in the Life** – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers.

While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. See what happens behind the scenes. One of CROW's animal ambassadors will be present.

**Wednesday, July 6, 2 p.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. One of CROW's animal ambassadors will be present.

**Thursday, July 7, 11 a.m.**

**Patient Profiles: Birds of Prey** – Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

**Thursday, July 7, 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 Spathate Scallop



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

**C**ryptopecten phrygium (Dall, 1886) lives off the Eastern Seaboard of the U.S., from Massachusetts to Florida, from 42°N

to 18°N, at depths between 90 to 190 meters (300 to 620 feet).

Its distribution range includes the Gulf of Mexico, where it is relatively common at those depths. The shell color is very variable in this species, including variations of light-gray and magenta patterns. The sculpture consists of 14 to 20 radial ribs, which are in turn superimposed by narrower riblets, which are also present in the interspaces between larger ribs.

When originally naming the species, William Healey Dall alluded to the elaborate nature of the shell sculpture, with the shell margin of well-preserved specimens showing a fimbriated pattern, with a fringe of tiny fingerlike projections that correspond to the end of the riblets. Read more



The Spathate Scallop, *Cryptopecten phrygium*, from off Egmont Key, Gulf of Mexico, Florida

photo by Chris Kovasz

about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the

United States with a primary focus 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](http://www.sanibelmuseum.org).

Rare shell find? Stop by our office at 1640 Periwinkle Way so we can take your photo for publication, or email [press@islandsunnews.com](mailto:press@islandsunnews.com).

## Shells Found



Ava with her junonia photo provided

Ava from Indiana found a junonia on the north point of South Seas Island Resort while vacationing with her family after Tropical Storm Alex hit southern Florida. The family had the most luck using shell dippers in the sand wall left by the storm. Ava's dad, Jon, found a large alphabet cone and her brother, Isaac, found a smaller alphabet cone.

This was the family's first visit to Captiva and second visit to Sanibel. They look forward to planning more family shelling adventures.

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# What To Do If You See A Marked Turtle

Wildlife researchers use various techniques to identify individuals of a population of the species they are studying. Some marking methods need only be temporary, and others need to be permanent to acquire long-term data. Most research on turtles involves techniques of a more permanent nature due to their long life spans and the increasing threats that face turtles worldwide.

To calculate population estimates, acquire longevity data and positively identify individual turtles in a sample for various reasons, several marking techniques can be used singly or together. The most common way to mark terrestrial turtles, for mark-recapture projects and other research, is by notching or drilling the marginal scutes using a numbering scheme.

This method, the Cagle Method, was published in 1939 and is still used globally. A second way is the use of microchips (aka pit-tags) that are injected into the body in a benign location.

"Each pit-tag has a unique code that can be read with a scanner," said Sanibel-Captiva Conservation Foundation (SCCF) Wildlife and Habitat Management Director Chris Lechowicz. "These tags can be traced back to a recipient who will likely have a record of



Drilling the marginal scutes using a numbering scheme is one of the methods used by researchers to mark terrestrial turtles photo provided

the last known location of the animal. These are the same microchips that are used in dogs and cats."

Photography is a third method that is commonly used. Many species of turtles have unique markings on their shell and head that can be used, like fingerprints, to positively identify individuals. Injuries, such as a missing limb, cracked and

healed shell or damaged scutes can act as identifiers as well. The standard method to mark softshell turtles is to tattoo a number on the plastron since they lack a hard carapace or plastron.

Marine turtle studies have used flipper tags for decades to identify individuals. SCCF's sea turtle team uses both flipper tags and pit-tags. SCCF's freshwater and terrestrial biologists use notching, pit-tags, and photography to positively identify individual turtles.

"This is a full-proof approach that gives us three lines of defense in case one fails," said Lechowicz. "The urgency to inventory and gather baseline data on terrestrial and freshwater turtle populations is due to the overwhelming pressure being placed on our turtles for world markets."

Exploitation for the international pet trade, human consumption and traditional medicines has caused a serious strain on many native species. Notched shells also act as a deterrent against poaching. All turtles are protected on Sanibel and cannot be legally collected according to the Sanibel Code Section 10-6. Do not post any photos with identifying landmarks on social media to protect the secrecy of their locations.

If you see a marked, non-marine turtle on the islands, take a photograph of the markings on the shell, note its location and send it to [www.freshwaterturtles@sccf.org](mailto:freshwaterturtles@sccf.org) or text to 239-222-4268. For more information, visit [www.sccf.org](http://www.sccf.org).

# American Legion Post 123



American Legion Post 123 is having a fish fry from noon to 8 p.m. this Sunday, July 3. On Monday, July 4, there will be free hot dogs all day and the Marty Stokes Band will play from 3 to 6 p.m.; closing at 7 p.m. on July 4.

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

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

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

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

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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# New Children's Store For The Young At Heart



by Allison Havill Todd

**W**hat do you do when you are running a family business and raising three young children? Why, of course, you open another retail store just to make things

more exciting! Audrey and Josh Stewart, who currently operate the Adventures in Paradise Outfitters shop on Sanibel, have taken on another challenge that is dear to their hearts.

Having grown up on the island, Josh moved back here with his family four years ago and oversees the operations of Adventures in Paradise Outfitters, yet his wife, Audrey, had other visions. What she describes as an idea she "has had in mind since the dawn of time, but the time was never right" has finally come to fruition. The couple recognized the need for another business, similar to the original Adventures in Paradise Outfitters, but geared towards a younger audience.

When a retail space became available in the same shopping center as their original business, they viewed it as an



Josh and Audrey Stewart with their children Parker, Oliver and Penelope photo provided

opportunity to fill a niche and realize a dream. Having three children of their own, ranging from 2 to 7 years old, they were spurred on by their own built-in research and development team to help guide them in creating a store that would appeal to kids of all ages. The new fun and magical store, A Little Adventure, was "born" on April 1, 2022 and offers a variety of items designed to fit the needs of toddlers to teens. Customers will find a wide variety of youth-sized clothing, gifts, beach accessories, backpacks, toys, bikes, skateboards, footwear and even science

related products such as telescopes, circuit boards and even owl pellets!

The Stewarts have been very thoughtful in designing a store that is appealing to adults and children alike. A small arcade entertains children while their parents shop; a big screen television with a comfortable seating area provides a cozy lounge; a carefully selected music playlist can be heard throughout the store; and Josh Stewart claims that, "The Nintendo was one of the hardest working employees we have on staff."

One might ask how this couple juggles the demands on their time. Audrey Stewart was quick to explain that she and Josh have split duties with him overseeing the Adventures in Paradise Outfitters business and her handling operations at A Little Adventure. They both agreed that this new venture is Audrey's store and a long lived dream that has come to life. She exclaimed that, "It is fun coming to work every day." And it's obvious that great care and thought that have gone into selecting a wide variety of highly sought after youth styles and products. The store carries

many brands such as Tommy Bahama Kids, Southern Tide Kids, Patagonia Kids and Native footwear. Future plans include a grand opening this fall with live music, fun kids' concoctions and activities, back to school specials and perhaps even a Mario Kart tournament.

A Little Adventure is located at 2001 Periwinkle Way in Tahitian Gardens. Hours are 10 a.m. to 5 p.m. 7 days a week. Patrons of this imaginative new children's outfitters shop are sure to find something for the kid in everyone!

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.\*

## Yoga Classes

**T**he Sanibel Recreation Center is offering two new fitness classes. Starting Friday, July 1, Yoga Fit and Yin Yoga will be taught by new instructor Angelina Guarisco. Yoga Fit will be held on Fridays at 1 p.m. and Yin Yoga will be held on Fridays at 2:15 p.m.

Yoga Fit is a series of asana (poses), isolations and balance exercises. This helps create alignment in the body. Amplifications and modifications will be provided to meet a range of needs.

Yin Yoga is a slow, supported and passive stretching class. This class offers effective and deep lasting release of fascia (the connective tissue that holds muscle groups together). This is a prop heavy class, with long-held poses and a focus on breathing. No experience is necessary and all levels of fitness are welcome.

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



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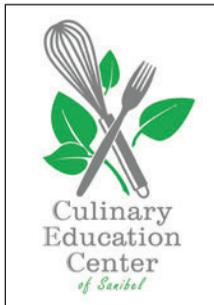
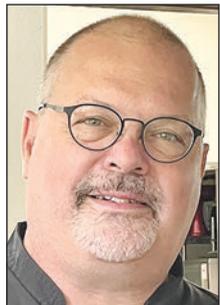
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The Community House

# The Exotic Dragon Fruit



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This fruit has been used to treat stomach ailments, manage blood sugar levels as well as blood pressure. It's also been used to treat cardiovascular problems, strengthen the immune system and help with weight management. A combination of dragon fruit, cucumber juice and honey makes an excellent natural burn cream.

Before you buy dragon fruit, squeeze it gently. It should give a little bit without feeling too soft or mushy. Avoid fruit that has bruises or dry leaves; signs that it's overripe. If it feels hard

when you press on it, let it ripen on the counter for a few days before eating. To prepare the fruit, cut it into quarters. Either peel away the skin or remove the flesh with a spoon, ice cream scoop or melon baller.

Because the flavor of dragon fruit is so mild and delicate, it pairs well with firm, mild flavored white fish (especially meatier varieties like mahi-mahi or grouper, which contrast nicely with the texture of the fruit). And since it's juicy and crunchy, it makes a great addition to fruit salads and salsas.

Here is a simple recipe to try:

### Dragon Fruit Salad

#### Ingredients

- 1 red dragon fruit, peeled and cubed
- 1 white dragon fruit, peeled and cubed
- 2 kiwi, peeled and sliced
- 1 banana, peeled and sliced
- 1 starfruit edges, trimmed and sliced
- 1/3 cup macadamia nuts
- 2 tbsp. coconut, unsweetened
- Honey Mint Dressing
- 3 tbsp. lemon juice
- 2 tbsp. honey
- 2 tbsp. fresh mint chopped finely, plus more mint leaves for garnish

#### Instructions

Add all the fruit salad ingredients together in a bowl, right before ready to serve.

Add the dressing ingredients to a small bowl and whisk to combine. Drizzle over the salad.

Garnish salad with additional mint leaves, macadamia nuts and coconut flakes.

*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.\**

by Chef John Wolff

The dragon fruit or pitaya, also known as the strawberry pear or pity, is the beautiful, exotic looking fruit of several species of climbing cactus. This cactus is indigenous to Central America and is grown in Southeast Asia as well as South Florida.

The cactus produces several flowers that only live for one night. During that night, the flowers are pollinated by bats and moths. The flower withers and dies, then the dragon fruit is formed. The cactus produces dragon fruit at least four times a year.

Dragon fruit has antifungal and antibacterial properties, is low in calories, high in fiber and vitamin C. It also contains powerful antioxidants,

Read online at [www.islandsunnews.com](http://www.islandsunnews.com)

# Bridge Project Begins Tuesday At Bowman's Beach

The Bowman's Beach Park Bridge Rehabilitation Project will begin on Tuesday, July 5. Construction is scheduled for 180 days, weather permitting.

Bridge access will remain open to the public for the duration of the project. Use caution in this area during construction. A portion of the southern parking lot at Bowman's Beach Park will be closed for staging and equipment. The City of Sanibel apologizes for any inconvenience while this public improvement project is completed.

The scope of the project includes replacing the existing wood framed structure with a widened aluminum framed structure and recycled plastic lumber for greater durability. The City of Sanibel has contracted with Infinite Construction, LLC to perform the work. The Lee County Tourist Development Council (TDC) provided funding for the project in cooperation with the City of Sanibel.

If you have any questions regarding the project, contact the City of Sanibel Public Works Department via email at [sanpw@mysanibel.com](mailto:sanpw@mysanibel.com) or by calling 472-6397.\*

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A Fish With A Hero participant with a snook photo provided

## Tournament For Military Veterans

Southwest Florida wounded and disabled military veterans are eligible to participate free of charge in Fish With A Hero's 34 Days of Summer Tournament through Monday, July 18. The month-long tournament, which began on June 15, is sponsored by First Nation Group. An awards dinner will be held on

Wednesday, July 20. Fish With A Hero's 34 Days of Summer Tournament will be awarding prizes totaling up to \$4,000 for the biggest catches in each category: snook, redfish, largemouth bass and peacock bass. If your winning fish is caught using fly-fishing gear or gear that you tied or built yourself, you will receive a bonus cash prize.

All Southwest Florida U.S. military veterans with a 30 percent or more Veteran Affairs (VA) disability rating are welcome to participate with no entry fee. Participants not currently members of Fish With A Hero must register for the tournament online and submit proof of at least a 30 percent disability rating from the VA. Interested veterans or volunteer guides can visit [www.fishwithahero.com](http://www.fishwithahero.com) for tournament rules and an entry form.

"We hope this tournament will provide an opportunity for our wounded and disabled veterans to get out on the water, hook up some big fish and feel like the heroes they are," said Larry Kendzior, Fish With A Hero executive director and military veteran.

Many local professional guides and captains will assist tournament participants, and recognition awards will be given to winning guides and captains. Qualified guides can be active charter captains or other individuals having experience on the waters they will be fishing.

This is a great opportunity for veterans to get involved in a therapeutic

activity and spend time with fellow veterans.

Fish With a Hero, Inc., is a public charity and Florida not-for-profit corporation which provides world-class fishing experiences and sponsors

## New Intern Program At Shell Museum

Bailey-Matthews National Shell Museum has created a new paid marine biology education summer internship program in collaboration with The Water School at Florida Gulf Coast University (FGCU). Two interns have recently begun to work alongside the museum's marine biologists to learn about mollusk biology, ecology and conservation education.

Ryon Andersen is a senior at FGCU in the marine science program. Through his internship, he hopes to gain public speaking and education skills while acting as a touch pool docent in the museum's new Beyond Shells Living Gallery of aquariums. He is also working to create an adult education program focused on the importance of the mangrove ecosystem. His favorite mollusk in the aquariums is the red abalone.

Madeline Bernstein is also a senior at FGCU majoring in marine science with a minor in climate change. She

programs designed to assist participants in dealing with the effects of post-traumatic stress disorder, traumatic brain injury and other disabilities and wounds of war. For more information, visit [www.fishwithahero.com](http://www.fishwithahero.com).



Ryon Andersen



Madeline Bernstein

also works at Ostego Bay Marine Science Center and is looking forward to increasing her knowledge about mollusks while interning at the museum. In addition to working in the touch pools, she will work with the museum's aquarists in aquarium husbandry to learn how to care for saltwater aquariums and the living animals they house, including feeding and water quality testing. Her favorite mollusk in the museum's living gallery is the flamboyant cuttlefish.

The internship program is supported by a gift from Linda Kramer.

For more information about career and internship opportunities, visit [www.shellmuseum.org/careers-internships](http://www.shellmuseum.org/careers-internships).

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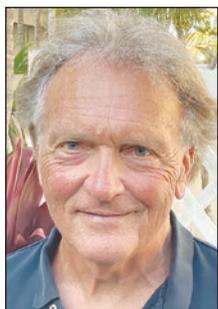
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# Poetry Corner



by Clay C. Ewell

## The Dunker Church: August 1862

It was as if the room, then immersed in darkness and shadow  
 Was in an instant given life by the racing clouds above,  
 soaking Roiling, flashing towers across the night sky  
 Web like, splitting the darkness, the light of a primordial world  
 Becoming a new thing in the void, crystalline and pure.  
 As he rose from his place in the humble room and struggled  
 to Form the words that had known only silence, terror filled.

He rose and in pausing, his faint shadow was cast upon the  
 The soft plastered walls, then swept away in the blinding  
 Flashes from the open door and windows mingling  
 In a random flickering that imposed upon the mind's eye an illusion  
 Of staccato movement above, within, and around the silent still  
 Gathering of the faith keepers, the brothers and sons and fathers  
 And the lingering souls of the departed remembered in such moments.

In this place he had come as a youth to sit quietly and listen  
 To the stories, to the lamentations, the confessions, the grief and tears  
 And here too he had found where empathy and forgiveness reside.  
 My dreams of late swirl with tumult and pain descending upon the earth  
 Of a whirlwind of blood and steel and I stand amid a landscape turned red  
 And around me all the fury in the hearts of men has been unleashed  
 Upon this place and my body trembles as I behold the end of the world.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at [press@islandsunnews.com](mailto:press@islandsunnews.com).\*

### Shell Crafting

## Starfish Collage



by Anne Joffe

This is another classic in shell crafting. You can add to the collage with sealife, pearls, beads or sea glass, whatever you'd like. Here's what you'll need:

- Materials  
 1 white starfish

(approximately 5 inches). Make sure all the limbs are equal, with no defects.

- Gold cord (for hanger)
- Shells (small to medium)
- Gesso or school glue
- White iridescent glitter
- Glue gun or tacky glue

Directions  
 Paint the white starfish with gesso or glue. Immediately coat with glitter. Let dry, then brush off excess.

Glue about 3-5 shells (with some natural color) onto the center of the starfish. Arrange them so they "fit" into each other.

Cut a 7-inch piece of gold cord for the hanger. See which way looks best when the starfish hangs, then glue the cord end to the top back side of the arm selected.

Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She is the author of ShellCrafting Vol. 1



Starfish Collage photo by Anne Joffe

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.\*

## Local Named To Dean's List

Jordan Baugh of Sanibel was named to the dean's list for the spring 2021-22 semester at Miami University. Students who are ranked in the top 20 percent of undergraduate students within their division were named to the dean's list, recognizing academic performance.

Baugh is pursuing a bachelor of arts degree in strategic communication.\*

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Jean Le Boeuf, News-Press

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**Seminole BBQ Shrimp Spears**

- 1 pound large or medium shrimp, peeled and deveined
- 1 (14-ounce) package guava paste
- 12 ounces guava nectar
- ¼ cup honey
- 1 onion, diced
- 1 tablespoon ancho chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 2 tablespoons black pepper
- 3 cups ketchup
- 2 tablespoon soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoon all-purpose seasoning (divided in half)

Fresh herbs for garnish (such as parsley, cilantro, or thyme), finely chopped

Sea salt and fresh ground pepper, to taste

Cooking oil spray

8 bamboo skewers (soaked in water for 1 hour) or metal skewers

In a medium sauce pot, combine all ingredients except for the shrimp and 1 tablespoon all-purpose seasoning. Cook over low-medium heat until the guava

**Seminole BBQ Shrimp Spears**

paste is dissolved, about 30 minutes. Taste and adjust seasoning as needed. Remove guava BBQ sauce from heat and set aside.

Make skewers by adding an even number of shrimp to each skewer. Lightly

season the completed skewers with the one tablespoon of unused all-purpose seasoning. Preheat the grill or a large sauté pan to medium-high heat. Lightly spray the skewers with cooking oil spray. Carefully add the shrimp skewers to

photo courtesy Fresh From Florida

the grill or sauté pan and cook until the shrimp are just done, about 2 minutes on each side. Glaze the cooked shrimp with the guava BBQ sauce. Remove from heat and serve warm with extra guava BBQ on the side.✪



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Songwriters in the Round

photos provided

## Americana Concert Series

As part of its Summer Concert Series, Shell Point Retirement Community is hosting four Americana concerts at the Tribby Arts Center in partnership with the Americana Community Music Association of Fort Myers.

Americana is contemporary music that incorporates elements of various music styles, including country, roots-rock, folk, bluegrass, R&B and blues. Some call it the “edgier side of folk.”

Concerts include Passerine on Thursday, July 7 at 7 p.m.; Songwriters

in the Round: Roy Schneider, Kim Mayfield and Ray Cerbone with “Americana and More” on Thursday, July 14 at 7 p.m.; Little Fools: John Butler, Susan Chastain and Susie Hulcher on Thursday, July 21 at 7 p.m.; and Brian Smalley, guitarist, on Thursday, July 28 at 7 p.m.

Tickets are \$20 for each concert. Visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com) for tickets or call 415-5667 for more information.

The \$25 million, 44,000-square-foot arts center opened in spring 2021 and is home to musical, educational and theatrical programming at Shell Point, located two miles before the Sanibel Causeway in Fort Myers.✪

## Youth Programs At Captiva Memorial Library

The Captiva Memorial Library is offering the following free programs for children in July:  
**Mosaic Sea Life Craft** – July 5 to 9. Available during normal operating hours. Create works of art so stunning, they make waves, using nothing more than stickers. Foam art frame included. While supplies last.

**3D Floating Foam Ship Craft** – July 12 to 16. Available during normal operating hours. Raise the anchor, lower the sails and sail away on the *Spirit of the Seas*. This simple foam ship includes self-adhesive pieces and actually floats. While supplies last.

**Sanibel Sea School** – Thursday, July 14 at 2 p.m. Join Sanibel Sea School in their mobile sea lab and gain a better understanding of the creatures that are found in Southwest Florida’s marine environments. Get a chance to use a microscope, learn about marine habitats and help dissect a squid. Space is limited.

**Ocean Animal Mask Craft** – July 19 to 23. Available during normal operating hours. Decorate and assemble a foam ocean animal mask. While supplies last.

**The Five Senses with DoDad’s Lab** – Thursday, July 21 at 2 p.m. Professor DoDad and his new partner

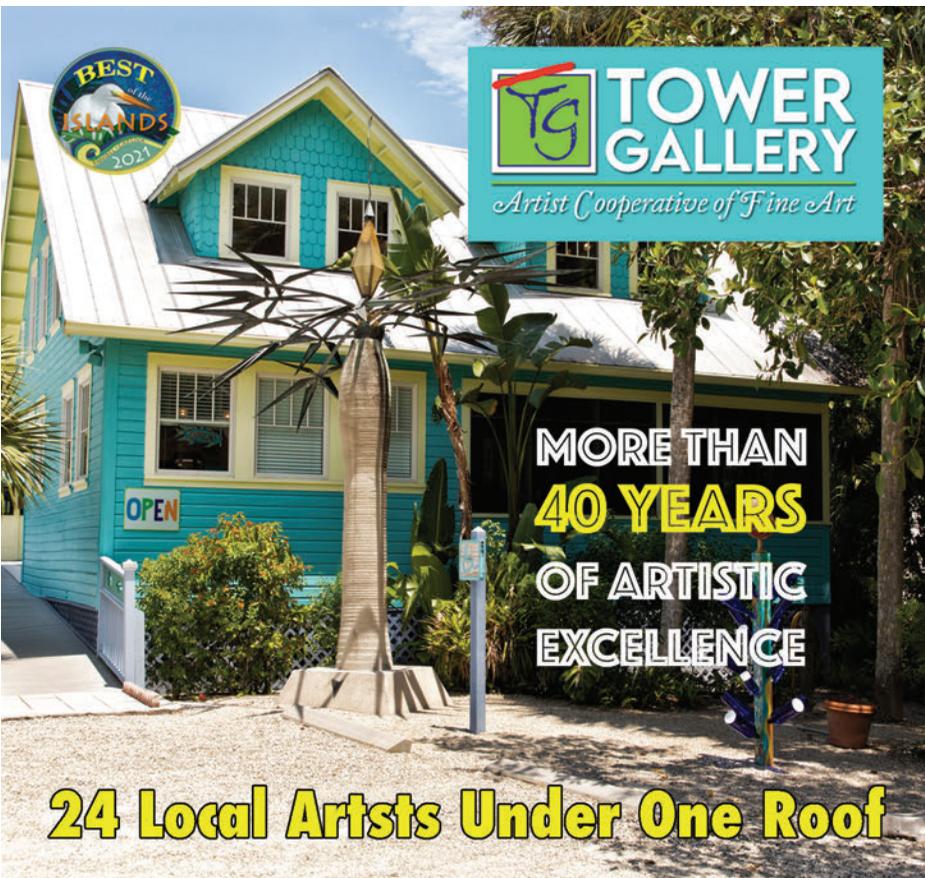
Rosco welcome you to his brand-new laboratory where he will take you on a highly interactive science program using experiments, original music, puppetry and science based on the five senses.

**Tropical Fish Sign Craft** – July 26 to 30. Available during normal operating hours. Featuring bright, eye-catching patterns, this fish sign is a great decoration. While supplies last.

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

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

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



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- Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture** by Dr. Megan Davis
- Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science** by Dr. Jann Elizabeth Vendetti

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### CLASSES

- Nov. 2: Fantastic Shells and Where to Find Them**
- Nov. 8: Mound House Field Trip (Fort Myers Beach)**
- Nov. 16-17: A Day in the Life of an Aquarist**
- Nov. 29: Shell Ambassador Certification Course**
- Dec. 13: Lighthouse Beach (Sanibel) Marine Biology and Field Lab**

**Registration for all programs is required at [ShellMuseum.org](http://ShellMuseum.org)**

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Book Review

# Ocean Prey

by Di Saggau



**O**cean Prey by John Sanford marks the first time in quite a while that both Lucas Davenport and Virgil Flowers, main characters of his novels, interact with the same

amount of labor. Suspicious behavior is noticed by an off-duty Coast Guardsman fishing in the Atlantic just off south Florida, who calls it in. An expensive boat with extra horsepower is zipping along and then suddenly slows down to pick up a surfaced diver. The diver is alone without a boat in the middle of the ocean. Obviously there's something going on. The book gets off to a fast start with the murders of three Coast Guard officers who were chasing a suspicious boat in Florida waters. The DEA, the FBI and, eventually, the U.S. Marshals are on the hunt.

The action is mostly set in the south Florida area where the drug industry thrives due to the state's proximity to Caribbean and South American drug exports. Lucas and his pal Bob Matees are on a task force that Florida Senator Christopher Colles convened. The goal is to find the drugs the fugitives

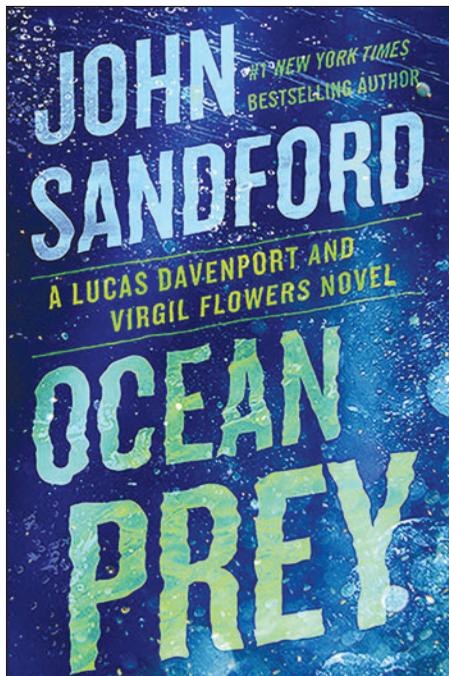


image provided

somehow dumped into the Atlantic before they shoot their pursuers. Eventually, the task force widens its net to make room for Virgil, who hires himself out to the criminals as a diver to retrieve the drugs. There is a large cast of characters, and when Lucas sees that his close friends are in serious danger, it's full steam ahead.

*Ocean Prey* examines the similarities and differences between Lucas and Virgil. The latter is more interested in

apprehending the criminals while the former is inclined to use deadly force in cases where the crime and the criminal are especially heinous. He also plans to save the judicial system the expense of a trial. Sanford takes us into the

federal interagency jurisdictional disputes and compares ways in which they do their jobs, wrapping it all into a tale that concludes with a series of chain reactions, and a satisfying conclusion.\*

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My son is going off to college in the fall, and I am worried about him managing his ADHD medication. He's of course, very forgetful. How can I help him?

Diana W, Fort Myers

**Diana,**

College is a time for kids to try out living on their own and, as parents, we want them to enjoy their new freedom sensibly. For some kids, it will be a struggle; there is so much to learn about taking care of yourself, not to speak of college-level schoolwork. And for kids who are taking medication, part of being independent means being responsible for managing their meds.

The first weeks of college are full of change and excitement. It is not the time to start figuring out how to manage medications. Instead, allow your child to build his skills well in advance, so that by the time he's on campus, he is used to the routine of taking his medication.

Dr. Baker, a child and adolescent psychiatrist, recommends that beginning junior year kids start learning to manage their own medication. "When kids are comfortable and familiar with managing their own meds, including calling the pharmacy or their therapist to ask for a refill, they're much more skillful and likely to maintain good practices when

they get to college."

Dr. Baker recommends the following steps to foster independence by putting kids in charge of making sure they take their meds every day, but with safeguards in place:

"To start with, I ask families to get one of those days-of-the-week pill minders," said Dr. Baker. "Then I have the kid dispense their own medication for the week. That way parents can check to be sure the meds have been taken."

Smartphone alarms are great for meds that need to be taken at a certain time of day. Use a unique tone for the reminder so it can't be overlooked or mistaken for a call or text.

Make them hard to miss. "Try putting the pills right by your toothbrush," suggested Dr. Baker. "Or by anything you know you'll use every day." The harder they are to miss, the easier they are to remember.

College is a time for socializing and experimentation, which may mean parties and other gatherings where drinking is the norm. So, part of this process of preparing your child to be independent is to have conversations about the dangers of their medication if it's mixed with alcohol and drugs. For kids who take medication that reacts badly with alcohol, this can be a serious issue. Conversations about making responsible choices are vital, and kids need to know if their medication will make alcohol affect them more than it does other kids. Discuss the dangers of mixing medication and alcohol, but don't be sensational. "Be realistic," said Dr. Baker. "Be transparent and above board. Fear tactics don't work." Be

continued on page 28

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## Shells Found



**Chloe Ducrocq** photos provided  
 Chloe Ducrocq of Prairie Village, Kansas found a juvenile milk conch off the beach near Caribe Beach Resort the week of June 12. The proprietor of seashells.com identified the shell as a find more rare than a junonia. Chloe has been shelling on Sanibel since 2015 and this has spurred an interest in

**Lindsay Melson**  
 finding more unusual treasures. Lindsay Melson of Columbia, Missouri found a large fighting conch off the beach near the Caribe Resort during the same week. Lindsay has been coming to Sanibel several times a year her entire life and this is her largest find to date. A bit of cleaning and scraping revealed the

**Lyla Melson**  
 beauty of this shell. Lyla Melson, 12, of Columbia, Missouri found an orange tulip near the Caribe Resort. Lyla has also been coming to Sanibel all of her life. She has acquired the same Sanibel shelling bug as her great-grandparents, her grandmother and her mother.\*

**Jason Sinicin** photo provided  
 After getting up at sunrise all week, and once in the middle of the night, Jason Sinicin of Marlboro, New Jersey finally found a junonia. He found it at Turner Beach on June 24 at low tide. He was walking out of the water and had given up, and there it was.\*

## Shell Found



### VIRTUAL AUTHOR TALKS

WEBINARS

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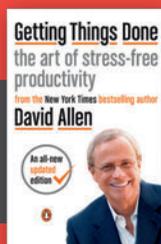
With support from the Sanibel Public Library Foundation, the SPL is launching a series of virtual author talks from *New York Times* bestselling authors and a Pulitzer Prize winning historian! All webinars will include Q&A.



**Alka Joshi**  
*The Henna Artist*  
 9 pm  
 Thursday  
 July 7



**David Allen**  
*Getting Things Done*  
 12 Noon  
 Thursday  
 July 14



**Dr. Marcia Chatelain**  
*Golden Arches in Black America*  
 2 pm  
 Wednesday  
 Aug. 3



If you need help setting up or logging into these webinars, please email [notices@sanlib.org](mailto:notices@sanlib.org) or call (239) 472-2483.



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Rob Hernandez

## New Officers And Board Members For United Way

New officers and five new board members for the United Way of Lee, Hendry, and Glades were elected recently.

Officers and executive committee members for 2022-23 are:

Board chair – Bob Beville, Waterman Broadcasting;

Vice chair – Noelle Branning, Lee County Tax Collector;

Treasurer – Cynthia Hawkins, Wiltshire Whitley Richardson & English PA;

Assistant treasurer – Victoria Loyola, Markham Norton Mosteller Wright and Company, PA;

Secretary – Mary Vlasak Snell, Pavese Law Firm; and

Immediate Past Chair – Roger Desjarlais, Lee County Board of County

Commissioners.

Joining the United Way Board of Directors are:

Dr. Barbara Mundy, Hendry County School District;

Dr. Christopher Bernier, Lee County School District;

Landon Mullinax, Scotlynn USA;

Rob Hernandez, City of Cape Coral; and

Tracy McMillion, City of Fort Myers Fire Department.

The United Way of Lee, Hendry, and Glades has raised and distributed over \$210 million since it was established in 1957. All money raised in United Way campaigns stays in the local community to help support the local human service network. For more information, call 433-2000 or visit [www.unitedwaylee.org](http://www.unitedwaylee.org).✳



Tracy McMillion

## ISLAND SUN BUSINESS NEWSMAKERS

### John Gee & Company



Bob Hodosky



Michelle Bornhorst

The top producers for May at John Gee & Company were: Bob Hodosky, top listing agent; and Michelle Bornhorst, top sales agent.✳

From page 26

### School Smart

frank and specific about the potential for harm, not just saying don't do drugs or alcohol. Having details and clear reasons to fall back on can help kids make good decisions when potentially dangerous situations arise.

You must also talk to your son about the consequences of sharing his medications, which is a huge problem on most campuses now. Here are some of the major consequences he could face if

he were to share his meds:

Taking other people's meds can be dangerous. Medications have different effects on different people. That's why you need to go through a trained professional for a prescription. If someone is taking conflicting meds or has a bad reaction, they could be hurt or even killed.

If you are caught sharing or selling meds, you could be kicked out of school or face legal action.

You just don't have enough! "There is a good reason that refills are timed," said Dr. Baker. "You have enough pills to last you. It helps to discourage sharing and can be a motivator to be cautious about losing or misplacing meds."

According to Dr. Baker, one of the most important factors in kids feeling competent and independent at college is the way their parents handle the transition. It's natural as a parent to feel worried when your child goes off to school, especially when a kid has struggled with health or learning problems, but parents must learn to manage their own worries about kids leaving the nest and have faith in their child's abilities to succeed.

*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](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✳*

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  - Feels Like Private Island, Gulf/Bay Views
- \$3,450,000**

## 16163 CAPTIVA DRIVE



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  - Peaceful Vintage Island Getaway
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### Superior Interiors

## Inspired Home Entertainment

by Trinetta Nelson



Whether you have a large family or you consider yourself the life of the party in your social circle, having a home bar or entertainment space in general

is a welcoming luxury. Instead of making plans to hop from one dining establishment to the next, you can host guests for dinner, drinks and more without ever setting foot outside of your door.

What is a home bar or entertainment area? In its simplest form, a home bar is exactly what it sounds like: an area devoted to crafting and serving cocktails and refreshments to people in the comfort of your own living space. But in most cases, you don't just have a stand-alone bar but rather a complete entertainment space that takes the social atmosphere of a traditional bar and puts it right into your home.

Figuring out where to put your home bar will vary from one home to the next. Do you have an empty room in the house that needs a purpose? Create your own little lazy lounge with a stocked bar, bar stools, lounge chairs and other furniture that allows you to wind down and forget about your 9 to 5 agenda.

The patio makes an ideal location for a home bar, especially in Florida. Entertain your guests with refreshing drinks, music and natural scenery from the backyard. A kitchen can also become a home bar in an instant when you invest in a bar cart. This makes it easy to wheel out the refreshments and create an inviting entertainment space with ease.

Every well-stocked bar has garnishes on hand, but putting them on display can add character to your bar. If you're looking for a design idea that lets you decorate with your cocktail supplies, keep your fresh limes in a bowl, leave

peppercorns on display and put out a bouquet of edible flowers. If you want to show guests how serious you are about creating a cohesive entertainment space, impress them by putting matching glassware on display.

No matter what design style you want to achieve, make sure you have fun while perfecting your home bar. Add décor that let's your personality shine and elevate your space to the next level. Maybe your bar mimics a speakeasy, or you want a simplistic wine bar. The options are endless when it comes to home bar ideas.

Are you working with a smaller bar space? Place a mirror on the wall directly behind the bar to let the light bounce around the room and open things up. This is also the look of a traditional bar, which can make it feel more realistic when it's time to make and serve the drinks. Lighting is also key when creating the perfect bar atmosphere. Hanging pendant lights with a dimmer is ideal, as they can set the tone for a relaxing vibe no matter the time of day.

Remember to keep it stocked at all times, as a well-stocked bar is a satisfying bar. Having all the essentials on hand shows how prepared you are to entertain, and not to mention, it looks great too.

Invest in comfortable bar stools. The last thing you want is guests complaining that they're uncomfortable while lounging in your home bar. Since bar stools will likely be the seating style, make sure you invest in a set that emphasizes comfort.

Consider an ice machine. Having ice on hand is a simple way to take your home bar to the next level. You shouldn't have to run back and forth to the kitchen for ice. You also shouldn't have to visit the corner store to grab a bag of ice every time you're expecting guests. An ice machine can be an impressive investment that makes a major statement in your bar.

Once your plans are implemented, you can sit back, relax and sip on the delicious cocktail (or mock-tail) from your new and improved home bar and entertainment space.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinetta@coindeciden.com](mailto:trinetta@coindeciden.com).*

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1



2

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

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase
- **\$4,350,000 EURO 4,015,156**

## 2. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access
- **\$1,795,000 EURO 1,706,411**

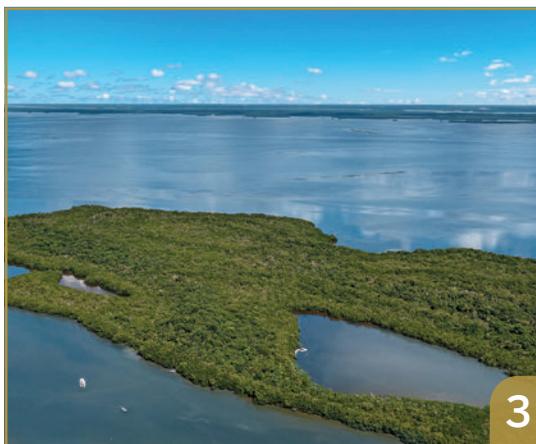
## 3. BUCK KEY - CAPTIVA

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

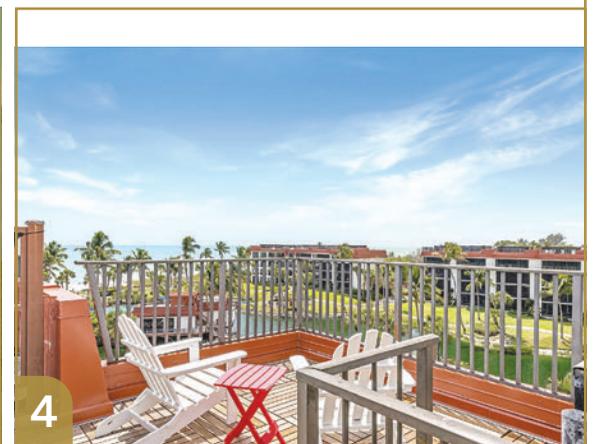
- **\$22,000,000 EURO 20,014,556**

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

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access
- **\$1,399,000 EURO 1,281,499**



3



4



5



6

## 5. UPDATED HOME IN THE DUNES - SANIBEL

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

- **\$995,000 EURO 952,604**

## 6. GULF FRONT CONDO AT GULF BEACH - SANIBEL

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history
- **\$999,000 EURO 945,409**

## 7. REMODELED ON DIRECT ACCESS CANAL - SANIBEL

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

- **\$2,495,000 EURO 2,390,029**

## 8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
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7



8

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# Rotary Happenings

submitted by  
Cindy Carter



This past week, we heard from Greg Longenhagen, artistic director at Florida Repertory Theatre, a hidden jewel in the heart of Southwest Florida. Florida Repertory Theatre is a professional theater company committed to providing first-class comedies, dramas and musicals for citizens of Southwest Florida since 1998. It is affectionately known as the "Florida Rep."

Longenhagen is a member of the original founding company of Florida Repertory Theatre, and is honored to be entering his third decade with the Rep and delighted to serve as its artistic director. An accomplished actor, director, producer, teacher and coach, Longenhagen has enjoyed a career of more than 30 years in professional theater, radio, television and film. Since 1998, Longenhagen has worked on 64 productions at Florida Rep either as an actor, director, fight choreographer or dialect coach.

He shared with us some interesting inner workings of a theater that, unless you have worked in a theater, you may not give much thought to. Things



**Greg Longenhagen** photo provided

such as all the extraordinary work that goes into creating the sets, specific to each production, the costumes and the lighting, which are very specific to each production as well.

In addition to its work on stage, Florida Rep has an active education and outreach arm that includes Theatre for Young Audiences and Lunchbox Theatre, Camp Florida Rep, an audition-only Theatre Conservatory program, classes for youth and adults, and artist in residence programs. If you have never been to the Florida Rep, it is highly recommended that you attend one production. Guaranteed you will not be disappointed and you may even

be hooked.

Longenhagen was last seen on Florida Rep's mainstage as Bob Cratchit in *A Christmas Carol*. He has many directing credits at Florida Rep and has choreographed fight scenes for and voice/dialect coached more than 29 shows. He served as an assistant professor of theater at Florida Gulf Coast University and was chair of the theater program's marketing and recruitment committee. He also spent two years touring the United States as a noted public speaker conducting workshops on real estate investing.

In 2006, he joined Abbott Productions, Inc., ascending from office manager to vice president of marketing to president and chief of operations. He has been responsible for the production of numerous national advertising campaigns and video projects across numerous businesses.

Longenhagen holds a master of fine arts degree from University of Pittsburgh, is certified with the Society of American Fight Directors at Carnegie Mellon University and earned a bachelor of arts degree in speech communication while at West Chester University. He has been a proud member of Actors Equity Association since 1993.

*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](http://www.sanibelrotary.org).*✳

## ISLAND SUN BUSINESS NEWSMAKERS

### RE/MAX Of The Islands



**John Hunt**



**Pegge Ford**

The top producers at RE/MAX of the Islands for the month of May were: John Hunt, top selling associate; and Deb Stone and Pegge Ford, top listing associates.✳



**Deb Stone**



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**1318 SEASPRAY LN., SANIBEL**  
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**5085 JOEWOOD DR., SANIBEL**  
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## CAPTIVA GULF FRONT



**16163 CAPTIVA DR., CAPTIVA**  
 • 3 BR, 2 BA, Family/Dining Area, TV Room  
 • Peaceful Vintage Island Getaway  
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## CAPTIVA VILLAGE



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**1501 MIDDLE GULF DR. #F403, SANIBEL**  
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 • Turnkey, Great Rental Opportunity  
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## SOUTH SEAS ISLAND RESORT UNDER CONTRACT



**2001 GULF BEACH VILLAS, CAPTIVA**  
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**9476 BALSA CT., SANIBEL**  
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 • Pool/Spa, PV Solar Electric  
**\$1,135,000**      **MLS# 222024499**  
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## CARDINAL RIDGE



**3005 TURTLE GAIT LN., SANIBEL**  
 • Beautiful, Cleared 1.17 Acre Lot  
 • 5 Minute Walk to Beach  
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## SANIBEL ISLAND NEW LISTING



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 • Each Unit - 2 BR, 1 BA, Laundry  
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**1321 SEASPRAY LN., SANIBEL**  
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## COCO BAY UNDER CONTRACT



**16359 COCO HAMMOCK WAY, FT. MYERS**  
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## MARINA BAY NEW LISTING



**11546 MEADOWRUN CIR., FT. MYERS**  
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 • Upgrades Galore, Upstairs Loft  
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## DEVONWOOD



**15871 HAMPTON VIEW CT., FT. MYERS**  
 • 1+/- Acre Lot in Gulf Access Community  
 • Build Your Dream Home  
**\$695,000**      **MLS# 222011138**  
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## THE COLONADES UNDER CONTRACT



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Will Power

# Mental Subtraction



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

In Frank Capra's 1946 film *It's a Wonderful Life*, an angel named Clarence appears to George Bailey, who is about to jump off a bridge to end his life. Clarence takes George through a spiritual tour of the world as it would have been had George never been born.

Rather than convincing George not to jump by counting his own blessings, Clarence allows George to see all the ripples and repercussions that would have occurred if he'd never been born. By imagining the absence of everything good in his life and the negative impact of him never being born, George realizes just how

rare and precious the good things in his life actually are.

Borrowing this idea, psychologists have conducted tests to see if thinking of the absence of the good things in your life could make you appreciate them more – a concept called mental subtraction.

Research shows that imagining the absence of a positive event in your life has a more powerful effect on you than simply looking back on that positive event. Likewise, imagining the absence of an important person in your life can be more powerful than simply appreciating the fact that they are in your life. Those who imagined never meeting their spouse or significant other report higher levels of relationship satisfaction after doing the mental subtraction exercise.

I meet with wealthy people, that's the nature of estate planning. It's striking to me how people adapt to having material wealth, and yet still feel as if they need more to feel financially secure. A client who has a \$4 million net worth wants to have \$10 million. Once attained, the number moves to \$20 million. Should the stock market drop, as it has in recent months, lowering that \$20 million to \$16 million, anxiety sets in. "Will I have enough?" the client asks.

I stop myself from pointing out that their net worth has quadrupled since we first met, and that they're in the upper two percent of the population.

I'm guilty of this as well. If you walked up to me when I was a university student and showed me photographs of what my life is like today, I would do back flips! (I would also likely be shocked at my middle-aged appearance!) As I'm writing this column, Patti and I are in the final preparations for our daughter Gabi's wedding over this July 4 weekend. How fortunate am I to have a wife who's put up with me for 33 years, and three

talented, beautiful, smart and ambitious daughters – and now for the first time, a son?

If you ever feel like you haven't reached that horizon you're always going after – realize this – like the real horizon, that imaginary horizon always moves away from you. You will never reach it. The true measure of how well you're doing isn't by looking forward at some ideal, rather it's by looking backward. Where did you begin? How far have you come?

It's like hiking guides in Colorado say when their clients get tired on the ascent up a mountain, "Every now and then, turn around because that's where the view is." What mental subtraction teaches us is to not only turn around but imagine that you're not even on the hike at all.

Imagine if you don't have your health, or your soul mate – how would that feel? This doesn't mean that you don't recognize real problems. Or that you stop trying to make things better. It simply means you see the possibility that you could lose the thing you are complaining or frustrated about, and then you understand the emotion that creates.

My friend, fraternity brother and college roommate, Leland Reiner, loved to watch *It's a Wonderful Life* every year when it came on television during the Christmas season. Ironically and tragically, he passed away from a brain aneurism at age 23, just after his college graduation, and as he was just getting started in life.

I only wish that I imagined him missing from my life in a mental subtraction exercise. ©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).\*

## Urgent Need For Blood Donations

center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health is experiencing an extreme Type O blood shortage and is seeking blood donations to help replenish supply levels. Current blood supplies are below critically low, and Lee Health's blood centers are in urgent need of donors.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. For more information on how and where to donate, stop by one of the Lee Health blood centers or visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

## How's The Market? Ask Ann *Has the Market Taken a Turn?*



Ann Gee  
Broker/Owner

"Updating" Sanibel's real estate market... my goal on a weekly basis is to report the real estate closings and to give it some "content," a comparison to closings that occurred during the prior 12-month time period. For example, 35 homes on Sanibel closed last year going back 30 days compared to 22 homes closed during the same time period this year. Inventory levels remain at less than 50 homes and condos on the market.

Over the last few months, multiple offers were very common on newly listed properties but recently, not so common. In addition, mortgage interest rates have increased by 2% and nationwide real estate sales have decreased. Florida has enjoyed the benefits of being a low tax state with tropical weather conditions.

Sanibel's uniqueness and limited supply of inventory continue to support the demand for our real estate.

We believe that we are experiencing a shift into a normal healthy market.

More importantly, I am curious as to how you see the future market. Let me know, pro or con.

Thanks for reading my column.

### 9 Closed Sales Going Back One Week: 4 Homes & 5 Condos

- |   |   |
|---|---|
| 5075 Joewood Dr. <b>\$4,100,000</b>               | 605 Donax St. 302 Pelicans Roost <b>\$1,400,000</b>           |
| 820 East Gulf Dr. A 106 Seawinds <b>\$925,000</b> | 1785 Middle Gulf Dr. B301 Sanddollar <b>\$1,645,000</b>       |
| 4202 Old Banyon Way <b>\$1,525,000</b>            | 1605 Middle Gulf Dr. 101 Gulfside Place <b>\$2,350,000</b>    |
| 469 Lake Murex Cir. <b>\$950,000</b>              | 2633 Wulfert Rd. 3 Sanctuary Golf Villages <b>\$1,198,000</b> |
| 1985 Wild Lime Dr. <b>\$1,280,000</b>             |   |

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

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# Frankly Speaking

by Howard Prager



The Colorado Avalanche came back to win the Stanley Cup on visiting ice in Game 6, just like the Golden State Warriors did a few weeks ago to win the NBA Finals in Boston. Tampa Bay

wasn't going to go down quietly, seeking a three-peat to remain dominant in the NHL. The Avalanche, preseason favorites to go all the way, are now preseason favorites for 2023. What did they do differently in Game 6? They called a players-only meeting before the game. According to ESPN, the Avalanche's leadership group had been through too much heartbreak before, making three consecutive second-round series exits prior to this season. No way would they let another opportunity slip.

"We knew the job that we had to do," said Cale Makar, who was awarded the Conn Smythe Trophy as the postseason's most valuable player. "But we needed to just talk about staying mentally locked in and not looking too far ahead. It was [Andrew Cogliano] and [Gabriel Landeskog] and [Nathan MacKinnon] speaking and basically just calming the guys down and making sure that regardless of the outcome, just put it all out there and

see where the game lies, and that's kind of where our minds were at."

Now to some strange happenings in baseball. First, the best team in baseball is the Yankees. Except this weekend against Houston. The Yankees had been 0-for-52 since the eighth inning of a 3-1 loss Friday night -- a stretch including a combined no-hitter by Cristian Javier, Hector Neris and Ryan Pressly on Saturday. New York's 16-inning hitless drought was the longest by any team since at least 1961, according to the Elias Sports Bureau. No team has ever been no-hit in consecutive games, although the 1917 Chicago White Sox were no-hit on consecutive days by the St. Louis Browns, with the second gem coming in the second game of a doubleheader.

Twins pitching coach Wes Johnson left the Twins for LSU. Major League Baseball coaches typically don't leave jobs with first-place teams for similar jobs at the college baseball level. ESPN reported they can't ever remember it happening. Johnson obviously missed Arkansas and Mississippi, but why in the middle of a winning season? I'm sure his payday will be good, but playoff baseball at the highest level is exciting. Who will be the next pitching coach? I've seen coaches come from the broadcast booth. Jim Kaat?

Another strange baseball story comes from ESPN. "The Chicago White Sox have dealt with numerous injuries to key players this season, and they are trying a new approach to address the issue -- not hustling. White Sox manager Tony La Russa told reporters on Saturday that

certain players have been instructed to "slow it down" running to first base if they hit into what appears to be a routine out. Tim Anderson, who returned from a groin injury last week, has been told not to hustle to first on sure outs. The same goes for Jose Abreu, Luis Robert, AJ Pollock and Andrew Vaughn. La Russa said there are other "key offensive guys" on the list as well. "As long as the fans understand it," La Russa said, according to ESPN.com. "They're not lazy, but their legs are important." Let's see if their legs will make the White Sox more competitive.

The defending champion Chicago Sky overcame the largest deficit in WNBA history -- 28 points -- to win Tuesday, and did it against the first-place team in the league. Their 104-95 victory at the Las Vegas Aces was one for the record books in more ways than one. "It's not something I want to do again," Chicago guard Allie Quigley joked of rallying from 28 points back, topping the previous mark of 25, which had been done three times. "But it was kind of weirdly calm. They're such a fast-paced team and so are we, there wasn't time to worry about the next play or even the score. It was just, 'OK, just keep chipping away, chipping away.' Obviously, looking back, it's unbelievable to be able to come back from that much and it just shows what we're capable of and what we can do when we really put our minds to it and play the style of play we want to play." In making this comeback, the Sky had 34 assists, which tied for third most in WNBA history.

Our good news story of the week is lifesaving, literally. Let me share the *NBC Today* show report. "When artistic swimmer Anita Alvarez lost consciousness in the water and began drifting toward the bottom of the pool in the world championships in Budapest, her coach, Andrea Fuentes, jumped in to save her life -- and now, both women are opening up about that harrowing rescue. "I know Anita very well and... I was a swimmer myself," Fuentes, a former Olympian, told *Today's* Miguel Almaguer. "I know that when you finish, you really want to breathe, so as soon as she was going down I knew that something was wrong." Alvarez, 25, who competed in the 2016 and 2020 Olympics, also shared what she remembers of the incident. "Everything

went black," she said. "It all happened really fast. I remember going down and just being like, Uh oh, I don't feel too great. That's literally the last thing I remember."

She likely fainted due to exhaustion, which can happen in a high-endurance sport like artistic swimming, Fuentes noted on Instagram earlier this week. Alvarez was underwater for nearly two minutes before being lifted to the surface by Fuentes and lifted onto a stretcher.

"As soon as I started breathing and was awake, I knew I would be OK," Alvarez said. The frightening episode played out Wednesday during the FINA World Aquatic Championships in Budapest, Hungary, when Alvarez was in the middle of her solo free final routine. She added that she is "just so grateful" to have Fuentes as a coach. The incident unfolded over just a few minutes, but for Fuentes, every moment seemed like an eternity. "It was like in slow motion for me. For Anita it was fast, but for me it was a year." Thank goodness for quick thinking and even quicker reaction.

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](mailto:press@islandsunnews.com).\*

## CROW Needs Volunteer Anglers

Clinic for the Rehabilitation of Wildlife (CROW) has two hungry otters to feed and is in need of volunteer anglers to catch live fish. Nonnative, freshwater fish such as Mayan cichlids are preferred. Volunteers are needed until the end of July, when the otters will be ready for release. Approximately 15 to 20 live fish are needed per day. The fish must be alive when dropped off and drop offs must be coordinated to ensure a surplus of fish isn't dropped off on the same day.

Florida fishing regulations must be followed, including being a licensed angler. Drop off times are between 7 and 11 a.m. Free admission to the visitor education center will be offered to volunteers, where they can view a live stream feed of the otters. If you can help, email Breanna Frankel at [bfrankel@crowclinic.org](mailto:bfrankel@crowclinic.org).\*



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## SPORTS QUIZ

1. Name the driver for Team Penske who won IndyCar Series season championships in 2017 and '19.
2. Who compiled a 3-10 record with the 1976 New York Jets in his only season as an NFL head coach?
3. On Sept. 14, 2008, Chicago Cubs pitcher Carlos Zambrano threw a no-hitter in Milwaukee's Miller Park against what team? (Hint: It wasn't the Brewers.)
4. What American snowboarder won Olympic gold medals in the women's halfpipe event at the 2018 PyeongChang and 2022 Beijing Winter Games?
5. Massachusetts hunters Charles Davis and William Foster are credited with developing what shooting sport in the 1920s?
6. On June 4, 1974, what promotion resulted in riots in the ninth inning and a forfeiture for Cleveland's Major League Baseball team?
7. Name the Basketball Hall of Famer who was selected first overall by the Houston Rockets in the 1983 NBA Draft and was named NBA Rookie of the Year in 1984.

## ANSWERS

1. Josef Newgarden. 2. Lou Holtz. 3. The Houston Astros, who were relocated due to Hurricane Ike. 4. Chloe Kim. 5. Skeet shooting. 6. Ten Cent Beer Night. 7. Ralph Sampson.

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Health First

# Vertigo



by Julie Rosenberg, MD

**V**ertigo is a symptom, rather than a medical condition. It's the sensation that you, or the environment around you, is moving, spinning or rocking.

Episodes of vertigo run the spectrum from barely noticeable to so severe that it is difficult to maintain your balance. Feelings of unbalance may worsen when you stand, walk, change your position or move your head. These episodes may last for a few seconds, or they may linger for days, weeks or even months.

Vertigo is common; nearly 40 percent of Americans experience vertigo at least once during their lifetime. Vertigo attacks can occur at any age, but they are more common among women and individuals over 65 years of age.

Vertigo is commonly caused by a problem in the inner ear (known as peripheral vertigo). This type of vertigo accounts for about 80 percent of cases.

Common causes of peripheral vertigo:

Benign paroxysmal positional vertigo (BPPV) – Is the most common cause of vertigo. BPPV is a condition of the inner ear. The hallmark of BPPV is vertigo

associated with changes in head position, although many people with BPPV feel a mild degree of unsteadiness in between their attacks of positional vertigo.

Labyrinthitis – Occurs when the inner ear labyrinth becomes inflamed or infected. The ear labyrinth houses the vestibulocochlear nerve, which sends information to the brain regarding sound, position and head motion. People with labyrinthitis often experience headaches, ear pain, vision changes, tinnitus (ringing in the ears) or hearing loss.

Vestibular neuritis – Inflammation of the vestibular nerve, which is important in balance control. People with this condition may experience vertigo, nausea, and/or blurred vision.

Manière's disease – A disorder in which fluid builds up in the inner ear. This situation can lead to vertigo, tinnitus and hearing loss.

Cholesteatoma – A noncancerous growth that develops in the middle ear, usually due to repeated infections. The growth can damage the middle ear's bony structures, leading to hearing loss and vertigo.

Vertigo is less commonly caused when there are issues with the brain itself (known as central vertigo) such as infection, brain tumor, traumatic injury or stroke.

Other less common causes of vertigo include migraine headaches, certain medications, cardiac arrhythmia, diabetes, hyperventilation and low blood pressure. Some individuals experience vertigo when they are pregnant.

Vertigo can be diagnosed with tests performed by your healthcare provider. These may include:

Fukuda stepping test – This test has been widely used for evaluating labyrinthine function. You march in place for 30 seconds with your eyes closed. If you rotate or lean to one side, it could mean that you have a problem with your inner ear labyrinth.

Romberg test – This test measures your sense of balance. You close your eyes while standing with your feet together and your arms along your sides. If you become unbalanced or unsteady, this could indicate a problem with your central nervous system.

Vestibular test battery – This evaluation is performed by an audiologist and includes several different tests to help identify an inner ear problem.

Radiographic studies of the brain (Computed tomography; magnetic resonance imaging) – Indicated for patients with suspected problems involving the brain.

Treatment for vertigo involves identifying the root cause of the problem and developing an individualized treatment program. Some individuals affected with vertigo improve without treatment. Others may benefit from specific treatments.

A series of simple head movements (known as the Epley maneuver) is used to treat BPPV. Many people with vertigo benefit from vestibular rehabilitation training; a series of exercises designed to address dizziness and balance problems.

Some individuals may improve with medications (such as antihistamines, diphenhydramine, meclizine, promethazine hydrochloride or steroids) as directed by their healthcare provider.

Self-care is also important for people with vertigo:

Avoid bending down to pick up items; try squatting instead.

Move your head slowly and carefully when performing daily activities.

Sit down as soon as you feel dizzy.

Avoid extreme extension of your neck.

Sleep with your head elevated on two pillows.

Use caution when getting out of bed and sit on the edge of your bed for a minute before standing up.

Vertigo attacks can occur suddenly and without warning. Vertigo may be mild and resolve on its own. If you experience severe or prolonged vertigo, consult your healthcare provider. Diagnostic testing will help to identify the root cause of your vertigo. Implementation of a personalized treatment program will help you to manage symptoms and resume normal activities.

*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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).*



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dearRPharmacist

# Popular Plants And Foods That Make Melatonin



by Suzy Cohen, RPh

**Dear Readers:** When night falls, and you feel the urge to sleep, it's because your pineal gland has just secreted a tiny amount of melatonin.

After about age 50, the amount starts to slowly decline, which explains the frequent bouts of insomnia in the elderly.

Did you know that melatonin is not a human thing? It's found in the plant kingdom too. Just like humans, and animals, plants respond to light and

dark cycles termed the "photoperiod." They make melatonin so it will act as an antioxidant in response to harsh environments. Perhaps this is its most important role in your body too. There are hundreds of studies affirming anti-cancer activity of melatonin so we know it is protective of "harsh environments" even in the human body.

We know a lot about melatonin, for example, it not only helps induce sleep, it also regulates our circadian rhythm, general mood, our body temperature and even healthy bone metabolism. There is an impact on reproductive, immune function and vision.

Natural melatonin is not just made in humans and in plants. It is ubiquitously found in birds, fish, reptiles and some bacteria. I've been so fascinated with this since my garden is in full bloom, that I decided to delve into the plant kingdom more.

The three most popular plants that contain melatonin are:

- Skullcap (*Scutellaria biacalensis*)
- Sometimes also called Chinese Skullcap (Huang-qin), this plant has

well-documented anxiolytic and sedative properties; that's why people take dietary supplements of it. The compound acts as a natural antiviral against certain pathogens. It makes people sleepy if taken in supplement form.

Feverfew (*Tanacetum parthenium*) – Extracts of feverfew help headaches, as does melatonin in people who are deficient. In 1997, *The Lancet* published a piece entitled *Melatonin in Feverfew and a Few Other Medicinal Plants*. Feverfew contains parthenolide which provides help for some people with stiff muscles, asthma, tinnitus, psoriasis and nausea. Pregnant women are often warned to avoid this supplement.

St John's wort (*Hypericum perforatum*) – Extracts are used for mild to moderate depression or anxiety. *The Lancet* refers to this plant as an "herbal tranquilizer" and it is partially due to the melatonin content. There are teas of this herb too. Topical oils and creams containing St. John's wort help with all kinds of skin problems.

You can eat melatonin. There are

several foods which contain natural melatonin or spark more production of your own?

The seven most common foods that contain melatonin are oatmeal; wheat/barley; tart cherries; goji berries; bananas; grapes; and rice.

One more note of interest, it's about drinking wine and alcohol. Drinking fair amounts of alcohol will negate the effect of melatonin. In other words, if you drink alcohol, you're making it harder for melatonin to do its job. Taking excessive amounts of melatonin could lead to fatigue, stomachache, drowsiness, low blood pressure and mood changes like confusion or irritability. For a longer, more comprehensive version of this article, visit [www.suzycohen.com](http://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](http://www.SuzyCohen.com).*✱

# Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have been with my boyfriend for eight months, and I have noticed that he doesn't have more than one or two friends. I tend to have a group of close women friends. Is

this normal?

**A:** There is research out that women's biochemical wiring makes them more likely than men to seek out relationships with others. I tend to find this rather common with clients I have worked with and in my own life. Though both men and women release adrenaline and cortisol when under stress, scientists found that in order to buffer those stress chemicals, women's brains release oxytocin, known as the love or cuddle hormone. This explains

why women who are going through a difficult time are more apt to bond with other women or have a good long conversation with another girlfriend. Or they may feel drawn to care for their pets or children. Researchers call this behavior "tending and befriending." It is stimulated by oxytocin and, in turn, creates more oxytocin. The more women tend and befriend, the more oxytocin is released, producing a calm influence further lowering their stress.

Men, on the other hand, don't have the same biochemical response. According to researcher and author, Dr. John Gray, the author of *Men are from Mars, and Women are From Venus*, men release cortisol when stressed while lowering their dopamine and testosterone levels, causing frustration and depression. Dr. Gray states that men are biologically hardwired to seek out ways to stimulate the production of those neurochemicals by problem-solving, taking action and overcoming risk and danger rather than talking and taking care of others. The lower amount of oxytocin in their system makes them less interested in bonding with friends.

As you can see, so much of this is

biochemical. Nothing wrong, just a better way to understand your strong bond with your friends, and your boyfriend may be perfectly content with his couple of friends. The key is to honor and respect each other for what works for each person.

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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*✱

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Doctor and Dietician

# Chickpeas: Beans Packing A Healthy Punch



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

Chickpeas, also known as garbanzo beans, are native to India, the Middle East and areas of Africa. Like other beans, they grow in pods on a vine. Before they fully ripen, they are bright green in fresh, fuzzy pods, similar to edamame (a bean for a later time).

These delicious beans are considered both a vegetable and a protein because of all their nutrients. Some people even consider them to be superfood. Chickpeas are very high in manganese. Did you know, a cup of chickpeas has about one milligram of manganese which is nearly 74 percent of your

daily value?

Chickpeas are also high in choline, a nutrient that aids brain function. Just imagine, by including chickpeas in your diet, you are already helping your body and brain function better – two birds with one stone.

Chickpeas are inexpensive and remarkably easy to add into your diet. You can find chickpeas at your local grocery store, canned or dried.

Chickpeas are an excellent source of vitamins, minerals, fibers and protein, which makes them a nutritious choice. You can try roasting chickpeas for a crunchy snack or a Mediterranean Chickpea Salad for a fresh lunch.

Mediterranean Chickpea Salad Recipe:

What you need: ½ cup of finely diced red onion; 2 cans of chickpeas rinsed and drained; 1 ½ cups chopped fresh parsley; 1 red bell pepper chopped; 1 orange bell pepper chopped; 1 green bell pepper chopped; ½ large cucumber chopped and ½ cup of crumbled feta cheese; Dressing; 3 tbsp. EVOO; 3 tbsp. red wine vinegar; 2 cloves minced garlic; 1 ½ tsp. dried oregano; 1 tsp. salt; ½ tsp. black pepper.

What to do: Place the onions in a bowl of cool water and let them soak while you prepare your other ingredients. Place the chickpeas, parsley, bell peppers, cucumber and feta in a large bowl. In a small bowl, make your dressing. Stir together the olive oil, red wine vinegar, garlic,

oregano, salt and pepper. Drain your red onions and add them to the chickpea mixture, then pour the dressing over top. Toss your ingredients and enjoy.

*This information is not intended to treat, cure or diagnose your condition.*

## Beautifulife: Family



by Kay Casperson

Summer is always a fun reminder to me about how important family is. It is always the time that our family travels on a summer trip that we all enjoy. When I was young and

growing up in Minnesota, we spent our summers with family at our lake house. Our grandparents, aunts, uncles and cousins did the same as we had places close by on neighboring lakes, and we all gathered together for many things. One of the most memorable events was definitely the Fourth of July. It didn't matter if you lived near or far; everyone would find the time to take the trip to the lake for the annual Fourth of July picnic. Some of the best memories were created here for many generations.

Family is so important, but not all families are the same. Some are close, some are separated, some are happy, and some are just trying to figure it out. But I know for sure that regardless of what family you came from or are a part of, it is essential to know that you can take away some fantastic memories, moments and learning experiences from all of it. You will realize that some of the family moments you had will somehow find their way into your current life, and that's all good.

I came from a family of all adopted children. My parents adopted all five of us as infants at different ages and times. They were amazing, loving parents who decided that they would bring children into their homes and love them unconditionally. Fortunately, they raised us in an environment of love and acceptance. They always opened their arms and home to our friends and others, so we also learned how to appreciate and love everyone.

Every family is different, and we

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.\*

must appreciate and try to understand the dynamics of each and every one of them. If one of my daughter's friends has a family going through something, we will make a point to fill that void wherever we can. We will always include every friend in all activities no matter what, so they feel a part of our family.

One of the family's biggest takeaways is that it binds you together. Even if the circumstances are not ideal, it entwines you into a web of caring, nurturing, unconditional love and protection. It's essential to grasp the truly unique concept of family. Whether it is those we came from or those we created, we all have the same ideals of commitment. Love unconditionally, accept one another for who we are, forgive the shortcomings and don't worry about the rest. At the end of the day, we will still be family.

My affirmation for you this week is: "I will embrace and appreciate what the concept of family has taught me through the years."

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

## Top 10 Books

1. *One Italian Summer* by Rebecca Serle
  2. *Hotel Nantucket* by Elin Hilderbrand
  3. *The Lioness* by Chris Bohjalian
  4. *All Your Perfects* by Colleen Hoover
  5. *The Candy House* by Jennifer Egan
  6. *Book Lovers* by Emily Henry
  7. *The Overnight Guest* by Heather Gudenkauf
  8. *Where the Crawdads Sing* by Delia Owens
  9. *The Summer I Turned Pretty* by Jenny Han
  10. *The Homewreckers* by Mary Kay Andrews
- Courtesy MacIntosh Books and Paper.\*

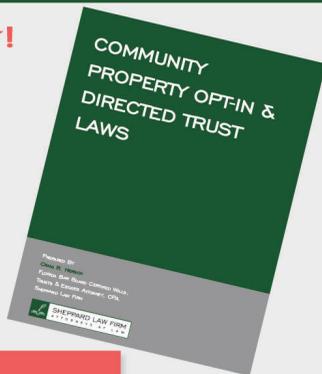
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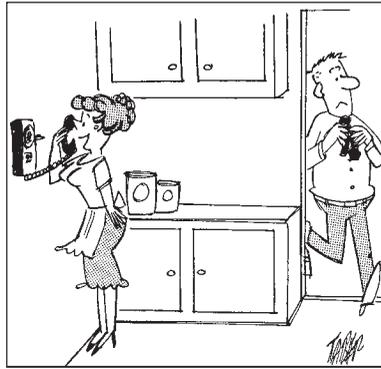
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- Shell Islands Garden Club ..... 246-8875
- United Way of Lee County - 24 hour helpline 211 .... 433-2000
- Zonta Club ..... 728-1971

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# PUZZLES

Answers on page 47



"Mother — what's the recipe for \_\_\_\_\_?"

## 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!

Decrease

AN EW

Much

FO NTE

New

CE NTER

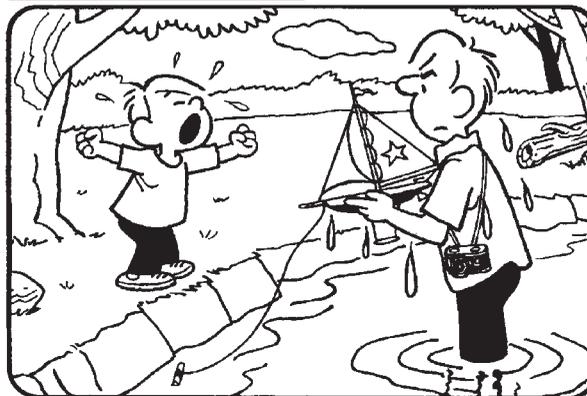
Browse

SUP REE

TODAY'S WORD

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Arm is moved. 2. Boat string is missing. 3. Cloud is different. 4. Sail is different. 5. Camera is missing. 6. Log is missing.

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

## 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

COMING-OF-AGE MOVIES

- ACROSS**
- 1 Binary
  - 5 GPS guesses
  - 9 White stuff that falls
  - 13 Gum rub-on for toothaches
  - 19 "One-l lama" poet
  - 21 Sported
  - 22 Nullify
  - 23 Start of a riddle
  - 25 Noteworthy periods
  - 26 Crony
  - 27 Fisher of "Star Wars"
  - 28 U.N. medical agcy. based in Geneva
  - 29 Words before roll or tear
  - 30 Hockey glove
  - 32 Riddle, part 2
  - 36 "Washboard" muscles
  - 37 Cut of beef
  - 38 2001 bankruptcy company
  - 39 Sushi bed
  - 40 Squalid room
  - 42 4.0 is a good one, for short
  - 45 Golden ager
  - 47 Riddle, part 3
  - 54 Tom, Dick and Harry, maybe
  - 55 Puzzles
  - 56 Not abridged
  - 57 Spares no expense
  - 61 Hack off
  - 62 Prez after HST
  - 63 See 42-Down
  - 64 Noteworthy periods
  - 65 Riddle, part 4
  - 69 Bakery buy
  - 70 Luau souvenir
  - 71 Prevarication
  - 73 Flier of myth
  - 74 Bogs, e.g.
  - 77 Ice homes
  - 79 Tel Avivian, for one
  - 82 Used to be
  - 83 Riddle, part 5
  - 89 Skylit lobbies
  - 90 Put turf on
  - 91 Give a new hue to
  - 92 2004-11 Laker Lamar
  - 95 Place to "dry out"
  - 98 Be a sign of
  - 99 Small, as Abner
  - 100 End of the riddle
  - 105 Guy
  - 106 Give a new hue to
  - 107 Rock producer Brian
  - 108 Hit the sack
  - 109 Affront, to a hip-hopper
  - 110 Java is one
  - 112 Riddle's answer
  - 117 Money in the form of coins
  - 118 Author Wiesel
  - 119 Player of multiple records, of sorts
  - 120 "Mad" one in Wonderland
  - 121 Star studier's sci.
  - 122 Figure skater Lipinski
  - 123 Leisure tops
  - DOWN**
  - 1 Wall Street index
  - 2 "Yecch!"
  - 3 Gradually accepts
  - 4 Release upon to attack
  - 5 Lieut.'s subordinate
  - 6 Bit of body art, in brief
  - 7 Waste barrel
  - 8 Wheat bundle
  - 9 Move as an eddy does
  - 10 "Sorry, I'm in a hurry"
  - 11 "The Orchid Thief" novelist Susan
  - 12 Pint-size
  - 13 Ten squared
  - 14 Transplant, as a perennial
  - 15 Of yore
  - 16 Knighted actor Derek
  - 17 Of national origins
  - 18 Alain-René — ("Gil Blas" author)
  - 20 None at all
  - 24 Lead-in to lateral
  - 28 "Orlando" novelist Virginia
  - 30 Actress Helgenberger
  - 31 Certain steel girder
  - 32 Taiwan tea
  - 33 Feudal estate
  - 34 2010 Super Bowl MVP
  - 35 French for "stop"
  - 37 Horse, when running
  - 41 Organic part of soil
  - 42 With 63-Across, boomer's kid
  - 43 Mile High Center architect
  - 44 Some Christians
  - 46 Austrian "a"
  - 48 New Age pianist John
  - 49 In a frenzy
  - 50 Stare stupidly
  - 51 37th president
  - 52 Abject fear
  - 53 Feudal laborers
  - 57 Former baseball boss Bud
  - 58 Brand of pasta sauce
  - 59 One of the boxing Alis
  - 60 Meadow mother
  - 62 Meadow mother
  - 66 Guess qualifier
  - 67 Petty of "Tank Girl"
  - 68 Cookie bar from Mars
  - 69 Lariat
  - 71 Pillage
  - 72 "Uncle!"
  - 75 Collegiately stylish
  - 76 Tilt weapon
  - 78 44th president
  - 79 Pocatello's state
  - 80 Psyche part
  - 81 Went first
  - 84 Have a link with
  - 85 Horse's gait
  - 86 Mistreatment
  - 87 Nullify
  - 88 — Stanley Gardner
  - 92 A bit weird
  - 93 Place to be pampered
  - 94 Egg-based dish
  - 96 They follow Marches
  - 97 Subject of a 2016 U.K. referendum
  - 98 With 115-Down, she sang "All Alone Am I"
  - 101 Lamp spirit
  - 102 Frisky water animal
  - 103 Bakery buy
  - 104 Put up, as a tent
  - 105 "I — think so!"
  - 109 Cloning stuff
  - 111 Make believe
  - 112 Briny deep
  - 113 Outmoded TV accessory
  - 114 "I solved it!"
  - 115 See 98-Down
  - 116 Soon-to-be grads: Abbr.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19				20				21				22						
23								24				25						
		26				27					28				29			
30	31				32	33					34				35			
36				37						38					39			
40			41					42	43	44		45			46			
47							48				49	50				51	52	53
			54					55					56					
57	58	59				60				61			62			63		
64					65		66	67				68			69			
70				71	72			73				74	75	76				
77			78				79			80	81			82				
83							84						85			86	87	88
			89							90			91					
92	93	94			95			96	97			98				99		
100				101						102	103	104						
106				107				108							109			
110				111								113	114				115	116
117												119						
120												122					123	

## King Crossword

**ACROSS**

- 1 "Dream on!"
- 5 Clothing protector
- 8 Greet
- 12 Well-read folks
- 14 Celestial bear
- 15 Beatles drummer before Ringo Starr
- 16 Algeria's neighbor
- 17 Occupation, for short
- 18 Straw hat
- 20 Young horses
- 23 Printer's blue
- 24 New York canal
- 25 Talkers' marathon
- 28 Bankroll
- 29 North African capital
- 30 Josh
- 32 Doctor's order
- 34 Trellis climber
- 35 Missing
- 36 Mature, as fruit
- 37 Small porches
- 40 Spelldown
- 41 Ms. Brockovich
- 42 Oater setting
- 47 " — Lang Syne"
- 48 Pokey
- 49 Disarray
- 50 Toronto's prov.
- 51 Artist Bonheur
- 9 "I smell —!"
- 9 "I smell —!"
- 10 Cruise stop
- 11 Hideaway
- 13 Baseball stats
- 19 Lummoxes
- 20 Hardly any
- 21 Verbal
- 22 Opera set in Egypt
- 23 Is able to, old-style
- 25 "Recognize my voice?"
- 26 Omit
- 27 Fork prong
- 29 Sporty car roof
- 31 Lion's home
- 33 Light-headed folks?
- 34 TV audience member
- 36 Some wines
- 37 Line of fashion?
- 38 Verifiable
- 39 Monet's supply
- 40 Inky stain
- 43 Charged bit
- 44 Id counterpart
- 45 "Mayday!"
- 46 Former Delta rival

**DOWN**

- 1 Swiss peak
- 2 "Sprechen — Deutsch?"
- 3 Addams cousin
- 4 Weak
- 5 Folk singer Joan
- 6 TGIF part
- 7 Gradually
- 8 Compassionate

## MAGIC MAZE ● INDEPENDENCE DAY

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: U.S. FLAG NICKNAME

- |            |           |          |           |
|------------|-----------|----------|-----------|
| Barbecue   | Concerts  | Liberty  | Sparklers |
| Baseball   | Crowds    | Parades  | Speeches  |
| Carnivals  | Fairs     | Picnics  | Uncle Sam |
| Ceremonies | Fireworks | Reunions |           |

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 <b>FRIDAY</b> Partly Cloudy High: 91 Low: 79	 <b>SATURDAY</b> Sunny High: 90 Low: 81	 <b>SUNDAY</b> Sunny High: 92 Low: 80	 <b>MONDAY</b> Mostly Cloudy High: 90 Low: 81	 <b>TUESDAY</b> Mostly Sunny High: 95 Low: 84	 <b>WEDNESDAY</b> Cloudy High: 93 Low: 85	 <b>THURSDAY</b> Partly Cloudy High: 92 Low: 82
---	--	--	--	--	--	--

### Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:17 pm	10:10 pm	None	None
Sat	5:48 am	7:55 am	3:00 pm	10:44 pm
Sun	6:06 am	9:03 am	3:47 pm	11:19 pm
Mon	6:28 am	10:18 am	4:40 pm	11:55 pm
Tue	6:55 am	11:38 am	5:42 pm	None
Wed	7:24 am	12:31 am	6:59 pm	1:02 pm
Thu	7:56 am	1:08 am	8:34 pm	2:24 pm

### Point Ybel Tides

Day	High	Low	High	Low
Fri	1:22 pm	10:12 pm	None	None
Sat	4:53 am	7:57 am	2:05 pm	10:46 pm
Sun	5:11 am	9:05 am	2:52 pm	11:21 pm
Mon	5:33 am	10:20 am	3:45 pm	11:57 pm
Tue	6:00 am	11:40 am	4:47 pm	None
Wed	6:29 am	12:33 am	6:04 pm	1:04 pm
Thu	7:01 am	1:10 am	7:39 pm	2:26 pm

### Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:40 am	8:50 am	2:20 pm	10:34 pm
Sat	5:15 am	9:41 am	3:20 pm	11:07 pm
Sun	5:47 am	10:25 am	4:25 pm	11:39 pm
Mon	6:17 am	11:09 am	5:18 pm	None
Tue	6:44 am	12:09 am	6:09 pm	11:58 pm
Wed	7:08 am	12:41 am	7:05 pm	1:01 pm
Thu	7:26 am	1:15 am	8:06 pm	2:08 pm

### Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:27 pm	12:51 am	None	None
Sat	7:58 am	1:26 am	5:10 pm	11:11 am
Sun	8:16 am	2:00 am	5:57 pm	12:19 pm
Mon	8:38 am	2:35 am	6:50 pm	1:34 pm
Tue	9:05 am	3:11 am	7:52 pm	2:54 pm
Wed	9:34 am	3:47 am	9:09 pm	4:18 pm
Thu	10:06 am	4:24 am	10:44 pm	5:40 pm

## My Stars ★★★★★

FOR WEEK OF JUNE 27, 2022

**Aries** (March 21 to April 19) Be prepared to face some challenges stirred up by an envious colleague. Your best defense is the Arian's innate honesty. Stick with the truth, and you'll come out ahead.

**Taurus** (April 20 to May 20) Your sensitivity to the needs of others is admirable. But be careful to avoid those who would take unfair advantage of

your good nature, especially where money is involved.

**Gemini** (May 21 to June 20) Having an optimistic attitude is fine, as far as it goes. But don't be lulled into a false sense of confidence. There still are problems to deal with before you can totally relax.

**Cancer** (June 21 to July 22) You might feel somewhat "crabby," as you fuss over plans that don't seem to work out. Maybe you're trying too hard. Ease up and let things happen without forcing them.

**Leo** (July 23 to August 22) Heed that keen Leonine instinct. It's trying to tell you to delay making a decision until you're sure there are no hidden problems that could cause trouble later on.

**Virgo** (August 23 to September 22) This is a good time to reach out to those who might be nursing hurt feelings over recent events. Best advice: Ignore any pettiness that could delay the healing process.

**Libra** (September 23 to October 22) Your understanding helps a colleague

get through a difficult period. Although you didn't do it for a reward, be assured that your actions will be repaid down the line.

**Scorpio** (October 23 to November 21) You score some high marks in the workplace, which will count in your favor when you face the possibility of changing direction on your current career path.

**Sagittarius** (November 22 to December 21) Your goal lies straight ahead. Stay focused on it and avoid distractions that could throw off your

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# PETS OF THE WEEK

Lee County Domestic Animal Services

## Brynn And Mindy

**H**ello, my name is Brynn. I am a 4-year-old female American staffordshire mix. I am a staff and volunteer favorite who is so eager to learn. I will sit and wait for the next command and learn it quickly. I have the trifecta – good looks, intelligence and manners. I love going to the play yard with the volunteers to learn new things each day. My adoption fee is \$25



Brynn ID# A916615  
photos provided

Hi, I'm Mindy. I am a 1-year-old female domestic shorthair. With kitten season in full swing at Lee County Domestic Animal Services, adult cats continue to be overlooked. I am a sweet, shy gal who was recently adopted and returned because I was hiding in my new

surroundings. I need a patient adopter that will give me time to adjust and blossom into my friendly, sweet self that has been seen at the shelter. My adoption fee is \$25.



Mindy ID# A919025

The adoption fee on all dogs and cats in July will be reduced to just \$25 with an approved application. The \$600-valued package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.

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](http://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

going to bed, then scrub and flush in the morning

### STRANGE BUT TRUE

- Bugs Bunny's relaxed manner of eating carrots was inspired by a scene from the movie *It Happened One Night*, in which Clark Gable crunches on the vegetable while chatting with Claudette Colbert.

- Caligynophobia, also known as Venustraphobia, is the fear of beautiful women.

- Pale skin was such a big fad in the 1700s that some French women even drew over their veins in blue pencil to accentuate their ethereal look.

- The first guidebook for Stonehenge, published in 1823, claimed the formation was one of the few ancient structures that survived the Old Testament flood.

- On average, less than 18 minutes of a baseball game is actual action.

- While many people are attracted by the promise of greener pastures, more than 100,000 are ready for those of a redder hue – they've applied for a one-way trip to Mars as part of "The Mars One" project.

- Vampire squid, which live in Monterey Bay, get their name not from drinking blood (they live on plankton),

but their intelligence: They've been known to create complex geometrical patterns on the ocean floor.

- The New York City Ballet has an annual shoe budget of \$780,000. Dancers go through 500-800 pairs of pointe shoes just while performing *The Nutcracker* over a period of six weeks, and use even more pairs in two weeks performing *Swan Lake*.

- Singer Billie Holiday babysat actor/comedian Billy Crystal, even taking him to his first movie.

- Researchers at California State University discovered that the self-control needed to suppress the urge to urinate can produce a more convincing liar, something known as the inhibitory spillover effect.

### THOUGHT FOR THE DAY

"The compact between writing and walking is almost as old as literature – a walk is only a step away from a story, and every path tells."

– Robert Macfarlane

### TRIVIA TEST

1. **Television:** Which TV show is set at UC-Sunnydale?
2. **Food & Drink:** What is an affogato?
3. **Movies:** Which famous movie features a character named Almira Gulch?
4. **History:** Which U.S. state was

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6/10 \* TFN

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4/22 \* TFN

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7/1 \* 7/22

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1/4 \* TFN

To advertise in the Island Sun and The River Weekly News Call 395-1213

Read us online at [www.islandnews.com](http://www.islandnews.com)

#### 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. Also assist with physical transit. Contact Lisa 239-395-0153.

1/21 \* TFN

#### Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

Landings 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.

- the first to legalize marijuana for medicinal use?
- Entertainers:** What rapper/songwriter's real name is Calvin Cordozar Broadus Jr.?
  - Science:** What part of the brain controls hunger?
  - Geography:** The Gulf of Cadiz lies off the coasts of which two countries?
  - Literature:** Who are the best friends of Nancy Drew in the mystery series?
  - Language:** The archaic term "grippe" was used to describe what common ailment?
  - Astronomy:** What kind of star is the sun in our solar system?

**TRIVIA ANSWERS**

1. Buffy the Vampire Slayer 2. Italian dessert of coffee and ice cream 3. The Wizard of Oz 4. California, 1996 5. Snoopy Dog 6. Hypothalamus 7. Portugal and Spain 8. Bess and George 9. Influenza 10. Yellow dwarf

**SCRAMBLERS ANSWER**

1. Wane 2. Often  
3. Recent; 4. Peruse

Today's Word

**TOAST**

**HORTOONS**

**Natives know how to celebrate the 4th of July**



**Dress Appropriately**

**Eat Some BBQ**

**Watch Fireworks**

**PUZZLE ANSWERS**

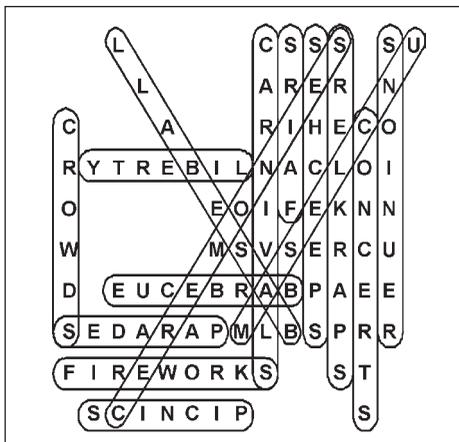
**SUPER CROSSWORD**

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**KING CROSSWORD**

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L	I	T	E	R	A	T	I	U	R	S	A
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**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gulf Ridge Sub	Sanibel	1981	4,630	\$4,490,000	\$4,100,000	27
Woodlake At Bonita Bay	Bonita Springs	2021	4,511	\$3,995,000	\$3,925,000	232
Whiskey Creek Club Estates	Fort Myers	2006	4,771	\$2,800,000	\$2,700,000	4
Cape Coral	Cape Coral	2016	3,658	\$2,499,999	\$2,491,650	105
Oakbrook	Estero	2001	3,539	\$2,399,000	\$2,250,000	7
Palm Acres	Fort Myers	2018	3,376	\$1,599,000	\$1,560,000	8
Coconut Landing	Estero	2022	2,305	\$1,450,000	\$1,500,000	0
Island Shores	Fort Myers Beach	1954	664	\$1,050,000	\$1,417,000	2
Monteverdi	Fort Myers	2007	4,007	\$1,450,000	\$1,400,000	91
Wildblue	Fort Myers	2022	2,964	\$1,280,489	\$1,280,489	1

# July 4<sup>th</sup> Weekend

## Sidewalk Sale

A Sanibel Tradition Since 1980



**Pinocchio's**  
LIFE IS COOL!  
Original Italian Ice Cream

*the REAL DEAL*

It's Simply The Best!...I Cannot Tell A Lie!

2075 Periwinkle Way, #33  
Indoor-Outdoor Dining  
Open Daily 11AM-9PM  
239-472-6566

pinocchiosicecream.com





**WE'RE ALWAYS SERVING UP SOMETHING SPECIAL!**

Enjoy lunch or dinner in our dining room or outside on our Pet Friendly Patio



**Blue Giraffe**  
Island Dining



Periwinkle Place Shops  
2075 Periwinkle Way, Sanibel, FL 33957  
239-472-2525

**OPEN EVERYDAY!**  
Breakfast 8AM-Noon  
Lunch 11AM-5PM • Dinner 5PM-Close  
Full Liquor Bar • Happy Hour 4-6PM

BlueGiraffeRestaurant.com • SHARE US ON FACEBOOK




ESCAPE RELAX RESTORE

**Massage Skincare Hair & Nails**



PERIWINKLE PLACE SHOPPING CENTER

239.395.2220  
877.695.1588



MM# 2782



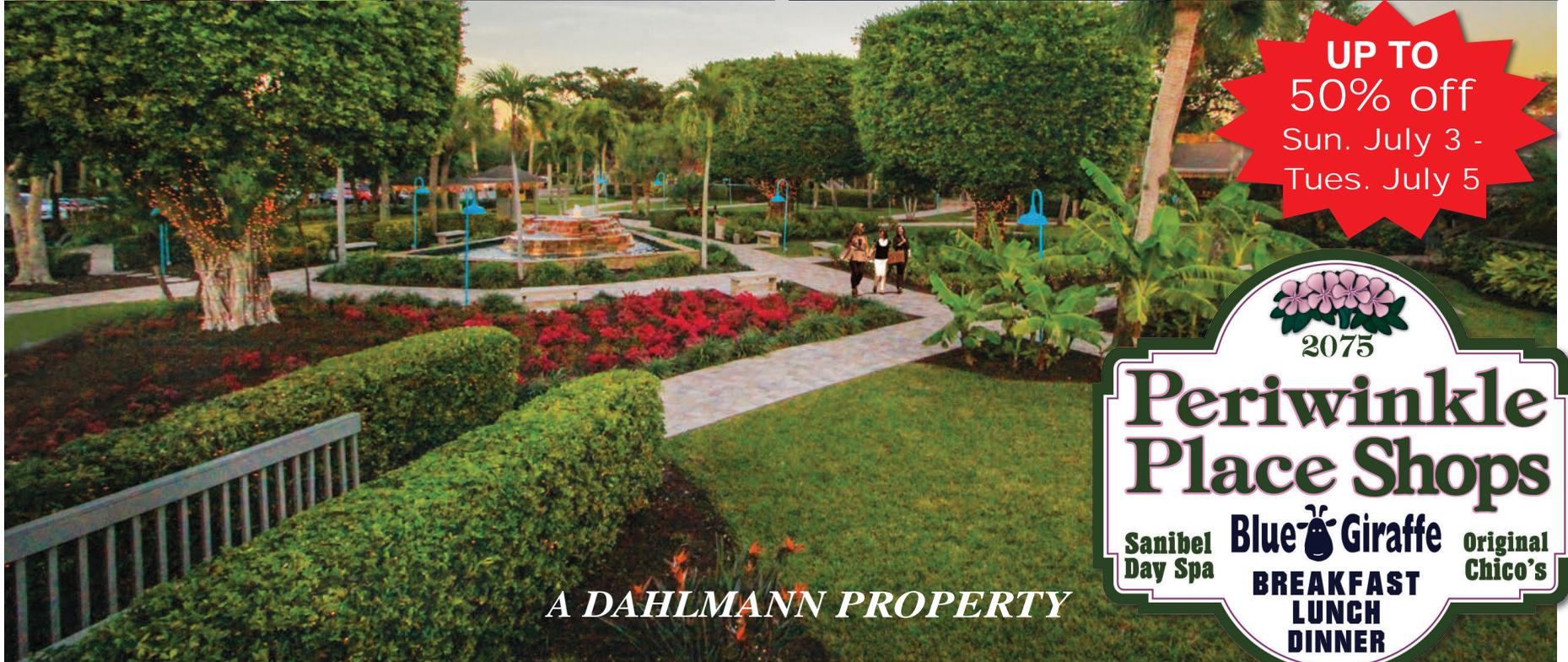
LOCALLY OWNED BUSINESS WITH QUALITY BRANDS, FRIENDLY SERVICE & COMPETITIVE PRICING

Open Seven Days A week



BEARPAW heydude Flojos  
crocs Teva  
RAINBOW OOFOS REEF

Periwinkle Place Shops  
2075 Periwinkle Way Unit #31  
Sanibel, FL 33957  
SanibelFlipFlops@comcast.net | (305) 905-3414



**UP TO 50% off**  
Sun. July 3 - Tues. July 5

2075

**Periwinkle Place Shops**

Sanibel Day Spa **Blue Giraffe** Original Chico's  
**BREAKFAST LUNCH DINNER**

*A DAHLMANN PROPERTY*

2075 Periwinkle Way • 2 miles off Causeway Road on the Left • PeriwinklePlace.com  
Shop Mon - Sat 10-6, Close at 5pm on July 4 • Sun 12-5 • Dine 8am to 8pm (or later)

