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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 6, 2018

JULY SUNRISE/SUNSET: 6 6:41 • 8:25 7 6:41 • 8:25 8 6:42 • 8:25 9 6:42 • 8:25 10 6:43 • 8:25 11 6:43 • 8:25 12 6:44 • 8:24

First Captiva Loggerhead Sea Turtle Nest Hatches



From left, SCCF Sea Turtle Program staff member Kristie Anders and volunteers Dr. Bob Fisher and Stefanie Plein conducting an inventory of Captiva's first loggerhead sea turtle nest of the 2018 season last week
photos by Jeff Lysiak
by Jeff Lysiak

Just as the sun was beginning to appear above the horizon on June 26, Stefanie Plein arrived at the beach at South Seas Island Resort on Captiva. A second year volunteer with the

Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program and permittee-in-training, Plein had been looking forward to this moment for the past two months.

"It's exciting that this nest even hatched," she said as she watched SCCF



The newborn hatchling making its way across the sand

staff member – and sea turtle program participant since 1984 – Kristie Anders and first-year volunteer Dr. Bob Fisher conduct the inventory of Captiva's Nest #1. "After seeing this nest get washed over during (Tropical Storm) Alberto, we didn't know if it was gonna hatch."

Earlier this season, on the morning of April 26, Plein and SCCF Sea Turtle Program Coordinator Kelly Sloan discovered an adult female loggerhead sea

turtle as she was finishing the process of laying her eggs on the beach. After the sea turtle completed the nesting process, both watched her disappear into the gulf waters before they staked off the newly-laid nest, the first of the 2018 season.

It was a unique experience for Plein, who had pledged to adopt the first nest she helped find in honor of her grandmother, Joyce Wolf, who passed away
continued on page 20

Walter The Loggerhead Released

by Jeff Lysiak

Three weeks after an adult male loggerhead sea turtle was brought to the Clinic for the Rehabilitation of Wildlife (CROW) for treatment after being rescued offshore, where boaters reported it appeared to be struggling to swim, the loggerhead was released back into the wild with great fanfare from a large group of onlookers.

On the afternoon of June 28, the sea turtle – nicknamed Walter, after the founder of CROW, Shirley J. Walter – was returned to the Gulf of Mexico following 24 days of treatment for brevetoxicosis, also known as red tide poisoning.

"Since this past October, we have admitted 274 patients for suspected brevetoxicosis; 229 of those have been admitted since January 1 of this year,"



Personnel from the Clinic for the Rehabilitation of Wildlife (CROW) and Mote Marine Laboratory carrying an adult male loggerhead sea turtle onto the beach last Thursday afternoon, where it was successfully released back into the wild
photo by Jeff Lysiak

said Dr. Robin Bast, CROW veterinary intern. "Typically, brevetoxicosis cases make up approximately 10 percent of our caseload annually."

In addition, the loggerhead was tagged with a passive integrated transponder (PIT) tag and fitted with a satellite tag. Walter was selected to be

a part of the Sea Turtle Conservancy's online sea turtle tracking educational program. The tag will transmit the sea turtle's location via satellite when he comes to the surface to breathe. Walter is the seventh adult male loggerhead sea turtle to be tagged by Mote Marine Laboratory as part of a study of the turtles' migratory behavior after release from rehabilitation and recovery.

To track Walter's location, visit www.conserveturtles.org/turtletracking.

A group of more than 60 onlookers welcomed CROW and Mote Marine Lab staff – carrying the sling containing the 230-pound sea turtle – last Thursday on the beach located behind West Wind Inn on Sanibel. Among the crowd were SCCF Sea Turtle Program participants who had helped rescue the loggerhead three weeks earlier.

"I'm glad he made it," said SCCF's Audrey Albrecht who, along with Sea Turtle Program Coordinator Kelly Sloan and participants Jack Brzoza, Andrew Glinesky and Katie Goulder, helped rescue Walter in early June. Also

continued on page 4

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The Community House



Learn different techniques for using Alcohol Ink with instructor Anita Gober on Wednesday, July 11 photos provided

Alcohol Ink Classes

Anita Gober will lead a class on Alcohol Ink techniques on Wednesday, July 11 at 9:30 a.m. You can practice different applications such as sticker, stamping, swiping, straw blowing or dabbing. Minimum of three people per class, maximum of 10. Cost is \$35 for members and \$40 for guests.



The Secure Shredding truck will be on site Saturday, July 14

Community Shredding Day

A Community Shredding Day will be held on Saturday, July 14 from 9 a.m. to noon in the north lot, across the street from The Community House. Enter at the driveway next to Dunlop Road and exit by the driveway closest to The Sanibel Bean. Cost is \$5 per box or bag. All large paperclips or binder clips must be removed.

Hands-On Vegan Cooking

Chef Jarred will lead a hands-on vegan cooking class on Friday, July 20 from 10 a.m. to noon. Learn the chef's secrets for jackfruit pot pie with cauliflower mash, crispy roasted vegetables, and no bake lemon tartlet with basil and berry sorbet. Cost is \$40 for members and \$45 for guests.

Taco Night Community Social

On Wednesday, July 25, a Taco Night community social will be held starting at 6 p.m. The buffet will include beef, chicken and fish, complete with all the fixin's. Char-grilled vegetables and beans and rice will also be served. Cost is \$15 for adults and \$10 for children 10 and under. For \$5 more, indulge in churros (a Mexican fritter dessert) served with ice cream and Chef Jarred's homemade sauces. Alcoholic beverages will be available for purchase.

Chef Jarred Cooking Demo

Chef Jarred's next cooking demo, Just Desserts, will take place on Friday, July 27 from 4 to 6 p.m. Watch the chef in his element, teaching easy to



Chef Jarred will teach a hands-on vegan cooking class on Friday, July 20

learn cooking techniques. This interactive program will feature chocolate and avocado mousse, vegan tiramisu, and roasted pineapple with mango and coconut custard. Cost is \$25 for members and \$30 for guests. Register early.

Summer Kids Cooking Camp

Kids Cooking Camp is scheduled for the week of July 30 to August 3 from 9:30 a.m. to 1 p.m. Chef Jarred will continue his tour around the world with young chefs. Cost is \$50 per child per day. Sign up for all or any day. Prepaid registration required by noon on Friday, July 20. Some scholarships are available from Rotary, Kiwanis and private citizens.

Call for information on summer cooking classes on first Mondays from 2:30 to 5:30 p.m., scheduled for July 2 and August 6.

Yoga And Shell Crafting

Yoga classes continue throughout the summer on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell crafting lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult.

Save The Date

The Sanibel Community Association will hold a 1927-themed gala, entitled *A Night to Remember*, on Friday, January 25. This red carpet event will include fine dining, camaraderie and nostalgia in the very place that family, friends and neighbors built together nearly a century ago. Sponsorship opportunities are available. For more details, call 472-2155.

*The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.**

Residents Named To Dean's List

Local residents have been named to the Dean's List at Clemson University for the spring 2018 semester. They are: Deanna Marie Craig of Sanibel, who is majoring in general engineering; and Danny Stanley Rafalski of Sanibel, who is majoring in biological sciences.*



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With more than 60 spectators watching, Walter moved slowly towards the water photos by Jeff Lysick

From page 1
Walter

assisting with the offshore rescue were Linda Linsmayer and Billy Kirkland, who lent SCCF a kayak and boat.

Placed on the sand about 10 feet from the water's edge, Walter slowly and methodically used his flippers to crawl into the gulf to the great delight of the spectators.

According to rehabilitation staff, while the average success rate for marine life treated for brevetoxicosis is

between 25 and 33 percent, the wildlife clinic claims an 88 percent rate of success for sea turtles.

"This has been a very busy red tide season and it's extending longer into the year than what we usually see," said Dr. Heather Barron, CROW hospital director, who suggested that Walter's prognosis is positive. "He's a very strong, healthy sea turtle. All of his bloodwork is now within the normal limits, so we felt very confident that he would be able to go out and thrive in this environment."*



From left, Andrew Giinsky, Jack Brzoza, Audrey Albrecht, Kelly Sloan and Katie Goulder, SCCF team members who helped rescue the loggerhead on June 4



Closeup of the adult male loggerhead with its tracking device

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Wahine Toa Camp Empowers Young Women



Participants and counselors from this summer's Wahine Toa Camp, conducted by Sanibel Sea School, included, from left, Sydney Guse, Miranda Guse, Caroline Holtz, Ella Laboda, Alivia Mehalik, Char Cadow and Sam Lucas

by Jeff Lysiak

Sanibel Sea School is doing its part to help create and celebrate Wahine Toa, a Polynesian term which loosely translated means "Warrior Women."

Held from June 18 to 22, the Wahine Toa Camp – open to young women ages 13 to 18 – offered instruction on how to handle a paddleboard, shared practical skills like how to change a tire or jumpstart a car, and offered valuable survival skills including basic first aid and how to build a campfire.

Led by Adventure Education Coordinator Charlotte Cadow and Conservation Initiative Coordinator and Marine Science Instructor Sam Lucas, the five-day camp was filled with plenty of outdoor, on-the-water activities.

"We went paddling every day," said Lucas, who noted that campers traveled by kayak from a variety of island launch locations, from Causeway Island A and Bowman's Beach to destinations like Picnic Island and Doc Ford's restaurant on Fort Myers Beach.

On Monday, campers learned basic paddling instruction before they headed out to some of Sanibel's canals on the east end of the island. That afternoon, they earned their CPR and first aid certifications with the help of Sanibel Fire & Rescue District personnel. The following day, they paddled from the causeway to Fisherman's Key. "The girls saw a manatee," Lucas said. Later, they learned basic automotive repair.

Following a paddle and picnic on Bowman's Beach, Wednesday's activities included preparing for their overnight trip to Picnic Island in San Carlos Bay, prepping and dehydrating for the excursion, and learning how to tie a variety of knots. They also learned to make sourdough bagels.

On Thursday, the group received instruction on how to use a compass along with basic navigation skills. After a picnic lunch on a sandflat, campers paddled over to Picnic Island. They set up their hammocks for sleeping,

continued on page 36



Two Wahine Toa Camp participants paddleboarding

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OBITUARY



ELIZABETH GAIL EERTMOED

With heavy hearts, the family announces the unexpected passing of Elizabeth Gail Eertmoed. She was the cherished wife of Gary Eertmoed, loving mother of Jeannine Marshall of Austin, Texas and Jeffrey Eertmoed of Cape Cod, Massachusetts. She was the special grandma of Alex and Gregory Marshall

and Antony Eertmoed, and sister of Barbara Dunn and Raymond Mayer. Elizabeth "Betty" was born on Long Island, New York and grew up in Pekin, Illinois. Betty graduated from Pekin Community High School where she was inducted into the National Honor Society and received the John Philip Sousa award for excellence as a flutist. She achieved a bachelor of science degree from the University of Illinois and an master of science degree from Chicago State University, both in biological science. She used these degrees teaching biology at Rich South High School in Matteson, Illinois.

Betty retired to Sanibel, Florida, where she volunteered at the Sanibel-Captiva Conservation Foundation and the "Ding" Darling National Wildlife Refuge. She also enjoyed playing her flute and piccolo in the BIG ARTS Concert Band on Sanibel Island.

Her passions revolved around quilting and working in her perennial flower garden on St. Joseph Island in Ontario and her native plant yard on Sanibel.

A memorial tribute fund is being established at the Sanibel-Captiva Conservation Foundation. Contributions may be sent to the Sanibel-Captiva Conservation Foundation "In Memory of Betty Eertmoed" (SCCF, 3333 Sanibel-Captiva Road, Sanibel FL 33957).*

Shells Found



Dylan Page with his collection

photo provided

While staying for the month of June, Dylan Page found a variety of Sanibel's finest. This was his 10th summer in a row visiting Sanibel. Included are one whole junonia (his second), three junonia fragments, 23 cone varieties, two mature horse conchs, two angel wings and a plethora of whelks, tulips, fighting conchs, olives, murexes and others. All shells were found between West Gulf Drive Beach Accesses #1 to 7. Page looks forward to returning in January.*

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BREAKFAST LUNCH DINNER

Conservation Movement Helped Shape Sanibel's Future



SCCF Education Director Kristie Anders using a map to describe which areas of Sanibel Island are only about 500 years old
photos by Jeff Lysiak
by Jeff Lysiak

Last week at the SCCF (Sanibel-Captiva Conservation Foundation) Nature Center, a lecture on the history of the conservation movement on the islands was delivered by Kristie Anders, SCCF's education director and longtime local resident. During her 45-minute presentation, Anders shared some background information on several pivotal players and the important dates that helped shape the future of Sanibel.

"This is my favorite story to tell," Anders told the audience.

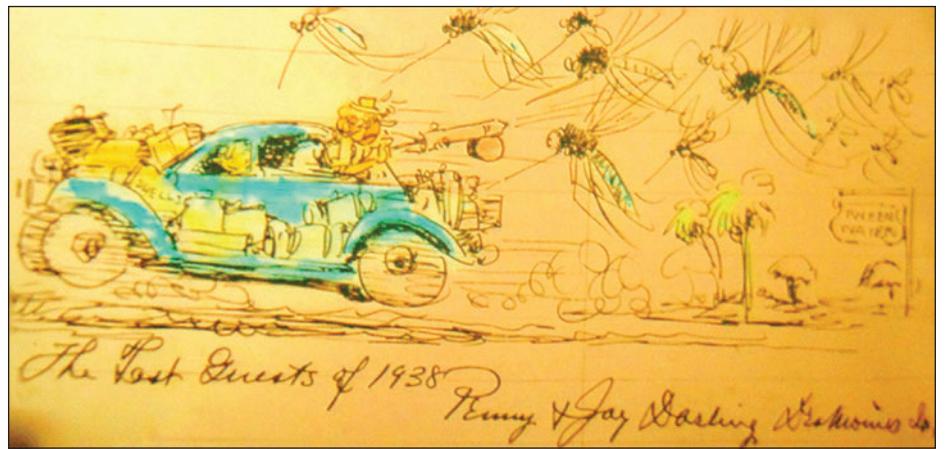
Chronicling over a century of preserving paradise, the presentation – A History of Island Conservation: The City That Almost Wasn't – celebrated the forward thinking of many islanders and visitors, including Theodore Roosevelt and Jay Norwood "Ding" Darling, the establishment of the refuge

and the founding of SCCF, leading up to the incorporation and ensuing history of the City of Sanibel.

"What's the difference between Sanibel and other cities in Southwest Florida? The skyline," said Anders. "You won't see many cities along the coast that aren't dotted with highrises."

Sharing several historical aerial images taken in the mid-1940s, Anders noted that until the 1950s, Sanibel was mostly a sparsely vegetated island of open grasslands. However, in the years leading up to World War II, the island was being sold to property investors.

One person who came to Sanibel beginning in the 1930s was Darling, whose doctors told him that in order to treat his chronic bronchitis, he should visit a warmer climate during the harsh winters he experienced in Iowa. He and his wife, Penny, who frequently stayed at Tween Waters Inn on Captiva, finally built a permanent home here in 1942.



Jay Darling's cartoon, *Pest Guests of 1938*, illustrated how bad the mosquito problem was on the islands

The nationally known and respected political cartoonist, whose affinity for environmental causes often influenced his work, was one of the leading local voices when it came to helping protect wildlife and preserve land. Darling sent a letter to the federal government requesting that they stop the sale of 2,000 acres of land on Sanibel. Using money from the sale of Federal Duck Stamps, the Sanibel National Wildlife Refuge became established in 1945. It was later rededicated in the name of Darling following his death in 1962.

Mosquitoes were intolerable pests in those days. With mudflats being a key breeding ground for the insect larvae, a five-mile "dam" was built to combat the infestation. That structure eventually became Wildlife Drive, the 4.5-mile roadway through the center of the refuge.

As air conditioning and fresh water became readily available and affordable, the island's population began to grow. But plans to bring some 35,000 residential units to Sanibel didn't sit well with most islanders already living here. In the late 1960s, following the opening of the Sanibel Causeway, local groups of concerned residents began to advocate for preserving environmentally sensitive land. One of those groups became SCCF on October 31, 1967.

"The pressure to develop on Sanibel was enormous," said Anders, who added that in 1974, a whopping 85 percent of island residents turned out to cast their vote on the subject

of declaring independence from Lee County. More than 75 percent of the population voted in favor of establishing the City of Sanibel, thus being able to create their own laws while helping to preserve large undeveloped areas of the island for future generations to enjoy.

"But they paid the price for it," she noted. "It was a pretty brave act."

The home of Porter Goss and his family had to be protected by law enforcement officers from opponents of the city's vote to become independent.

"Muriel (Goss) and her children would recognize the sheriff's officers who frequently visited the house to serve subpoenas," said Anders. "They knew them by name and would invite them in for coffee."

But perhaps the greatest evidence of why Sanibel remains a sanctuary island today can be seen in the vision statement that appears on the walls of Sanibel City Hall:

"Sanibel is and shall remain a small town community whose members choose to live in harmony with one another and with nature; creating a human settlement distinguished by its diversity, beauty, uniqueness, character and stewardship," the statement reads, in part. "The City of Sanibel cherishes its cultural, social ecological and economic diversity, and will endeavor to maintain it."

For more information on upcoming events and programs, visit www.sccf.org or call 472-2329.*

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646
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ST. ISABEL CATHOLIC CHURCH

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

472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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The group at Panama City Beach

photos provided

Teens Learn Big Stuff At Camp

Sanibel Community Church H2O ministries sent 19 middle school and high school students, along with six leaders, to Bigstuf camp in Panama City Beach from June 11 to 15. Celebrating 30 years of ministry, Bigstuf provides church youth groups with an experience that deepens their teens' relationships with Christ and connects them with new and old friends.

Each session opened with praise

and worship time. More than 1,500 teens from Generation Z came together singing and praising God. They beamed with excitement and filled the room with explosive energy for one common goal: to be more Christ-like. The students were reminded, "We raise our hands not because we are the fans, but because we realize that God is the fan of us."

Guest speakers Joseph Sojourner (Sojo) and Stuart Hall, renowned for their work with teens and dedicated to equipping today's youth for the future, captivated the audience by speaking biblical truths and emphasizing this year's theme, which is Original. The teens were stretched and reminded "To be an original, give God your ordinary and he'll make it extraordinary. The students participated in seven sessions, interspersed with beach fun, volleyball, basketball, beach worship, small group time and an '80s-themed worship party. Each teen was challenged to "Do Big Stuff" and charged to go above and beyond to serve their community and families.

H2O Student Ministries is a youth ministry program for sixth through 12th grade young men and women. The group meets on Wednesday evenings (currently on summer break) from 5 to 7 p.m. for middle school and from 6 to 8 p.m. for high school students. The group also meets on Sunday mornings at 11 a.m. at the youth center at Sanibel Community Church for Sunday School. All students on



One of the highlights was an '80s-themed worship party

the island and surrounding communities are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational

congregation with the church campus at 1740 Periwinkle Way. For more information call 472-2684 or visit www.sanibelchurch.com.

SCCF Sea Turtle Nesting Statistics

The first three nests of the season hatched on Captiva last week and the first two nests for Sanibel hatched last Friday. The three nests on Captiva produced a total of 309 hatchlings – very impressive, especially considering they felt the impacts of Tropical Storm Alberto.

The release of the adult male loggerhead (Walter) – that SCCF rescued and CROW rehabilitated – went beautifully and pictures can be found on CROW's Facebook page. Seeing this turtle in such good health was really a joy, especially considering the shape he was in when he was initially rescued. To track Walter, go to: <https://conserveturtles.org/trackingmap/?id=195>

As of June 29, 2017

Sanibel East: 94 loggerhead nests, 1 green nest, 184 loggerhead false crawls*, 0 green false crawls

Sanibel West: 284 loggerhead nests, 13 green nest, 413 loggerhead false crawls*, 16 green false crawls

Captiva: 135 loggerhead nests, 0 green nest, 138 loggerhead false crawls*, 1 green false crawls

As of June 29, 2018

Sanibel East: 54 loggerhead nests, 0 green nest, 120 loggerhead false crawls*, 0 green false crawls

Sanibel West: 272 loggerhead nests, 2 green nest, 529 loggerhead false crawls*, 0 green false crawls

Captiva: 100 loggerhead nests, 0 green nest, 132 loggerhead false crawls*, 0 green false crawls

*false crawl – a failed nesting attempt

If you have questions, or would like to know more about nesting statistics on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.

I

SANIBEL

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This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

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Plant Smart

Muscadine

by Gerri Reaves

Muscadine (*Vitis rotundifolia*) is a native woody vine that grows throughout Florida as well as the southeastern U.S.

In the wild, it's found in hammocks, woods and scrub, and also flourishes weed-like in undeveloped lots and along roadsides.

It spreads by using coiled tendrils and is capable of scrambling over other plants and into the treetops and growing as long as 90 feet.

If you want a fast-growing wildlife-friendly vine to cover a trellis or fence, this might be a good choice.

While this member of the grape family often volunteers – its seeds are spread by wildlife – it is also cultivated to make grape jelly, juice and wine.

Historically speaking, it was the first grape species to be cultivated in North America. Today, many cultivars exist.

Its natural pest resistance is an advantage for commercial growers as well as home gardeners, and it can often be grown without pesticides.

Inconspicuous yellow-green, five-petaled flowers appear in spring, followed by



In the fall, native muscadine produces clusters of small grapes consumed by birds and other wildlife. Jelly, juice and wine are made from the fruit. photos by Gerri Reaves

fruit clusters -- not bunches -- of up to 30 grapes in fall. Each grape is one-half to an inch across and ranges in color from pinkish bronze to deep purple-black.

The skin is tough, the interior flesh translucent, juicy and seeded.

The alternative triangular, or



Muscadine's toothed leaves (across center) mingle with native palmetto and invasive air potato in the wild

heart-shaped, leaves have toothed edges and are deciduous, so the vine is bare part of the year but re-leaves quickly.

It will tolerate some shade but does best in full sun.

Propagate it with seeds or cuttings.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio,

National Audubon Society Field Guide to Florida by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.edis.ifas.ufl.edu, and www.floridata.com.

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

Shell Museum Supports VCB At Record Attempt

Have you heard the news? With the help of 1,093 registered participants on Fort Myers Beach, the Lee County Visitor and Convention Bureau broke the Guinness World Record of the Largest Human Image of a Seashell. The record-breaking gathering took place on National Seashell Day, June 21.

Shell ambassadors from the Bailey-Matthews National Shell Museum were on foot during the event, educating participants about shells and the mollusks that create them. The Shell Ambassador program is comprised of volunteers who

wear specially-designed "Ask Me" T-shirts while they are on the beach to indicate that they are certified to answer questions and identify shells.

"The National Seashell Day event truly demonstrated how shelling unites our community and inspires us all to get outside," said Leigh Gay, museum outreach coordinator. "I spoke to so many kids that day who were passionate about shelling. Several adults were interested in becoming a certified National Shell Museum Shell Ambassador, and some even started memorizing shells at the table. Many of the families that came to our booth had never been to the museum before, and had no idea we offered daily summer programming for families."

For more information, visit www.shellmuseum.org.



Shell ambassadors from the Bailey-Matthews National Shell Museum interacting with visitors on Fort Myers Beach during National Seashell Day photo provided

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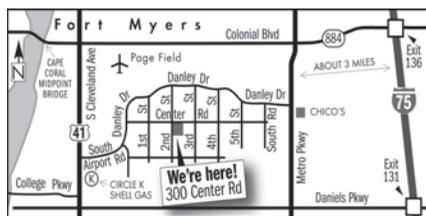
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Sea Trash Storm Strikes Shoreline

submitted by Sanibel-Captiva Conservation Foundation (SCCF)

Instead of being greeted by seashells and turtle tracks along the shores, early morning beach walkers were struck by the sight of plastic bottles and styrofoam chunks littering the high tide line recently.

It was an all hands on deck incident as SCCF (Sanibel-Captiva Conservation Foundation) sea turtle and shorebird volunteers, staff, Adopt-A-Beach participants, residents and tourists alike launched an impromptu cleanup effort. In just eight miles of shoreline – from Tarpon Bay Road to Blind Pass – SCCF Sea Turtle and Shorebird program coordinators Kelly Sloan and Audrey Albrecht, sea turtle technician Jack Brzoza and intern Ana Defilipo had the bed of the beach patrol vehicle completely filled with sea trash that was largely composed of plastics.

In addition to spending their time measuring and monitoring nesting activity, they spent additional manpower doing what amounted to a sea trash shuttle run: jumping off the vehicle to the beach, grabbing trash, tossing it into the back of the vehicle and repeating. Other groups of turtle patrol volunteers mirrored this messy cleanup exercise along the entire coastline of Sanibel and Captiva.

At one point, the SCCF vehicle was so full of plastics, the group was concerned some might be blown back out before they reached Bowman's Beach where they photo documented their haul before dumping it into recycling bins.

"This is so sad to see but picking up plastic and sea trash is all part of what we do," said Sloan. Still stunned by the unusual onslaught of trash on this day, she and the other researchers wondered about the point source of this notable pollution event.

"A number of the bottle labels were written in foreign languages, showing just how far our trash can travel on ocean currents," added Albrecht.

The plastics varied in age and original



Trash picked up on the beach in one morning

photo provided

use. Some were coated in thick amounts of algae, some blackened with an oily diesel fuel-like slime, yet most were single-use water bottles.

As the group continued their patrol, they came upon a Chateaux Sur Mer resident and Adopt-A-Beach participant who estimated picking up 50 plastic bottles and a dozen styrofoam chunks in a one-mile stretch, the most she had ever seen in 15 years. Along Gulf Pines and Gulf Shores, other Adopt-A-Beach participants lived their pledge to be ambassadors to the shore by instinctively picking up plastics there too.

The unusual amount of debris in a single day served to highlight the impact and importance of asking everyone who enjoys the beaches and environment to help protect it. As Ted Sieger, a world renowned resource economist stated, "This isn't a problem where we don't know the solution. We know how to pick up garbage. Anyone can do it."

National Geographic's current cover story highlighted some compelling facts about plastic. While a plastic bag or bottle may have a work life of or utility for 15 minutes, scientific estimates for plastic decomposing range from an incredible 450 years to never. In addition, Science

Daily recently reported, "Researchers found a wide array of microplastics in fish stomachs, with a whopping 73 percent of the fish having ingested the pollutants."

Being a barrier island with critical nesting habits makes Sanibel even more vulnerable to experiencing the detrimental environmental impact of plastics with even greater force.

Research conducted by Florida Atlantic University has already documented that microplastics are found in the sand of gulf coast beaches, with the concentration higher in dunes where turtles nest. These plastics have the potential to change the nest incubation temperature, which determines the sex of the hatchlings.

Research indicates that rising temperatures are already starting to create a worldwide

female biased sex ratio that appears to be growing.

For example, a study in Australia's Northern Great Barrier Reef revealed that 99 percent of young green turtles are female and that male sea turtles at that location are disappearing. Closer to home, researchers from Florida Atlantic University have documented that 97 to 100 percent of the hatchlings sampled since 2002 have been female. With drastic environmental changes predicted to occur within this century, sea turtles are at risk of unsustainable sex ratios that could have a negative impact on their populations. Microplastics that absorb and retain heat in the sand could exacerbate this serious issue.

While these small micro plastic pieces may not be as visually disturbing as larger pieces of trash, these tiny bits of plastic pose an immediate threat to the sea turtle population. In addition to possibly altering sand temperatures, microplastics are ingested by sea turtles of all life stages, causing them to starve because they feel full or creating impaction issues.

This highlights the importance of asking everyone who enjoys the beaches to play a vital role in picking up plastic. Regardless of how small the pieces may seem, they have a very real and lasting detrimental impact on the environment and food chain.

"We're trying to get the word out that picking up all plastic makes a truly meaningful difference," said Sloan.

"We want to thank our Adopt-A-Beach ambassadors who are committed to being engaged with nature and who are keepers of our shoreline." ✨

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Great Flats Action All Week Long



by Capt. Matt Mitchell

Despite red tide reports all over the news, the southern end of Pine Island Sound has not been affected. In fact, some of the open water flats fishing that's going on is

amazing. Although the water is brown, it is still pretty clear. Once you get up past the middle sound, there are large patches of floating grass making it hard to fish. In the very northern end around Cabbage Key and Useppa Island, we are seeing floating dead fish.

Small baits, either shiners or small pinfish fished under a popping cork, have brought some crazy nonstop action from St. James City all the way up to Flamingo Bay channel. Limits of trout along with lots of small sharks and Spanish mackerel have kept the rods bent basically until you run out of bait.

This southeastern end of the sound for some reason has been the prettiest water around and is just filled with life.

Soft plastic jigs in a shiner pattern have also been getting it done in these same areas. Soft plastics can either be fished under a popping cork like you would a live bait or fan cast and bounced along the bottom. The variety of fish in these three- to six-foot grass flats has been amazing.

With water temperatures topping out shiners have all but disappeared for at least the next few months. Pinfish have become the go-to bait with smaller pinfish catching lots of keeper-sized trout. Another option with the hot water temperature is to use frozen jumbo shrimp to pitch against the mangroves and letting the current move it down the bank has drawn the redfish in when nothing else will.

Getting out early morning or late night is the only way to beat this summer heat. Although the afternoon bite has been OK, it's been tough to dodge the afternoon thunderstorms. These fast-moving storms can be filled with lightning and should not be taken lightly especially when out on a boat. Even if it means wrapping the day's trip up early, it's always better to be safe than sorry.



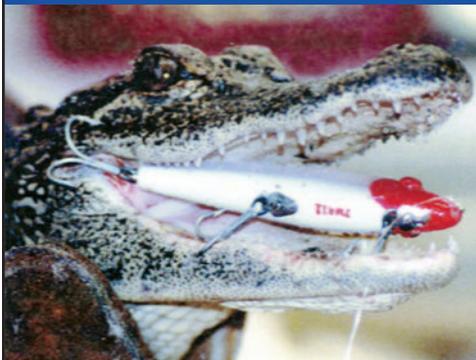
Gillie Russell with a slot-sized redfish caught while fishing with Capt. Matt Mitchell

photo provided

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during this outgoing tide.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com. ✨

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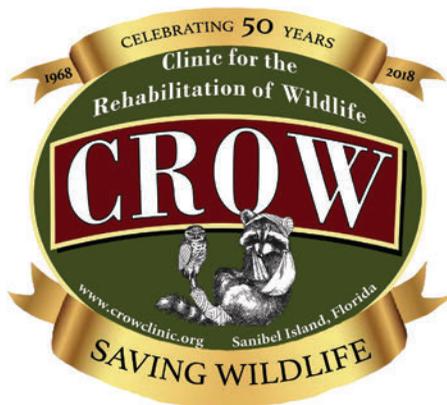
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CROW Calendar Of Events



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.

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, July 6, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Friday, July 6, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique

adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Monday, July 9, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Tuesday, July 10, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the

appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

Wednesday, July 11, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, July 11, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. 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.

Thursday, July 12, 11 a.m. to

12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, July 12, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.*

Locals Named To Dean's And President's Lists

A total of 11,347 students enrolled during the 2018 spring semester at The University of Alabama (UA) were named to the Dean's List with an academic record of 3.5 or above or the President's List with an academic record of 4.0 (all As).

Students named to these lists include: Jacqueline Haley Cloutier of Sanibel, President's List; and Kristin A. Van Olst of Sanibel, Dean's List.*

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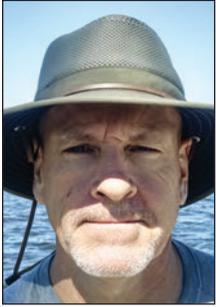
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CROW Case Of The Week:

Purple Gallinule

by Bob Petcher



The purple gallinule (*Porphyrio martinicus*) is a medium-sized water bird with long legs and toes. It is known to swim like a duck, but can also walk on top of marsh vegetation

due to its lengthy toes.

Purple gallinules are so named because they have dark purple heads, necks and undersides. The rest of their colorful bodies include a green back, light blue forehead, red-tipped bill and yellow legs.

Gallinules are related to rails and coots. It differs from its cousin – the common gallinule – by its brilliant coloration. The common gallinule lacks that striking visual appearance in regards to color, and looks duller if both birds were side by side.

Purple gallinules do have some quirks. As if walking on lily pads wasn't strange enough, these birds flick their tails nervously, nod their heads while swimming and regularly fly short distances with legs dangling to attract attention. While they are awkward fliers, purple gallinules do make trips to northern states and southern Canada as well as numerous flights to Europe and South Africa.

At CROW, an adult purple gallinule was found with a droopy wing and unable to fly. The bird was transported to the Sanibel clinic where veterinarians were able to determine it had a fractured right coracoid bone, which is connected to the shoulder blade and attaches part of the biceps.

Due to no other wounds present, the fracture was likely caused by some type of blunt trauma, according to CROW medical staff. The bird was given pain medications and placed in a body wrap to stabilize the fracture.

"We use a type of tape bandage," said Dr. Robin Bast, CROW staff veterinarian, in describing the material used for the body wrap. "It is easily removable and does not damage the feathers when we place and remove it."

The body wrap being easily removable is important due to the frequency of rehabilitation needed.

"The wrap is removed every three days during physical therapy, and then replaced to continue to stabilize the wing as it heals," added Dr. Bast. "The gallinule is also receiving pain medications, fluids and nutritional support as well as physical therapy."

The body wrap and physical therapy process will continue for nearly a month.

"The bandage will be in place for three weeks, and then removed for a week of strict cage rest before the bird will be moved to an outside enclosure for further rehabilitation," said Dr. Bast.

Purple gallinules are not a common patient seen at CROW. This case reportedly marks just the ninth purple



Sporting a body wrap, patient #18-2407 rests after suffering a fractured coracoid bone

photo by Brian Bohlman

gallinule to be admitted in the past seven years.

"The patient will be with us for a few more weeks, but so far there have been no complications," Dr. Bast said on June 30. "It will be a little while longer before we know if the fracture is healing appropriately, which will be determined using radiographs."

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

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Shell Of The Week

An Unnamed Dove Snail



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

Reaching only up to 9 mm (0.35-inch), this Dove Snail (family Columbellidae)

in the genus *Costoanachis* is found locally (Southwest Florida) in shallow water, among seaweeds and sometimes seagrasses. The species, however, apparently has not been named: in the past, some authors called it *Costoanachis sparsa* (Reeve, 1859), but this latter species is something else. The shell is glossy, with about 20 narrow, somewhat, straight ribs. The ribs are constricted by a number of fine spiral lines, forming beaded nodules. Background color is ivory to yellowish with a pattern of reddish-brown markings. The mantle and foot of the live animal are whitish with brownish-gray blotches. The tentacles and siphon are of same colors, but the blotches become rings around those structures.



An Unnamed Dove Snail, shell and live animal in ventral and dorsal views, from Sanibel

Photos José H. Leal

photos by José H. Leal

Shell Museum Events

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

Turtle Tracks Program Held Every Thursday

A male loggerhead sea turtle was saved recently by the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program staff and volunteers. The turtle was rehabilitated and released after recovering from red tide effects.

Sea turtle eggs hatch as males or

females according to the temperature each egg incubates within the nest. Around the world, fewer male sea turtles are hatching because of changing temperatures. SCCF staff and volunteers monitor island beaches from May through October for sea turtle activity.

Every Thursday at 10 a.m., SCCF offers a program called Turtle Tracks, where you can learn more about sea turtle nesting on the islands. Cost is \$5. The program is held in the SCCF Nature Center, located at 3333 Sanibel-Captiva Road. Call 472-2329 for more information.

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Junior Anglers Fish Tarpon Bay

For the eighth year in a row, campers from the Sanibel Recreation Center Summer Day Camp program joined Tarpon Bay Explorers' fishing captains out on Tarpon Bay for the Optimist Junior Anglers Club fishing event. On Mondays throughout the summer, the Sanibel-Captiva Optimist Club takes junior anglers ranging from fifth to eighth grade to local fishing hot spots around the island.

Capt. Brie and Capt. Dan led the junior anglers to great success on the bay. Capt. Brie's anglers caught more than 50 fish including sea trout, ladyfish, jack crevalle and mangrove snapper. Capt. Dan's anglers caught close to 30 fish. Though Capt. Dan's boat came up short on the amount of fish, jumping an 80-pound tarpon produced a lot of excitement among the young anglers.

"That had to be the highlight of the morning," said Capt. Dan. "It's not often you jump a tarpon when fishing for trout. It really got the kids excited and hopefully made a nice memory for them."



Capt. Dan and his enthusiastic anglers upon their return from a successful day on the water photos provided

"We love having the kids come out for a fishing trip," said program and education manager Adam Sauerland. "We say it time and again, but it all

starts with the kids and the more they are exposed to outdoor experiences, the more they will come to love and respect it."*



Sophia Westland with her sea trout catch



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From page 1

Loggerhead Nest

at age 80 back in January.

“My grandmother was always so proud of my accomplishments,” Plein said afterwards. “I just wanted to remember her in a way that helps benefit conservation.”

Since that day, she had been looking forward to seeing if any sea turtle hatchlings would emerge from that nest. But with the arrival of Tropical Storm Alberto, heavy rainfall and turbulent surf threatened the viability of the nest. According to Anders, Nest #1 was reported as “washed over” on May 29.

“Unfortunately, that nest got pretty washed over during the storm, so I’m not super hopeful that it will hatch,” Sloan wrote in an email dated June 20. “But you never know.”

Then, on the morning of June 23, Sea Turtle Program volunteers reported seeing tiny flipper marks had emerged from Nest #1.

“There’s no greater feeling than when you see those flipper marks in the sand,” said Anders, who arrived at the nest 72 hours later to conduct an inventory of Nest #1. Volunteers return to hatched nests and dig deep into the sand, pulling out any unhatched or infertile eggs as well as hatched shells. They also count any live or dead hatchlings found still buried in the nest, who may have struggled to escape the compacted or wet sand.

Anders and Fisher began to dig into Nest #1, with Plein patiently sitting nearby. The pair had only dug for about one minute, and less than a foot into the dense sand when they discovered a live hatchling. Then two more. And then another.

Rapidly snapping pictures with her cell phone, Plein was giddy with excitement over the discovery of the four live hatchlings. “It’s so great to see this nest go full circle, from nesting to



Stefanie Plein holding the first hatchling to emerge from the nest photos by Jeff Lysiak
birth,” she added.

Later, all three volunteers placed the newborn sea turtles about 10 feet from the water’s edge. Each of the hatchlings scurried towards the incoming waves, their tiny flippers moving furiously as they slowly crawled across the sand.

When a crow suddenly appeared, flying just above their heads and eyeing an opportunity for an easy meal, Plein began to wave her arms, shouting, “No! No! Get away!”

The crow eventually flew off and all four hatchlings entered the water, tumbling in the incoming waves before finally disappearing underneath the surface of the gulf.

“Go! Go! Go!” said Plein, cheering on the sea turtles that emerged from the nest she had adopted in memory of her grandmother. At that moment, she began to think of Joyce Wolf.



Loggerhead hatchling

“She’s definitely looking down and is gonna protect her babies,” she added with a smile. “I’m really glad her nest hatched... and I was able to see it.”

According to SCCF, the cost of

adopting a sea turtle nest is \$75. That includes a tax-free deduction of \$58 with a T-shirt, or \$75 without one. For more information, visit www.sccf.org/our-work/sea-turtles.✱

SCCF Tips For Being Sea Turtle Friendly

Do not disturb nesting sea turtles – do not to get too close, shine lights on or take flash photos of nesting sea turtles.

Turn off or shield all lights that are visible from the beach. Do not use flashlights or cell phone lights on the beach. If necessary, use amber or red LED bulbs.

Do not disturb the screens covering nests. They prevent eggs from being eaten by predators and the hatchlings emerge through the holes without assistance.

Remove all beach furniture and equipment from the beach at night.

Dispose of fishing line properly to avoid wildlife entanglement.

Fill in large holes that can trap hatchlings, and pick up litter.



Stefanie Plein taking pictures of the sea turtle hatchling



From left, Dr. Bob Fisher, Kristie Anders and Stefanie Plein “guarding” the hatchlings as they entered the gulf

Gear Guide: PFDs For Paddlers

by Ocean
Tribe Paddlers

We are lucky to enjoy many days of sunshine and calm waters as paddlers in Southwest

Florida, but being on the water is always unpredictable, and it is important to follow basic safety procedures when paddling. Florida requires that all children under the age of 6 wear a Coast Guard-approved personal flotation device (PFD) when the vessel is under way. Each person over the age of 6 must have an approved PFD available.

There are so many options available on the PFD market that purchasing your own can feel overwhelming. We recommend visiting a knowledgeable retailer who can guide you through the process and help you try a few PFDs on for size and comfort before buying. But there are a few helpful things to know before you go.

PFDs are divided into five categories – Types I, II, III, IV and V. Type I PFDs are designed for offshore racing, or for boating alone in stormy conditions. They are not widely available to the public, and unless you have a serious paddling adventure planned, this is probably overkill. Type II is the standard orange PFD you've seen



stowed on many boats. With a wraparound waist cinch and a large head cushion, these are not the most comfortable choice for extended wear. However, they are affordable and are a great option for those who don't plan to wear a PFD all day, but need to store one on board.

Type III PFDs are cut like a vest, usually with three safety release buckles on the front. They are much more comfortable than Type II options, and are the best choice for children or older paddlers who are not strong swimmers. These are designed for more casual water-based recreation and are sold in a variety of styles and sizes.

Type IV PFDs are throwable devices, and are not acceptable under Florida law. Type V PFDs are an interesting option for more advanced paddlers who value comfort and do not want the weight or bulk of a stowed Type II or III PFD to hinder their speed and performance. For paddlers, there are many inflatable "fanny pack"-style models available. They are easy to wear and will not inflate unless the water sensor is activated.

No matter which type you choose, make sure it fits snugly and comfortably. With a good PFD on board, you can enjoy the peace of mind that comes from knowing you are prepared for the unexpected.

*Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.**

Ocean Tribe Paddlers To Host Group Outing In Sanibel Canals

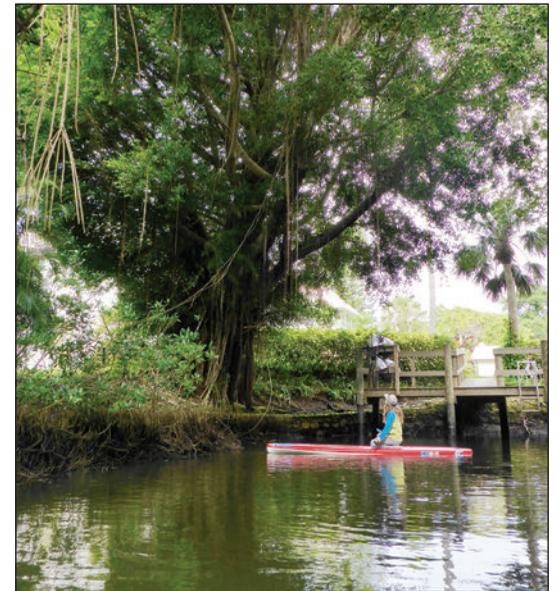
Sanibel Sea School's Ocean Tribe Paddling Club organizes a meet-up each month for paddling enthusiasts to enjoy a group paddle, share tips and ideas, and meet new friends to paddle with.

For the July event, the group will meet at the Sanibel Boat Ramp. From the put-in, it's a quick paddle east to the Sanibel canals. Once in the canals, you can loop around, check out the various wading birds, observe mangrove crabs as they scuttle to and fro, and take a look at Sanibel from a new perspective. The paddle will be held on Tuesday, July 17 from 10:30 a.m. to noon.

Those interested in joining the paddle should bring their own paddling equipment (kayaks, canoes, stand up paddleboards and other paddle-powered vessels are all welcome). A limited number of loaner boards are available, but must be reserved via email in advance. Parking is available at the boat ramp for \$5 per hour or with a valid parking permit.

Your first Ocean Tribe Paddlers event is free, then it is requested that you purchase a membership online at www.oceantribepaddlers.org. RSVP to oceantribepaddlers@sanibelseaschool.org. Stay tuned for information about future meet-ups.

Be sure to visit the Ocean Tribe Paddlers Facebook page for weather updates. Any schedule changes will be posted at least one hour prior to the event.*



See the island from a different perspective as you paddle the canals photo provided

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- 3 mangoes, peeled and sliced
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- 1 teaspoon ground cinnamon
- 1/3 cup margarine
- 1/2 cup natural sugar
- 1/2 cup, packed brown sugar
- 1/2 cup water

Preheat oven to 350 degrees F.

Saute mangoes with 1 teaspoon of butter until almost soft. Spoon mangos evenly onto tortillas, sprinkle with cinnamon.

Roll up tortillas and place seam side down on lightly greased 8x8-inch baking pan.

Bring margarine, sugars and water to a boil in a medium sauce pan. Reduce heat and simmer, stirring constantly for 3 minutes.

Pour sauce evenly over tortillas; sprinkle with extra cinnamon on top, if desired. Bake in preheated oven for 20 minutes.

Serve with ice cream, if desired.✪



Mango Enchiladas

photo courtesy Fresh From Florida

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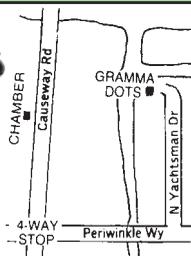
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Dolphins, Pufferfish And Epic Paddles

submitted by Leah Biery

Sanibel Sea School's third week of summer camp was all about dolphins at the organization's Canterbury School campus, while younger campers learned about pufferfish during Pea-Sized Puffer Week on Sanibel. An all-female paddling camp, called Wahine Toa Week, also challenged participants to test their limits both on and off the water.

Campers in Whistlin' For Dolphins Week enjoyed the pod life, practicing echolocation and experimenting with underwater sounds and vibrations. Dolphins are top predators that eat about five percent of their body weight each day, so each group seined for fish to take a closer look at some of these charismatic marine mammals' prey species. Monofin races and dolphin sculpting completed what was already a pretty fantastic week.

Pea-Sized Puffer Week was for pea-sized campers, and the 4- to 6-year-olds who attended were treated to so much



Dolphin Week campers seined for fish

fun in the sun. Campers tied on their personal flotation devices and headed out into the gulf to drift like puffed-up puffers. They found a few puffers and burrfish in the seagrass, and had a

photo provided

chance to take a closer look. Pea-sized participants also made a giant papier-mâché puffer fish, played camouflage games, and learned how puffers use their fused front teeth to pick up tasty

bivalves and crustaceans.

Wahine Toa Week campers spent the week celebrating girl power by practicing their paddling and survival skills, camping on a remote island and completing an epic paddle from the Sanibel Causeway to Fort Myers Beach. They also made their own sourdough bagels, enjoyed with a side of sunrise views on Friday morning.

As usual, each week included surfing, macramé tying and plenty of time spent bonding with camp friends.

Sanibel Sea School is a 501(c)3 nonprofit organization whose mission is to improve the ocean's future, one person at a time. To learn more, visit www.sanibelseaschool.org.✪

Resident Named To Dean's List

Taryn Samet of Sanibel was named to the Dean's List at Lehigh University in the spring 2018 semester. Dean's List status is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses.✪

Lee Public School Grades Released

The Florida Department of Education just released the preliminary school grades for the 2017-18 school year.

According to the results, 52 percent of traditional Lee County public schools, not including charters, earned an A or B. The district maintained its B grade for a fifth year in a row.

"I am especially proud of the 16 schools that improved one or more letter grade," said Dr. Greg Adkins, superintendent of schools. "That is a testament to the dedication and commitment of our teachers, and the hard work of our students."

Tice Elementary School raised its grade from a D to a B in one year, while Edison Park Elementary and Estero High School both went from a C to an A. This year, three of Lee

high schools earned A grades: Fort Myers High, North Fort Myers High and Estero High. Fifty district schools maintained their letter grades, while 14 dropped.

This year, no school received an F grade, and only one, East Lee County High School received a D grade. Last year, the district had five D schools, which put them in Differentiated Accountability (DA) status at the state level. DA schools are identified for escalating interventions, support and monitoring.

"In four years, we have taken this district from having 23 schools in DA status, down to one, and we are appealing that school's grade. That is a remarkable feat for a district of our size and the diverse student population we have," said Dr. Adkins. "We continue to move this district in the right direction with a laser focus on student achievement and helping our kids reach their highest personal potentials."✪



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BLUE GIRAFFE

Family owned Blue Giraffe offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists. The menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap. 472-2525

BLEU RENDEZ-VOUS FRENCH BISTRO

Parisian Chef Christian Vivet and his Floridian wife Mari Vivet are hosts of the classic French bistro. Choose from an array of appetizers, the extensive a la carte menu, a Prix Fixe Tasting Menu, the Chef's Bleu Inspirations or Petite Plates. Pair your dinner with an extensive French and domestic wine list, dessert wines or French craft beers. Authentic French dishes and desserts are prepared from scratch in the open kitchen. You'll feel welcome by Mari's southern hospitality as you are greeted at the door. Open Tuesday through Saturday at 5 p.m. Reservations encouraged. 565-1608

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. In Jimmy's memory, Cip's styles itself as a local watering hole. A large mural shows many islanders through the ages — including "Cip" — and if you don't recognize them all, ask to see the "key." Food choices range from comfort to culinary with some Caribbean and island favorites as well. Try the homemade potato chips, fried buttermilk chicken with sage gravy and snapper tacos. Dine on the outdoor garden patio, front porch or indoors. Full bar available. Open 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m. 472-0223

DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant, famous for its great food and service with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel and Captiva islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers lunch and dinner daily from 11 a.m. to 10 p.m. 472-8311, 312-4275, 765-9660

DUNES GOLF & TENNIS CLUB

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 6 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular hand-battered coconut shrimp and steak sandwich. Dinner is available only on event nights from 6 to 9 p.m. or for special seasonal dinners.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter.

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GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of fresh seafood, salads, sandwiches and more. Appropriate dress is required. If arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. Tie up for a night or two at available dockage if you wish. Open daily at 11:15 a.m. For dinner, arrive before 8 p.m. 472-8138

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open 7 days a week from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 6 p.m. 472-5555

IL TESORO

Il Tesoro (The Treasure) serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines. Il Tesoro serves dinner seven nights a week from 4:30 to 10 p.m. Sunset Dining specials are served from 4:30 to 6 p.m. Reservations suggested. 395-4022

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. Now serving full liquor island cocktails. Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9:58 p.m. 472-0606

ISLAND PIZZA

Island Pizza does pizza right. The dough is made daily and the ingredients include fresh produce from local vendors. The family-owned restaurant specializes in home-cooked Italian cuisine and has been voted Best Pizza on the Island from 2009 to 2016. There is also a large selection of appetizers and salads as well as wings, subs, calzones and seven choices for kids. Boar's Head deli meats are served on subs. Open seven days a week from 11 a.m. until late evening. Lunch is served from 11 a.m. to 5 p.m. with BOGO drafts from 11 a.m. to 5 p.m. Eat in, take out or free local delivery. 472-1581

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m. 472-9300

LA BELLA VITA RISTORANTE

This Sanibel Island Beach Resort restaurant features Italian signature dishes with an emphasis on coastal flavors and fresh ingredients.

La Bella Vita Ristorante serves breakfast daily from 8 to 11 a.m. and dinner from 5:30 to 9 p.m.

There is also the Poolside Tiki Bar with casual fare and views of the beach and sand dunes. It is open daily from 11 a.m. to sunset with lunch available daily from 11 a.m. to 5 p.m.

The eateries are a part of the boutique hotel on the edge of the Gulf of Mexico at the corner of Donax Street and Middle Gulf Drive. www.sanibelbeachresort.com. 472-4123

MATZALUNA ITALIAN KITCHEN

Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas. That's in addition to a big menu; over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza and pasta available. Choose from a large selection of Florida craft beer; draft, cans or bottles plus full liquor bar. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Open 4:30 to 9 p.m. daily with happy hour from 4:30 to 6 p.m. 472-1998

OVER EASY CAFE

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m. 472-2625

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioner's sugar. Take out, delivery and outdoor dining available. 472-2534

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well. 472-2555

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 to 11:30 p.m. with happy hour from 4 to 6 p.m. and 10 to 11:30 p.m. 472-3128

SANIBEL SPROUT

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe where the emphasis is on providing creative culinary creations designed to nourish and delight. Choose from fresh salads, Wizard Waffles, classic burger, Mexican plates, indulge in Indian curry, Vietnamese pho or raw vegan lasagna. Pair your meal with a locally crafted beer, organic wine or housemade kombucha. The juice bar offers smoothies, herbal elixirs and custom juices as well as espresso and cappuccino. Donuts, pies, cupcakes or truffles are also available. The Sanibel Sprout is open for breakfast, lunch and dinner from 10 a.m. to 7 p.m. Monday through Saturday and from noon to 7 p.m. on Sunday. 472-4499

SEA BREEZE CAFÉ

Panoramic Gulf views await you at the Gulf-front Sea Breeze Café where the menu celebrates fresh local produce and seafood. Open 7 AM- 10 PM daily, enjoy breakfast, lunch and dinner on the outdoor terrace or dine indoors and watch the giant salt water aquarium. Happy Hour is every day from 3-5 PM. Celebrate the start of the week with Margarita Mondays, with \$5 margaritas from 4-10 pm and live island-style entertainment from 5:30-8:30 pm. Sea Breeze Café is located at Sundial Beach Resort & Spa. Visit www.sundialresort.com/eat for menus and to make a reservation. 472-4151

SHIMA JAPANESE STEAKHOUSE & SUSHI BAR

Voted Best Sushi, Best Steak and Best Chef on the Islands, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar featuring 'dinner

and a show' at the hibachi grill. Shima offers sushi and teppanyaki perfectly orchestrated to delight the senses. Shima Grab N Go serves up the same award winning sushi for take-out. Visit www.shimasushisteak.com for reservations (highly suggested), menus and hours. Shima is located at Sundial Beach Resort & Spa. 472-4151

SWEET MELISSA'S CAFE

Award-winning Sweet Melissa's Café offers eclectic fine dining in a casual, relaxed atmosphere. The restaurant features handcrafted artisan cocktails, local craft beers, a *Wine Spectator* award-winning wine list and a farm-to-table, chef-driven menu. Have lunch or dinner in the dining room, on the screened-in patio, or at the chef's bar and watch Melissa and her staff in action. There is live music Wednesday through Saturday featuring acoustic guitar by Michael David. Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. Dinner is served Monday through Saturday from 5 p.m. until closing. Happy hour at the bar, featuring 2-for-1 draft beers, glasses of wine and well cocktails as well as a light menu for afternoon snacking, is Monday through Friday from 4 to 6 p.m. Call for reservations. 472-1956

TIDEWATER BISTRO

Tidewater Bistro recently opened in Palm Ridge Place and offers breakfast, lunch and dinner in the renovated space on the far left of the plaza. Owner David Maudlin serves casual, island-style fare with fresh and often locally sourced ingredients. Open Monday through Saturday from 8 a.m. to 9 p.m. and Sunday 8 a.m. to 3 p.m. 472-9283

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and adjoining Sanibel Grill are mainstays of the island dining scene, boasting 40 years of fresh fish on Sanibel. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. The seafood market opens at 11 a.m. (Sunday at 2 p.m.) The restaurant is open seven days from 4:30 to 9 p.m. The Grill is open seven days from 4 to 11:30 p.m. The Raw Bar is open Wednesday to Saturday. 472-3128

TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium with casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in the place. The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. 472-7242

T2 BY TRADERS

Opened by the owners of Traders, T2 in The Village Shops offers trendy tacos and savory flatbreads, in addition to coastal-inspired classics. All dishes are executed by the talented Executive Chef Mike Patnode. A full bar features mixology cocktails such as Sanibel Sunset and Elderflower Bloom, a rotating Florida craft and draft beer selection, and an extensive wine list. Stop in the T2 Gift Shop for a unique find for yourself or someone special.

Open 11 a.m. to 9 p.m. for lunch, dinner or any time in between. Outdoor seating is available.

TRADITIONS ON THE BEACH

Traditions on the Beach has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations suggested. 472-4559

To advertise in the
Island Sun
Call 395-1213

Anniversary Celebration In Support Of CHR

Lily & Co. is dedicating its 12th anniversary celebration to Sanibel's affordable housing program, Community Housing and Resources (CHR). The public is invited on Friday, July 13 to stop by for half off half the store for half the day, as well as six chances to win a raffle prize and lunch.

The festive afternoon is in partnership with Sanibel Catering Company by Bailey's, which will serve a complimentary lunch from 11 a.m. to 2 p.m. Guests can savor their meal while experiencing the handcrafted jewelry designs during the limited sale.

A raffle drawing will be held every hour, from 11 a.m. to 4 p.m., with various prizes. Raffle proceeds, along with a portion of the day's proceeds, will benefit CHR.

The nonprofit organization was founded in 1979 to address the growing need for affordable housing in the Sanibel community. In 1983, an ordinance was passed by the city which established the Affordable Housing Program and CHR was designated as the city's housing foundation.

"Our community benefits from affordable housing in many ways, but social and economic diversity is a priority for Sanibel and part of the Sanibel Plan," said CHR Board



Lily the Labradoodle, the jewelry store mascot

photo provided

President Richard Johnson, owner of Sanibel Catering Company by Bailey's.

Today, CHR owns 88 housing units at various locations on Sanibel, including 74 rental properties – one of which is a 12-unit complex just for senior citizens – and 14 limited equity ownership homes through the Coast and Islands Community Land Trust.

"We appreciate Lily & Company's commitment to the community over these past 12 years and are delighted to be included in this celebration," said CHR Executive Director Melissa Rice, who will be attending along with other CHR representatives.

The Lily & Co. 12th anniversary celebration will conclude at 4 p.m. with a Champagne and cake-cutting ceremony. Raffle tickets will be available for purchase from July 5 to 13 at Lily & Co., located at 520 Tarpon Bay Road.; CHR, located at 2401 Library Way; or at Bailey's General Store, located at 2477 Periwinkle Way. Tickets are \$5 each or \$25 for six.

"It has been an incredible journey and we couldn't have done it without the support of our terrific community," said Dan Schuyler, owner of Lily & Co. with Karen Bell. "This celebration is our way of showing our gratitude to

the community and giving back in a meaningful way – through CHR."

Those who are unable to attend the anniversary celebration or purchase raffle tickets can make a donation to CHR on Lily & Co.'s Facebook page.✱

American Legion Post 123

American Legion Post 123 will be serving barbecued ribs and chicken on Sunday, July 8 from 1 to 8 p.m.



On Wednesday, July 11, the legion will conduct its annual Installation of Officers meeting. The evening begins with cocktails at 5 p.m. and the installation at 6 p.m. A lasagna dinner will follow.

On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.✱

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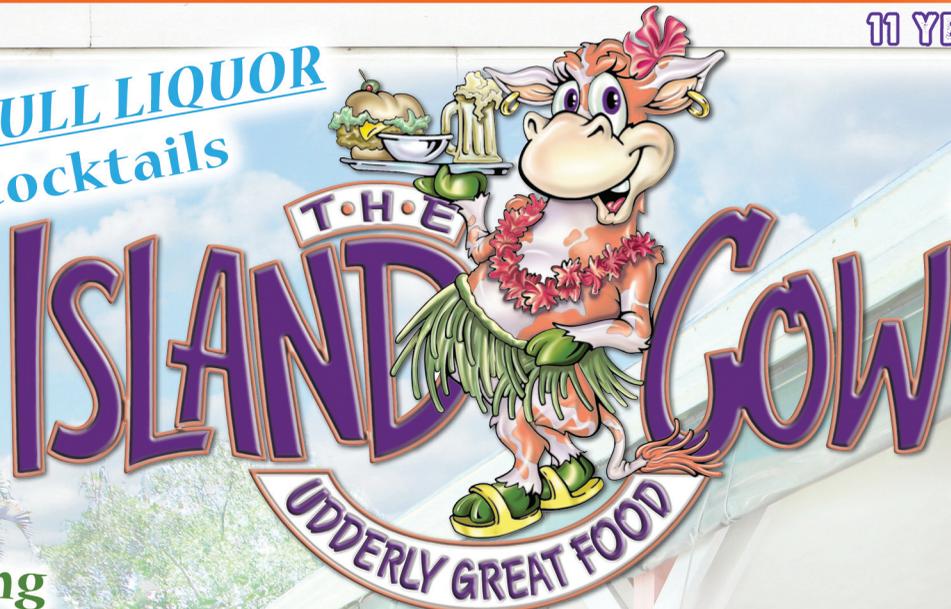
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The Community House

Lemongrass



by Resident Chef Jarred Harris

Lemongrass, also known as fever grass and sweet rush, is a perennial herb native to Southeast Asia. This plant grows in large grass-like clumps and smells like lemon when the leaves are crushed. The leaves and stems of this plant are used for culinary as well as medicinal purposes.

Lemongrass was introduced to the West Indies around the late 1700s, where the plant was and still is used for medicinal purposes. In Jamaica and around the Caribbean, lemongrass is called fever grass. It's made into a tea and used to combat cold and flu symptoms as well as to reduce fevers. Lemongrass arrived in the Americas around the early 1900s and was used mainly for culinary purposes in Asian cookery.

There are several species of lemongrass grown in Florida and most

of them are edible. The most common variety is the West Indian lemongrass or oil grass. This variety is mainly used for decorative and culinary purposes. Other species of lemongrass include cymbopogon nardus, or citronella grass, and East Indian lemongrass, both are used in herbal medicine and aromatherapy. Citronella lemongrass oil is an effective mosquito, no-see-um and horse fly repellent. East Indian lemongrass oil is used mainly to make perfume.

Lemongrass is a very good source of vitamin C and B vitamins. It also provides minerals such as phosphorous, calcium, magnesium, manganese, copper, zinc, potassium and iron.

Everyone should grow this versatile plant in their gardens. If you are not a gardener, lemongrass can be found fresh, dried or in paste at most supermarkets. Lemongrass oil can be found in health food stores.

Here is a simple recipe to try.

Lemongrass Tea

Ingredients

4 cups water

2 cups lemongrass stalks (roughly chopped)

1/2 cup honey

Fresh ginger or lime slices (optional)

Method

Place the water in a saucepan and bring to a boil.

Add the lemongrass and boil for 5 minutes.

Reduce the heat and simmer for an additional 5 minutes.

Remove the stalks from the liquid and add the honey.

Serve warm, or chill and serve over ice.

Garnish with fresh slices of ginger or lime.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Top Ten Books On The Island

1. *If the Creek Don't Rise* by Leah Weiss
 2. *The Marsh King's Daughter* by Karen Dionne
 3. *Something Fishy* by Jennifer Schiff
 4. *Reykjavik Nights* by Arnaldur Indridason
 5. *Sapiens: A Brief History of Humankind* by Yuval Noah Harari
 6. *In Farleigh Field* by Rhys Bowen
 7. *The Subtle Art of Not Giving A F**K* by Mark Manson
 8. *Watch Me Disappear* by Janelle Brown
 9. *Into the Water* by Paula Hawkins
 10. *The Women in the Castle* by Jessica Shattuck
- Courtesy of MacIntosh Books and Paper.*

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvella Marzan. Dusk performs on Saturday. Dean Winkelmann plays on Wednesday. On Thursday, it's Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandnews.com or 395-2299.*

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Master storyteller Windell Campbell

photo provided

Sanibel Public Library Summer Reading Program

Sanibel Public Library Summer Reading program registration is open to babies, preschoolers, children and teens. As in years past, children can read to earn books for themselves and for patients at Golisano Children's Hospital of Southwest Florida. Children who participate in the Summer Reading Program can receive books they can keep for their own personal library. The Sanibel Public Library Foundation matches each book "earned" with a book for the children's hospital.

Locals and visitors can register for the program in person or online. Logging reading time and activities can be done via paper or online with Beanstack; a link is on the Children's page at www.sanlib.org. This year, Beanstack is now offered as a smartphone app. The app not only logs reading time, but also delivers personalized book recommendations.

The program runs through August 4, with special events geared toward elementary-school aged children. Check the schedule online at www.sanlib.org for dates and times.

Master storyteller Windell Campbell weaves tales, both modern and classic on Tuesday, July 10 at 3 p.m. Campbell's program has been moved to The Community House, 2174 Periwinkle Way, due to the library renovation.

The library's Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The children's fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

The second phase of the "Your Library Reimagined" project is under way at Sanibel Public Library. During the project, a portion of the building is closed to the public while the infrastructure is updated. Service will be provided through the renovation period, but the library will occasionally close when there is utility work.

For more information, call 472-2483 or visit online at www.sanlib.org. The library offers a number of new services on its eShelf, including eBooks and music, Mango Languages, AtoZ Food and Kanopy video streaming. Sanibel Public Library cards are available to all residents of Sanibel and Lee County, Florida at no charge.✳

Beach Resort Earns TripAdvisor Ratings Award

Sundial Beach Resort & Spa was recently awarded the 2018 TripAdvisor Certificate of Excellence. The award validates Sundial's consistently high guest ratings and celebrates the resort's active engagement with customers.

"We're thrilled to again have earned this badge of honor which recognizes our achievement of continually delivering a high-quality guest experience," said Sundial General Manager Phillip Starling. "We're very

thankful to our guests as well as to our team members who strive to provide exceptional service."

The Certificate of Excellence accounts for the quality, quantity and recency of reviews submitted by travelers on TripAdvisor over a 12-month period. To qualify, a business must maintain an overall TripAdvisor rating of at least four out of five and have a minimum number of reviews.

Sundial Beach Resort & Spa has repeatedly ranked high with travelers, with over 2,700 published reviews. With last year's addition of 12 pickleball courts and a sushi Grab N Go market, Sundial continues to elevate its full-service property by offering more activities and amenities.✳

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

selected by Hannah Star Rogers

Living Between Poems

by Tanya Hochschild

I want to be in nature,
find again a fierce sense of union,
be part of the earth's restless energy.
I want to throw bones as elephants
do –
to know my own fate.

To scatter feathers of birds who have flown

endless skies.

Feel in their dispersal the distance I must cover.

To be the black of the zebra's white,
together to dazzle the bushveld.

To shed my skin - to unmask -
know wildness,
feel home.

On a hike, to trip on ideas, yet stay on the trail,
for in the rhythm of walking is the music of writing.

I want to track the spoor of the earth in the white-hot heat of day,
find peace waiting for me in a shady spot.

And when I am with nature,
I know my place in the world
and I can write a poem.

Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.✳

Community Housing & Resources is excited to announce our new fundraising series
GIVE BACK WEDNESDAYS #GBW

**SUPPORT CHR
AT THESE LOCAL BUSINESSES
THIS SUMMER**

Every other Wednesday during the months of May through July, various Sanibel businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts and your community grocer—has selected a date that they will be hosting the fundraiser and donating a portion of their proceeds to CHR. So, make plans to eat out, shop and play at these generous local businesses on Wednesdays this summer and support CHR.

MAY 9
SANIBEL CAFE

MAY 23
Joey's Custard

JUNE 6
DANTES COAL FIRED PIZZA

JUNE 20
DANTE'S

JULY 11
sea breeze cafe

JULY 25
CROW'S NEST Bar & Grille

OLD CAPTIVA HOUSE

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TWEEN WATERS

AND EVERY WEDNESDAY BAILEY'S GENERAL STORE—
A portion of all Wine Sales every Wednesday this Summer will be donated to CHR!

Bailey's

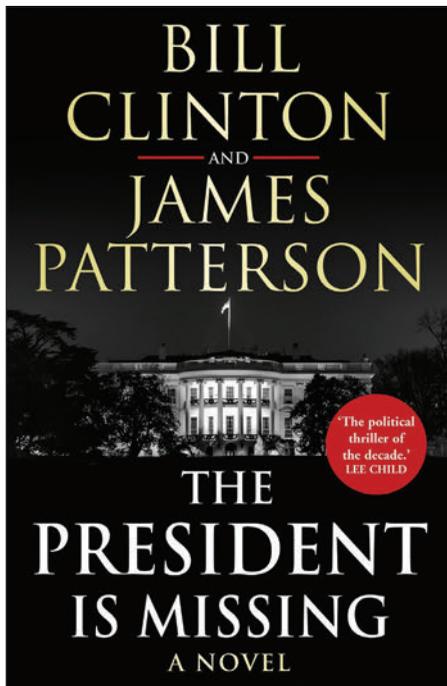
Book Review

The President Is Missing



by Di Saggau

The *President is Missing* is a book that has been flying out of stores everywhere, becoming a best seller. I admit to buying it right after seeing an interview with Bill Clinton and James



to have the president impeached for past actions involving a known terrorist, Suliman Cindoruk. Following the rehearsal hearing, the president goes rogue from the White House, because he feels he is the only one who can remedy a huge cyber attack on the United States. The consequences of such an attack would put us in the Dark Ages. Everything would stop working.

The commander in chief, with the help of a disguise from an old friend, attends a baseball game to meet with an informant who has information

on the upcoming cyberattack. The two are nearly gunned down, and the chase scenes that follow are not only exciting, they introduce us to an intriguing character named Bach. She is named for her devotion to the classical music that plays in her earbuds. Bach has killed on every continental. She has assassinated generals, activists, politicians and businessmen. She has a 100 percent kill rate. The pages sparkle every time Bach appears.

Only six people in the president's inner circle are aware of the code name Dark Ages. Soon it is discovered that there is a traitor in the White House. There are lots of good plot twists, and it's interesting to read about the dedication of people who work in government, whose only goal is to serve this great nation. If you haven't already, pick up a copy of *The President is Missing*. It's an entertaining thriller about a mortal threat to our nation.✱

Patterson talking about how they co-wrote the book. Patterson has written a ton of best-sellers. Of late, he has been co-authoring with other writers. It's an approach that seems to work well. This book has received good reviews over all with headlines like, The Day of the Jackal for the 21st century, The political thriller of the decade and This book moves like Air Force One, Big and fast. While not everyone is as kind, I agree with the positive reviews. *The President is Missing* is a compelling read, and it touches on a subject that is of great concern to many of us, a terrorist attack that would cripple the United States.

The book opens with president Duncan, a widower, testifying before a mock House Select Committee, but all he can say is, "I have no specific recollection of that, Congressman." One Congressman, from Ohio, intends

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, As we read, watch and hear about the separation of migrant families, we need to understand and be aware that this horrific situation

can also impact our own children. "How a child experiences an event and how it's handled by those around him have an effect on how traumatizing it can be," notes Child Mind Institute psychologist Dr. Jerry Bublick.

When we, as adults, are caught off guard by events and respond in a highly emotional way, it may impact our children. Television coverage, social media and shocking newspaper headlines can also amplify the impact of this disturbing situation.

Many parents are concerned that viewing and hearing about other children who are suffering is traumatic for their own child. Parents are asking, "What constitutes a traumatic event for a child? Can young people thrive despite a trauma in their past?" "How important is the family in helping children through upsetting and destabilizing experiences?" These questions are in our minds as we watch our own children observe and absorb the pain of the incarcerated children.

Here are some suggestions from experts in the psychological and psychiatric community for parents on assisting their children process trauma through calm and supportive dialog about their feelings

"As a parent, you can't protect your children from grief, but you can help them express their feelings, comfort them, help them feel safer and teach them how to deal with fear. By allowing and encouraging them to express their feelings, you can help them build healthy coping skills that will serve them well in the future, and confidence that they can overcome adversity," said Dr. Bublick.

Breaking the news – When something happens that will get wide coverage, the most important suggestion is that you don't delay telling your children about what's happened: It's much better for the child if you're the one who tells her. You don't want her to hear from some other child, or a television news report. You want to be able to convey the facts, however painful, and set the emotional tone.

Take your cues from your child – Invite her to tell you anything she may have heard about the incarceration, and how

she feels. Give her ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions about upsetting details. Your goal is to avoid encouraging frightening fantasies.

Model calm – It's okay to let your child know if you're sad, but if you talk to your child about a traumatic experience in a highly emotional way, then he or she will likely absorb your emotion and very little else. If, on the other hand, you remain calm, he or she is likely to grasp what's important: that tragic events can upset our lives, even deeply, but we can learn from bad experiences and work together to grow stronger.

Be reassuring – Talking about a catastrophe is always difficult, but this situation of being separated from one's parents is especially tough because of how egocentric children are: they're likely to focus on whether something like this could happen to them. So, it's important to reassure your child about how unusual this kind of event is and the measures that have been taken to prevent this kind of thing from happening to them. You can also assure him that this kind of tragedy is investigated carefully, to identify causes and help prevent it from happening again. It's confidence-building for kids to know that we learn from negative experiences.

Help children express their feelings – In your conversation (and subsequent ones), you can suggest ways your child might remember those she's lost: draw pictures or tell stories about things you did together. If you're religious, going to church or a synagogue could be valuable.

Be developmentally appropriate – Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters. Difficult conversations like this aren't over in one session; expect to return to the topic as many times as your child needs to come to terms with this experience.

Be available – If your child is upset, just spending time with him may make him feel safer. Children find great comfort in routines, and doing ordinary things together as a family may be the most effective form of healing.

Adapted from www.childmind.org
Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

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so we can include you in our graduation pages:

Your name and photo
Name of high school
Names of your parents

School you will be attending in the fall

Any questions, call 395-1213

Sanibel-Based Duo To Perform At Shell Point



The Wild Coffee Duo

photo provided

Wild Coffee Duo will perform during the Shell Point Retirement Community's 2018 Summer Concert Series in the Grand Cypress Room at The Woodlands at Shell Point on Thursday, July 19 at 7 p.m. The event is open to the public. Cost is \$20 per ticket.

Wild Coffee Duo will perform *Back in Time: A Musical Retrospective of a Century Ago*. With the end of World War I and the birth of Leonard Bernstein in 1918, audiences will celebrate music from this milestone year, including popular songs such as *I'm Always Chasing Rainbows* and selections from *West Side Story*.

The Sanibel-based duo was formed in 2015 by pianist Abbey Allison and cellist Susie Kelly. The classically trained music group presents an engaging repertoire that draws on a variety of musical styles, and the versatile pair is dedicated to presenting chamber music to audiences in Southwest Florida.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. To learn more about the upcoming performance by Wild Coffee Duo, visit www.shellpoint.org/concerts or call 454-2067. Tickets purchased online or by phone will be held for pick-up at will call on the night of the performance.*

Digital Book Club At Captiva Memorial Library

Inspired by *Pride and Prejudice*, author Lacy Williams has introduced a new dual love story with a Wild West twist. *Cowboy Pride* has been selected for the next Big Library Read. From July 9 to 23, Captiva Memorial Library users will be able to borrow the eBook format of the title with no wait lists or holds. Readers can take part in the two-week program by visiting (<https://lcls.overdrive.com>) or by downloading the Libby app. Big Library Read is facilitated by OverDrive, the leading platform for eBooks and audiobooks from the library.

Williams is the *USA Today* bestselling author of the acclaimed *Wyoming Legacy* and *Cowboy Fairytales* series. *Cowboy Pride*, the third installment of *Wyoming Legacy*, is a love story where hearts and emotions get tangled and first impressions count. It's a contemporary romance that serves as an escape from reality for readers.

"Current technology allows us nearly unlimited access to information, including books. So many books," Williams said. "I'm not sure at what age I first read *Pride and Prejudice*. My early teens, probably.

I've read it numerous times through the years. My first fur-baby was a Cavalier King Charles Spaniel named Mr. Bingley. So, from one (Jane) Austen lover to another, allow me to say, 'You are too generous to trifle with me.' Thank you for reading this book."

Big Library Read is an international reading program that connects millions of readers around the world simultaneously with an eBook through the library. Readers can join an online discussion about the book at www.BigLibraryRead.com. The free program runs for two weeks and to get started reading, all that's needed is a Lee County Library System library card. *Cowboy Pride* can be read on all major devices, including iPhone, iPad, Android phones and tablets, Chromebook and Kindle (U.S. libraries only), without worry about wait lists or holds. The title will automatically expire at the end of the lending period, and there are no late fees.

Big Library Read is made possible through a partnership between Lee County Library System, OverDrive and Lacy Williams Books LLC, the publisher of *Cowboy Pride*. Librarians and library readers voted *Cowboy Pride* as their choice for Big Library Read. To borrow the eBook, readers can visit <https://lcls.overdrive.com>.

For more information, visit www.BigLibraryRead.com or call the Captiva Memorial Library at 533-4890.*

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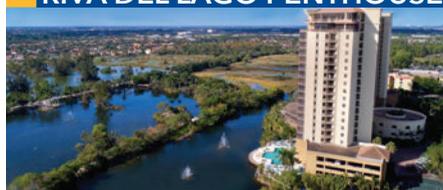
9240 BELDING DR., SANIBEL
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New Manager At Nature Store

Ann-Marie Wildman, who has served on the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) board of directors since her election in December 2017, recently accepted the position of manager for the Refuge Nature Store in the “Ding” Darling Visitor & Education Center on Sanibel.

Wildman moved to Sanibel more than nine years ago when she married the late Don Wildman, a former DDWS board member. She had previously lived in The Whistler Ski Resort in British Columbia, Canada, where she owned a fine art gallery for 16 years. Prior to that, she worked in Honolulu for 20 years for a major art gallery, where she represented such celebrity artists as Tony Curtis, Anthony Quinn and Red Skelton.

“Ann-Marie is an entrepreneur



Ann-Marie Wildman photos provided

bringing more than 34 years of customer service experience and 29 years of direct retail experience,” said



Jeanne Walsh, center, in the midst of the Nature Store renaissance she stimulated

Birgie Miller, DDWS executive director. “With an impressive set of skills in management, sales, negotiations, marketing and communications, she also understands the mission of the DDWS and the work of the refuge. Her abilities in working with people of all ages, including volunteers and donors right here on the island and at ‘Ding’ Darling have been and continue to be very effective.”

Since moving to the island, Wildman has been involved at “Ding” Darling as a Refuge Nature Store volunteer and on such committees as the Learning Lavatories and Upcycle Festival. As a board member, she served as liaison to the Nature Store. She steps into the position being vacated by former store

manager Jeanne Walsh, who will be moving to Maine in July.

“Jeanne worked so effectively with the entire DDWS team and volunteers and brought the Nature Store to a new level of quality and increased sales, so it is with much sadness that we say farewell,” added Miller. “But it is her success that Ann-Marie will carry forward, working with the rest of the DDWS team, refuge staff and loyal volunteers.”

DDWS operates the Refuge Nature Store, proceeds from which benefit wildlife, habitat conservation, education and research projects taking place within the JN “Ding” Darling National Wildlife Refuge Complex.*

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Deadline Approaching For Zonta Grant Applications

Through the Zonta Foundation of Southwest Florida, the Zonta Club of Sanibel-Captiva is again inviting preliminary applications from 501(c)3 organizations that serve women in Lee County for the grant cycle that begins in the fall, with distribution of grants in early 2019. Organizers remind all area nonprofits there is still time, but applications must be received by Sunday, July 29.

To download an application, visit www.zontasancap.com and find the link on the Home Page for “Preliminary Application.” Email the completed application to info@zontasancap.com and to grants committee chairs Janine Boardman, janinesanibel@yahoo.com, and Diane Chesley, dhchesley@gmail.com. After screening for compliance with agreed-upon criteria, detailed applications will be distributed in early October, with a final submission deadline of October 26.

The mission of Zonta is to empower women and girls, and projects that are likely to earn grants will focus on helping women with education, economic self-sufficiency, safety and health. Grants co-chair Diane Chesley said, “We want applications that address one or more of these aspects of empowering women. We also look for innovation, and proposals that are specific, with measureable outcomes.” A reminder: since Zonta is non-sectarian, faith-based organizations are not eligible to apply. For more information, contact the grants committee chairs.

Funds for local and international grants come from Zonta’s annual A Peek at the Unique home tour, and the most recent event raised over \$130,000 for distribution in grants locally and to Zonta International. The next tour is set for Saturday, March 16, 2019.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. To support Zonta’s work, visit www.zontasancap.com and click on “Donate.”*✽

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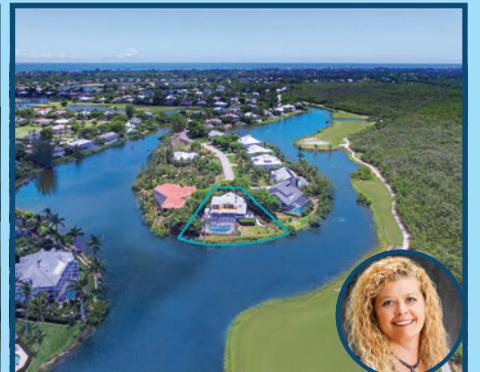
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Superior Interiors

Natural Textures Used Throughout Your Space



by Linda Coin

There's something so inviting about using natural textures throughout your home in decor and design. Using elements like wood, stone, clay, mud and other materials inspired

by the environment can liven up any room.

Bringing the outside in is one of the easiest ways to freshen up your house, no matter what time of year it is. Here are a few ways to use natural textures throughout your space:

Stone countertops bring the colors, veins and speckles of the earth's minerals to life. Consider placing them in the kitchen, bathroom, or both. This is a simple yet subtle way to incorporate earthen beauty into your home design.

Wooden accents in the form of living or dining room furniture make for a rustic yet elegant statement throughout the house. It's a more rugged take on traditional style that embraces the outdoors for all it's worth. Try a farmhouse table in the kitchen, dining area or entryway of your home.

Leather is a timeless texture that turns any room into a chic and sophisticated space. Leather sofas and chairs can add a fun and traditional yet timeless touch to your living areas. Place a leather lounge chair in your office or entryway as an endearing statement piece.

Marble home decor is trendier than ever, and it stands as a great way to embrace natural textures throughout your space. Whether you're in love with marble coffee tables and desks, or you'd rather take advantage of bowls, lamps, candle holders and other accessories, there are dozens of ways to utilize this material. Even plates, cutting boards and flatware with marbleized design make a sophisticated statement in the kitchen.

Greenery was all the rage in 2017, but we believe the trend of decorating with natural foliage throughout your home will continue. From fresh flower arrangements to winding vines and shrubbery, you can embrace the great outdoors year-round and play with different accents in various rooms. Fill pillar holders with candles wrapped in green sprigs – real or fake – for the perfect centerpiece. A mantle adorned with a small eucalyptus tree looks as captivating as its natural fragrance. Succulents are popular as ever, and they can be placed near any window in your home to create a modern and refreshing indoor garden. You can even go simple and place fresh flowers throughout the house. Your options are endless.

Place greenery in clay pots to

maximize the use of natural textures in an efficient space. Clay is a beautiful option that can easily bring the outdoors in to any room of your home

in a subtle yet endearing way. Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincden.com.

ISLAND SUN BUSINESS NEWSMAKERS

John R. Wood Island Real Estate



Babs Maughan



Julie Oberlin

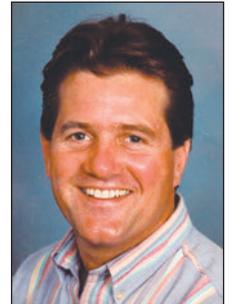


Tom and Elise Starr

RE/MAX of the Islands



Kimberley Andrews



Steve Fisher

The top producers at John R. Wood Island Real Estate for the month of May were: Babs Maughan, top listing agent; Julie Oberlin, top closed sales agent; Tom and Elise Starr, top pending sales team; Debra Hobbs, production award winner.

The top producers at RE/MAX of the Islands for the month of May were: Kimberley Andrews, top sales agent; and Steve Fisher, top listing agent.

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SanibelSusan's Sanibel Real Estate Scoop

C Today, 71 Sanibel condos are for sale, ranging in price from \$239K to \$1.989M. Average asking price is \$727,512.

O 75 condo units have sold year-to-date. Average condo sale price this year \$767,976. Another 26 units are under contract awaiting closing.

N Condo associations in Florida insure their buildings for full-replacement value. Some have amenities. Many have different fees. Condo owners typically pay for their own electric, phone/cable/internet service. Call for our condo complex info table.



Captains Walk #B2

Easy-living clean/cute easy-access 1st floor 1 bedrm w/new HVAC. \$239K furnished



Spanish Cay #A7

Income-producing 2nd floor 1 bedrm w/gulf access across street. \$274K furnished

H Today, 169 Sanibel homes are for sale, ranging in price from \$429K to \$19.975M. Average asking price is \$1,452,130.

O 151 homes have sold year-to-date. Average home sale price this year \$1,237,444. Another 23 homes are under contract awaiting closing.

M Some homes are part of a homeowners association, some have amenities, some beach accesses, & fees. Some are on private roads, others public. Some are on sewer, others not. Call for a copy of our info table on island neighborhoods/subdivisions.



734 Anchor Drive

Remodeled split-plan 3 bedrm w/dock on private end of street, near beach. \$899K



569 Lighthouse Way

Updated 3 bedrm on wide canal. Boat dock w/2 lifts & no bridges to bay/gulf. \$1.395M

L Today, 57 Sanibel lots are for sale, ranging in price from \$129K to \$2.995M. Average asking price is \$568,314. Eight lots have sold year-to-date.

O Average lot sale price this year \$534K. Another seven lots are under contract awaiting closing.

T Residential lots have differences, similar to homes, mentioned above. Also important with vacant land is a parcel's opportunity for development. Different ecological zones have different coverage allowances. City Code & different HOA's have restrictions too. Again, we can help.



9270 Kincaid Court

~79' x 130' in Belle Meade w/conservation land across private street. \$149K



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The girls learned how to make sourdough bagels. Back, from left, Caroline Holtz, Sam Lucas and Char Cadow. Front, from left, Ella Laboda, Alivia Mehalik, Miranda Guse and Sydney Guse.

photos courtesy Sanibel Sea School

From page 5

Wahine Toa Camp

gathered fire wood, cooked dinner and sang songs around the campfire.

"We made s'mores for dessert," noted Lucas. "And Char brought her ukulele, so we spent the night singing songs."

For the final day of the camp, campers woke up before sunrise and toasted the bagels they had made two days earlier. They then paddled all the

way to Fort Myers Beach for lunch. "Along the way, we saw a sea turtle swim past us," added Lucas.

Two participants from this year's camp, twin sisters Sydney and Miranda Guse from Ocala, Florida, reflected upon their experiences.

"I have visited Sanibel beaches before, but never attended any Sanibel Sea School programs before," said Sydney, whose favorite school subject is math. "I enjoyed camping at Picnic Island. My favorite activity was paddleboarding,



Camp participants celebrating another beautiful sunset

especially near Bowman's Beach. I also enjoyed the scavenger hunt and picnic afterwards."

Miranda noted that she enjoyed learning how to change the oil in a car. "It was a very hands-on experience which I can use in the future," she said. "It also helped bring our group closer together."

But the Guse sisters agreed that the highlight of the week was their Picnic Island excursion.

"My favorite memory is when we were on Picnic Island," added Miranda, whose favorite school subject is history. "We all sat on the shore and sang to our counselor's ukulele."

Lucas, who took part in her first Wahine Toa Camp since joining the Sanibel Sea School staff late last

year, called the experience "very empowering."

"Since we had a small group, it was a great bonding experience," she said. "Everyone did everything together. I really enjoyed watching them learning. It's something I'll never forget."

Sanibel Sea School is offering several more camp experiences for teens this summer, including Coral Reef Week (July 9 to 14, open to ages 11 and 12; July 16 to 20, open to ages 13 to 15), Canoeing the Caloosahatchee (July 23 to 27) and a Belize Coral Reef Expedition (July 30 to August 8, open to ages 15 to 18).

For more information about Sanibel Sea School summer camps, fees and program descriptions, visit www.sanibelseaschool.org, email camp@sanibelSeaSchool.org or call 472-8585.✪

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Mary Lou Bailey 472-5187 x 246



Golf Lakes Preserve in The Dunes

- Updated 3/bed, 2/ Bath Home backs up to Bailey preserve
- Stainless Appl w/granite counters, wood & tile floors
- Enclosed garage and carport
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- \$570,000 (2180573)

Jayne Lumley 472-5187 x 237



Lake Murex - Near Beach Pool Home

- Deeded Beach Access
- Elevated, 3 Bedroom/2 Bathrooms
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Dream Tortuga Villa Home

- Immaculate 2 bed plus den Villa Home
- Granite counters throughout, stainless, tile on the diagonal
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Arika Bjorkedal 472-5187 x 252



Tarpon Estates Luxury Home

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- Located between Cape Harbour and Tarpon Pont Marina
- Spacious open Floor Plan, large pool, New Dock with 2 Boat Lifts
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Deb Smith 472-5187 x 251



Heritage Farms (off Gladiolus)

- 1.5 acre country home 15 min to Sanibel
- 5 bedroom + den + heated pool
- Totally updated
- Absolutely beautiful location, neighborhood & condition
- Priced to sell \$485,000 (2180667)

Glenn Carretta/Teresa Baker 472-5187 x 221/220



500 Kinzie Island Court

- Beach and boater's dream!
- 3 bed 3 bath canal home
- Gourmet chef's kitchen
- Covered boat dock and lift
- \$1,525,000 (2171101)

David Schuldenfrei 472-5187 x 227



Sandpiper Beach House

- Beautiful 2 BR/2.5 BA Home
- Bleached Pine floors
- Furnished w/exceptions
- Beach, Docks, Pool & Tennis
- \$889,000 (2171028)

Karen Bell 472-5187 x 270



Adorable Townhouse

- 3 BR / 2.5 BA townhouse
- Located at Colonnade at the Forum
- Pets allowed with limits
- Lots of community amenities
- \$219,900 (2171121)

Jim Anderson 472-5187 x 214



Waterside At Bay Beach

- 2BD/2BA + den unit professionally decorated
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- \$579,000 (2170147)

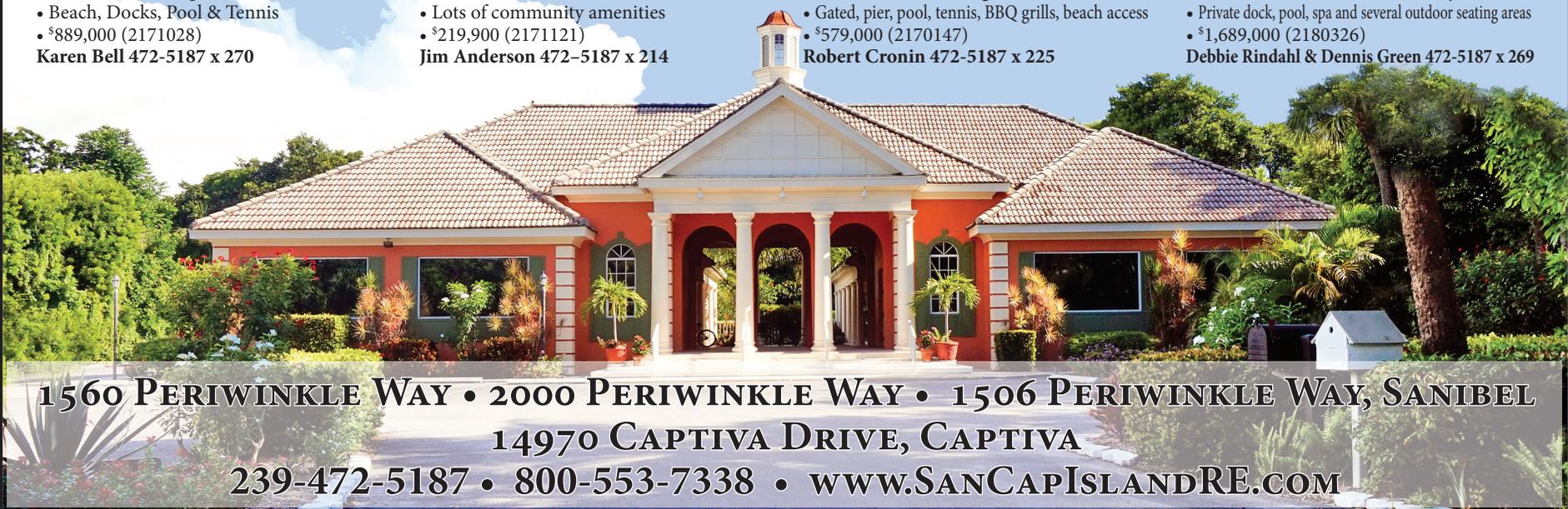
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Volunteer Barbara Freeman, right, with guests in the museum store photos provided



Guests arriving at the museum

Free Admission Day Draws Large Crowd

Hundreds of guests visited the Sanibel Historical Museum and Village on Free Admission Day, held on June 16 from 10 a.m. to 1 p.m.

"We welcomed approximately 275 adults and 25 children," said Executive Director Emilie Alfino. "Probably more people came, as it isn't easy to keep track of numbers with the crowd. We're delighted that so many people were able to enjoy the museum and see what the village has to offer. We hope they'll come again and bring family and friends."

The Sanibel Historical Museum and Village is open Tuesdays through Saturdays from 10 a.m. to 1 p.m. A full guided tour takes place at 10:30 a.m. at no additional charge, depending on the availability of a docent. The museum closes for the summer on August 1 and re-opens on October 16. The Sanibel Historical Village is located at 950



Free Admission Day volunteer Frankie Tozzi

Dunlop Road (next to BIG ARTS) and there is handicap access to eight of the nine historical buildings. Admission is \$10 for adults (18 and over); members and children are admitted at no charge. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.*



Volunteer Lynne Campean, right, talking to one of the guests



Young visitor Briar Lawrence



Visitors exploring Shore Haven



Volunteer Karen Robert, right, speaking to guests inside Burnap Cottage

Lions Club Welcomes Three New Members

The Sanibel Captiva Lions Club welcomed three new members at the Wednesday, June 20 dinner meeting. Lion Rick Siders inducted Rick Perry, Valerie Tutor and Lynn Kern – all of whom were presented the Lion pin from the their sponsors, who will help guide them in becoming a lifelong Lion.

“Our club gives members an opportunity to advance worthy causes, serve with friends and be leaders in the community,” said Lions Club President Bob Kern, who sponsored his wife, Lyn. “I am proud to welcome these three new members into Lions and have them helping serve our community.”

The Sanibel Captiva Lions Club was chartered in December 1967, as part of the Lions Club International, which is the largest service club organization in the world. The Lions Club motto is “We Serve” and best known for saving sight. The Sanibel Captiva Lions hold vision and retina screenings each year and collect used eyeglasses for the Recycle for Sight program throughout the year.

In addition, Sanibel Captiva Lions hold hearing and diabetes screenings. The club hosts its popular arts and crafts fair and Christmas tree sale each year to benefit Lions charities supporting sight-based services and local community needs, as well as fund academic scholarships.



From left, Lion George Veillette, inductees Valerie Tutor and Rick Perry, Lion Bill Sartoris, inductee Lyn Kern and Lions Club President Bob Kern photo provided

Lions also volunteer their time to several efforts.

“I love the motto,” said new Lion Valerie Tutor, an island realtor and native Floridian. “I want to serve our community and make it a beautiful place.” She was sponsored by Lion George Veillette.

Rick Perry, who was sponsored by Lion Bill Sartoris, has a background in medical publishing and is interested in

becoming involved in the vision and diabetes screening service the Lions provide to the community.

Lyn Kern says she looks forward to working with a group so committed to serving our local needs. “Service is where it is at,” she said.

Sanibel Captiva Lions Club meetings are held on the third Wednesday of the month at The Community House and

feature a guest speaker. Meetings begin with cocktails and appetizers at 6 p.m. and dinner at 7 p.m. Visiting Lions and anyone interested in becoming a Lion are welcome. Contact membership chairman Lion Steve Schulz at stevensschulz@comcast.net to make a reservation. For more information about the club, visit www.sanibelcaptivalions.org.✪

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3825 Coquina Dr.



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3790 West Gulf Dr.



Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool
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Seashells of Sanibel #36



Easy walk to beach from this 2BD/2BA second floor condo. Great rental income
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3832 Coquina Dr.



West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views.
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Seashells of Sanibel #43



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\$379,000



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Will Power

Creating Education Trusts



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

Over the years, clients have asked me how to provide for educational gifts within their estate plan, specifically with trust planning. While a variety of tax-favored educational accounts exist like state-sponsored prepaid college tuition plans or Section 529 accounts, today I'm going to limit the discussion to the creation of a trusts for these purposes.

There are two types of trusts: lifetime gift trusts or testamentary (after death) trusts. Both can be built inside an estate plan and can serve the same purpose. Since most of my clients have children or grandchildren who need the

money now rather than waiting until the clients' demise, lifetime education trusts are more common.

Assuming you want to benefit multiple beneficiaries, there are two different types of educational trusts. One would be a "pooled" trust where the sums contributed can be allocated among the beneficiaries as the trustee determines, while the other would be "separate share" trusts, where the amounts contributed are divided proportionately among the beneficiaries.

The advantages to a pooled trust include the fact that the amounts can be used disproportionately among the beneficiaries. The ones who have the greatest need would presumably consume more of the trust. This is also the most challenging problem to a pooled trust, and why I usually recommend avoiding this technique.

Assume, for example, that Jane and Joe contribute \$240,000 to a pooled trust, and they have three grandchildren, Bob, Charles and Denise. Bob is the first grandchild who attends Harvard at a cost of \$70,000 annually. By the time his siblings Charles and Denise start college, Bob's educational expenses have consumed the entire trust.

Over my career, I have drafted several pooled educational trust funds. In some of those instances, beneficiaries fought over access to the funds. The trustee has a fiduciary duty to all beneficiaries. Imagine a trust where the oldest beneficiary is already in college but one of the beneficiaries is a toddler. How much should the trustee allow the first beneficiary to consume, knowing that the trustee has a fiduciary duty to the younger beneficiaries to have something left for them?

Consider further that with the rise of college tuition – outpacing inflation even – how should the trustee allocate funds as each beneficiary attends school? Add to that the difference in cost between a state school and a private institution and you

have a real trustee conundrum.

Suppose that Jane and Joe instead impose a limit on the amount that any one beneficiary can consume to avoid the above problem. In that case, why not instead have separate trust shares? Here, Jane and Joe instead fund an educational trust with \$240,000 for Bob, Charles and Denise but create separate \$80,000 shares for each. When the amount is consumed then that's all that the beneficiary would have. If the older beneficiaries don't consume their entire share, either the remainder is distributed outright to them at an certain age or it instead would be added to the younger beneficiary's shares.

You might see that there's much thought that should be put into the planning behind an educational trust. I haven't even touched upon several other issues that should be thought through. These include who should act as the trustee, how the funds should be invested, whether a beneficiary's other resources should be considered before making distributions, or whether vocational education would be treated similarly to a more traditional bachelor's degree.

Ultimately, providing for a young person's education is one of the best gifts you can bestow. It's akin to the proverbial teaching a man to fish rather than giving him a fish. When you provide a youngster a means to make a living, you've passed along something more valuable than anything else they can inherit.

©2018 Craig R. Hersch. Learn more at www.sbslaw.com.*

Consider Joining The Rotary Club

submitted by Shirley Jewell

The Sanibel-Captiva Rotary Club is a



growing organization with over 70 members, of which 10 are new members this year. We also have about 20-plus snowbird Rotary members from other clubs throughout the country who attend our meetings during the winter season in Florida.

Why are we growing and how can you benefit by joining?

First, we provide friendship and fellowship. We meet weekly every Friday morning at 7 a.m. at The Dunes Golf & Tennis Club for a hearty breakfast, fellowship and an interesting speaker program.

We provide services to our community as well as to our international community as we are an international club represented in many countries. Our members volunteer

their time in providing services that are tailored to the individual desires of our members. This is perhaps the best reason to join Rotary: The chance to do something for somebody else and to find the fulfillment that comes in the process. It is richly rewarding. Remember, "He profits most who serves the best."

We provide contributions to our local and international community by virtue of our fundraising activities. This past year, we contributed over \$100,000 to various benefactors.

We provide leadership development; our Rotary club is an organization of leaders and successful people.

We have fun. Rotary is fun, lots of fun. Each meeting is fun. The club projects are fun. Social activities are fun.

If you are interested in more information about Sanibel-Captiva Rotary, contact our membership committee chair, Eldon Bohrofen at ebohrofen@rohdedales.com

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

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Wealth Manager Joins Trust Company

The Sanibel Captiva Trust Company as added Gary W. Dyer, CFA, senior vice president and senior portfolio manager to the investment management team. Dyer has more than 25 years of wealth management experience, having served as a portfolio manager, investment research analyst and member of the investment policy committees for the firms he worked for throughout his career. He also has significant experience building fixed income portfolios as appropriate, using a variety of securities.

Dyer joins the trust company from Investors' Security Trust of Fort Myers, where he served as vice president and portfolio manager for his client group, managing substantial client relationships. Earlier, he worked at U.S. Bank in Paducah, Kentucky for several years in the same role, responsible for an equally substantial book of business.

"Providing our clients with excellent wealth management and individual attention leads us to selectively add talented professionals to our team when the opportunity arises," said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. "The addition of Gary deepens the offering to our



Gary Dyer photo provided

clients, allowing us to maintain the level of care they deserve."

Dyer received his bachelor of science degree in finance from Indiana University, Bloomington, Indiana with high distinction. In addition, Dyer holds the Chartered Financial Analyst (CFA) designation and recently completed the first year of the multi-year Florida Trust & Wealth Management School. Dyer will be positioned at The Sanibel Captiva Trust Company on Sanibel.*

Speaker Discusses Local Economy

The Sanibel & Captiva Islands Chamber of Commerce hosted Pamela Johnson, interim director of Lee County Economic Development, as the guest speaker for the June business luncheon, held at Sanibel Harbour Marriott Resort & Spa. Johnson gave members an overview of the area's fiscal health.

"It's a good economy right now," Johnson said. "We strive to make Lee County an attractive area to new businesses and have a growing entrepreneurial community. There are a lot of good things happening."

Lee County, consistently ranked one of the nation's job growth leaders, is home to a thriving business community and excellent quality of life. It has the fourth best tax climate in the nation, and fosters a pro-business attitude and vibrant workforce. The average annual salary is \$40,000 and the largest employment industry is retail with health care and social assistance in close second.

There was a 3.9 percent increase in tourism spending year-over-year for the winter 2018 season, which brought 1.3 million visitors to the beaches of Fort Myers and Sanibel. Ninety percent of the visitors originate from within the United States and mostly the midwest with the ease of direct flights.

The luncheon was sponsored by



Pamela Johnson photo provided

Comfort Keepers, in-home care services for Lee, Collier and Charlotte counties.

For more information on the Lee County Economic Development, visit www.leecountybusiness.com.

The next chamber business luncheon will be held on Tuesday, July 10 at Sundial Beach Resort & Spa with guest speaker Rae Ann Wessel of the Sanibel-Captiva Conservation Foundation.

Reservations are required and can be made online at www.sanibel-captiva.org or by calling 472-1966.*



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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	7:59 am	1:03 am	8:01 pm	2:08 pm
Sat	8:39 am	1:46 am	9:40 pm	3:25 pm
Sun	9:19 am	2:30 am	11:17 pm	4:32 pm
Mon	10:02 am	3:14 am	None	5:32 pm
Tue	12:42 am	3:58 am	10:47 am	6:27 pm
Wed	1:54 am	4:42 am	11:35 am	7:19 pm
Thu	2:53 am	5:26 am	12:24 pm	8:09 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	7:04 am	1:05 am	7:06 pm	2:10 pm
Sat	7:44 am	1:48 am	8:45 pm	3:27 pm
Sun	8:24 am	2:32 am	10:22 pm	4:34 pm
Mon	9:07 am	3:16 am	11:47 pm	5:34 pm
Tue	9:52 am	4:00 am	None	6:29 pm
Wed	12:59 am	4:44 am	10:40 am	7:21 pm
Thu	1:58 am	5:28 am	11:29 am	8:11 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	7:34 am	1:01 am	7:38 pm	1:56 pm
Sat	7:55 am	1:39 am	8:37 pm	2:57 pm
Sun	8:18 am	2:16 am	9:45 pm	3:54 pm
Mon	8:52 am	2:51 am	11:13 pm	4:58 pm
Tue	9:38 am	3:25 am	None	6:07 pm
Wed	12:31 am	4:06 am	10:56 am	7:12 pm
Thu	1:33 am	5:55 am	12:26 pm	8:12 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	10:09 am	4:19 am	10:11 pm	5:24 pm
Sat	10:49 am	5:02 am	11:50 pm	6:41 pm
Sun	11:29 am	5:46 am	None	7:48 pm
Mon	1:27 am	6:30 am	12:12 pm	8:48 pm
Tue	2:52 am	7:14 am	12:57 pm	9:43 pm
Wed	4:04 am	7:58 am	1:45 pm	10:35 pm
Thu	5:03 am	8:42 am	2:34 pm	11:25 pm

Island Seniors At Center 4 Life

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

Donations Needed for Trash & Treasures Sale – Clean, gently used items are needed for the annual Trash & Treasures Sale. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. A tax deductible receipt will be provided for your donation. Books, clothing, shoes, computers or old TVs cannot be accepted. If you have any questions, call 472-5743.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email ocean@comcast.net or contact the center.

The featured book for Wednesday, July 11 is *The Bone Collector* by Jeffrey Deaver. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

Leisure Lunchers Trip to Sweet Melissa's Cafe – Tuesday, July 10. Experience the award-winning Sweet Melissa's Cafe. Executive Chef Melissa Talmage challenges your tastebuds to explore a creative menu with a wide array of different tastes, textures and eclectic ingredients. There will be an opportunity to speak with the chef, who will share her creative cooking style. Separate checks will be provided. Register at the front desk. Limited seating available.

Savannah Sipping Society

at Off Broadway Palm Dinner Theatre – Wednesday, July 18. Cost is \$39 for members and \$49 for non-members.

There will be an afternoon lunch at Cristof's on McGregor Boulevard (Dutch treat), then an outing to Off Broadway Palm Theatre to take in the comedy *Savannah Sipping Society*. In the play, four Southern women, strangers to each other, are drawn together by fate and turn weekly happy hours into a mission to renew the enthusiasm for life they've lost through the years. Their raucous humor and collective strengths see them through unexpected challenges and to their surprise; they realize it's never too late to make lifelong friends.

Carpool arrangements for transportation. Limited seating available and advanced registration required.

Gelli Printing with Bea Pappas – Fridays, July 6, 13, 20 and 27. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

Games
Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Registration begins at noon; the game begins at 12:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30

p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – July 10 and 24 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and

Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✪

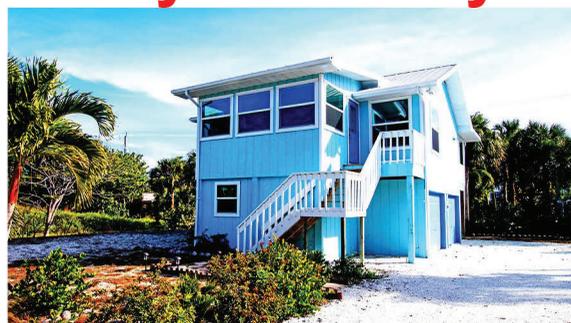
Nominations Sought For Business Award

The Uncommon Friends Foundation has opened nominations for the 2018 Business Ethics Award that are due by September 1. Businesses in Lee, Charlotte, Collier, Hendry and Glades counties who consistently demonstrate a system-wide commitment to high ethical business practices are eligible. Businesses can nominate themselves or be nominated by a third party. The online nomination form and detailed submission guidelines are available at www.uncommonfriends.org. Independent judges will determine finalists and the winner.

Finalists will be announced in advance and honored at a business ethics luncheon hosted by Florida Gulf Coast University's Lutgert School of Business and the Uncommon Friends Foundation on Tuesday, October 23. The recipient of the Business Ethics Award will be announced at the annual Uncommon Evening Gala on Thursday, November 8 at the historic Burroughs Home & Gardens in Fort Myers.

For more information, call 337-9503.✪

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Critical Thinking Lecture Series

The Critical Thinking Lecture Series at Florida SouthWestern State College (FSW) returns this July with two lectures presented by FSW faculty and students. The series is free and open to the public. Presentations can be viewed live on the Thomas Edison Campus or digitally at other FSW locations.

Identifying and Acknowledging Subconscious Biases with Dr. Mary Ellen Schultz, professor of school of arts, humanities and social sciences at FSW – Tuesday, July 10, 9:30 to 10:30 a.m.

Dr. Schultz earned her bachelor's degree in liberal studies from California Polytechnic State University and her master's degree in education with a focus on bilingual education from Columbia University. She earned her doctorate of philosophy in education with an emphasis on English as a second language from North Central University.

Dr. Schultz has a passion for people and spent several years volunteering with the Peace Core in Costa Rica. This year, Dr. Schultz presented at the national conference on First-Year Experience and the National Institute for Staff and Organizational Development.

Gaining a New Perspective: Italy Through Our Eyes with FSW study abroad students – Wednesday, July 18, 11:30 a.m. to 12:30 p.m.

Learn about the experiences of 10



Dr. Mary Ellen Schultz photo provided

FSW students who studied abroad in Florence, Italy in June. FSW students took classes focused on the Italian language, art history, the ancient roots of Florence, architecture, marketing and Italian cuisine at Istituto Lorenzo de' Medici.

The FSW campus locations are: Thomas Edison Campus: Building U-102; Charlotte Campus: Building O-117; Collier Campus: Building M-201

For more information on the FSW Critical Thinking Lecture Series, contact Whitney Rhyne, director, strategic initiatives, at 433-6943 or whitney.rhyne@fsw.edu.✱

Lawyer Among Inaugural Class Of Experts

Attorney Amanda Barritt has achieved the highest certification by The Florida Bar in Condominium & Planned Development Law. Board certified lawyers' experience and competency have been rigorously evaluated and have met the Bar's highest standards for special knowledge, skills and proficiency in various areas of law and professionalism and ethics in the practice of law.

Barritt is chair of the Condominium and Homeowners' Associations practice group for Henderson, Franklin, Starnes & Holt, PA. She represents residential and commercial condominium, homeowners' and property owners' associations, nonprofit social and recreational clubs, developers, builders and individuals in all aspects of real estate development, operation, and condominium and property association law. Barritt also handles general real estate legal matters, including drafting contracts and managing title issues in all types of real estate transactions. Barritt speaks often to community association management groups and writes on these topics on Henderson Franklin's blog, *The Legal Scoop on Southwest Florida Real Estate*. She holds the highest AV rating by Martindale Hubbell.

Barritt is a member of the Real



Amanda Barritt photo provided

Estate Investment Society, Real Property Probate & Trust Section and Condominium and Planned Development Committee of The Florida Bar, Lee County Bar Association and Lee County Association of Women Lawyers. She is also the leader of her daughters' Girl Scout troop, and a member of an allocations team for the United Way of Lee, Hendry, Glades and Okeechobee counties.

Barritt received her undergraduate degree from Auburn University (BID, cum laude, 1999) and her law degree from Florida State University (JD, cum laude, 2003).✱

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Big 3 Basketball Is Living Testimony To Where They Are Now



by Ed Frank

It's fun to recall former athletes as *Sports Illustrated* does annually with its *Where are they Now* edition. But a relatively new basketball league, Big 3, provides the opportunity to see the stars of yesterday in live action today.

Big 3 was founded last year by actor and music legend Ice Cube and entertainment executive Jeff Kwatinetz. The eight teams comprising the league include a virtual "who's who" of former NBA players and coaches

Far different from regular basketball, the roving teams play on just half-a-court in 3-on 3 competitions. And the rules of the game also are far different.

The 10-week season "tipped" off June 22 and each Friday night all eight teams – four games – compete in NBA arenas in Houston, Chicago, Oakland, Detroit, Miami, Toronto, Boston and Atlanta. The playoffs in Week Nine will be in Dallas with the championship in Barclays Center, Brooklyn, New York.

Should you want to watch this exciting back-to-back brand of basketball on July 20 in the American Airlines Arena in Miami, the four games will pit the Killer 3's against the Ball Hogs; Tri State versus Ghost Busters; 3's Company versus 3 Headed Monsters, and Trilogy versus Power.

But here's just a sampling of the stars you will see:

The eight coaches are Rick Mahorn (Trilogy); Gary Payton (3-Headed Monsters); Nancy Lieberman (Power); George "The Iceman" Gervan (Ghost Busters); Charles Oakley (Killer3s); Michael Cooper (3's Company); Julius "Dr. J" Erving (Tri-State), and Rick Barry (Ball Hogs).

Each team is limited to six players and oh what memories some of these Big 3 players bring – Chauncey Billups, Metta World Peace, Drew Gooden, Amar'e Stoudemire, Brian Scalabrine, Glen "Big Baby" Davis, Nate Robinson, Alan Henderson, Bonzi Wells, Quentin Richardson and Mike Bibby. And these are just a few of the current Big 3 players.

We won't attempt to describe all the Big 3 rules, but obviously they were crafted to provide up-tempo basketball.

For example, the shot clock is only 14 seconds. There are four-point zones 30 feet from the basket. To win, a team must score 50 points and lead by at least two points. Halftime occurs when one team scores 25 points.

Although this is just the league's second season, it's popularity appears to be catching on. The games are broadcast live on Fox Broadcast Network and FS1.

It's great to know that these stars of yesteryear can still compete today.

Miracle Off To Good Start In Second Half

Bolstered by Minnesota Twins regulars Miquel Sano and Jorge Polanco, the Fort Myers Miracle baseball team started the week with a second-half record of 6-4, which placed the team in first place in the Florida State League South Division.

Sano was sent down to the Miracle in an attempt to regain his batting stroke, and Polanco was here for just two games following his 80-game suspension for testing positive for performance enhancing drugs.

Sano was hitting .345 in eight games with the Miracle and Polanco .333 in two games.

The Miracle is on the road this weekend at Bradenton, returning home to Hammond Stadium Monday for a four-game series against Palm Beach. All have 7 p.m. starts.✪

Taking Charge Of Your Financial Health Program

FISH of SanCap, along with Fifth Third Bank, is offering a community presentation, entitled Taking Charge of Your Financial Health, on Wednesday, July 18 from 5:30 to 7 p.m. at Sanibel Community Church. This workshop will help individuals and families learn how to do basic budgeting, slash their debt and boost their credit score.

Kathy Y. Monroe, FISH facilitator and program director, said, "This session will attempt to help individuals

develop a plan for budgeting and saving which can lead to boosting their credit score, while helping to eliminate debt. Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial relationship manager from Fifth Third Bank, will introduce this information in an interesting and interactive manner. Participants will leave the session knowing how to create a budget, interpret a credit score and manage debt."

This seminar is open to the community and snacks will be provided. To RSVP, contact Kathy Y. Monroe at 472-4775. For more information, visit www.fishofsanccap.org.✪

SPORTS QUIZ

1. Name the only major-league pitcher in the modern era to hit three home runs in one game.
2. Who was the last Baltimore Orioles player to lead the American League in RBIs for a season?
3. Who was the last Heisman Trophy winner before Louisville's Lamar Jackson in 2016 to win the award despite playing on a team that lost the last two games of the regular season?
4. Name three of the five players in Boston Celtics history to have 50 or more points in a playoff game.
5. When was the last time before 2018 that the Buffalo Sabres beat the Chicago Blackhawks in a regular-season NHL game?
6. Name the last American male before Matthew Centrowitz Jr. in 2016 to win the Olympic men's 1,500 meters race.
7. When was the last time before 2018 (WGC Mexico Championship) that PGA golfer Phil Mickelson won an event?

ANSWERS

1. Jim Tobin of the Boston Braves in 1942. 2. Chris Davis had 138 RBIs to lead the AL in 2013. 3. Tim Brown of Notre Dame, in 1987. 4. Ray Allen, Bob Cousy, John Havlicek, Sam Jones and Isaiah Thomas. 5. It was 2009. 6. Mel Sheppard, in 1908. 7. It was the 2013 British Open.

LCEC Rates Are Fourth Lowest In Florida

Lee County Electric Cooperative (LCEC) recently announced that its electric rates are the fourth lowest amongst electric providers in the state of Florida as of the latest comparison released in April 2018. These recent industry benchmarks reflect LCEC's operating expenses per 1,000 kWh sold as being in the lowest quartile nationwide and one of the lowest amongst comparable cooperatives in the state.

Rate levels are determined through forecasting sales levels (expected revenue) compared to budgeted

spending needs for operations, power supply and capital investment in the electric infrastructure. When revenue is expected to be more favorable compared to spending, LCEC passes those savings through to customers in the form of stable rates and sometimes a reduction. LCEC has decreased rates five times since 2014 and has not had a rate increase for 10 years in a row. This means that LCEC customers are paying less for electricity today than they were a decade ago.

"We are very pleased to be able to pass through operating and power cost savings to our customers," LCEC CFO Denise Vidal said. "LCEC continually strives to contain costs in order to keep rates competitive, while providing excellent reliability and customer service."✪



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From left, Barbara Maughan, Cameron Anholt, Melissa Mongiello, Susan Yarab, Chris Kirchner, Julie Oberlin, Greg Demaras, Connie Walters and JN "Ding" Darling Supervisory Refuge Ranger Toni Westland photos provided

Realtors Obtain Specialist Designation

Finding the perfect piece of paradise here in Southwest Florida comes with many challenges. Island properties offer a unique lifestyle and with that uniqueness comes limitations and responsibilities. Having the right real estate professional in your corner can help facilitate a great home-buying experience.

The Sanibel & Captiva Islands Association of Realtors offers its members a unique and exclusive real estate designation to set themselves apart: the Sanibel & Captiva Islands Specialist (SCIS) designation.

The program is offered once a year to members of the Sanibel & Captiva Islands Association of Realtors and requires students to attend 12 classes that teach the most up-to-date information on all aspects of buying and selling real estate on the islands. Class topics include learning the history of the islands, getting familiar with aspects of Sanibel city planning, learning about the Captiva Erosion Prevention District, discussing the differences in selling on the islands versus selling on mainland Lee County, and marketing specifically to buyers looking for condominiums and second homes.

Several of the local nonprofit organizations on the islands are part of the instruction as well. Attendees get practical experience and explore the Bailey-Matthews National Shell



Back from left, Maureen Ahmed, Amy Wainwright, Julie Oberlin, Katie Thomas, Melissa Mongiello and Chris Kirchner. Front from left, Connie Walters, Sanibel City Planner Roy Gibson, Jesse Lerner and Dana Foster.

Museum, JN "Ding" Darling National Wildlife Refuge, the Clinic for the Rehabilitation of Wildlife (CROW), BIG ARTS, and the Sanibel-Captiva Conservation Foundation (SCCF).

Members who have obtained the SCIS designation are professionals committed to providing their clients with the highest quality of service. This commitment provides a level of comfort to buyers new to the islands who may not know the right questions to ask. For sellers on Sanibel and Captiva, SCIS designees are able to most effectively market the uniqueness of island living.

Realtors currently participating in

the program are; Maureen Ahmed, Cameron Anholt, Greg Demaras, Dana Foster, Chris Kirchner, Jesse Lerner, Barbara Maughan, Melissa Mongiello, Julie Oberlin, Katie Thomas, Amy Wainwright, Connie Walters and Susan Yarab.

To find a Sanibel & Captiva Islands Specialist, visit <http://www.sanibelrealtors.com/learn/sanibel-captiva-islands-specialists/>. For more information about how a member obtains the SCIS designation, visit <http://www.sanibelrealtors.com/learn/sanibel-and-captiva-islands-specialist-designation/>.*

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Family mentors are being recruited to help parents

photo provided

Volunteers Sought For Family Mentor Program

The United Way Volunteer Center and the Children's Network of Southwest Florida are recruiting individuals to become family mentors. Volunteers will be trained and matched with parents who have been involved in

the Child Welfare System and are ready to be reunified with their children.

An ideal family mentor will be one who can be nonjudgmental, offer a minimum of an hour a week to work with the parent(s) and provide a caring and supportive relationship to reduce the feeling of isolation in the spirit of "families helping families." Mentors will assist parents with basic parenting and family budgeting skills by teaching, coaching and modeling.

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system. Each mentor will work to build a committed and trusting relationship with the parents, supporting them through the transition. The mentor will empower the parents to define and meet goals for themselves, to achieve self-reliance and offer advice that parents may be uncomfortable seeking elsewhere. Building this kind of relationship is particularly important for struggling families who have few role models or positive outlets for both children and adults.

Training classes are offered monthly and will cover the topics such as confidentiality, planning for success,

family engagement and an overview of the Child Welfare System.

To become a mentor, register online at www.unitedwaylee.org/family-mentor-program or contact Patrice Cunningham at patrice@unitedwaylee.org or 433-7557.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout the community. Volunteers can reach the United Way Volunteer Center by calling 433-5767 or by visiting the United Way website at www.unitedwaylee.org/volunteer.*

Doctor and Dietician

Roasting Summer Vegetables



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

Summer is a great time to fill your plate with as many fresh vegetables as possible. Floridians have the wonderful opportunity to enjoy fresh vegetables all year long, but gardeners everywhere enjoy the thrill of the summer garden bursting with vegetables. Luscious commodities such as asparagus, garlic, greens, colorful varieties of tomatoes, carrots, cucumbers and eggplant, are ready for your consumption.

It's always great to eat vegetables fresh from the garden, or tossed together to make different salads. One of our favorites is mixing basil and tomatoes from the garden with fresh mozzarella for an irresistible Caprese salad. When you're not in the mood for salad, a simple and sometimes overlooked technique is to roast

vegetables. We love our roasted veggies and eat them multiple times per week.

If you are new to roasting vegetables, you may be surprised at how yummy they are. Even picky veggie eaters tend to like them roasted, and often go back for seconds! The caramelization brings out a totally different and wonderful flavor.

Choose one veggie or roast a colorful combination. The reds, oranges, yellows, purples and greens, all add different nutrients. Brightly colored vegetables are more nutrient-dense and rich in antioxidants. Pair with a piece of fish or other protein, and you'll have a delicious and healthy meal.

Toss the vegetables with some sea salt, garlic or your other favorite seasonings, and olive or coconut oil. Spread the vegetables out well on a baking sheet, or the trapped steam will stew rather than caramelize them. Roast at 425 degrees, stirring every 15 minutes to allow for an even roast. Roast until the vegetable tips are toasty, usually 25 to 40 minutes. Veggies like carrots and beets take longer to roast than green beans, peppers, or mushrooms. Have fun as you try different tasty combinations.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

Barre Fitness Classes At The Rec Center

Spots are still available for July sessions of Barre Fitness classes at the Sanibel Recreation Center. Class size is limited to 10 participants. Cost is \$27.50 for members and \$36.50 for non-members. Register in advance to reserve your spot.

July Summer Session:
Mondays, July 9, 16 and 23 at 8:30 a.m.
Tuesdays, July 10, 17 and 24 at 7

a.m.
Thursdays, July 12, 19 and 26 at 5:30 p.m.
Fridays, July 13, 20 and 27 at 8:30 a.m.

A Barre workout combines functional strength, dance, Pilates and yoga concepts into a series of movements designed to strengthen the entire body. Participants will primarily utilize bodyweight for resistance while focusing on alignment and posture with the goal of enhancing body awareness, coordination, balance and strength.

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

New Human Resources Officer

Michael Wukitsch has joined Lee Health as chief human resources (HR) officer. He is responsible for all employee-related operations across the health system. Wukitsch has 25 years of experience in HR management for large companies with 13 years in health care.

"We are very excited to add Michael to our team. He brings extensive leadership experience with large and diverse health care systems and an excellent track record of building collaborative relationships within those systems," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

Wukitsch most recently served as the vice president of human resources for Northwestern Memorial Healthcare in Chicago, where he was responsible for the business unit HR Business Partners across all hospitals and outpatient sites as well as system-wide responsibility for HR operations. Northwestern Memorial Healthcare is an academic health system comprised of seven hospitals and 60 outpatient facilities in the Chicago metro area. The system has more than 25,000 employees.

Before that, Wukitsch served as the executive vice president, human resources for Cadence Health in the Chicago area,



Mike Wukitsch photo provided

and vice president and chief human resources officer for Children's Hospital Colorado. He also served as director of human resources – operations for Coors Brewing Company in Golden, Colorado.

Wukitsch has an MBA from the University of Michigan Ross School of Business and is completing his PhD in Organizational Learning, Performance and Change at Colorado State University.

Wukitsch replaces Jon Cecil, who retired in May after more than 40 years with Lee Health.✱

dearRPharmacist

It's Tough Getting Older



by Suzy Cohen, RPh

Dear Readers: As we age, we notice

symptoms creeping up every few months. With women, it's called menopause and includes many symptoms such as fatigue, forgetfulness, hot flashes, vaginal

discomfort or atrophy, decreased libido, irritability and insomnia. Menopause can be surgically induced, as occurs when you get a total hysterectomy.

With men, it's termed andropause and the symptoms include reduced fatigue, sex drive, weak erections, depression, loss of strength and muscle mass, weight gain as well as occasional night sweats akin to a woman's hot flash. You might find that you're less competitive than normal.

In the news recently, there have been some interesting findings reported from brand new studies. The first that comes to mind is about post-menopausal women and how they have an elevated risk for heart failure or coronary heart disease, if they have higher testosterone levels compared to estradiol (an estrogen hormone).

What about your brain and mood? For sure, psychological symptoms are one of the first (and worst) things noticed by men and women during menopause and andropause. You might think you're going crazy, and so might those around you. It differs for everyone, and new research

suggests that if you've been struggling with mental health issues prior to menopause/andropause, they are bound to get worse. In particular, symptoms such as panic attacks and suicidal ideation seem to heighten, and it's much harder to deal with than typical annoyances such as depression, irritability, mood swings, insomnia and memory loss.

The CDC found that the rate of women committing suicide has been on the rise since the year 2000, it's up by 50 percent and the average age is between 45 and 64. I have to wonder how many of these people were brought to the brink from the use of mind-bending anxiolytics or antidepressants that are thought to impair otherwise good judgement and possibly raise risk of suicide. It brings to mind fashionista Kate Spade and TV chef Anthony Bourdain, both of whom were taking anti-anxiety medications. They impact your brain and sometimes in a good way, but also in a bad way due to unexpected side effects.

Today, I'd like to offer a few tips that could help you, as a couple, age more comfortably together and minimize the problems that drive people to doctors, or worse, to psychiatrists who numb you with addictive medications. Here are eight ideas to get your hormones balanced:

1. Manage stressful situations
2. Avoid estrogenic chemicals
3. Maintain a healthy sex life
4. Watch what you eat
5. Exercise
6. Actually, sleep at night
7. Get enough rest
8. Aswagandha

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have been dating my boyfriend for over a year, and he has been a cigarette smoker since before we dated. I really want him to quit smoking, and he says he knows he should but he doesn't do anything about it. Can you suggest what I should do?

A: From what you have shared, it seems like your boyfriend is not ready to become a non-smoker, at least for now or he would have made some attempt to stop. Smoking is a very difficult addiction to break. While there are several modalities to use to become a non-smoker, one has to be ready to stop and really WANT to stop. You can take a very positive approach like you have and let him know how much it would mean for his health and for both of you. However, it has to be his decision only when he is ready. I would avoid any manipulative or controlling tactics or ultimatums because even if he does quit, he is very likely to relapse because he wouldn't be stopping for himself, and he has to stop for himself first. I cannot emphasize that enough.

Hopefully, there will come a time that he will want to become a non-smoker

and, when that time comes, he may want to contemplate some different ways to stop and even talk with his physician about various options. I have worked with many clients over the years who had success with hypnosis if they truly wanted to stop. It is a behavioral change through accessing the subconscious mind through the power of suggestion. It's totally natural, and he can become a non-smoker in as little as three sessions. Some smokers do stop "cold turkey," however. The withdraw symptoms can be intense and, to reiterate, one can only stop for the self, not someone else.

Stay positive and be patient, and hopefully you will see some positive results.

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

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

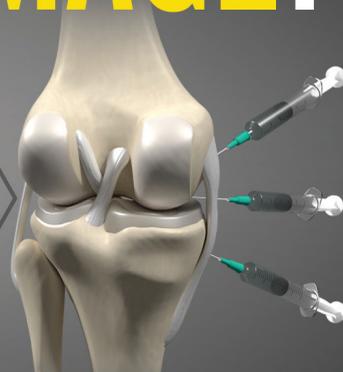
For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.✱

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Building Department	472-4555
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CROW - Clinic For The Rehabilitation of Wildlife	472-3644
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Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
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Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Irish And Lucy



Irish

Hi there! I'm Irish. I am a beautiful male 13-year-old, orange tabby, Maine Coon. I have a very fluffy tail and long white whiskers. I am neutered and up to date on all



Lucy

vaccines. I am also declawed and currently living with a foster family. I am still young at heart and very healthy. My adoption fee is \$100.

Hello, I'm Lucy. I am a beautiful female tabby with white feet and bright green eyes. I'm 2 years young and currently living with a foster family. I'm not real crazy about other cats, so I need to be the only one in your house. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.

Lee County Domestic Animal Services

Priscilla And King



Priscilla ID# A742353

Hello, my name is Priscilla. I am a 1-year-old female domestic shorthair who came to Lee County Domestic Animal Services with my two sisters. All have distinct personalities, and I seem to be a combination of both Mia and Gelipa. I like attention, but I'm so independent that it requires you come to me for it. I am very sweet and like ear rubs.

My adoption fee is \$10.

Hi, I'm King. I am a 1-year-old male pit bull mix who is a stunning mixed breed that, as you



King ID# A722545

can see, will match anything. I am definitely a looker. I am well-mannered and love to play with tennis balls in the play yard and then cool off in our kiddie pool. I am an all-around kind of guy that would make a great addition to any family!

My adoption fee is \$30.

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

Adoption Discounts

Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home.

Adoption fees will be reduced for the entire month of July. Adult dogs are just \$30 to adopt; cats are \$10; and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge.

Adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. LCDAS' team of volunteers and staff are waiting to introduce your new family member to you. Just stop by the adoption center 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to see pets available for adoption.

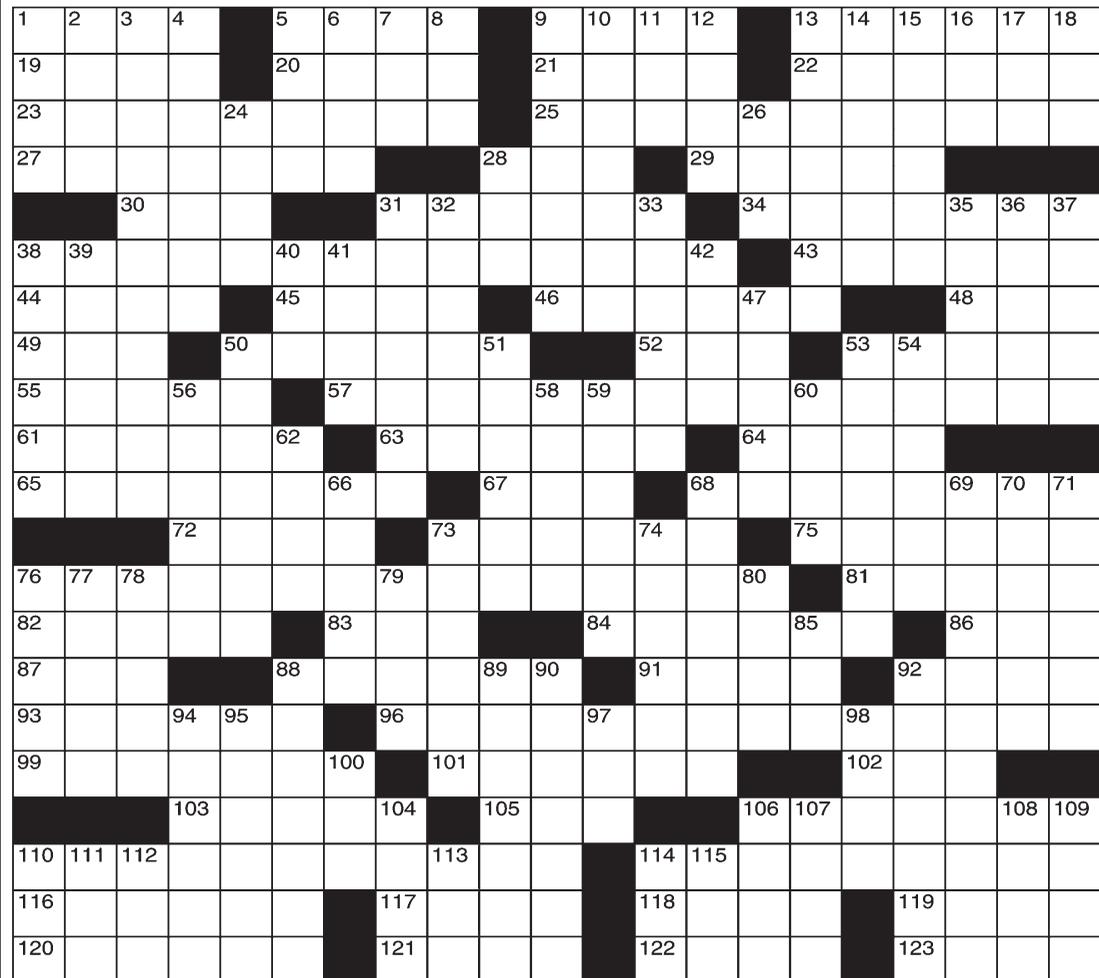
PUZZLES

Answers on page 53

Super Crossword

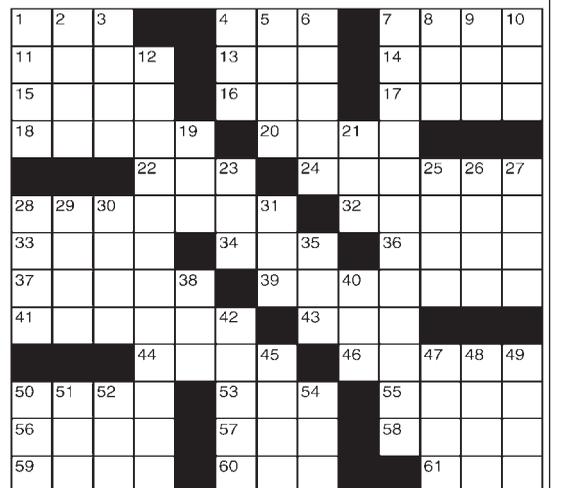
LESSON IN TOLERANCE

- ACROSS**
- 1 Putting game
 - 5 Graham of football
 - 9 Train lines, e.g.: Abbr.
 - 13 Minnesota's capital
 - 19 Hollywood's Sharif
 - 20 Apparel
 - 21 "Got it," facetiously
 - 22 — del Fuego (island group)
 - 23 Occur
 - 25 Grizzly catcher's activity
 - 27 Solidarity
 - 28 Stock value
 - 29 Florida resort
 - 30 Moist
 - 31 First part of an act
 - 34 Lacking any amenities
 - 38 Repulsive
 - 43 Product's ultimate application
 - 44 Pub mug
 - 45 Nanny, e.g.
 - 46 Captivate
 - 48 Scholastic stat
 - 49 Up vote
 - 50 Digit with a relatively large nail
 - 52 Fourth scale steps
 - 53 Bubbling, as hot water
 - 55 "I read you"
 - 57 Not reveal one's pain
 - 61 Athletic shoe brand
 - 63 Outward flow
 - 64 Swenson of the screen
 - 65 Sacred sites
 - 67 Adam's mate
 - 68 Minor deities
 - 72 Other, to José
 - 73 Tennis' Graf
 - 75 Fed head Janet
 - 76 Play fair
 - 81 Towel off again
 - 82 Sophia of the silver screen
 - 83 Heckler's cry
 - 84 Facial hair
 - 86 In thing, temporarily
 - 87 "Is" pluralized
 - 88 Bewilder
 - 91 Movie genre
 - 92 Totally fulfill
 - 93 Tiny nation in Europe
 - 96 Be a sentinel for
 - 99 Oppressive
 - 101 Like pre-1991 Russia
 - 102 Funny Philips
 - 103 Code name
 - 105 Ring count
 - 106 Current flow measures
 - 110 "It's Just a Matter of Time" singer of 1959
 - 114 What the first words of 23-, 25-, 38-, 57-, 76-, 96- and 110-Across can all mean
 - 116 Bodega site
 - 117 Major- (steward)
 - 118 Author Oz
 - 119 "Boy!" or "girl!" lead-in
 - 120 Selected
 - 121 Utah city
 - 122 Thanksgiving side dish
 - 123 "Sure thing"
 - DOWN**
 - 1 Set out for
 - 2 Arab land
 - 3 "A Prairie Home Companion" town
 - 4 Rival one is amicable with
 - 5 Night hooters
 - 6 4:00 socials
 - 7 Tic-toe linkup
 - 8 Refinery rock
 - 9 Paco of fashion
 - 10 Regarding that matter
 - 11 That, to José
 - 12 Collate, e.g.
 - 13 Tough one
 - 14 Metal cake container
 - 15 Besieger's bomb
 - 16 Jackie's "O"
 - 17 Sizable vase
 - 18 Not keep up
 - 24 Gp. against bullfighting
 - 26 Includes
 - 28 Diem lead-in
 - 31 Many busts
 - 32 Sever
 - 33 Stymied
 - 35 Yank at
 - 36 Savory jelly
 - 37 Tennis' Fraser
 - 38 Glassy looks
 - 39 Camry, e.g.
 - 40 Special FX graphics
 - 41 Boars, say
 - 42 FBI worker
 - 47 Davis of "Get on the Bus"
 - 50 Composer Benjamin
 - 51 Devalitized
 - 53 Casbah city
 - 54 Small hound
 - 55 Cipher
 - 58 Young moray, say
 - 59 Lamentable
 - 60 Part of IMO
 - 62 Rein in
 - 66 Perhaps
 - 68 Becomes extinct
 - 69 Long-loved item
 - 70 Lower the value of
 - 71 Gary of beat poetry
 - 73 Yells
 - 74 Projecting flat collar
 - 76 Thrifty rival
 - 77 Element #5
 - 78 Actress Jacob
 - 79 Male turkeys
 - 80 LaBeouf of "I, Robot"
 - 85 Botch it up
 - 88 Straight whiskey type
 - 89 Island that's Príncipe's partner
 - 90 Poison
 - 92 By one means or another
 - 94 Knights' suits
 - 95 Oreo, e.g.
 - 97 Loud noise
 - 98 "Chocolat" actor Johnny
 - 100 Compass pt.
 - 104 Within: Prefix
 - 106 Molecule unit
 - 107 Touse
 - 108 Blues singer — James
 - 109 Pahlavi, e.g.
 - 110 Telly channel
 - 111 Cheer word
 - 112 Gold, to José
 - 113 Blue Jays, on scoreboards
 - 114 Cough up
 - 115 Actress Thurman



King Crossword

- ACROSS**
- 1 Hollywood's Photoshopping? (Abbr.)
 - 4 \$ dispenser
 - 7 Cheek by —
 - 11 Pilgrimage to Mecca
 - 13 "How come?"
 - 14 Overwhelms
 - 15 Earthenware pot
 - 16 Neither partner
 - 17 Require
 - 18 Westerns star John
 - 20 Language of Pakistan
 - 22 Grecian vessel
 - 24 Red suit
 - 28 Former Soviet republic
 - 32 Zagreb resident
 - 33 Computer brand
 - 34 Youngster
 - 36 Christmas
 - 37 Salvos
 - 39 Topic
 - 41 Blew hard
 - 43 Greet the villain
 - 44 Thing
 - 46 Prank
 - 50 Celebrity
 - 53 Unopened flower
 - 55 Noble title
 - 56 Congers, e.g.
 - 7 She's Betty in "Mad Men"
 - 8 Have bills
 - 9 Tiny
 - 10 "Acid"
 - 12 New Year's Day
 - 19 Mess up
 - 21 Calendar abbr.
 - 23 Almond or pecan
 - 25 Libertine
 - 26 Body powder
 - 27 Proofreading directive
 - 28 Dog owner's chore
 - 29 Beige
 - 30 Symbol on
 - 31 "Help!"
 - 35 Place for 28-Down
 - 38 Prepared
 - 40 Feathery neckpiece
 - 42 Subtraction from an account
 - 45 Lots
 - 47 Actor Donovan
 - 48 Press
 - 49 Dressed
 - 50 Stitch
 - 51 Golf prop
 - 52 Everybody
 - 54 Coloring agent
- DOWN**
- 1 Food, slangily
 - 2 Festive
 - 3 Without doing anything
 - 4 Plant bristle
 - 5 Commandment starter
 - 6 Gift from the wise men



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

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

- Desert
- Lighthouse
- Outpost
- Solo
- Fire tower
- Marooned
- President
- Space
- Hermit
- Mid-ocean
- Single
- The moon
- Island
- North Pole
- Solitude



"I've a hunch her _____ isn't going to be easy to find!"
answer on page 55

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!

Mode
DEMOTH

Gear
TOFUTI

Contest
BEATED

Mean
DINES

TODAY'S WORD

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

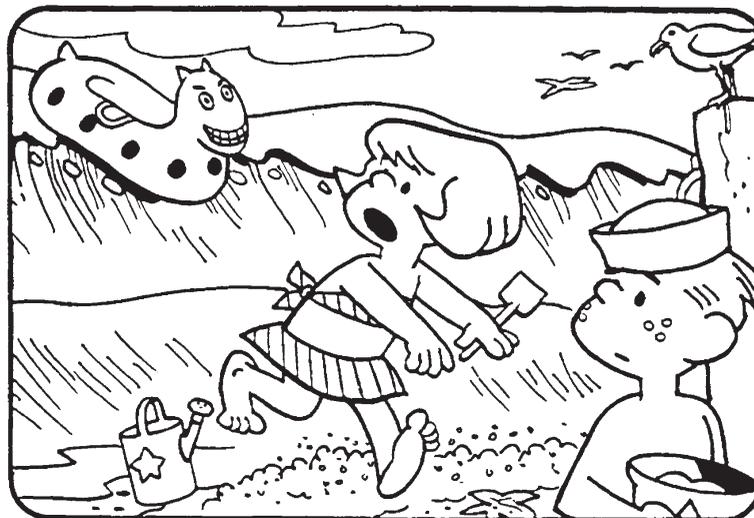
SUDOKU

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.

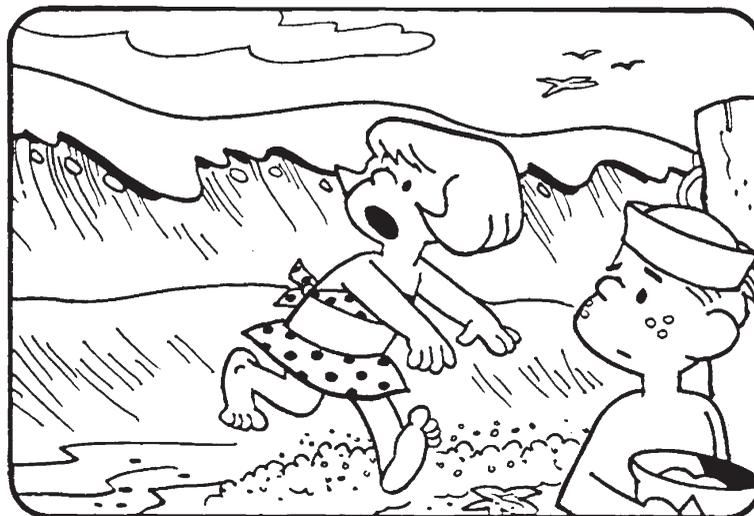
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Horse is missing. 2. Watering can is missing. 3. Bathing suit is different. 4. Shovel is missing. 5. Bird is missing. 6. Hat is moved.

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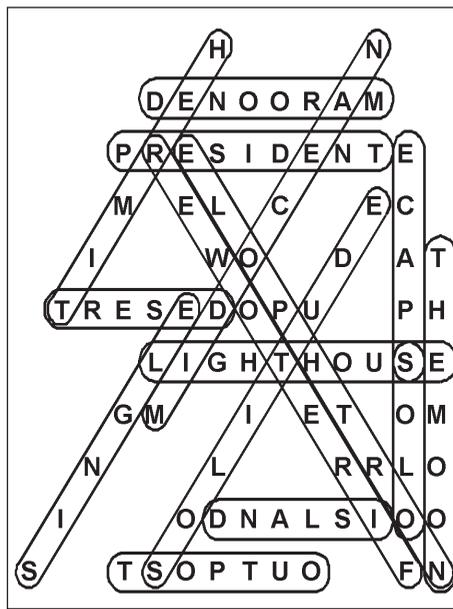
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GOLF	OTTO	RTES	STPAUL
OMAR	WEAR	AHSO	TIERRA
TAKE	PLACE	BEAR	HUNTING
ONENESS	PAR	TAMPA	
WET	SCENE	I	SPARTAN
STOMACH	TURNING	END	USE
TOBY	GOAT	ENAMOR	GPA
AYE	BIG	TOE	FAS
ROGER	SUFFER	INSILENCE	
ETONIC	EFFLUX	INGA	
SANCTUMS	EVE	DEMIGODS	
OTRA	STEFFI	YELLEN	
ABIDE	BY	THERULES	REDRY
LOREN	BOO	LASHES	FAD
ARE	BEMUSE	NOIR	SATE
MONACO	STAND	GUARD	DOVER
ONEROUS	SOVIET	EMO	
MORSE	TEN	AMPERES	
BROOK	BENTON	PUTUP	WITH
BARRIO	DOMO	AMOS	ATTA
CHOSEN	OREM	YAMS	YEAH

KING CROSSWORD

CGI		ATM		JOWL
HAD	J	WHY		AWES
OLLA		NOR		NEED
WAYNE		URDU		
	URN	HEARTS		
BELARUS		CROAT		
ACER		TOT		YULE
TRAYS		SUBJECT		
HUFFED		BOO		
	ITEM	ANTIC		
STAR		BUD		EARL
EELS		ICY		STOA
WELT		THE		END

MAGIC MAZE



SUDOKU

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

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**Cycling
Safety Notes**

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

**Shore Fishing:
Don't Harm The Fish**



by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

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

If you want a picture with the fish, support it as

you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

My Stars ★★★★★

FOR WEEK OF JULY 9, 2018

Aries (March 21 to April 19) Don't be Sheepish about asking questions and demanding answers. You not only gain needed information, but also respect for your steadfast search for the truth.

Taurus (April 20 to May 20) A money problem that shows up early in the week is expeditiously resolved by savvy Bovines who know how to turn a momentary financial lapse into a monetary gain.

Gemini (May 21 to June 20) It's a good time to shed negative energy-draining forces and develop a positive approach to handling current, as well as upcoming, personal and/or professional situations.

Cancer (June 21 to July 22) Your urge to do your best on a current task is commendable. But don't let it become all-consuming. Spend some spiritually restorative time with those who love you.

Leo (July 23 to August 22) This could be a good time for all you Leos and Leonas to take your bows for your recent achievements and then go off to enjoy some fun times with your prides and joys.

Virgo (August 23 to September 22) A negative response to a well-intentioned suggestion could communicate a sense of distrust you might later find hard to refute. Think carefully before reacting.

Libra (September 23 to October 22) Your loving attention comforts a family member who is feeling a bit out of sorts. But be careful to prioritize your time so you don't neglect your work duties.

Scorpio (October 23 to November 21) Your curiosity might be resented by some. But those who know you will support your penchant for never settling for less than the truth. So stay with it.

Sagittarius (November 22 to December 21) A pesky situation from the past recurs, albeit in an altered form. Deal with it promptly before it can go from merely irksome to decidedly troublesome.

Capricorn (December 22 to January 19) Don't wait too long to submit your proposals after giving them a last look-over. If necessary, you should be able to defend any portion called into question.

Aquarius (January 20 to February 18) A bid to use your workplace dispute-settling skills in another situation is tempting. But be careful: You might not have all the facts you'll need if you agree to do it.

Pisces (February 19 to March 20) That

sense of self-doubt is so untypical of you, you should have no qualms in shaking it off. Remind yourself of all you've done and can do, and then do it again.

Born This Week: Your ability to charm others without sacrificing sincerity is what makes people want to follow your leadership.

STRANGE BUT TRUE

- It was popular British romance author Jilly Cooper who made the following observation: "The male is a domestic animal which, if treated with firmness, can be trained to do most things."

- If you're like the average human, you blink about 17,000 times every day.

- Filmmaker George Lucas is arguably best known for his "Star Wars" franchise, but he also directed "American Graffiti." During the making of that earlier film he designated each reel of film with an R before the reel's number, and each instance

of dialog was prefixed with a D. At one point during the sound mixing, the sound designer needed to use Reel 2, Dialog 2, and so asked for "R2D2." Lucas liked the sound of it so much that he used it for the name of a robot character in his later work.

- At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.
- I'd be very surprised if you'd ever heard of Bokassa I, former emperor of the Central African Republic. It's interesting to note, though, that while he was on trial for infanticide, cannibalism and torture, he commented, "Being head of state is an extremely thankless job."

- If you suffer from ophidiophobia – and, sadly, many people do – you may find the following tidbit to be rather unsettling: There are more than 3,000 different species of snakes.

- Researchers have discovered that humans aren't the only ones to imbibe alcohol on a regular basis. It seems that the

THOUGHT FOR THE DAY

"An intelligent man is sometimes forced to be drunk to spend time with his fools." – Ernest Hemingway

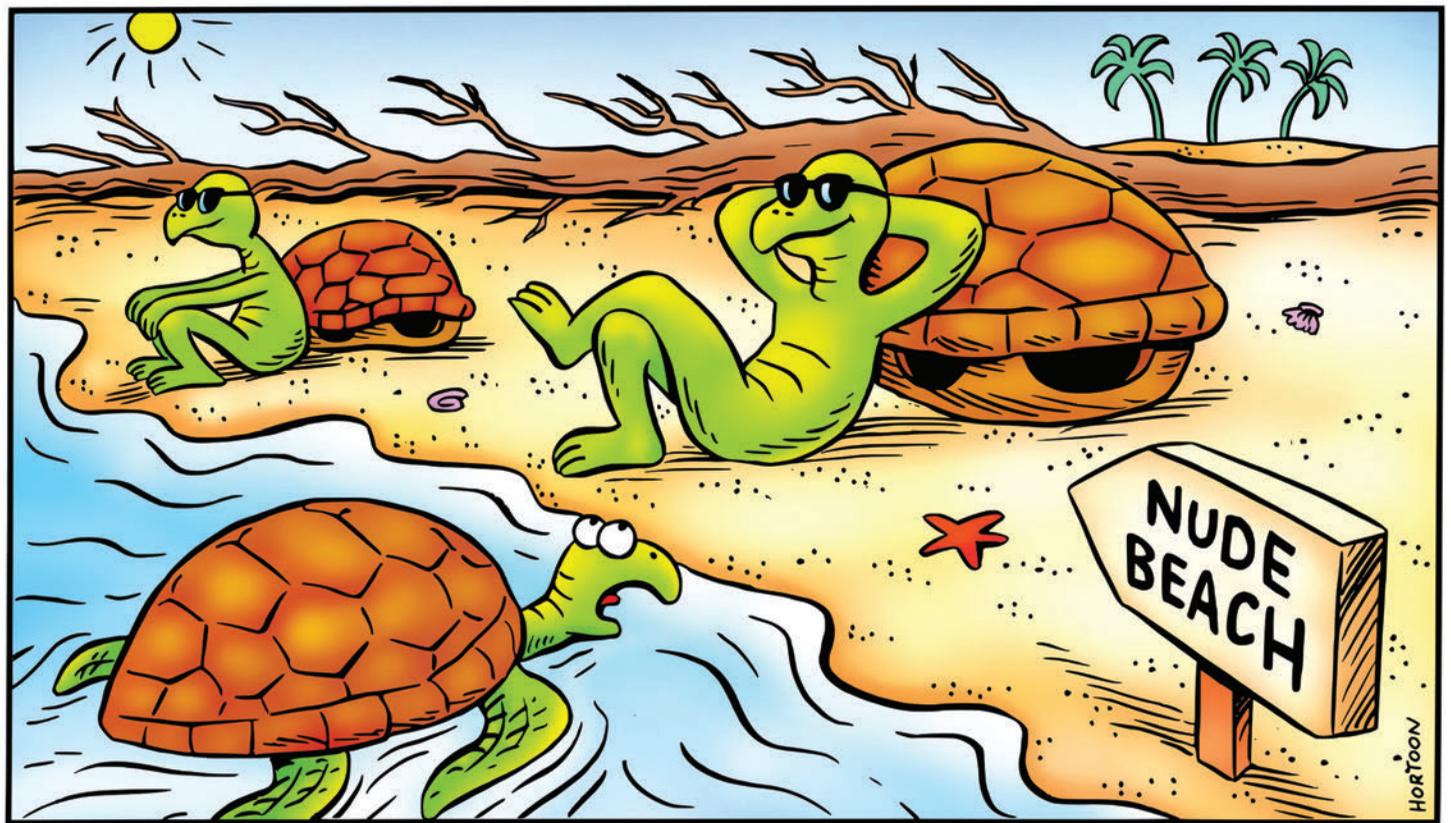
SCRAMBLERS

solution

1. Method; 2. Outfit;
3. Debate; 4. Snide

Today's Word
HUSBAND

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
St. Andrews	Fort Myers	2008	6,970	\$2,500,000	\$2,000,000	14
Bayfront Gardens	Bonita Springs	1990	5,415	\$2,495,000	\$2,210,000	300
Spring Ridge	Bonita Springs	1999	4,622	\$2,450,000	\$2,325,000	10
Shell Harbor	Sanibel	1998	3,364	\$1,900,000	\$1,810,000	173
Cape Harbour	Cape Coral	2013	3,606	\$1,850,000	\$1,660,000	59
McPhie Park	Fort Myers Beach	2007	3,730	\$1,799,500	\$1,600,000	173
Frowes Subd	Captiva	1947	2,322	\$1,595,000	\$1,465,000	587
St. Charles Harbour	Fort Myers	2001	4,271	\$1,495,000	\$1,425,000	42
Island Shores	Fort Myers Beach	1952	1,446	\$1,350,000	\$1,350,000	1
Bougainvillea Condo	Sanibel	1996	3,020	\$1,299,000	\$1,170,000	25



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