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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 3, 2018

AUGUST SUNRISE/SUNSET: 3 6:54 • 8:15 4 6:55 • 8:14 5 6:55 • 8:13 6 6:56 • 8:13 7 6:56 • 8:12 8 6:57 • 8:11 9 6:57 • 8:11

Volunteers Pitch In To Help Restore CHR Playground



Volunteers included Mabel Beerman, Jerry Edelman, Neil Erickson, Roger Grogman, John Henshaw, Richard Johnson, Kim Kouril, Doreen Ruane, Carolyn Tongyai, Paul Tritiak and Alison Ward, along with Lowe's volunteers and Boy Scout Troop 1740 photo provided

Community Housing and Resources (CHR) held a volunteer day on July 21 at the Mahogany Way property, where more than 30 volunteers pitched in to rehabilitate the playground area for local residents. Help came from the local Lowe's home

improvement store, which provided six volunteers and all the mulch, shellrock, a new picnic bench and gloves for the task at hand. Bailey's General Store provided food and drink to keep everyone going in the heat.

"CHR is so grateful for the

community support," said Melissa Rice, executive director. "It warms my heart to have so many wonderful people volunteering on their day off to help revitalize the CHR playground."

CHR is a nonprofit organization that provides affordable, below market rate

housing in the Sanibel community.

If you are interested in volunteering for a project at a CHR property or would like to make a donation, email Melissa Rice at melissa.rice@sanibelchr.org or call 472-1189.*



Mark Thompson, SCCF Marine Lab research associate, pointing to the area where the 2018 Pine Island Sound Scallop Search will take place on August 18 photo by Jeff Lysiak

SCCF Assists With Scallop Search

by Jeff Lysiak

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory, in conjunction with Florida Sea Grant - UF/IFAS Lee County

Extension, will be conducting the 2018 Pine Island Sound Scallop Search on Saturday, August 18.

The annual scallop search is a resource-monitoring program in which volunteers snorkel and search for scallops in select areas within Pine Island Sound.

The organizations are looking for continued on page 8

City Honors Fallen Fort Myers Officer



Sanibel Chief of Police William Dalton and Deputy Chief Anthony Thompson prepare the Thin Blue Line flag for display at Sanibel City Hall in support of fallen Fort Myers Police Officer Adam Jobbers-Miller, who passed away on July 28 photo provided

In honor of fallen Fort Myers Police Officer Adam Jobbers-Miller, the Sanibel Police Department is displaying the Thin Blue Line flag at Sanibel City Hall, home of the Sanibel Police Department.

The display of the Thin Blue Line

flag, mounted on the city hall balcony, augments - not replaces - the American flag on the flag pole in front of city hall.

Jobbers-Miller, the three-year veteran of the Fort Myers Police Department, was

continued on page 36

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Kids Get Creative With Cartooning



Cartoonist Doug MacGregor discussing the ideas that lead to the creation of his children's book *Turtellini, The Turbo-Charged Turtle* photos by Jeff Lysick
by Jeff Lysick

One of Southwest Florida's most talented and revered illustrators, Doug MacGregor visited The Community House last week to share his experiences as a cartoonist and teach youngsters how to create their own cartoon characters as part of the Sanibel Public Library's children's weekly programming.

A professional cartoonist for more than 40 years, MacGregor launched his career drawing political cartoons for the *Norwich Bulletin* in Connecticut. After relocating to Southwest Florida in 1988, he drew cartoons for *The News-Press* in Fort Myers. Since then, he has worked as a graphic designer, freelance artist and children's book author and illustrator.

"I started drawing when I was in second grade," MacGregor told his audience of more than a dozen kids, parents and grandparents. "I used to like to draw Snoopy, and I got real good at it."

However, it was a comment made by one of his teachers that sparked MacGregor's interest in cartooning even more.

"She told me, 'Charles Schulz already draws Snoopy,'" MacGregor recalled. "So that same day, I created my very own cartoon character."

Looking around the room, MacGregor pointed out that cartoons are everywhere. One child attending the presentation wore a Mickey Mouse

T-shirt. Another youngster wore a hat adorned with Donald Duck and a T-shirt bearing the face of Perry the platypus from the animated TV series *Phineas and Ferb*. "Cartoons are on TV, in the movies, on T-shirts," he said. "They're used in advertising and in commercials. You see them every day."

To begin his demonstration, MacGregor went through the process of drawing a face. Using a giant easel with a pad of newsprint clipped to the top, he explained that the most important elements of the face is the subject's eyes and mouth. Then, after drawing both the top and bottom of the head, he added the nose, ears, neck and eyebrows.

"You want to use the eyebrows to give your face a personality and expression," he said. "The nose really isn't as important. You can make it as big or whatever shape you want. It's all up to you."

During his hour-long presentation, MacGregor also shared some of the ideas behind his children's books, including *Turtellini, The Turbo-Charged Turtle*, published in 2011. The artist also stressed the importance of being creative and using exaggerated expressions.

"Always make the most from your own imagination," MacGregor added. "And the more you practice, the better you'll get and the quicker you'll get."

For more information about upcoming programs, call the Sanibel Public Library at 472-2483 or visit www.sanlib.org.



Three youngsters working on their own cartoons



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The Community House

Alcohol Inking

Anita Gober will teach Alcohol Inking on Wednesday, August 8 and 22 at 9:30 a.m. Practice different styles such as sticker, stamping, swiping, blowing by straw/aircan or dabbing. Minimum of three participants needed and maximum of 10. These projects make great gifts. Cost is \$35 per person for members and \$40 for guests. Pre-payment required by preceding Monday at noon.

Cooking With Chef Jarred

Resident Chef Jarred Harris will hold a hands-on cooking class on Friday, August 10 from 10 a.m. to noon featuring a cheese and onion frittata, and Amaretto cookie parfait. Cost is \$40 for members and \$45 for guests.

There will be a demonstration on simple classics on Friday, August 17 from 4 to 6 p.m. Cost is \$25 for members and \$30 for guests.

Community Social

The next community social will be held on Wednesday, August 22 beginning at 6 p.m. Chef Jarred Harris will prepare vegetable lasagna, spinach ravioli and spaghetti carbonara. Cost is \$15 per person; dessert is an additional \$5, which includes the ice cream sundae bar and Chef Jarred's homemade sauces.

Yoga, Shell Craft, Cooking

Yoga classes continue throughout the summer on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell craft lessons are held at 10 a.m. on



From left, Angie Ebenhoeh, and Jim and Sharon Ellen at a hands-on cooking class photo provided

Mondays. All ages are welcome but children must be accompanied by an adult. Cooking classes will be held on August 10 and 17. Check the website for details.

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

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

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

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709.

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m.

Traditional in historic Chapel, 8 a.m. Contemporary and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 10 a.m. Worship Service with Sunday School and nursery care 2050 Periwinkle Way 472-0497 www.sanibelucc.org.

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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Dancing in the Breeze, a 16x20-inch watercolor by Betsy Conrad, resembles batik image provided

Church Hosting Art Exhibit And Seminar Series

Throughout the year, Sanibel Congregational United Church of Christ exhibits the work of one or more fine artists with local ties. Watercolors by Betsy Conrad, whose work was featured in Fellowship Hall in July, will continue to be on view on weekdays and on Sundays after services.

Conrad, who lives at Shell Point, is a member of both the Painters Guild at Shell Point and the Sanibel-Captiva Art League.

"I started painting 12 years ago when I accompanied a friend to her watercolor class," said Conrad. "The teacher loaned me her palette, brushes and some paper, as I had no supplies... and that day was the beginning of my love for watercolors. I took classes and workshops to hone my skills and joined the Southern Arizona Watercolor Guild in Tucson, Arizona, where I lived at that time. I participated in many of the guild's shows. While watercolors are

my main joy, I also love to experiment with acrylics, collage and whatever other materials I can use to achieve the creative results I envision."

In August, the church offers Sunday worship services at 10 a.m. with Sunday School and nursery care available for children. In addition, each week at 9 a.m., the church presents Summer Sunday Seminars that include

continued on page 16



Show your colors!

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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OBITUARY



BOBBY JOE BAILEY

Bobby Joe Bailey, age 71, of Holmes Beach, Florida passed away on Friday, July 20, 2018 unexpectedly at home. Bobby was a loving and caring husband, father, son, uncle, cousin and friend.

Bobby was born to Herman and Jewel (Banes) Bailey on May 5, 1947 in Birmingham, Alabama. He was a 1965 graduate of Southeast High School (Bradenton, Florida). Bobby was united in marriage to Rita Dacus Bailey on October 29, 2001 in Key West. He was

a Navy Veteran (1966 to 1970), started his public service career at the Bradenton Police Department (1971 to 1976) and retired as a lieutenant of the Longboat Key Police Department after 23 years (1976 to 1999). He was a longtime member of the Blue Knights, Bradenton Elks Lodge #1511, Elks Riders Lodge #1511, Bradenton VFW Post #10141, Sons of the Confederacy and a Fellow of the Moose Lodge. He spent many years training in the style of Shorin Ryu, elevated to Sensei with a second degree black belt and later became a student of Tai Chi Chih. In his spare time, he enjoyed his family, friends, reading about American history and traveling.

Bobby is preceded in death by his parents (Herman and Jewel Bailey).

He is survived by his wife, Rita Bailey of Holmes Beach; and son, Jeffrey Bailey (wife Misty Bailey) of Toano, Virginia; his brother, Billy Bailey of Homosassa, Florida; and sister, Delaine McFadden of Deltona, Florida. He is further survived by nieces, nephews, other relatives and friends.

A memorial service for Bobby Bailey took place at Groover Funeral Home in Ellenton, Florida on July 30 at 1 p.m. with the Pastor Bill Pierson presiding.

In lieu of flowers, the family requests that memorial contributions be made to Moffitt Cancer Center Foundation.

Donations can be made online at www.moffitt.org/donate or by mailing a check to Moffitt Cancer Center Foundation, MBC-FOUND, 12902 Magnolia Drive, Tampa, FL 33612; or by calling 1-800-456-3434 ext. 1403.

Please include: Memorial name (Bobby Bailey); name of family member(s) to be notified (Rita Bailey); address of family member(s) to be notified when gifts are

made (260 South Harbor Drive, Holmes Beach, FL 34207) or Project Paws Alive www.projectpawsalive.org/donation-honor-cards.✧

OBITUARY



JANE MCKENZIE PARKER

Longtime Captiva and Sanibel resident, Jane McKenzie Parker, 83, died at home in Falmouth, Massachusetts on July 1 with her children at her side. Her cherished husband of 50 years, Ronald E. Parker, MD, passed in 2007. Together they shared a love of boats, books and babies. They enjoyed being active in the island community and co-chaired a memorable all-day ABC Sale event sponsored by the Captiva Civic Association. A member of the Captiva

Island Yacht Club, Jane also served on the board of Captiva's Chapel by the Sea.

Dinner parties at the Parker home always meant fabulous food, great conversations and lots of laughter. While wholeheartedly committed to family, friends, and in her professional life – to those who needed her skills as a nurse and later as a hospice social worker – Jane was predictably lighthearted in her commitment to the games of bridge and golf. Her interests ranged from politics to the New England Patriots, and her smile was ever present.

Jane is survived by her children Janet Nuyen, Lynne Gallego, John Parker and Leslie Strachen; adored grandchildren Michelle, Matthew, Laura, Carolyn, Rebeca, Parker, Cole, Mackenzie, Jake and Alexandra, and four very special Great Grands as well as several nieces and nephews.

A private celebration of Jane's life will be held at her home in North Falmouth, Massachusetts.

In lieu of flowers, gifts may be made to Dana-Farber Cancer Institute in memory of Jane Parker to support ovarian cancer research and patient care at: Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via www.dana-farber.org/gift.✧

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Record Year For Junior Optimist Anglers



On July 23, members of the Junior Optimist Anglers Club held their annual end-of-season picnic on Sanibel Causeway Island B, celebrating their eighth fishing outing of the summer
photo by Jeff Lysick

by Jeff Lysick

They came. They saw. They caught fish. A lot of fish!

Last Monday morning, Sanibel Recreation Center Youth Program Coordinator Dave DeFonzo, along with camp counselors Sarah Wittine and Jermaine Sears, attended the final fishing excursion of the season with 18 members of the Junior Optimist Anglers Club.

With the assistance of Sanibel-Captiva Optimist Club members Stan Howard and Mark Steger, the young anglers enjoyed their last fishing trip of the summer on Sanibel Causeway Island B. After spending the windy morning fishing on the beach at San Carlos Bay, everybody gathered for a picnic feast of hot dogs, chips and soft drinks.

"Our campers caught more than 300 fish this summer, including well over 150 fish over the last two weeks alone," said Wittine. "Every week, we've caught at least 20 fish."

According to DeFonzo, members of the Junior Optimist Anglers Club – youngsters enrolled in fifth and sixth grades – attended weekly fishing excursions this season to JN "Ding" Darling National Wildlife Refuge, Blind Pass and the Causeway Islands as well as boat trips with Tarpon Bay Explorers and Adventures In Paradise.

During their two outings with Tarpon Bay Explorers, campers reeled in 70 fish on the first trip and "about 90 fish" on the second. During the most recent trip, one camper caught an 80-pound tarpon that was brought to the boat but wiggled away.

The honor of most prolific angler went to camper Zachary Alonso, who reeled in 18 fish in one day.



Junior Optimist Anglers Club member Nick Bakos fishing on the Causeway Islands
photo by Stan Howard

photo by Stan Howard

"This has definitely been the highest number of fish caught in one summer over the past 10 years," said DeFonzo. "I can't thank the Optimist Club enough. It's the one thing I don't have to think about every week... the kids just love it."

In addition to the Sanibel-Captiva Optimist Club, the Junior Angler program is supported by Tarpon Bay Explorers, Adventures In Paradise and Bailey's General Store.

"We've seen a lot of improvement with the kids this summer, especially when it comes to baiting with live shrimp," said Howard, who along with Steger attended camp every Monday since early June. "At the beginning of the season, I had one girl tell me 'I only touch shrimp when it's on my plate.'"

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After School Programs At The Rec Center

Registration is open for the 2018-19 Sanibel Recreation Center After School programs, available for the full year or fall trimester. The programs run Monday through Friday from 2:10 to 5 p.m. throughout the school year.

Youth Program

The youth program is available for children ages kindergarten through fifth grade. Every child registered in

the program will receive a one-year complimentary membership to the Sanibel Recreation Center. Offered again this year will be trimester payment options. Registration fees are as follows:

Full School Year – members \$1,003, non-members \$1,254 (early bird rate); members \$1,204, non-members \$1,505

Fall Trimester (August 10 to November 2) – members \$335, non-members \$419 (early bird rate); members \$402, non-members \$502.

Teen Program

The teen program is available for children in sixth through eighth grade. Teens will have a variety of on and off

property activities throughout each school week including but not limited to:

Homework research days at Sanibel Public Library; Island Cinema film series; entry-level conditioning clinics hosted in the rec center weight room; educational island beach days in collaboration with Sanibel Sea School; daily use of the rec center after school amenities; and community service opportunities. Transportation for island activities will be provided via the city van. A full schedule will be available at the Sanibel Recreation Center front desk. Registration fees are as follows:

Full School Year – members \$525,

non-members \$656 (early bird rate); members \$630, non-members \$788

Fall Trimester (August 10 to November 2) – members \$176, non-members \$219 (early bird rate); members \$211, non-members \$263

Due to the rec center annual facility maintenance closure, early bird registration rates will be extended through Thursday, August 9. Financial assistance is available based upon individual need.

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

From page 1

Scallop Search

volunteers to assist in this year's effort. As many as 150 participants and up to 40 boats are needed to search select sites in Pine Island Sound and San Carlos Bay for the elusive bay scallop.

"Large populations of bay scallops (*Argopecten irradians*) disappeared from Southwest Florida waters decades ago due in large part to degraded water quality, related declines in seagrass acreage, over-harvesting and other causes," a press release from Florida Sea Grant reads, in part. "The purpose of this mission is to monitor and document the health and status of the bay scallop population."

According to Mark Thompson, SCCF Marine Lab research associate, bay scallops are the "canary" for issues in the estuary. "They are sensitive to salinity change, to red tide and to high temperatures," he said. "Once abundant enough in Pine Island Sound to support a fishery in the 1960s, their numbers in the local area have made them a rarer find in modern times."

The causes of the bay scallop population decline in Southern Florida include over-fishing, increases in stormwater runoff, more abundant toxic algae blooms, coastal development and climate change.

"From annual volunteer scallop searches, we have determined that year-after-year, there are favorable habitats for bay scallops, yet their abundances remain low," a SCCF Marine Lab report on local scallop populations reads, in part. "We



Closeup image of bay scallops in Pine Island Sound

photo courtesy SCCF

feel that there is a critical abundance, above which, the bay scallop will be self-sustaining and begin to increase."

Last week, Thompson talked about the history of scallop-based research projects in the local estuary. Due to a decline in monitoring stations provided through the Florida Fish & Wildlife Conservation Commission (FWC), volunteer efforts coordinated by SCCF and Florida Sea Grant have helped track scallop populations in Pine Island Sound.

"There's quite a large area that we cover," said Thompson. "Each group is assigned a quadrant, and each team has a pair of snorkelers that swim along a designated line, with each scanning a

three-foot wide area looking at seagrasses with their hands. When they find a scallop, they'll measure them for size with a pair of calipers. The people on the boats take notes, noting the size and number of scallops, along with their location."

Last year's scallop search was cancelled due to Hurricane Irma, so relevant data hasn't been available for two years.

"Scallops are very sensitive to red tide, so this year probably won't be very good," added Thompson. "Back in 2012 when we started this program, we had a few good years in a row. But it's sort of a rollercoaster when you're counting the

scallop populations. They can be pretty well wiped out when we're going through an extended period of red tide."

The August 18 event is sponsored by Lee County Parks & Recreation, Charlotte Harbor National Estuary Program, Friends of Charlotte Harbor Aquatic Preserve and Pineland Marina.

Reservations are required to participate and space is limited. Scallop searchers will meet at Pineland Marina, located at 13921 Waterfront Drive in Pineland at 8:30 a.m. to receive survey equipment and instructions for the monitoring program. Lunch will be provided to participants once they return to shore and report their information. This is a no harvest event.

Organizers are searching for volunteers with shallow-draft boats. Canoes and kayaks are also permitted, but sites are limited. Personal watercraft (Jet Skis, Sea-Doos, etc.) are not allowed in the search.

Boat space for additional volunteer snorkelers is also needed; bring a dive flag if you have one. Snorkelers without boats are welcome; however, space is limited.

Volunteers need to bring a mask, snorkel and gloves and be able to snorkel/swim 50 meters (about 150 feet) along the bottom. Swim fins and a weight belt are optional but suggested.

To sign up, go to <https://2018pinelandscallopsearch.eventbrite.com>, email Joy Hazell at hazellje@leegov.com or call the FL Sea Grant – Lee County Extension office at 707-1267. For more information, call the SCCF Marine Lab at 395-4617.✱

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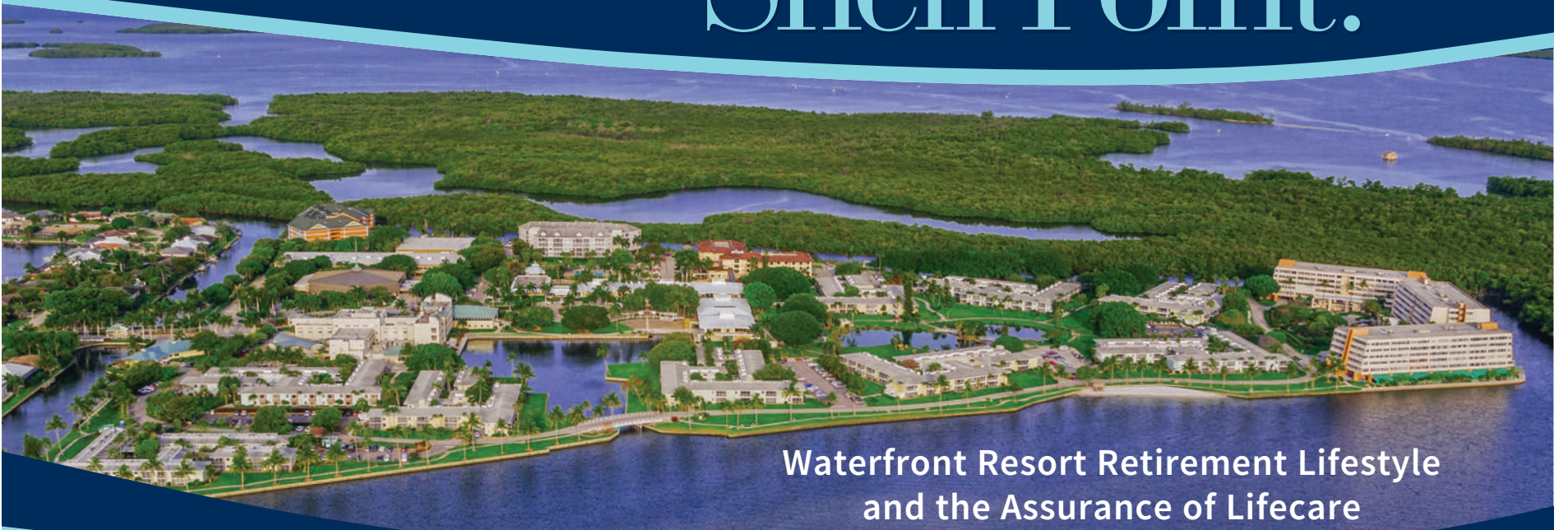
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Baybean has rounded coarse leaflets and curved seedpods that are dispersed by ocean currents photos by Gerri Reaves

Plant Smart
Baybean

by Gerri Reaves

Baybean (*Canavalia rosea*) is a native herbaceous sprawling vine that produces racemes of rose-pink or rose-purple flowers throughout the year.

As the common name implies, it sometimes grows on dunes and beaches, although it grows inland as well. Because it roots at the nodes, it helps to stabilize dunes by preventing erosion.

Other names are beach-bean, seaside bean and seaside Jackbean, the latter a reference to the fairytale “Jack and the Beanstalk.”

Ocean currents naturally disperse the floating seed pods.

Clusters of one- to two-inch flowers appear on long erect spikes and attract pollinators. Each flower, typically described as “upside-down,” is

This native vine is a member of the pea family. The flowers bloom throughout the year.

two-lipped with a white throat.

The flowers resemble those of another native but more diminutive vine of the pea family, spurred butterfly pea (*Centrosema virginianum*).

Three rounded leaflets of three to four inches comprise the leaves, which are alternate and coarse-textured, and tend to fold up during the hottest part of the day.

Leaflet apices can be notched or smoothly rounded.

The seed pods measure four to six inches long and are an inch to an inch and a half wide.

Caution: The curved seed pods are “dangerously narcotic,” in the words of plant scientist Roger Hammer. According to numerous experts, immature seeds are poisonous if ingested but edible if cooked.

This is a resilient vine, very tolerant of full sun, drought, salt and salt spray, and wind. Use it as a fence or trellis cover or as a dense groundcover of up

to a foot high.

It will easily grow to fit the space it’s given. The fleshy stems reach as long as 50 feet and climb whatever’s in reach, so it might need occasional pruning.

It will grow in almost any soil and likes moisture. Propagate it with seeds or cuttings.

Sources: *Everglades Wildflowers* by Roger L. Hammer; *Florida, My Eden* by Frederic B. Stresau; *A Gardener’s Guide to Florida’s Native Plants* by

Rufino Osorio; *Growing Native* by Richard W. Workman; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela; www.floridata.com; www.fnps.org; and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

Spike In Sea Turtle Strandings Due To Red Tide

The Sanibel-Captiva Conservation Foundation (SCCF) reported that since the beginning of the current red tide bloom in October 2017, 91 sea turtles have been found stranded on the beaches or in waters surrounding Sanibel and Captiva; 58 were dead and 33 were found alive and taken to the Clinic for the Rehabilitation of Wildlife (CROW) for treatment. The continuous 10-month red tide has impacted an unprecedented number of sea turtles. Over 50 have stranded on Sanibel and Captiva this June and July alone.

Of the 91 strandings since October, 53 have been mature adults, representing a significant impact on a recovering population of animals where only one in 1,000 hatchlings survives to reach reproductive maturity at around 25 to 30 years of age. Nineteen of these turtles (nine of which have washed up in the third week of July) have been the critically endangered Kemp’s ridley sea turtle, a rare sighting on area beaches.

With help from Dr. Rick Bartleson of the SCCF Marine Lab, staff and volunteers have been collecting samples of tissues and gut contents from stranded sea turtles to be tested for brevetoxins (neurotoxins produced by



SCCF volunteer measuring a stranded Kemp’s ridley sea turtle photo provided

the alga *Karenia brevis*). Since May 29, 24 turtles have been sampled in an effort to understand how these algal blooms affect sea turtles.

The current red tide causing this mass mortality event is the longest continuous bloom since 2006, when an algal bloom lasted over one year. These blooms start in the gulf but are fed and perpetuated by harmfully high nutrients in the water washing into the gulf from land. The single most important change that can be made is to fight to improve

continued on page 34

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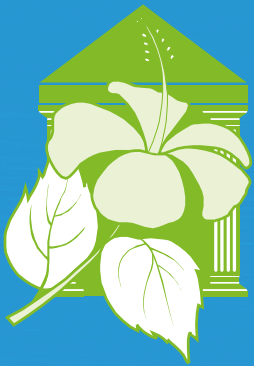
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Summer Snapper Bite Continues



by Capt. Matt Mitchell

The stories of water woes continued this week with patchy red tide on the gulf side and dead fish up on the beaches. Just because there are dead fish on the beach does

not mean the red tide is in the sound. In fact, to the contrary, fishing in the sound has been really consistent. A few mornings this week, we did have issues with bait dying in the livewell just inside Redfish Pass and Lighthouse Point. Moving away from these passes, we caught bait and had great days catching lots of fish. What's really strange to me is the fishing in the mouth of the river and southern Matlacha Pass has been some of the hottest action around on a crazy variety of fish.

Small shiners remained the daily bait of choice with fish blowing up on them when chummed. With our shallow water mangrove snapper bite in high gear, it's been relatively easy to catch a limit of

good sized snapper up to a respectable 14 inches. Some of my favorite and most productive places to catch these fish has been in the southern end of Matlacha Pass and mouth of the river. At first glance, this water looks really black, but on closer inspection its pretty clear, tannin-stained and full of life.

Canal and creek mouths along with oysters bars have been my go-to when fishing this area in the southern sound. A strong high incoming tide proved the most successful time to fish these places. Along with the snapper, we have also been catching a mixed bag including big trout, snook, Spanish mackerel, jacks and even a few redfish. A few scoops of these small shiners has been all its taken to have these places light up with more surface action than you would have ever thought possible.

With some perfect mid-morning high tides to go after redfish, I am starting to catch a few. The best redfish day came while fishing with Mary Laser and Gary Biltgen as we managed to put three slot-sized redfish in the boat. Every redfish caught this week ate the same little fry bait I have been using to catch all of the species mentioned. With the water just so hot, it seems most fish just prefer a bite-sized snack than a full meal larger bait. Wind blown shorelines from Buck Key to Wulfert Keys were all good places to target these redfish.



Gary Biltgen with a slot-sized redfish caught while fishing with Capt. Matt Mitchell this week photo provided

If you're planning on going on a fishing trip in the next few weeks, remember the last thing any guide wants is to take clients out and not catch them fish. If fishing is bad due to red tide, any respectable guide will be the first one to tell the client that it's not worth going. When you have a new client from out of town that has seen all the dead fish all over the beach, they are often apprehensive about going fishing or just don't even book a trip. Ask your guide how the red tide has been and if it's effecting where they fish. Over the past few weeks,

many of my guide friends, me included, have had cancellations because of the amount of dead fish showing up on the beach and potential clients hearing all the negative reports on the news. In reality, fishing in the sound has been really good despite the red tide in the gulf.

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.*

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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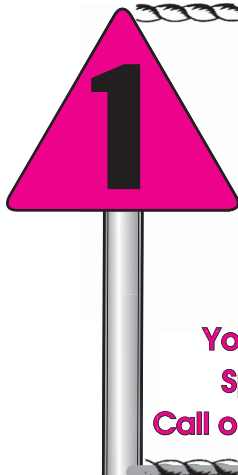
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Canterbury students and chaperones with Tarpon Bay Explorers' kayak guide Mandy Hunt (holding paddle) photos provided



Young paddlers launching into the Tarpon Bay harbor

Canterbury Students Kayak Tarpon Bay

On July 19, students from Canterbury School ventured out into Tarpon Bay to experience the vast fauna and winding mangrove forests the bay has to offer. The group consisted of 16 students, ranging from fifth to eighth graders. For some students, this was their first kayak excursion.

The trip was led by Tarpon Bay Explorer's guide Mandy Hunt, who was born and raised in Florida. "The trip made me reminisce on some trips I took in school growing up," she said. "The kids would get excited about some of the smaller things like crabs or fish, so their enthusiasm was really refreshing."

The students launched from the beach of Tarpon Bay and paddled just under a half mile to the entrance of Commodore Creek. Upon entering the trail, Hunt explained to the students what wildlife to look for and where to

look for it. The further the kayakers paddled in, the more they felt immersed in the mangrove ecosystem, with drop roots dangling from tree limbs and crabs scurrying between tangled prop roots. They saw birds would staring into the moving tide, waiting for their next meal.

The students were delighted with the experience, calling it "amazing," "fun" and "awesome."

"We love having the upcoming generation opt for outside experiences," aid Adam Sauerland, Tarpon Bay Explorers program and education

manager. "Subjecting kids to experiences like these will only help areas like Tarpon Bay, 'Ding' and Southwest Florida keep its natural beauty for decades to come."

Tarpon Bay Explorers is the concession to the JN "Ding" Darling National Wildlife Refuge, providing low-impact recreational activity and educational opportunities. Fifteen percent of what Tarpon Bay Explorers receives goes back into U.S. Fish & Wildlife Service, benefiting refuges around the country.✧



New Opportunities at Shell Point

August 2018

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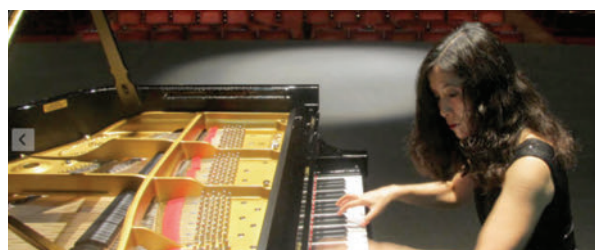
August 7, 14 & 21 at 9:30 a.m.

Learn about Shell Point's signature Lifestyle with Lincare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.

August 16 at 7 p.m.

Trillium Piano Trio

Founded in 2003, Trillium Piano Trio's exciting performances have captivated audiences and been praised by the critics alike. Even if you don't know much about classical music, the trio's highly personal performance will explain the stories behind each piece. The result is a relatable concert that will connect the audience with the artistry behind the music. Purchase \$20 tickets at www.shellpoint.org/summer, or by calling the box office at (239) 454-2067.



August 3, 10, 17, 24, 31 at 8:30 a.m. to 11:30 a.m.

Farmers Market

The Shell Point Farmers Market in The Woodlands offers a variety of one-of-a-kind selections like homemade baked goods, freshly caught seafood, boutique clothing, organic produce and much more! Cash only.



Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

Visit www.shellpoint.org/events for full listings of this month's events!

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Shell Of The Week

Western Dondice



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

Sea slugs are marine gastropod mollusks (marine snails) without a shell. Think

shell-less snails! At 10 mm in length (a little less than 0.5 inch), the Western Dondice, *Dondice occidentalis* (Engel, 1925), is one of the smallest (and most attractive) local species of sea slugs. The Western Dondice in the photo was collected in 2005 by Rodger Bunnell near the Sanibel Causeway. Learn more about the species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

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.



The Western Dondice, *Dondice occidentalis*, from the Sanibel Causeway

photo by José H. Leal

American Legion Post 123

Friday, August 3 is International Beer Day at American Legion Post 123. Stop by to see what's on tap.



On Sunday, August 5, beef stroganoff will be served from 1 to 8 p.m.

The auxiliary meeting will be held on Tuesday, August 7 at 6 p.m. The general meeting follows on Wednesday, August 8 at 6 p.m.

Barbecued ribs and chicken are on the menu Sunday, August 12.

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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CROW Case Of The Week:

Common Nighthawk



by Bob Petcher

The common nighthawk (*Chordeiles minor*) is rather uncommon in respects to its name. Since it is known to be active both at dawn and dusk, it is not strictly nocturnal, nor is it

related closely to hawks in general. In fact, it is more related to an owl.

This medium-sized bird can be well disguised due to its gray, white and black color patterns. This camouflaging can be seen as a blessing, but also a curse since nighthawks tend to nest on open ground.

Interestingly, the common nighthawk feeds entirely by flying directly into a swarm of insects with mouth and throat wide open. No major foraging or seizing food with their feet or bills, this simpler process, which involves diving and swooping, allows dinner to go right down the hatch without much effort.

The common nighthawk's dive also works as a courting ritual. Males descend upon females by making a booming sound when air rushes over their wings. They eventually land on the ground before the female to spread and shake their tails, puff out their throats and croak at her.

Young common nighthawks make their

first flights on average at roughly 21 days. Complete development usually occurs in the 45 to 50 day range.

On July 9, two fledgling common nighthawks were admitted to the hospital from Fort Myers. Upon examination, one of the two birds was found to be overtly healthy, however the other one was found to have severe subcutaneous emphysema – when gas or air is in the layer under the skin – along the right side of its abdomen.

“When we receive sibling animals, they often are together because they are not old enough to fend for themselves. In the case of these nighthawks, they were very close to being independent, but needed a little more time,” said Dr. Kyle Abbott, CROW veterinary intern. “We kept both to help them reach a larger size where they can feed and fend for themselves. It also allowed us to monitor the sibling that appeared healthy and ensure it was fit to survive on its own.”

Regarding the injured patient, a small vent was made in the air sac to allow the air to escape. The bird was provided with antibiotics and housed with its sibling.

“Making the small vent in the skin allowed the trapped air to escape the space under the skin. Once this air was removed, the body could repair whatever underlying injury allowed the air into that space,” said Dr. Abbott. “We could not identify the inciting wound, but these injuries can occur from external wounds or from rupturing air sacs internally. Birds have structures called air sacs throughout their bodies, in addition to lungs, as part of their normal respiratory tract.”

Both nighthawks received flight training and were released on July 28 in



Patients #18-2714 and #18-2715 spending time together prior to release

photo by Brian Bohlman

an area where other nighthawks were observed.

“Once these two learned to eat in our care, they did well,” said Dr. Abbott. “They continued to grow and reached a stage where they were big enough to take care of themselves.”

Finding nighthawks on the ground does not mean they fell from their nests. Nighthawks are known to be ground nesters who do not build nests. They lay their eggs directly on the ground and rely on camouflage for protection from predators.

“In the case of these siblings, one was found in a screened-in area of a house, which is not normal. When we see something like this, it is likely pets or another predator may be involved, and

it is safe to have them seen by a wildlife veterinarian,” added Dr. Abbott. “For most other young animals found on the ground, it may be in their best interest to leave them. We are available to answer any questions about found animals to help decide if they need our help. It is always best to contact a licensed wildlife rehabilitator before attempting to help a wild animal.”

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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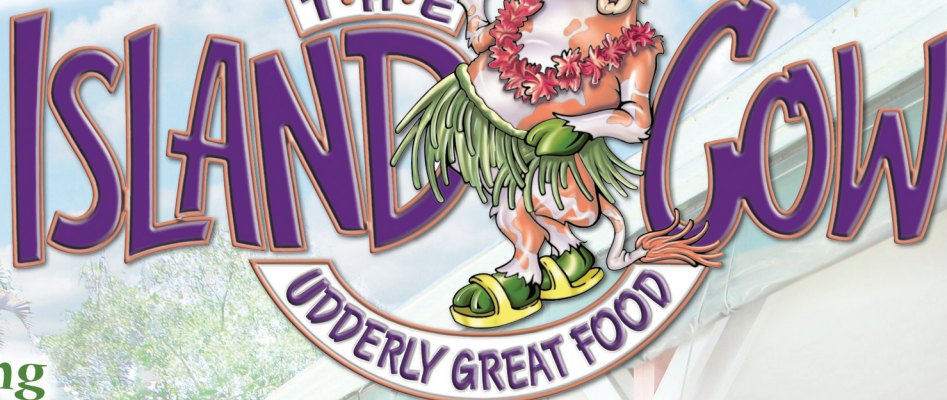
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CROW Calendar Of Events



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, August 3, 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, August 3, 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, August 6, 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, August 7, 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, August 8, 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, August 8, 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.

Thursday, August 9, 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, August 9, 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.*

From page 5

Church Exhibit

videos as well as discussion led by either the Rev. Dr. John H. Danner or the Rev. Deb Kunkel.

The latest series, which continues through September 16, features scholars Marcus Borg and John Dominic Crossan filmed on location in Turkey as they trace the Apostle Paul's footsteps through the Roman Empire. Since each week's seminar program stands alone, participants may come to as many sessions as they wish. The classes are free and open to the public.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. For more information, call 472-0497 or visit www.sanibelucc.org.*

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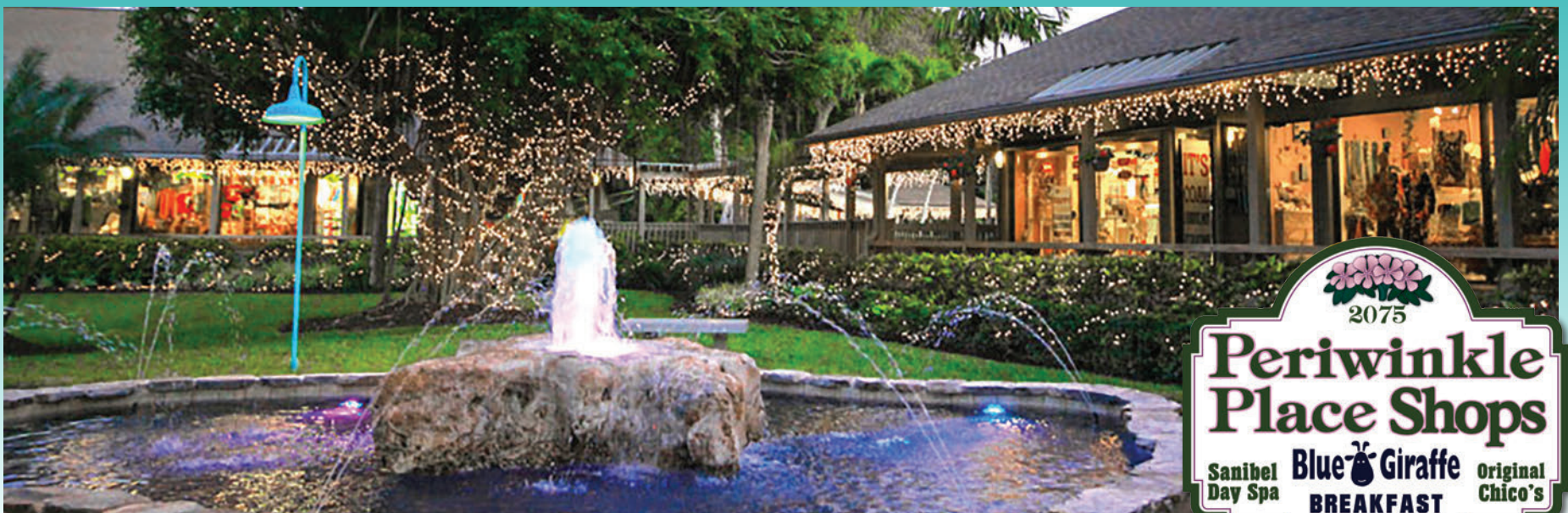
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Plans For Creative Theater Workshop

Creative Theater Workshop (CTW) is holding open call auditions for the fall 2018 season and for advanced performing arts team as well as plans for the company's future home.

Auditions for the fall 2018 season are for *Willy Wonka Jr.* (ages 6 to 16), *Winnie the Pooh Kids* (grades K to 6) and *Oliver!* (ages 8 to adult). The shows will be performed at the Herb Strauss Theater on Sanibel. *Willy Wonka Jr.* and *Oliver!* will rehearse in Fort Myers. *Winnie the Pooh Kids* will have two separate casts – one that rehearses in Fort Myers, the other which rehearses on Sanibel. For more information about rehearsal and performance dates, and to sign up for an audition, visit www.ctwtheater.com.

Auditions for CTW's advanced performing arts team will take the team of triple threats ages 8 to 18 to compete at the Junior Theater Festival (JTF) in Atlanta, Georgia. The Junior Theater Festival is the world's biggest celebration of young people performing musical theater, an opportunity to make memories that will last a lifetime. Students will perform a 15-minute selection from *Alice in Wonderland Jr.* for adjudication by

leading theater professionals. Additionally, students will participate in theater workshops led by Broadway professionals, watch performances, see a live Broadway concert and audition for opportunities to go to New York City. This year will be CTW's sixth time attending the Junior Theater Festival. Last year, CTW took its production of *Elf Jr.* Through this event, three CTW students were chosen to go to New York City during the summer of 2018. Students will rehearse in Fort Myers and perform at JTF in Atlanta.

Audition dates include:

Selections from *Alice in Wonderland Jr.* (JTF): Saturday, August 4 at G-Force Dance Studio; callbacks August 11 at 5 p.m.

Willy Wonka Jr.: Saturday, August 11 at G-Force Dance Studio

Winnie the Pooh Kids: Tuesday, September 4 at Herb Strauss Theater on Sanibel and Saturday, September 8 at G-Force Dance Studio

Oliver!: Saturday and Sunday, September 15 and 16 at Robin Dawn Academy in Cape Coral

Donors are needed to sponsor at least 20 students for the fall 2018 season of shows. Cost for each student is \$250; to sponsor one of the three productions, costs \$10,000. CTW is also looking for donors to sponsor students traveling to the

Junior Theater Festival. If you would like to sponsor a student or the event, contact Michelle Messina-Hamstra at michelle@ctwdirector.com or call 738-3525.

CTW has primarily been on Sanibel for over four years and has served thousands of students through its 71 past productions. The company plans to include even more children by expanding to Fort Myers for the fall 2019 season. Thanks to the generosity of local patrons of the arts, CTW is only \$38,000 away

from opening its permanent home in South Fort Myers. The company plans to keep a Sanibel children's theater chapter and hopes to sign a two- to five-year contract with BIG ARTS Herb Strauss Theater in order to keep children's theater on the island for years to come. CTW thanks BIG ARTS and Bobby Logue for reaching out to bring theater back to the island.

For more information, visit www.ctwtheater.com.

Finding Solitude On The Water

by Leah Biery,
Ocean Tribe
Paddlers



We live in a world that constantly demands our attention and action – we have chores

to finish, apps to check, errands to run, and the list goes on. There are very few moments when I feel truly disconnected – from my phone, from my to-do list, and from the constant urge to “be productive.” One of the few places I still find solitude and respite is on my paddleboard, on the water.

When I am alone on my board, my mind is free to wander, and life is on hold for just a little while. I stop worrying about the clock. I meditate as I watch the waves pass by, letting myself settle in to the rhythm of my paddle strokes. Sometimes I

stop to watch a mangrove crab crawl along a root, or I lay down to float in the sun and just think.

While I love sharing a paddle with friends, there is something special about encountering a dolphin and feeling no obligation to talk about it – only to observe and to experience. When I am by myself, I notice the sounds and the smells, and the tiny details like oysters spitting water from the canal walls. I often feel a deep and meaningful connection with my surroundings, an awareness that I am a part of this ecosystem.

I end my solo paddles feeling more relaxed, more aware of the world around me, and so grateful for the beauty and magic of Southwest Florida's nature. I try to hold on to that feeling, until I inevitably end up back on life's treadmill.

And then I know it's time to get back on the water.

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.



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The Community House

The Guava



by Resident Chef Jarred Harris

Guavas, also known as armroods, are the fruit of an evergreen tree native to Central America and grown in subtropical climates around the world. Depending on the variety, a guava can be round, oval or pear-shaped and when ripe, the fruit can have a light greenish or yellow skin. The flesh of the guava can be white, yellow or pink with a creamy texture, sweet-tart taste and a lemony musky smell. The fruit is usually eaten raw or cooked and made into jams or jellies.

Guavas have been underrated for many years; however, consumption has increased in the past years because more people are realizing the health benefits of this superfruit. Guava has been labeled as “super fruit” because it contains more potassium than a banana, four times more vitamin C than oranges, four times more fiber than

pineapples and twice the amount of lycopene as tomatoes.

Guava is used to control diabetes, treat high blood pressure, respiratory disorders, scurvy and is an excellent weight loss aid. Guava leaves have anti-bacterial properties and are often used to treat oral infections. Guava oil is extracted from guava seeds which is used in the culinary industry and the cosmetics industry. Because the seeds are rich in vitamins A, C, beta-carotene, copper, zinc and selenium, the combination gives the oil anti-aging properties. Guava wood is very popular in the Hawaiian Islands for smoking meat and it is fast becoming popular in the meat-smoking world of mainland America.

We are very lucky here in Southwest Florida because guavas are available year-round. So the next time you see guavas in the market, pick some up and try this recipe.

Guava Barbecue Sauce

- Olive oil
- 1 onion (diced)
- 2 cloves of garlic (minced)
- 1 tsp. ginger root (grated)
- 2½ cups guava pulp (seeds removed)
- 1 cup tomato sauce
- ½ cup brown sugar
- ½ cup honey
- ½ cup cider vinegar
- 2 tbsp. molasses
- ½ cup lime juice
- 1½ tbsp. Worcestershire sauce
- 1 tbsp. Dijon mustard
- 2 tsp. kosher salt
- 1 tsp. black pepper

Method

In a large sauce pan, sauté the onions, garlic and ginger until the onions are translucent.

Add the remaining ingredients and bring to a simmer. Cook for 45 minutes, then blend with a stick blender until smooth.

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.*

Restaurant To Hold Fundraiser For Fallen Officer

Sundial Beach Resort & Spa will hold a fundraiser for the family of Adam Jobbers-Miller, the Fort Myers Police Department Officer who was shot in the line of duty on July 21 and died from his injuries July 28.

Shima Japanese Steakhouse & Sushi Bar will donate a portion of its sales from Tuesday, August 7 through Saturday, August 11 to assist Officer Jobbers-Miller's family.

Shima Japanese Steakhouse & Sushi Bar is located within Sundial Beach Resort & Spa at 1451 Middle Gulf Drive on Sanibel. Reservations may be made by visiting www.shimasushisteak.com or by phoning 989-1160.*

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 Marvilla Marzan. Dusk performs on Saturday. Dean Winkelmann plays on Wednesday. Woody Brubaker returns on Thursday.

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

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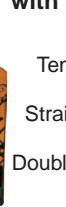
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Shell Found



Christi Boyer photo provided

Christi Boyer from Kansas City, Missouri found a junonia in about four feet of water on the beach at Sandy Bend on July 24.✪

Shell Found



Isak Paulsen photo provided

Isak Paulsen, 10, from Norway found a junonia in the gulf near West Wind Inn. Isak and his family were staying at a home in Lake Murex. This was their fifth visit to Sanibel.✪

Fish Caught



Dylan Velge with his grandfather, Steve Rigby

photo provided

Dylan Velge, 13, from Tampa, Florida caught his first snook while vacationing on Sanibel. It measured 43 inches.✪



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 1/2 cup cilantro leaves, chopped, divided
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 In a large soup pot, heat the oil over moderately high heat. Add grouper pieces and sauté until just browned. Remove from pan and set aside. Add the garlic cloves and shallots to the pan; cook over moderately high heat until softened, 3 to 5 minutes. Add the chiles, ginger, fennel, carrots and curry paste. Cover and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the coconut milk and bring to a boil. Cover and cook over low heat, stirring a few times, until the carrots are tender, about 10 minutes longer. Add the grouper; cover and simmer over low heat 5 to 7 minutes. Garnish with cilantro; serve hot.
 Yield 6 servings.*



Grouper Thai Curry Bisque

photo courtesy Fresh From Florida

Grouper Thai Curry Bisque
 4 tablespoons olive oil
 4 6-ounce grouper fillets, cut into 1-inch pieces
 4 cups bottled clam juice or chicken stock
 5 cloves garlic, peeled and coarse chopped
 1 cup shallots, thinly sliced
 4 small dried red chiles
 2 tablespoons fresh ginger, minced
 1 large fennel bulb, cut into 1-inch pieces
 1 cup carrots, cut into 1-inch pieces
 1 tablespoon Thai green curry paste
 2 tablespoons whole coriander seeds
 1 tablespoon whole cumin seeds

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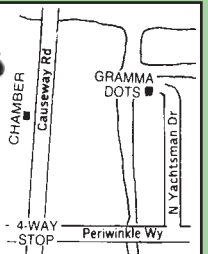


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Book Review
The Heirs



by Di Saggau

The *Heirs* by Susan Rieger, tells the story of an upper-crust Manhattan family coming undone after the death of their patriarch. Rupert Falkes is the deceased dad. Six months after he

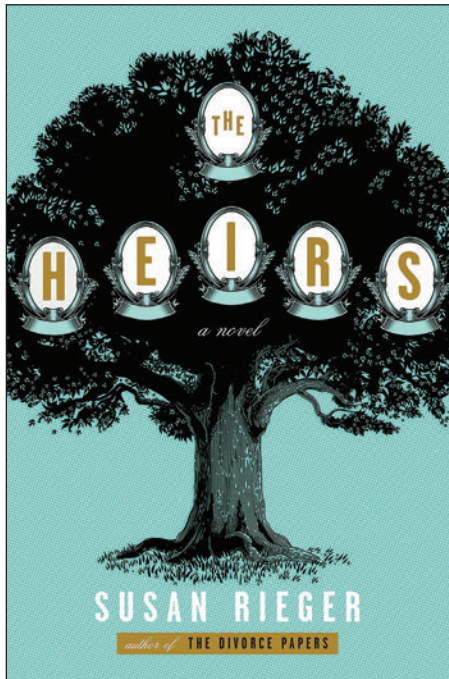


image provided

dies, leaving a grieving widow and five adult sons, an unknown woman sues his estate, claiming she had two sons by him. Rupert was a self-made man, well off financially by becoming a wealthy, highly respected lawyer. He sent all five of his sons to Princeton: Harry, a Columbia law professor; Will, a talent agent; Tom, a federal prosecutor; Jack, an artist; and Sam, a scientist.

In his will Rupert tells his wife Eleanor to “settle my just debts.” Eleanor’s reaction to the fact that her husband may have fathered two other sons, is met with mixed emotions from her five sons. It isn’t the money they are worried about, they have more than enough, but the damage to their family bonds and loyalty leaves them feeling betrayed.

The woman filing the suit is Vera Wolinski, who claims her two adult sons were fathered by Rupert, and she wants them to have their share of the

estate. Eleanor and her sons want to know who Vera was to Rupert and did he actually have a secret second life? They form a united front to look into the situation. While Eleanor’s sons fear repercussions from acknowledging the second family, she starts to feel sympathetic toward them. When questioned by one of her sons about telling a lie, she says, “I never told you boys to always tell the truth. We don’t owe the truth to everyone.”

Rieger methodically moves back

and forth in time and in and out of the thought process of her various characters. With wit and precision, *The Heirs* wrestles with the tangled nature of inheritance and legacy for one unforgettable patrician New York

family. Love and sex and money and betrayal make for excellent storytelling and you’ll find it all in this book. It’s original and moving and fun to read. I enjoyed getting to know this family and I feel you will too.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, I have come across a great tool for you to use as you plan for your children to go back to school in August. It’s a questionnaire, from

www.understood.org, that discusses schoolwork, feelings and friends and home life. You can complete this together or you could ask your children to complete it independently and then discuss it with them. It works for all ages although you may need to adjust the language to your child’s developmental level. Take your time discussing each section of the questionnaire over the course of a week or two. After completing each section, you may want to set up some plans for new routines to implement with any newly discovered learnings. The questioning technique here is simple. It’s a look backwards about what happened in the past and

a look forward towards the new school year. Below are the questions.

School work – Looking back:
What did you like best about this past school year? Why?

What was hardest for you at school this past year? Why?

What do you wish you’d known when you started this past school year?

School work – Looking forward:

What are you looking forward to about the new school year?

If you need help with schoolwork, what helps you talk to teachers or classmates about it?

What do you want your new teachers to know about you?

Feeling and Friendships – Looking back:

Choose one of these feelings and finish the sentence: When I got frustrated/distracted/anxious, it helped to...

When working with other students, which students did you learn the most with? Why?

Did you try any strategies to make new friends or get along with peers? What helped?

Feeling and Friendships – Looking forward:

continued on page 32



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Reimagined teen space

photo provided

Sanibel Public Library Reopens

Sanibel Public Library reopened on August 1. Patrons have access to the full collection of books, movies and newspapers, as well as high speed WiFi and public use computers. Renovation will continue in parts of the building for the next six to eight weeks, while the library is open, operating on normal summer hours.

Due to popular demand, CD audiobooks and large print books are shelved separately in the new space. Some of the music collection and some archives are still in storage. The entrance on the west side of the building will continue to be

the only entry as renovations continue on the east side.

Children participating in the Summer Reading Program can continue to log hours until August 4. Children can turn in their summer reading logs and claim "earned" books until Saturday, August 11. Check the SPL website at www.sanlib.org for more information. The Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund.

"Library staff is grateful that the community has been so understanding for the past few weeks. We are happy to be open, although there will be ongoing renovation and furniture deliveries," said Executive Director Margaret Mohundro.

There will not be overdue fines assessed for materials returned late due to the closure. The book drop is located outside of the west side of building to allow patrons to return DVDs, magazines, books and any other library material after hours. The eShelf, for eBooks and downloadable audiobooks, movies, music and magazines, is available even when the library is closed.

Improvements to the library include larger windows to maximize the natural

light and views, four new study rooms, two computer labs with fast Internet and an enhanced Teen Space. There will also be a new Archives Room with digitization capabilities for easier scanning of photos. Most of the updates are behind the scenes, with installation of more efficient infrastructure, which will lower operating costs.

For more information, call 472-2483 or visit www.sanlib.org.

Hatchling Week At Sea School

submitted by Leah Biery

A group of young campers, ages 4 to 6, recently attended Hatchling Week at Sanibel Sea School. The week was dedicated to learning about baby animals that begin life in an egg – like shorebirds, sea turtles and alligators. Participants had fun building nests, playing games and celebrating some of Sanibel's cutest creatures.

Hatchling campers played a matching game to identify different types of animal eggs, screeched like young alligators calling for their mamas during an exciting round of Hide and Seek Gator, and ran an egg and spoon relay race.

Sea turtle hatchlings must emerge from their nests and make a short but challenging journey to the sea, so campers played Escape to the Sea to find out what that must be like. They also made egg art, tested different ways to protect eggs from breaking, learned how to snorkel and looked at fish eggs under a microscope.



Campers practiced snorkeling in the Gulf of Mexico

photo provided

As usual, there was also plenty of surfboard paddling, macramé tying and time spent with camp friends.

NEW DAY, NEW ADVENTURE AT THE MUSEUM

Experience a different adventure at the Museum each day from 1-2 p.m.

TUESDAYS Fossil Dig	MONDAYS Collection Connection	WEDNESDAYS Shell Jewelry
FRIDAYS Story Time & Craft	THURSDAYS Collections Tour	SATURDAYS Mollusk University
SUNDAYS Super Scavenger Hunt	Plus, EVERY day: Shell Arts & Crafts, Tank Talks, and Beach Walks departing from the Island Inn*	

* Free with paid Museum admission.
** Preregistration required at ShellMuseum.org/beachwalks
Schedules subject to change.

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Hello Shoppers of Sanibel,

Here at Jerry's Foods of Sanibel we carry the finest products on the island – our selection cannot be beat! Our friendly staff is hard at work, ready to help you with recommendations and completing your shopping trip in a relaxed and enjoyable environment.



We love getting involved in our community and actively participate in events and gatherings in our neighborhoods – with loyal customers and travelers, alike!

When you stop in to see us, say hi to Caesar and Jerry Jr., a few of our resident exotic birds, relax with your friends while enjoying our famous Key Lime Pie, and stock up on the best grocery selection in the area.

Regards,
Jerry's of Sanibel

1700 Periwinkle Way, Sanibel Island, FL 33957

fresh savings

..... Thur., 08.02.2018 - Wed., 08.08.2018

Cooked Shrimp

save 1.00/lb.

16⁹⁹ lb.



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7AM-8:30PM**

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**DAILY SPECIALS
Sunday-Thursday**
4 pm to 8:30 pm
\$14.99

HAPPY HOUR
4 pm to 7 pm
House wine by the glass
\$3.49

<p>Jerry's Deli Mini Lorraine Quiche 5 oz.</p> <p>save .50</p> <p>5⁹⁹</p>	<p>Fresh Stonefruit Selected Varieties</p> <p>save .50/lb.</p> <p>2⁹⁹ lb.</p>
<p>Boar's Head Provolone Cheese</p> <p>save 1.00/lb.</p> <p>9⁹⁹ lb.</p>	<p>Jerry's Cheese Bread</p> <p>save 1.00</p> <p>3¹⁹</p>
<p>Jell-O Pudding or Gelatin Selected Varieties 4 Packs</p> <p>save .50</p> <p>2⁴⁹</p>	<p>Kona Brewing Beer Assorted Varieties 12/12 oz.</p> <p>save 1.00</p> <p>15⁹⁹</p>
	<p>Blue Bunny Ice Cream Selected Varieties 1.75 Quart</p> <p>save 1.20</p> <p>4²⁹</p>
	<p>Pepsi Products Assorted Varieties 12/12 oz. Cans</p> <p>save 1.50</p> <p>3⁹⁹</p>

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 (BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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Trio To Perform At Shell Point



Trillium Piano Trio, from left, Ruby Berland, Yoko Sata Kothari and Susannah Kelly
 photo provided

Shell Point Retirement Community will conclude its 2018 Summer Concert Series with a performance by Trillium Piano Trio in the Grand Cypress Room at The Woodlands at Shell Point on Thursday, August 16 at 7 p.m. Tickets are \$21 per person, and the concert is open to the public.

Featuring Susannah Kelly on cello, Yoko Sata Kothari on piano and Ruby Berland on violin, the Trillium Piano Trio's musical act will introduce classical music with a modern twist. Founded in 2003, Trillium Piano Trio has been inspiring the South Florida

musical community and captivating audiences for more than a decade. The trio's highly personal approach to their performance includes a signature talk to explain the stories behind each piece, resulting in a relatable performance that connects the audience to the artistry of the music.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. For more information or tickets, 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.*

FISH Offering Help With After School Program

With the start of school just a few short weeks away, parents begin to evaluate after school programming for their children during the 2:10 to 5:30 p.m. timeframe, the hours that children are released from school and parents get out of work. Effective after school programs bring a wide range of benefits to youth, families and communities. After school programs can boost academic performance, reduce risky behaviors, promote physical health, and provide a safe, structured environment for the children of working parents.

New this year, FISH of SanCap will provide partial financial assistance to families whose children are attending the Sanibel Recreation Center's After School program. This opportunity, falling under the FISH Youth Scholarship Program, is made available, in part, through partnerships with the Sanibel Recreation Center and through donations from private donors, and grant funding from the Sanibel-Captiva Kiwanis Foundation.

"Our goal is to help build economic security for families by giving children the opportunity to experience quality care

during the after-school hours, when their parent is still at work," said Kathy Y. Monroe, MSG, FISH program director. "The rec after school program keeps kids safe and introduces them to new friends and activities. Children are placed in age-appropriate groups and take part in a daily rotation of activities that include, but is not limited to: homework time, arts and crafts, physical fitness activities and much more."

The intention of this program is that no child is deprived of quality after school care due to financial struggles. Based on need and eligibility, scholarships will be offered to families as determined by FISH social worker Nitza Lopez. Those wishing to participate in the program must seek financial assistance through the Sanibel Recreation Center prior to applying with FISH. Scholarship assistance is evaluated on a case by case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family's income and expense documentation. Scholarship amounts vary depending upon the family's financial status. Available funding is limited, and scholarships will cover only a portion of the program cost.

To learn more and to see if you qualify, contact Kathy Y. Monroe or Nitza Lopez at 472-4775. For additional information, visit www.fishofsancap.org.*



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LOWEST-PRICED SANIBEL CONDO

- East-end near-beach, easy on-/off-island
- Residential condo with canal access
- Convenient 1st floor 1 bedroom
- Updated bath with walk-in shower
- New HVAC, impact glass too
- Furnished, including newer appliances
- Community carports & laundry
- Captains Walk #B2 - \$239,000



LOWEST-PRICED GULF-FRONT HOME

- This view, 3-bedroom 3-bath 1/2 duplex
- Big floor plan, over 3,000 sq. ft. under air
- Great room, kitchen, & 2 bedrooms above
- Den, utility room, 3rd bedroom below
- Covered parking for 3+cars & patio
- 12 owners share pool & tennis
- Priced well under assessed value
- Moonshadows #2C - \$1,695,000



LOWEST-PRICE NEAR-BEACH CONDO

- With this pool & riverside docks
- Entry deck has river view, peek from balcony
- Turn-key 2nd floor 1 bedroom
- 2 closets in master, including big walk-in
- Stack washer/dryer & all furnishings
- 2-week rental minimum with income
- Deeded beach access across street
- Spanish Cay #A7 - \$274,000



ONE OF LAST GUMBO LIMBO LOTS

- Convenient mid-island community
- Handy to causeway, bay & gulf
- Steps to bike path, beaches, shopping
- Private spot tucked away on back circle
- Backs to sunsets & preserved land
- Offers plenty of coverage, ~170' x 155'
- Priced less than last comparable sale
- 9441 Peaceful Dr - \$249,000



ON DEEPWATER ACCESS CANAL

- 3 bedroom with great curb appeal
- On east-end cul-de-sac near marina
- Ground-level, popped-up & remodeled
- Central great room & 2 bedrooms below
- Upper master with waterside balcony
- Jetted pool within large screened lanai
- New impact windows & doors
- 569 Lighthouse Way - \$1,395,000



LOOKING TO BUILD?

- Small community of Belle Meade
- Just off Sanibel-Captiva Road
- Near Sanibel School/Recreation Center
- Handy to bike path & nature refuge too
- Private cul-de-sac sandy roads
- Midway down Kincaid, ~79' x 130'
- With conservation land across street
- 9270 Kincaid Court - \$149,000



CLOSE TO COMMUNITY BEACH PATH

- Split-plan 3 bedroom 2 bath
- On mangrove-fringed canal with dock
- In Sanibel Estates on east-end
- Remodeled by master carpenter
- Amazing wood cabinetry, modern design
- Oversized screened lanai & open decks
- Large backyard, room for pool & more
- 734 Anchor Drive - \$899,000

SOUTH SEAS ISLAND RESORT



17 BEACH HOMES, CAPTIVA
 • Extraordinary Gulf Front Views
 • 2nd Floor Master Suite w/Waterfront Deck
\$3,395,000 **MLS 218018805**
 Fred Newman & Vicki Panico 239.826.2704

COLONY BEACH ESTATES



413 BELLA VISTA WAY E., SANIBEL
 • Stunning Direct Gulf Views, 4 BR, 4 BA
 • Spectacular Remodel, Professionally Designed
\$2,495,000 **MLS 218022814**
 Tracy Walters 239.994.7975

BEACHVIEW CC ESTATES



1244 PAR VIEW DR., SANIBEL
 • 4 BR, 3 BA, West Views of Golf Course
 • Walk to Beach, Open Kitchen w/New Appl.
\$1,022,000 **MLS 218021869**
 Linda von Wowern, McMurray & Nette 239.223.3382

**SUNDIAL BEACH RESORT
NEW PRICE**



1501 MIDDLE GULF DR. #E104, SANIBEL
 • Sensational Gulf Views
 • Spacious 2 BR, 2 BA + Den
\$850,000 **MLS 218013189**
 Brian Murty 239.565.1272

COCONUT CREEK



12431 COCONUT CREEK CT., FORT MYERS
 • 3 BR, 3.5 BA + Den/Office, Family Room, Pool
 • Spacious Floor Plan w/Amazing Lake Views
\$649,000 **MLS 218038803**
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DELIGHTFUL STONEBRIDGE



8740 S. LAKE CIR., FORT MYERS
 • 3 Bedrooms, 2 Bathrooms
 • Eat-In Kitchen w/Quartz Countertops
\$370,000 **MLS 218042630**
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OCEAN'S REACH



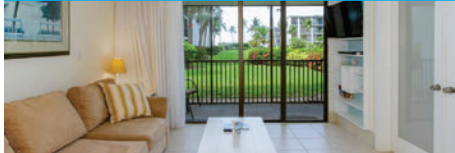
2230 CAMINO DEL MAR. #3A1, SANIBEL
 • Massive Rentals, Ground Floor Walk-Out Unit
 • Completely Remodeled & Updated
\$982,289 **MLS 217047642**
 Shane Spring 239.229.3242

SANIBEL SHORES



721 CARDIUM ST., SANIBEL
 • Remodeled, 2 Story, Great Rental History
 • Enjoy the Large Pool After a Day at the Beach
\$849,000 **MLS 218022341**
 Linda von Wowern, McMurray & Nette 239.223.3382

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NEW LISTING**



1501 MIDDLE GULF DR. #H108, SANIBEL
 • 1 BR, 1 BA, Newly Remodeled
 • Phenomenal Rental Opportunity
\$475,000 **MLS 218048816**
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BEACHVIEW CC ESTATES LOT



1272 PAR VIEW DR., SANIBEL
 • Fantastic 4th Fairway & Green View, Near Beach
 • Buildable E. Exposure Homesite, Almost Cleared
\$365,000 **MLS 218035315**
 John Nicholson 239.849.3250

HUSCHKA



SAWGRASS PL., SANIBEL
 • Incredible Building Site
 • Beach Access Directly Across Street
\$949,000 **MLS 218002687**
 John Nicholson 239.849.3250

BRIGHT WATER



3304 SAINT KILDA RD., SANIBEL
 • Possible Gulf View from Piling Home
 • Private Lake View Setting
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SANIBEL HIGHLANDS



531 PIEDMONT DR., SANIBEL
 • Cute as a Button, Move-In Ready
 • Ground Level, 3 BR, 2 BA, New Kitchen & BA
\$462,500 **MLS 218046215**
 Sally Davies 239.691.3319

SANIBEL VIEW



20051 SANIBEL VIEW CIR. #103, FT. MYERS
 • 2 BR, 2 BA, Overlooking San Carlos Preserve
 • Unobstructed Gulf Breezes from Spacious Lanai
\$304,900 **MLS 218032303**
 Jason Lomano 239.470.8628

JONATHAN HARBOUR



14860 JONATHAN HARBOUR DR., FT. MYERS
 • 4 BR, 4.3 BA w/Gorgeous Bay Views
 • 5,724 Living S.F. w/Private Elevator
\$2,995,000 **MLS 217067299**
 McMurray & Nette 239.850.7888

LAKE MUREX



580 LAKE MUREX CIR., SANIBEL
 • Elegant 4 BR, 2 BA, Near Beach Retreat
 • 3,348 S.F., Short Walk to Beach Access
\$1,095,000 **MLS 217075229**
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RIVA DEL LAGO PENTHOUSE



14380 RIVA DEL LAGO DR. #2002, FT. MYERS
 • Luxury Condo, 3,800+ Living S.F.
 • Beach Access Directly Across Street
\$899,000 **MLS 218011332**
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COMPASS POINT



1299 MIDDLE GULF DR. #232, SANIBEL
 • Inviting 2 BR, 2 BA Condo
 • Warm Gulf Breezes from Screened Lanai
\$659,000 **MLS 218005862**
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12494 BARRINGTON CT., FORT MYERS
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16310 FAIRWAY WOODS DR. #1605, FT. MYERS
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- Pool w/Spa, Outdoor Kitchen, Workshop, 3-Car Garage
- Price \$7,995,000



GULF TO BAY ESTATE

- <http://www.listandtour.com/15735nb.html>
- Estate Offering Uncompromised Luxury
- Lanai, Superior Quality & Construction
- Guest House, Boat Dock, Pool/Spa
- Price \$6,795,000



GULF TO BAY - CAPTIVA ISLAND

- Romance rarity and history on Captiva gold coast
- Meticulously restored 1912 beach house on 131' of beach frontage
- Multi pools surrounded by spectacular landscaping and privacy
- Price \$5,250,000



BAYFRONT ESTATE. BUILD DREAM HOME

- Oversized Lot on Sanibel East End
- Cleared Offering Awesome Water Views
- Natural Shoreline w/Sandy Beach to Walk
- Option of Deep Water Dockage for Large Yacht
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- Price \$2,995,000



PREMIER BOATING LOCATION

- Awesome Roosevelt Channel “point” location
- Big Water Views w/multiple newer boat docks
- Beautiful Florida style residence offering gorgeous Island setting
- Privacy within Captiva Gold Coast
- Price \$2,895,000



SANIBEL ISLAND ESTATE

- One of a Kind Waterfront Opportunity
- Main & Guest Houses/multiple boat docks
- Super Private setting offering magnificent Dinkins Bayou views
- Walk to Beach & restaurants. Incredible Location.
- Price \$2,799,000



TURTLE GAIT

- Island ambiance w/Euro design & quality
- Situated on 1.3 acres w/all new concrete construction
- Main house w/ separate guest quarters
- Award winning infinity edge pool
- Price \$2,795,000



FT. MYERS BEACH

- Sunset Paradise. 4 BD, 4 BA Direct Beachfront
- Awesome Rental Income. Pool & Spa.
- Remodeled. New Impact windows, roof, Hard-i-Board Siding kitchen.
- Great Beach Location. Sunsets & Fishing.
- Delayed Closing Option Available
- Price \$2,550,000



CAPTIVA BAYFRONT ESTATE

- Turn Key- Totally Remodeled Old Florida Style residence
- Beautiful Landscaping and awesome water views
- Covered Boat dock w/20,000lb. lift.
- Price \$2,350,000



SANCTUARY STUNNER

- Newly remodeled 6BR/6BA premier golf course residence
- Ultimate location situated on multi parcels
- Expansive lake and golf course views
- Gorgeous pool and spa area. Beautifully designed
- Price \$1,995,000



CAPTIVA VILLAGE

- Beautiful Florida Style within Heart of Village
- 3/ 4 Bedrooms, 3,500 Living S.F.
- Original Owner, Well Maintained w/No Rentals
- Great Curb Appeal, Steps to Beach & Village Lifestyle
- Price \$1,799,000



VACANT LOT IN CAPTIVA VILLAGE

- Steps to Beach from this Great Location
- Only Lot Available in Captiva Village
- Potential Design Includes Views of Beach & Bay
- Walk to Beach, Shops, Restaurants & Marina
- Price \$899,000

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 FRIDAY Mostly Cloudy High: 89 Low: 82	 SATURDAY Mostly Cloudy High: 90 Low: 83	 SUNDAY Cloudy High: 91 Low: 84	 MONDAY Sunny High: 89 Low: 82	 TUESDAY Few Showers High: 87 Low: 80	 WEDNESDAY Few Showers High: 85 Low: 78	 THURSDAY Few Showers High: 87 Low: 76
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	6:04 am	12:11 pm	6:22 pm	None
Sat	6:45 am	12:06 am	7:50 pm	1:29 pm
Sun	7:32 am	12:47 am	9:41 pm	2:52 pm
Mon	8:26 am	1:32 am	11:34 pm	4:10 pm
Tue	9:26 am	2:26 am	None	5:17 pm
Wed	12:56 am	3:27 am	10:27 am	6:15 pm
Thu	1:51 am	4:30 am	11:28 am	7:07 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	5:09 am	12:13 pm	5:27 pm	None
Sat	5:50 am	12:08 am	6:55 pm	1:31 pm
Sun	6:37 am	12:49 am	8:46 pm	2:54 pm
Mon	7:31 am	1:34 am	10:39 pm	4:12 pm
Tue	8:31 am	2:28 am	None	5:19 pm
Wed	12:01 am	3:29 am	9:32 am	6:17 pm
Thu	12:56 am	4:32 am	10:33 am	7:09 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:09 am	12:18 pm	6:28 pm	None
Sat	6:23 am	12:10 am	7:17 pm	1:13 pm
Sun	6:44 am	12:36 am	8:12 pm	2:18 pm
Mon	7:18 am	1:08 am	9:16 pm	3:22 pm
Tue	8:02 am	1:46 am	10:47 pm	4:31 pm
Wed	8:58 am	2:30 am	None	5:49 pm
Thu	12:22 am	3:21 am	10:46 am	7:00 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	8:14 am	2:45 am	8:32 pm	3:27 pm
Sat	8:55 am	3:22 am	10:00 pm	4:45 pm
Sun	9:42 am	4:03 am	11:51 pm	6:08 pm
Mon	10:36 am	4:48 am	None	7:26 pm
Tue	1:44 am	5:42 am	11:36 am	8:33 pm
Wed	3:06 am	6:43 am	12:37 pm	9:31 pm
Thu	4:01 am	7:46 am	1:38 pm	10:23 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 oceann@comcast.net or contact the center.

The featured book for Wednesday, August 8 is *The Cider House Rules* by John Irving. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m.

Tin City Waterfront Shops and Riverwalk Dining – Monday, August 13. Cost is \$5 for members and \$10 for non-members.

Travel to Naples and explore Tin City Waterfront Shops. Then dine for lunch at the Riverwalk restaurant. On the way back, there will be a quick stop at Trader Joe's. Limited seating available. Advance registration required.

Leisure Lunchers at The Jac Island Grille & Rum Bar – Wednesday, August 22.

Experience the newly renovated restaurant, under new ownership. The menu focuses on farm to table fresh food.

There will be a brief discussion with Chef Phillip Schroeder. Separate checks will be provided. Limited seating available. Advance registration is required.

Seven-Day Christmas Trip to New Orleans – Sunday to Saturday, December 2 to 8. Cost is \$1,364 for members (per person, double occupancy) or \$1,774 (single occupancy). Non-members are \$1,389 (per person, double occupancy) or \$1,799 (single occupancy). Includes round trip bus transportation, six-night accommodations including four nights in the heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War II Museum and Mississippi Jazz Brunch Cruise. Advance registration required, while spots last.

A Southern Christmas: Savannah & St. Simon's Island – Tuesday to Friday, December 11 to 14. Cost for members is \$574 (per person, double occupancy) or \$774 (single occupancy). Non-member are \$599 (per person, double occupancy or \$799 (single occupancy). Includes round trip bus transportation, three-night accommodations (one in St. Simon's Island and two at the Holiday Inn Express in Savannah), five meals (three breakfasts, two dinners), the live Savannah Theater Christmas Show, tours and other attractions. Advance registration required, while spots last.

Gelli Printing with Bea Pappas – Fridays, August 3, 10, 17, 24 and 31. 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 – August 7 and 21 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.*

Top Ten Books On The Island

1. *He Said/She Said* by Erin Kelly
 2. *Next Year in Havana* by Chanel Cleeton
 3. *Watch Me Disappear* by Janelle Brown
 4. *Story of Arthur Truluv* by Elizabeth Berg
 5. *Sapiens: a History of Humankind* by Yuval Noah Harari
 6. *Beach House Reunion* by Mary Alice Monroe
 7. *Camino Island* by John Grisham
 8. *Flash: the Art of Writing the Very Short Story* by John Dufresne
 9. *Florida: Stories* by Lauren Groff
 10. *Clock Dance* by Anne Tyler
- Courtesy of MacIntosh Books and Paper.*



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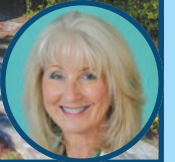
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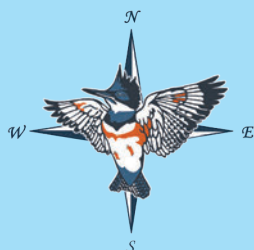
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Poet's Corner



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.

The reed clashing and a cast of the wind

Speckling the frame of the eyes with bent lashes
The scene hurtles toward a reckoning with

The vengeance of one last blackberry winter.
Afterwards you will not be as sure of July

It seems the warming could always turn back
To the sea. If you are cold, hold my hand.

*Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.**

by Hannah Star Rogers

Enter The Water

But don't stray as far as the swamp wrecks

Bottle green ducks slain on pilings

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From left, event organizer Brian Cunningham of Doc Ford's presenting the check to Captains For Clean Water founders Chris Wittman and Daniel Andrews photo provided

Golf Tournament Proceeds To Benefit Captains For Clean Water

The Doc Ford's Invitational Golf Tournament was held recently at The Sanctuary Golf Club on Sanibel. Each year, a charity or cause is chosen as the beneficiary. This year, organizers selected Captains for Clean Water to be the beneficiary. The tournament participants donated \$1,700, which was matched by Doc Ford's, totaling \$3,400.*

From page 23

School Smart

Which strategies do you want to try in the new school year to help manage stress and/or emotions?

Finish this sentence: When working with other students or by myself, I learn best when...

What are you looking for in a friend? How do you want friends to describe you?

Home Life – Looking back: When was the most helpful time to start your homework – after school? After dinner?

What made it easier/harder to get to school on time?

What made it easier/harder to get along with siblings or other family members?

Home Life – Looking ahead:

Which homework strategy do you want to try? (Starting earlier, using a timer, not rushing, etc.)

What can we do at home to help with organization, routines, etc.?

Which fun things would you like to do more as a family or to help you unwind after school?

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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Paper Fig Kitchen Debuts At Tahitian Gardens

by Jeff Lysiak

A brand new restaurant on the island boasting a unique culinary concept recently opened in the Tahitian Gardens Shopping Center, and the couple who owns the business – although not new to Sanibel – is hoping that the community embraces their passions for freshly prepared foods available for a grab-and-go snack or ready to heat-and-eat meal.

Jeramie and Debra Campana, who opened Paper Fig Kitchen on July 20, bring many years of experience in the custom catering and event planning business. The couple from Barrington, Illinois purchased their home on Sanibel back in May 2017, six months before signing the lease to take over the space formerly occupied by Among The Flowers.

"I've been coming to Sanibel since the late 1970s when I was little," said Debra, who has coordinated hundreds of weddings and full-service private events.

"We heard this space might be available," added Jeramie, a United States Coast Guard veteran and chef for nearly 20 years. "It's a good size, a great location right on Periwinkle, centrally located and with great foot traffic."

According to the Campanas, their goal for Paper Fig Kitchen includes building up the retail side of the restaurant business while still focusing on the catering aspect. "We've expanded our menu from what



Jeramie and Debra Campana

photo by Jeff Lysiak

we were doing in the Chicago area," explained Debra. "We really wanted to diversify what we could offer."

Inside the quaint storefront, a row of large glass-door refrigerators is filled with fresh and frozen food items, made from scratch and on-site. "Hand-held" items like sandwiches and tacos include the Britt Britt Club (roasted herb turkey breast topped with applewood smoked bacon, creamy havarti, herb mayo, shredded lettuce, sliced ripe tomato and avocado mash on sliced sourdough bread), BBQ Porky (slow-cooked saucy pulled pork shoulder topped with pineapple and mango salsa, served on a King's Hawaiian roll) and a shrimp and chorizo taco.

Salad offerings include the house-specialty Paper Fig Cobb (greens topped

with hard boiled eggs, shrimp, grilled chicken, artichokes, blue cheese, seared ahi tuna, sugared pecans, tomato and chopped bacon, served with a Dijon vinaigrette) and Tuna Nicoise (flaky albacore tuna, egg, celery and spices surrounded by poached green beans and sliced egg on a bed of spring mix). House-made soups prepared daily include chicken and wild rice, roasted red pepper and tomato, corn chowder and seafood bisque.

Some of the couple's most popular prepared foods from their former catering clients, a vibrant lineup of 14 assorted hot hors d'oeuvres, include Our Famous Cheese Puffs, Petite Beef Wellington and Duck Confit Wontons. Cold offerings include BLT Skewers, Chicken Curry Cups

and Ahi Carpaccio.

The catering menu, which can be customized to accommodate the tastes of every customer, also includes freshly made salads, entrees, platters, trays and both hot and cold side dishes.

"We also sell cold beverages, dips and spreads, key lime pie and several quiches, tortes and baked goods, including chocolate croissants and a gluten-free monster cookie," added Debra. "Everything is made to order – fresh, simple and easy to heat-and-eat."

On Wednesday, August 22, the Sanibel and Captiva Islands Chamber of Commerce will stage a ribbon-cutting at Paper Fig Kitchen beginning at 5 p.m. The gathering will include wine and soft drinks served with sample-size portions from their extensive hors d'oeuvres menu.

"Our main goal is to allow people who are here on vacation to stop by, grab some side dishes and entrees, and toss them in the oven," said Jeramie. "It's an alternative to going out to a restaurant every night, or having to visit the grocery store and shop for a bunch of items if you're preparing a meal yourself. We've done everything for you."

In addition to their take-along lineup of food, Paper Fig Kitchen offers boutique custom catering and private chef services. Their philosophy, according to their website, is to offer "inspired fare, glorious presentation, old-fashioned hospitality... memorable."

Paper Fig Kitchen, open from 9:30 a.m. to 5:30 p.m. daily, is located in the Tahitian Gardens Shopping Center at 2003 Periwinkle Way on Sanibel. View the menu online at www.paperfigkitchen.com or call 887-0050 for more information.*

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Will Power

When Everyone Is Thinking The Same Thing



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

General George S. Patton was once famously quoted, "When everyone is thinking the same thing, then somebody's not thinking!" How many times have you been in a meeting or in a conversation where no one seems to disagree? It seems as if everyone is afraid to say what they really think. The action plan out of those types of meetings is usually something less than satisfactory, isn't it?

Using my field as an example, I'll sit down with a couple to discuss their estate plan. Rather than get right to the point and ask how they want their will or trust to read, I like to ask them questions about themselves and their family. If the client is retired,

I'll usually ask what they did when they were working. How many children do you have? Tell me about your children and so on.

To do otherwise – simply ask how to divide their possessions – invites problems. "Just divide everything equally amongst our children after both of us are gone" is a common direction – that could lead to big issues.

Once I was having a very interesting conversation with new clients, spending more than forty five minutes on their history, on their children and even their grandchildren. The husband suddenly stopped and asked me why I was spending so much time trying to learn about the family members' personalities.

"If I don't know this information, how might I help you fashion an estate plan that's going to work for you?" I answered.

Let me give you an example. Suppose Chadwick has built up a family business over the course of many years. The equity and value in the family business makes up a large chunk of Chadwick's net worth. Let's further assume that Chadwick has three children, only one of whom works in the family business. Let's also say that during our conversations, Chadwick tells me that there is some acrimony between the son who works in the family business and another son who does not.

If Chadwick's will simply divides up his net worth amongst his three children, what problems might occur? For one thing, the son who inherits his 1/3 share of Chadwick's business but is the one responsible for working the business might resent the fact that his work benefits his two siblings who do nothing but sit back and wait for dividend checks.

On the other hand, the siblings who don't work might complain that the son who is working the business isn't running it correctly, or is spending too much on his own salary

which decreases the amount of dividend checks that they receive.

Eventually the hard feelings will multiply and may even fracture family relationships. There are alternatives for the client who has net worth tied up in a difficult to divide, illiquid asset. You could have the personal representative sell the asset to a third party, you could write your documents to give a child who is working in the business the option to purchase the equity interest from his siblings at a price and on terms that won't bankrupt the business, you could purchase life insurance and name disproportionate beneficiaries to work out the difference and so on.

But in working on an estate plan you would only arrive at these solutions if you can first get everyone thinking something different than what is rote. You have to think "outside the box" as they say.

You might say that planning this way might lead to difficult conversations and disagreements. And it might. But as General Patton figured out, it's OK to have disagreements during the planning stage. What every family doesn't want is to have disagreements once it's too late.

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City Of Sanibel Beach Cleanup

Due to the unprecedented volume of dead sea life currently washing up on the shores of Sanibel, as of July 28, the City of Sanibel began collecting and removing dead sea life from the beaches. In addition to city crews, staff is being augmented with contractual labor. On Monday, the city issued a "Notice to Proceed" to its debris removal company currently under contract to mobilize as well. The city is currently collecting dead sea life from both the gulf and bay sides, and is finalizing a plan with its contractor to remove dead sea life from those canals where dead fish have also accumulated.

Crews are collecting the entire length of the beaches; however, due to the frequency, magnitude and volume of the current deposits, private property owners are authorized to collect dead fish from their beaches as well. Dead sea life collected can be doubled bagged and placed into the property owner's commercial dumpster. Any large sea life that washes ashore on a private property that is too large to be removed by hand should be photographed. Email the photograph and the address to j.zimomra@mysanibel.com.

Catfish caution: A large portion of the dead fish on the beach are catfish. The pectoral (side) fins and dorsal (top) fin contain sharp, venomous spines; extreme care should be used when handling this fish. Beachgoers should also avoid stepping on dead catfish as some sharp

barbs can penetrate the sole of a shoe.

Sanibel City Manager Judie Zimomra reminds residents that the City of Sanibel staff is committed to put forth its best efforts to accomplish this task. The tides, changing currents and new deposits which are left immediately following a cleanup pass make this hot, tedious and odoriferous task even more challenging.

Triathlon Swim Program At The Rec Center

If you are training for an upcoming triathlon and would like to improve your swim time, SWAT swim coach and former triathlete Curt McIntyre will be running a six-week swim program tailored just for the triathlete. The program is designed to improve your endurance, speed and stroke technique to help reach your goal of a faster swim time.

Training sessions will be offered on Mondays and Wednesdays from 5:30 to 7 p.m. The program runs August 6 through September 12. Cost is \$33 for members and \$44 for non-members. Register online or in person.

The facility is currently closed for maintenance and will reopen on Monday, August 6.

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

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From page 10

Strandings

these conditions by strengthening water quality standards.

Actions have consequences. The past eight years of regulations addressing water quality have been rolled back under the guise of making Florida business-friendly. Water conditions are the direct consequence of that effort.

You can do your part by:

Reporting disoriented or stranded sea turtles to 978-728-3663 (978-SAVE-ONE).

Making water quality part of your daily dialogue and this election year.

Elevating the issue of water quality; ask candidates if they support stronger water quality standards and what specifically they will do to raise

standards to clean water and represent the public's interests.

Examining your own actions in fertilizer use in your yard and garden.

Planting native landscapes to reduce/eliminate fertilizer use and enhance filtering of rainfall.

Picking up after pets.

A few suggestions to address sources of nutrients:

Require Advanced Wastewater Treatment to remove nutrients from reuse water systems.

Establish broader, stricter water quality standards for nutrients and chemicals: update stormwater standards for urban and agriculture; require agriculture to treat their stormwater before it leaves their properties; eliminate the presumption of compliance with water quality standards given to agriculture.

Superior Interiors

Make The Most Of Your Child's Bedroom

by Jeanie Tinch



Decorating a child's bedroom can be one of the more difficult areas in a house to tackle. Coming up with a design scheme that a child can enjoy – and not outgrow within a year – can

Remember, this bedroom needs to age with your child. This is where the help from a personal decorator comes in handy, helping you make the right moves to ensure that your child can mature with the room. For example, a neutral color palette can last longer than bold, bright neon shades that your little one may like at the moment. The bright colors can be added in the form of accessories instead.

Choose simple decorations that can be easily exchanged – Once you've chosen a color scheme and theme, you'll likely want to utilize the walls for decorating. To keep the room from going out of style, make sure you're choosing simple decorations that can be easily exchanged. That way, the room can mature with your child.

Maximize space with multifunctional furniture – Children need space to move around and entertain friends in their bedroom, so you need to keep clutter to a minimum. The best way to ensure the space is utilized best? Choose multifunctional furniture. A bed with built-in drawers in the frame can replace a large dresser. Additionally, instead of taking up space with oversized bookcases, you can hang shelves on the walls.

Now that you have a better idea of what you need to get started, you can create a bedroom your child will love to spend time in. A professional designer will evaluate the space and give you suggestions based off the room. It's time to make your child's room the most fun, functional and stylish bedroom in the house!

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

be challenging. It's important to ensure the room maintains maturity, prioritizes functionality, and displays serious style and personality for your young one.

It sounds simple when you put it on paper, but a little assistance may be needed when coming up with a theme and executing it correctly. Here are a few tips that can get your creative juices flowing as you brainstorm the design of your child's new bedroom:

Ask your child for input – Before you call your design consultant and start tearing the room apart, ask your child for input on how they would like to see the room transform. Some guidance on your part may be required, but seek ideas from your child. This isn't your bedroom, after all. Give your child a chance to be creative and express their personality through colors, decorations and furniture styles.

National Association Honors Realtor

The National Association of Realtors announced that Susan Andrews, a realtor from Sanibel Island, has been named a 2018 Sterling "R" investor in the Realtors Political Action Committee (RPAC), a national bipartisan grassroots-based political advocacy organization that works to protect the real estate industry and the dream of homeownership for Florida residents and across the country.

Andrews has supported RPAC for 25 years, has been a member of the National Association of Realtors since 1989, and became the islands' first RPAC Hall of Fame recipient in 2017. She is broker/owner of SanibelSusan Realty Associates, a past president of the Sanibel & Captiva Islands Association of Realtors, and a founder of the local Sanibel & Captiva Islands specialist designation, authoring and teaching their annual class on the Resort and Second Home Market. Last year, she was awarded the association's Community Service Award.

"I support RPAC because it is important to my profession," said Andrews.

Since 1969, RPAC has promoted the election of pro-real estate candidates across the United States. The purpose of RPAC is to elect officials who understand and support the interests of real estate professionals and their home buying, selling and investing clients. RPAC uses its resources to seek to elect candidates that understand and support real estate,



Susan Andrews photo provided

and to develop public policies that allow consumers to own homes and build their communities through commercial investment.

Andrews' investment will be applied to supporting homeownership, commercial real estate transactions, and the very future of the real estate industry.

Current realtor priorities include working with the United States Treasury Department and Internal Revenue Service on how the new tax law will be applied and administered; working to reauthorize the National Flood Insurance Program; and preserving net neutrality. Locally, water quality is a top priority.✧



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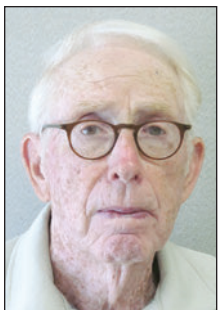


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More Than \$500 Million Approved In NFL Concussion Settlements With Much More To Come



by Ed Frank

Just a few weeks prior to the start of the National Football League season, two newsworthy events surfaced this week involving the league's ongoing efforts to curtail head-related injuries and its recognition of what these injuries have caused in the past.

On Monday of this week, it was announced more than \$500 million in claims related to the NFL's concussion settlement had been approved, nearly a decade earlier than league officials estimated the claims would reach that amount.

The league originally figured about \$400 million would be paid out in the first decade.

These are staggering sums of money, but attorneys for the retired players have adjusted their estimates of total payouts to \$1.4 billion – nearly half a billion more than the NFL had calculated.

An attorney for the retired players said that about 2,000 claims have been filed in less than two years since a court settlement was reached between the league and the retired players. But hundreds more have signed up to be prequalified to file claims, outpacing earlier estimates.

The settlement, which took effect in January 2017, resolved thousands of lawsuits that accused the NFL of hiding the risks associated with concussions. For years, the league denied there was any proof that injuries, particularly head injuries, were brought on by the game.

But medical studies brought to light that concussions can cause chronic traumatic encephalopathy (CTE), a debilitating disease marked by depression, dementia and other Alzheimer-related symptoms.

A Boston University study examined the brains of 91 deceased former NFL players and found CTE in 87 of them.

In recognition of these facts, the league has adopted a number of rules and penalties aimed at reducing the violence of the game. And one of these new rules

was the subject of holdouts by some rookie players. The rule prohibits a player from initiating contact with his helmet. A violation of the new rule could lead to a suspension by the league.

Originally, several rookies through their agents insisted that any guaranteed money could not be withheld from the player if they were suspended because of the new rule. As of Monday of this week, only one rookie, the Chicago Bears' Roquan Smith, remained a holdout, reportedly demanding that his pay not be withheld resulting in a suspension.

Smith, the No. 8 pick in this year's draft, had missed the first two weeks of training camp through the first of this week.

No doubt the hassle will be resolved soon. But the new rule is one more effort by the NFL to curtail head injuries.

Miracle Much Better In Season's Second Half

The Fort Myers Miracle baseball team is showing marked improvement in the season's second-half, starting the week with a 20-17 record and just 1 ½ games behind first-place Charlotte in the Florida State League South Division.

Royce Lewis, the first-round first overall pick by the Minnesota Twins in the 2017 Major League Baseball draft, was recently promoted from Low A Cedar Rapids to Advanced A Fort Myers and has already shown why he was the No. 1 pick.

The 19-year-old shortstop was hitting .302 through his first 15 games with the Miracle.

Fort Myers is home this weekend at Hammond Stadium hosting Jupiter tonight, Friday, and Florida on Saturday and Sunday. The first pitch tonight is at 7:05 p.m., Saturday's start is 6 p.m. and the Sunday matinee begins at 4 p.m.*

SPORTS QUIZ

1. In 2017, Edinson Volquez tossed the sixth no-hitter in Miami Marlins history. Name three of the first five to do it.
2. What was the highest batting average legendary St. Louis Cardinals pitcher Bob Gibson had during any one season?
3. Name the coach of the San Diego State football team the first time it won 11 games in a season as a Division I program in 1969. (Hint: He went on to become a well-known NFL coach.)
4. Who is the all-time blocked shots leader for the Oklahoma City Thunder?
5. Carey Price set a Montreal Canadiens franchise record in 2018 for most career games in goal. Who had held the mark?
6. In how many decades did Richard Petty win at least one of his seven NASCAR Cup season championships?
7. Caroline Wozniacki set a record in 2018 with the longest span between times holding the No. 1 spot in the WTA rankings (six years). Who had held the mark?

ANSWERS

1. Al Leiter, Kevin Brown, A.J. Burnett, Anibal Sanchez and Henderson Alvarez. 2. Gibson hit .303 in the 1970 season. 3. Don Conyell. 4. Serge Ibaka, with 1,300 blocked shots (2009-16). 5. Jacques Plante was in goal for 556 games for Montreal (1952-63). 6. Petty won it twice in the 1960s and five times in the 1970s. 7. Serena Williams went five-plus years between No. 1 appearances.

Youth Basketball League Forming

The Youth Fall Basketball League at the Sanibel Recreation Center is for both boys and girls from kindergarten through eighth grade with an additional Tiny Tots division for 3- and 4-year-olds. This league gives children the opportunity to learn the fundamentals while experiencing game play.

The season starts on Friday, August 10 at 5:30 p.m. Games for kindergarten through eighth grade will be held on Fridays between 5:30

and 8:30 p.m. Tiny Tots will be held on Saturdays beginning August 11 at 9:30 a.m. Grades fourth through eighth will practice on Tuesdays and grades kindergarten through third will practice on Thursdays at 5:30 p.m.

The fee is \$46 per child for Sanibel Recreation Center member or \$60 per child for non-member. Registration is now open. Volunteers are needed for coaching, team parents, scorekeepers and referees.

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

From page 1

Fort Myers Officer

shot on July 21 while on duty. He passed away on Saturday afternoon after spending a week in critical condition at Lee Memorial Hospital.

Last week, City of Sanibel employees from all departments participated in the call for blood donations – specifically, O negative – needed for the then-injured officer. Only seven percent of the United States population has O negative blood type.

“As mayor, I place the safety of our citizens as our single highest priority. We know the dedicated men and women who take an oath to protect our communities – be it Sanibel, Fort Myers or any other town – deserve our support and appreciation,” said Sanibel Mayor Kevin Ruane. “On behalf of all of us at Sanibel City Hall, we are committed to supporting our neighbors in Fort Myers through this very trying time. Our prayers go out to Officer Jobbers-Miller's family. May he rest in peace. His service will never be forgotten.”**



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Lions Club Installs New Officers

The Sanibel Captiva Lions Club elected Bob Kern as the club president for the 2018-19 fiscal year. Kern has been an active member of the club for the past 12 years. The first vice-president is Jon Ahlin with three years of service; second vice-president is Bill Sartoris with nine years of service; and third vice-president is Steve Schulz with one year of service.

"I am looking forward to leading various projects and continuing the Sanibel Captiva Lion Club's commitment to serving the community," said Kern, who was born and raised on Long Island, New York, but has been a year-round Sanibel resident since 2004.

Kern spent time in the construction world, primarily involved as an iron worker and sub-contractor, erecting structural steel and precast concrete in the Chicago area. He and his wife, Lyn, a new Lion, moved to Minneapolis, where he worked in the computer business with a worldwide territory. The Kerns have four children.

Ahlin grew up in Massachusetts and attended Massachusetts Maritime Academy, after which he spent 46 years at sea. He first came to Sanibel in 1976 and purchased a condominium with his brother for a winter home. He also purchased properties in Massachusetts and the Lee County area. In 2000, he married a woman he met years earlier in Singapore. They are taking a former



Sanibel Captiva Lions, from left: Steve Schulz, third vice-president; Bill Sartoris, second vice-president; Jon Ahlin, second vice-president; and Bob Kern, president photo provided

neighbor's advice to travel while they are young enough to do so.

Schulz has been a full-time Sanibel resident for the past eight years, but purchased his island home in 2000. The Cincinnati, Ohio native earned a bachelor's degree in accounting and a master's in speech, communication and theater. He formerly resided in Greensboro, North Carolina and Arizona. Schulz has been with Best Buy for the past 23 years and currently handles merchandising for the Coconut Point Mall location. His wife, Lori, is a real estate broker with SanCap Gateway Realty, and their son, Joe, works as bartender and server at The Sandbar.

Sartoris and his wife, Karen, have owned a house on Sanibel for almost 20 years. They stopped being snowbirds

and became full-time residents three years ago. Prior to retiring, Sartoris was a faculty member in the Kelley School of Business at Indiana University. He also was a faculty member at the University of Kentucky and worked for NASA for one year. He has been active on Sanibel and is a past president of the Sanibel Bicycle Club and the Sanibel Community Association. He is active in the Lions vision screening program and has been co-chair of the Sanibel Captiva Lions Club Arts and Crafts Fair for the last three years. Sartoris has one son who resides in Colorado.

The club also elected Lion Rick Wagner as treasurer for the 2018-19 fiscal year. Wagner runs the Recycle for Sight program and acts as the club's webmaster. He and his wife, Judy,

moved to Sanibel from Allentown, Pennsylvania in 2015 and have become active in the community. Wagner spent most of his professional career working for a global industrial gas and chemical company, serving in various financial, accounting and treasury management roles.

Since the club's chartering in 1967, its members have worked on a variety of projects in the local community, such as health screenings, Recycle for Sight, the annual arts and crafts fair and Christmas tree sales. Proceeds from the past fundraising events have gone, in part, to the Bailey Scholarship Fund, Lighthouse of Southwest Florida, Trailways Camp, Sanibel School Fund and Islands Night.

"Where there's a need, there's a Lion," said Ahlin. "We're men and women serving in more than 200 countries and geographic areas as part of the largest service club organization in the world, Lions Club International. We work to make a difference in our local communities."

The Sanibel Captiva Lions Club meets on the third Wednesday of the month at The Community House. Meetings begin with cocktails and appetizers at 6 p.m. and dinner, catered by Sanibel Catering Company, is served at 7 p.m. A guest speaker is hosted each month.

Visiting Lions and anyone interested in becoming a member are welcome. Contact Membership Chairman Steve Schulz at stevensschulz@comcast.net to make a reservation for dinner. For more information on getting involved with the club, visit www.sanibelcaptivalions.org.

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Feeling Too Tired?



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

There are many possible causes of tiredness and fatigue, including environmental, dietary and medical factors. Not getting enough sleep is a very common reason for being tired. Stress and busy schedules are typical excuses for poor sleep. With the slew of commitments most of us have, it's no wonder we get tired, but taking the initiative to slow down is essential.

Take a couple of weeks to trim your workload or social activities so you can get some additional sleep and see if tiredness abates. Turn off your bright screens (blue light-emitting devices) two hours before bedtime to prevent harmful disruptions in your circadian systems. These devices include your

phone, tablet, television, computer and gaming systems. Most people also find that a cool, dark room feels best for sleeping through the night. If you or your partner notice irregular breathing and snoring, sleep apnea should be ruled out and treated.

Another common reason for tiredness is dehydration. Failing to drink adequate amounts of water can impact your mood and energy levels. While drinking plenty of water is key, the food you eat is also a significant source of water. Another reason why it is so important to eat fresh vegetables and fruit is that they are mostly water and help to keep you hydrated.

Are you getting enough exercise? Being sedentary often contributes to fatigue. Regular exercise can hugely improve energy levels. If you have tried most self-help methods to improve your energy but are still tired, it is time for an outside opinion. Consult with a natural medicine provider who can work with you on getting to the root of your fatigue. A few simple tests will seem like pennies compared to the amount of life you could be missing out on from feeling run down.

*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@carimgmedical.com.**

Sea School AED Campaign

An Internet-based campaign to raise the funds necessary to purchase automated external defibrillators (AEDs) for each of Sanibel Sea School's vehicles and boats is in progress. AEDs are an essential piece of life saving first-aid equipment, used to treat victims of sudden cardiac arrest by restoring the heart's normal rhythm.

"This effort is being led by our education team. It was their idea, because they are all trained and certified as emergency first responders," said Sanibel Sea School Development Director Chrissy Basturk. "They spend almost every day exploring the island with kids, and they have a wide presence on public beaches as well as on the water. They want to contribute to making Sanibel safer by having AEDs readily available in case of an emergency situation," she added.

As of July 24, the group had raised \$4,250 of its \$11,000 goal. An online fundraising page on www.mightycause.com is easy to use, and will remain open until August 10, but contributions can also be made to the nonprofit via check or credit card.



photo provided

"We hope we will never need to use an AED to treat a client or a citizen, but we also realize that it could mean the difference between life and death. This project is really about supporting our community members," said Emmett Horvath, marine educator.

To learn more and contribute, visit www.mightycause.com/story/asafersanibel or call 472-8585.*

Barre Fitness

Registration is now open for the upcoming August and September sessions of Barre Fitness classes at the Sanibel Recreation Center. Cost is \$55 for members or \$73 for non-members for the full six-class session. Class size is limited to 10 participants. Register in advance to reserve your spot.

The August and September session includes:

Thursdays, August 9, 16, 23 and 30, September 6 and 13 at 5:30 p.m.

Fridays, August 10, 17, 24 and 31, September 7 and 14 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.*

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Lion's Mane Helps Your Brain



by Suzy Cohen, RPh

Dear Readers: Lion's mane mushroom, scientifically known as *Hericium erinaceus*, is a hairy-looking mushroom with a name that conjures up visions from the wild

kingdom. It literally looks like a white lion's mane.

Lion's mane has some interesting beneficial effects on your body. It contains many active ingredients, among them beta-glucan and some antioxidants. You can take it in supplemental form or you can cook with it, like you do portobellos.

Lion's mane helps your brain and keeps you sane. It can help to boost cognitive performance, improve mood and protect neurons from damage. But how can a 'shroom protect your mind?

It's a valid question, one that scientists have pondered, too. Studies prove that compounds in lion's mane increase nerve growth factor, or NGF. This is a critical protein in your nervous system. It plays a variety of roles actually, including the most important, which is to grow new brain cells.

Lion's mane increases NGF and, since you can't supplement directly with NGF, lion's mane could be a consideration. It's a nootrope, and nootropes support brain function, memory, focus and learning.

This next part is fascinating. Lion's mane can suppress certain

pro-inflammatory cytokines involved in neurological diseases. Given that excessive inflammation is believed to be involved in many different disease processes, including some of the most common brain diseases (from depression to Alzheimer's disease), this effect can help lion's mane to protect the brain. It's also been shown to increase levels of acetylcholine, your memory molecule.

There was a great study that suggests that lion's mane can help reduce symptoms of both anxiety and depression after just four weeks. Unlike traditional SSRIs and other anti-depressants or psychoactive drugs, there is no risk of addiction, tolerance withdrawal or receptor down-regulation. Side effects are minimal, unless you have allergies to the mushroom.

In people with mild cognitive impairment (the precursor to full-blown dementia), taking lion's mane significantly improved cognitive performance, with the positive benefits increasing over the duration of the 16-week trial.

More research is needed, and being conducted. I'm not suggesting that we throw away important prescribed pills or disregard your physician's orders over this body of research. But, of course, it is enticing and exciting to think a 'shroom could have this much power on brain-boosting chemicals. It certainly gets my attention. I have more information about this, a longer version of this article, as well as recipes. If you'd like all this, just sign up for my free newsletter which connects you to my online community. You can sign up at www.suzycohen.com and I'll email it to you on Tuesday.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I would like to learn meditation to shut out negative thoughts that arise in quiet moments. Is this possible?

A: Yes, this is definitely possible. I have clients

who come to me who want to incorporate mindfulness meditation into their lives. I have heard this same question. I do tell participants that the thoughts do come in and, when they do, acknowledge them without judgement or criticism, then return to the breath.

Allowing and tolerating the drifting in and out of thoughts is a part of the process. I see many professionals who are intense at work, and they report they find themselves more productive at work due to incorporating a meditation practice. They also comment they are more energetic and engaged with others.

Negative feelings are a part of everyone's life especially if they tend to be crazy busy or overwhelmed. Take time to develop a meditation practice

whether it be attending a class or just being alone. There is no good, bad, right or wrong way. Some people are more comfortable with others in a group setting while others prefer to be alone. You may want to consider trying both and see for yourself what resonates with you. We all have time to shift those negative thoughts and become more positive. These feelings are an extension of the person you are. When you give yourself the gift of time to reflect, then your ability to empathize with others is increased.

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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Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	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

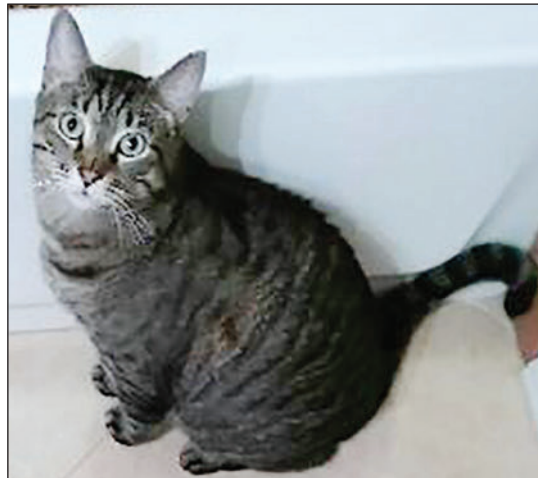
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PETS OF THE WEEK

photos provided

Haven on Earth Animal League

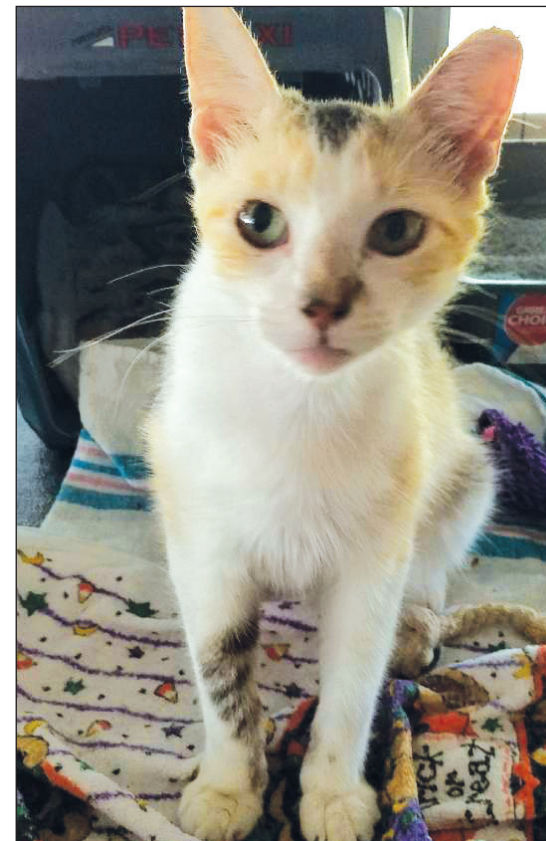
Charlie Brown And Paige



Charlie Brown

Hi! I'm Charlie Brown. I am a handsome, 4-year-old male tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.

Hello, I'm Paige. I am a beautiful, calico female kitty, not even 2 years old. I am very affectionate, and I even get along with friendly dogs. I have been fully vetted and brought up to date on all vaccines. I tested positive for FIV, but I'm told that I can still live a long, happy life once I find my forever home. I am currently



Paige

staying with a foster mom and am not real crazy about the other cats in the house, so I would like to be an only cat. My adoption fee is \$75.

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

Lee County Domestic Animal Services

Cassidy And Miss America



Cassidy ID# A744090

Hi, my name is Cassidy. I am a 3-year-old female domestic shorthair who came to Lee County Domestic Animal Services with a head tilt from a past neurological problem that gives me a sweetness that comes from everyone being naturally drawn to me. I am the perfect age to integrate into the family environment. I am an absolute cuddle-bug and love nothing more than to curl up next to you and purr, purr, purr. If you are too busy to cuddle, that's ok. I am content to just sit and watch whatever it is you are busy doing. My adoption fee is \$10.



Miss America ID# A736498

Hi, I'm Miss America. I am a 5-year-old female pit bull mix who is a sweet, loving inspiration of a girl. I have earned a few crowns in my lifetime but I do not let it go to my head. I have nothing but kindness and love in my heart. One moment I will have you laughing when you're watching me run around the play yard. The next moment I will snuggle in your arms. If you give me a few minutes, you will no doubt fall in love. 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.lee.gov/animalservices or call 533-7387.*

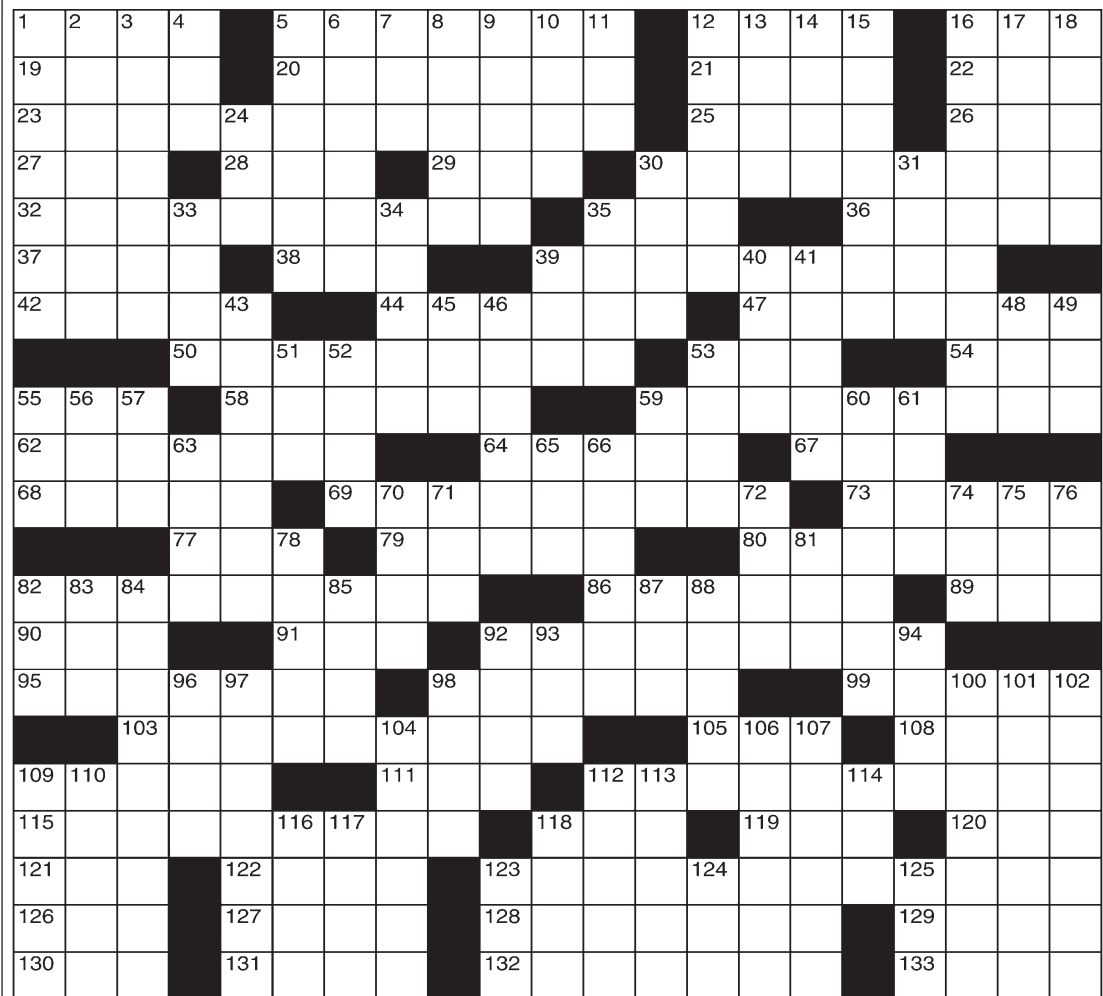
PUZZLES

Answers on page 45

Super Crossword

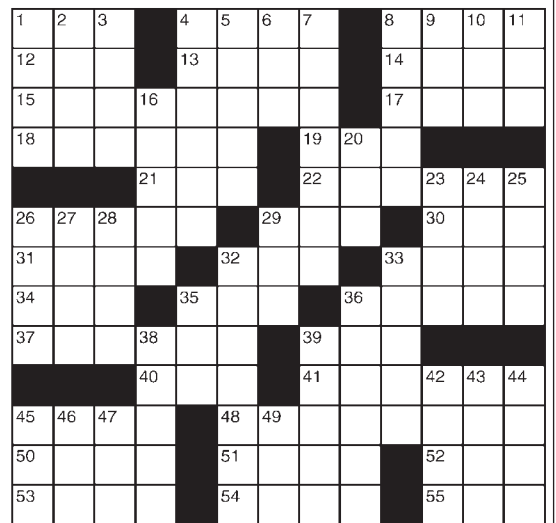
LAST WISH

- ACROSS**
- 1 "You ... over there ..."
 - 5 Significance
 - 12 Wee bits
 - 16 Pine- —
 - 19 Bi- + hexa-
 - 20 "My —" (Willa Cather novel)
 - 21 Panache
 - 22 Kin of mono-
 - 23 Very hot shrubby wasteland?
 - 25 Law firm aide, in brief
 - 26 Mutt's threat
 - 27 Stuff making a big bang
 - 28 Harem room
 - 29 45s' cousins
 - 30 Average desert drainage basin?
 - 32 Reaction to inhaling element #2?
 - 35 Without a — (very poor)
 - 36 Painful things to touch
 - 37 They may hold gold
 - 38 Big blue body
 - 39 Goldfish doing a funny circus act?
 - 42 Literary critic Connolly
 - 44 "C'mon, help me out here"
 - 47 Accept an insult humbly
 - 50 Paunch from overdoing it on Mexican food?
 - 53 Hellenic "T"
 - 54 Brit's lav
 - 55 "You, over there!"
 - 58 Jersey's largest city
 - 59 Mink coat taken by a thief?
 - 62 Vamoose
 - 64 Actor Mueller-Stahl
 - 67 Vast time span
 - 68 Plains home
 - 69 One given a water shaft as a gift?
 - 73 Sports show summary
 - 77 Jackie's Onassis
 - 79 Waterfall nymph
 - 80 Tasty bits
 - 82 Steers a ship's front right or left?
 - 86 Otter cousin
 - 89 Yalie's nickname
 - 90 '50s prez
 - 91 Grafton's "— for Alibi"
 - 92 Twisted wit used by a film's actors?
 - 95 Character
 - 98 Dressed like many a Scot
 - 99 Small ducks
 - 103 Forward thrust in water polo?
 - 105 U.S. soldiers
 - 108 "I cannot tell —"
 - 109 "Need —?" (driver's query)
 - 111 Dads
 - 112 Fine dishes that have been split?
 - 115 Brush off a bishop's hat?
 - 118 Nanny's cry
 - 119 Gold, in Peru
 - 120 Chill (out)
 - 121 Pal, to Pierre
 - 122 Norse god
 - 123 Message spelled out by the 12 added letters in this puzzle
 - 126 Mil. rank
 - 127 Feat of skill
 - 128 Winds off a spool
 - 129 "— boy!" ("All right!")
 - 130 H.S. subject
 - 131 See 75-Down
 - 132 Brand of Irish cream
 - 133 Sonnet, e.g.
 - 33 "That so?"
 - 34 Limerick's rhyme scheme
 - 35 Do in
 - 39 Mil. rank
 - 40 In the vicinity
 - 41 Reason
 - 43 Advice-giving Ann
 - 45 Perpetually, in verse
 - 46 Acid's counterpart
 - 48 Small deer
 - 49 Boatload
 - 51 Co. biggie
 - 52 Repetitive cry of pain
 - 53 Song
 - 55 Prez elected in '48
 - 56 Wring (out)
 - 57 Puppy's bark
 - 59 Bill with Abe
 - 60 Major rainfall
 - 61 Bills with Washington
 - 63 College VIP
 - 65 Nutrition amt.
 - 66 Unassuming
 - 70 Seth's eldest son
 - 71 Edict
 - 72 Islamic chief
 - 74 Third letter
 - 75 With 131-Across, listening intently
 - 76 Tire inflation abbr.
 - 78 Toothpaste brand of old
 - 81 Yoko —
 - 82 Advice tidbit
 - 83 Short guitar, for short
 - 84 Lifting again
 - 85 Iranian cash
 - 87 U.S. 10, e.g.
 - 88 Gnat relative
 - 92 Smokes
 - 93 Heady quaff
 - 94 "You betcha"
 - 96 Carpet area meas.
 - 97 Make obsolete
 - 98 Trunk knot
 - 100 Aware of and interested in
 - 101 Striped
 - 102 Big name in whiskey
 - 104 Topples
 - 106 "I wish that were true!"
 - 107 Accent
 - 109 Maxim
 - 110 Unit of light
 - 112 Island off the Italian coast
 - 113 Jacket flap
 - 114 Bovine beast
 - 116 Mind product
 - 117 Arena part
 - 118 "Munich" star Eric
 - 123 Nerve center
 - 124 "— -haw!"
 - 125 Talk noisily



King Crossword

- ACROSS**
- 1 Poke
 - 4 Beach stuff
 - 8 Part of the foot?
 - 12 Supplement, with "out"
 - 13 From the start
 - 14 In the vicinity
 - 15 Congratulatory slap
 - 17 Oodles
 - 18 Open
 - 19 Meadow
 - 21 G.I.'s dinner, for short
 - 22 Showing cleavage
 - 26 Computer acronym
 - 29 Stein or Stiller
 - 30 Life time?
 - 31 Swiss capital
 - 32 Staff
 - 33 Oven
 - 34 Swelled head
 - 35 "Explain, please"
 - 36 — Major (Sirius' constellation)
 - 37 Restrained
 - 39 Evergreen type
 - 40 Trawler need
 - 41 Tips over
 - 45 Ontario neighbor
 - 48 Gary Cooper movie
 - 50 Tab
 - 51 Small grimace
 - 52 Stickum
 - 53 Weevii's target
 - 54 Litigant
 - 55 Sphere
 - 7 Lived
 - 8 Post-vow relative
 - 9 Ultramodernist
 - 10 House pet
 - 11 Day fractions (Abbr.)
 - 16 Surround
 - 20 Many millennia
 - 23 First son
 - 24 Aptly named fruit?
 - 25 Sawbucks
 - 26 23-Down's victim
 - 27 Lily variety
 - 28 Boast
 - 29 Tarzan's son
 - 32 Beats
 - 33 Singer Akers
 - 35 Infinitesimal
 - 36 Written code
 - 38 Dead ringer? often
 - 42 Nixed, at NASA
 - 43 Entrance
 - 44 Uppity sort
 - 45 Recede
 - 46 Carnival city
 - 47 Ailing
 - 49 Debtor's letters
- DOWN**
- 1 Biblical king who had Jezebel slain
 - 2 Related (to)
 - 3 Pleads
 - 4 Jungle expedition
 - 5 Doddering, maybe
 - 6 Ely's st.



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

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

- | | | | |
|---------|---------|------------|----------|
| Boiled | Cured | Radio | Stuffed |
| Bone-in | Deviled | Smithfield | Virginia |
| Canned | Glazed | Smoked | Yule |
| Country | Picnic | Spiced | |



"And if you expect to hold onto this job, don't go giving them honest

_____"
answer on page 47

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!

Dismiss

SPEEDO

Assert

SITINS

Bestow

OWNED

Sniff

HEALIN

TODAY'S WORD

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

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 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Headset is missing. 2. Soda can is missing. 3. Hair is shorter. 4. Collar is missing. 5. House is missing. 6. Thermos is smaller.

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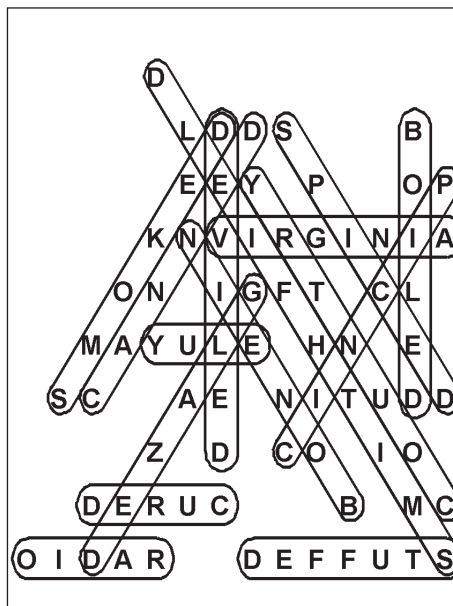
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 AQUALUNGE GIS ALIE
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 NET UPENDS
 ERIE HIGHNOON
 BILL MOUE GOO
 BOLL SUER ORB

MAGIC MAZE



SUDOKU

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

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Wear a helmet

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Always be courteous



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My Stars ★★★★★ FOR WEEK OF AUGUST 6, 2018

Aries (March 21 to April 19) A longtime situation starts to move into a new phase. The question for the uncertain Lamb right now is whether to move with it. Facts emerge by midmonth to help you decide.

Taurus (April 20 to May 20) A talent for organizing your priorities allows the Divine Bovine to enjoy a busy social life and not miss a beat in meeting all workplace and/or family commitments.

Gemini (May 21 to June 20) What began as a dubious undertaking has now become one of your favorite projects. Your enthusiasm for it rallies support from other doubters-turned-believers.

Cancer (June 21 to July 22) Accept the help of friends to get you through an unexpectedly difficult situation. There'll be time enough later to investigate how all this could have happened so fast.

Leo (July 23 to August 22) Change is a major factor for the Big Cat through midmonth. Be prepared to deal with it on a number of levels, including travel plans and workplace situations.

Virgo (August 23 to September 22) You might not like all the changes that have begun to take place around you. But try to find something positive in at least some of them that you can put to good use.

Libra (September 23 to October 22) A family member's unsettling experience could create more problems if it's not handled with care and love. And who's the best one to offer all that? You, of course.

Scorpio (October 23 to November 21) It might not be the right time for you to start a new venture. But it's a good time to start gathering facts and figures so you'll be set when the GO! sign lights up.

Sagittarius (November 22 to December 21) The sagacious Sagittarius should have no trouble deciding between those who can and those who cannot be trusted to carry out a workplace commitment.

Capricorn (December 22 to January 19) Surprise, surprise. It looks as if that one person you once thought you could never hope to win over to your side suddenly just might choose to join you.

Aquarius (January 20 to February 18) You might have to set aside your pride for now and accept a change that isn't to your advantage. Cheer up. There'll be time later to turn this around in your favor.

Pisces (February 19 to March 20) Your creative self emerges as dominant through midmonth. This should help you restart that writing or arts project you've left on the shelf for far too long.

Born This Week: You have a way of encouraging others by example to come out from the shadows and enjoy life to the fullest.

STRANGE BUT TRUE

- It was French playwright Albert Guinon who made the following sage observation: "There are people who, instead of listening to what is being said to them, are already listening to what they are going to say themselves."

- You may not be surprised to learn that, according to a poll conducted by The Associated Press, Americans hate math twice as much as any other subject.

- A study published in 2008 showed that the price of a pain medication had an

effect on its efficacy. In the study people were given placebo pills, some at the regular price and some at a discounted price. Those who paid full price for the medication reported more relief than those who paid less.

- During Elizabethan times, it was customary in England for a wife to wear her wedding ring on her thumb.

- It seems no one can adequately explain the reason why women tend to strike matches away from themselves, while men tend to strike them toward themselves.

- Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to – or I am going to – die; either expression is used."

- Those who study such things say that

sea slugs have 25,000 teeth.

- The town of Waco, Texas, has an entire museum dedicated to the popular soda Dr Pepper. Even more surprising is the fact that it gets more than a hundred visitors a day, on average.

THOUGHT FOR THE DAY

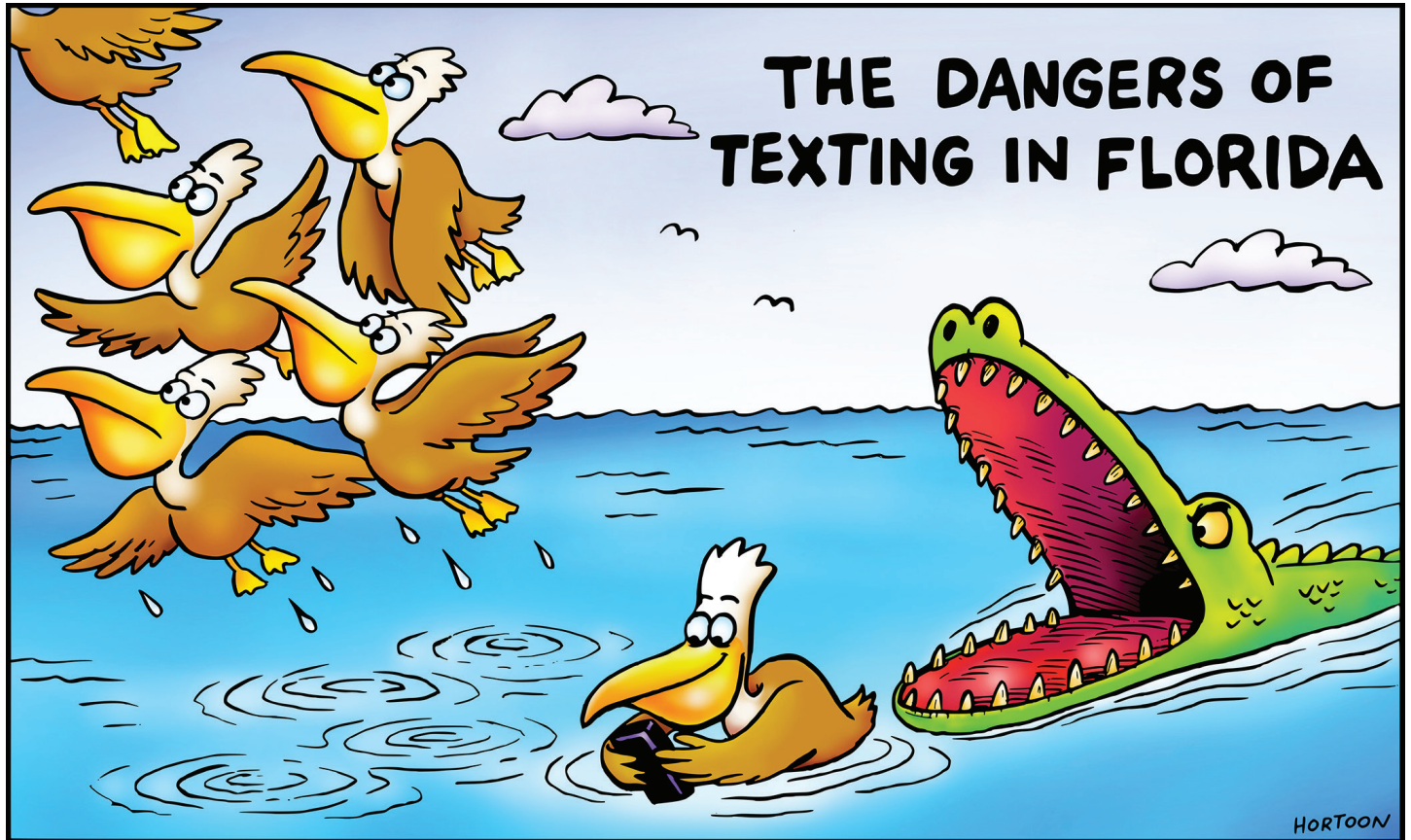
"It's hard to be religious when certain people are never incinerated by bolts of lightning." – Bill Watterson

SCRAMBLERS

1. Depose; 2. Insist;
3. Endow; 4. Inhale

Today's Word OPINIONS

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
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Verona Lago	Miromar Lakes	2001	3,999	\$2,750,000	\$2,575,000	0
Town And River	Fort Myers	2013	3,093	\$1,399,000	\$1,165,000	164
Pelican Landing	Bonita Springs	1993	4,087	\$999,000	\$840,000	28
Brynwood	Fort Myers	1990	4,529	\$959,900	\$900,000	182
Palm Gardens	Fort Myers	1958	2,915	\$899,000	\$810,000	37
Edgewater	Fort Myers	2002	4,013	\$869,000	\$830,000	225
Lakemont	Bonita Springs	1992	3,382	\$819,000	\$785,000	15
Alva	Alva	1997	3,414	\$699,900	\$650,000	88
Devonwood	Fort Myers	1999	3,051	\$659,900	\$600,000	145



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