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VOL. 27, NO. 49

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 5, 2020

JUNE SUNRISE/SUNSET:

5 6:35 • 8:19 6 6:35 • 8:19 7 6:35 • 8:20 8 6:35 • 8:20 9 6:35 • 8:20 10 6:35 • 8:21 11 6:35 • 8:21



Take a virtual paddleboard tour of Tarpon Bay during “Ding” Darling’s online summer camp photo provided

‘Ding’ Darling Offering Virtual Summer Camp

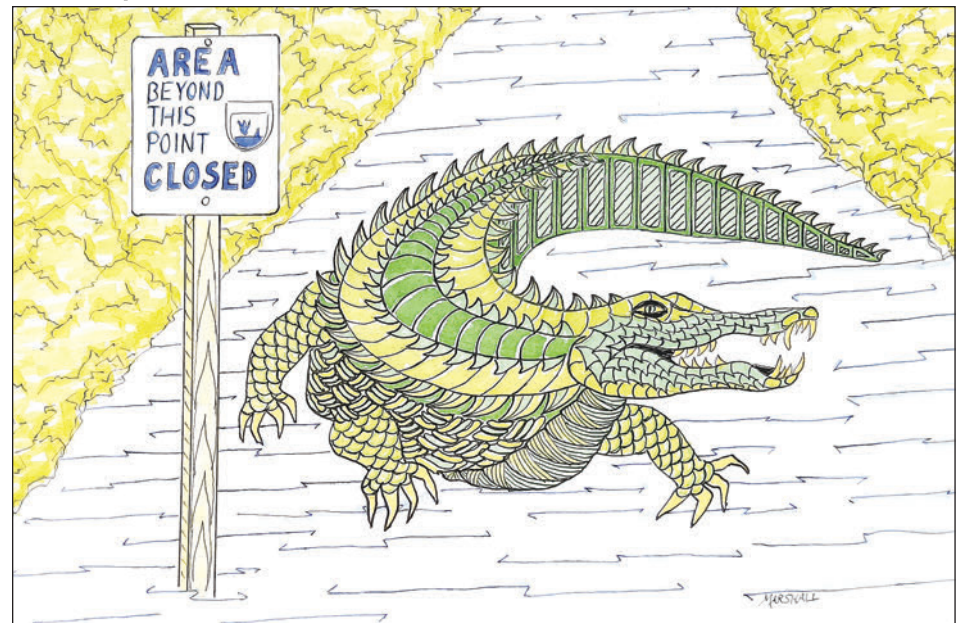
Building on the success and popularity of its #DingatHome virtual learning experience, which ran March 23 through May 29, the JN “Ding” Darling National Wildlife Refuge education team

will debut its free Virtual Summer Camp beginning June 10.

Through July 31, refuge educators will be hosting longer, natural science- and experiential-based learning videos every Wednesday, Thursday and Friday at 10 a.m. on the refuge’s official Facebook page. Exploration Wednesday will include activities like paddleboarding in Tarpon Bay and bike safety. Experimentation

continued on page 26

Couple Shares Art Of Island Life



Hanging out at Ding by Bob Marshall

image provided

Bob Marshall and Anita Force Marshall are exhibiting their artwork during June and July on The Community House website at www.sanibelcommunityhouse.net. The public

is invited to view their colorful display 24 hours a day. In light of the temporary closure of The Community House, the organization has launched a virtual art

continued on page 22



Juniper and SCCF Sea Turtle Team

photo provided

First Leatherback To Be Tracked In The Gulf

Juniper, a rare leatherback sea turtle (*Dermochelys coriacea*) that is nesting along Sanibel and Captiva, can now be tracked in real-time as she travels

Florida’s gulf coast.

Named by the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team, Juniper may look huge, but she is actually an average-sized leatherback, which is the largest sea turtle species.

Leatherbacks rarely nest on Florida’s gulf coast as they prefer southeast Florida beaches along the Atlantic Ocean. SCCF

continued on page 24

Refuge Installs New Water Research Stations

As water research equipment that monitors the waters of JN “Ding” Darling National Wildlife Refuge was about to become obsolete at the end of 2019, the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) stepped in to purchase new, updated equipment known as sondes.

The in-water stations measure various factors that help biologists determine the health of the water via logger systems. The new sondes connect to a 4G network and send data to a cloud-based application that refuge staff can access in real time.

“We then report that data each week to the Army Corp of Engineers and South Florida Water Management District in collaboration with the City of Sanibel, Lee County, Sanibel-Captiva Conservation Foundation (SCCF) and Fort Myers Beach,” said Jeremy Conrad, senior refuge biologist.

The new refuge sondes also provide collaborative data to the SCCF RECON network. The RECON network employs similar sondes to monitor real-time water



One of the two new water research stations being installed in waters along Wildlife Drive photo provided

quality in Tarpon Bay and throughout San Carlos Pass and the Caloosahatchee.

In collaboration with the refuge, SCCF staff recently installed the first of the two new sondes. The installation was delayed by the temporary pandemic closure of

continued on page 2

What Is A Nature Preschool?

submitted by Kerra Pike, CECI Director

The Children’s Education Center of the Islands (CECI) is an established nurturing, safe, fun and newly reclaimed “nature preschool.” Researchers studying nature schools have discovered that when children are outdoors, they sharpen their motor skills, stay healthier, have less conflicts, engage in more creative play and learn to be more independent. At CECI, while children are learning to climb trees, they are simultaneously learning how to assess risk, honing in on their gross motor skills, strengthening their bodies, and developing a sense of grit and determination.

We have adopted an innovative approach to early childhood education that centers on outdoor exploration to foster environmental stewardship. Activities throughout the day tend to be child-led and play-based. Teachers act as facilitators of learning; observing particular interests and focusing on teachable moments. Children are learning through experiences in a natural environment, which stimulates their sense of wonder and curiosity.

Our philosophy as a nature preschool is to forge a bond between children and nature, so they will grow to love and care for nature as adults. Childhood should be joyful and wholesome. We believe that the earliest, most memorable kind of



A preschooler at work photo provided

learning includes building blocks, digging for “doodlebugs” and making mud pies from sand. We believe that empathy, love, curiosity and respect are the truest foundation of learning.

When thoughtful learning through play curriculum is combined with experience in the “classroom,” a transformative change takes place. This connection is both powerful and empowering and this basic human connection need not be sacrificed when a child begins school. We believe it is every child’s right, as an integral part of the natural community, to develop a foundation of academic skills through encounters in the natural world.

For example, when we studied native trees, we utilized sea grape trees to incorporate learning how to count objects. Our children learned how to scientifically identify the tree where the sea grapes grew. In order to count the grapes, our children had to forage for them off of our trees on property. This meant that children had to make a decision that directly impacts the environment; do we pick the grapes that are growing on the tree, and if so, how many? Other animals eat these grapes for their source of food, right? How many grapes do we notice that are growing? Should we decide to only collect the grapes that have fallen to the ground?

Through this learning experience,

children are not only learning and fostering their one-to-one correspondence skills, but they are making deep connections with the natural world.

If you are new to the idea of a nature school, we encourage you to do your research. Then come visit our school to take an up-close look to see what it’s all about. But first, go outside and take note on how you feel after some time outdoors. Apply those feelings to the thought of young children learning in the same outdoor environment every day. Are you smiling? We thought so.

The Children’s Education Center of the Islands is located at 350 Casa Ybel Road on Sanibel. For more information or to schedule a tour, call 472-4538.*

From page 1

Research Stations

SCCF’s Marine Lab, which is located on “Ding” Darling property at Tarpon Bay Recreation Area. The second sonde station will be upgraded soon, researchers say. Besides deploying the equipment, SCCF staff also calibrates, maintains and monitors data.

“Water management from Lake O and the Caloosahatchee is the largest impact to the refuge, and it requires monitoring to better understand how lake releases impact water quality within the refuge boundaries,” said Conrad. “The sondes located in refuge waters measure water quality parameters continuously via the logger system and transmit that data to a server that refuge and SCCF staff can

monitor from work or home.”

“Clean water is the lifeblood of the refuge and the entire planet,” said Birgie Miller, DDWS executive director. “There’s no overstating the importance of understanding how refuge waters are being affected by outside forces. The wildlife society did not hesitate to support the equipment for this crucial research as part of our mission to support refuge studies, wildlife and education.”

“We are grateful to our friends group for this important show of support and for collaboration from other local organizations,” said Kevin Godsea, acting refuge manager. “Partnerships such as this make possible great strides in the progression of water quality research when staff and resources are otherwise limited.”**



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Registration Open For Summer Reading Program



Youth Services Librarian Deanna Evans
photo provided

Sanibel Public Library invites families to register online for the 2020 Summer Reading Program. This year's theme is *Imagine Your Story*. All children, from babies to age 18, are invited to register for the program. Participants will receive a gift (quantities are limited).

As in years past, children will read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. For every two hours of reading, the Sanibel Public Library Foundation matches each book "earned" with a book for patients at the hospital. The program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund.

Instead of paper logs for tracking reading and activities, the library offers Beanstack. Sign up from a smart phone or computer, or call the library for help. Beanstack is a free, user-friendly app for PCs, Apple and Android devices. "One feature that I really like is the ability to scan the ISBN of a book to quickly log it in Beanstack. Super handy," said Youth Services Librarian Deanna Evans. Beanstack sends each reader a weekly email or text message recommending books based on the reader's age and interests.

An online storytime video with Miss Deanna will be on the library's children's web page during the summer, replaced each week by a new story read aloud.

Baby Bounce Time videos will be also be available on the children's web page. Baby Bounce is a program that is aimed at parents of lap-sitting babies. It is a fun session to help to build motor and literacy skills through stories, song and movement.

Page Turner Adventures will have virtual programming every weekday afternoon, starting the first week of June. The programming will include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games.

The Summer Reading Program and

Reading for Others started June 1. Participants must register on Beanstack at <https://sanlib.beanstack.org/reader365>. Participants may pick up their registration gift and any books earned during library hours.

The library is open from 9 a.m. to 1 p.m. on Saturdays in June, July and August.

Sanibel Public Library users can browse bookshelves, use computers, read magazines and connect to WiFi. Phase I reopening precautions are in place to help protect staff and patrons from COVID-19. For this phase, patrons will have to maintain social distance inside the building and are also encouraged to wear masks, (except for children under age 2). Library staff is implementing safety and sanitation

procedures consistent with the CDC and State of Florida Department of Health guidelines.

The eShelf and all online services will continue to be available 24/7. In-person programming like storytime is suspended for now. Meeting rooms and study rooms will remain closed.

Patrons have access to the full collection of books, movies, newspapers and puzzles. Previously announced contact-free services and book returns will continue. At this time, overdue fines will not be assessed.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483, or visit www.sanlib.org.

Flag Day At American Legion

American Legion Post 123 will hold a Flag Day celebration at 6 p.m. on Sunday, June 14. Flag Day celebrates America's symbol of unity and our country's devotion to freedom and equal rights for all. There will also be a flag retirement ceremony. If you have a flag that needs to be retired, bring it with you.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call Post 123 at 472-9979 or Randy Carson at 699-9739.

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As always, we are committed to being a safety net for all.

At the end of the day, our message is simple—FISH is for everyone.

IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit **fishofsancap.org**.



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FISH FACTS

Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.

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January - April

2019	2020
66,836 lbs	78,514 lbs
equating to	
55,696 meals	65,428 meals

BACKPACKS DISTRIBUTED

January - April

2019	2020
315	482

MEALS-BY-FISH DELIVERY

January - April

2019	2020
1132	2234

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January - April

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The Plantation House
Captiva Island Historical Society

Landmark: The Plantation House

This week's image depicts The Plantation House at South Seas Plantation (date unknown).

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



photo courtesy Captiva Island Historical Society Archives

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

Visit the website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.✱

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday night sabbath services and Saturday morning classes are provided by Zoom, www.Batyam.org and our Facebook. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 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

As a precaution, all Sanibel Community Church on-campus events are postponed until further notice. The church is expecting

its new pastor, Jeramie Rinne, this summer. View our Sunday Devotional at www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, 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. Alan Kelmereit, Priest-in-Charge Saturday Eucharist 5 p.m., Sunday Eucharist 8 and 10:30 a.m., Sunday School 10:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Prayer and Potluck 1st Wednesdays 6 p.m., Taizé Service 3rd Wednesdays 6 p.m.

www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 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. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✱



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OBITUARY



MAX L. FRIEDERSDORF

Max L. Friedersdorf, 90, of Sanibel, Florida, passed away peacefully surrounded by his loving family at 7:30 a.m. on May 31, 2020, in Fort Lauderdale, Florida, after respiratory failure from a long-standing illness.

Mr. Friedersdorf was born in Grammar, Indiana on July 7, 1929, the son of John L. and Lola (Fox) Friedersdorf. He was married for 67 years to his loving wife, Priscilla Marion (Jones) Friedersdorf.

After graduating from Franklin College in Franklin, Indiana, Mr. Friedersdorf began his career as a journalist, but quickly moved to Washington, DC, where he served as chief of staff for Congressman Richard Roudebush. Mr. Friedersdorf later worked in the White House as the lead congressional liaison and assistant to the

president in three administrations, serving under Presidents Richard M. Nixon, Gerald R. Ford and Ronald Reagan. He served in other appointed positions as chairman of the Federal Election Commission under President Jimmy Carter, director of the Senate Policy Committee, consul general to Bermuda, and ambassador to the Conference on Disarmament in Geneva, Switzerland. He concluded his career as vice president of Pepsico, and later a sports writer and columnist for the *Sanibel Island Sun*. He maintained his lifelong commitment to government service, volunteering for President Barack Obama.

Mr. Friedersdorf was an avid golfer and fascinated with the history and culture of the American Southwest and American Indians. He loved animals, the ocean and nature in all its beauty. He was a devoted husband to his wife and father to his two children, Kristine L. Wilkes, 64, of Fort Lauderdale, Florida, and Fritz J. Friedersdorf, 59, of Charlottesville, Virginia, and to their spouses, James C. Wilkes and Lisa E. (Sperling) Friedersdorf. He is survived by his brother, John Friedersdorf of Cicero, Indiana, his sisters Barbara Hamilton of Franklin, Indiana, and Betty Winslow of Leesburg, Florida, and his two grandchildren A. Max Friedersdorf and John P. Friedersdorf.

Mr. Friedersdorf recounted his White House experiences in the Ronald Reagan Oral History Project for the University of Virginia's Miller Center and in the Gerald R. Ford Foundation Oral History Project. He was awarded advanced degrees from American University and Franklin College. He will be remembered for his keen intellect, his love of reading and his calm and measured judgment, but most of all for

the kindness he showed every person he met in all walks of life.

There will not be any formal services. The family asks in lieu of flowers, memorials be made to the Society for Prevention of Cruelty to Animals, the American Indian College Fund or the charity of choice.*

Captiva Panel Report

The State of Florida approved Lee County's second amended set of standards on June 1 regarding out-of-state reservations, which is called a Vacation Rental Safety Plan. Under the amended plan:

"Reservations will not be permitted nor new guests accepted for check-in from areas identified as high-risk (currently Connecticut, Louisiana, New Jersey and New York); reservations made prior to an area being designated as high-risk can be honored. Areas may be added or deleted based upon further Executive Orders by the Governor."

The additional safety and cleanliness guidelines remain in effect for rentals found on the Lee County website including the CDC guidelines found on www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html. Enforcement and regulation falls under Florida Department of Business and Professional Regulation (DBPR), which has an Emergency Information Page at www.myfloridalicense.com/emergency.

The next meeting of the Captiva Community Panel will be held as a Zoom

webinar on Tuesday, June 9 beginning at 9 a.m. The public will be able to hear and see all the discussion and ask questions in writing via the Q&A feature, but you will be muted unless unmuted by the chair or host.

Among the items for discussion:
LCSO/public safety update from Lt. Mike Sawicki;

COVID-19 (coronavirus) reports and discussion;

Initial Captiva SLR Vulnerability report;
Update on panel committees;
Other items as necessary.

This meeting is open to all interested islanders and the public. Information and background documents are available online at www.captivacommunitypanel.com.

How to log in:

Captiva Community Panel June 2020 meeting.

<https://zoom.us/j/91447769658?pwd=MUZ6cmF6azdlRUUVUQ0lrSjQxWGRwZz09>

Password: 136031

Telephone: 301-715-8592

Webinar ID: 914 4776 9658

Password: 136031

The next meeting of the Captiva Erosion Prevention District will be held online on Monday, June 8 beginning at 1 p.m. To attend using any computer device or phone type, follow the instructions below.

By computer: <https://us02web.zoom.us/j/84974392005?pwd=WUNDakp5TT R6cjNPRk9hM3JGbuU8rZz09>

Meeting ID: 849-7439-2005

Password: 624313

By phone: 301-715-8592

Meeting ID: 849 7439 2005

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OBITUARY



NANCY W. HEALEY

Nancy W. Healey was born in Montclair, New Jersey in 1927; the third child of Katherine Wing Williams and Robert Warren Williams. When she was 7 years old, she moved to Los Angeles when her father became the managing partner for Price Waterhouse there. She had a wonderful time growing up in San Marino and never forgot the Southern California way of life.

World War II changed her future. Her brother went to war, her father joined the Navy Department in

Washington, her sister married a bomber pilot; and she attended three different schools. After the war, her father relocated to Philadelphia. Nancy went to college and graduated from Ursinus College. Her veteran brother graduated from nearby Haverford College and she married his classmate, Bob Healey, an air force veteran, in 1950.

Bob worked for a paper company for the next 35 years. The growing family of eventually five, moved often. They first went to Glens Falls in Upstate New York; back to Media, near Philadelphia; thence to West Vancouver in British Columbia. After many years, they went to Longmeadow, Massachusetts to live in a house on the village green, which was built in 1765. Then came 10 years in Newtown Square, Pennsylvania, followed by Bob's final tour as managing director of a paper company in the United Kingdom, while living in Sussex.

Throughout, Nancy was a wonderful mother to Annette, Peter and Christopher, and a loving, sharing wife to Bob. She loved life, getting to know new places, different cultures and making new friends. She enjoyed playing tennis and badminton as well as the sport of curling. She had a lifetime love of bridge, ultimately becoming a Life Master. She and Bob built seven new homes and renovated several others. They traveled to far comers of the world, often as part of his job.

In 1985, it all changed as her husband retired. They built a new dream house and way of life on Sanibel

Island, Florida. The next 30 years were filled with fun, travel, sport as well as a major move to learn boating and cruising.

Nancy was interested in cruising and the challenge of navigating and becoming boat wise. She was a member of the Sanibel Captiva Sail and Power Squadron, and of St. Charles Yacht Club, leading to a network of longtime friends. Their boat was named *NanSea*.

During these years, her family grew, adding three wonderful in-laws; a grandson and two granddaughters with their spouses; and recently, a great-granddaughter.

The last few years saw Nancy's

health decline and she had been hospitalized for a long time at Shell Point. Her mind was clear, but she lost mobility. The staff at Shell Point was wonderful in treating her with love and care. Visits from family and friends helped her endure these years as an invalid.

Farewell to our beloved friend.

Nancy had a lifelong interest in health education for women; as did her mother before her. Should you wish, you can contribute in her name to Planned Parenthood Federation of America, P.O. Box 97116, Washington, DC 20090, at 800-430-4907; or to Sanibel Public Library Foundation at 239-472-2483.*

OBITUARY



JOAN ANN RINALDI

Joan Ann Rinaldi, 74, of Fort Myers Florida, (formerly of Cortland, New York) became a beautiful Angel on March 26, 2020. She was born on November 20, 1945 in Cortland, the daughter of the late Samuel and Rose Ann Rinaldi.

Joan was a longtime resident of Cortland until moving to Fort Myers in 1982. While living in Cortland, she worked at Wilson Sporting Goods for almost 20 years. After relocating to Florida, she worked for several restaurants. She found her home

away from home at West Wind Inn on Sanibel Island, Florida. An employee for almost 20 years, she became well known to many as "Momma Joan" and "Joanie." She had a vivacious personality, making those around her laugh, smile and feel loved. Her favorite saying was, "See an old friend, make a new friend." Joan had a special gift of making everyone feel welcome with her comforting and loving nature.

Joan is survived by her partner of 36 years, Gordon Byrd, her daughter Rhonda Hodgson, both of Fort Myers, her son Eric (Jill) Bush of Colorado, her grandchildren Danielle (Curtis) McAdam, Rache l(Cole) Smith, Michael Kapuscinski and Lexi Hodgson, great grandchildren Dylan and Kylie McAdam, Spencer, Loren and Aubree Bush, Adeline Smith and Kai Hodgson, and many nieces, nephews, cousins and extended family whom she cherished.

In addition to her parents, Joan was predeceased by her son Jeffrey Leo Bush, her sister Nancy Grinnell and her brother Michael Rinaldi.

A celebration of her life will be held on Sanibel Island at a date to be determined, along with services in her hometown of Cortland, with burial on the family plot in Scott Union Cemetery. The Wright-Beard Funeral home is serving the family; online condolences may be left at www.wright-beard.com.

Contributions may be made to either St. Mary's Church or St. Mary's School, 59 N. Main St., Cortland, NY 13045.

"Let it go, life is short, embrace the day." – Joan*

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Recreation Center Reopens June 15

by Wendy McMullen

The Sanibel Recreation Center will open on Monday, June 15 after more than two months of being closed because of COVID-19. The opening will be phased and limited, however. The hours will be cut to 8 a.m. to 5:30 p.m. In addition, the weight room will be rezoned to provide proper social distances between machines and entrance will be restricted to eight users with a time limit of 45 minutes. There will be no group classes or personal training and no room rentals, locker rooms or showers. Importantly for parents of children is the very popular Summer Recreation Program, which attracts as many as 85 “campers.” This is a service that is invaluable to many working parents. Registration for this program will begin immediately and the program will begin on June 15. “This has a higher priority than many other things,” said Mayor Kevin Ruane. “It serves multiple purposes. Not only is it important to the mental and physical health of our residents, but it allows people to go back to work.” Most of the staff working in the recreation center were part-time employees who were furloughed during the pandemic.

The summer program and the recreation center as a whole are heavily subsidized by the city. However, city council decided that the summer program and the recreation center itself are important enough to take money out of the city’s sinking funds in order to pay for the reopening and for the summer camp for youth. The sinking funds are dollars saved over the years for known future major capital costs and to have funds in hand when inevitable future capital expenses occur. “I’d never advocate doing something unless there’s money to pay for it,” said Ruane. There are also funds available from Lee County under the LeeCARES program to pay the expenses of sanitizing and cleaning the facility as well as LeeCARES Childcare Scholarship Funds for eligible COVID

impacted families. The budget for 2020 included \$1,354,500 in support to the recreation center. In April 2020, in response to COVID-19, the support from the General Fund was reduced 50 percent to \$677,250. The recreation center pool will also open on June 15 but swimmers will be limited to six at a time with 45-minute increments. There will be no pool side lounging and all pool deck furniture has been removed.

Tennis courts will have a maximum capacity of four members a court for 50-minute increments. Based on emergency and executive orders, the recreation center was closed on March 20 and nine full-time and 32 part-time employees were furloughed. In addition, three maintenance employees were transferred to community services. The recreation center will be open immediately for the purchase of parking decals and registration for summer camp but the facilities will not be open for recreation until June 15. Prior to opening, the facility will be deep cleaned and a plexiglass barrier will be placed across the front desk. There will also be social distancing signage at the entrance and throughout the building. The weight room will be rezoned and all users will be required to sign a release form.*

Fines Increased For Drinking On Public Beaches

by Wendy McMullen

There’s going to be a \$500 fine if you’re caught drinking alcohol between 7 a.m. and 5 p.m. in the vicinity of any of Sanibel’s public beaches, on the fishing pier or in the area at the northern end of Bailey Road. The emergency measure was passed by city council on Tuesday at the behest of Sanibel Police Chief Bill Dalton who described “serious safety issues” because of excessive drinking at the northern end of Bailey Road, the public beaches and associated picnic areas, the fishing pier and the Sanibel Boat Ramp. “Every beach in Lee County has the same prohibition,” said Vice Mayor

Mick Denham. Dalton said the issue had been around some time and that he would like an emergency measure passed to counteract the problem and then a longer term prohibition in the future.*

City Council Cuts \$3.5 Million From Budget

by Wendy McMullen

Sanibel City Council approved cutting \$3.5 million from the budget in the revised Comprehensive Annual Finance Report at Tuesday’s meeting. The budget cuts are an attempt to keep taxes down for property owners in the face of significant cuts in revenue as a result of the coronavirus. The report noted that the total tax rate levied by the city has decreased 15.2 percent from 2.6150 mills in 2010 to 2.2186 in 2019. The challenges resulting from COVID-19 included loss of revenue from the city’s beach parking lots, which were closed for more than two months at the height of the season, and a related reduction in the city’s share of causeway revenues. The city also lost revenue from gas, sales and communication taxes as the island virtually closed to tourists. The city has also had considerable expenses for public safety measures to prevent the spread of the coronavirus. “Every decision we make, we’ve got to think, what’s the cost of that,” Mayor Kevin Ruane told the council. Other measures that the city is taking to increase revenue and cut costs is to sell off surplus capital assets including six Ford Explorers and one Ford Escape police vehicles. The city had already furloughed 76 full-time and part-time city staff and are paying overtime to existing staff rather than replacing them at this time. “Paying overtime is cheaper than bringing people back,” said City Manager Judie Zimomra. Canceling the July 4th parade along Periwinkle Way and the evening fireworks will also save significant costs in policing as well as the cost of

fireworks, city council members were told. City council unanimously approved the revised annual finance report. “Every time we make a decision, I’m going to stick to what’s in there,” said Vice Mayor Mick Denham. “This document is going to be my living document for the next couple of years.” “I will live by that,” echoed Councilman Richard Johnson. Councilman Holly Smith agreed. Councilman Jason Maughan was not present for the June 2 meeting but sent a text in support of the measure.*

City Lifts 50 Percent Occupancy Rule

by Wendy McMullen

City council voted Tuesday to increase occupancy in both vacation rental properties and hotels and motels to 100 percent, to allow parking for people with B and C stickers and to open up parking for the children’s playground on Periwinkle Way. “We have learned a lot, the businesses have learned a lot,” said councilwoman Holly Smith. “They have been closed for eight weeks and restricted for two weeks. It’s time to open up.” Councilman Richard Johnson agreed, asserting that hotels and motels were following all the Centers for Disease Control (CDC) guidelines and that they should be allowed 100 percent occupancy. “Our hoteliers know what they are doing,” Johnson said, adding that the council needed to unbridle the accommodation industry and that he thought the increase would be gradual rather than a surge. “I’m most impressed with the hotel industry and their ability to keep everyone safe.” According to Johnson, the City of Sanibel was the only place in South Florida that still had occupancy restrictions and that this change brought Sanibel in line with both Lee County and the State of Florida. The rules quarantining visitors

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coming from states considered hotspots remain in place. The definition of a hotspot is one with more than 700 cases per 100,000 population as indicated in the CDC tracking site. Visitors from these states must remain in quarantine for two weeks.

Residents and non-residents can also now use their B and C stickers at places like the boat ramp and the public beach parks.✱

Mayor Gives Notice Of Resignation

by Wendy McMullen

Sanibel Mayor Kevin Ruane gave official notice of his resignation from city council effective November 16.

Ruane is a candidate for the Lee County Board of Commissioners to fill the District 1 seat currently held by John Manning. Ruane has served 16 years on city council. He was appointed to the Sanibel City Council to serve an interim position for a vacant seat in February 2007 and was elected two years later in the general election. He has served 10 consecutive terms and was appointed by his peers as mayor in 2010.

"You have been an outstanding citizen of Sanibel," Vice Mayor Mick Denham told Ruane. "I'm proud to have been associated with you."

Ruane noted that when he joined city council in 2009, it was dealing with red drift algae and it was on the edge of bankruptcy. As a financial expert, he has helped bring the city, prior to the challenges of COVID-19, to a healthy financial status.

During his tenure on the council, Ruane has served on the Florida League of Cities Legislative Policy Committee, Lee County Metropolitan Planning Organization, Florida Municipal Insurance Trust and Municipal Insurance Investment Trust. He is also president of the Florida League of Mayors and liaison to Lee County Tourist Development Council and Lee County Mayors.✱

The Summer Bride Is Back

by Wendy McMullen

Weddings on the beach, banned during the COVID-19 crisis are back on Sanibel, city council decided at Tuesday's meeting.

Beach weddings were prohibited under the city's restrictions of social distancing and limited gatherings, but those restrictions are now lifted and hotels and resorts can once again start taking applications. The clerk of court opened earlier this week and can issue licenses again.

"Resorts are very proactive in making sure that people are social distancing," said Councilman Richard Johnson.

Also permitted are events like the FISH 10K race in October and Zonta's Peek at the Unique next year. The Peek, which takes place in March, had to be canceled this year.✱

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Life doesn't always go according to plan, but when you work hard, meet the right people, sometimes it does, and I'm SO glad that my plan has worked out for our family. It happened because of CHR which appropriately stands for Community Housing and Resources, a name that couldn't be more fitting! Besides making it possible to rent an apartment here on the island, CHR provides help in many other ways.

During the Covid-19 crisis, Community Housing and Resources has provided a sense of peace of mind for my family, and that is priceless. On endless occasions CHR has provided food when my pantry was low, support when there was uncertainty, and a spirit of community. Words can't express how thankful I am that CHR continues to focus on families like mine.

Jasper and I will be forever grateful that CHR is here to support us as we make a new life on Sanibel. Thank you CHR!"

—Morgan, CHR resident



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Native tough bully is a wildlife-friendly native shrub or small tree that lives up to the word "tough"
photo by Gerri Reaves

Plant Smart

Tough Bully

by Gerri Reaves

Tough bully (*Sideroxylon tenax*) is a native shrub or tree of the sapodilla, or sapote, family.

Long-lived but slow-growing, this perennial is an evergreen in South Florida.

In the wild, it grows in sandhills, scrub, coastal hammocks and sandy pinelands. High salt tolerance suits it for coastal areas.

It reaches 12 to 30 feet in height and can be as broad as tall, with an open irregular crown.

The common name refers to the tough but flexible branches and stems. Other names include tough bumelia, tough

buckthorn and ironwood. Indeed, the Latin word *tenax* mean holding tight, gripping, or clinging.

The alternate narrowly oval leaves are about two inches long and have a coat of dense silvery to rusty brown hairs on the undersides.

Those hairs slow moisture loss during transpiration, thus helping to make this plant very drought tolerant once established.

The reddish brown bark is thick and fissured.

Small white tubular flowers appear in bunches in the leaf axils and attract various pollinators. They bloom throughout the year but most profusely in spring and summer.

The black-purple olive-sized fruit is eaten by birds and other wildlife.

Dense foliage and thorns make it useful as a hedge or even a security plant, as well as a cover and nesting sites for birds.

Plant it in full to partial sun. It can grow in nutrient-poor soil but must have organic content and good drainage.

Propagate it with cuttings or the single seeds in the berries.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.fnps.org, www.regionalconservation.org, www.rufino-osorio.blogspot.com, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

More Than Israel Has Kept The Sabbath

submitted by Tanya Hochschild

In these days of coronavirus, when we really cannot distinguish the days of the week from each other, the Sabbath stands as a beacon. It is a constant in an instant world, a signpost to hold onto.

A leader from the URJ spoke on a webinar about how we are living, "in a Volatile, Uncertain, Complex and Ambiguous world," a VUCA world... an acronym coined by the American military, when the USSR collapsed in the early 1990s. In such a world, questions and

strategies do not always result in answers. In such a world, our religion is as relevant as it has ever been.

The Fourth Commandment clearly states the Sabbath was to be a day of rest for the Children of Israel, for their servants and for their beasts. This holiday begins at sunset, yet waking up on a Friday morning feels different from the other mornings of the week. The day is filled with precious hours, an island of special, spacious time. We are meant to stop shopping, driving, working – separating from our familiar activities. This observance reminds us of life under COVID-19. Many of us are using this new found time to learn, to call friends we have not spoken to in years, to spend time with family, to catch up on reading, to isolate, create a firewall from the rest of the world. We have much time on our hands, we have questions to which we do not have answers. This pandemic is our first such experience; the questions it provokes are infinitely complicated and largely unanswerable, as yet.

Shabbat at the end of every week is possibly the most important holiday of the entire Jewish year. Especially now, we need its sacred ritual, its constancy, its comfort; we embrace its certainty. Its beacon shines a light throughout the six weekdays, becoming brighter as we approach Wednesday, then Thursday and finally Friday. Shabbat is ushered into the home by lighting and blessing candles, reciting the kiddish over wine and the motzi over the braided challah.

These traditions can still be celebrated in our own homes through Zoom, Facebook or YouTube, where the Bat Yam Temple of the Islands congregation gathers to share the service provided by Rabbi Stephen Fuchs and his wife, Vickie, and by Cantor Murray Simon and his wife, Toby. We are reassured to see familiar faces in the small square boxes as more and more congregants join the Shabbat service. Nobody is limited by geography and many faces fill the boxes, including "snowbirds" in their northern homes for the summer.

This time of rest and worship is its own tranquil reward and each week, as we bid farewell to the Sabbath bride, we look forward to next Friday and the Friday after that. The ritual anchors us, even as we experience shifting and disruption from the COVID-19 storm.

In an imperfect world this "palace in time" as Rabbi Abraham Joshua Heschel calls it, offers a respite, an attempt to be part of a perfect world for a short while, to keep at bay the virus and all its frightening connotations.✱

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From The Pen Of 'Ding' Darling

Irony was one of Jay Norwood "Ding" Darling's strong suits. Back in July of 1930, his "The extreme perversity of nature" political cartoon foreshadowed the inanity of fertilizing that still persists today. The punch line: "Your highly fertilized lawn – sodded, watered, mowed, raked and petted, manages to resemble the Sahara Desert, while your concrete & crushed rock driveway blossoms and thrives with vegetation like the Garden of Eden!" A reminder to us all today: Don't feed algae blooms, especially during summer's rainy season. Sanibel regulations prohibit the application of fertilizers containing nitrogen and phosphorus from July 1 through September 30.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by publishing some of Darling's editorial cartoons.

Through December 1, 2020, the

refuge's official anniversary, this newspaper is running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in *The Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.

Trash And Treasures Fall Sale Canceled

Due to the COVID-19 pandemic, Island Seniors annual fundraiser, Trash and Treasures, will be canceled this November. Consequently, the organization will not be accepting any donations this year.

Island Seniors extends its thanks to the Sanibel community for all the prior years of support and participation, and is looking forward to the 2021 fundraiser.

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Beat The Heat



by Capt.
Matt Mitchell

As we move into June, it's hard to believe that it's not officially summer yet. Crazy hot humid days and afternoon thunderstorms have made it

feel more like August. If you plan on fishing or even just boating, it's much more bearable to get out early not only avoiding the mid-day oppressive heat but also the afternoon thunderstorms. These almost daily thunderstorms are fast-moving and often very unpredictable. They not only bring dangerous lightening but strong winds and rain. Getting chased off the water will become more and more common.

By mid morning, we sat sweating while fishing many days this week. Make sun block part of your daily routine. Applying several coats before you leave the house is much more effective than trying to apply it while you are on the water. Staying covered up to avoid sun burn is just part of living in the tropics. Long sleeves, large brimmed hats and sun gaiters help to keep the sun off, though some days it just gets so hot you have to pick up anchor and run just to cool off.

Fish are more active too during the cooler periods. During the heat of the day, the bite often grinds to a halt. Night fishing can be a great option to avoid the heat also. Temperatures are much more



Pictured are double rainbows as an afternoon thunderstorm approaches

photo provided

pleasant when heading out after the daily thunderstorms. On many nights, you will have the most popular fishing spots all to yourself.

Some of my favorite night fishing spots are in and around the passes. Many docks in the passes have lights, and you can see all the fish stacked up. Another favorite option at night is soaking cut baits for sharks. If you pick the right night around the full moon, it's often very light out. Stay close to home or in the areas you feel comfortable running your boat in the dark. Fishing off piers, beaches and bridges is also

another option for night fishing.

Both snook and sea trout made for some great action while fishing the passes in the mornings this week. We've been seeing so many trout in the passes after a drop in numbers since the red tide of two years ago. It is an awesome thing and really a testament to the FWC closure on these species. Another nonstop bite this week was Spanish mackerel fishing between St. James City and Sanibel. Big schools of mackerel could be sight-fished as they chased small bait fish up the surface. Mixed in with the mackerel were lots of smaller blacktip

sharks and even a few bigger spinner sharks.

Don't let the heat keep you home as our fishing is hot too. Start your day early and get back to the comfort of the A/C before the hottest part of the day. Summer heat just makes everything move at a slower pace.

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

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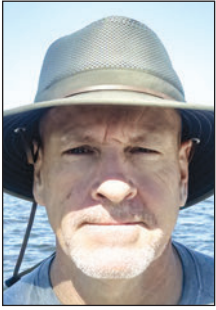
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Dave Doane

CROW Case Of The Week:

Barn Owls



by Bob Petcher

The barn owl (*Tyto alba*) is known for its white, heart-shaped face and its raspy call, not an ordinary owl hoot. The most widespread of all owl species, the barn owl is a medium-sized raptor

that nests in tree cavities, caves and in buildings, such as barns.

At CROW, a juvenile barn owl and its sibling were rescued from a barn that was being demolished on Buckingham Road in Fort Myers. Both owls were thin and dehydrated, were provided fluids and started on re-feeding plans for their underweight condition.

"The owls were taken into captivity the day prior to their presentation to CROW, so they spent a full 24 hours without food or water," said Dr. Mariah Lancaster. "Many of our patients present this way and so are understandably dehydrated upon arrival. We treat this by providing fluids promptly to all our patients during initial triage and treatment."

Unfortunately, one of the owls had another issue – monofilament fishing line wrapped around its leg, back and chest, causing constriction injuries. Through two surgeries, veterinarians were able to remove the line and stitch the wounds shut.



Patient #20-2272 has recovered from two surgeries that involved stitches due to monofilament line entanglement

photos by Breanna Frankel

"The first procedure was upon arrival, where the owl was placed under anesthesia briefly for swift removal of the embedded line and then given time to gain strength prior to a longer wound repair procedure," said Dr. Lancaster. "Two days later, once fully rehydrated and after gaining strength, the owl was taken for a surgical repair of the constriction wounds of the right leg. This was a more intensive surgery which involved the removal of dead tissue and closing the open wounds using stitches the owl's body will dissolve over time as the leg heals."

After a couple weeks, the owls have recovered nicely. In fact, they



were recently moved to an outdoor rehabilitation enclosure and will hopefully be released this weekend.

"The plan for both owls is to release them this Friday (June 5) on conservation land, as their prior habitat was unsafe for release due to human activity," said Dr. Lancaster.

While in this case a rescue was needed, it is not always best to take healthy animals away from their habitat.

"Animals being displaced by human activity cannot be simply relocated to a nearby area," said Dr. Lancaster. "If you have questions about whether it is appropriate or necessary to relocate

an animal, please call CROW or FWC (Florida Fish and Wildlife Conservation Commission) to consult on what may be required for that species. In the majority of cases, peaceful coexistence can be achieved and no intervention is necessary."

Remember that fishing line entanglement can affect many different types of animal. Visit www.mindyourline.org to learn more.

"Monofilament line discarded in the environment can impact animals far beyond the shoreline. In this case, the adult barn owls likely found discarded monofilament line and utilized it as inappropriate nesting material. The owlet, unable to break the line once entangled, continued to grow and the line became embedded into its skin as its body fought to heal the wounds caused by the constricted line wrapped around his legs, back and chest," said Dr. Lancaster. "The best solution to this kind of tragedy is to prevent the introduction of line into the environment by exercising responsible stewardship of fishing line, ensuring that one has collected and properly disposed of all pieces of line and leaving none behind to be found. Leave no trace and always mind your line."

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



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Shell Of The Week

Concentric Ervilia



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

Measuring
5.5 mm
(0.22 inch)
at most, *Ervilia
concentrica*
(Holmes, 1860) is

one of the smallest bivalves found on our barrier island beaches. The species belongs in the same family (Semelidae) as its more famous (and larger) cousins, the Purplish Semele and the Atlantic Semele. The shell is elongate, with the *umbo* (or beak) situated almost centrally, and its sculpture consists of very fine *commarginal* (concentric) ridges. The prevailing color in this species is a light pink, but whitish varietals are not unheard of. The shell in the photo was collected by Susan J. Hewitt at Blind Pass on Captiva, in December 2014. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily.



The Concentric Ervilia, *Ervilia concentrica*, from Sanibel

photo by José H. Leal

Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To

make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*

Ocean Tribe Outfitters Reopens Monday

Sanibel Sea School will reopen its retail shop, Ocean Tribe Outfitters, on Monday, June 8. In accordance with Florida's Phase 1 reopening, Ocean Tribe Outfitters will allow shoppers up to 50 percent capacity.

The store will be open Monday through Friday from 9 a.m. to noon, located at 455 Periwinkle Way.

Social distancing guidelines are encouraged and masks will be required for shoppers. If shoppers do not have one, there will be extras on hand. All staff will be outfitted in masks and will be taking necessary steps to sanitize the space thoroughly and between customers.

The store offers reusable Hydroflask water bottles, towels, MANG sun protective gear and Rainbow brand sandals. Children's rash guards, shell collecting bags and field guides are also available. All proceeds benefit Sanibel Sea School's mission to improve the ocean's future, one person at a time.*



Reusable Hydroflask
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Cover of the 2021 calendar
photo by Theresa Baldwin

New Edition Of Sanibel-Captiva Nature Calendar

The cover of the 2021 Sanibel-Captiva Nature Calendar features a photograph of a snowy plover chick sheltering in a pen shell, photographed by longtime contributor Theresa Baldwin. The back cover shows a sunset photographed from the east end by islander Cliff Beittel.

This edition of the calendar shows four of the often-observed shorebirds; sanderling, snowy plover, black-bellied plover and marbled godwit. Wading birds in this edition are roseate spoonbill, little blue heron and green heron nesting with chicks. Other

months show bottlenose dolphins in Pine Island Sound, a pileated woodpecker near the lighthouse and a northern parula in “Ding” Darling National Wildlife Refuge. Rounding out the photos is a gray angelfish photographed on a reef off of Captiva and a raccoon in “Ding” Darling.

Jim Fowler, publisher of the calendar, said although this edition was delayed due to the ongoing coronavirus, the calendar should be in stores by early June. “Staying safe at home has probably benefited nesting shorebirds statewide. But when Bowman’s Beach parking opened up, it was reported that least terns abandoned their nests due to crows, dogs and people infringing inside their roped-off nesting area. If you observe a roped-off area on the beach, stay clear. It is either a sea turtle or shorebird nest.”

Photographers featured in this edition are Cheryl Arena, Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Sara Lopez and Dick Fortune, Lorraine Sommer and Don Thompson. Well known writers and island residents Betty Anholt and Charles LeBuff, along with SCCF Shorebird Program Coordinator Audrey Albrecht, wrote the monthly photo narratives.

This is the 33rd edition of the calendar, which is sold only in Southwest Florida. A portion of the proceeds are donated to regional conservation organizations. To date, the publisher has donated over \$24,000 to conservation organizations in Southwest Florida.

The calendar retails for \$14.95 and is sold throughout Southwest Florida in book stores and gift shops. For mail orders, send \$14.95 (plus \$2 S&H) to:

Sanibel-Captiva Nature Calendar, P.O. Box 356, Sanibel Island, FL 33957. For the custom Blind Pass Tide edition, send \$17.95 (plus \$2 S&H).✱

Green Sea Turtle Nest Relocated

Sanibel-Captiva Conservation Foundation (SCCF) reported that the first green sea turtle (*Chelonia mydas*) nest of the year was laid on May 25 on the bayside of Sanibel’s east end. The nest was laid on a narrow stretch of beach that was threatened by daily tidal inundation, so it was relocated to a more suitable habitat on the gulf side.

SCCF’s turtle team was alerted via the Sea Turtle Hotline to the unusual nesting on the bayside of the island, which isn’t included in daily monitoring. Aside from this green turtle nest and three leatherback nests, there are now 234 loggerhead (*Caretta caretta*) nests on both islands, compared to 140 last year.

Notably, the false crawl rate is lower than normal, particularly on Captiva. Monitors documented more nests than false crawls on Captiva, which is unusual.

Following is a breakdown of loggerhead nests by location as of May 27, in comparison to last year:

2019

Captiva – 33

Sanibel East End – 23

Sanibel West End – 84

(There were also two green nests laid on the west end on this day last year)



Green sea turtle nest bayside

photo provided

2020

Captiva – 72

Sanibel East End – 45

Sanibel West End – 117

Visit www.seaturtle.org/nestdb/ to keep up with nesting season on a daily basis.

To report any issues with nests, nesting turtles or hatchlings, call SCCF’s Sea Turtle Hotline at 978-728-3663.✱

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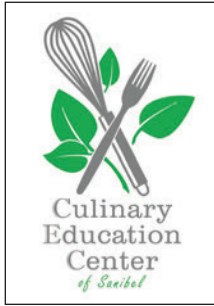
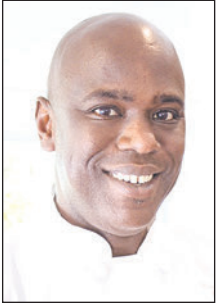
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The Community House

Arugula



by Resident Chef Jarred Harris

Arugula is a vegetable widely used in the culinary world. Not only is it tasty, but it is exceptionally good for you. It has a unique nutty and peppery flavor that adds a wonderful dimension to salads, soups and sandwiches. Arugula flowers, seed pods and seeds are also edible. They are used to make extracts and oils.

Arugula is known by other names such as salad rocket, roquette, rucola, rugula, garden rocket and colewort. The scientific name of arugula is *Eruca sativa*.

Native to the Western Mediterranean region, arugula is found growing wild in Portugal, Spain, Morocco and Algeria. Arugula has been used in these countries since the first century for medicinal purposes. Ancient Romans believed the herb was a natural aphrodisiac or sexual stimulant and used the seeds as well as the leaves to make tonics and love potions.

British colonists brought arugula to

America and used it strictly for medicinal purposes. In fact, arugula did not become a popular culinary ingredient in the United States until the early 1990s and since then, it has become a staple in Italian and vegan cookery.

Arugula is a member of the Brassica family and related to broccoli, cauliflower, Brussels sprouts and cabbage, all of which are high in dietary fiber and contain cancer fighting properties. Arugula has high amounts of vitamins C, B-6 and K. It also contains thiamin, niacin, riboflavin and is full of the minerals phosphorous, copper, manganese, potassium, calcium and iron.

Here is an interesting recipe for you to try:

Arugula Pesto

2 cups packed arugula leaves (stems removed)

1/2 cup shelled walnuts

1/2 cup Parmesan cheese (grated)

1/2 cup extra virgin olive oil

6 garlic cloves (peeled)

Zest and juice of 1/2 lemon

1/2 tsp. salt

Method

Put all the ingredients into a food processor or blender and blend for 2 minutes. Taste and season accordingly.

Remove and store in an airtight container.

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.✱

Sea School Adds Virtual Offerings For Teens

submitted by Nicole Finnicum

Sanibel Sea School has added more virtual options for teens this June. With the high demand for teenage programs and the virtual Island Skillz CIT (Counselor in Training) offerings now full, the following options were added to the virtual lineup.

From June 15 to 19, Dr. Bruce Neill will offer one final course in leadership called Hangin' with Doc Bruce. Neill thinks Sanibel Sea School's CIT program is one of its best offerings and wanted to have one more opportunity to gather with the teens. He will volunteer his time, post-retirement, to a week-long course in leadership. There will be team-building activities and a chance to say farewell since there wasn't a traditional summer camp this year.

Additionally, Education Programs Manager Shannon Stainken will offer a CIT program workshop from June 22 to 26. In this week-long session, Stainken and the CITs will have the opportunity to rework the current program and reinvent the CIT program for future years.

"We had a eureka moment in quarantine – shouldn't our CITs be involved in this process?! It's a program for teenagers after all, so shouldn't it be



Teens will have another opportunity to engage virtually with Sanibel Sea School in June photo provided

designed by teens?" Stainken said.

This program will be a collaborative effort between Stainken and the CITs to create and grow the CIT program and to gain valuable input from those who have benefited from the program over the years.

Each teen program will be offered virtually via Zoom and will be \$75 for the week. Each session will run Monday through Friday from 1 to 2 p.m. The programs are designed for teens ages 13 to 18.

Register for virtual teen programs online at www.sanibelseaschool.org/sanibel-camps. If you have any questions, email info@sanibelseaschool.org.✱

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The Sanibel Captiva Trust Company

Growth Vs. Value During COVID-19



by Ian N. Breusch,
Chief Investment
Officer

The fallout of the COVID-19 global pandemic on stock markets this year has been dramatic. The U.S. equity market (S&P 500) fell by more than 33

percent over the course of 23 trading days beginning in late February before ultimately rebounding to much higher levels. It has been interesting to observe how different segments of the broader stock market have performed in light of recent volatility – one of those being the substantial outperformance of growth stocks relative to value stocks, the continuation of a multi-year trend.

Historically, it is very common to see growth and value stocks either outperform or underperform each other over different periods of time, as well as see these differences persist for many years. However, it's also true that the performance of growth and value stocks tend to converge over long periods of time. As the chart reveals, the recent outperformance of growth stocks has been quite strong over the past several years, only becoming more pronounced this year during COVID-19. But when we look back



over 25 years (and longer), the difference between growth and value becomes much less pronounced.

Frankly, it makes sense that growth and value stocks tend to converge on each other – performing similarly over very long periods of time. The total return potential of growth and value tends to be fairly similar in the aggregate – it's just a matter of how those returns are generated. Growth companies tend to grow faster and reinvest their cash flows back into their businesses to generate higher future returns for their shareholders, while value companies tend to grow slower and pay back more of their cash flows directly to their shareholders via share buybacks and dividends.

If you happen to own a large proportion of value-oriented companies that pay good dividends, you may be

displeased with your recent performance results – perhaps wishing you owned nothing but technology stocks. However, if history is any guide (and it typically is), at some point we expect value stocks will lead the market and the differences between growth and value will once again collapse on each other.

While accounts at The Sanibel Captiva Trust Company and its divisions of The Naples Trust Company and Tampa Bay Trust Company are individually managed and tailored to our clients'

image provided

unique goals and constraints, we also believe it is important to own companies across different segments of the market (growth and value), including reasonable diversification across the various sectors and industries of the economy. This gives you the balance necessary to maintain a productive portfolio. We're here to help and welcome your questions.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice.**

American Legion Opening Soon

American Legion Post 123 will reopen soon as a non-smoking facility. However, smokers can use Timmy's Nook, the historic venue outside. Veterans and the public are welcome.

Veterans and their immediate families are invited to join Post 123, Sons of the American Legion or American Legion Auxiliary.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.*



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 chopped
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 4 ounces blue cheese, crumbled
 1/3 cup red wine vinegar
 2/3 cup olive oil
 2 teaspoons Dijon mustard
 1/2 teaspoon brown sugar (or your
 favorite sweetener)
 Oil for cooking
 Sea salt and fresh ground pepper, to
 taste

Carefully place 2-3 pieces of chicken
 onto skewers, season with salt and pepper,
 and set aside. Preheat a large sauté pan
 and add 1 tablespoon oil. Cook chicken
 for 6-8 minutes or until completely cooked

Cobb Salad

through and set aside. Prepare vinaigrette
 by whisking together red wine vinegar,
 mustard, oil, sugar, salt and pepper.
 Compose salad by arranging the chicken,

avocado, tomatoes, bacon, boiled eggs and
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photo courtesy Fresh From Florida

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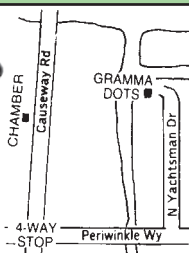
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Book Review

The Night Watchman



by Di Saggau
Award-winning author Louise Erdrich, in her latest book *The Night Watchman*, weaves together a lovely story of generations, past and future. It's based on the extraordinary life of

her grandfather, Patrick Gourneau, who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, DC. In the book, Thomas Wazhashk is the night watchman at the jewel-bearing plant, the first factory located near the Turtle Mountain Reservation. He is a Chippewa council member who is trying to understand the consequences of a new "emancipation" bill on its way to the floor of the United States Congress. It's 1953, and he and the other council members know the bill isn't about freedom, it's a "termination" that threatens the rights of Native Americans to their land and their identity.

Erdrich's elegant prose and humor, along with her depth of feeling, explore themes of love and death as she describes the desires and ambitions of her characters. One girl on the reservation, Pixie Parenteau tells everyone to call

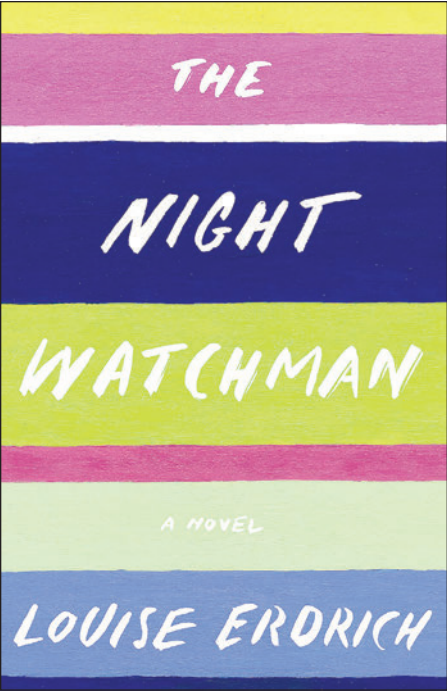


image provided

her Patrice. She has no desire to burden herself with a husband and kids. She works at the jewel-bearing plant earning barely enough to support her mother and brother. Her shameful alcoholic father comes home just often enough to terrorize his family and ask for money. Patrice is determined to find her beloved older sister, Vera, and her baby. A trip to Minnesota introduces her to unexpected forms of exploitation and violence.

Patrice and Thomas live in the impoverished reservation community

along with a young Chippewa boxer, Wood Mountain and his mother, Juggie Blue, her niece and Patrice's best friend Valentine. Then there's the white high school math teacher and boxing coach, Stack Barnes, who is in love with Patrice.

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School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
My daughter is supposed to go away to college in August, but I have some concerns, not only about COVID-19 which is paramount but about her emotional stability. How can I tell if she's emotionally ready to leave home?

Alicia P, Fort Myers

Alicia,
This is a great question, and I'm so glad you asked. So much of what determines whether students are successful at college has nothing to do with academics but instead involves the skills of coping, self-care, self-advocating, independent living and self-control.

Here are some key questions from Donna Volpitta, EdD, the founder of the Center for Resilient Leadership, to help you assess your child's ability to navigate the social and emotional aspects of college and some suggestions to help work on these skills.

What does your child do when something doesn't go her way? Pout, problem solve, run to you? It's essential for your child to develop coping strategies in order to be ready to go away to college. Typically, parents want to solve things for their kids, but it's better for them to struggle to find solutions themselves. Use everyday challenges such as missing a deadline or forgetting her homework as opportunities to help your child develop coping strategies.

Self-advocacy is a critical skill for children to learn. Does your child know who to go to if she needs help? Does she know how to ask for help? Think about whether she's prepared for some of the issues that might arise in college, such as working through a problem with a roommate or meeting with a professor to discuss accommodations. If you don't think your child can ask for help, it's time to teach her how to do so. Role play is one of the ways you can help your high schooler learn how to speak up for her

needs, both academic and non-academic.

The day-to-day demands of taking care of oneself can be overwhelming if a child has never had to provide her own self-care before. At college, there won't be anyone making sure she gets enough sleep or eats a balanced meal. She'll also need to do her own laundry, take care of her finances and get herself to the infirmary if she's sick. So, it's very important that you allow her to start the self-care process while she is still at home this summer, and you can guide her.

Give your child opportunities to show that she's emotionally ready to take care of herself before she leaves for school. Let her practice getting herself up and ready for school or work, doing her own laundry, making her own breakfast, lunch and other tasks without constant reminders from mom and dad.

Teens are faced with some very difficult decisions in high school and college. Has your child demonstrated self-control when it comes to drinking, drugs and sex? Is she prepared to make good decisions when faced with tough choices? Teens with a strong sense of self-control are more capable of making good decisions. If your child is still struggling with these issues, it's very important to help your high schooler work on self-control before she gets to college. You can help your teen gain self-control by laying out clear expectations and talking about moods and feelings, so she has a clearer idea of her own thoughts and feelings about difficult topics.

Unfortunately, there is no single test to determine whether someone is emotionally ready to leave home for college. If you think your child isn't ready for college yet, you can work with her on these skills while she's still at home with you, and the good news is that resiliency, self-advocacy, self-care and self-control are all skills that can be taught. Give her opportunities to handle challenges and to ensure that she's ready.

Shelley Gregg 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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Superior Interiors

Appealing Bedroom Storage Options



by Katie Frederick

Now, more than ever, home redecorating projects are on the rise. Homeowners are spending more time inside, which translates into more time pondering the various ways they

can transform and bring new life to their living spaces. If you are spending more of your days cooped up inside with lots of free time, why not take the opportunity to get ahead with your spring cleaning? Organizing your bedroom is one of many ways to pass the time and feel productive in the moment, and there are plenty of storage options that are discrete, stylish and fully functional that you can incorporate into your current arrangement. Wall space is great for art and decor, but functional storage shelving is another opportunity to take advantage of the vertical space in your room while also putting your personality on display. Showcase stylish pieces like jewelry and accessories, books and photographs, or any other items that flow with your personal style and the look and feel of your bedroom. A headboard is one of the best focal pieces of the bedroom, but it doesn’t only have to be for show as options

are available that offer both hidden and exposed storage areas. There are various choices on the market that use the front of the headboard as a shelf, perfect for storing lamps, alarm clocks, your personal items and other cute accessories. Some headboards are also hollow with side cubbies so you can be more discrete while storing your personal items. While we’re on the topic of your sleeping space, why not consider a bed frame with drawers? This is perfect for someone who prefers minimalism and does not want to clutter the room with a dresser. These drawers can also be used for added utility storage. You can place accessories that would normally live in the closet here, or perhaps you can save the space for your hobbies; books, art supplies, yarn and knitting needles can be easily accessed when you want to relax and work in bed. If you don’t have a bed frame with drawers, you can also consider placing an ottoman at the foot of the bed as replacement storage opportunity. When you think about the closet of one of your favorite celebrities, what is the one feature you adore beyond the amount of space they have? It is likely the storage system that makes everything look so sleek and organized. The great news is virtually anyone can do this within their own living space; all you need is a design professional to evaluate your homes available space and help you create the perfect customized option to fit your closet and support your wants and needs. More time spent inside means an opportunity to remain productive and get your living space in order. Utilizing these suggestions will assist you in creating the blueprint for your new and improved (and freshly organized) bedroom. Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindceden.com.✧

From page 1

Island Life

exhibit featuring work by these two members of the Sanibel Captiva Art League. Bob’s interest in drawing with pen and ink started at an early age. After college and a career as a sales manager in Orlando, he and wife, Anita, moved to Southwest Florida. That led Bob into a new career as a chef and back to his love for drawing. His passions for cooking and art keep him busy. Bob enjoys Zen Tangle and the simplistic detail of pen and ink. He said, “The process puts me in another time and place. I continue to experiment and develop new styles and techniques, and I hope my art makes you smile and wonder.” Anita incorporates vibrant colors and whimsy into her work to reflect her laid back island life. She loves creating island interpretations with her unique watercolor palette and funky collages filled with bits and pieces. Anita said, “I have fine-tuned my palette to reflect my life on Sanibel and always enjoy reactions from people who love my use of tropical colors.” A regular participant in the Sanibel Captiva Art League Plein Air Painters’ weekly excursions, Anita’s watercolors and collages have been displayed locally and in the Florida Watercolor Society



Anita Force Marshall and Bob Marshall
Image provided

online show. She teaches watercolor and collage at The Community House and is president of the art league. The Marshalls are year-round Sanibel residents who exhibit at various locations on the islands including Art on the Veranda at Bailey’s General Store each year during season. “We are so thankful to the innovative staff at our Sanibel Community House,” the couple said. “Because of their ingenuity and thinking out of the box during this disastrous pandemic, everyone, no matter where you are, can enjoy the healing power of art virtually.”✧

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Real Estate Expert Round Table

The North American Real Estate Expert Panel is reconvening on Thursday, June 4 for Part 2 of its real estate round table discussion on major markets across North America. This is open to the public to watch both live and after the meeting, as some of the brightest minds and top producing Sotheby's International Realty agents across North America weigh in on the real estate market amidst these unusual times.

Part 1 of the panel discussion was held on April 24. The panel is getting back together to reassess how the real estate markets have trended since the first discussion. The panel consists of Jeff Burns (Florida – Top 1 percent producing agent Premier Sotheby's International Realty), Kevin Brown (New York City – top producing agent Sotheby's International Realty). Michael Shenfeld (Chicago, Illinois – Top 1 percent Jameson Sotheby's), Anne Dresser (Denver, Colorado – Top producing agent LIV Sotheby's), Petrus Engelbrecht (Toronto, Canada – Top producing agent Sotheby's International Realty Canada) and Mark Parrish (Twin Cities, Minnesota – Top producing agent Lakes Sotheby's).

Part 2 of the real estate round table will take place at 3 p.m. EST. The six experts will discuss topics including: how have their respective markets changed in the last month; has buyer activity increased or decreased; has there been a noticeable shift in buyer preferences among the new normal; and how have sellers responded. They will offer opinions, recommendations and advice to buyers and sellers of real estate. The public is welcome to submit questions during the Zoom conference.

Link to register for Part 2 of the North American Real Estate Round Table at <https://bit.ly/2LNoJ94>.



Panel of speakers

image provided



photo provided

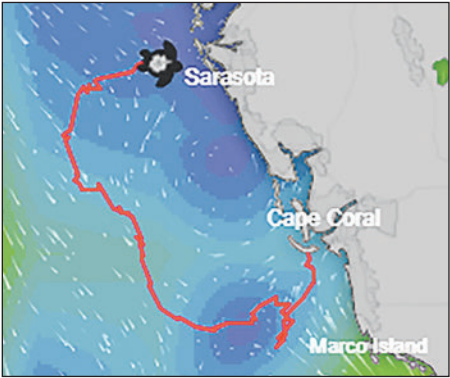
Kiwanis Coupon Books Are Back

The Sanibel-Captiva Kiwanis Club has reinitiated sale of its Diner's Delight coupon books, which offer two-for-one savings on entrees at participating eateries.

Coupon Books can be purchased from Kiwanis members, at Bank of the Islands, Sanibel Captiva Community Bank island branches, Tortuga Beach Club, Shell Island Beach Club, Island Pharmacy, Bailey's General Store, Island Winds Coiffures, Periwinkle Park and Big Red Q Printing as long as they last. Cost is \$40 per book, and each book has coupons valid at 30 local eating establishments, valid through December 18, 2020.

The coupon program is an important fundraiser for Kiwanis, providing scholarships for island students and grants for youth sports, recreational and educational activities. Over the past 13 years, Kiwanis has awarded 277 scholarships with a value of \$396,000.

From page 1 Leatherback



Juniper's track

image provided

Coastal Wildlife Director Kelly Sloan saw an opportunity to learn more about this turtle and reached out to biologists with Florida Leatherbacks Inc. (FLI).

FLI is a nonprofit dedicated to researching leatherback turtles that nest on the east coast of Florida. Sloan coordinated with Chris Johnson and Kelly Martin with FLI who traveled to Sanibel and Captiva and placed a satellite tracking device on Juniper on May 19. "This was an amazing opportunity to track a leatherback from a location never before tracked and gain valuable research data about her behavior and movements in the Gulf of Mexico," said Martin.

As of May 27, as you can see on the screenshot of her tracking map, Juniper was north of Sarasota.

To track Juniper in real-time, visit www.trackturtles.com/juniper.



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Will Power

Oh No! Don't Do It!



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

In recent weeks, I've encountered calls from clients who, unbeknownst to me, took on the responsibility of acting as a trustee for a friend's or relative's trust, and found themselves at the wrong end of a negligence lawsuit. Acting as a trustee carries with it many fiduciary responsibilities such as prudently investing trust assets consistent with and balancing the trust beneficiaries' needs, providing annual accountings and notices of significant transactions, engaging competent professionals such as attorneys and accountants, and filing tax returns, to name just a few.

While you might be friends or a close relative of the person who creates the trust, that's not really who you should worry will watch over your shoulder offering criticism. It's the beneficiaries of the trust you need to worry about. You may or may not be familiar with them. The beneficiaries may or may not get along with one another, which speaks to the many issues you must address when balancing their respective needs. When you treat everyone fairly, it's not uncommon for everyone to be unhappy because no one got their way.

Consider, for example, a trustee who must balance the income needs of a surviving spouse against the needs of the adult children beneficiaries who inherit when that spouse dies. If the trustee invests to achieve maximum income so the surviving spouse can live in comfort, he's probably sacrificing growth to keep pace with inflation. When the adult children inherit, the trust might be worth much less than what they expected. If, on the other hand, the trustee invested for growth, the surviving spouse complains that she doesn't have enough money to live on.

Such an arrangement might work well in a family where mother and father are the parents of the adult children. What happens when the surviving spouse is merely a stepparent to the deceased spouse's children? Could there be a greater chance for conflict? In my 30-plus years as an estate planning attorney, I would say, "You bet there is!"

Trustees are often faced with decisions worthy of King Solomon when he had to choose between two women both claiming to be the mother of a baby. In the biblical record, Solomon was said to have drawn his sword, suggesting he would cut the baby in half. When one woman begged for him to sheath his sword, he found its true mother, judging that only a true mother would give up her rights to a baby that would otherwise be killed.

I've seen disputes between beneficiaries who all claimed the same diamond wedding ring, or a charm bracelet or even sea kayaks! I've had to call the sheriff to stop a

beneficiary who pulled a moving truck up to the deceased's home ready to empty it of its contents. Siblings have sat around my conference room table hollering at one another over whether to sell the island home or have one of them buy out the other's shares.

These decisions ultimately rest with the trustee. After the decision is made, someone is unhappy.

If the unhappy beneficiary is aggressive enough, or feels wronged enough, they'll hire an all-too-eager attorney to file a lawsuit. Sometimes that's those fine gentlemen you see on television.

Then we're off to the races.

The trustee can usually use trust funds to hire counsel to defend herself. But the plaintiff's attorneys know that. So, the first thing they do is petition the court to remove the trustee for violating a fiduciary duty or standard. If they're successful, now the trustee must come out of her own pocket to pay for her own defense. Worse, if the plaintiffs get a judgment against her, she's personally responsible to pay it out of her own assets.

Trust litigation often takes years. In today's COVID-19 environment with limited court access, a lawsuit may stretch over many years.

It's not worth it. My advice? Before taking on the role of trustee, it doesn't hurt to make sure you have a professional fiduciary at your side if there's any hint of a problem. Talk to your friend or relative and insist they name a bank or trust company as a co-trustee. They might object, citing the expense. But a good professional trustee will often SAVE thousands of dollars of grief and heartache.

Short of that, please consult with your own independent counsel to determine what precautions you might take to avoid the many problems that could arise.

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From page 1

Summer Camp

Thursday lessons range from making a lava lamp to nature tie-dye. Investigation Friday brings interviews with refuge experts such as Acting Refuge Manager Kevin Godsea, a biologist and a veterinarian.

"While many families will continue to spend much of their time at home, we wanted to fill in the gap for kids who will be unable to attend day camp this summer," said Supervisory Refuge Ranger Toni Westland, who co-heads the project with Conservation Educator Sara Soderholm. Her full-time position is

supported by the "Ding" Darling Wildlife Society-Friends of the Refuge.

"The videos will concentrate on teaching moments, but with interactive components that will make kids immediately look forward to the next lesson," said Soderholm. "They will be archived on Facebook so that families can watch whenever is most convenient, and can even watch them over and over again throughout the summer."

For more information, email Soderholm at educator@dingdarlingsociety.org or call 472-1100 ext. 236. Visit www.dingdarlingsociety.org/articles/virtual-summer-camp.

How's The Market? Ask Ann

My opinion is there is definitely a "Light at the End of the Tunnel" period. Why the optimism? Fifteen newly accepted contracts on Sanibel and 2 on Captiva, going back one week. Seventeen Sanibel/Captiva contracts in the last week! In addition to all this data, we continue to receive comments regarding Sanibel being a "safe place" to live and retire.

Many of our sales are what we refer to as a co-op sales, where two Real Estate offices cooperate in a successful transaction. Both agents working together for a stress-free successful closing. Three of our recent sales were an example of this. My recent sale of High Tide A101 was a "co-op" with Kelly Huguenin of Pfeifer Realty. Thank you, Kelly, you were a great partner in the transaction. Our team member and son John Jr. sold Phaidra McDermott of Kingfisher Real Estate's listing on Punta Caloosa Court and once again, a stress-free sale. The third sale in Sea Oats was another great transaction due to Wendy Kirschner of Pfeifer Realty Group. Thank you, Wendy. We are very conscious of the benefit to our clients and customers in fostering solid professional relationships with other Realtors. Win. Win.

How can we introduce a new client to Sanibel? Well, both my husband and I play golf (every Sunday) at Sanibel Island Golf Club. We thoroughly enjoy the friendly atmosphere there. Both the owners Drew and Mary Donnelly and head pro Gene Taylor treat us like family.

If our general tone works for you, we would like to hear about your Real Estate interest in Sanibel. We have been here doing business since 1982 and provide you with meaningful information. We can do this in a phone call or email exchange. Over the next 5 months, we will treat you to a round of Golf at Sanibel Island Golf Club. Period. End of Story. If you buy a home, condo or lot from us, we will give you a \$1,000 gift card to the club. That's it, no pressure.

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Beautifulife:

Once Upon A Time



by Kay Casperson

The last several weeks, I have been watching a series on Netflix with my daughters every night that originally aired between 2011 and 2018. They have both watched some of the series

throughout the years, but never really worked their way through all of it, so we decided to dive in while having so much home time. I had never had a chance to watch any of it and have enjoyed spending the quality time with my daughters, enjoying the nightly binge watching and reminiscing about the old stories and fairytales that I used to read to them.

This is a series that is based in a town called Storybrooke, Maine, but centers around all of the old fairytale storybook characters from long ago, only they have taken on current roles and new names. For example, the Evil Queen is now Regina, the Mayor of Storybrooke. The Dark One or Rumplestiltskin is now an owner of the local antique shop. Mary Margaret and David are still in love as they were when they were Snow White and Prince Charming from the old days. And Emma, who comes to Storybrooke later as the new sheriff finds out she is actually the long lost daughter of Snow White and Prince Charming. As you can see, the story keeps getting more and more entwined with new characters being introduced weekly like Capt. Hook, Peter Pan, Belle, Aerialle, Ursula and on and on. Even Dorothy and the Wizard step in now and then.

Every character is now starting to remember who they were in the past while living in the current world and understanding that all they really want to do is to find their happy ending. After all, that is what we all want, right? Yes, we all want to find our happy ending and I believe that we all have a fairytale that we hold close to our hearts that we can relate to and secretly hope our lives resemble.

What is your once upon a time? What are the times in your life that you hold near to your heart? What is the story that you once wrote for your life? Did it turn out that way? What is the fairytale or the storybook character that you can relate to the most? Did you find your Cinderella or your Prince Charming? Did you defeat the Evil Queen, whoever that might be? Who were you the hero for? We all have a story, we all have a mission and a vision for our lives, and everyone deserves their happy ending.

Once upon a time, I dreamed about what I wanted to do, who I wanted to be with, how my life would look and what my happy ending would be. Right now, because I believed in my heart that my dream would come true, I am living it today, and realizing all the things I

envisioned at that time. You see, once upon a time can be the now and forever if we truly believe it in our hearts. I hope you have found yours and, if not yet, just keep believing and moving towards your dreams and your beautiful life; it is there for you.

My affirmation for you this week is:

"I am the author of my story and believe in my heart that all I am hoping for will come true."

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

Top 10 Books On The Islands

1. *On Ocean Boulevard* by Mary Alice Monroe
 2. *Jane Austen Society* by Natalie Jenner
 3. *Ballad of Songbirds and Snakes* by Suzanne Collins
 4. *Little Fires Everywhere* by Celeste Ng
 5. *Camino Winds* by John Grisham
 6. *Big Summer* by Jennifer Weiner
 7. *Inland* by Tea Obrecht
 8. *Shell Shocked* by Jennifer Schiff
 9. *Turn of the Key* by Ruth Ware
 10. *Last Trial* by Scott Turow
- Courtesy MacIntosh Books and Paper.✧

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ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



John C. Gee



Bobbie McGlynn

The top producers for May at John Gee & Company Realtors were John Gee Jr. and Bobbie McGlynn.✧

Frankly Speaking



by Howard Prager

I had the pleasure recently of speaking with Judd Loveland, general manager (GM) of the Mighty Mussels, and learned of all the many ways that the Mighty Mussels are supporting the

community. The good news story of the week is most of this column.

First, some background. Loveland was assistant GM the past two years, being promoted last fall to GM. In his role, he is also director of operations of spring training for the Twins. This includes managing every department from players on the field to staff in the parking lot to all that goes on inside the stadium – concessions, merchandise, food, etc. What’s interesting is that every club in the league doesn’t work that way. Loveland kept reinforcing that when he described the great partnership the Mighty Mussels have with the Twins on all they do.

Everything changed March 12 when spring training was suddenly shut down. “We went from waking up and having a home game that night to having games be suspended.” They were ready with tons of food and merchandise. “The food was all out of the package,

refrigerated and ready to cook and sell. Vendors won’t take back anything out of the package.” Judd’s issue: what do we do? “Like everyone else we had started restructuring sanitation and safety. We needed to get food into freezers to preserve it and we were 99 percent successful. From there, we began to work from home and the stadium was a ghost town. At first, food maintenance and myself were the only ones occasionally there. It is indeed a strange sight not seeing anyone – especially this time of year.” A baseball lifer, Loveland is saddened to see no one playing catch, no bats, no balls, no baseball at the Centurylinks sports complex.

“We began planning right away to take any food that was perishable and donate it, partnering with the Harry Chapin Food Bank, Salvation Army, Community Cooperative and South Fort Myers Food Pantry. A few weeks into quarantine, we cooked some meals for the Lee County Sherriff’s Office to thank them. Every couple of weeks we donate meals to them and other first responders. As that got off the ground, we looked into how we could open up the concession department to our fans and supporters. Different teams are doing different things. The Braves opened the Tiki Bar for lunch and dinner at their park in Venice. Other parks decided to make individual meals to go. We discussed curbside, delivery and asked, ‘can we open the grill?’ We decided not to and six weeks ago agreed that we would provide our ballpark food

to fans at wholesale pricing rather than cook it for them. We needed to get the right licenses to do so. We’re selling it by the package – boxes of hot dogs, cases of beer and soda, etc.” As this column mentioned a few weeks ago, the menu is posted on social media and pick-up is by appointment. “Once people submit an order, we arrange for a time for them to come pick it up after hours. People drive in and don’t even get out of their cars – it’s placed in their backseat or trunk.” Judd emphasized they are doing this all at cost to support the people who have supported them.

Just as they were getting approval, the state said they wanted to offer COVID-19 testing at the training grounds. The answer was absolutely yes. “This is free and open to the public 18 and above. It’s a very organized operation. Check in at the gate, get a packet and instructions, put your ID on the dashboard and drive to the west part of the parking lot. It’s a quick and efficient process. The National Guard and (Lee County) Sherriff’s Office are managing it.”

And then they were asked to provide lunches to the workers and needed to come up with a plan to do so. “We were asked to provide the lunches for people working the COVID site, 20 to 25 meals, six days a week, and this caused us to plan a different type of catering event. It takes double the staff to do this and stay safe. The workers are so happy to have a good meal and take a break from wearing the PPE in the hot sun.” Judd adds how rewarding it is to see the

cars, the workers and everyone at the ballpark. And there’s more. “We’ve also done some online retail sales – jersey auctions for our old Miracle powder blue jerseys – and the Twins sent some jerseys as well. Proceeds went to the Lee County Sherriff’s Office. The second time we did this, the proceeds went to Goodwill. All gear from the Mighty Mussels, Miracles, and Twins.” A lot of season ticket holders are the ones buying the food and supporting them strongly, and Judd is most thankful for that. He only wishes they could do it in the ballpark.

It’s rewarding to see all of the good work being done by the Mighty Mussels and Twins organization for the community. In addition, the Twins, Red Sox and 17 other major league teams thus far have agreed to pay minor leaguers \$400 per week through the end of August, the entire minor league season, a strong commitment to these up and coming players.

Now if we can all get back to the main event. I hope as you’re reading this that MLB and the players have agreed on a plan to restart baseball, and that it allows for games at Hammond Field. Loveland is looking at multiple scenarios and will make sure the Mighty Mussels and stadium are ready. I know I am!

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

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SPORTS QUIZ

- Tommie Aaron, brother of Hank, hit how many home runs in his seven-season Major League Baseball career?
- Bill Chadwick, the NHL’s first U.S.-born referee and later a broadcaster for the New York Rangers, went by what nickname?
- The name for the Albuquerque Isotopes Minor League Baseball club was inspired by a fictional team from what TV comedy series?
- Jim Covert and Ed Sprinkle, two members of the Pro Football Hall of Fame Class of 2020, spent their entire playing careers with what NFL franchise?
- What traditional Japanese martial art is literally translated as “the way of the sword”?
- Floyd Mayweather Jr. defeated what mixed martial arts superstar in a 2017 boxing megafight in Las Vegas?
- What Croatia-born basketball player won three NBA championships with the Chicago Bulls from 1996-98 and was the 1996 NBA Sixth Man of the Year?

ANSWERS

1. 13. He hit eight of them in his 1962 rookie season. 2. The Big Whistle. 3. The Simpsons. 4. The Chicago Bears. 5. Kendo. 6. Conor McGregor. 7. Toni Kukoc.

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:51 am	5:51 am	12:33 pm	8:15 pm
Sat	3:58 am	6:11 am	1:09 pm	9:02 pm
Sun	1:47 pm	9:49 pm	None	None
Mon	2:29 pm	10:35 pm	None	None
Tue	3:13 pm	11:22 pm	None	None
Wed	4:03 pm	None	None	None
Thu	8:27 am	12:08 am	5:02 pm	10:33 am

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:56 am	5:53 am	11:38 am	8:17 pm
Sat	3:03 am	6:13 am	12:14 pm	9:04 pm
Sun	12:52 pm	9:51 pm	None	None
Mon	1:34 pm	10:37 pm	None	None
Tue	2:18 pm	11:24 pm	None	None
Wed	3:08 pm	None	None	None
Thu	7:32 am	12:10 am	4:07 pm	10:35 am

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	1:41 am	6:51 am	12:33 pm	8:10 pm
Sat	2:32 am	7:38 am	1:11 pm	9:02 pm
Sun	3:32 am	8:27 am	1:49 pm	9:53 pm
Mon	4:34 am	9:20 am	2:37 pm	10:41 pm
Tue	5:26 am	10:10 am	3:52 pm	11:26 pm
Wed	6:13 am	10:59 am	5:01 pm	None
Thu	6:58 am	12:13 am	5:58 pm	11:53 am

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:01 am	9:07 am	2:43 pm	11:31 pm
Sat	6:08 am	9:27 am	3:19 pm	None
Sun	3:57 pm	12:18 am	None	None
Mon	4:39 pm	1:05 am	None	None
Tue	5:23 pm	1:51 am	None	None
Wed	6:13 pm	2:38 am	None	None
Thu	10:37 am	3:24 am	7:12 pm	1:49 pm

My Stars ★★★★★
FOR WEEK OF JUNE 1, 2020
Aries (March 21 to April 19) Your Aries self-esteem level is high, as is your impatience to see more action come your way in the workplace. Good news, Lamb: It could start to happen sooner than you think.
Taurus (April 20 to May 20) Changing things now could upset a lot of people. But if you feel you're acting because you believe it's the right thing to do, others will understand and even come to support you.
Gemini (May 21 to June 20) A change of mind might not necessarily be a change of heart. You still want to go ahead with your plans, but you might see a better way to make them happen. So go for it.
Cancer (June 21 to July 22) An old business dispute could re-emerge and possibly affect upcoming negotiations. Consider opening up the situation to include suggestions from others on both sides of the issue.
Leo (July 23 to August 22) Some Leos and Leonas might find it somewhat difficult to get their ideas accepted or even considered. But that's only for a while. Things will soon return to the way you like them.
Virgo (August 23 to September 22) The pace seems to be slowing down from the hectic on-the-job run you recently enjoyed. But be assured that you're still in the race to pick up new workplace-related goodies.
Libra (September 23 to October 22) Seasonal changes create opportunities for busy Librans. However, be sure to balance your workload with your personal life so that you don't overdo it on one end or the other.
Scorpio (October 23 to November 21) A former critic could make a surprise turnaround and become a supporter. But if your Scorpion sense suspects a

questionable motive, who are the rest of us to doubt it?
Sagittarius (November 22 to December 21) Data on a new project seems less than dependable. But it might turn out to be just the opposite. Consult with someone who knows how you might best be able to check it out.
Capricorn (December 22 to January 19) Capricorneans face many decisions this week, with the Sea Goat's kids rating high on the consideration scale, especially regarding vacations and upcoming school matters.
Aquarius (January 20 to February 18) Showing that you care is what Aquarians do so well. It's your very special skill. And this week, you'll have several chances to show off that gift for a very special person. Good luck.
Pisces (February 19 to March 21) That streak of Piscean wariness should serve you well this week should you be among those who come up against a slippery character offering a fishy deal with nothing to back it up.
Born This Week: You have an artist's sense of how to help others see, as you do, the beautiful things about the world.
MOMENTS IN TIME
• On June 14, 1789, English Captain William Bligh and 18 others, cast adrift from the *HMS Bounty* seven weeks before, reach the East Indies after traveling nearly 4,000 miles in a small open boat. On April 28, they were set adrift with 25 gallons of water, 150 pounds of bread, 30 pounds of pork, six quarts of rum and six bottles of wine.
• On June 10, 1935, in Akron, Ohio, Bill Wilson and Dr. Robert Smith, two recovering alcoholics, found Alcoholics Anonymous (AA), a 12-step alcohol rehabilitation program. Today there are more than 80,000 local groups in the U.S.
• On June 8, 1949, George Orwell's

novel of a dystopian future, *1984*, is published. The novel's all-seeing leader, known as "Big Brother," becomes a universal symbol for intrusive government and oppressive bureaucracy.
• On June 13, 1966, the Supreme Court hands down its decision in *Miranda v. Arizona*, establishing the principle that all criminal suspects must be advised of their rights when in custody and about to be interrogated.
• On June 9, 1973, with a victory at the Belmont Stakes, Secretariat becomes the first horse since Citation in 1948 to win America's coveted Triple Crown. Secretariat won the Belmont by a record 31 lengths.
• On June 11, 1982, the science-fiction classic *ET: the Extra-Terrestrial* is released. The film captures the story of the wise, kind and cuddly alien botanist who is stranded on Earth and needs the help of a sensitive boy, Elliott, to get back home.
• On June 12, 1994, Nicole Brown Simpson, ex-wife of football player OJ Simpson, and her friend Ron Goldman are brutally stabbed to death outside her Los Angeles condominium. Simpson became the chief suspect. Although the evidence against him was extensive, a jury acquitted Simpson on two counts of murder in trial that lasted 11 months.
NOW HERE'S A TIP
• Need a twist tie in an emergency? Check your coffee bag. Many bean bags sold these days – from the grocery store and specialty roasters alike – come in a bag with a twist tie built in, so you can fold the bag down and retain freshness. If you really need one, you can pull the twist tie off and seal your grounds in a tin or a zipper-top baggie.
• Get to know your frozen veggies. There's been a lot of emphasis in the past about fresh vegetables. While they're great, it's not always possible to get to

the grocer's or farmer's market regularly. Frozen veggies often have the most vitamins because most are flash frozen right after harvest. You can find many varieties, and they're easy to use in most recipes.
• New use for a favorite mug: "My friend gave me a coffee mug that's adorable, but it's not very nice in the microwave – it just gets too hot! I drink hot tea, and my mug is constantly in and out of the microwave. So, I use my gift mug to hold tea bags! It sits on my counter and holds enough packaged bags for a full week. And I can look at it and think of my friend." – TW in South Carolina
• "To get the rubber tops of my son's sneakers clean, and keep them that way, I use the melamine cleaning sponges, like the Magic Eraser. Just get it damp, rub off (most) grass stains and keep it handy." – PE in Kentucky
• Gotta paint a door? Put a lag bolt into the top and bottom of the door, on the narrow. This way, the lag bolt rests on your sawhorses, and you can flip the door over to paint each side. No longer do you have to paint one side, let it dry ALL THE WAY and then flip it over, risking paint getting pulled off the edges.
• For long-lasting condiments, here's a great practice: Write the date you open it on the jar or bottle. If there's not a good place, try using a piece of tape. This way you can better track how long that ranch dressing has been lurking in your fridge, rather than relying on the date it's good until.
STRANGE BUT TRUE
• Italy was the only country to issue stamps specifically for mail traveling through bank tubes until the practice was discontinued in 1966.
• Kleenex tissues were originally developed as crepe paper and used for

continued on page 38



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dearRPharmacist

How To Get Rid Of Moths



by Suzy Cohen, RPh

Dear Readers: Let me start with I'm not really a bug lover, or a tree hugger type of person. But, I don't see the need to kill certain creatures just because they got lost and found their way into my home.

I will try to trap and free certain things, depending on how big they are.

But the moths are creating marital stress. Sam is skittish about doing bug removal, but the agreement we had when we got married in the state of Florida was that he would deal with all cockroaches and spiders, if I would deal with the snakes and mice. While there have been tense stares over the past 22 years of marriage, I will vouch for his ability to perfectly execute his husbandly tasks, lol!

Nothing was discussed about the moths. Apparently, this is my new full-time job. We live in Colorado where every spring, there's a situation! The migration of moths begins here and in Kansas, and flies over our state westward.

You can try to chase moths out of your house, but this takes patience. Find one on your window, and put a cup over him, and then slide a sheet of paper between the cup and the glass. Very carefully lift this, and free the moth outside. There's one aggressive sucker in my bathroom, so I decided to make my own moth repellant spray. The essential oils can be purchased anywhere.

Try my formula for a moth spray and spritz it in your closet, your bedroom, your kitchen or anywhere, and it will repel them from coming into that specific area. It will scare away most bugs for that matter!

Spray every few hours. Adjust the scent to your liking. For example, add less eucalyptus and more lavender if you find my formula too zingy for you. Don't spray it directly on your clothes.

Moth Repellant Spray

Water – 4 ounces

Essential oil of cedar – 20 to 30 drops
Essential oil of lavender – 10 to 20 drops
Essential oil of peppermint – 5 to 10 drops
Essential oil of eucalyptus – 10 to 20 drops
Optional: citronella essential oil – 5 drops

Directions: Pour water into the spray bottle and add the essential oils. If you don't like the scent, add something to it that you do like, such as wild orange or lemon essential oil. Spray as desired into the room, or window sills, door frames and areas where you see a moth.

In closing, there are many ways to get rid of moths. You definitely don't want these things laying eggs in your home because, when they hatch, you'll be faced with a big infestation. They can't live more than a few days without feeding on plants or leaves. Another idea is to buy fresh rosemary or thyme herb, and bundle it, and lay it in the closet, or the bathroom because the moths won't like that and they'll stay away. For that matter, you can add those two essential oils to your moth spritzer.

*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.**

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Jennifer McSorely



Kelly Huguenin

The top producers for April at Pfeifer Realty Group were: Jennifer McSorely, top listing agent; and Kelly Huguenin, top sales agent.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have been having more unpleasant dreams lately. Do my dreams reflect my current reality?

A: Dreams often do reflect on your current reality, and especially in these times with heightened anxiety and uncertainty.

My guess is that you are experiencing additional stress and challenges in your normal waking day understandably, therefore, you are noticing more unpleasant dreams that could also be affecting your sleep quality at night.

What you can do to help turn those unpleasant dreams into more pleasant ones is work on improving your positivity and optimism even though that could be challenging during these uncertain times. While you cannot directly control your dreams, when you have a relatively low stress and productive day, you are going to be indirectly controlling your dreams to be more reflective of your day. In addition, you don't want your sleep to be compromised especially with insomnia.

You can always remind yourself to have pleasant dreams when you lie down to go to sleep for the night. Sweet dreams.

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.*

Webinar With Business Owners

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host a virtual panel of local business owners who have responded and adapted to the COVID-19 pandemic. The Zoom event will be held on Tuesday, June 9 from 11:30 a.m. to 1 p.m.

Speakers include: Matthew Johnson, executive director of IMAG History & Science Center and chairman of the Florida Attractions Association; Brian Podlasek, owner of The Island Cow on Sanibel; and Jen Whyte, co-founder and co-owner of Fort Myers Brewing Company. Speakers will discuss creative and out-of-the-box accommodations they have made to continue serving their clients and support their community. This webinar is for public relations professionals interested in gaining real-time crisis communications knowledge and learning more about businesses in Lee County.

The event is \$5 for students, \$10 for members and \$20 for future members. Register at www.fpraswfl.org/event-registration/fpra-events/june-professional-development-webinar. To upload the webinar, visit www.fpraswfl.org.*

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How's Your Core?



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

We all desire to have abs of steel, right? Is it possible as we age to improve our abdominal strength that is our “core?” Our answer is a resounding “yes!” The core is made up of abdominal muscles along the spine, as well as the hips and pelvis muscles. Having a strong core is so key to so many aspects of our health. I should know – I am still recovering from a pelvic fracture post-bike crash and was left with little feeling in my abdominals, hence over the year of rehab, my core has gotten weak.

But the good news is, I am finally able to work on my core, and it is really helping me achieve more complete healing. A strong core helps us keep our balance and flexibility, as well as prevent injury, improve overall body strength, eliminate pain and improve our overall ability to move around. Every movement we make is actually generated from our

core. If our core is weak, then the other muscles compensate. This is exactly what happened to me! Because I could not feel my abdominals, my core weakened, and my other muscles compensated. Thus, the prolotherapy I received to repair my injuries to my sacroiliac joints, low back, pubis and pelvic floor helped correct the injuries, but to remain strong and be able to run, walk and bike ride unrestricted, I also needed to strengthen my core.

I have been seeing physical therapist Dr. Scott Gray located right in our office complex in Fort Myers at Back in Motion. He has helped me improve my muscle imbalances and strengthen my core. A physical therapist (PT) will provide you with an individualized program unique to your injuries. And, if you need help working on this, you can see a PT without a prescription. Here are some general recommendations for core strengthening: leg lifts, “superman,” back bridge, seated side bends, modified planks using a chair and seated knee lifts.

The bottom line here is core strength is essential for good posture and injury prevention, as well as longevity. As we age, we must work on keeping our core strong. This is one of the easiest things to do to help improve your overall health. No gym needed – you can work those abs at home. Remember, abs of steel, baby!

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

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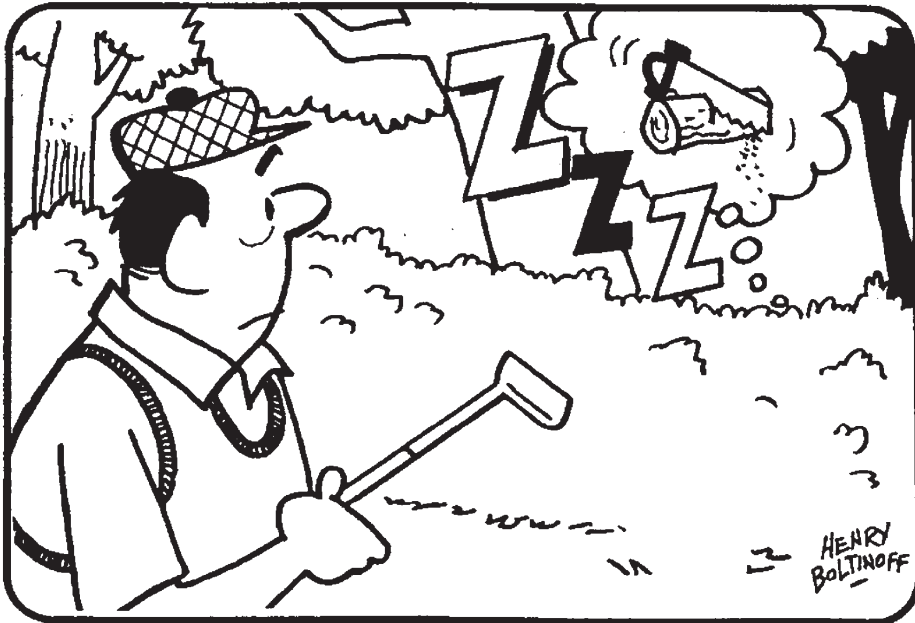
PUZZLES

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is added. 2. Hat is different. 3. Plant is missing. 4. Club is added. 5. Vest is different. 6. Nose is rounder.

Jesus Hernandez



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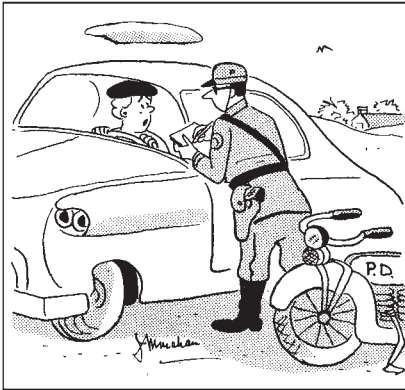
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PUZZLES

Answers on pages 38 and 39



"But you can't give me a ticket — I have a _____ and your not in it!"

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!

Recovery
PUNTUR

Trash
BRIDES

Daub
MARES

Widen
GREEDD

TODAY'S WORD

SUDOKU

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

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.



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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
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ARTS

Arcade Theater	332-4488
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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.org
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695

CLUBS & ORGANIZATIONS

ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
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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	pcisancap@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
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 - Protection of Animal Welfare Society	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.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
Shell Islands Garden Club	246-8875
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971

ISLAND ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
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PUZZLES

Answers on page 39

Super Crossword

FIRST-CLASS ATHLETES

- ACROSS**

1 Shrimp —

7 Dismay

13 Like pre-1917 Russia

20 Stomach ailments

21 Republic of China capital

22 Old roof sight

23 Inductee in the inaugural year of the ... NASCAR Hall of Fame [2010]

25 Skin bubble

26 Jan of South Africa

27 Canon camera

28 Fiscal exec. — throat

31 “As — Dying”

33 ... Inter-national Tennis Hall of Fame [1955]

37 One pelting

40 Bubbling on the stove

42 “— Gang”

43 ... World Figure Skating Hall of Fame [1976]

45 With 99-Down, Texas

50 Hearing pair

51 Moistureless

52 Bust — (laugh hard)

53 “Found it!”

54 Ending of enzymes

55 Groove of carpentry

57 ... National Baseball Hall of Fame [1936]

61 Reprieve

63 Stuck-up

65 Conundrum

66 ... Basketball Hall of Fame [1959] and College Football Hall of Fame [1951]

69 “Flashdance” director Lyne

72 One of Nod’s two partners

73 Not legal

77 ... Pro Football Hall of Fame [1963]

79 Writer — Stanley Gardner

80 Less than bi-

81 Western treaty gp.

82 Hunky- —

83 Maui, e.g.

85 Blue-ribbon

86 Pasture-raised

89 ... World Golf Hall of Fame [1974]

93 “What was — think?”

94 Compel obedience to

96 Shady alcoves

97 ... Inter-national Swimming Hall of Fame [1965]

101 “— girl!”

102 Full of activity

103 Med. republic

104 Darlin’

106 Relative by marriage

110 Digital data display

112 ... Inter-national Boxing Hall of Fame [1990]

117 Almondy, say

118 Lake in New York

119 Director May

120 Racing driver

121 With 122-Across, barriers of pickets

122 See 121-Across

DOWN

1 Lather

2 Quahog, e.g.

3 Rights org.

4 Encounters

5 Singer Elvis

6 “This — test”

7 — extra cost

8 Oom- — (tuba sounds)

9 Actress Zadora

10 Showery mo.

11 Guided

12 Chinese fruit

13 Fifer’s drum

14 NBC TV inits.

15 Under debate

16 People taking breathers

17 The “I” of IV

18 Smile evilly

19 Infield covers

24 San Luis —

29 Scapegoats

32 Fido’s noise

33 Sneak attack

34 “Son of,” in Arab names

35 Wheel tooth

36 “Everyone experiences that, right?”

37 Trident

38 Pick on

39 Monsters

40 Flight prefix

41 “More than I needed to know” abbr.

44 Stows cargo

46 Suffix with venom

47 Zingy flavor

48 “Pardon me”

49 — avis

52 Singer Susan

55 “Joltin’ Joe”

56 Expiated

57 Horn sounds

58 Be seeping

59 Viewpoint

60 1958 Leslie Caron film

62 Match (up)

63 With cunning

64 Tri- plus six

67 Those giving out prizes

68 Spent

69 Very eager

70 Beloved one

71 Parks of civil rights

74 Mario of New York

75 — workings

76 Cake levels

78 Soil stirrer

79 Fashion magazine

83 Memo intro

84 Pt. of USSR

85 Tirana native

87 Do nothing

88 Estrogen or testosterone

89 Locale of mil. jets

90 Reiner of film

91 Overly glib

92 Paper story

95 Not wide

97 Loft locales

98 Expend

99 See 45-Across

100 Quoter

101 Santa —

104 Jekyll and —

105 Muscat site

107 Not clerical

108 Hathaway of “Get Smart”

109 Heartaches

111 Maui strings

113 1969 Beatle bride Yoko

114 Corp. honcho

115 Youngster

116 Foul caller

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15	16	17	18	19	
20							21							22							
23							24							25							
26							27					28	29			30					
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102							103						104	105			106		107	108	109
110						111				112	113	114	115			116					
117										118						119					
120										121						122					

King Crossword

- ACROSS**

1 Dallas cager, briefly

4 Frat party supply

8 Prejudice

12 Expert

13 Sicilian spouter

14 St. Louis landmark

15 Flogged

17 Tardy

18 Vigorous

19 Puncturing tool

21 Fa neighbor

22 Pulverized

26 Pitch

29 Irritate

30 Foreman opponent

31 Check

32 Calendar pgs.

33 Pageant winner's address

34 Scepter top-per

35 Fido's foot

36 Insertion mark

37 Ran

39 Scull tool

40 Mentalist Geller

41 Eaves drop-per?

45 Deserve

48 Played in water

50 United nations

51 Twistable treat

52 Singer DiFranco

53 "Little Women" woman

54 Agrees silently

55 Banned bug killer

8 Poolroom supply

9 A Gershwin brother

10 Performance

11 The girl

16 Insurance fraud factor

20 Tussaud's medium

23 Barber's concern

24 Otherwise

25 Mi. or km

26 Walked hard (on)

27 Juno's counterpart

28 Barbecue entree

29 Promise

32 Midwestern capital

33 Breaker of Ruth's record

35 Apiece

36 Chocolate sources

38 Intuitive feeling

39 Lubricated

42 African nation

43 Give temporarily

44 Fix manuscripts

45 Recede

46 Heady quaff

47 Deteriorate

49 Paid athlete

DOWN

1 Numbers course

2 Liniment target

3 Couturier Wang

4 Give

5 — alcohol

6 Compass pt.

7 He loved Aida

MAGIC MAZE ● BEANIES

U W U R P M J H E C Z K X U S

Q (C A R I B B E A N) L J N N L

J G E C Z X V T A A R A A P N

L J H E C A Y E T E E C E W V

T R P N L K B S P B L O B I G

G E C B Z Y N E K Y O B Y X A

W U S R V A A C P L P E O O B

M L N A E B A M I L N A S J N

I G N B E L M R B E A N E D A

B L L A B N A E B J E A Y X E

W L N N W O T N A E B K C U B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: USED TO MAKE TOFU

- Bean bag

Beantown

Jacobean

Mr. Bean
- Beanball

Black bean

Jelly bean

Navy bean
- Beanpole

Buckbean

L.L. Bean

Pea bean
- Beanstalk

Caribbean

Lima bean

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From page 30

Strange But True

gas mask filters.

• Proof that human nature is the one thing that never really changes: The oldest “your mama” joke was discovered in 1976 on a 3,500-year-old Babylonian tablet in Iraq.

• The “Jesus Nut” on a helicopter fixes the rotor blades to the vehicle. It comes by its unusual moniker because, if it should fail, your only option is to pray to Jesus.

• Do you, like most people, normally skip reading the fine print? You might want to reconsider that. In 2017, 22,000 people who signed up for free public Wi-Fi from the UK-based technology firm Purple learned their lesson when they inadvertently agreed to 1,000 hours of community service that included cleaning toilets and “relieving sewer blockages.” The company said it inserted the clause in its contract “to illustrate the lack of consumer awareness of what they are signing up to when they access free Wi-Fi.”

• In 2014, a new species of vine was discovered in Chile that can mimic the leaves of many different host trees by changing the size, shape, color, orientation and even the vein patterns of its leaves to match the surrounding foliage. It is the only known plant that can do this.

• When asked how he was able to portray battle scenes so accurately, Stephen Crane, author of *The Red Badge of Courage*, replied that he learned all he

needed to know about war from football.

- Women blink nearly twice as much as men.

THOUGHT FOR THE DAY

“Every child is an artist. The problem is staying an artist when you grow up.”
–Pablo Picasso

TRIVIA

1. **Anatomy:** What is a more common name for the medical condition called desquamation?
2. **Television:** Who uttered the catchphrase “you rang?” in the sitcom *The Addams Family*?
3. **Games:** How many dominoes are in a standard set?
4. **Geography:** In which city is the Basilica de la Sagrada Familia located?
5. **Movies:** Actress Meryl Streep won her first Academy Award for which movie?
6. **Literature:** What kind of creature was Bagheera in *The Jungle Book*?
7. **Food & Drink:** What is the primary ingredient of bouillabaisse, a type of stew?
8. **Psychology:** What fear is represented in the condition called coulrophobia?
9. **Music:** What is the name of blues guitarist BB King’s Gibson guitar?
10. **U.S. States:** In which state is Elvis Presley’s estate (Graceland) located?

TRIVIA ANSWERS

1. Peeling skin
2. Lurch, the butler
3. 28
4. Barcelona, Spain
5. Kramer vs. Kramer
6. Panther
7. Sealed
8. A fear of clowns
9. Lucille
10. Tennessee (Memphis)



Drake ID# A818766

Lee County Domestic Animal Services

Drake And Potater

Lee County Domestic Animal Services (LCDAS) adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. LCDAS is open Monday through Friday from 10 a.m. to 4 p.m.

Hello, my name is Drake. I am a 5-year-old male domestic shorthair who is a “chunky monkey.” I am, shall we say, big-boned? I haven’t met a treat I do not



Potater ID# A816301

like and need a home that will put me on a much needed diet. My size does not deter me from being playful and active however. And I am loveable as they come. My adoption fee is \$10.

Hi, I’m Potater. I am a 2-year-old male hound mix who spent my ‘safer-at-home’

SCRAMBLERS

1. Upturn; 2. Debris;
3. Smear; 4. Dredge

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6/5 * 6/26

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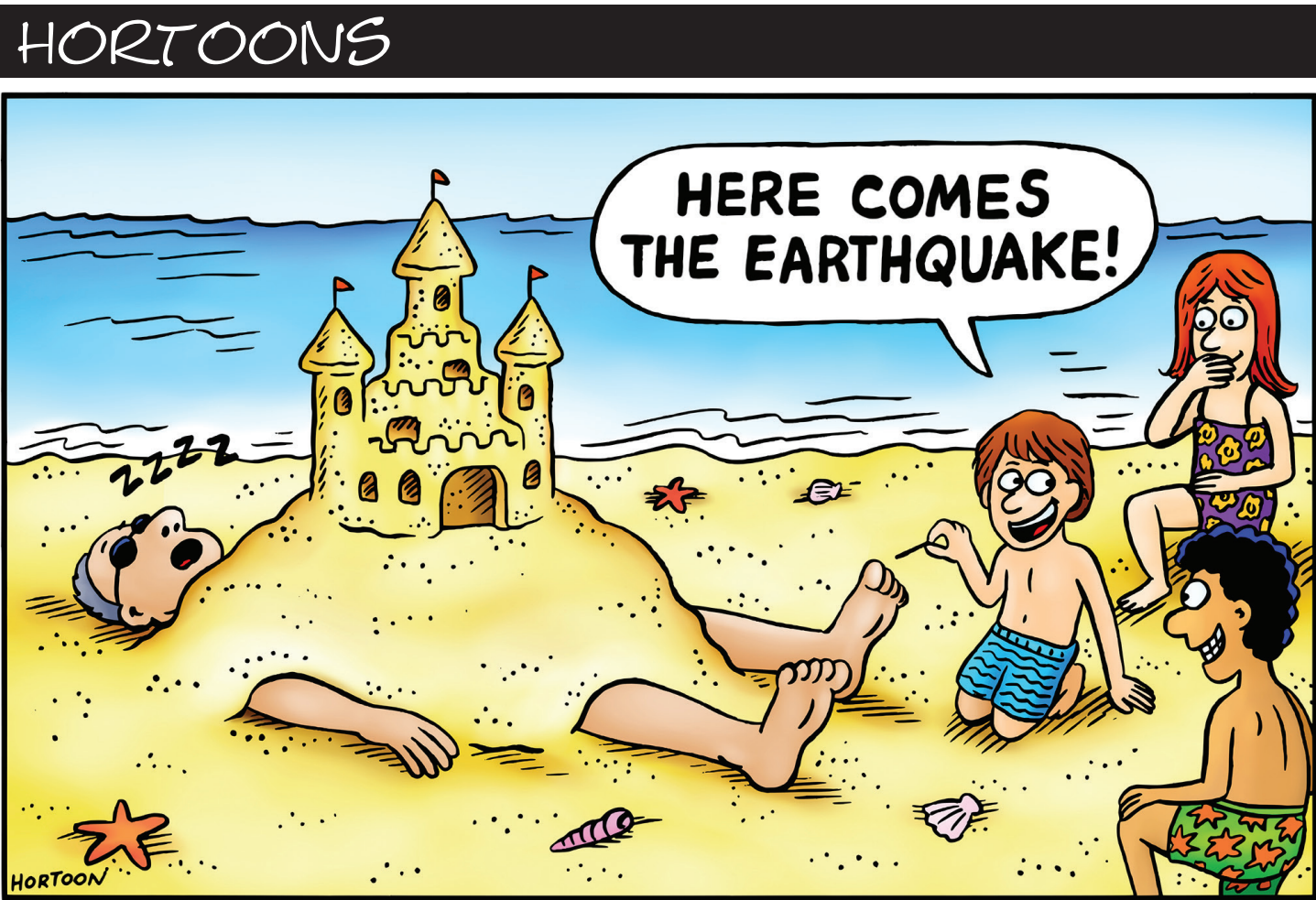
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quarantine period in foster. My foster mom has sent the following report card on me: Tater is very active. He loves long walks and hikes and loves to play fetch and will bring the ball back. Tater Tot is potty trained — not one potty accident in foster. Tater Boy (he obviously has a few nicknames) is food motivated, which is helpful for training. He is crate trained; throw a treat in and he will happily follow. He loves the garage and car rides even though he will fall asleep almost instantly.

My foster mom didn't adopt me because the family knew they weren't ready for a forever dog. If they were ready, they would have, without a doubt, adopted me. My adoption fee is \$75

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

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D	A	L	E	E	A	R	N	H	A	R	D	T	B	L	I	S	T	E		
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N	U	T	L	I	K	E		O	N	E	I	D	A		E	L	A	I	N	E
S	P	E	E	D	E	R		W	O	O	D	E	N		F	E	N	C	E	S

KING CROSSWORD

M	A	V		B	E	E	R		B	I	A	S
A	C	E		E	T	N	A		A	R	C	H
T	H	R	A	S	H	E	D		L	A	T	E
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VAAC

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LNNWOTNAEBKCUB

K

G

ABNAE

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Lugano	Miromar Lakes	2020	6,205	\$5,700,000	\$5,500,000	1
Hyde Park	Fort Myers Beach	1950	1,456	\$2,449,000	\$2,150,000	104
Ibis Cove At Bonita Bay	Bonita Springs	1994	4,979	\$1,975,000	\$1,800,000	65
Martin & Lewis Unrec	Fort Myers Beach	1991	3,374	\$1,890,000	\$1,590,000	12
Kreamers Subd	Bokeelia	1986	2,133	\$1,790,000	\$1,608,000	93
Cape Harbour	Cape Coral	1998	3,131	\$1,480,000	\$1,333,000	55
Imperial Shores	Bonita Springs	2005	2,820	\$1,200,999	\$1,050,000	145
Cape Coral	Cape Coral	2007	3,255	\$1,100,000	\$105,000	168
Wildblue	Fort Myers	2019	3,542	\$999,980	\$965,301	156
Fiddlesticks Country Club	Fort Myers	2003	4,113	\$949,900	\$920,000	41

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