



## Rec Center Summer Camp Registration Open

Registration for the City of Sanibel Youth Summer Camp opened for Sanibel residents on June 8 at the Sanibel Recreation Center. To be consistent with the CDC recommended guidelines for youth program social distancing, this year's camp will operate at a ratio of one counselor to nine campers. To meet social distancing guidelines, summer camp enrollment will be capped at 63 participants per week.

Summer camp will operate for seven weeks, commencing Monday, June 15, and ending Friday, July 31. Camp will be closed on Friday, July 3 for the Independence Day holiday. The program is for students who will be entering kindergarten through eighth grade this fall.

The City of Sanibel has entered an agreement with the United Way to operate as a provider of the LeeCARES Childcare Scholarship. Under this



Trish Phillips displaying social distancing signage photo provided

program, eligible families experiencing a COVID-19 related need will be eligible for a scholarship up to \$1,250 per child, until the funding is exhausted. Approved use of the LeeCARES Childcare Scholarship is summer camp registration fees. The criteria for the LeeCARES scholarship are: Furloughed as a result of COVID;

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## Filmmakers At Work On Documentary

Film director and Sanibel native Sasha Wortzel has been sheltering in place on the island with her director of photography, Jessica Bennett, who is also a Florida native.

As recipients of the 2019 round of Sundance Institute Documentary Fund and Stories of Change grantees, Wortzel and Bennett captured footage last fall from the Sanibel-Captiva Conservation Foundation (SCCF) research vessel, the *Norma Campbell*, of Marine Lab research into the impacts of discharges from Lake Okeechobee on algal blooms. Since they have been sequestered on the island, they are shooting SCCF's sea turtle monitoring efforts and other wildlife encounters along the way as an example of a positive human relationship with the environment on the sanctuary island.

Normally based in New York City and Miami, the duo found Sanibel to be a welcome

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Jessica Bennett and Sasha Wortzel

photo provided



CROW AWC Visitor Education Center

photos provided

## CROW Visitor Education Center Reopens Monday

The Clinic for the Rehabilitation of Wildlife (CROW) AWC Visitor Education Center will reopen to the public on Monday, June 15 after being closed for two months amid the COVID-19 pandemic.

"We're ready to reopen our doors for visitors, but want to keep everyone healthy in the process," said Alison Charney Hussey, executive director for CROW.

"We've added signage to help with social distancing and taken steps to reduce the chance for the virus to spread."

New safety measures to protect visitors, staff and the animal ambassadors featured in the visitor center include scheduled cleaning and sanitizing of commonly used areas and surfaces. A plexi-glass safety barrier has been installed at the check-in desk between staff and visitors and CROW will only be accepting payment by credit/debit card. Hand sanitizer stations have been placed throughout the center with signs reminding visitors to sanitize their hands often. Additionally, all staff and visitors will be required to wear face



Visitors can watch live footage of patients on the big screen masks.

"We know there is a possibility of spreading COVID-19 from human to animal," said Hussey. "Since our animal ambassadors cannot wear masks, we ask that you wear yours to keep them and yourself safe while visiting us."

The live animal exhibits in the visitor center shed light on the impact humans can have on a landscape, including the introduction of exotic species. Ambassadors featured as part of center

include invasive reptiles like tokay geckos, cane toads and a ball python along with native species such as an eastern indigo snake and an American alligator.

Children's exhibits have been modified to allow for social distancing and for surfaces to be easily cleaned and sanitized. For the time being, live presentations and Wildlife Walk guided hospital tours will not be offered. Visitors will still be able to view live feed cameras of the wildlife hospital

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## FISH Assists Man In Search Of Family

**F**ISH of SanCap offers around-the-clock, year-round emergency assistance to community members, workers and visitors of Sanibel and Captiva. FISH works with community partners to assist in resolving crises on a case by case basis, often going above and beyond to ensure the safety and wellbeing of those they work with.

Last Sunday morning, Maggi Feiner, president and CEO of FISH, was contacted by a concerned community member at 2 a.m. regarding an elderly gentleman who seemed in poor health, confused and alone. Immediately recognizing the urgency and that the senior had no place to stay, Feiner jumped to action meeting with the gentleman to evaluate the best course of action, calm his nerves and find him a safe place to stay.

"George, an 83-year-old veteran, had been living in Tampa and prior to that Reno, Nevada," said Feiner. "He's a sweet man with a kind heart who traveled alone by car to the Fort Myers/Sanibel area in search of a long lost nephew. George said he wanted to make sure his nephew was okay and to reconnect with him, given all 'this virus talk.'"

After a longer conversation, Feiner realized George needed non-emergency medical attention. He talked at length about his disease, Parkinson's, and getting up in age. George has a few other medical conditions, so Feiner, recognizing his veteran status, worked with George to get in touch with the local VA clinic as well as reach out to other veterans resources so that he could have his health evaluated by medical professionals and begin to create a plan.

Family is very important to George, and he was seemingly desperate to locate his nephew but also spoke of his wife of 62 years, who suffers from advanced dementia and is cared for by his daughter in Nevada. After a long

conversation reflecting back on the good old days, George felt comfortable enough to share that he had hoped to stay in Fort Myers, but had no long-term plan in place and limited money for housing.

As Feiner worked behind the scenes to continue to put a plan in place, call his daughters in Nevada and make arrangements for George, he became less and less nervous as he realized that FISH was there to support him. Feiner arranged for his hotel accommodations, medical appointments, and filled his kitchenette with food while they continued to develop an array of next-steps for George to take to either remain in Southwest Florida or reunite with his daughter and wife in Nevada.

Feiner felt that it was important to involve George's loved ones and professionals in the discussion about how George should proceed, never leaving him out of the decision-making process. FISH works to engage all resources available in times of crisis and to coordinate those involved so that the process is clearer and obstacles have been removed. All George and his family had to consider were which options laid out were in his best interest.

Ultimately, George and his family decided he should be living nearby in Nevada so that he would be closer to loved ones. His daughter was particularly grateful for the assistance as she worked full-time as a teacher and the only caregiver for her mother, and the logistics of long-distance planning for her father became too overwhelming.

Community support, in large part, is how FISH is able to help people like George in their greatest hours of need. Without the generosity of the community, local businesses and service organizations, FISH could not offer the programs and services that it does. For over 38 years, FISH has been the social service organization on Sanibel and Captiva, and continues to grow to meet the demands of the community thanks to the generosity of donors and volunteers. FISH is proud to say that 93 percent of every dollar donated goes directly to its programs and services.

If you have any questions about FISH hours, services, or if you need assistance, contact Alicia Tighe, executive director, at 472-0404 or email [alicia@fishofsanicap.org](mailto:alicia@fishofsanicap.org).



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## CARD OF THANKS



Shelly and Dan Proper photos provided



The remains of the Proper's home

In November, our home (in Titusville, Pennsylvania) was completely destroyed by fire. It was a total loss. Along with the structure that we had built ourselves and raised our family in for 20 years, we lost most of our family photos, videos and keepsakes. Thankfully, our daughters were at college and we were able to get all of our beloved pets out of the house in time.

Two very special items lost were my wife's engagement ring and wedding band. After spending six months of sifting through the ashes, my wife begged me to stop searching for them because the structure became unsafe and finding the rings seemed an impossible task. That very day, as I was about to give up, I looked down and noticed a small sparkle in the ashes and it was her wedding band. I knew that her engagement ring had to be close, so I searched and found it moments later. I put them in my pocket and decided to surprise her with them for her birthday.

An opportunity arose for us to be in Sanibel for the summer. I contacted The Cedar Chest Fine Jewelry and after telling them the story, they restored the rings back to their original beauty. Under the palms on the bridge between lagoon and gulf, I once again put them back on her fingers. She was overwhelmed with more emotion than



Restored engagement ring and wedding band

the day that I had proposed to her 23 years ago.

These rings were a symbol of our love and proof that in every situation there is always a silver lining... if you spend enough time searching for it.

— Dan Proper✧

## Flag Day Ceremony At American Legion

American Legion Post 123 will hold a Flag Day ceremony 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 has lived a long and honorable life, but needs to be retired, bring it with you.

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 Post 123 at 472-9979 or Randy Carson at 699-9739.✧



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**Garden at the Sanibel Historical Village**  
photo courtesy Sanibel Historical Museum and Village

**Sanibel Historical Museum And Village**

## Landmark: Garden At The Historical Village

Sanibel has always been good farm land. In the old days, everybody had a garden. Commercial farming was also popular. Sanibel was known for its tomatoes, key limes, grapefruit, eggplant, beans, sweet potatoes and watermelon. This garden in the Sanibel Historical Village



is representative of what a homesteader might have in his or her backyard. Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS. The village and museum are closed temporarily due to the coronavirus. Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✱

## 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](http://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 commentaries with Rabbi Stephen Fuchs at 7 p.m. on Facebook, at either [www.batyam.org](http://www.batyam.org) or Stephen Fuchs Facebook page. There will be a coffee morning with Rabbi Fuchs on Wednesday, June 24 at 11 a.m. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. [www.batyam.org](http://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](http://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](http://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](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.✱



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Preschoolers at CECI get plenty of time to explore the natural world

photo provided

## Scholarships Available At CECI

Thanks to The Sanctuary Golf Club Foundation, the Children's Education Center of the Islands (CECI) is offering scholarships to help families send preschoolers to summer camp, which started on June 8. Families with children between the ages of 1 and 5 are eligible.

The Sanctuary Golf Club Foundation awarded \$25,000 in scholarship funds to ensure that young children of families who were hit hardest by the COVID-19 crisis still have access to quality

educational experiences. The foundation also granted \$3,000 in funding to install a sun shade awning for the school.

Due to the pandemic, CECI was not able to hold its traditional Spring Festival, which raises money to replenish the scholarship program for the upcoming school year.

CECI provides nature connection experiences as well as early childhood education for children regardless of location, socioeconomic status, culture, race or religion. On average, 25 percent of CECI's students attend on scholarship.

For more information, visit [www.childrenseducationcenter.com](http://www.childrenseducationcenter.com) or call 472-4538.\*

## Course Highlights Survival Skills



Sanibel Sea School educators challenged participants to spend a weekend camping in their backyards

photo provided

submitted by Nicole Finnicum

The tenth week of Nature Near You, Sanibel Sea School's e-newsletter, featured backyard activities to learn about survival skills.

Through emails delivered at 9 a.m. on Monday, Wednesday and Friday, Nature Near You participants learned about essential tools and skills that can be used

in survival situations, such as solar stills and shelter building. Understanding how to protect yourself by finding essential resources, such as water and shelter, is vital in any survival scenario. This week, we went on an adventure imagining we were stranded in our own backyards and learned how to adapt and survive.

Fresh water is the most important

continued on page 6

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OBITUARY



MARILYN MURPHY MEARDON

Marilyn Murphy Meardon, actor, educator and storyteller, passed away on Sunday, May 24 in Providence, Rhode Island. She was 89 years old.

Born in 1930 in Cincinnati, Ohio, she was the daughter of Lawrence Burnell and Aurelia Graesar Murphy. A graduate of Hughes High school, she went on to study at Carleton College in Minnesota, where she majored in history. Education was the focus of her graduate work at the University of Chicago. She continued

graduate studies in theater education at Northwestern and at the University of Keele in England. An international traveler from a young age, as an exchange student she was introduced to many cultures through the Experiment In International Living, germinating a lifelong passion for exploring the world’s diversity.

She was well respected for her work in numerous Rhode Island theaters. Always nurturing youthful creativity, she taught at the Young People’s School for the Performing Arts in Providence. She adapted historical personages for performance in schools, libraries and for community groups. Her celebrated solo performance, *Queen Elizabeth I: In Her Own Words*, was researched and composed by Marilyn using the queen’s own letters, poetry, prayers and speeches to create a performance bringing the monarch’s words to life.

She was predeceased by her parents, a brother, William H. Murphy, and companion Robert C. Frederiksen, who shared her passion for theater and travel adventures.

She is remembered with love and gratitude by her three daughters: Kathleen of Fort Myers, Florida; Allison of Cranston, Rhode Island; and Sarah Burnell of Seattle, Washington; a son, David (Diane St. Pierre) of Sanibel, Florida; a granddaughter, Elizabeth Aurelia; niece Leila Mae Murphy; nephews Eddie and Tim Murphy; eight grandnieces and nephews; and a community who will no doubt remember the tales she told, and her story.

A celebration of her life will be held in the future.

In lieu of flowers, donations may be made to the Rhode Island Council for the Humanities or the Memory and Aging Program at Butler Hospital in Providence.

Remembrances and condolences may be shared via the funeral home at [www.monahandrabblesherman.com](http://www.monahandrabblesherman.com).✧

From page 5

Survival Skills

resource a person needs for survival. There are many different ways to find and purify water in the wilderness, but we chose to take a closer look at a backyard friendly method. On Monday, participants learned how to build a solar still, which is a contraption that uses the sun’s rays and condensation to collect water. Marine Science Educator Sam Galindo explained, “It is important to note that solar stills only collect a small amount of water over time,” and recommended finding a more dependable source of water in a survival situation. But this backyard experiment was a super cool way to use science to help gain a valuable resource in a pinch.

Shelter is one of the main basic needs that humans and other animals require to survive. On Wednesday, participants learned all about shelter building, the different types of wilderness shelters you can build, and why it is so important to have a place to retreat from the elements. We shared some essential characteristics to build successful shelters, such as having a dry, flat ground or finding a location

that is not directly under precarious tree limbs. Then, Marine Science Educator Sam Lucas challenged participants to build their own tepee shelter in their backyard – using only natural materials.

On Friday, it was time to put our survival skills to the test by taking the Sanibel Sea School survival challenge. This challenge built upon the knowledge participants gained over the week and harnessed critical thinking skills to make decisions about specific items during a survival situation. After the challenge, it was time for a little fun, so in the spirit of “backyard survival,” we encouraged participants to get out over the weekend and camp in their backyards.

While we hope to never find ourselves in a survival situation, it is always a good idea to know a few basic survival skills. It is important to at least know what resources are needed and understand a few different methods to acquire those resources. It was fun to use our imaginations this week and play around with different scenarios to learn our new skills.

Nature Near You will continue through June and be delivered via email. If you are interested in joining the mailing list, email [info@sanibelseaschool.org](mailto:info@sanibelseaschool.org). If you missed out on an issue of Nature Near You, all of the content can be accessed at [www.sanibelseaschool.org/nature-near-you](http://www.sanibelseaschool.org/nature-near-you).

Nature Near You is Sanibel Sea School’s offering to the community. If you would like to support our efforts, visit [www.sanibelseaschool.org/support-the-cause](http://www.sanibelseaschool.org/support-the-cause) or email for more information.✧

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# Planners Ask For More Research On Seawalls

by Wendy McMullen

The question of permitting installation of vinyl seawalls in front of deteriorating concrete seawalls as an alternate means of repairing or replacing existing seawalls prompted the planning commission on Tuesday to request permission of city council to broaden the research on seawalls in general.

Currently, there are no restrictions on the materials used to repair or replace seawalls. What marine contractors are inquiring about is installing new vinyl seawalls waterward of the existing seawalls instead of repairing and replacing them on the same footprint. Their intent is to keep the existing seawall in place, provide a replacement vinyl seawall waterward of the existing seawall, and backfill between the existing and replacement seawalls.

This would require updating Sanibel's Land Development Code, which governs all land use and building on Sanibel.

City Planner Kim Ruiz, who is part of the team studying the issue, told commissioners that while concrete was supposed to last 50 years, weather and water conditions shorten the lifespan of concrete.

"Concrete is supposed to last 50 years but in this environment, it's more likely to last 20 to 30 years," she said.

The Sanibel Code does not specify construction materials for seawalls so vinyl is permitted to replace or repair seawalls now. What is not permitted at present is



Vinyl seawall

photo provided

installing a new vinyl seawall in the water in front of the existing concrete wall.

The planning commission defines repair as placing a new concrete seawall flush with the existing deteriorating seawall, but it does not include a provision for an extension to put a seawall waterward of an existing structure. The current language in the Land Use Plan is that the placement of any seawall "shall extend no farther into the waterway or canal than the banks, seawalls or revetments adjoining the property."

Seawalls are currently allowed in the manmade canals in Shell Harbor, Sanibel Harbors, Sanibel Isles, Water Shadows, and Sanibel Estates subdivisions and between Periwinkle Way and San Carlos Bay adjoining Mariner Point, Yacht Haven, Tennis Place and Harbor

Cottages. Many of these canals are 100 linear feet in width or greater, but some are as narrow as 40 feet wide. Docks and boat lifts can't extend more than 30 feet or 20 percent of the width of the canal. If extensions are allowed, this could reduce a canal's width by several feet, impeding navigation and possibly making some existing docks non-conforming.

Other cities have allowed vinyl walls to be placed in the water in front of concrete walls and provided standards which need to be met to ensure durability and placement of seawall structure. Bonita Springs allows an extension waterward of 12 inches and Cape Coral, Naples, Marco Island and Punta Gorda limits them to 18 inches.

The obvious benefit of using vinyl rather than concrete is that the initial

cost for the property owner is lower, construction time is shorter and the lifespan of the project is much longer. Vinyl seawalls can also be installed from land, eliminating the use of a barge.

The potential detriments are the reduction in canal widths and possible harmful effects on the integrity of adjacent existing seawalls triggering more requests to install concrete or other material to repair or replace existing seawalls.

Among the questions being researched by city planning staff currently are whether the replacement seawall in front of the existing seawall will result in less environmental impacts than the removal and replacement of the existing seawalls in the same place. City planners are also considering problems that might occur if the width of canal is decreased to a point where legal docks extending further than 30 feet, or 20 percent of canal width, become non-conforming.

Other concerns include impacts to adjacent properties, possibly blocking access to boat lifts or docks, destabilizing their existing seawalls and trapping flotsam and jetsam. A further question under investigation is whether the property boundary will be extended to include the filled area between the existing and replacement seawall.

Aesthetic considerations are also being researched for recommendations on what limitations should be placed on the color and style of the seawalls if it is decided they are acceptable and that standards should be included in the Sanibel Land Use Plan.

Tuesday's meeting was the first meeting of the Sanibel Planning Commission in three months. Previous meetings had been canceled because of the coronavirus.✧

# Dock Approved By Commission

by Wendy McMullen

Sanibel Planning Commission approved a new dock for a house just before Blind Pass Bridge at Tuesday's meeting.

Applicant John DiLorenzo requested a variance for the dock and walkway on his property in order to be able to access Sunset Bay, which borders the property at 6496 Sanibel-Captiva Road. The variance was required to permit part of the dock to

be higher than three feet above the mean high water line. A higher dock is necessary in the southern end of Sunset Bay because the water is shallow, and to avoid scouring of the sea bottom.

The dock was permitted for non-motorized vessels only and conditions were imposed to minimize impact to the mangroves on the shoreline.

So despite a comment from resident Claudia Burns that the dock was unnecessary because anyone agile enough to get in and out of a kayak doesn't need a dock, commissioners approved both the dock and the 47-foot walkway from the house. Commissioners said the mangroves

on the property are very thick and a path made by trampling through them would do more damage than an engineered solution.

The houses on either side of the property have both docks and boat lifts.✧

# Variable Parking Fees Discussed

by Wendy McMullen

Sanibel City Council discussed employing variable pricing for parking on Sanibel to increase city revenues at the June 2 meeting.

City council members, aware of losses in revenue due to closure of city beach parking and reduced causeway, gas and sales taxes are going to look into varying the cost of parking at peak times.

"I think we have an opportunity and variable pricing is one thing that I have thought about," Councilman Richard Johnson suggested, backed by Councilwoman Holly Smith.

Council members also discussed instituting charges in several places where parking is currently free.

Council authorized Johnson to meet with the city manager and bring back recommendations for variable pricing.✧

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## City Of Sanibel Scholarship Award Recipients

Following Hurricane Charley in 2004, an endowment fund was established with the Southwest Florida Community Foundation to provide scholarships for dependents of city employees. This year, there are multiple sources contributing to the City of Sanibel Employee Dependent Scholarship Program; Charitable Foundation of the Islands (CFI), Southwest Florida Community Foundation endowment, Sanibel-Captiva Kiwanis Club as well as proceeds from various city vending machines.

In announcing continued support of the program, Chip Roach, CFI chairman of the board, said, "The Charitable Foundation of the Islands is pleased to continue to support the scholastic futures of the deserving sons and daughters of our valued city employees."

The following dependents of city employees will each be awarded a \$2,000 scholarship:

Kylie Sutton – a rising sophomore at Florida State University and a 2019 graduate of Ida S. Baker High School. Sutton is currently pursuing her undergraduate degree in health science. Following completion of



Kylie Sutton

her undergraduate degree, she plans to enroll in the physician's assistant program at Florida Gulf Coast University to pursue her goal of becoming a physician's assistant in obstetrics and gynecology.

Sutton is a first-time recipient of the scholarship. She is the daughter of Sgt. Kenneth Sutton, Sanibel Police Department, who has been employed by the city for nearly 17 years.

Amber Schweitzer – a rising junior at Florida Gulf Coast University and a 2018 graduate of Ida S. Baker High School. Schweitzer is pursuing a bachelor's degree in elementary education at FGCU with plans to relocate to Illinois where she will then pursue her master's degree and begin her career in teaching.

This is Schweitzer's third year in the scholarship program. She is the daughter of Stephen Schweitzer, tradesworker II, public works operations, community services department, who has been employed by



Amber Schweitzer



Hailey Upchurch

the city for nearly five years.

Hailey Upchurch – a rising senior at University of Central Florida and a 2018 graduate of Mariner High School. Upchurch is pursuing a bachelor's degree in health sciences on a pre-clinical track, the first step in reaching her goal of becoming an orthodontist. This past academic year, Upchurch became president director of the Pre-Dental Student Association, earned a spot on the Dean's List and as of Spring 2020, a spot on the President's Honor Roll for a 4.0 semester.

This is her third year in the scholarship program. Upchurch is the daughter of Jocelyn Upchurch-Hawkins, accounting operations manager, finance department, who has been employed by the city for seven years.

Alyssa Vetter – a rising senior at Florida Gulf Coast University and a 2017 graduate of Cypress Lake High School. Vetter is pursuing a bachelor's degree in finance. Following graduation in May 2021, Vetter plans to become a



Alyssa Vetter

financial analyst with a long-term goal of one day owning her own financial services business.

Vetter is a fourth-year recipient of the scholarship award. She is the daughter of Holly Vetter, senior permit technician, building branch, community services department, who has been employed by the city for 26 years.✪

From page 1

## Documentary

retreat from the COVID-19 pandemic. They are working on a film titled *River of Grass* that features a time-traveling narrator channeled by the land who recounts the Everglades' violent past and warns of Florida's precarious future. Told through Miami journalist Marjory Stoneman Douglas' *The Everglades: River of Grass* (1947), the film explores how Florida's vulnerability to climate change is historically rooted in the Everglades' ongoing legacies of colonization.

Shooting in five different locations impacted by alterations to the Everglades, Wortzel is amazed by Douglas' visionary scope.

"What's shocking to me is that it's very uncanny the things that she is saying will happen if we don't change our relationship with the environment are what's happening now, nearly 75 years later," said Wortzel.

The film will premiere in 2022 in honor of the iconic novel's 75th anniversary.✪

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Plant Smart

# Lessons In Adaptability

by Gerri Reaves

If you ever needed a reminder how crucial adaptability and resilience are to a healthy life – indeed, survival – just think about the news of late.

We all need a daily dose of simple comfort and a dash of hope wherever we can find it, and one place to always find it is in the natural world.

You don't have to travel to faraway rainforests or the plains of Africa to see the network of life doing what it does every moment of everyday, seeking life and light and just getting on with it.

These photos capture very common plant species doing very common – but also remarkable, even wondrous – things. In other words, being themselves full out.

Native strangler fig (*Ficus aurea*) excels at making the best of circumstances, even to the point of spelling disaster for another species, usually a cabbage palm (*Sabal palmetto*).

That sprout emerging from the interior of a six-foot sign post illustrates the tree's nimbleness and hardiness. Of course, the common name is a misnomer, for the tree doesn't strangle.

But it is known for starting from a seed deposited in a tree canopy, usually by a bird, and gradually insinuating aerial roots around and down and eventually enveloping the host.

In short, it robs the host of resources and shades it out. It might take years to



A native strangler fig seedling emerges from a six-foot tall sign post

photos by Gerri Reaves

do it, but no matter. Persistence does the trick.

That silvery gray sphere perched on the side of a concrete wall seems to do the impossible, but native ballmoss (*Tillandsia recurvata*) performs such feats as a matter of course.

Minute seeds travel by air and land in unlikely places like this wall crevice. The plant, which is actually a bromeliad, not a moss, tenaciously holds fast, be it upside down or balancing on a power line.

Nevertheless, it goes about “making a living,” gathering nutrients, aka moisture and debris, from its platform.

That unidentified fern framed in an opening of a parapet started similarly. Airborne spores landed in this ad hoc “planter” and developed. Like ballmoss, this epiphyte draws nutrients from the air and debris, and hairy rhizomes help the plant establish purchase.

Along with the mourning dove perched above it, the fern volunteers natural decorative touches to a historic building.

Nothing says hope and resilience like those plentiful seedlings under the historic live oak (*Quercus virginiana*) in front of



Native ballmoss can take up residence, defy gravity, and thrive almost anywhere, including tiny crevices



This fern in a parapet started life from an airborne spore



The historic live oak at the Lee County Courthouse had an especially large acorn crop in its final season of 2010, sprouting a miniature oak forest. Here, the tree is fenced off and awaits the destruction scheduled for only months later.

the Lee County Courthouse.

The photo was taken after the tree's last season of acorns in fall 2010, which proved to be a banner one, bringing forth a miniature forest of young trees.

As the chain link fencing indicates, the tree, estimated to be about 150 years old, was even then designated for destruction due to public safety reasons.

But even as the tree deteriorated acorns sprouted around it, and even after its huge limbs were chain sawed off, green shoots appeared from the trunk.

Look to nature for solace, and remember... humans are part of this web of life, not outside or above it.

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

From page 1

## Education Center

and rehabilitation areas, which has continued to provide care for injured, sick and orphaned native and migratory wildlife throughout the pandemic.

“We are very excited to reopen our visitor center to provide another way to financially support CROW's mission while helping visitors learn about the important role wildlife plays in our environment,” said Hussey.

The AWC Visitor Education Center will be open to the public Monday through Friday from 10 a.m. to 4 p.m. For more information, visit [www.crowclinic.org](http://www.crowclinic.org) or call 472-3644.\*



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Bailey Homestead Preserve

## Preserve And Garden Center Now Open

The Bailey Homestead Preserve and SCCF Native Landscapes & Garden Center reopened on June 9 with operating hours from 10 a.m. to 3 p.m. on Tuesdays and Thursdays.

Visitors are asked to bring a face covering or mask to use when physical distancing cannot be achieved. The Bailey Homestead offers large outdoor

photo provided

spaces that can safely accommodate the distancing measures recommended by the CDC. All parties will need to be at least six feet apart.

You must wear a face covering or mask when interacting with staff in the garden center. All staff will be outfitted in masks when interacting with guests, and will be taking extra sanitization measures in restrooms and "high touch" areas within the garden center.

"We look forward to once again helping our customers make their yards a more sustainable and better habitat for wildlife," said Jenny Evans, garden center manager. "Our goal is to be an

educational resource for the community about native plants and sustainable gardening practices, and we're excited to get back to recommending appropriate native plants and answering gardening questions."

On-island deliveries will be available on Wednesdays and curbside pickups will change to Wednesdays from 2 to 3 p.m. Credit card payments only (no cash or checks).

## Community House Cooking Classes Are Back

This year, The Community House will be offering children's camp in several ways. There will be two, one-week, in-person sessions for cooking camp, as well as private cooking classes, and Camp to Go kits.

Cooking classes with Chef Jarred Harris will be held June 22 through 26 and August 3 through 7 from 10 a.m. to noon. Children can learn basic cooking skills and expand their culinary knowledge. In accordance with CDC, federal, state and local guidelines, masks will be required in common areas, individual cooking stations will be six feet apart, and spaces used will be cleaned at the end of every session. No shared food amongst the campers will be allowed. The camp will be limited to 20 participants. Cost is \$30 per day and scholarships are available.

Place your order online at [www.sccf.org](http://www.sccf.org) before Tuesday evening at 11:59 p.m. for pickup or delivery that Wednesday. SCCF members can receive their discount by entering promo code: SCCFMBR10.

For more information, email Sue Ramos, garden center assistant, at [sramos@sccf.org](mailto:sramos@sccf.org). Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel.\*

Private, one-on-one lessons, or with a sibling, will also be offered by Chef Jarred Harris. These will be arranged by the family and The Community House. A basic one-hour session is \$50 for an individual and \$75 for two siblings.

Those that are looking for activities to enjoy in the comfort of their own homes can pick up Camp to Go Kits. There are two types of cooking kits: a basic kit for \$20, which includes a recipe and ingredients; and a deluxe kit for \$40, which includes several recipes, ingredients and links to video tutorials. Art kits with postcards designed by local artists Bob Marshall and Anita Force Marshall as well as Zentangle, shell kits with everything you need to make four different critters (glue not provided) and other shell identification kits are available for \$20.

For more information, call 472-2155 between 9 a.m. and 1 p.m. Monday through Friday or visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net). Suggestions for classes and activities are welcome via a survey on the website.\*

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# Pre-Cristobal Action



by Capt. Matt Mitchell

Tropical storm Cristobal brought lots of rains and strong winds before finally moving out of here. In the days before the slow moving weather maker moved through, we managed to dodge the rain most days, until a weekend wash out. Any time we have approaching weather, it fires off fishing. The big change in barometric pressure triggers fish to eat. Add in some massive high tides generated by strong south winds and we had the perfect mangrove fishing set up.

Staying close to home most days, we kept an eye to the sky and were able to dodge showers. The breezy overcast conditions made a welcome change from the excessive heat we have been dealing with. Most trips this week, we targeted snook and redfish with success. During the lower tides, the better bite came in the passes drifting live baits up close to the structure. As the water got up higher, we switched our efforts to mangrove shorelines in the south eastern end of the sound.

Tarpon fishing this week was all about finding somewhere sheltered enough to be able to locate the fish. Until late in the week, east winds made

for a great set up on the northern beaches of Sanibel. Once located, these beach fish ate both crabs and threadfin herring. As winds switched to the south with the approaching weather, this was blown out. These beach fish will gradually reappear as conditions relax.

Later in the week, I took longtime client Gerald along with his wife, Virginia, on there first tarpon trip. Riding through all my favorite places in the bay, we saw only a few rolling fish. Opting to set up and soak some baits, I figured we would have a better shot at it. While anchored up in the choppy conditions, within 10 minutes we saw a few tarpon roll. Texting with other captains, it seemed no one had located any good numbers of fish.

A tarpon bite happens so fast. One second you're having a conversation, then like the flip of a switch, we were hurriedly clearing the other rods and giving chase as Virginia was hooked up. For the first few minutes this fish did not jump and really had us thinking it was a shark. As it came completely around the boat, it went airborne only 30 feet away. Virginia's tarpon put on a great show jumping a half dozen times before finally coming boatside for a face grab and release.

Congratulations on your first tarpon, Virginia!

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



Virginia's tarpon boatside before release

photo provided

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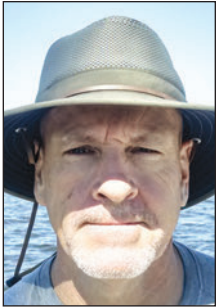
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Dave Doane



## CROW Case Of The Week:

## CROW Animal Ambassadors



by Bob Petcher

Since 2012, CROW has instituted an animal ambassador program to provide an educational home for animals who are unable to be released into the wild. These animals are used during presentations

and programs on campus and off-site for an up close experience with wildlife. The rehabilitation staff spends countless hours training and building trust with these animals so that they can remain relaxed around crowds.

"One of my favorite things about working with these animals is being able to build trust and have a relationship with them as a handler," said CROW Rehabilitation Manager Breanna Frankel. "Mina, the great horned owl, for example, is an amazingly beautiful, powerful creature which would be capable of killing me if she wanted to, but knowing that she trusts me enough to feel comfortable and safe with me is very rewarding."

Mina arrived to the clinic in December 2016 with a partially amputated right wing. The injury had mostly healed by the time she was brought to the clinic, but rendered her unable to fly.

CROW currently has four other



Talon, the red-tailed hawk

photos by Brian Bohlman

animal ambassadors in addition to other animals worked into exhibits in the Visitor Education Center.

Talon, the red-tailed hawk, arrived at the clinic in January 2014 with a broken left wing. The fracture had already healed incorrectly and he was unable to fly.

Lola, the American kestrel, arrived in March 2013 after she was found in a front yard in Cape Coral. She also had suffered a broken wing which had not healed correctly. She is capable of short flights, but would not be able fly well enough to hunt in the wild.

Gigi, the Virginia opossum, arrived in April 2019 after she was found orphaned with her two siblings. Gigi had sustained a traumatic amputation of most of her tail. Since a wild opossum uses their prehensile



Billy, the nine-banded armadillo

tail for balance and climbing to escape from predators, Gigi would not be a successful opossum in the wild.

Billy, the nine-banded armadillo, arrived in April 2017 as an orphan that was weak and malnourished. The rehab team nursed him back to health, but since armadillos were classified as a nonnative or invasive species by Florida Fish and Wildlife Conservation Commission (FWC) at the time, Billy was unable to be released. The classification was changed recently to reflect that armadillos have naturally expanded their range to include Florida. Billy has since become too accustomed to human care to live a successful life in the wild.

"Visitors come to CROW to learn about the native and migratory wildlife

who call Southwest Florida home. While on site, they can participate in our educational programs, including the daily presentations. During these programs, CROW's team members use animal ambassadors to teach the public about wildlife biology, ecological contributions and discuss why these animals are admitted as CROW patients," said CROW Education and Outreach Director Rachel Rainbolt.

When not participating in programs, animal ambassadors that do not reside in the center can be viewed on live feed cameras both in the center and online.

"Live camera feeds are accessible to anyone visiting the AWC Visitor Education Center during regular hours of operation or they can be viewed online at [www.crowclinic.org/webcams](http://www.crowclinic.org/webcams)," said Rainbolt.

Working with animal "educators" can be fulfilling.

"It is safe to say that all of CROW's team members are in this line of work because we love wildlife," said Rainbolt. "That being said, it gives us an even greater feeling when we get the opportunity to share that love with the public by introducing them to our animal ambassadors. These interactions not only encourage respect for wildlife and the environment but also address common misconceptions about certain species."

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



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Shell Of The Week

Tellin Semele



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

Despite its name, the Tellin Semele is not a tellin, but is instead a semelid,

like the clam presented last week, the Concentric Ervilia. *Cumingia tellinoides* (Conrad, 1831) reaches 15 mm (a little more than 0.5 inch.) The prevailing color in this species is a dirty-white, but some shells may be slightly translucent. The shell sculpture consists of fine but well-defined growth lines, and the hinge consists basically of elongate lateral teeth and an internal ligament that rests inside a spoon-shaped *chondrophore*. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. 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](http://www.shellmuseum.org).



The Tellin Semele, *Cumingia tellinoides*, from Sanibel

[shellmuseum.org](http://shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075

photo by José H. Leal

Sanibel-Captiva Road. For more information, call 395-2233.\*

Council Approves \$15.1 Million Loan

by Wendy McMullen

At its June 2 meeting, Sanibel City Council approved a resolution authorizing a \$15.1 million capital revenue note from Sterling National Bank for the already approved Donax Sewer System and Center 4 Life facility adjacent to the current building on Library Way.

City Financial Director Steve Chaipel evaluated three proposals for a 15-year loan with no principal payments until 2022 when other city debts are paid off and no prepayment penalty after five years. Sterling National Bank came in lowest with a rate of 3.24 percent.

“This is our lowest interest rate for a 15-year loan by 150 basis points,” said Mayor Kevin Ruane, noting that the last debt the city took on was for the recreation center and that was around 5 percent.

Up to \$10 million will go for the Donax Sewer Improvement project and \$5 million for the new Center 4 Life building. The land for the Center 4 Life building has already been purchased.

Ruane emphasized that the note was for up to \$15.1 million and that if the city received grants from other sources, they could be offset for the debt issuance. He also pointed out that debts incurred for other capital projects will be paid off in 2022 so there would be significant cash flow benefit at that time.\*

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## The Community House

## Asparagus



by Resident Chef Jarred Harris

**A**sparagus has a long history, dating back over 2,000 years. The ancient Greeks and Romans used asparagus for medicinal purposes and called it "asparag" (which comes from a Persian term meaning shoot). The 16th century English and English-speaking colonies called it "sparagus," or the common term was "sparrow grass." Asparagus reached North America around the 17th century and was considered a delicacy as well as an aphrodisiac.

Asparagus is grown all over the world and even grows wild in some countries. Wild asparagus is quite different than the asparagus you would find in the grocery store. Wild asparagus is edible, however, the shoots are thin and slightly woody, but still delicious.

Farmed asparagus can be found in three colors; green, white and purple. Green asparagus is the most common type of asparagus found in grocery stores. White asparagus comes from the green

asparagus plants, however, the asparagus shoots are starved of light while growing and are not able to turn green. Purple asparagus is my favorite type of asparagus. It is much sweeter and more tender than the green or white asparagus. Purple asparagus works great in salads and if you decide to cook purple asparagus, stir fry it or cook it quickly to retain the purple color. If you boil or steam purple asparagus, it will turn green.

Asparagus is a natural diuretic and contains detoxifying compounds that break down carcinogens. Asparagus also contains fiber, folate, vitamins A, C, E and K, and chromium.

Here is a simple recipe to try:

**Asparagus Fries**

## Ingredients

- 1 pound asparagus (bottom ends trimmed)
- 4 large egg whites
- 2 tbsp. mayonnaise
- 1 ½ cups panko breadcrumbs (lightly crushed)
- ½ bunch flat-leaf parsley (finely chopped)
- ½ cup shredded Parmesan cheese
- ½ tsp. salt
- ½ tsp. black pepper

## Method

Preheat oven to 375 F. Line a baking sheet with parchment paper.

In a shallow baking dish, whisk together the egg whites and the mayonnaise. In a separate shallow baking dish, combine the breadcrumbs, parsley, Parmesan cheese, salt and pepper.

Dip each asparagus spear in the egg mixture until thoroughly coated, then dredge in the breadcrumbs, pressing to

secure them to the asparagus. Place the asparagus on a non-stick baking sheet. Repeat the breading process with the remaining asparagus, spacing them about 1 inch apart on the baking sheet.

Lightly spray the asparagus with cooking spray and bake for 15 to 20 minutes or until golden brown. Remove the asparagus from the oven and serve

them immediately with your favorite dipping sauce.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.✪

## Shell Found



Cherry de Werff

photo provided

**S**anibel resident Cherry de Werff found her first whole junonia next to the Sanibel Fishing Pier. She said, "It has been 20 years in the making."✪

## Shell Found



Chris Christian and Buddy photo provided

**C**hris Christian found a junonia at the Nerita Street beach access. He said, "My wife Robin, Buddy and I were just strolling at the water's edge and spied the distinctive spots under the surface."✪

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From left, Sam Lucas of Coastal Watch receiving the check from Baillie Johnson, Calli Johnson and Richard Johnson of Bailey's General Store photo provided

## Bailey's Donates Proceeds To Coastal Watch

On May 28, Bailey's General Store presented a check in the amount of \$775.55 to Coastal Watch in support of its Bring Your Own Bag (BYOB) conservation initiative.

Coastal Watch's BYOB initiative is designed to reduce the use of single-use plastic bags on the islands and educate locals and visitors about the harm plastic causes the environment.

Bailey's is a longtime supporter of BYOB, sponsoring the initiative since its creation. Reusable bags are available within Bailey's General Store for purchase.

The funds provided by Bailey's will go toward future orders of reusable bags, allowing alternative options to continue to be offered throughout the island.

Part of the SCCF Family, Coastal Watch creates and implements conservation initiatives that promote and improve the future of marine resources and the coastal heritage. For more information about Coastal Watch, please visit [sancapcoastalwatch.org](http://sancapcoastalwatch.org) or contact [coastalwatch@sanibelseaschool.org](mailto:coastalwatch@sanibelseaschool.org).

## Shell Found



Heath Glover photo provided

Heath Glover found an alphabet cone near the Sanibel Lighthouse. He said, "Ten years ago, my fiancée, Natalie Lanza, found one as well. We thought it would be cool to share the articles with our kids one day and hopefully they too will find alphabet cones on Sanibel." ❄️

## Shells Found



Logan D. Lee photo provided

Local Rotarian and businessman Logan D. Lee, found a tiny wentletrap and junonia while practicing safe shelling distancing at a private beach access on the west end of the island during the 2020 coronavirus quarantine. ❄️

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Mahi-Mahi Tostada

photo courtesy Fresh From Florida

**Mahi-Mahi Tostada**

4 (6-ounce) Mahi-Mahi fillets  
 1/2 cup fresh cilantro, finely chopped (divided)  
 2 tablespoons hot pepper sauce  
 1 tablespoon fresh lime juice  
 4 tablespoons vegetable oil (divided)  
 4 corn tortillas  
 2 cups shredded lettuce  
 Fresh salsa, as needed  
 Sea salt and fresh ground pepper, to taste  
 Mix 1/2 of the cilantro, pepper sauce,

2 tablespoons oil, lime juice, and salt and pepper in large bowl. Add fillets to marinade. Cover and chill 1 hour. Remove fillets from marinade. Preheat grill to medium-high heat. Grill fillets 4 to 5 minutes per side until the center of fish is done. Transfer fillets to a platter and keep warm. Place 2 tablespoons oil in a large heavy saucepan over medium-high heat. Add tortillas, one at a time, pushing down gently into the pan with tongs. Cook 1 minute until browned on one side; turn and cook 1 minute longer until browned and crisp. Drain on paper towels. Place fillet on shredded lettuce in center of tortilla; top with fresh salsa and remaining cilantro.✱



Wendy Lambrix and Margie Klein sort books for sale

photo provided

## Summer Reading Program, Book Sale At Library

Sanibel Public Library invites families to register online for the 2020 Summer Reading Program. It is open to all children, from babies to age 18. Participants will receive a registration gift (quantities are limited). Children can come in to pick up their gift, add their name to the bricks on the "castle wall," and choose books earned at the library.

Children read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. 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. Go to [www.sanlib.beanstack.org/reader365](http://www.sanlib.beanstack.org/reader365). Beanstack sends each reader a weekly email or text message recommending books based on age and interests.

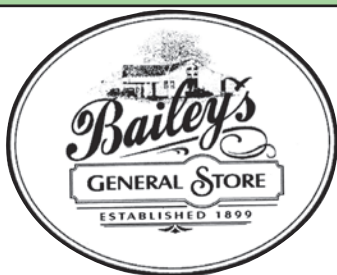
Am online storytime video with Miss Deanna will be on the library's children's webpage during the summer, replaced each week by a new story read aloud.

Baby Bounce Time videos will be available on the library's children's webpage. Baby Bounce is a program that is aimed at parents of lap-sitting babies. It is a fun session to help to build motor

continued on page 19

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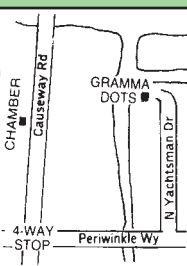
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## Businesses Enter Next Phase Of Guidelines

Gov. Ron DeSantis's Phase 2 Executive Order took effect on June 5 in Florida (with the exception of three counties: Miami-Dade, Broward and Palm Beach).

Here is an overview of Phase 2:

Bars may operate at 50 percent of indoor capacity (excluding staff). Outdoor seating is permitted with appropriate social distancing (CDC recommendation of six feet). Nightclubs are not included in this executive order.

Bar seating will be allowed at bars, restaurants and other establishments. Service is only allowed at bars if the patron is seated.

Entertainment businesses, such as movie theaters, concert houses, auditoriums, playhouses and arcades may operate at 50 percent of their building capacity with appropriate social distancing between groups and appropriate sanitization.

Personal services, including but not limited to tattooing, body piercing, acupuncture, tanning and massage may operate with appropriate safety guidelines as outlined by the department of health.

Pari-mutuel facilities may seek to operate by submitting a written request by the county to the Department of Business and Professional Regulation. In Florida, pari-mutuel wagering is authorized for horse racing, harness horse racing, quarter horse racing, greyhound racing, jai alai games and cardroom poker games.

The new order encourages all people to avoid congregating in crowds of more than 50 people – this is up five times from the current recommendation of 10 people.✱

From page 18

## Library

and literacy skills through stories, song and movement.

Page Turner Adventures will have virtual programming every weekday afternoon including comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games.

Patrons need to maintain social distance inside the building and are encouraged to wear masks, (except for children under age 2). Library staff is implementing safety and sanitization procedures consistent with the CDC and Department of Health guidelines.

Patrons have access to the full collection of books, movies and newspapers, puzzles, as well as high speed WiFi and public use computers. Contact-free services and book returns will continue. At this time, there will not be overdue fines assessed.

The book sale room is loaded with fiction, cookbooks and magazines, and all paperbacks are buy one, get one free.

The library is open from 9 a.m. to 1 p.m. on Saturdays in June, July and August. 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](http://www.sanlib.org).✱

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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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Book Review

# The Winemaker's Wife



by Di Saggau

**T**he Winemaker's Wife by Kristin Harmel, is a moving story taking place amid the champagne vineyards of northern France in World War II during the French resistance, and New York 2019 when Liv Kent, who has just lost everything, is visited by her eccentric French grandmother who insists they travel to France. The two storylines connections are gradually revealed.

In the spring of 1940, the German invasion of France begins, at Maison Chauveau, a winery near Reims. It's been in the same family for centuries and is currently owned by Michel Chauveau and his much younger wife, Ines. He is hardworking and practical, she is a gorgeous, whirlwind, naive and impetuous. Michel's right-hand man is his cellar master, Theo. His wife Celine knows winemaking almost as well as the men.

The Nazi's requisition all the fine wine, and to get even with them, the winemakers fill the Nazi requisitions with inferior wines packed with dirty



image provided

corks and bottles. The labyrinthine caves used for storing wines are also useful for hiding weapons, Resistance fighters and Jewish refugees. Danger rises for Celine because she is half-Jewish.

The present-day story revolves around a 40-year old New Yorker, Liv Kent, whose husband Eric has just traded her in for a younger version named Anemone. Liv calls her "a millennial vegan whose hippie parents named her after a species of jellyfish." Liv's grandmother Edith, age 99, arrives and

whisks Liv off to Reims. It's clear Edith wants to tell Liv something, but it takes her some time to accomplish that task, and it's something that will change Liv's life forever.

Years earlier when Liv told her grandmother she was going to marry Eric, she disapproved, saying he was wrong for her. Liv asked how she knew and Edith replied, "When you're young you see only the future. When you grow older you see the past. ... And the past has a way of showing you things clearly, whether you like it or not."

Maison Chauveau is fictional, but other actual Champagne houses and

people associated with them appear in the book. The region was a center for resistance to the Nazis. Harmel points out in her author's note, the second-rate wines in dirty bottles sent to the Germans are historical fact. Be sure to read those notes. Reviews include: "Love and betrayal forgiveness and redemption combine in a heady tale of the ever-present past, fantastic;" "A suspenseful story of the Champagne region in World War II;" "Pick up this epic and heart-wrenching World War II tale immediately."

In my opinion *The Winemaker's Wife* is a remarkable read.✪

## School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers, Here is some good news – the libraries in Southwest Florida are now open. Both the Lee County Library System and the Sanibel

Library opened in the past weeks. You can now go in person to both of these libraries. While, both libraries have done a spectacular job with their online and curbside pick-up programs while they have been closed, it's exciting to know that they are now open and once again their in-person services will be available. Of course, both libraries will have limited hours and are following the CDC guidelines of social distancing, occupancy rates and other health measures to insure a healthy environment.

Libraries are well known for their summer reading programs, and this year is no exception.

The Lee County System's summer program is completely online this summer as is the Sanibel Library's programming. Information from their websites about their offerings is listed below.

The Sanibel Library is open from 9 a.m. to 8 p.m. Mondays and Thursdays and 9 a.m. to 5 p.m. Tuesday, Wednesdays and Fridays. The library is open from 9 a.m. to 1 p.m. on Saturdays in June, July and August. Reading for Others starts June 1.

All children, from babies to age 18, are invited to register for the summer reading program online starting Monday, June 1. Participants can come into the library to receive a special gift (quantities are limited). As in years past, kids 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 Children's Hospital. Since its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital.

Baby Bounce Time videos will be available at [www.sanlib.org/children](http://www.sanlib.org/children). 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. This summer, Storytime with Miss Deanna will be available on the same web page and replaced each week by a new video. Page Turner Adventures will present virtual comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games. Page Turner Adventures will post new adventures every day and will be available for viewing from 1 to 4 p.m. daily. Check for a list of special events and programs. Summer Reading Program participants must register on Beanstack at <https://sanlib.beanstack.org/reader365>.

Libraries of the Lee County Library System – Cape Coral, East County, Fort Myers, Northwest and South Regional Lee County – are open Monday through Wednesday 10 a.m. to 6 p.m. and Thursday through Saturday 10 a.m. to 4 p.m.

The Imagine Your Story Summer Reading Program is designed to spark curiosity and encourage a life-long love of reading and learning with virtual programs, activities, weekly missions, reading challenges, games and more. Registration begins June 1 and runs through August. There are four age categories including pre-K, kids, teens, and adults. Everyone is encouraged to participate and join in on the fun.

Library officials will be presenting a full summer of virtual programming five days a week for 10 weeks. The programming will include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests, games and much more. Programs will be linked from our Events and Programs webpage starting June 8.

Free activity books are available for families that wish to unplug for the summer or are looking for an additional reading challenge. Prizes are not available for the activity book challenge. View and print your free activity book from home. Go to the particular library website for more information.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✪



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## White Sands #23 at 2311 West Gulf Dr

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## Tarpon Beach #207, 2475 West Gulf Dr

Top-floor 2-bedroom end-unit with high ceilings & extra natural light from side windows. Custom open kitchen with stainless steel appliances & new baths. Assigned covered parking below & 2 exterior storage closets. \$999,000



## 901 S Yachtsman Dr in Sanibel Estates

Well-maintained elevated 2-bedroom home with dock overlooking tropical intersecting canals at end of cul-de-sac. Porches & decks, new front & back stairs. Enclosed lower level, plus outdoor shower & sauna. \$799,000 partly furnished



## Sandfoot #2D2 at 671 East Gulf Dr

2 bedroom on 2nd floor with end-unit privacy & extra light from side windows. White kitchen & cheerful interior with this gulf view over courtyard. Earns ~\$50K/yr in on-site rental program. \$699,000 furnished & with bookings



## Mariner Pointe #522 at 760 Sextant Dr

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## 968 Greenwood Ct S in The Dunes

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# Chamber Appoints New Board Members

With April's annual meeting canceled due to COVID-19 shutdown, the Sanibel and Captiva Islands Chamber of Commerce is announcing the appointment of new members to its board of directors and executive board and its new officers through media channels.

Brian Kautz, general manager of The Dunes Golf & Tennis Club, will chair the 2020-21 executive board, replacing retiring chair Mary Bondurant of Bondurant Realty Group.

"Mary did a stellar job as the 'face of the chamber' for the past year, and a big thanks for her dedication and passion," said John Lai, chamber president and chief executive officer. "Brian has some unprecedented



Brian Kautz



Calli Johnson

challenges to face in his one-year term, but we look to him for the strong leadership he demonstrated as chair-elect."

"With the experience of the last 10 to 11 weeks, I think there are a lot of differences between businesses and residents, and a meeting on mutual ground needs to be achieved," said Kautz, who has served on the chamber board for three years. "It's going to be a challenging six months to get the

chamber and businesses stabilized. There are so many variables, but John Lai is an awesome conduit to get it done."

Moving into Kautz's former chair-elect position is Mark Blust, vice president of marketing and operations for the Prawnbroker Group, who has served on the board for six years. New to the executive board is Calli Johnson, who will serve as secretary-treasurer.

"I am excited to join the executive board at a time when advocacy and community is underscored by the recent challenges our islands have overcome," said Johnson, manager of Bailey's General Store. "It is an honor to represent the businesses that make Sanibel and Captiva special as well as the generations of business leaders before me."

Three new members accepted positions on the board of directors, taking the places of BIG ARTS' Lee Ellen Harder, who finished her term in April, and Brett Gooch and Kim McGonnell, who both have moved to new work situations.

The new members are: Katy Forret, general manager of Doc Ford's Rum Bar & Grille; Michelle Berger, general manager of Tween Waters Island Resort & Spa; and Ron Clayton, sales/contract manager of Advanced Disposal.

"The chamber has a strong backbone," said Kautz. "I think we'll be able to do some great things in the next six months."

"I have solid faith in the leadership of

our chamber of commerce," said Lai. "I believe the community will pull together to once again put Sanibel and Captiva at the top of the list of the world's most admired destinations."✪✪

## ISLAND SUN BUSINESS NEWSMAKERS

### John Naumann & Associates

The top producers for May at John Naumann & Associates were: Evan duPont, top listing agent; and Harrell Tolp and Albright, top listing and sales team.✪



Evan duPont



Harrell, Tolp and Albright team

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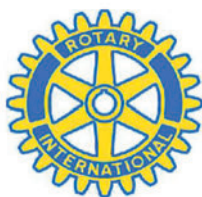
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# Rotary Happenings

submitted by Cindy Carter

Many Sanibelians have, at one time or another, interacted with members of the Sanibel Fire Department. It could have been during a medical emergency, a training offered at their station, your place of business, or at an event that they allowed to be hosted at the station. But one thing is for sure, you would have been greeted with a smiling face and treated as family. This is our Sanibel Fire Department.



At our recent Rotary Zoom meeting, we had the opportunity to speak with Tim Barrett, division chief of training of the Sanibel Fire Department, Station 171. Barrett is responsible for training members in every facet of our emergency response. This includes fire suppression, emergency medical (both advanced and basic), water rescue, confined space and hazardous materials. Barrett holds certifications as fire officer II, fire service instructor II, live fire instructor, CPR instructor, ACLS instructor, PAL instructor, PHTLS instructor as well as others. In a mostly Q&A forum, Barrett educated our members about things like "a day in the life of a firefighter," ways to prevent forest fires from becoming house fires, and how they deal with the seasonal crawling traffic. One way they battle the heavy seasonal traffic is that there are at least two paramedics and probably an EMT on each fire truck, which has as much life saving equipment as the ambulances that come from Lee County. There is no wait time for someone needing medical assistance.

The fire department also offers CPR and first aid/AED and fire extinguisher



Tim Barrett

photo provided

training, free welfare checks and assistance to those who need help descending stairs after a surgery or when the elevator has had enough of the salt air and refuses to work. They also partner with many of the local groups to offer free life vests (Sanibel Captiva Sail and Power Squadron) and they receive and sanitize the used handicap equipment that is distributed by FISH of SanCap.

One thing is for sure, Sanibel is blessed to have these men and women who are willing to risk their lives for our health and safety on a daily basis, and do it with professionalism and a confidence that will calm any situation.

Be sure to remember our first responders, especially during these hard times.

*The Sanibel-Captiva Rotary Club normally meets at The Dunes Golf and Tennis Club on Friday mornings at 7 a.m. However, due to the COVID-19 crisis, we are meeting by Zoom meetings. Contact [rotarycindycarter@gmail.com](mailto:rotarycindycarter@gmail.com) if you would like to be included.\**

## Trust Company Officer Earns Accreditation

The Sanibel Captiva Trust Company Chief Compliance Officer Darryl Gordon, CFE, CFIRS, earned the designation of accredited fiduciary investment manager (AFIM), which is based on an established set of industry-wide competencies that cover the concepts, rules, regulations, laws and standard operating procedures that the candidate should be proficient in the fiduciary investment management field.



Darryl Gordon

Gordon oversees and implements compliance and risk management standards for The Sanibel Captiva Trust Company and its divisions of The Naples Trust Company and The Tampa Bay Trust Company. His responsibilities include the monitoring of company's strength of

internal controls and audits, compliance with governing instruments, applicable laws and sound fiduciary principles.

"Darryl's commitment to continuing his professional education for the benefit and safety of the trust company is commendable, demonstrating to our clients and stakeholders that he is dedicated to operating at the highest level in his field as well as positioning our firm as one that is committed to being at the forefront of the fiduciary industry," said S. Albert D. Hanser, founder and chairman of the company.

Prior to joining the firm, Gordon was a regulatory financial examiner in Tampa for the Florida Office of Financial Regulation for 17 years, which is the agency that regulates the trust company. He periodically served as the examiner in charge, responsible for all phases of the examination process, which included reporting on the findings.

Both his certified fiduciary and investment risk specialist (CFIRS) and AFIM designations were earned through multi-year course work at the nationally recognized CANNON Financial Institute. He is also a certified fraud examiner and received his degree in accounting with a minor in finance from Jacksonville University, Jacksonville, Florida, graduating with honors, magna cum laude.\*

## New Education Intern At CROW

Alison Reece has joined the Clinic for the Rehabilitation of Wildlife (CROW) as its newest conservation education and marketing intern. The six-month internship began on June 1.



Alison Reece

Reece, who grew up in Cambridge City, Indiana, is currently attending Indiana State University and is entering her junior year. She is pursuing a bachelor's degree in marketing with a minor in sustainability. Once graduated, Reece hopes to work as a marketing manager in a field geared toward educating others about the environment.

The Conservation Education and Marketing Internship is a six-month program designed for those interested

in pursuing careers in environmental conservation, communication or other related fields. Interns learn about CROW on an organizational level and apply the information through public speaking engagements and outreach events. They also learn about the impact of communication through social media outlets and community partnerships with local newspaper and media companies.

"I'm hoping to gain more knowledge about the wildlife on Sanibel and to help educate others on the importance of how their actions can affect wildlife," said Reece. "I also hope to learn more about helping to market for nonprofit organizations."

Reece will be assisting with presentations, leading tours of CROW's hospital and engaging with visitors to the education center and events. She will also be helping develop content for CROW's social media pages, website, advertisements and exhibits in the education center.

If you would like to learn more about internships and externships offered at CROW, visit [www.crowclinic.org/articles.student-programs](http://www.crowclinic.org/articles.student-programs).\*

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Gianni Vitiello and Angela Larson Roehl  
photos provided



Karen Bell



Rose Dakos

## Association Of Realtors Initiates Food Challenge

During the month of May, the Sanibel and Captiva Islands Association of Realtors challenged its members and affiliate business partners to donate food and/or supplies to the FISH of SanCap Food Pantry. The #sancapFISHfoodchallenge was put together by the communications and public relations committee of the association. "We thought it would be a safe, fun and motivational challenge to help our local community and all the families in need during these trying times. The COVID-19 crisis has changed the world as we know it. We are very fortunate to have such supportive realtor and affiliate members," said committee chair Kelly Huguenin.

The challenge was to gather some non-perishable food items and drop them off at FISH, or make a monetary donation. Then the member would post a picture of the food being dropped off on Facebook and

nominate three fellow realtors or affiliates to complete the challenge as well.

The challenge has been accepted and completed by over 20 realtors or affiliates to date, with more expected.✧

## Bank Provides Millions In Loans To Aid Businesses

Sanibel Captiva Community Bank has processed more than 700 loans totaling \$70 million under the Small Business Administration's (SBA) Paycheck Protection Program (PPP) to help local small businesses, nonprofit organizations and independent contractors support payroll and related costs, saving thousands of jobs in Southwest Florida.

The PPP, which was originally launched on April 3 to address economic challenges caused by the COVID-19 pandemic, provides forgivable, government-guaranteed loans for the nation's small businesses. According to the SBA, approximately 48 percent of the U.S. workforce are small business employees.

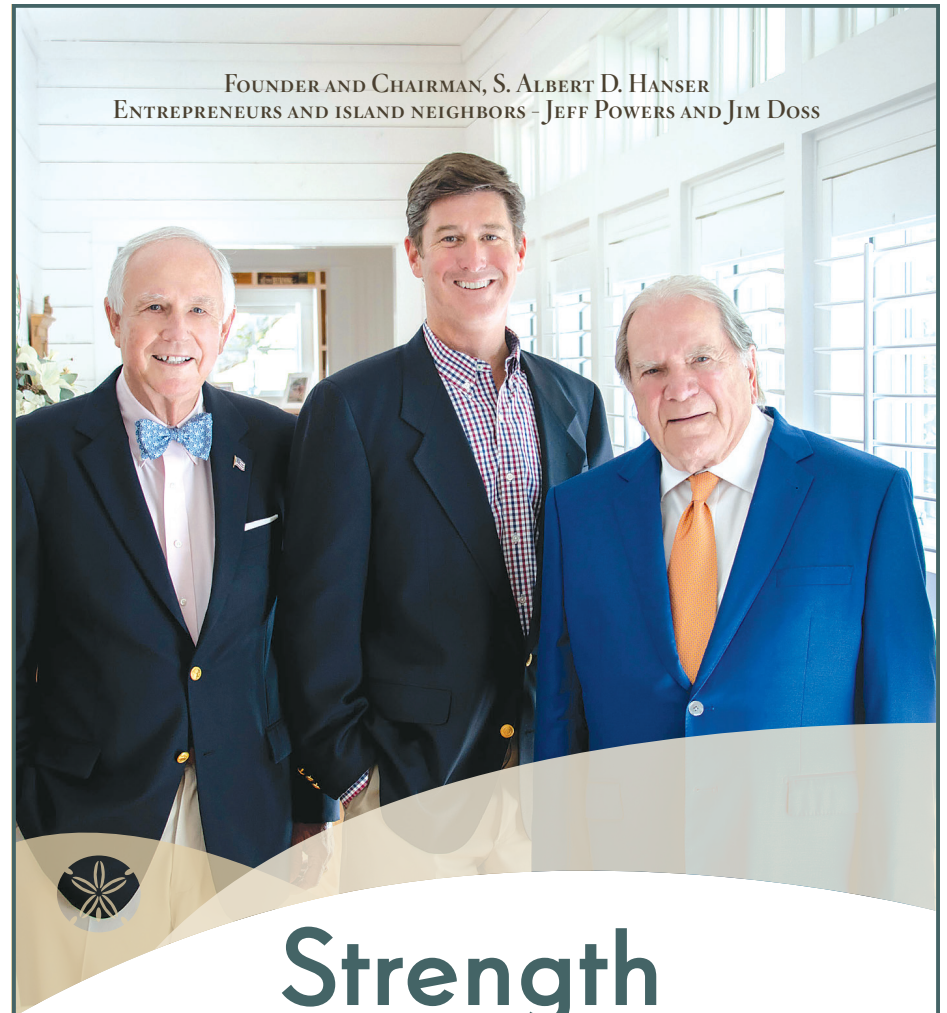
"As relationship bankers and dedicated members of this community, we are doing everything we can to protect the vibrancy of our small businesses, which serve as the

economic engines for our local economy," said Kyle DeCicco, Sanibel Captiva Community Bank's senior vice president and senior loan officer. "I'm so proud of our team, who have worked around the clock to process these loans and ensure that critical funds were made available to those who needed it most. We will continue processing applications until all remaining PPP funds are taken."

The average loan amount the bank processed was just under \$100,000. Loan amounts ranged from as low as \$500 to more than \$3.7 million. Those funds helped keep 9,078 people employed in Southwest Florida.

"Regardless of the loan size, each loan we processed was equally meaningful to us," said DeCicco. "Most importantly, we care about the customer receiving the loan and the employees they're supporting with paychecks."

According to the Greater Fort Myers Chamber of Commerce, approximately 80 percent of businesses in Lee County are small businesses and more than 70 percent have less than 25 employees.✧



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Will Power

# Salesman Vs. Estate Planner



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

There's a big difference between a counselor and a salesman. This became evident to me while speaking to a client who opened a self-directed IRA so that he could hold non-traditional investments like real estate inside of a qualified retirement account. The salesman referred to the self-directed IRA as a great estate planning vehicle. While that might be true in a financial sense, self-directed IRA accounts can be problematic from a legal and tax perspective.

At the time of our conversation, this particular client was past his Required Beginning Date (RBD) to take Required Minimum Distributions (RMDs) from his IRA accounts. This is when self-directed IRAs can get a little hairy.

For most Traditional IRA account owners, once you attain age 72, you have RMDs that are calculated based upon a table and the December 31 fair market value balance of the account. If you have multiple IRA accounts, the total balance is used to calculate your RMD. You needn't take the proportional amount from each account. So long as you take your RMD amount during the calendar year, even if all of it is from one of many IRA accounts, you have satisfied the distribution requirement.

Failure to satisfy the RMD results in an excise tax equal to 50 percent of the shortfall, in addition to the income tax paid on the withdrawal. It's a draconian penalty.

Some financial planning companies pitch the benefits of Self-Directed IRAs. As mentioned earlier, you could contribute income producing real estate to a Self-Directed IRA, which defers appreciation and income until distributed. There are many rules regarding these types of investments, including who the custodian can be without an investment becoming a prohibited transaction.

But even if you follow all of the rules, there's a big problem once you turn 72. In order to calculate your RMD, you need to know the fair market value balance of the account at the previous year end. When all that you own happens to be cash or publicly traded securities, the fair market value is readily determined. When you own non-traditional assets such as real estate or partnerships that aren't publicly traded, you need an appraisal of your interest to determine the fair market value.

Further, unless you have sufficient liquid assets (publicly traded securities and cash) inside of other Traditional IRA accounts to satisfy your RMD requirement for any given year, you'll have to figure out how to distribute a portion of the Self-Directed IRA account. There's also the possibility that the IRS disputes the value that you place on the

investment or the portion of the distribution since there's no ready market for it. Any shortfall could result in a 50 percent excise tax.

There are some workarounds. If you have sufficient cash to purchase the asset from the IRA and replace it with cash once the RMDs become an issue, you can always do that. If that's your strategy, you need to ensure that the plan allows for such an exchange, and whether you can continue to hold the asset outside of an IRA. When those assets are sold and held by third-party custodians, that may or may not be possible.

When I examine Self-Directed IRA (sometimes they call these "Real Estate IRA" accounts) literature, the advantages are always highlighted but the disadvantages I point out above are rarely mentioned. And there's the difference between a "salesman" and an attorney. Assuming you engage an independent estate planning attorney who isn't earning management fees or commissions on the products, and further assuming he's familiar with the offering, then he can give you an unbiased opinion.

I mentioned Self-Directed IRAs to make a point for this article. But there are many financial products out there sold as estate planning solutions. Annuities and life insurance are other prime examples. I have an octogenarian chronically ill client who was sold a lifetime annuity. Because it has excessive early termination fees, he can't easily cash out, and the annuity itself is a bad investment for him given the fact that he's unlikely to live out a term necessary to achieve even a minimal return on his investment. This was sold to him as an estate planning solution.

The lesson to be learned here: When you're looking for estate planning solutions sold as financial products, or if a financial proposal looks enticing, first check with a qualified estate planning attorney – who has no interest in whether you go forward or not – for an honest opinion.

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From page 1

## Summer Camp

- Wages cut due to COVID;
- Laid off due to COVID;
- Family income impacted by COVID;
- Left the workplace as a COVID caregiver.

The City of Sanibel Financial Assistance program remains available for qualifying families not eligible for the LeeCARES Childcare Scholarship.

Due to the COVID guidelines, the City of Sanibel Youth Summer Camp will operate with the following provisions this summer:

- Intensifying cleaning and disinfection of facilities;
- Increased promotion of healthy hygiene practices such as hand washing;
- Encouraging social distancing through increased spacing and maximizing outdoor play;
- Sanibel Sea School/SCCF will provide program enhancements;
- Participation in the free county school's breakfast and lunch program (campers may also choose to bring their own breakfast

- and lunch if they prefer);
- No field trips;
- No off-site transportation in vehicles (there may be nature or fitness walks to adjacent lands such as the Pick Preserve or JN "Ding" Darling National Wildlife Refuge).
- Visit [files.constantcontact.com/97af97e6001/0eb5573f-e2b2-4115-88ab-f6e86924b5f5.pdf](https://files.constantcontact.com/97af97e6001/0eb5573f-e2b2-4115-88ab-f6e86924b5f5.pdf) for registration, fee schedule, waivers, United Way LeeCARES scholarship application and City of Sanibel financial assistance application.

To save time, it is recommended that you bring the completed forms to registration. The City of Sanibel Recreation Center is open from 8 a.m. to 5:30 p.m. for summer camp registration and the sale of "A" and "A/C" beach parking stickers. In this phase of reopening, the recreation center is open Monday through Friday from 8 a.m. to 5:30 p.m.

For more information, contact Recreation Director Trish Phillips at [trish.phillips@mysanibel.com](mailto:trish.phillips@mysanibel.com).

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✧

## How's The Market? Ask Ann

Sanibel continues to open its doors. Effective June 1, the public beach parking lots are open.

Is Real Estate selling? Yes! Thirteen new sales going back 7 days. Most of these new "pending" sales were in our "lower" priced range, condos and homes (\$440,000-\$600,000). Keep in mind, on average about one house or condo sells each day on Sanibel. Recent pending transactions, if the trend continues, are about 1.4 Unit sales per day. AMAZING! Let's hope this continues.

We were very fortunate to have such a busy week. Two very active buyers looking for gulf front condos with full views... in a perfect world, with three bedrooms. Right now, the selection is limited. If you are thinking of selling, please contact me and I will share additional information with you. Both prospects are well qualified and serious about buying.

Let's talk about Sellers' expenses. They are open to negotiation depending on the Listing Agency. Real Estate fees and Title insurance can vary. The State of Florida collects a transfer fee tax (this is fixed) based on the sales price. Total expenses for most of the transactions we experience range between 6.3% and 7.3% of the sales price. With us, factors that can influence the commission rate are the length of the contract, the price, how quickly the property sells and how the fee is split with the cooperating Broker. We are open to discussing factors and to provide you with additional information about how we can save you money. Talk to me, we should be able to reduce your costs.

Thank you for reading my column.

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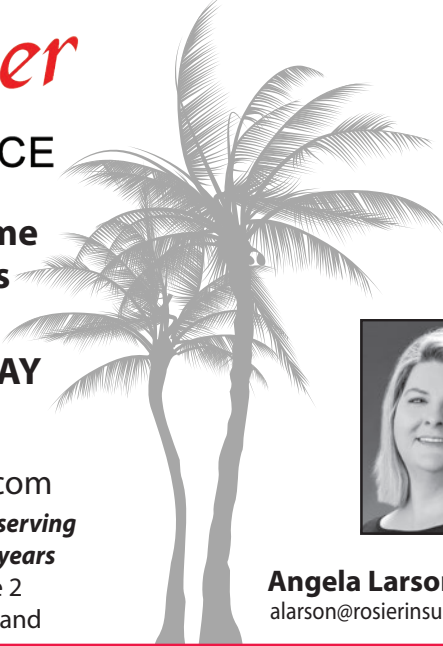
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## Superior Interiors

# Color Trends To Incorporate This Summer



by Linda Coin

From fashion and music, to hairstyle and design schemes, trends tend to sneak up on us on a regular basis. When it comes to decorating your house though, color trends should

only be followed when you absolutely adore them, and when they match your personality and style. Otherwise, you might find yourself repainting the walls of your home on an annual basis, something most homeowners would rather avoid. Color should be chosen based on the mood you want to create for the space. Trends can be used in small amounts, depending on how much you personally like them.

If you are interested in giving your home a new look, now's a great time to dive into some of the trendiest summer colors of 2020. These favored shades can bring liveliness to any room in your home when used properly.

For something fun, try a peachy coral or terra cotta. Looking to bring warmth to a space that feels cold and dreary? Coral is a shade that has been trending for a while and does not show any signs of going away soon. Terra cotta is another trendy hue that can make any room feel warmer. Both shades can make bold statements as wall colors, but can also be dispersed throughout the home as an accent if you're not willing to take the larger risk.

Yellow can be a great accent color. If neutral is more your style, there is nothing wrong with that. Yellow is a great trendy shade that can be used as an accent or added to a neutral room as a breath of fresh air during the summer. A pop of yellow adds a happy note to an otherwise grey or neutral room. Adding pillows, accessories, or even a fun accent chair are manageable ways to give your room an update with a new color. Consider this shade in spaces that deserve more attention, such as the mudroom, entryway, or guestroom.

Blues and greens are still a trend that just won't go away. If there's a style that will remain for years, it's organic earth tones. Greens, blues and browns, or shades inspired by the tones of the earth, can look great throughout your home when used together. Calm blues (presented in many shades) to greens are always a welcome change to any room. The color family that represents parts of the earth, such as water, sky, dirt and grass, will continue for years to come as we never seem to get tired of the colors present in the world around us.

If you feel as though you have more time on your hands to spruce up your living space, choosing a new color scheme influenced by one of these trendy hues is a great way to express yourself, curb feelings of boredom and rejuvenate your home. If you're on the fence about one shade or you want to change a room but you're

not sure where to start, get in contact with a design professional for assistance in making these choice. What better time than now to brighten up your home in preparation for summer?

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindceden.com](mailto:linda@coindceden.com).✱

## Real Estate Webinar

Four Southwest Florida professionals will take part in a webinar panel to discuss real estate market conditions, investment strategies, lending products and trends. Panel experts include: Eric Pfeifer,

broker/owner, Pfeifer Realty Group; David Owens, owner, Midland Trust Company, Chris Heidrick, principal, Heidrick & Co. Insurance and Risk Management Services; and David Wright, senior vice president, Sanibel Captiva Community Bank.

"I look forward to the 'new normal' in real estate that resulted from the COVID-19 pandemic. Switching quickly to leverage online capabilities, virtual open houses and live video tours was essential to ensure that buyers could safely explore our sellers' homes while limiting interaction and incorporating social distancing," said Pfeifer. "We hope that our webinar will allow many buyers and sellers to better understand the new landscape."

I'm looking forward to explaining the changes we have experienced in credit

overlays and loan products, and their impacts on residential mortgage loans as a result of COVID-19," said Wright.

"Florida's insurance market has changed significantly over the past couple of years, but those changes are impacting some homes more than others," said Heidrick.

"I'm looking forward to discussing the tax benefits of investment real estate including how to take advantage of a 1031 exchange," added Owens. "Bringing the four of us together to field questions will allow buyers and sellers to gain a broad understanding of the real estate market and the tools available to them."

The interactive webinar will begin at 2 p.m. Use the link: [https://bit.ly/AskTheExperts\\_Webinar](https://bit.ly/AskTheExperts_Webinar).✱

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# Frankly Speaking



by Howard Prager

There's only one story to write about today, and it's what our nation has been facing over the past two weeks – how can African-Americans be so tormented and killed because

of their skin color, and what can sports do? My job is not to change your opinion, it's to report on sports and, in this case, how sports can lead society through change. You decide if they are doing the right thing as most sports open up over the next couple of months.

It was just over 70 years ago (1947) that Jackie Robinson became the first African-American to integrate baseball, 78 years after baseball started. That took bold thinking and commitment by Brooklyn Dodgers GM Branch Rickey, as well as Robinson's nonviolent approach and ability to "turn the other cheek" despite horrible harassment from fans, players and managers. Baseball was the first sport to integrate, and others followed.

I Googled the purpose of sports in society and here's what I found. "Sports play an important role in American society. They enjoy tremendous popularity but more important they are vehicles for transmitting such values as justice, fair play and teamwork. Sports have contributed to racial and social integration and over history have been a 'social glue' bonding the country together." If this is the case, sports should be a leader in providing respect for all people and lead us towards change.

Colin Kaepernick tried. He used nonviolent protest four years ago in the NFL and as a result was blackballed from football. You may question his

method, kneeling during the national anthem. To me, that was disrespectful. I'm a patriot and a scout leader. I also understood that he was delivering a message that this wasn't the home of the free, and doing so peacefully. I wondered why more players didn't join in. Akiem Hicks, defensive lineman for the Chicago Bears said what he believed 90 percent of the league thought at the time: "If I kneel, I am fired." For many professionals, sports is their ticket to freedom, success and adoration by the many fans that cheer for them on their teams or in fantasy leagues.

I decided to review statements from many sports teams and some leading players. Various groups have "rated" them and one team, the New York Knicks, has not even issued a statement. It was hard to even find statements from some teams, like the Chicago Cubs. Other teams issued statements and shared the actions and steps they were taking. The strongest statements to me acknowledged the problem, mentioned George Floyd and pledged to do better. Based on that, the Tampa Bay Rays have the strongest message in all of sports. It's a five-part statement, starting with naming some of the people wrongly killed and saying, "The evils of institutionalized and systemic racism continue to plague our nation." It goes on to say Black Lives Matter and "Our country demands better than this for its people." The next part states that "words are not enough" and they are committing \$100,000 per year to supporting causes in the fight against systemic racism. "Over the coming days and weeks, we will identify and share these organizations with you, and do our best to amplify their vital messages." The Rays end their statement with, "While our hearts are broken, we aren't giving up." Frankly, it's a powerful statement. It's specific, addresses the problem head-on and states what they will do, demonstrating actions and leadership.

Let's go to Minneapolis, where this

started. The Twins have a general statement of sadness, sympathies, and we need to do better. That's the type of statement made by the majority of teams. The Timberwolves and Lynx instead have some very specific actions: "The Minnesota Timberwolves and Lynx announced the first of many steps the organization will take to fight racism and help unite its communities following the murder of George Floyd by law enforcement. The organization will enter a multi-year partnership with The Minneapolis Foundation to address systemic inequities and translate community anger into actions. The partnership will include civic leadership duties with both of our head coaches to serve as leaders on one of two advisory committees that will oversee the disbursement of the Fund for Safe Communities, a fund that will champion the prevention of further violence, address systemic inequities, reform the criminal justice system and heal communities affected by this tragedy. The second advisory committee will be compiled of diverse youth from Minneapolis. The two committees will work collectively to disburse funds from the Fund for Safe Communities as early as next week." Immediate action.

Many athletes have issued strong statements, including team owners Derek Jeter and Michael Jordan, who rarely weighs in on social change. They are heartfelt. Jordan committed \$100 million to racial equality initiatives over

the next 10 years. What about colleges? The following statement from FGCU head basketball coach Michael Fly isn't as specific as the T-Wolves and Rays, but I believe sincere. He begins with his personal struggles of making sense of the George Floyd murder, what our nation has been through and what to say to his many black male athletes. Many college coaches have been working through the same thing. Coach Fly concludes with "Our hope is that a 'new normal' referenced frequently during the COVID-19 crisis will include a call to action, tangible strategies to fight racism, and a plan to advance equality. As a program and family, we are committed to continuing the conversation on race in America and affecting change. We refuse to let the emotions and convictions we feel today lead to inaction tomorrow."

What do you think should be done? Is now the time? If not, when? Should it be done by individual teams or "institutionalized" by the professional leagues and the NCAA? At a time when sports aren't being played, sports can play a big role in moving our country forward as they begin to restart.

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](mailto:press@islandsunnews.com).✪

## SPORTS QUIZ

1. Name the Boston Celtics' "Big 3" players who helped the team beat the Los Angeles Lakers in the 2008 NBA Finals.
2. "Crash" Davis, "Nuke" Laloosh and "Skip" Riggins are all characters from what 1988 baseball comedy film?
3. What Heisman Trophy winner from the University of Michigan scored a 99-yard kickoff return touchdown for the Green Bay Packers in Super Bowl XXXI and was named the game's MVP?
4. What hockey player defected from the Soviet Union and debuted with the NHL's Buffalo Sabres in 1989?
5. In 2001, a fastball from Arizona Diamondbacks hurler Randy Johnson struck and killed a bird in flight. According to ornithologists, what kind of bird was it?
6. The official football used by the NFL is named "The Duke" in honor of what pioneering New York Giants owner/executive?
7. A baseball player who has completed the "Olympics Rings" (aka "platinum sombrero") has done what?

## ANSWERS

1. Paul Pierce, Ray Allen and Kevin Garnett. 2. Bull Durham. 3. Desmond Howard. 4. Alexander Moggi. 5. A mourning dove. 6. Wellington Mara. 7. Struck out five times in one game.

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## Zonta Installs New Board Members And Officers



Joyce Ross



Susan Tucker

submitted by Sue Denham

The new Zonta year of service and advocacy began on June 1. For the Zonta Club of Sanibel-Captiva's 2020-21 year, as unprecedented as it is for many other island organizations, the membership lost out on the typical installation event. Instead, the new board was sworn in via Zoom by club member Nancy Dreher, currently lieutenant governor for Zonta District 11, which comprises North Carolina to the Caribbean, and a past president of the Sanibel-Captiva club.

For the first time, the club and its foundation will be headed by co-presidents. Susan Tucker and Joyce Ross worked together most recently as co-chairs of the 19th annual Peek at the Unique home tour, unfortunately canceled due to the coronavirus, but which nevertheless raised \$107,400 for the foundation's annual grant awards to local nonprofits.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on service, advocacy and (through its foundation) financial support to empower women and girls on the islands, in Lee County and around the world through Zonta International. To learn more and to donate, visit [www.zontasancap.com](http://www.zontasancap.com).

In addition to the co-presidents, who head both boards, the leadership includes: Nancy Swofford, vice president; and Elaine Swank and Jill Janda-Kanner, presidents-elect. Pam Eccles is club treasurer and Taryn Manning is club secretary; foundation treasurer is Erika Steiner and foundation secretary is Pat Layton. Directors, serving on both boards, are: Suzie Nowell, Nori Ann Reed, Jan Alden, Jodi Schwartzel-Rienzo, Laura deBruce and Julie Hayles. Past president is Judy Langley.\*

## Progressive Club Meeting Open To The Public

The Progressive Club of the Islands will hold a virtual monthly meeting on Thursday, June 18 at 4 p.m. Charlotte Newton, a founding member of Women for a Better Lee, will be the featured speaker. She will focus on Lee County Commission, the



Charlotte Newton

legislative governing body responsible for, among other issues, the county's role in responding to the COVID-19 pandemic, and distribution of relief funds.

The women-led citizen group, Women for a Better Lee, was formed with the goal of having a transparent, accountable and fair county commission dedicated to environmental stewardship, smart growth and respect for civic engagement. To hear the speaker and participate in the event, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com), or watch live at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap).

Annual dues for the Progressive Club are \$30 per individual and \$60 per couple. To renew your membership or join, mail your check payable to PCI to: PCI, P.O. BOX 898, Sanibel, FL 33957. For more information, call 410-336-2612.\*

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Beautifulife:

## You Made It

by Kay Casperson



Sending out a big congratulations to all the amazing accomplishments that many have made this past few weeks. Throughout the craziness of everything going

on around us, it amazes me how so many have been quietly continuing their journey to reach their dreams and accomplish their goals. Many have overcome obstacles with success and they should all be celebrated.

We celebrate the college graduates who have worked so hard to complete their education, reach the finish line and move on to create their own beautiful life they have been dreaming of.

We celebrate the high school graduates who are now making their final decisions as to what comes next for them and what goals are tugging at their heartstrings.

We celebrate the middle school graduates who are now moving on to an exciting time of new friends, new experiences and new adventures.

We celebrate the teachers and parents who have helped all students venture through this incredible time of distance learning, digital instruction and

virtual celebrations, all while remaining positive and motivating.

Yes, this is indeed a time to celebrate so many people who would normally be gathering together, giving hugs, high fives and shaking hands. But instead, through creativity and a deep understanding that all people have a need and a desire to be recognized for their achievements, everyone found a way to do just that. From the virtual graduation ceremonies, virtual graduation parties, drive-by parades and even cap and gown deliveries with cut-outs of the grads, people somehow came together to make it special and a lifelong memory.

So today, let's give a big shout out to all the graduates and may they move forward with a beautiful spirit of excitement and anticipation for what the next chapter in their life will look like. And, may you all hold tight to your memories of achievements as you continue to live your best and most beautiful life today and every day.

My affirmation for you this week is:

"I am celebrating the achievements of individuals who have reached the finish line with success while holding tight to the memories of my own."

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

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FRIDAY  
Mostly Cloudy  
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SATURDAY  
Few Showers  
High: 81 Low: 70



SUNDAY  
Few Showers  
High: 85 Low: 74



MONDAY  
Sunny  
High: 88 Low: 77



TUESDAY  
Mostly Sunny  
High: 90 Low: 75



WEDNESDAY  
Mostly Sunny  
High: 86 Low: 77



THURSDAY  
Sunny  
High: 87 Low: 76

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	8:51 am	12:54 am	6:16 pm	12:34 pm
Sat	9:15 am	1:39 am	7:50 pm	2:18 pm
Sun	9:40 am	2:23 am	9:28 pm	3:38 pm
Mon	10:05 am	3:03 am	10:57 pm	4:38 pm
Tue	10:29 am	3:40 am	None	5:28 pm
Wed	12:13 am	4:12 am	10:53 am	6:11 pm
Thu	1:19 am	4:40 am	11:18 am	6:52 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	7:56 am	12:56 am	5:21 pm	12:36 pm
Sat	8:20 am	1:41 am	6:55 pm	2:20 pm
Sun	8:45 am	2:25 am	8:33 pm	3:40 pm
Mon	9:10 am	3:05 am	10:02 pm	4:40 pm
Tue	9:34 am	3:42 am	11:18 pm	5:30 pm
Wed	9:58 am	4:14 am	None	6:13 pm
Thu	12:24 am	4:42 am	10:23 am	6:54 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	7:41 am	1:05 am	6:55 pm	1:09 pm
Sat	8:19 am	1:56 am	7:52 pm	2:22 pm
Sun	8:55 am	2:40 am	8:47 pm	3:18 pm
Mon	9:29 am	3:17 am	9:43 pm	4:08 pm
Tue	10:04 am	3:47 am	10:49 pm	4:58 pm
Wed	10:42 am	4:13 am	11:53 pm	5:49 pm
Thu	11:20 am	4:34 am	None	6:39 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	11:01 am	4:10 am	8:26 pm	3:50 pm
Sat	11:25 am	4:55 am	10:00 pm	5:34 pm
Sun	11:50 am	5:39 am	11:38 pm	6:54 pm
Mon	12:15 pm	6:19 am	None	7:54 pm
Tue	1:07 am	6:56 am	12:39 pm	8:44 pm
Wed	2:23 am	7:28 am	1:03 pm	9:27 pm
Thu	3:29 am	7:56 am	1:28 pm	10:08 pm

**My Stars ★★★★★**  
**FOR WEEK OF JUNE 8, 2020**  
**Aries** (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.  
**Taurus** (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.  
**Gemini** (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.  
**Cancer** (June 21 to July 22) Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.  
**Leo** (July 23 to August 22) Try to keep your spending at an affordable level. Splurging now – especially on credit – could create a problem if your finances are too low for you to take advantage of a possible opportunity.  
**Virgo** (August 23 to September 22) You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.  
**Libra** (September 23 to October 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.  
**Scorpio** (October 23 to November 21) For all your skill in keeping your secrets

safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order?  
**Sagittarius** (November 22 to December 21) Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.  
**Capricorn** (December 22 to January 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.  
**Aquarius** (January 20 to February 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.  
**Pisces** (February 19 to March 20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.  
**Born This Week:** You enjoy the quiet times of your life, but when you're in the mood, you can throw a party everyone will want to go to.

- MOMENTS IN TIME**
- On June 18, 1812, the day after the Senate and the House of Representatives vote to declare war against Great Britain, President James Madison signs the declaration into law – and the War of 1812 begins. It was partly in response to the forcible induction of American seaman into the British Royal Navy.
  - On June 15, 1846, Great Britain and the U.S. sign the Oregon Treaty, establishing the U.S.-Canadian border as the 49th parallel from the Rocky Mountains to the Strait of Georgia.
  - On June 16, 1884, the first roller

coaster in America opens at Coney Island, in New York. Known as a switchback railway, the roller coaster traveled at approximately six mph and cost a nickel to ride.  
• On June 19, 1905, some 450 people attend the opening day of the world's first nickelodeon, located in Pittsburgh. The storefront theater boasted 96 seats and charged each patron five cents to view live vaudeville acts as well as short films.  
• On June 17, 1958, the Second Narrows Bridge, being built to connect eastern and northern Vancouver in western Canada, collapses, killing 59 workers. The bridge rose 175 feet above the water.  
• On June 20, 1975, *Jaws*, a film directed by Steven Spielberg that made countless viewers afraid to go into the water, opens in theaters. The story of a great white shark that terrorizes a New England resort town became an instant blockbuster and the highest-grossing film ever at the time.  
• On June 21, 1982, John W. Hinckley, Jr., who on March 30, 1981, shot President Ronald Reagan outside a Washington, D.C. hotel, was found not guilty of attempted murder by reason of insanity. Hinckley's defense argued that he was obsessed with the 1976 film *Taxi Driver* and the lead actress, Jodie Foster. Hinckley was released from the mental institution in 2018.

- NOW HERE'S A TIP**
- If you love a good BOGO deal, you're not alone. Oftentimes, for items like condiments or staples, this means you need a place to put it until it's time to use. For items that are safe to store at room temperature, find a place that is out of direct light, and is cool and dark. But avoid lower cabinets that are close to the stove or dishwasher, as these can get quite warm.

- Tackle the nitty gritty around knobs and crevices of your kitchen appliances with a toothbrush! Just dampen it, add a bit of baking soda for a gritty scrub that won't scratch, and then dip it in dish soap to cut through grease and grime.
- "Want your readers to last longer? Keep them in a fabric pouch when not in use. You can attach a keychain ring to a fabric pouch and hang that from a lanyard worn around your neck if you want to keep them on you. Reading glasses bump into many things and can get scratched easily, so protect them." – FJ in Florida
- Maybe you're not putting miles on your vehicle like you used to, but don't neglect your car! Take some time to get your car's interior looking great so she'll be ready when you get back on the road. Give the upholstery a good cleaning. Bust out the detail brushes on your vacuum or shop vac, and give leather and plastic surfaces a wipe down with a protectant.
- Never scrub a cast iron skillet. It needs the patina in order to heat food evenly. Here's how to keep yours operational: Clean with a stiff brush and regular dish soap. Rinse clean, and dry immediately, preferably by placing it on a warm to hot burner for a few minutes. When dry, rub with a light coating of oil.

**STRANGE BUT TRUE**

- Who says you have to be human to serve your country? Between 2001 and 2009, a goat called William ("Billy") Windsor was part of the 1st Battalion Infantry Unit of The Royal Welsh, with the title of lance corporal, no less. Although he was briefly demoted to fusilier following "unacceptable behavior" at Queen Elizabeth's official birthday celebrations, he eventually saw the error of his ways and regained his more esteemed rank.
- Actor Brad Pitt chipped out pieces of his own front teeth to play the role of

continued on page 38



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dearRPharmacist

## Nutrients You Need Before Pregnancy



by Suzy Cohen, RPh

**D**ear Readers: Did you know a lady came to America from Spain, lied about her age to receive in vitro fertilization and had twins at the age of 66! Also, it's true that a woman's uterus

expands to the size of a watermelon by the third trimester!

According to the *World Fact Book*, the United States lags behind many other countries in terms of maternal death rate. Countries that do better than the U.S. include the United Kingdom, South Korea, Japan, New Zealand, France, Portugal, Canada, Germany, Israel and Iceland. No one is clear on why the U.S. has higher mortality for new moms giving birth, but it's something that prompted me to do more research. I don't have a specific answer to that statistic, however, I can certainly offer general vitamin tips to get your body ready for pregnancy, especially if you've been taking oral contraceptive medications.

Vitamin B9 – Should you take folic acid or folate? The answer is folate. Folic acid is a manmade B vitamin that is always given to women by doctors. It's suggested to reduce the risk of spinal cord issues such as spina bifida or other neural tube defects. So the recommendation is to take folic acid, but I'm suggesting folate. It's a more biologically active form of the same nutrient called vitamin B9. But folic acid is not the same as methylfolate. Folic acid does not have the "methyl" group that methylfolate has. They'll tell you it converts in your body, but by the time the folic acid metabolically converts to methylfolate, there's pretty much nothing left! So look for a prenatal that contains "methylfolate" or "folate" in its ingredient list. Those forms are the superior, methyl-promoting forms of folic acid and high-quality prenatal vitamins today contain those.

DHA – There are many, well-designed studies proving the benefits of DHA for proper fetal development. The healthy compounds from this special fish oil transfer from mother to baby via placenta, during breast-feeding and can also be given supplementally to a toddler. DHA is also needed for proper mental and motor skill development. It can help with allergies and even attention span. Babies born with adequate amounts of DHA have improved levels of cognition.

If you have been on "The Pill" for more than a year, then you may want to consider a few other important nutrients. Certain B vitamins as well as C appear to diminish as well, as does your levels of magnesium, selenium and zinc. Your blood levels might be elevated, but your cells could be starving. There are tests to determine that, of course. Vitamin D and probiotic status are impacted from use of The Pill.

Getting your body ready for the strenuous pregnancy ahead requires a lot. Consider trace minerals, a prenatal vitamin that contains "folate" not folic acid and superfoods.

If you would like to read the complete version of this article, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

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

## ISLAND SUN BUSINESS NEWSMAKERS

### Kingfisher Real Estate



Mary Bondurant



Tommy Wiley

The top producers for May at Kingfisher Real Estate were: Mary Bondurant, top listing agent; and Tommy Wiley, top selling agent.✱

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am having difficulty feeling any emotional freedom right now. I feel pent up and anxiety-driven. Any tools to help open me up?

**A:** While you may not see it right now, your life is full of many opportunities and perhaps now more than ever, this is a wonderful wake-up call to embrace the portals of every emotion you have: every loss, every gain, every stress, every decision, for example. How you determine to embrace them is totally up to you.

Yes, these emotions are going to test you, especially now. Yet this time is an opportunity to see them for what they truly are and how they can lead you to emotional freedom. Right now, you have the capacity at any given moment to give and receive. Rather than choosing to be angry and frustrated, live from a more centered place. Learning to work with your emotions is a path to freedom.

It's also practicing resiliency, learning

to bounce back from any adversity. Work on letting go of emotional patterns that no longer serve you. Now more than ever is the time to practice self-love and compassion, and compassion for others. Collectively, we know we all are faced with challenges. You can reframe any negative emotions into positive ones, which will bring you into the joy you want now.

Ask yourself what your lesson is now and how you are learning from it. Just be with your feelings and aim to transform all of the feelings you no longer want. This starts by setting your intention to feed what's best and most beautiful within you. It all starts within. You can shift to become a more caring and aware individual person who connects with his/her essence that thrives when the stress is shifted to calmness. Practice through balancing our mind, body, emotions and spirit. By integrating these parts of yourself, you will begin to feel whole and the emotional freedom will begin to emerge. Be patient with yourself and know that what you are feeling now has a greater purpose for the greater good.

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

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Doctor and Dietician

# What To Do With Canned Beans



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

When we went to the grocery store during “early quarantine days,” the shelves were empty. We typically purchase a variety of beans to make delicious veggie-based meals and salads. So, let’s talk about what we can do with all those beans.

Beans provide a vegetarian source of protein which helps us maintain and repair our bodies. Beans are also a great source of B vitamins, antioxidants and fiber. Thus, they help prevent heart disease, control glucose metabolism, provide a feeling of fullness and, best of all, they keep you regular. Nobody wants to be constipated. Makes you cranky.

Here are just a few ways that we like to use beans in our weekly menus: Garbanzo beans (chickpeas) are very versatile, and we make them many different ways. Season

with olive oil and your favorite spices then roast for a great healthy snack. Our favorite is chili-lime roasted chickpeas. Chickpea curry is delicious as a main dish. Vegetable soup or chili is a great way to utilize pinto and black beans. If you prefer something chilled and refreshing, these beans make wonderful salads when mixed with corn, bell peppers, onion, celery and an herb vinaigrette. We also love making fun Mexican-inspired dishes with these beans like burritos, fajitas or layered dips. Black bean burgers also deserve an honorable mention in this list of the most delicious ways to use beans.

We don’t know about you, but we grew up on three-bean salad. Here is our scratch version: Cook a pound of fresh green beans, add a can of kidney beans and a can of cannellini beans (drained). Dressing: ¼ cup balsamic vinegar; 1 Tbsp. sugar; ¼ small onion, minced; 1 clove garlic, minced; ½ tsp salt; fresh chopped basil. Toss together and refrigerate. Prior to serving, we like to drizzle with olive oil and add a little more chopped basil and fresh ground pepper. If you like some heat, sprinkle with red pepper flakes.

So, the next time you open your cabinets and you see all those beans in there, take out a can and use your imagination. Make something healthy and delicious.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in 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](mailto:info@caringmedical.com).✱*

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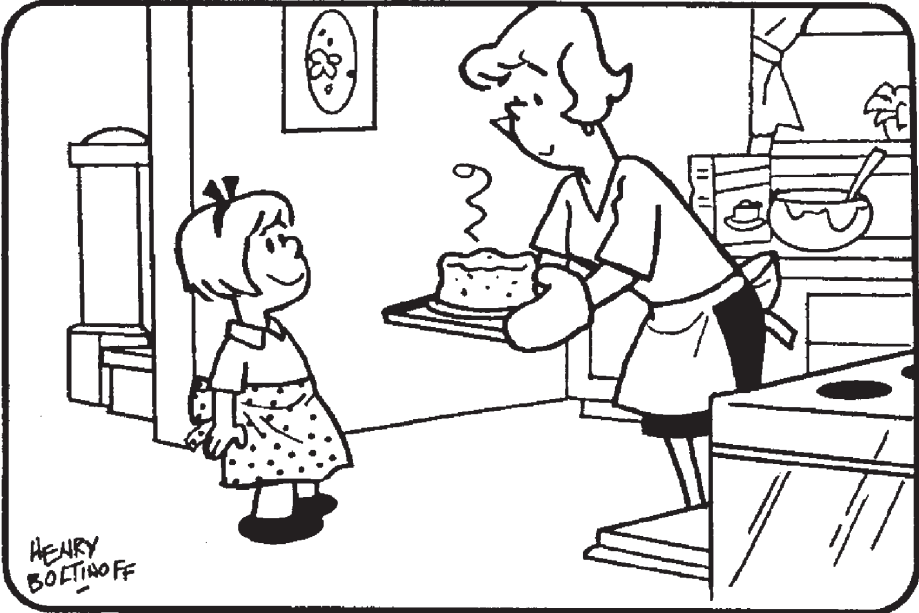


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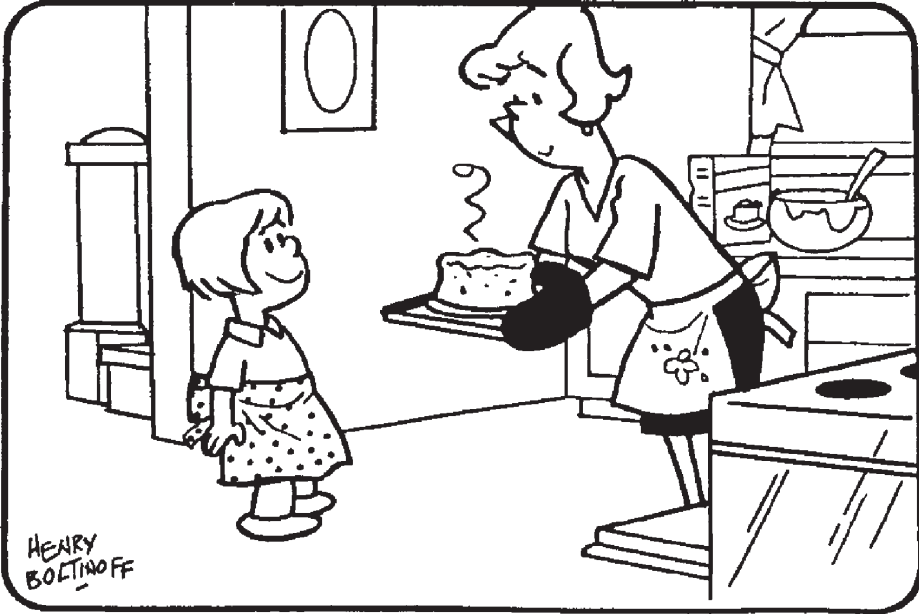
## PUZZLES

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is missing. 2. Apron is different. 3. Oven mitt is different. 4. Headband is missing. 5. Picture is different. 6. Girl's shoes are different.



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PUZZLES

Answers on page 39



“Harold used to throw his \_\_\_\_\_  
around — now all he can do is drag 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!

Peek

DANGER

Guard

DARWEN

Fairy

PRIEST

Stigma

MESAH

TODAY'S WORD

SUDOKU

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

**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.

Island Sun

NEWSPAPER

Sanibel & Captiva Islands

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Fire Department - Captiva	472-9494
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Florida Highway Patrol	278-7100
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Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
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Post Office - Sanibel (toll free)	800-275-8777
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Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
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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	
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American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
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Audubon Society	472-3744
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Community Foundation of Sanibel-Captiva	274-5900
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CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	pcisancap@gmail.com
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FISH OF SANCAP 24-hr service	472-0404
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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
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Shell Islands Garden Club	246-8875
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United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
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Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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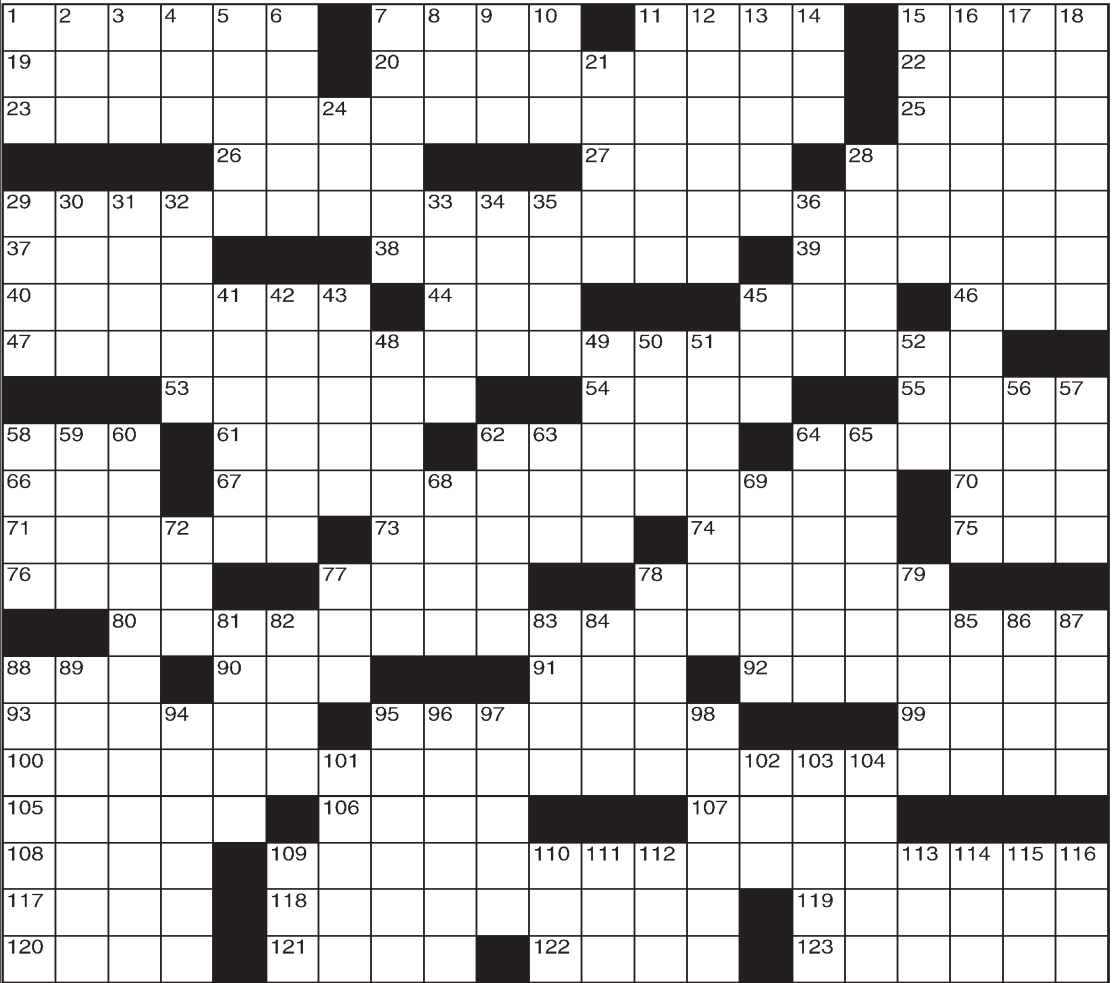


PUZZLES

Answers on page 39

Super Crossword FALL NICKNAME

- ACROSS
- 1 "Alto Rhapsody" composer
- 7 Amount of medication
- 11 Very close pals, briefly
- 15 Lay away
- 19 Handbook
- 20 Among other things, in Latin
- 22 A, in Austria
- 23 Start of a riddle
- 25 With the stroke of —
- 26 Busily engaged
- 27 Actress O'Grady
- 28 Actor Baio
- 29 Riddle, part 2
- 37 Brain part
- 38 Vends again
- 39 New York port on Lake Ontario
- 40 Some weather lines
- 44 Untold millennia
- 45 Gallery works
- 46 Frat.'s counterpart
- 47 Riddle, part 3
- 53 Epitomize
- 54 Volcano outflow
- 55 Waikiki whereabouts
- 58 Coll. e-mail ending
- 61 Coyote kin
- 62 Stopped sleeping
- 64 Actress Dana
- 66 Truckload
- 67 Riddle, part 4
- 70 Kid's "It" game
- 71 Four-time Indy 500 winner
- 73 Supreme Court justice
- 74 Get-out-of-jail fee
- 75 Metal-bearing rock
- 76 Tarnish
- 77 — vu
- 78 Mortar and —
- 80 Riddle, part 5
- 88 Mo. no. 10
- 90 I-10, e.g.
- 91 — mater (brain cover)
- 92 Smears with holy oil
- 93 Engender
- 95 In dire —
- 99 Songstress
- 100 End of the riddle
- 105 Wise words
- 106 Mr. Spock's pointy pair
- 107 Flood figure
- 108 Feeling, informally
- 109 Riddle's answer
- 117 "— do in a pinch"
- 118 Desirous of equaling someone else
- 119 Advanced to the starting point, as a tape
- 120 Tape votes
- 121 "Fat chance"
- 122 Deleted, with "out"
- 123 Salsa brand
- 9 Big inits. in fuel additives
- 10 Elver, e.g.
- 11 Lauren of "Key Largo"
- 12 Natural talents
- 13 Daughter, in Dijon
- 14 Paradise of "On the Road"
- 15 Manatee or dugong
- 16 Praise with a cap motion
- 17 "Just the last item is left"
- 18 Tried to get
- 21 Kingly
- 24 Snapshot, for short
- 28 Blues singer — Monica Parker
- 29 Stepped off
- 30 Little snack
- 31 Wind instrument
- 32 Prove false
- 33 Indigent
- 34 General — chicken
- 35 Monopoly card statistic
- 36 Spear
- 41 Nonetheless
- 42 Detach, as a book page
- 43 Clown prop
- 45 Flat — board
- 48 Radiates
- 49 Hawaii "hi"
- 50 Tolerate
- 51 50-50 gamble
- 52 Cheat
- 56 Use one's 106-Across
- 57 Impulse
- 58 Guesses at JFK
- 59 Judo hall
- 60 Too large to be strained, maybe
- 62 Former UN leader Kofi
- 63 Doughboys' conflict: Abbr.
- 64 Bleach
- 65 Shout at
- 68 Magic hex
- 69 Actress Smith of Tyler Perry films
- 72 Bullfight holler
- 77 Passing grade, barely
- 78 Greek philosopher
- 79 Slezak or Eleniak
- 81 Shaw playing a clarinet
- 82 Powerful car engine
- 83 On — (of equal value)
- 84 Nero's 53
- 85 Faithful wife of Geraint
- 86 Suffix with bachelor
- 87 Booming jets of old
- 88 Nero's wife
- 89 Crassness
- 94 Winged ones in heaven
- 95 Absorb
- 96 Part on a drama series, say
- 97 Dreadlocks wearer, often
- 98 Basked
- 101 "I love you," in Spain
- 102 Sushi sauce
- 103 Vanzetti's partner in anarchy
- 104 D-day time specification
- 109 Forest lair
- 110 Ingested
- 111 Mingle
- 112 Rd.'s cousin
- 113 Authorize to
- 114 Lofty work
- 115 Floor cover
- 116 Relaxing site



King Crossword

- ACROSS
- 1 Small plateaus
- 6 Bamboo eaters
- 12 Big commotion
- 13 Old Roman tax
- 14 Strengthen by heating and cooling
- 15 Move a painting, maybe
- 16 Medicinal amount
- 17 Computer brand
- 19 Chaps
- 20 Nickelodeon's explorer
- 22 Marley or Dylan
- 24 Underwear with underwire
- 27 Madams' mates
- 29 Moth variety
- 32 "The House That Ruth Built"
- 35 Advantage
- 36 Out of play
- 37 List-ending abbr.
- 38 Consume
- 40 Williams or Warhol
- 42 — -de-sac
- 44 On pension: Abbr.
- 46 Killer whale
- 50 "I, Robot" author
- 52 Passionate states
- 54 Cookbook entry
- 55 Lab monkey
- 56 Merchant
- 57 Apportioned
- 5 Not freelance
- 6 Skin opening
- 7 Bitter
- 8 To the — degree
- 9 Scotch-based liqueur
- 10 Top-rated
- 11 Autograph
- 12 Possessed
- 18 Parents' traveling accessory
- 21 Sugar suffix
- 23 Antiquated
- 24 "See ya"
- 25 "Awesome!"
- 26 Sweet fortified wine
- 28 Norm
- 30 Eccentric
- 31 HBO alternative
- 33 Mauna —
- 34 Toss in
- 39 Figure of speech
- 41 Mountain air?
- 42 Shopper's aid
- 43 Addict
- 45 Always
- 47 "Golden Girls" role
- 48 Gunk
- 49 Donkey
- 51 Central
- 53 Pi follower

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E P A C (S E A D U C T I O N) C

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L J H E E I H A N L R U C I C

A Y Y H B Y W E T O I O I S V

A T T E P R R P N H P E V R L

K Y R P R E I L I A S M G E E

C T A B S P Z X W U U I S V R

Y H P E O M S L J Q I T F I G

E D Y T S I M O B A A Y X D W

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

- Aquaholic  
Diversion  
Fish Tales  
Happy Hours
- Liberty  
Misty  
Osprey  
Pirate
- Sail  
Sea Ya  
Seaduction  
Serenity
- Therapy  
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From page 30

# Strange But True

Tyler Durden in the movie *Fight Club*.

• And speaking of teeth... in the American Civil War, soldiers were required to have at least four opposing front teeth so they could open a gunpowder pouch. Some draftees had their front chompers removed to avoid service.

• What's in a name? Depends on where you're from. When the Coca-Cola Company was ready to import to China, it needed a moniker that fit with the majority of that country's spoken languages. The original choice, "Kekoukela," sounded phonetically similar, but in certain dialects translates to "bite the wax tadpole" or "female horse stuffed with wax." Further research yielded a far more satisfactory solution, "Kekoukele," meaning "tasty fun."

• Romantic poet Percy Bysshe Shelley was one of literature's first prominent vegans.

• Scientists studying a deadly disease transmitted from camels also found that the animals contained the pathogens from which the common cold was born. Do we now know whom to blame?

• As many as 35 percent of people who hire a professional cleaning service admitted to cleaning up before the help arrives.

• Native Southerners might well be surprised to learn that the word "y'all" dates to 1631. It was first used by the English scholar William Lisle in the sentence, "The captive men of strength I gave to you, the weaker sold; and this y'all know is true."

## THOUGHT FOR THE DAY

"Although the world is full of suffering, it is also full of the overcoming of it."

- Helen Keller

## TRIVIA

1. **History:** Who was the first to sign the Declaration of Independence?
2. **Movies:** Which dwarf wore glasses in Disney's *Snow White and the Seven Dwarfs*?
3. **Measurements:** How many years are in a millennium?
4. **Famous Quotations:** Which stand-up comedian once said, "There are two seasons in Scotland: June and winter"?
5. **Geography:** Which country is home to Mount Kilimanjaro?
6. **Medical:** What is the common condition known as "muscae volitantes"?
7. **General Knowledge:** Which university's athletic teams are known as the Ducks?
8. **Music:** Which singer/songwriter is known as the "Man in Black"?
9. **Monuments:** Which U.S. monument is known as the Mother of Exiles?
10. **Television:** What was the name of Norm's favorite restaurant in the *Cheers* sitcom?

## TRIVIA ANSWERS

1. John Hancock 2. Doc 3. 1,000 4. Billy Connolly 5. Tanzania 6. Eye floaters 7. University of Oregon 8. Johnny Cash 9. The Statue of Liberty 10. The Hungry Heifer

## PETS OF THE WEEK

Lee County Domestic Animal Services

# Trooper And Lilly



Trooper ID# A818288

photos provided

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

Trooper is a 10-year-old male domestic shorthair (technically a senior), but he is a teenager at heart. Visit on Instagram @leeanimalservices to see a video of Trooper and his great personality. His adoption fee is \$10 and includes neuter, microchip, up-to-date vaccinations, county license, and



Lilly ID# A818231

a 10-day health check. If you would like to visit with Trooper, call 533-7387.

Lilly is a 2-year-old pit bull/hound mix that loves to ham it up for the camera. The only time she isn't smiling is when she pauses long enough to eat and sleep. This happy girl would make a great addition to any family. She would love a yard or the ability to go for long walks as she is active. If you would like to visit with Lilly, call 533-7387. Her 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](http://www.leegov.com/animalservices) or call 533-7387.\*

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## Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

Florida residents as well as out of state visitors need a fishing license to fish from shore.



Cycling  
Safety Notes

- Ride to the right
- Warn to pass
- Wear a helmet
- Use lights at night
- Always be courteous



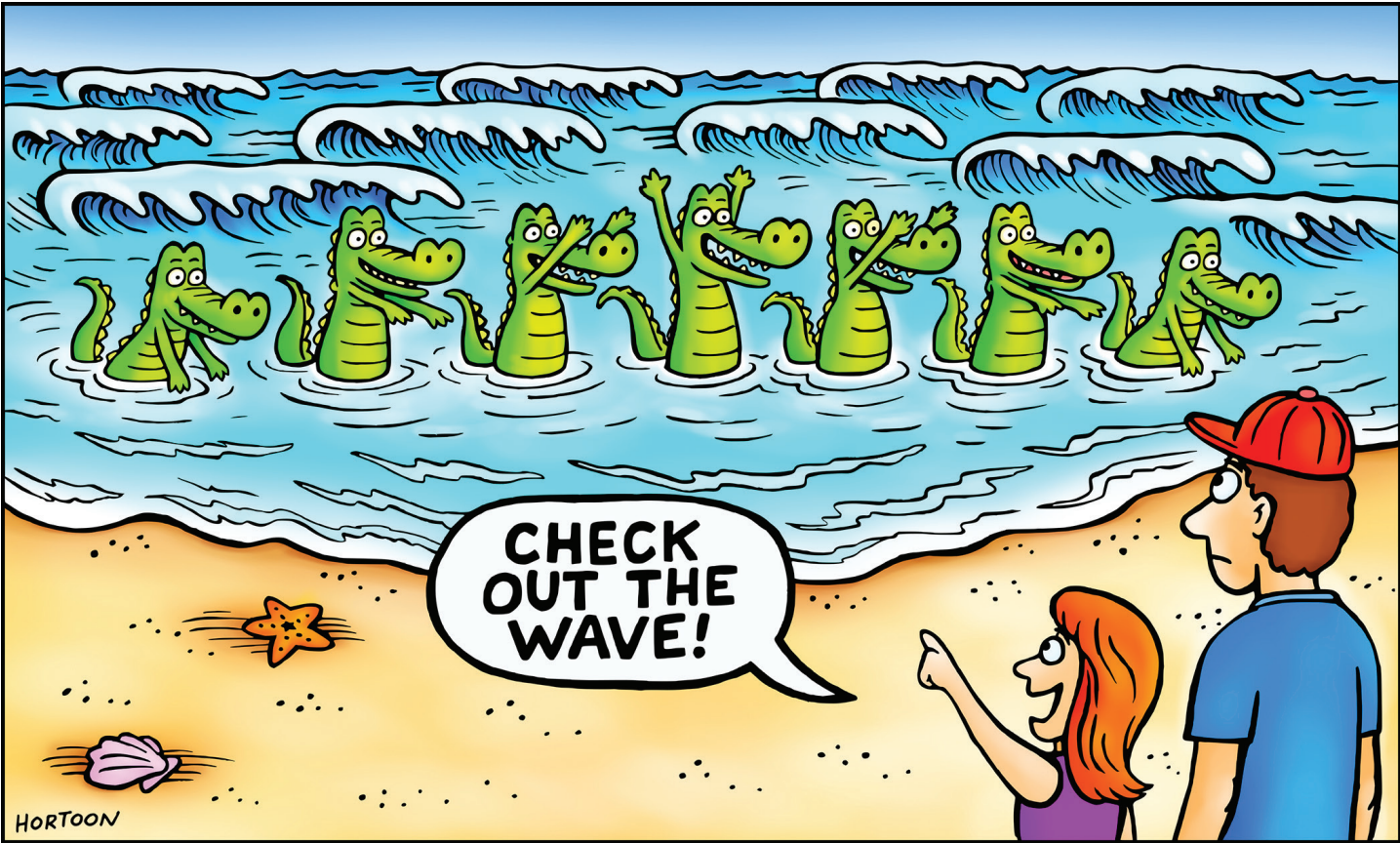
SANIBEL BICYCLE CLUB

SCRAMBLERS

- 1. Gander; 2. Warden;
- 3. Sprite; 4. Shame

Today's Word  
WEIGHT

HORTOONS



PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1925	2,000	\$7,489,000	\$6,899,000	133
Hidden Harbor	Bonita Springs	1995	8,970	\$4,500,000	\$2,724,348	406
Bonita Beach	Bonita Springs	1985	3,505	\$3,250,000	\$3,000,000	220
Case Subdivision	Fort Myers Beach	1930	4,212	\$2,799,000	\$2,750,000	90
Sandrift	Captiva	1988	2,076	\$2,495,000	\$2,025,000	7
Sanibel Shores	Sanibel	1993	2,386	\$1,295,000	\$1,075,000	89
Tarpon Estates	Cape Coral	2004	3,350	\$1,099,000	\$1,010,000	268
Kreamers Subdivision	Bokeelia	2014	2,084	\$980,000	\$980,000	151
Cape Coral	Cape Coral	2015	2,686	\$979,000	\$910,000	168
Cape Coral	Cape Coral	2017	2,418	\$900,000	\$835,000	223





*Randy Wayne White ©*

# WE'RE BACK!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.  
Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)



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THE ORIGINAL  
**YUCATAN SHRIMP!**

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***The Dixie Fish Co. & The Whale***

