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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 7, 2021

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Raffle For Rare Python Hunting Expedition

by Allison Havill Todd

What are some of your bucket list items you would like to accomplish during your lifetime? Perhaps it's going skydiving, learning a new language, traveling to every country, or running a marathon. For the truly adventurous, there is a rare opportunity to accompany a renowned guide on a python hunting expedition in the Florida Everglades.

Bill Booth of Bill Booth Outdoors is offering an excursion for four people to accompany him for a day venturing deep into the Everglades in search of the Burmese python. This chance of a lifetime exploration will be awarded to the winning raffle ticket holder as part of the Sanibel School Fund's Blue Ribbon Golf Classic fundraiser hosted by The Sanctuary Golf Club on Saturday, May 15. This is a critical fundraiser for the school, with a



Bill Booth capturing a python by hand

photo courtesy Bill Booth Outdoors

goal of raising over \$125,000 before the end of the school year to help support the STEM (Science, Technology, Engineering and Math) program as well as other special services, programs and supplies. Booth is a professional guide and

expedition leader and has been hunting for over 38 years. Growing up in Miami with the Everglades as his backyard, Booth developed a passion for this beautiful natural resource and wanted to get involved with preserving it. In 2013,

he entered the Florida Python Challenge to raise awareness about the invasive Burmese python problem in the state. During the course of this 30-day event, he and his team were followed by the National Geographic film crew as they set up tents, camped out and tracked down pythons in the Everglades for 13 to 14 hours a day. His team placed second in the challenge, earning him a one-hour special on the National Geographic Channel. In 2016, he entered another python hunt challenge and won first place by a landslide bringing in over 33 snakes. Over the years, Booth has been featured on other television shows on PBS, CNN, The History Channel and most recently The Discovery Channel as part of the *Swamp People: Serpent Invasion* series.

The lucky winners can look forward to a day-long expedition with Booth sometime between January and March, when the weather is cooler and most suitable for capturing pythons as they come out to warm themselves in the sun. The excursion will start early in the morning and explore remote areas of the Everglades by swamp buggy, air boat or

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The evening ride is open to all cyclists

Cyclists Invited To Ride Of Silence

by Allison Havill Todd

Cyclists will gather on Sanibel for the annual Ride of Silence on Wednesday, May 19 to honor those who have been killed or injured while cycling on public roadways. The Sanibel

photo provided

Bicycle Club has hosted the ride since May 2008 along with sponsorship from Matzaluna Restaurant and Billy's Bikes. Club members, friends and other cyclists in the community are invited to ride in this short, silent, slow ride.

The ride is a global event that takes place every third Wednesday in May in 48 countries across seven continents and 50 U.S. states, plus Washington, DC. The

continued on page 2

Endowment Fund Established For Nonprofit Leader

FISH of SanCap announced the Maggi Feiner Presidential Endowment Fund to assure sustainable leadership for the organization. "I'm not going anywhere," said Feiner, a 17-year FISH volunteer now serving as president and CEO. "But I fully support the organization's plans for the future."

"Maggi brings not only leadership, but passion and commitment to the role of president and CEO," said John Morse, FISH of Sanibel-Captiva Foundation Chair. "The purpose of the Maggi Feiner Fund is to enable the organization to acquire and sustain these powerful qualities over the long term."

"The board wants to assure the viability of this vital organization," said Feiner. "As an agency playing a central role in social services on the island, FISH needs the infrastructure to be confident in both financial and leadership stability. That's where the endowment comes in."

Over the course of 39 years, FISH has evolved to keep up with the needs of the community and live up to its slogan of Neighbors Helping Neighbors. "With the recession of 2007, we opened the



Maggi Feiner

photo provided

first office and launched a major growth initiative," said Feiner. In following years, under Feiner's leadership, a continuing stream of projects followed, including the food bank, social workers on staff, the purchase of the current building and a broad range of programs. "Although the operation is constantly changing, the purpose is consistent," Feiner added. "We meet the ever-changing, ever-growing needs of the community."

"My vision is that no one on the islands will go unsupported when in need," said

continued on page 6

Deputy Dog Visits Students At Children's Center

The staff and students at the Children's Education Center of the Islands (CECI) met some new friends recently from the Compassionate



Cops' Deputy Dogs program. The children were excited to meet a Deputy Dog named Gunner and his owner, "Mr. Rick" Wilbanks. They learned about the importance of peacefully cohabitating with everyone and everything in the natural world. They heard a miraculous story about how a young dog and his owner survived an encounter with an alligator by a lake near their home.

The children asked many questions, retold stories of their own, and loved meeting their new fluffy friend. ✨

Ride Of Silence

Cyclists will ride in a silent, funeral-style procession at 10 to 12 mph for seven miles in respect to those who are no longer able to ride. Riders are asked to wear a black arm band, or red if they have personally been injured in a cycling versus motor vehicle accident.

Everyone is welcome to ride; no registration is needed. Participants will be required to wear helmets; no headphones or earbuds.

On Sanibel, head and tail lights are required if riders plan to ride home after dinner and are strongly encouraged for the entire ride.

For more information about the



Sanibel ride, contact Allison Havill
Todd of the Sanibel Bicycle Club at
allisonht13@gmail.com, Mark Blust of
Matzaluna at mblust@prawnbroker.com
or Salli Kirkland of Billy's Bikes at salli@
sanibelbike.com.

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom. ✨

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Captiva dock

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Looking Back: Captiva Dock

This postcard from 1913 depicts men, women and children posing on and around a steamboat and along the dock, which is shown in the foreground.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages



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

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.✱

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Complete Shabbat Worship Service including Torah reading Zoomed from Fellowship Hall at SCUCC every Friday night at 7 p.m. For Zoom link email batyamsanibel@gmail.com. Rabbi Stephen Fuchs, Cantor Murray Simon, President Alan Lessack, www.batyam.org, 2050 Periwinkle Way, 773-251-8862.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on Chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane Captiva, 472-1646.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11 a.m. in

Fellowship Hall. View the Sunday Service online at www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 11 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. In-person services resume with limited seating, masks and reservations required. In-person limited seating services requiring reservations and masks are on Saturdays at 5 p.m., and Sundays at 8 a.m. and 10:30 a.m. Reservations can be made on our website and go live every Tuesday at noon. The 10:30 a.m. Sunday service will also be livestreamed. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Email changes to press@islandsunnews.com or call 395-1213.✱

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Heroes on the Water team

photos provided

American Legion Post 123 Hosts Veterans Group

submitted by Cmdr. Tim Moore,
American Legion Post 123

On a windy and beautiful day recently, Heroes on the Water – Southwest Florida, a nonprofit organization led by Timothy Zimmerman (chapter coordinator), paid

a visit to JN “Ding” Darling National Wildlife Refuge on Sanibel as part of its Paddle, Fish, Heal program. The organization is dedicated to healing our area veterans and first responders.

After several hours of paddling, fishing and healing, the group moved their post-adventure program to Sanibel-Captiva American Legion Post 123. Post 123 members provided burgers, bratwurst, sodas and water for the thirsty and the hungry. The tiki hut in back, dedicated to Timmy’s Nook, and the back patio provided a perfect



From left, Randy Carson, Bob Booth, Cheryl Kinder, Brandi Skog, Tim Zimmerman, Cecil Miller, Becky Skog and Richard McCurry

setting for exchanging stories and relaxation in the shade.

The all-volunteer team from Post 123 included Randy Carson (organizer and first vice commander), Bob Booth (service officer), Becky Skog (food and beverage manager and auxiliary member), bartenders Cecil Miller (Sons of the American Legion) and Brandi Skog (auxiliary), Cheryl Kinder (auxiliary), and Richard McCurry (Sons

of the American Legion and local fire commissioner). This team’s selfless devotion to the event was instrumental in making the entire day a memorable occasion for our area veterans.

American Legion Post 123 is open to all veterans and the public, located at mile marker 3 on Sanibel-Captiva Road. Post 123 is always looking for veterans to join and participate in its programs. For more information, call 472-9979.✱

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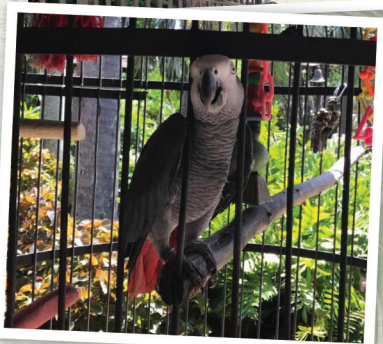
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Teen Challenge Rides On Sanibel



Teen Challenge Bike-A-Thon group on Sanibel

photo provided

Fort Myers Teen Challenge hosted its annual Bike-A-Thon fundraiser on April 24 on Sanibel. Due to COVID-19 restrictions, the event was canceled in 2020.

Teen Challenge is a 12-month faith-based residential treatment program for men and women struggling with addiction or other life controlling issues. Being

a nonprofit organization, most of the program is funded through donors and fundraising events like the Bike-A-Thon.

With bikes provided by Billy's Bike Rentals, several staff members and students in the program rode over seven miles throughout the bike trails on Sanibel and ended their day with activities and food on Tarpon Bay Beach.✽

Community House Events

The Sanibel Party Bridge Club meets on Tuesdays at 1 p.m. All are welcome. Bringing a partner is preferred. Cost is \$5 suggested donation.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring your own supplies to paint with fellow artists; no instruction. Cost is \$10 per session.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays at 1p.m. Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested donation.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome, \$5 suggested donation.

Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters to assemble. Cost is \$20 per kit,

shipping is \$8 additional.

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

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

Top 10 Books

1. *The Rose Code* by Kate Quinn
 2. *The Lost Apothecary* by Sarah Penner
 3. *The Book of Longings* by Sue Monk Kidd
 4. *A Perilous Proposal* by Jennifer Schiffr
 5. *Sooley* by John Grisham
 6. *The Four Winds* by Kristin Hannah
 7. *The Hill We Climb* by Amanda Gorman
 8. *Hello Summer* by Mary Kay Andrews
 9. *Squeeze Me* by Carl Hiaasen
 10. *The Soul of an Octopus* by Sy Montgomery
- Courtesy MacIntosh Books and Paper.✽

From page 1

Endowment Fund

Feiner. "Counting clients, volunteers and contributors, I believe FISH has touched 90 percent of those who live and work on the islands, or their families. Plus, many visitors have been supported in emergencies."

Much of the organization's impact today is attributable to Feiner's leadership during the last decade as president and CEO. But she credits the community. "I'm inspired by the community," Feiner said. "The people here represent all walks of life, but when it comes down to a problem,

this island pulls together. My passion for FISH is inspired by the generous community, the volunteers and our staff.

"I may step down from an executive role someday, but I doubt I will ever stay home," said Feiner. "I'll stay with the organization as a volunteer for as long as I can make a difference."

To support the endowment fund designed to sustain leadership at the level personified by Feiner, contact John Morse at info@fishofsancap.org or visit <https://fishofsancap.org>. Donations can be made to FISH of Sanibel-Captiva Foundation, Inc. For information on volunteering, contact Maria Espinoza or Jennifer Pagano at info@fishofsancap.org.✽

neighbors helping neighbors

WITH FISH HURRICANE PREPAREDNESS PACKETS

FISH is committed to the safety and well-being of our island neighbors, and hurricane season is no exception. Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, etc.

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WEATHERING THE STORM together



Our annual **FISH Hurricane Preparedness Packet** is a valuable island resource available to anyone who requests it. The packet provides detailed information on where to go, what to do, and how/when to begin preparing for hurricane season, including:

- Suggested Do's and Don'ts
- List of Hotels
- Check Lists
- Pet Information
- Evacuation Routes
- City of Sanibel Hurricane Pass Application
- Special Needs Application
- List of Shelters/Map
- Hotline Numbers

If you or someone you know could benefit from this packet or program, please contact us. Packets can be picked up at the FISH Walk-In Center and are **available for download** at fishofsancap.org. For a packet by mail, contact FISH by calling **239.472.4775** or email info@fishofsancap.org.

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Center 4 Life Gets Go Ahead From City Council

by Wendy McMullen

Seniors were out in force for Tuesday’s Sanibel City Council meeting, sporting aqua-colored T-shirts, proclaiming their Island Seniors, Inc. membership.

Faced with blocked seats in MacKenzie Hall because of COVID-19 restrictions, seniors crowded into the walkways around city hall and listened to the proceedings on outside speakers, sometimes erupting into loud cheers when their representatives inside spoke particularly eloquently for their cause.

Their cause was to reopen the Center 4 Life, the building at 2401 Library Way that houses Island Seniors activities, and to lobby the city council to go ahead immediately with the renovation of the former Sanibel Captiva Community Bank building at 2475 Library Way, purchased by the city to accommodate them.

Council members unanimously agreed that a new director should be hired and the Center 4 Life be reopened as soon as possible, and that plans for the renovation in the former bank building should go ahead as soon as possible.

Seniors gathered around city hall were ecstatic at the city’s commitment to move ahead.

“I wouldn’t have moved to Sanibel without the Island Seniors,” new resident Robin Christian told the council. “When I moved here, I needed to make friends. Sanibel is not a cheap place to live. Island Seniors was an important factor in my moving here. This is money well spent.”

“It fills the gap for people who don’t have husbands to take them out,” said longtime resident Dorothy Sawyer.

“Without the Island Seniors, we’re adrift. There are many more women than men and we won’t go out by ourselves to places where everyone’s coupled.”

Advocates for a larger space for the seniors point out that Island Seniors, the organization that runs the Center 4 Life, has some 800 members and that more space is needed for the many activities offered at the center, which include



Members of Island Seniors, Inc. distributing T-shirts at city hall prior to the council meeting on Tuesday
photo by Wendy McMullen

nutrition and bridge classes, Wednesday lunches, healthy living series, book discussions, coffee mornings, and yoga and aerobics. They also organize an arts and crafts fair and a trash and treasures sale as well as safe driving courses, trips to concerts and kayaking expeditions.

The Center 4 Life was closed and the director’s position terminated at the beginning of the COVID-19 crisis last year when revenue from sales taxes, beach parking and causeway tolls dropped precipitately. One year on, the situation has changed, said Mayor Holly Smith, introducing the issue.

“The city’s financial position is very strong,” she said, passing out a debt reduction chart showing a positive outlook in lowering the city’s debt. “We’re going to come out of this considerably better than we anticipated.”

She added that the American Relief Act from the federal government and Lee Cares put the city in a good position. City Manager Judie Zimomra pointed out that the \$3.1 million from the American Relief Act has not yet been confirmed and that there may be restrictions and guidelines which are not yet known.

The decision to give the green light to the reopening of the Center 4 Life and to go ahead with the renovation of the former bank building was not without its critics.

Chief among them was longtime

resident Tommy Williams who heads the Citizens for Fiscal Responsibility, a group of some 15 to 20 people who meet regularly for coffee, who he describes as a “Brains Trust.”

Williams, who served on the board of Island Seniors for some years, said that the current Center 4 Life building is under-utilized and there is no need for a new building.

“The seniors’ activities, with the exception of the exercise classes, can easily be accommodated in the current building,” Williams contends.

Williams advocates reopening the existing Center 4 Life building on Library Way and selling the former bank property. He says that most Sanibel tax payers don’t want another large public facility which is not needed and is doomed to be under-utilized.

Sanibel resident Jane Gelcius agreed with Williams, stating that the city does not fund any other island social organizations and that they should not fund or house the Island Seniors either.

“If I want to start a club, I have to have it air conditioned, I have to have a new roof every 15 years. I understand this club and I understand the Island Seniors but why do they have to have a five million dollar building? If I had a house and wanted to invite a few people around, I wouldn’t expect the city to provide my house,” she said.

Another critic was Dick Beaty, who entreated the city to “think about five million dollars and the interest on five million dollars. I think you are all to be held to account,” he told city council.

Smith pointed out that the average age of Sanibel residents is 66 and that the senior center has been around a long time and is an integral part of our community.

Vice Mayor Richard Johnson supported the mayor, telling city council that he always refers to the city’s vision statement regarding Sanibel being a small town community whose members “live in harmony with each other and with nature.”

“We talk about nature a lot but we don’t talk much about each other. Island seniors are a significant part of our community,” Johnson said.

Councilman John Henshaw agreed, pointing out the human need for social contact with others.

Council discussed a soft opening initially possible with limited hours and programs that do not need instruction.

“We have to look at the shortage of staff,” said Smith.

Henshaw recommended that the city also look at proceeding with a contract with the Island Seniors similar to those they have with other organizations such as BIG ARTS and Community Housing and Resources (CHR), which are located on city-owned land.✪

Rec Center Opening Slowly

by Wendy McMullen

Sanibel City Council approved hiring a program coordinator to negotiate contracts for fitness instructors and coordinate use of the ball fields at the Sanibel Recreation Center at Tuesday’s city council meeting.

The council also agreed to open up the lap pool for single-lane swimming.

The rec center was closed at the beginning of the COVID-19 pandemic last year.

Council also approved upgrading the ventilation system at the rec center at a cost of close to \$25,000.✪

More City on page 16

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Shirley Witte, chair of the music committee, presented Dr. Elwood Smith with gift certificates photos provided

Celebration Held For 20 Years Of Musical Service

Dozens of friends, choir and music committee members, longtime associates and clergy gathered on the outdoor patio at Sanibel Congregational United Church of Christ on April 25 to thank Music Director Dr. Elwood Smith for his 20 years of service. They shared stories



Judy McBroom, left, a member of the choir and music committee, praised Dr. Elwood Smith, right, and wished him well in his retirement

and presented Dr. Smith with cards and gifts. Members of the music committee arranged the reception and served beverages and cupcakes decorated in a musical theme.

In addition to being a talented performer, professor and director of numerous operas and musicals, Dr. Smith is an avid concertgoer. To help him fill his newfound time in retirement, parishioners presented him with gift certificates to BIG ARTS and Barbara

B. Mann Hall, as well tickets to concerts by Seraphic Fire, one of his favorite choral groups, which often performs in Naples.

Dr. Smith's official retirement will take place at the end of June. As music director at the church, he plans for and directs the choir throughout the season, hires section leaders and soloists, works closely with the other church musicians, plays the piano for special pieces and at the 7:45 a.m. services. He has been

instrumental in arranging for outside groups to present concerts at the church. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across from Periwinkle Place. For more information, call 472-0497.*

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Mosquito season typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting the LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district will dispatch personnel to conduct a mosquito count and, if warranted, will fog or spray the area. For more information regarding mosquito control on Sanibel, visit Lee County Mosquito Control District's website at www.lcmcd.com.*

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Native doctorbush attracts butterflies, moths and bees, and is the larval food plant for the Cassius blue butterfly

photos by Gerri Reaves

Plant Smart
Doctorbush

by Gerri Reaves

As the common name implies, doctorbush (*Plumbago zeylanica*) has various medicinal uses, including as an abortifacient. This perennial shrub of the tropics and subtropics is the only native plumbago in Florida.

The Institute for Regional



Spikes of flowers bloom throughout the year

Conservation lists this member of the leadwort family as rare in South Florida.

In the wild, it's found in coastal berms and strands, uplands, rockland hammocks and shell mounds.

Its many other common names include wild, Florida, white, Mexican, or summer-snow plumbago; wild, Mexican or Ceylon leadwort; as well as toothwort and devil's-herb.

The form can be erect or vine-like and sprawling, reaching several feet tall

with branches a yard or more long.

The evergreen leaves are ovate to elliptical-lanceolate and one to four inches long with pointed tips. There are stalked glands along the ribs.

The white flowers appear on spikes four to five inches long. The rachis, or axis, of the spike is sticky.

Each flower has a long tube, five flaring petals with sharply pointed tips, and blue anthers.

The capsule, which adheres to clothing, hair and fur, contains reddish

to dark brown seeds.

This low-maintenance flower blooms year 'round. Give it well-drained soil in full sun to partial shade.

It has moderate drought tolerance once established, but is not salt tolerant.

It is the larval food plant for the Cassius blue butterfly, a nectar plant for other butterflies, and a moth- and bee-attractor.

Another plumbago species, Cape leadwort (*Plumbago auriculata*) is naturalized in South Florida. While not native, that blue Florida-friendly plant is used as an ornamental and butterfly attractor, too.

Sources: *Everglades Wildflowers* by Roger L. Hammer, www.efloras.org, www.fnps.org and <https://gardeningsolutions.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✧

New Water Quality Data System Released

The South Florida Water Management District (SFWMD) has released its new DBHydro Insights tool, a map-based application that expands the public's access to water quality and other data used by SFWMD to make water management decisions. The release is part of the district's ongoing efforts to expand transparency, public access and engagement.

DBHydro Insights provides quick access to current levels of major lakes in South Florida as well as flow gauge readings and other data on water control structures, stormwater treatment areas and all other major components of SFWMD's water management and flood control systems. The database also gives access to current and historical data on watersheds and other sites throughout South Florida.

Key features are as follows:

- Easy to find complex sets of data;
- Map-based interface that allows users to get information about sites, stations or structures without knowing the name of the site or station;
- Summary information for watersheds such as inflows, outflows, average rainfall and key hydrologic and water quality current conditions;

- Quick way to see charts and current hydrologic/water quality conditions at all structures within a watershed;
- Provisional water quality data;
- Several filter parameters/criteria are available to quickly narrow down your selection;

- Nutrient load data will be available soon (six to eight weeks); and
- Single user interface to access information from several data sources that are seamlessly integrated.

To sign up for updates on DBHydro Insights, visit the email signup page, <https://public.govdelivery.com/accounts/FLSFWMD/subscriber/new> and enter your email address and check the DBHydro Insights box.✧



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CRITICAL FACTS ABOUT FUNDING THE CENTER 4 LIFE

- Beginning in 1977, Island Seniors operated as a club with its own Board of Directors, its own financing and its own programming, similar to Shell Islands Garden Club, Sanibel Island Fishing Club, Sanibel Bicycle Club and many other clubs on the island.
 - In 1993, the City of Sanibel provided a central space for Island Seniors in a building now called Center 4 Life, which also houses Community Housing and Resources (CHR), a 501(c)3 nonprofit organization.
 - Therefore, the City is subsidizing two non-governmental organizations by providing, operating and maintaining the building in which they are housed.
 - The City also pays for two full-time staff to manage programs at the Center 4 Life as well as contract employees for certain programs such as exercise classes.
 - The Center 4 Life has been closed for over 14 months, but most activities formerly housed in the building are currently being held elsewhere, including Exercise, Bridge and Hearts. Out-of-building activities have been on hold.
 - However, the City purchased the former SanCap Bank building in 2019 at a cost of \$1.9 million with the intent of remodeling it at a reported cost of \$3+ million to house CHR and Center 4 Life.
 - In addition, the City would also be committed to the perpetual cost of operation, maintenance and staffing of that building.
 - The Center 4 Life should reopen in the existing building, exercise classes should remain at The Community House, and the City should sell the bank building or identify a compelling need.
 - At a time when City finances are strained, these expenditures are unnecessary and unreasonable.
-

“If you find yourself in a hole, stop digging.”

– Will Rogers

Tarpon Time Is Here



by Capt.
Matt Mitchell

So you want to catch a tarpon or be more proficient at it. There are as many ways to catch these game fish as there are ways to loose them. They can require an amazing amount of patience as the frustration level can often be off the charts. With great patience though comes great rewards.

Day in and day out there are more tarpon caught in our area by using the old school style of soaking cut baits. Heavy conventional tackle is usually the go-to rig consisting of a 4/0 reel on an eight-foot boat rod. The reel is loaded with 40- to 80-pound mono along with an 80-pound or larger mono leader.

Cut baits are put on a large 7/0 to 9/0 circle hook. When fishing deeper areas, a twist on a rubber core sinker is a good idea to keep the bait on the bottom. Baits of choice include catfish tails, mullet, ladyfish and mackerel. When you see lots of boats anchored up tarpon fishing, they usually have a spread of multiple rods out.

My personal favorite way to fish tarpon is sight-fishing. Conditions for this method have to be calm enough to see these fish as they roll and gulp air. Moving around these fish on a trolling motor or even a push pole will give you more opportunities The tackle for this is a large spinning reel, basically a 6,000 series or larger that will hold over 200 yards of 30-pound braided line. A butter smooth drag is critical. For a rod, an eight-foot medium heavy spinning rod will cast a bait a long way. The rig is simple, a float and roughly five feet of 40- to 60-pound fluorocarbon leader along with a 5/0 to 7/0 Trokar circle hook. Sharp hooks should not be over looked. Live baits for this are threadfin herring, pinfish, crabs and large shiners.

Over the past few years, I've really taken to throwing soft plastic baits at these fish when conditions are right. I like a little lighter set-up for this. My go-to is a long-casting, eight-foot medium spinning rod loaded with 20-pound braid. Some favorite plastics for this are the DOA bait buster, 3D plastic mullet and Hogy's. Look for plastics that are rigged with a single circle hook. They work best along. Tarpon shake their heads so aggressively and have such a hard mouth that they seem to throw almost anything else.

These migrating tarpon have returned to our waters for millions of years and frequent the same areas over and over. Once you find them somewhere, expect to find these fish here again and again. Waters within a mile or so of the passes both in the bay and out on the beaches are a good place to start your search. Keep your eyes peeled as all it takes is seeing rolling fish or even free jumpers to locate them.

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.*



This juvenile tarpon was caught while snook fishing this week

photo provided

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CROW Case Of The Week:

Peninsula Cooter

by Bob Petcher



The peninsula cooter (*Pseudemys peninsularis*) is a Florida freshwater turtle that is known to be easy going and adaptable to both land and water. These reptiles are able

swimmers that spend a lot of time lounging around on embankments when they are done diving and floating.

Peninsula cooters differ from other turtle species by shell shape (ridge-like with a steep curve), color (concentric and vertical patterns of olive green, light green and yellow) and feet (sharp claws for digging in dirt, webbing in between toes for swimming).

At CROW, an adult female peninsula cooter was admitted after being found injured in Fort Myers. Upon initial examination, there was a depression fracture on the left front side of the carapace and small abrasions on the plastron. CROW medical staff noted the clinic took in 108 turtles and tortoises with shell fractures or injuries in 2020 alone.

The location of the depression fracture on the patient's shell led veterinarians to believe that there could



Patient #21-1683 has a very guarded prognosis due to its puncture fracture on its carapace (left photo) and abrasions on its plastron (right photo)

photos by Haillie Mesics

be lung damage. X-rays confirmed this belief.

"We did take radiographs, which showed us this patient had no other fractures besides the shell defect," said Dr. Melanie Peel, CROW veterinary intern. "At that time, the patient was very active and would not tolerate being rotated for more views. The defect itself was depressed over the lungs, so we already knew there was lung involvement."

Multiple bandage changes were made to the patient's wounds.

"At first, the bandage changes were



daily until bleeding decreased and the area looked cleaner, then they were extended to every other day," said Dr. Peel.

The cause of injury was deduced to either a predator attack or a vehicle strike. However, veterinarians suspected a predator attack, such as an alligator, based on the puncture fracture and abrasions on the bottom shell.

"It definitely isn't uncommon for us to see evidence of teeth marks on some of these water turtles," Dr. Peel said.

More than two weeks after admittance, the patient is still being

closely monitored. Veterinarians worked with rehabilitation staff to schedule a delicate repair procedure as many factors needed to be considered to ensure success.

"We took this patient to surgery for a feeding tube placement, as she wasn't eating in the hospital last week," said Dr. Peel. "At that time, we also removed the fragments of shell that were depressed over her left lung field. The fragments had devitalized due to decreased blood supply from the fracture; therefore, they were no longer viable."

"Once removed, there was about a 2.5 centimeter by 2 centimeter oval defect in the shell with healthy lung tissue and fluid-filled membrane visible underneath. We will hopefully be able to use a special device called a wound-vacuum, which will pull this membrane up and allow for this area to scar."

The patient remains on a feeding tube and is being closely watched due to its grave condition.

"The patient still has a very guarded prognosis due to the lung involvement, but we are giving her pain medications, antibiotics and a diet through the feeding tube now," said Dr. Peel.

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

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JoAnn LaPadula and Brad MacKenzie with LaPadula's painting, *Feeling the Glow*

photo provided

News Exhibit At Local Restaurant

Ten large-format watercolor paintings by local artist JoAnn LaPadula are on display at Blue Giraffe 2 through May. The colorful exhibit focuses on local flora and fauna. The canvases are hung in three different rooms in the restaurant. In the absence of an artist's opening reception, the artist and Blue Giraffe 2 invite the public to stop by the restaurant to view the exhibit.

LaPadula is an award-winning artist who resides in Fort Myers. She is originally from the New York Finger Lakes region. She is a director and member of Fort Myers Beach Art Association, Alliance for the Arts, and Sanibel Captiva Art League. With a bachelor of arts degree in art from Buffalo State College, she worked in the graphic

design field for 30 years. In retirement, she began painting in watercolor. Her signature style features a blowing/spraying technique and negative painting. Her work has been featured on the cover of the *SpotLight* magazine, *Sand Life* magazine, in *Gulfshore Life* and in the Florida Watercolor Society online exhibit. Some of her works reside in collections as far away as Guantanamo and California.

"Our monthly art exhibits continue to present the talented artists of our island community. These watercolors are stunning, and need to be viewed up close to appreciate their full impact," said Blue Giraffe Manager Brad MacKenzie. "We love sponsoring an exhibit space for the large works of local artists."

Blue Giraffe 2 is next to Sanibel Island Golf Club at 1100 Par View Drive. The restaurant is open Monday through Saturday from 11 a.m. to 8 p.m. and on Sunday from 11 a.m. to 3 p.m. For more information, call 558-5634.✴

Expansion On Hold For Police Department

by Wendy McMullen

Sanibel City Council put the proposed police department expansion on hold while they consider a stand alone facility for the police.

"A stand alone police facility would be in the best interests of the city," Police Chief Bill Dalton told city council.

"With a new building, the police can have exactly the building they want. There is room for expansion and the space the police are occupying now could be used for existing city departments that need more space," said Barry Roth, a frequent commentator at city council and an active participant in many city activities.

So far, architects for the city police department have focused on expanding the current facilities in the west wing of the city hall complex and relocating the

police department during the renovation.

City council directed staff to ask the architects to pause the current plan and to ask the architects to provide a cost difference between expansion of the current facility and building a stand alone facility.

Mayor Holly Smith stated her preference for locating the facility on city-owned land rather than looking at other properties currently for sale on the island.

"I'm not comfortable talking about other properties until we've looked at city-owned properties," said Smith.✴

City Ends Most COVID Limitations

by Wendy McMullen

Gov. Ron DeSantis has prohibited the city from passing any restrictions on individual liberties related to COVID-19, which means that the city can no longer require masks, except on its own property. It can also no longer

continued on page 40



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## Shell Of The Week

## The Scorched Mussel



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

**B***rachidontes exustus* (Linnaeus, 1758) reaches about 25 mm (about one inch).

The shell has a “semi-triangular” outline, with a sculpture of many, very fine radial ribs that form minute denticles on the inner edge of the valves. The color is yellowish-brown to dark-brown, with the inner surface a metallic purple mottled with white. Genetic studies in the past have shown that what we consider to be the Scorched Mussel may consist of more than one species. 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 Museum is open from 10 a.m. to 5 p.m. daily. Staff and visitors are required to wear face masks.

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



The Scorched Mussel, *Brachidontes exustus*, from Sanibel

photo by José H. Leal

## Hurricane Guide Now Available

**T**he Lee County Electric Cooperative (LCEC) Hurricane Guide has been released and is available for download at [www.lcec.net](http://www.lcec.net). Storm season begins on June 1 and

preparing early is key to riding out any storm.

The guide includes information about: storm restoration process; preparing your home and business; life support; evacuation protocol; disaster supply kit; portable generator safety; debris and vegetation; and important phone numbers and links.\*

## American Legion Post 123

**A**merican Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. on Sunday, May 9. Homemade chicken pot pie is on the menu for Sunday, May 16. All are welcome.



On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. There are two tables in play. Come out and watch the action.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

Post 123 is a non-smoking facility with an outside area available for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.\*

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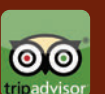
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Sanibel Captiva Community Bank team members with Sanibel School Fund board members, from left, Jeff Muddell, Kate Shaffer, Kim Kouril, Lynn Hoops, David Wright, Mona Strasser, Malorie Olsen, Gaby Bell and Carolyn Tongyai photos provided

# Golf Classic Auction Benefits Sanibel School

With the Sanibel School Fund’s annual Blue Ribbon Golf Classic fast approaching, organizers want you to be aware of some great auction items up for grabs, and let you know that you can be a part of the bidding action. The annual Blue Ribbon Golf Classic, to be held on Saturday, May 15 at The Sanctuary Golf Club, is a critical fundraiser for The Sanibel School. Money raised is used to fund several education programs

that are only possible through the support of the community. As part of the fundraising efforts, several donors have made contributions to allow the fund to offer five auction packages:  
Package 1) Myra Robert’s painting, *Shellebrity of the Sea* – A 12- by 16-inch first edition giclee from world-renowned local artist Myra Roberts.  
Package 2) Lazy Flamingo Chair – Like a true local, have your personalized chair installed at the popular Sanibel restaurant. Create your own legacy.  
Package 3) Captiva Getaway – A two-night stay at South Seas Island Resort, six-person sunset cruise with Captiva



Sanibel School Fund board members thank Doc Ford's team, back, from left, Carolyn Tongyai, Jim Green, Marty Harriety and Carle Mitchell; front, from left, Kim Kouril, Kate Shaffer, Dana Foster, Katy Forret, Joe Harriety and Jeff Muddell

Cruises and Doc Ford’s Rum Bar & Grille \$100 gift card.  
Package 4) Ladies Basket – Includes a \$1,500 Congress Jewelers gift card; The Dunes Golf & Tennis Club tennis package including Blackwood Tennis shop accessories; a foursome of golf at The Dunes Golf & Tennis Club; \$100 spa treatment at Kay Casperson Lifestyle Spa; \$100 Traders gift card plus Traders gift shop jewelry.  
Package 5) Island Life – The best parts of living on an island, all rolled into one: a day of fishing coastal waters with longtime local, Capt. Noah; a pickleball lesson with up to four players with local certified pickleball instructor Peter Redpath plus a new paddle and balls; a foursome of golf at Sanibel Island Golf Club and new golf bag; dinner with wine pairing for a party of four at Traditions on the Beach; an original turtle painting from famous local island artist Sissi Janku.  
Bidding will open with the start of the golf tournament and will close at 8

p.m. on May 15 at the after-golf party at MudBugs Cajun Kitchen, located at 1473 Periwinkle Way on Sanibel. If you are interested in bidding on one of these items and are unable to attend the party at MudBugs, email TheSanibelSchoolFund@gmail.com. All emailed bids will be entered. In addition, the fund is raffling off a four-person Everglades python hunt with celebrity outfitter Bill Booth from the History Channel’s *Swamp People*. Tickets are available now at Bailey’s General Store and Keller Williams Realty – Fort Myers & The Islands. The Sanctuary Golf Club Foundation, the Doss Family Fund and the Filkins Family are the title sponsors of the Blue Ribbon Classic. Additional premier sponsors to date are Sanibel Captiva Community Bank, the Sampas Family, and Doc Ford’s. They are joined by grand sponsors Brenda and Marty Harriety, The Sanibel Captiva Trust Company, Bank of the Islands, and the Stevens Family and June Bailey.✱

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## Fish Caught

Grant Tucker of Columbus, Indiana caught a 50-pound cobia on a live threadfin under a cork outside of the Blind Pass Bridge on April 30.

Tucker was fishing with his longtime friend, Capt. Jimmy Burnsed, who charts out of Tween Waters Marina.

Throughout the day, the pair caught a large number of snook (up to 28 inches), trout, jacks, Spanish mackerel, a blacktip shark and a pompano. Not long after landing the cobia, a 100-pound-plus tarpon ate one of the threadfin, but parted company with Tucker after a spectacular, water-clearing jump.

The day also brought sightings of schools of rays, rolling tarpon, manatees, ospreys and a bald eagle, along with the usual dolphins, pelicans, herons, egrets and other water birds.

Tucker urges everyone to get out on the water and see the "other side" of the islands.✴



Grant Tucker

photo provided

## Fish Caught



Riley and Keegan Finn with a 29-inch snook  
photos provided



Riley Finn with a 32-inch snook

Keegan Finn, 5, from New Canaan, Connecticut caught a 29-inch snook on April 8 while out fishing with Capt. Terry. On the same trip, his brother, Riley, 7, caught a 32-inch snook. Both boys were vacationing here with their grandparents, Carol and Tom Mullin.✴

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.."There ain't no such word as ain't!" and  
..say please & thank you (most of the time).  
So let me please thank you for helping to make me the  
person that I am today!  
If you were here, I would take you to The Timbers for  
**Mother's Day!**  
I would pull out the chair for you, have the Chef lightly  
sauté a piece of snapper for you, served with a sweet potato  
and a glass of chardonnay.  
You're not, so I can't. But I still can say...  
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The Community House

The Tomatillo



by Resident Chef Jarred Harris

The tomatillo, also known as the Mexican husk tomato, Mexican ground cherry or Mexican green tomato, is a staple in Mexican and Latin cuisines. Tomatillos have a slightly tart lemony flavor and are used to flavor sauces and soups. They are also members of the nightshade family and related to the tomato.

Resembling a small green tomato, the tomatillo is surrounded by a paper-like husk and looks like a Chinese lantern as the fruit matures. Tomatillo means “little tomato” in Spanish and gets its name from the Nahuatl word “tomatl.”

Native to Mexico, tomatillos were first cultivated by the Aztecs as early as 900 BC. During the Spanish conquests of Central America and Mexico in the 1500s and 1600s, tomatillos were taken back to Spain and cultivated for

a short time. They were not as popular as their cousin, the tomato, and didn’t grow very well in the region. Tomatillos were introduced to the United States around the mid-1800s.

Tomatillos are a very good source of dietary fiber, vitamins A, C and K, niacin, potassium and manganese. They also contain powerful antioxidants and are a good source of iron, magnesium, phosphorus and copper.

The health benefits of tomatillo include boosting the immune system, treating cold and influenza, helping fight inflammation, lowering blood pressure and helping improve overall heart health.

The fruit grows year-round and can be found in several colors at specialty grocers and supermarkets.

Here is an easy recipe to try:

**Salsa Verde**  
1 ½ lbs. tomatillos (husk removed and washed)  
½ cup onion (chopped)  
3 cloves garlic (minced)  
½ cup cilantro stems (chopped)  
Juice and zest of 1 lime  
2 jalapeño peppers (stemmed, seeded and chopped)  
Salt and pepper to taste

**Method**  
Place the tomatillos in a saucepan and cover with water. Bring to a boil and simmer for 5 minutes. Remove the tomatillos with a slotted spoon and place in a blender.

Add the lime juice, onions, garlic, cilantro and jalapeños to the blender.

Pulse until all the ingredients are finely chopped and blended.  
Serve with fish, chicken or pork.  
It can even be used as a dressing for quinoa or grain salads.  
Resident Chef Jarred Harris heads

the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✴

Sanibel FlyFishers To Host Author

Sanibel FlyFishers will host author Jerry Kustich as featured speaker on Thursday, May 13. Kustich is an old friend of Sanibel FlyFishers and has spoken to the group in person in the past. This will be his first visit via Zoom.

Kustich is an author, environmentalist, rod designer and dedicated angler. He spends as much time on the road as a fly fishing ambassador, lecturing on representing the ideas for which all serious anglers stand.

Kustich founded Sweetgrass Rods in Butte, Montana in 2006 along with Glenn Brackett.

He has authored *At the River’s Edge: Lessons Learned in a Life of Fly Fishing* (2001), *A Wisp in the Wind: In Search of Bull Trout, Bamboo, and Beyond* (2005), and *Fly Fishing for Great Lakes Steelhead* (1999), all published by West River Publishing. His latest book is *Holy Water, Fly-fishing Reveries & Remembrances* (2017), also published by West River Publishing

His articles and essays have appeared in *Fly Fisherman*, *Big Sky Journal*, *Fly Rod & Reel*, and many other



Jerry Kustich photo provided publications.  
The meeting will be held on Zoom beginning at 6 p.m. eastern time. All are welcome. For the Zoom Link, go to: [https://bit.ly/Sanibelff\\_May2021](https://bit.ly/Sanibelff_May2021)  
For more information about the club, visit [www.sanibelff.org](http://www.sanibelff.org), or email [sanibelff@gmail.com](mailto:sanibelff@gmail.com)✴

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1/2 cup low-fat vanilla yogurt  
4 graham crackers, crushed  
1 lemon, juiced  
4 sprigs fresh mint for garnish  
In a medium-sized mixing bowl combine whipped cream cheese, sugar, and lemon juice. Fold the yogurt into the cream cheese mixture. In four wide-mouth glasses evenly layer cream cheese mixture, strawberries, and crushed graham crackers. Garnish with sprigs of fresh mint, serve chilled.✱

Strawberry Parfait

photo courtesy Fresh From Florida

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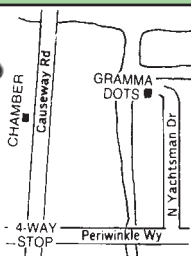
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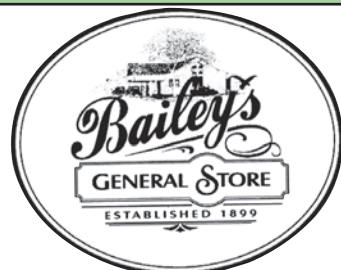
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# Beauty Salon Celebrates 70 Years In Business



by Kathy  
Kurtz Ferrari

**W**hen discussing the history of the islands, those wishing to learn more about the pioneers who settled here often visit the Sanibel Historical Museum

and Village.

Rarely would one suspect a visit to a beauty salon would bring a unique lesson of Sanibel's history.

The year was 1951 when Mary Aleck opened Sanibel Beauty Salon. The only way to get to the island then was by boat, as the causeway wouldn't be built for another 12 years.

The first American-born member of her Greek family, Aleck grew up in Keene, New Hampshire. She later moved to Sarasota, and traveled to Sanibel to look for seashells.

Falling in love with the island, she moved here and decided to open the island's first beauty salon on Greek Independence Day, March 25.

"It was important to her to open on that day. She was proud of her Greek



**Sanibel Beauty Salon owner MaryAnne Banta is celebrating the 70th anniversary of the salon her mother opened in 1951**  
photos by Kathy Kurtz Ferrari

heritage," said her daughter, MaryAnne Banta, who now owns the salon.

"Some of her supplies, like hairdryers, hadn't arrived from the mainland yet, so her customers sat outside on a sawhorse to get their hair dry."

Aleck bought a swath of land at the end of Periwinkle Way, where Bailey's Center now sits. Aleck and her husband, Nick, lived with their children in a cottage on the property, and the salon was housed nearby. A cistern sat behind the salon to catch rainwater, as there was no running water on Sanibel at the time.

One might wonder who was getting their hair done on the remote island. Aleck had loyal customers, both men and women. Many of them were lured from the north by Sanibel's growing reputation as a shelling mecca.

Aleck's brother, John Kontinos, came down from New Hampshire to join the business. They decided to open a shopping center on the Periwinkle property, and convinced the Baileys to move their general store from the bay to the center.

Aleck eventually split from her

husband, and in that era women were not allowed to own a business on their own. She had to get her husband to sign papers in court saying she was competent to own the salon, "even though she had the business before she even met him," explained her daughter.

Aleck and her brother opened a Greek restaurant called Coconut Grove on the property, where George & Wendy's Seafood Grille now sits.

"She tried to sell the land later, 25 acres for \$25,000, and she couldn't give it away," Banta said.

Aleck had one of the first telephone numbers on the island for the salon. She chose 472-1111, which is still in use today.

"When they first came in with the rotary phone, the gentleman (at the phone company) had to show her how to use it," said Banta. "And if your finger slipped out of the hole you had to start all over. So she said she just wanted 1111."

Aleck worked hard and Banta remembers her mother being very active and respected in the community.

"People always loved to talk with her because she was so smart," Banta noted. "She never blew her own horn. She didn't want to be in the spotlight or anything, but she was wise. She was one of these people that when she did say something, you wanted to hear it, because it was going to be classic."

Banta, now 63, was a member of the first class at The Sanibel School. Because her uncle was its first principal, she was  
continued on page 28

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Book Review

A Cold Copper Moon



by Di Saggau  
**A** Cold Copper Moon by Richard Conrath, is the final book in his trilogy and it answers all our questions about Cooper's missing son Maxie. It's been eight years since seven-year-old Maxie was

kidnapped, and Cooper has been having continuous nightmares about how his son disappeared and envisions where he might be living. His nightmares are so real he actually feels he is following the car his son was taken in.

The book begins with a young woman approaching Cooper saying, "I need you to find someone." Her father Jack Hayward disappeared four days ago on Thanksgiving. Cynthia is a free-lance writer, working on a series about Big Oil in south Florida. Her father was helping her but now he's disappeared. Coop and his crew, Richie Marino, a mob enforcer who uses a baseball bat to persuade; Huxter Crowe, a self-proclaimed third generation Miccosukee Native American with a master's degree who teaches on the reservation; and Louise Delgado, a Miami homicide detective assigned to the

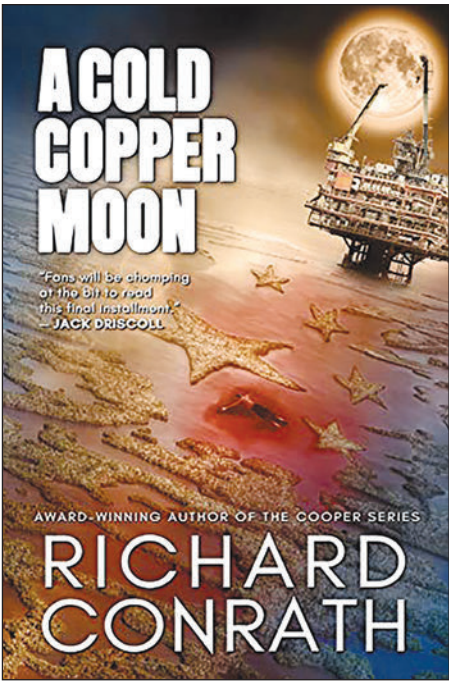


image provided

Gang Unit, join together to help out. It isn't long before they come across Jack's body and then branch out to track his killers. This takes them to the Florida Straights where the Zhi Zhu Nu, the world's largest oil rig, run by a Chinese company, is drilling in the Caribbean just a few kilometers from Key West. The name of the rig translates to The Spider Woman. They feel the answer they are looking for is on the rig, and try to find a way to board it. But it's in Cuban waters

and, being a Chinese owned company, it won't be easy. People start shooting at them whenever they draw near. We start to learn what happened to Maxie, and that really gets our interest. Jillie, Coop's ex-wife, is the first to find out. She contacts Cooper and then some different kind of fireworks begin. Coop and his gang are caught in the treacherous world of drug runners and

Chinese gangs who have set up business in the Florida Straights and the Gulf of Mexico. They end up uncovering illegal drilling in the Everglades and help make one of the biggest drug busts in history. And, most important, Maxie's disappearance is solved. A Cold Copper Moon is a satisfying ending to "The Cooper Mystery Series," and it has a twist you won't be expecting.✧

School Smart



by Shelley M. Greggs, NCSP  
**D**ear Shelley, My 5-year-old daughter has trouble transitioning from one activity to another. Often when I ask her to change activities, she responds by whining, stalling or even having a meltdown. What can I do to ease this situation?

Nicole W, Fort Myers

**Nicole,** Many children struggle with transitions, especially those with attention deficit hyperactivity disorder (ADHD), anxiety, autism and sensory processing concerns. There are some strategies that may be helpful for you, your daughter and all children. It takes some experimentation to find out which strategies work best for each individual child, but once you find a few that work, kids typically respond well and have an easier time moving from one activity to another.

Creating consistent routines and structure for specific activities is an excellent strategy. For example, you can create a morning and bedtime routine with specific steps that you and your child follow daily. A predictable structure and knowing is very reassuring to children. Another useful strategy is to provide preview and countdown for the activity you want your child to move to. Thus, before each transition, you will state a timeframe and description of what will happen along with countdowns, "in 15 minutes, then 10, then five, it will be time to finish breakfast, get your school gear and walk to the bus stop." This preview and countdown strategy allows children to prepare emotionally for the next event.

Music helps. With younger kids especially, songs can be effective tools to help implement routines and ease transitions. The "clean up" song that is often sung at many preschools is a great example of using song to implement a routine. There are many of these songs that can help younger children with routines.

Lots of children may benefit from visual cues. Make a chart with drawings about what to expect from a particular transition or the steps involved can help some kids immensely. These types of visual cues are frequently used in primary grade classrooms and could be easily adapted at home.

It's important to connect to your child when you ask them to transition to ensure that you have their attention and that they are listening to you. Making eye

contact, sitting next to them, placing your hand on their shoulder, or asking them to repeat back what you have said are great ways to ensure that your child will stop and focus.

Rewards work too. Rewards can be an effective tool for all kinds of kids and issues, but make sure to keep your reward schedule simple and inexpensive. Rewards can be things like stickers, snacks, or extra privileges at home. Praise good transitioning. Be specific in your praise and follow up with a reward when appropriate. With the right support, children can learn to transition smoothly without whining and tantrums.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✧

Poetry Corner

by Jim Weyant

Mask

There are thousands of smiles never to be beheld. Ever they've been shuttered behind the mask they've dwelled.

Lost within a world in turmoil their comforts never to be felt. Not to light up someone's day nor make another's heart melt.

Yet soon the time it is to return when smiles are to be set free. and once more able to spread their warmth over all humanity

Jim Weyant and wife Helene have been island residents for over 20 years. Prior to retirement, Weyant was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.✧

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Ian Wainwright and Beth Jarrell with a Mah Jongg set

photo provided

## Mah Jongg And Memoirs At Sanibel Library

Sanibel Public Library is open to the public and offering contactless curbside service. To use the service, place items on hold online or make requests by calling the library at 472-2483. You will be notified when your items are ready for pickup.

New Element MR Desktop Pro Computers have been added to the teen area of the library. The space includes webcams, headsets, and chairs that are perfect for gaming. The new PCs also offer teens a variety of tools for learning, creating, and developing visual projects and media. The computers are set up with software that includes 3D modeling, music and audio production, video production, graphic design, game development and coding, plus games like Minecraft.

The Teen Space developed about a decade ago, with a grant from the Sanibel Public Library Foundation.

Library cardholders can now borrow a Birding Kit with Kowa binoculars, birdwatching books and guides, and other tools to help launch an outdoor adventure. The library also offers cooking kits to check out. Library cardholders can borrow a paella or crêpe pan, tart pans, empanada press, cookie kits, novelty cake pans and other cooking items. There are also more than a thousand cookbooks; from pies and cookies to cake pops, from Florida Cracker to Cuban, to Keto or recipes for your Instant Pot.

Library patrons interested in games can check out board games and puzzles to take home – including Bananagrams, Clue, Apples to Apples, and a new Mah Jongg set. There are more than 50 board games to borrow or play inside the library. Also new on shelves – many bestseller biographies, including memoirs by Matthew McConaughey, John Boehner and Brandi Carlile.

Sanibel Public Library has 2020 IRS Form 1040/1040 SR and its instruction booklet. These tax forms are available in

limited supply. All other tax forms can be printed from the [www.irs.gov](http://www.irs.gov) website. You do not need to have a library card to use printers at the library.

Library cardholders can stream or download eBooks, movies, music, newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available.

Everyone in the building must wear a mask and follow social distancing practices. All materials are being quarantined between loans. During this time, library materials may appear as overdue. Do not renew the item if it has been returned. Contact the library at 472-2483 or [notices@sanlib.org](mailto:notices@sanlib.org) if you have any questions. Sanibel Public Library is located at 770 Dunlop Road.✱

## New Nonstop Flights Coming

The Lee County Port Authority reported that Sun Country Airlines will inaugurate twice weekly nonstop flights between Southwest Florida International Airport in Fort Myers and Duluth International Airport (DLH) in Minnesota, Green Bay Austin Straubel International Airport (GRB) in Wisconsin, Milwaukee Mitchell International Airport (MKE) in Wisconsin and Rochester International Airport (RST) in Minnesota. The addition of these nonstop flights will offer more options to RSW this winter.

Duluth (DLH) – New market for RSW; Service to start December 17; Will operate on Mondays and Fridays.

Green Bay (GRB) – New market for RSW; Service to start December 16; Will operate on Thursdays and Sundays.

Milwaukee (MKE) – Service to start December 15; Will operate on Wednesdays and Saturdays.

Rochester (RST) – New market for RSW; Service to start February 3, 2022; Will operate on Thursdays and Sundays.

For more information or to book a flight, visit [www.suncountry.com](http://www.suncountry.com). For more information about Southwest Florida International Airport, visit [www.flylcpa.com](http://www.flylcpa.com).✱



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The original Sanibel Beauty Salon was located near the current site of Bailey’s Center

From page 25

Beauty Salon

allowed to start school younger than was permitted.  
She graduated from high school at age 16, and was too young legally to start working as a hairdresser. Her school fought for her to be allowed to take the exam.  
“So I was the youngest licensed hairdresser in Florida,” Banta said proudly. She started working with her mother at the salon in the early 1970s.



Mary Aleck stands outside her pioneering beauty salon she opened in 1951

“My mom had a great sense of humor. I love some of her sayings: ‘If you do it, I can talk about it.’ Which was a good one because it made you think about stuff when you were growing up.  
“There wasn’t really anything here way back when. There was only one cop on the island, and as teenagers growing up, if anything went on up to Captiva, you knew you could get away with anything you wanted because it was going to be an hour and a half before they came back down island,” she said with a laugh.  
“It was really nice back then.



MaryAnne Banta cuts the hair of longtime customer Tony Brunsing

Everybody helped each other. It was just a wonderful place to grow up.”  
Banta bought the salon from her mother in 1990, and Aleck passed away in 2000. At one point, Banta expanded the business to three locations. Today the salon is located at 2248 Periwinkle Way, and Banta’s daughter, Deena Gant, also works in the salon.  
While she is slowing down a bit after 46 years in the business, Banta still enjoys her work. The salon has loyal customers, and is the choice of former Vice President Mike Pence. Banta has cut his hair several times during his frequent



A photo of Mary Aleck, founder of Sanibel Beauty Salon, decorates a wall of the salon

visits to Sanibel.  
Banta has hopes her daughter, who is expecting her third baby, will become the third generation to run the business.  
While there was no official anniversary celebration, Banta sensed the importance of sharing the story of her pioneering mother.  
“She worked hard. She was a great lady.”  
Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com.\*

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From left, Recipient Ekaterina Pedersen-Diaz with Michael Amabile, principal of Estero High School and Susan Delago, foreign languages teacher who recommended her. Not pictured: biology teacher Casandra Baird who also recommended Pederson-Diaz. photo provided

## Zonta Selects Public Affairs Award Recipient

submitted by Sue Denham

The Zonta Club of Sanibel-Captiva has chosen Ekaterina (Katja) Pedersen-Diaz, a junior at Estero High School, to receive the 2021 Young Women in Public Affairs Award (YWPA). This award, which recognizes superior leadership skills and a commitment to public service, was established by Zonta International to address the disparity in the representation of women in legislature, and emphasizes the importance of women having equal participation in decision-making processes.

Pedersen-Diaz, almost 17, is very involved in both her school and home communities. She is the vice president of Estero High School's chapter of Key Club, a public service organization, and participates actively in many student organizations and the school's Gender Sexuality Alliance. Due to COVID-19, her plans to play the part of a public defender in a community teen court program have been curtailed for now. Within the greater community, she volunteers at Hope Hospice and the Hope Chest Store.

Pedersen-Diaz plans to pursue a degree in biological engineering as a first step toward the possibility of a career in medicine or pharmacology with an emphasis on women's health.

Upon learning about the award, which includes a check for \$1,500 from Zonta, Pedersen-Diaz thanked the Zonta membership, saying that she had enjoyed writing in her application about her interests, experiences and goals, and seeing that there were others who agreed. "Sometimes," she said, "I feel like I am somehow not following the traditional gender role that society too often dictates for girls to follow, and I question myself, but just for a brief minute." She added that she is committed to doing her part to ensure that her future will follow the wider path.

The club recognized Pedersen-Diaz virtually at its May 5 club meeting, held via Zoom. Under Zonta International guidelines, YWPA recipients become eligible for further recognition and awards from Zonta, regionally and nationally.

The Zonta Club of Sanibel-Captiva empowers women through service, advocacy and funding. The club applauds young women like Pedersen-Diaz who exemplify the Zonta ideals of justice and the importance of promoting women's voices in public affairs. Visit [www.zontasancap.org](http://www.zontasancap.org).

## Airport Reports Traffic Increase

During March, 1,162,342 passengers traveled through Southwest Florida International Airport in Fort Myers. This was an increase of 35 percent compared to March 2020 and an increase of 60.2 percent increase compared to February 2021. Year-to-date, passenger traffic is down 20.4 percent compared to last year.

The traffic leader in March was Southwest Airlines with 284,606 total passengers. Rounding out the top five

airlines were Delta (182,846), United (146,494), American (135,886) and Spirit (127,161).

Southwest Florida International Airport had 11,472 aircraft operations, an increase of 7.5 percent compared to March 2020. Page Field saw 12,794 operations, a 0.6 percent increase compared to March 2020.

Southwest Florida International Airport served nearly six million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. Visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyrsw](https://www.facebook.com/flyrsw).

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# CROW Board Elects New Members



Karen Buck



Ron Clayton

The Clinic for the Rehabilitation of Wildlife (CROW) held its 2020 Membership Meeting via Zoom on March 31. Those in attendance included members, staff and the board of the directors. The agenda consisted of the introduction of new CROW logo, new and returning board members and a review of 2020 achievements. Three new board members were



Dave Nichols

elected: Karen Buck, Ron Clayton and Dave Nichols, DVM. Originally from the Chicago area, Buck has resided at least part time on Captiva since 1997 with her husband, Stuart, and two daughters. Now a retired medical assistant, lab tech and medical office manager, Buck grew up in rural Indiana surrounded by wildlife. She has been involved with many fundraisers and is also currently serving on the entertainment committee at The Sanctuary Golf Club. Born and raised in Baltimore, Maryland, Clayton moved to Southwest Florida in 2004 with his wife, Kelli, and twins, Brooke and Brice. In 2008, Clayton began working for Veolia Environmental Service, which was later acquired by Advanced Disposal and is now a franchised account manager for Waste Management. He currently sits on the board for Keep Lee County Beautiful and has been involved with many projects and programs to keep the environment clean. Nichols recently retired from Coral Veterinary Clinic in Fort Myers and on Sanibel where he has practiced veterinary medicine since receiving his DVM from Colorado State University in 1984. He was a partner at Coral Veterinary Clinic since 1990 and majority owner and president since 2008. He has served as veterinarian on the Institutional Animal Care and Use Committee at Florida Gulf Coast University since 2000. He is a member of the Caloosa Veterinary Society, the

FVMA, the AVMA and the American Animal Hospital Association. Nichols has been a CROW volunteer since 1984, and previously served as a CROW board member for more than 25 years, including three years as board president. Lynne Birdt, Edgar Burton and Dan Murphy began their second term on the board. Exiting board members Amanda Curran, Bill Horvath and Paul

Ben-Susan were acknowledged for their service and commitment to the organization. The 2020 board officers are: Dave Nichols, DVM, president; Dan Murphy, vice president; Cindy M. Hawkins, treasurer; and Lynne Birdt, secretary. Also returning are board members Christine Attardo, Anthony Farhat, Darrin Grotrian, Cathie Lewis, Phaidra McDermott and Bonnie Tucker, DVM.✱

## Business Women Networking



From left, Kerri Maw, Kira Dworkin, Kelly Huguenin, Taylor Osborne, Mary Bondurant, Maureen McGauran, Colleen Zurcher-McGauran, Melanie Holliday and Kelley Laird photo provided

The Sanibel Captiva Business Women's Association held its first networking event, Tips & Sips, on April 21 at 400 Rabbits. Maureen McGauran of Beachwalker Marketing & Communications shared social media marketing tips with those in attendance. The next Tips & Sips will be held

on Thursday, May 20 at Blue Giraffe 2 Restaurant at Beachview Estates, located at 1100 Par View Drive on Sanibel. Networking begins at 6 p.m. Kelley Laird of New American Funding will be the guest host. She will share useful apps with the group. All are welcome.✱

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#### FOOD PANTRY

FISH offers nutritious supplemental groceries at our Walk-in Center five days a week from 10a-3:45p allowing islanders to shop for the resources they need. *In 2020, FISH distributed 246,545 pounds of food through 6,407 visits to our food pantry, and over 3,000 individuals were served equating to 205,454 meals.*



For information on pantry needs, drop-off locations and how YOU can help feed the need, visit **[fishofsancap.org](https://fishofsancap.org)**

#### MEALS-BY-FISH

Our Meals-by-FISH program ensures all islanders, regardless of mobility constraints, have access to at least one hot meal per day, and fresh meals seven days a week. Whether for island seniors who no longer cook or drive, or residents who could temporarily use assistance—such as following surgery or illness—our volunteers deliver nutritious meals to neighbors. *In 2020, volunteers delivered 6,412 meals.*

#### BACKPACK PROGRAM

Nutrition is fundamental to academic achievement. Our backpack program gives island children in need nutritious foods and snacks to sustain them over the weekends and school breaks. In addition, each family receives a weekly kid-friendly fresh meal to prepare together. *In 2020, students received 1,974 backpacks.*

#### HOLIDAY FOOD BASKETS

Guaranteeing a holiday meal to our island neighbors in need is not only a warm way for our community to give back during the holiday seasons, but also relieves families of the stress of providing it during what can be a financially strained time. *In 2020, 517 baskets with all the fixings for Easter, Thanksgiving and Christmas meals were distributed.*

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Superior Interiors

Statement Pieces For The Perfect Focal Point



by Trinette Nelson

The living room is the ideal place for gathering. Even though you might not have as many guests frequenting your space at the moment, you and your immediate family members

still use this area for entertainment, relaxation and sparking conversations after a long day of work or school. With so much time spent in this area of your home, there's a great opportunity to get creative with decor and design schemes. Whether you follow a comforting theme with neutral tones and fill the room with cozy chairs and a sectional, or you go for something more bold, modern and minimalist with less furniture and more spaciousness, your living space needs a focal point. The focal point is one of the most fundamental elements in interior design. It's the place your eyes are drawn to the second you walk into the room; a point in the living room that the entire design

can be shaped around to emphasize its importance. Typically, the perfect place for the focal point is at eye level as this makes the connection between your eyes and the feature simple and seamless. If you're in the process of redecorating or redesigning your living space, but you're not sure where to get started, perhaps you can begin with a specific feature that can bring in positive attention. Whether you have a working fireplace or a stagnant mantel that's used solely for decorative purposes, this space can be a great focal point on its own. The way you decorate or accessorize this space, however, can make a big difference in how much immediate attention it gets. Painting the fireplace a bold color or layering it with tile or stone can make a major statement. If you would like to emphasize the space above the fireplace instead, a large, unique piece of artwork can do the trick. You can select a piece that flows with the rest of the design you're planning, or you can create interest and choose one that's more striking and goes against the grain. Either can attract a lot of attention if executed correctly. Remember, the focal point should be near eye level, so placing the artwork too high could make it more difficult to notice at first glance around the room. Want to make a dramatic statement in the living room? Accent walls using

wallpaper, or a bold paint color offer an easy opportunity to create a desirable focal point. The living room is a place of gathering. It's a space for comfort. A large sectional that takes up majority of the space makes a focal point that will attract you and your family members instantly; the surface area will bring all of you in for coziness and conversation with ease. An area rug has a way of tying a room together; this accessory makes an ideal piece to complete the living room. Even more, it can make a beautiful

focal point with the right color or pattern. We recommend contrasting it against the floor color to make a major statement. Perfecting your living space with a focal point doesn't have to be difficult. If you're having a hard time settling with one distinct feature in your haven for entertainment and relaxation, consider contacting a design professional for fresh ideas. Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinette@coincdecen.com](mailto:trinette@coincdecen.com).

From page 1  
Python Hunting

shallow water boat in order to cover as much ground as possible. While there are never any guarantees of seeing a python, Booth explained that it is highly likely, and he has caught as many as five in a day. When asked, "How does one go about catching a python?" Booth replied, "Very carefully." He explained that he carries a gun (just in case) but prefers to catch the reptiles by hand. The pythons are turned in to the University of Florida for research, but the valuable skins are returned to the hunter which can be made into leather products, such as the steering wheel cover on one of his boats. Booth assured that those accompanying him on this excursion will be in good hands, and described it as being the

"adventure of a lifetime for the brave at heart." Raffle tickets can be purchased at Keller Williams Realty (2440 Palm Ridge Road), Bailey's General Store (2477 Periwinkle Road) or by email: [thesanibelschoolfund@gmail.com](mailto:thesanibelschoolfund@gmail.com) with a \$50 suggested donation per ticket. The winner will be announced at MudBugs Cajun Kitchen (1473 Periwinkle Way) on May 15 at 8 p.m. during the post-golf tournament party. Ticket holders need not be present to win and will be promptly notified. Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.



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- Gorgeously remodeled, large porches, private pool & spa, top floor master with sundeck and Gulf views

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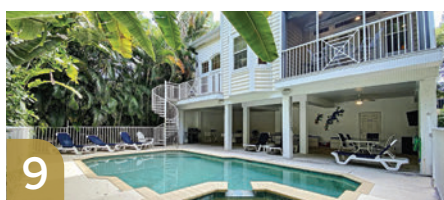
- Enjoy your 2 BR/ 2BA condo with vaulted ceilings, situated 1 back from the Gulf with incredible views from the corner lanai
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# New Staff Members At The Chamber

The Sanibel & Captiva Islands Chamber of Commerce has hired three new staff members in recent months to replace employees who have resigned from their positions. They include Communications and Marketing Manager Landen Drake, Visitor Center Manager Aaron Walton, and Administrative Intern Jade Nakonetschny. They join Director of Operations Mitch Orr and President and Chief Executive Officer John Lai at the Francis P. Bailey, Jr. Chamber Visitor Center offices on Sanibel.

The chamber's first internship, Nakonetschny's position was made possible by a grant from one of the chamber's strategic partners. She started her 12-month educational internship in September as a junior at Florida Gulf Coast University in Fort Myers. She will graduate in the spring of 2022 with a bachelor's degree in resort and hospitality management.

"I have been working on social media posts and chamber e-blasts, and as we continue to slowly get back to normal, I am excited to work on special events for the future," said Nakonetschny, who grew up in Sarasota. "I have learned so much since I have started, and I am definitely excited to see what else my colleagues have to teach me."



From left, Mitch Orr, Aaron Walton, John Lai, Jade Nakonetschny and Landen Drake photo provided

Walton, who was raised on Sanibel, took his position in March. His most recent employment was for Five Guys Burgers & Fries as a general manager, where he was responsible for operations and employees. A graduate of Florida SouthWestern State College in Fort Myers, Walton currently studies graphic design part time at Rasmussen University.

"It's so much fun being back on the island, in a job where I get to talk to visitors about what I love about my

hometown," said Walton. "I can't help but get excited by their reactions."

Drake's past work experience includes guest services representative at Crowne Plaza Hotel in Fort Myers, special programs and events coordinator for the Greater Fort Myers Chamber of Commerce, and, most recently, marketing coordinator with Conric PR & Marketing in Fort Myers. A graduate of the Rosen School of Hospitality Management at the University of Central Florida in Orlando, Drake began her

work with the chamber on April 22. "As a Southwest Florida native, Sanibel and Captiva have always held a special place in my heart," said Drake. "I'm thrilled to join a team of dedicated professionals that actively support and advocate for local businesses, tourism, our waterways and our community. I am also excited for a job that combines my experience with my passion for event planning and community engagement." "I need everyone on my team like I need oxygen," said Lai. "I'm so proud of the staff we've assembled, with strengths in areas where we had identified we were lacking. Together with Mitch, we are a well-oiled machine poised to take the chamber into a new era of service and marketing."

Orr has been working with the chamber since 2017, originally as office manager overseeing database and facilities management. He was quickly promoted to director of operations, adding bookkeeping to his job description. Orr concluded active duty with the Army National Guard in July 2020 and is currently working on cybersecurity certifications, which he hopes to use for future work with the federal government.

In addition to the full-time office staff, the visitor center employs nine part-time employees and has more than 20 volunteers on the roster to help run the only Visit Florida-certified visitor center that is open 365 days a year.

For more information, visit [www.sanibel-captiva.org](http://www.sanibel-captiva.org).

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Beachfront estate on Captiva Drive

# Highest-Priced Residential Sale In Island History

A magnificent beachfront estate has sold for \$17.15 million – the highest-priced residential sale in the history of Sanibel and Captiva islands and the top sale in the Lee County MLS. Located at 16660 Captiva Drive, the Caribbean-style manor home is situated on over two acres and boasts more than 200 feet of gulf frontage. Premier Sotheby's International Realty sales associates Jeff

Burns (The Burns Family Team) and Michael Lawler represented the seller; Maxwell Thompson brought the buyer. After only a short marketing period by Burns and Lawler, the property had multiple offers, all brought by Premier Sotheby's International Realty sales agents, and ended up selling for over asking price. This spectacular property features breathtaking views of the gulf from nearly every room, two family rooms, a study, master suite with spa retreat, media and fitness rooms, two-story guest house with two fully-equipped guest suites, and freestanding garage with two bays (in addition to the main house parking

photos provided



The multi-level lanai and pool overlook 200 feet of gulf frontage

bays), gazebo for seaside meditation or contemplation of the koi pond, and a saltwater pool and spa surrounded by a multilevel, coquina-stone lanai. Burns said, "Our family team along with our Premier Sotheby's International Realty colleagues were proud to unite the buyer and seller of this jaw-dropping beachfront estate. A true oasis of luxury, the lushly landscaped grounds and soothing sounds of waves epitomize the serenity of island life. The record sale price indicates that there is a significant demand for high-end homes in this market and we are proud to be leading the charge in attracting buyers to these stunning island properties." In addition to this record setting sale,

The Burns Family Team and Premier Sotheby's International Realty have helped multiple local sellers set all-time historical sales records in communities throughout the area. "Our marketing program has proven to be the clear leader in not only the ultra-high-end luxury market but is also proving to be an invaluable resource for sellers of all property types. We are constantly growing and striving to maintain the cutting edge for our valued clients in this fast-moving market. Results speak volumes in this industry and we are pleased to have so many sellers elated with our results," said Burns.✧✧

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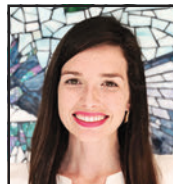
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Giant Pacific octopus at the shell museum  
photos provided

## Trust Company Sponsors Live Cam At Museum

On April 29, The Sanibel Captiva Trust Company hosted a virtual presentation for its clients and friends to unveil OctoCam: a live-stream view of the Bailey-Matthews National Shell Museum’s newest star attraction, the giant Pacific octopus.

During the presentation, museum staff educated viewers on how the octopus eats, plays and lives in its environment.

The Sanibel Captiva Trust Company



From left, Al Hanser of The Sanibel Captiva Trust Company; Sam Ankerson of Bailey-Matthews National Shell Museum and Steve Greenstein of The Sanibel Captiva Trust Company

has supported the museum’s mission for over 20 years and has helped build and launch several strategic initiatives. The company has also served as advisor by continually having a representative on the museum’s board of trustees.

“We have enjoyed a very long relationship with the Bailey-Matthews National Shell Museum,” said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. “We are delighted to sponsor the OctoCam, which will be a tremendous educational tool for

children and adults alike.”

The OctoCam live stream enables viewers to see the octopus in its aquarium in real-time. Considering that giant Pacific octopuses are generally nocturnal, the stream also includes video footage of some active moments in case viewers log in to find the octopus is asleep.

“The museum is grateful for The Sanibel Captiva Trust Company’s sponsorship of OctoCam, which is just one of many new educational programs we plan to launch toward our goal of

increasing awareness of mollusks and the impact their livelihood plays in healthy ecosystems locally and globally,” said Sam Ankerson, executive director of the Bailey-Matthews National Shell Museum.

The aquariums and living gallery of marine life were added to the museum’s world-renowned shell collection in March 2020 and immediately transformed the visitor’s experience by connecting them to the little-known live animals that create the ocean’s stunning shells.

The giant Pacific octopus is the largest variety of the mysterious mollusk species that has captivated people worldwide thanks in part to recent films and books such as *My Octopus Teacher* and *The Soul of An Octopus*. The OctoCam is available at [www.shellmuseum.org/octocam](http://www.shellmuseum.org/octocam).✴

## Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don’t know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit [www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html](http://www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html).

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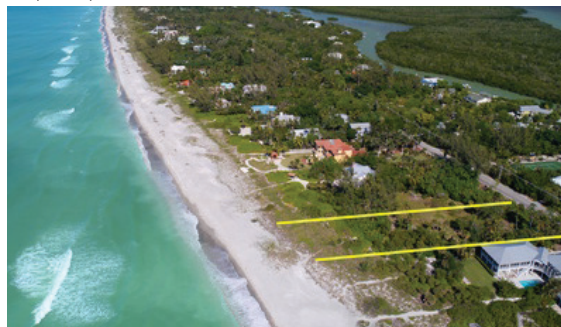
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Will Power

# 31 Flavors Makes Choices Difficult



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

In the 1970s, my grandparents owned a men’s clothing store located in Indianapolis’ Westlane Shopping Center at 71st Street and Michigan Road. Next door was a Baskin-Robbins ice cream store. When my mother took me and my sister by the store to visit, if I was lucky, my grandma would give me a dollar to buy us ice cream cones.

One fortunate day, I took my sister by the hand as we raced off to select from the array of colors nesting in the display freezers’ round, cardboard containers. I always liked to ask for a sample before choosing. Cherry vanilla!? Chocolate chunk!?

Caramel swirl!? It was such a difficult choice!

We got our cones, I reached into my pocket to hand the dollar to the teenager behind the counter (she was beautiful but so much older than me!) and led sis back to the store. Exiting Baskin-Robbins, I froze. Not from ice-cream’s prevalent brain-freeze when one takes too big of a bite, rather from red and blue flashing lights that blinded me. Police cruisers, ambulances and fire trucks blocked the parking lot, and a sheriff’s deputy put his hand in front of my face to stop me from entering my grandparents’ store.

“He’s okay!” I heard my grandma shout. “Those are my grandchildren! Please let them in!”

The store was in chaos. My grandpa sat on the floor outside of the swinging, western saloon type doors that led to the backroom where he altered pants and suit jackets. Moments before, grandma, who manned the cash register, was held at gunpoint during a robbery. Grandpa, unaware of the situation, burst through the swinging doors carrying hemmed pants. The ruckus spooked the robber, who turned and fired his gun.

Grandpa crumpled to the ground, grandma screamed, the gunman fled. By the grace of God, the bullet merely skimmed grandpa’s temple, taking some skin with it. He wasn’t seriously harmed.

I dropped my ice cream. My sister, remarkably, continued to eat hers as her 5-year-old eyes watched the aftermath unfold. After things calmed down, my grandpa took me back to Baskin-Robbins to replace my cone. I didn’t feel like eating, but he insisted. I recall that I chose an easy flavor like vanilla just to appease him. Mom came to pick my sis and me up. Trembling, she hugged us,

unknowing at the time that we were safely next door when the incident occurred.

These days, as an estate planning attorney, I’m more like the Baskin-Robbins server than like a customer. With adverse tax legislation looming, my clients say they want a “SLAT” (Spousal Lifetime Access Trusts). They’ve heard about them from friends or read about them in the *The Wall Street Journal*. This type of advanced estate planning technique is used to consume one’s federal gift/estate tax exemptions before they are legislated away or expire, yet retain income for a spouse’s lifetime.

Hence the demand, “I want a SLAT!”

What my clients don’t realize is that’s like going into the Baskin-Robbins and declaring that one wants an ice cream cone! What flavor do you want? Without telling your server, he has no idea what to make for you.

Do you want two SLATs, one for you and one for your spouse? The IRS has something known as the “Reciprocal Trust Doctrine” you need to avoid, or the entire transaction won’t work. There are several ways to so avoid the doctrine; which way shall we choose? Do we create SLATs a period of time from one another? Will one SLAT allow for a power of substitution of assets?

Do you want your spouse to be the only beneficiary for her lifetime, or can the trustee sprinkle the trust income or principal among your children and grandchildren?

Will the trust be consumed before your children die, or is it likely to grow for subsequent generations? Should we opt out of the automatic generation-skipping transfer tax allocation or save that for another strategy? Are your children wealthy and how should that answer play into the strategies considered? What other strategies might work to fit your goals – are there any better than SLATs?

Can SLATs result in higher income tax payments? (Answer: Yes) How do we minimize them?

The questions go on and on. Properly strategized, SLATs should not be form documents. Like any other estate planning tool, the advantages and disadvantages of various techniques should be considered before creating and funding this irrevocable instrument.

These questions can freeze you in your tracks. And make it difficult to choose the strategy most appealing to you. An excellent guide will walk you through the process, rather than whip up the flavor of the day.

Especially for those reading this with high net worth, the stakes are enormous. My grandparents were simple haberdashers. They never had to worry about an estate tax, even in the years when the threshold was so much lower than it now stands. Grandma and grandpa worked long, hard hours into their elder years before retiring. Thankfully, they had each other until my grandfather died at age 85. Grandma followed a few years later.

I still miss them.

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## How’s The Market? Ask Ann



Ann Gee  
Broker/Owner

**AMAZING!** Think about it. There are over 7,000 homes and condos on Sanibel, but only 28 homes for sale and just 32 condos. Average year-to-date home sale is \$1,311,032. Condo sales price average is \$866,330. If you are considering selling, talk to me. I believe I can save you money and not require you to sign a six-month listing agreement. Let me keep it simple... 4.5% listing fee and 60-day listing agreement. A considerable portion of my practice consists of past clients and referrals, buyers and sellers of gulf front and bay front homes, many canal homes, near beach homes and golf course properties. I return phone calls promptly, work on getting along with other Realtors and am very aware of respecting the confidentiality of my clients. Feel free to contact me with any real estate questions or comments.

### 12 Closed Sales Going Back One Week: 5 Homes, 6 Condos & 1 Lot

|                                                         |                                                          |
|---------------------------------------------------------|----------------------------------------------------------|
| 760 Sextant Dr. 541 Mariner Pointe - <b>\$515,000</b>   | 2445 W. Gulf Dr. E22 Pointe Santo - <b>\$875,000</b>     |
| 1940 Periwinkle Way - <b>\$565,000</b>                  | 1421 Sand Castle Rd. - <b>\$905,000</b>                  |
| 845 E. Gulf Dr. 842 Sanibel Moorings - <b>\$610,000</b> | 1795 Middle Gulf Dr. 201 Sanddollar - <b>\$1,180,000</b> |
| 6008 White Heron Ln. Vacant Lot - <b>\$810,000</b>      | 2959 W. Gulf Dr. 204 Sanibel Sunset - <b>\$1,247,500</b> |
| 4202 Old Banyon Way - <b>\$848,000</b>                  | 2843 Wulfert Rd. - <b>\$1,295,000</b>                    |
| 5657 Baltusrol 1B Golf Villages - <b>\$850,000</b>      | 1200 Kittiwake Cir. - <b>\$1,500,000</b>                 |

Call or email me with any questions. Stay safe & have a successful year!

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From page 16

## COVID

require social distancing and opens up special events permits.

It can also not require vaccinations as a prerequisite as entry to any facility.

The governor’s mandate immediately suspends all restrictions currently in place, including any restrictions because of COVID-19 on special events.

The city cannot continue COVID-19 restrictions but businesses and organizations, including the city, can require masks to be worn on their own property, but cannot determine what other organizations can do.

City council decided to continue to require masks on city property in order

to protect city employees. There is no information on the number of city employees who have been vaccinated. City Manager Judie Zimomra told city council that city staff have been told of the availability of vaccines and offered time off to get one. The city, however, cannot require the staff to have vaccines.

The city did, however, allow Local Roots, the organizers of the Farmers Market, to determine the mask requirement for the Farmers Market. The market is held on city property but it is outdoors.

City offices, which had been closed to the public because of COVID-19 will now operate as before during regular business hours.✴

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For the past 20 years since our inception in 2001 an important part of our mission has been a commitment to support our nonprofits and be personally involved in the fabric of the community.

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*Al Hanser – Founder and Chairman*

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Frankly Speaking



by Howard Prager

Batter up! Last week the Mighty Mussels held a press conference and shared plans, players and managers for interviews for their delayed inaugural season. Due to the

pandemic, these players have not played a game since 2019 and are raring to go. The season is from May 4 through September 19, so it starts and ends a few weeks later than usual. Mussels owner Andy Kaufmann said in a press release, “After a year off, we can’t wait to see the great fans of Southwest Florida back at Hammond Stadium to enjoy great baseball and affordable, family fun for everyone. We want the first season of the Mussels to be a memorable one with lots of promotions all summer long.” Opening day began this week in Bradenton, Florida on Tuesday May 4.

After significant restructuring throughout baseball, the Mighty Mussels now compete in the Low-A Southeast Region. The new league includes 10 teams, all of which are previous members of the Florida State League. The 2021 season will have 120 games, including 60 home games at Hammond Stadium. Teams will play six-game series on

Tuesday through Sunday, with the entire league having off on Mondays. The change is aimed at reducing both travel and virus risk.

The Mussels home opener is scheduled for Tuesday, May 11 against the Clearwater Threshers (Phillies).

Brian Meyer is the new manager, after Aaron Sutton decided to step away to run a family business March 24. Meyer brings with him 13 years of collegiate coaching experience, reaching the NCAA Tournament with three different programs. Meyer started coaching in Division I in 2010, leading the Wright State Red Raiders to back-to-back Horizon League titles. The now 38-year-old then moved to New Orleans in 2012 for five seasons at Tulane and, in his final two seasons, his teams went 76-46, playing back-to-back NCAA tournaments. Meyer, from Cincinnati, returned to the Midwest in 2017, as an assistant coach at Butler in Indianapolis for three seasons before being hired by the Twins prior to the 2020 season. In all, he has helped tutor 42 All-Conference selections, 17 MLB draft picks and three All-Americans. Meyer currently resides in Cape Coral with his wife and son. He said there is “Heightened excitement with games beginning, and we’re ready to play. I’m embracing the fact that we are the first Mighty Mussels team to take the field.” He and Sutton talked multiple times throughout the year, but he didn’t learn that Sutton was going to resign until he saw it on social media. Asked about the “reduced” second spring training, he said,

“The last five weeks we’ve been trying to swim and keep our heads above water. We were (almost) all together for practice last Saturday. (Co-pitching coach) Carlos Hernandez has some family issues still to clear up in Venezuela. Otherwise, we are getting to know each other and how we operate.” I asked him what were the major differences between NCAA and MLB. “I’m still working primarily with 19- to 22-year-old players (there are a couple of 24s on the roster), helping their growth and development. We had a more limited roster in college, limited hours and a much shorter season – only 60 games. So, this season is like two college seasons combined. Plus the players have more money and more time. And there’s added pressure for our first round picks and high prospects.”

Who are the top prospects to follow? Aaron Sabato was a 2020 first round pick. “Aaron is very cerebral with a high swing. Our shortstop Keoni Cavaco (who told me earlier he models himself after Javy Baez of the Cubs) has developed a lot.” Keoni, one of two players made available for interviews, said he treated last year like he was here. “I worked out a lot. Getting back was weird and different on one hand and felt like we never left on the other.” He has plenty of charisma and confidence. Meyer’s assessment of his top players continues. “Will Holland is a super athletic kid and can play all the infield positions, something we’re stressing with all of our infielders.” Charlie Mack was converted from third baseman to catcher. “He’s night and day from where he was last year, and it’s great to have a left-handed power bat.” Pitcher Alerick Solarie is rehabbing on the injury list.

Meyer likes the six-game series and said, “that will give us an opportunity to get all new scouting reports, since what we have is from 2019.” Pitching coach Peter Larson added, “We’ll do a lot of self-assessment early and monitor pitch counts and mix the pitching up – start one week, relieve the next.” Louie Varland has been already clocked throwing at 100 mph.

Fans should know that GM Judd Loveland was in charge of health and safety for the whole Twins’ system during spring training, and ensures a fun and safe experience at Hammond Stadium. “We’ll have cashless payments

at the point of sale and hand sanitizer everywhere, seating manifests, mask mandates and flexibility to keep all of our fans and team safe.” Keoni agreed, saying, “We are all focused on following the COVID protocol and staying safe.”

In the 147-year history of the Kentucky Derby, no trainer has won seven times. Trainer Bob Baffert has now set that record winning with Medina Spirit, ridden by jockey John Velazquez. Despite the fact that the tandem won the delayed derby last fall, Medina Spirit had 12-1 odds. I don’t think I’d bet against that duo again.

For the good news story of the week, we thank all the major leagues for their generosity during these times. The leader appears to be the NBA where 97 players and the NBA Players Association have donated \$5.5 million to nonprofits. NBAPA matched a number of player donations to assist in pandemic relief. What a great slam dunk that is.

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).

Free Chronic Disease Program

Lee Health Solutions, a department of Lee Health, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based chronic disease self-management program on Tuesdays, beginning May 18 from 9:30 to 11:30 a.m. The virtual workshop is two hours once a week for six weeks and it is free.

The It’s All About You program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

For more information or to register, call 343-9264.

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**SPORTS QUIZ**

1. What African soccer great was the first player to score goals in four different FA Cup final matches?
2. Attorney/politician Joe Robbie and actor/comedian Danny Thomas were the founders of what NFL franchise?
3. What University of Florida Gators offensive tackle did the Detroit Lions select in the first round of the 1985 NFL Draft?
4. With his bronze medal in the 100-meter dash at the 2002 Sydney Olympic Games, Obadele Thompson won the first Olympic medal in the history of what Caribbean nation?
5. *Saturday Night Live*’s Kenan Thompson made his motion-picture debut in what 1994 Disney sports comedy sequel?
6. What 1964 U.S. Open winner retired from competitive golf in 1967 and went on to a 35-year career as a lead analyst for CBS Sports?
7. What team won the first three National Collegiate Women’s Ice Hockey Championships from 2001-03?

**ANSWERS**

1. Didier Drogba 2. The Miami Dolphins 3. Lomas Brown 4. Barbados 5. D2: The Mighty Ducks 6. Ken Venturi 7. The Minnesota Duluth Bulldogs.





# Kiwanis Says: Thank You, Sanibel

for supporting the inaugural  
“King of the Rock” Golf Tournament

- We thank the 52 participating golfers who turned out to compete for the title “King of the Rock”.
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- And we congratulate the top golfers.



King of the Rock Champion Tim Carpenter is congratulated by Eric Pfiefer, Kiwanis Past President.



Flight Wnners (l. to r.): Tim Carpenter, Alex Debay, Rex Kuhn, Chauncey Goss, Mike Martinez, and Jester of the Rock Nick Thompson.

Hope to see you again next year!



Health First

Long Haul COVID-19



by Julie Rosenberg, MD

Currently, in the United States, there are more than 32,200,000 reported cases of COVID-19 and, sadly, over 573,275 individuals have succumbed to this disease. The authorized vaccines are highly effective at protecting vaccinated people against symptomatic and severe COVID-19. The widespread availability of vaccinations and the growing number of vaccinated adults in the U.S. gives us great hope as a society. Our lives are slowing beginning to normalize.

Yet, significant concerns remain around those who have been infected with COVID-19 and who experience residual symptoms after the acute phases of the infection. “Long Haul COVID-19” is a range of symptoms that can last weeks or months after first being infected with the virus. These persistent symptoms include, but are not limited to, brain fog, low-grade fever, shortness of breath, cough, muscle and joint pain, headache, depression, sleep disturbance and severe fatigue.

There are several thousand patients

who describe persistent symptoms, many of whom are healthcare workers. However, Long Haul COVID-19 can occur in anyone who has been infected with COVID-19, even if the illness was mild, or even asymptomatic. Some of the affected patients state that they had nearly recovered from the acute illness but developed a plethora of symptoms a few days later that are now persisting. Others describe a cyclical nature to their symptoms; they improve and then worsen every few days.

While the cause of Long Haul COVID-19 is presently unknown, it is recognized that infection with SARS-CoV-2, the virus that causes COVID-19, results in injury to the immune system. Additionally, aging and comorbidities linked to alterations in immune system (obesity, cancer, cardiac disease, diabetes and others) are associated with increased risk to develop disease and increased severity among those who are infected.

A major objective in managing Long Haul COVID-19 is improving and rejuvenating immune function. A growing body of research shows that lifestyle can have a positive impact on immune function. This applies not only to “Long Haulers” but to all of us.

Following are three lifestyle tips to help optimize your immune function:

1) Move – Daily physical activity helps to support immune function. Do what you can. If you can’t get back to your pre-COVID-19 level of activity right away, take things slowly. Walk. Stretch. Try some gentle yoga poses. Take breaks

when needed.

2) Improve your nutritional status – Good nutrition is key for achieving and maintaining a well-functioning immune system. Key nutrients that support immune system function include: vitamins A, C, D and E, zinc, and omega-3 fatty acids. A balanced, whole foods diet should contain sufficient quantities of these nutrients. However, some individuals may also benefit from taking nutritional supplements. Consult your healthcare provider for individual supplement recommendations.

3) Get enough sleep – Most adults need seven to eight hours of quality sleep each night. Scientific evidence demonstrates that sleep has powerful effects on immune functioning. For example, during sleep, your immune system releases proteins called cytokines. Cytokines are important in the host defense system and play a critical role in protection against bacterial and viral infections. Sleep deprivation may decrease production of protective cytokines. Chronic sleep deprivation may also lead to an increase in inflammatory cytokines, which enhances your risk for obesity, diabetes and cardiovascular disease.

Research is under way to prospectively follow patients with persistent COVID-19 symptoms, including studies conducted by the National Institute of Health. Pooling patient data across organizations and institutions, including from patient advocacy groups, will help us better understand the health-related challenges of long haulers. Multidisciplinary care teams

are needed to coordinate and deliver care for patients with long-term symptoms after infection.

In parallel to these important studies and therapeutic initiatives, let’s take care of ourselves, our loved ones and our communities by getting vaccinated and optimizing our lifestyle choices. There is light. It appears that we are at the beginning of the end of the COVID-19 pandemic.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at [www.drjulierosenberg.com](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).\**

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For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

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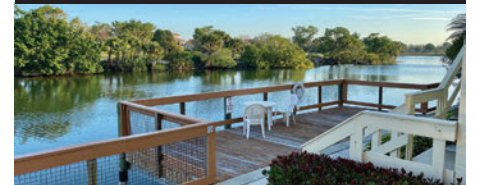
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dearRPharmacist

# Four Remarkable Medicinal Uses For Baking Soda



by Suzy Cohen, RPh

**Dear Readers:** Everyone has some baking soda in the house and, if not, you should get some. Aside from baking with it, I also use it in my garbage disposal and to brighten my laundry.

Sodium bicarbonate is known more commonly as “baking soda” since it helps make dough rise by producing carbon dioxide. Today, I’ll share the most common medicinal uses for baking soda, as well as a few household uses that make it the cheapest, most effective remedy in town.

Consuming excessive baking soda is toxic because it’s so high in sodium. So if you’re taking it internally for heartburn, do not use it chronically, and do not take too much. See a doctor for proper treatment.

Now, here are the best medicinal uses I can think of using baking soda:

Freshen Breath – Adding some baking soda to your mouthwash can

instantly freshen breath and improve oral hygiene. I think this is a great addition to anyone’s nightly routine and studies even show that it can help your body fight bacteria better by increasing pH in your saliva temporarily. You can make a mouthwash using baking soda, water and essential oils. I have a recipe for this posted on my website if you’d like to try it. Rinse with plain water after you do the baking soda rinse.

Relieve Itching – Get relief from itching and minor bug bites or bee stings using a baking soda paste that you make at home. Make a paste that is thick enough to apply to your skin. The amount you use doesn’t matter, just pour it into a little dish, and add enough water slowly until it is thick like a paste. Then, apply it to your itchy spots. You can even kick it up a notch medicinally by adding several drops of lavender, frankincense and/or tea tree essential oil.

If your itchy skin is widespread as you might experience with a drug allergy reaction, then take a lukewarm bath and add about two cups to a large bathtub of water, and soak for 15 minutes.

Smelly Feet – You can make a little foot bath using one cup of baking soda to a small foot bath of water. I would add a cup of witch hazel to the mix as well as 10 drops of tea tree oil. Soak your feet for five minutes, then rinse and dry off. This might help with toenail fungus too.

Heartburn or Reflux – Acid reflux is a very common problem that stems

from various different root causes, including cancer, ulcers and obesity. Have a workup before using a baking soda remedy, and only use this for temporarily acute conditions such as the aftereffects of eating a spicy salsa. Baking soda works by neutralizing stomach acid. Dissolve about half to one teaspoon of baking soda in a cold glass of water. Sip it slowly until the heartburn subsides. Do not use

this chronically, because it may lead to metabolic alkalosis and electrolyte disturbances that impact your heart and muscles.

*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).*✧

Beautifulife:

## Dear Mom



by Kay Casperson

**M**any times since my mom passed six years ago, I have thought about her and hoped that she knew how special she was to me. I was fortunate enough

to be with her in her final week of life to tell her how special she was to everyone. Although I know that this made an impact, I believe that it is more important to let your mom know how special she is every day.

As most of you already know, we had a close family, and my parents adopted all of us, five in total as babies. They are exceptional individuals with hearts full of love given abundantly. She was a special lady who thought and cared about others even before herself.

I still have some letters that my mom wrote to me when I was young. Especially when I moved from Minnesota to California to explore my dreams, she wrote many times, and I wrote her back. Today, we rarely send letters in the mail. If I could write a letter to my mom in her vibrant years, this is how it would go:

Dear Mom,  
You have always been a bright shining star in my world, from your loving arms to hugs that mean

everything. I know I dismissed your advice at times because I thought I knew more, only to find that you were right all along. Regardless of the path I took in life, you were my biggest cheerleader.

I cherish our friendship which is unique to any ever experienced. I love our talks because they are always unfiltered, never judged and completely honest. You always give me your best advice, and no matter what, you have my back.

You have exemplified a beautiful human being who is loving, giving, caring, and willing to go the extra mile for her friends and family. You have opened your home and heart to so many over the years, and I know the impact you have had reaches farther than most can see.

You are a part of my world that makes it both remarkable and complete. And, today, I celebrate all the things that make you the beautiful person you are. Happy Mother’s Day, Mom. Thank you for being the perfect example of what motherhood might look like and the sacrifice it takes to be the best mom ever!

Love, Kay  
My affirmation for you this week is: “I will cherish the memories I have of my Mom and appreciate her every single day.”  
*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.*✧

## Senior Needs Assessment Survey Online

**I**n early April, 3,000 households with those age 55 or older across Sanibel and Captiva received a request by mail from FISH of SanCap to complete a survey addressing an array of topics related to living on the islands. Funded by the Charitable Foundation of the Islands (CFI) and facilitated by Polco, the Community Assessment Survey for Older Adults (CASOA), is a national benchmark survey that will allow FISH and other island organizations to have a clearer understanding of the needs currently being met and gaps in services to the aging population of Sanibel and Captiva. The households that received the mailed survey were chosen at random.

Now through May 14, the community

as a whole has an opportunity to participate in the survey online at <https://polco.us/sqe485>. This survey is only open to Sanibel and Captiva residents as a household age 55 or over. If residents received a survey invitation in the mail, it is important to complete that version rather than the open participation survey.

“Our hope is that we’ll receive significant participation to create a really meaningful set of data about our 55-plus islanders,” said FISH Executive Director Alicia Tighe Orgera. “We are focused on the growth and development of our senior services and this is a huge step to gathering statistically significant data to guide our decision making in concert with the information we collect internally.”

For more information about programs and services offered by FISH, contact Maria Espinoza, assistant executive director, at 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).

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## Doctor and Dietician

## Eating For Life Requires Preparation



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

**E**ating healthy and living a long life takes effort. It's not a diet. It takes preparation. If you find yourself reaching for fast-food meals or unhealthy snacks, then it's time to get on the meal prep wagon. Come on, it is fun and a great way to get your creative juices flowing. Food is art. Food is love. Food is medicine.

Working full time, time can be scarce, so we use online grocery shopping to keep our kitchen stocked. We order specific foods from reliable vendors who offer high-quality produce, meat, and other foods. We use Misfit Market for organic produce that helps local farmers sell "misfit" shaped veggies and fruits, Grass Roots Farmer's Co-op for organic meats, Wild Alaskan Seafood Company (as well as local fish markets) for wild-caught salmon and other fish. This is in combination with supplementation from local grocery stores who sell organic. We plan these orders every week, two weeks, or month, depending on our needs. We even use Plonk Wines who offers sustainable, organic wines without pesticides.

Because we stay stocked, we can prepare breakfast, lunch, dinner and snacks from home. Most weekends are spent preparing for the week ahead. A favorite is to roast a variety of vegetables to be used in salads, as sides, or in a main dish. Some of our regulars include eggplant, beets, peppers, squash, zucchini, tomatoes, onions, broccoli, and Brussels sprouts. We also love roasting seasoned chickpeas (our favorite seasoning is smoked paprika).

Speaking of legumes, we will cook up some lentils and/or black beans to have on hand to add to salads or to make lunch or dinner with. They are loaded with fiber and protein, are great in soups and some of our favorite ethnic dishes.

Eggs are one the most nutritious, low-calorie foods available and a great staple to have on hand hard-boiled. You can slice them on top of avocado toast, add them to salads, or eat them as a snack. Sometimes, we whip up some egg salad or tuna salad for the first few lunches of the week and add tasty items such as onion, celery, herbs, apples, shaved carrots or zucchini, sunflower seeds, walnuts, and/or grapes. You can also use leftover chicken. Throw in a little Veganaise, or even pesto, instead of regular mayo.

We also like overnight oats and/or chia seed pudding (or a combination). Get a few Mason jars and add a half cup of raw oats to the jars, add about 1/2 cup of your favorite milk, then top with berries, nuts, coconut, chia seeds, cinnamon, vanilla, or whatever your favorites are. Then, grab and go for breakfast. Sometimes we make this in small Mason jars to use for snacking.

Speaking of jars, we love making salads in jars – so easy to transport and even eat on the go right out of the jar. Dressing goes in first, then add the harder veggies like carrots, celery, broccoli, etc. then push down some greens, top with the more delicate items such as tomatoes, berries, and the like.

We typically prep Monday's meal on Sunday, and sometimes even Tuesday's meal. When we get home from work, we just heat it up while we sip a little vino and prep a salad. We will also cook some chicken pieces, hamburger, or fish to have at the ready for a quick meal – whether it's salad, stir-fry, Latin, or Indian-inspired dishes.

We have given you a few of our favorite tips – but there are a lot more we could tell you about. We mix it up each week. Even if you are not headed to work but have a busy retirement or life with kids, meal prep and planning help to keep you eating the things that are best for your body. We encourage you to get chopping!

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✴*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I went through a painful divorce a few years ago and was betrayed. I am currently seeing someone I really like, yet I still have some feelings of mistrust. Is this normal?

**A:** Mistrust is a common phenomenon especially after trauma and betrayal in a relationship. There generally is a sense of loneliness and even some paranoia that can creep in. Yes, this is not only normal, but common. Mistrust, otherwise known as pistanthrophobia, may not have started post-divorce. It could have started in your early childhood if you were betrayed or abandoned. The marriage just amplified your feelings of not trusting in subsequent relationships. Regardless of what happened, rebuilding trust takes time and risk. However, without risk, how will you grow from a new experience? Following are some suggestions on rebuilding trust:

1) Center yourself in a daily routine that includes self-care. Once you begin to trust yourself and have a sense of your optimal health and wellness, you will feel more comfortable in building trust. Walk the same path, go to the same pilates class, go to familiar places. These steps will get you started in building trust. The person whom

you like; the more you see him/her, the more you will pay attention and pick up on little nuances. This will help you begin to rebuild your trust.

2) Relationships are give and take. Make sure that if you give a little, you get a little in return. Refrain from doing all of the giving and setting too high of expectations. Take one step at a time and check in with yourself to see how it feels.

3) Make plans for future experiences. It's important to have things to look forward to. Make some small plans for days or weeks ahead and as you continue to make an effort to a foreseeable future; your trust will increase. Begin to set some goals that include action steps, and watch your achievements one day at a time.

4) Pay attention to red flags. What often gets us into trouble is ignoring the red flags, and we just plain turn our heads. Learn to recognize red flags in others and notice if what a person says and does is in alignment. I cannot stress this enough. It will prevent heartache.

5) Believe you are worthy. In order to develop trust in others, make sure you feel worthy of them. You deserve to surround yourself with trustworthy people. Pay close attention and, meanwhile, make sure you believe you are worthy of these people. You are worthy of having your trust honored and respected. Take that leap of faith and always believe in yourself.

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

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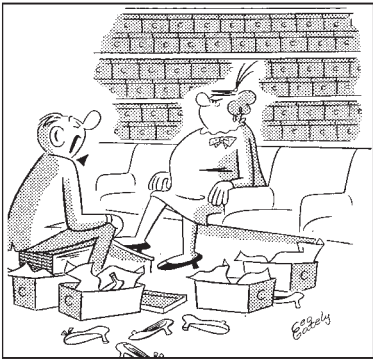


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| Audubon of SWFL.....                                      | <a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>   |
| Audubon Society.....                                      | 472-3744                                                                  |
| Bailey-Matthews National Shell Museum .....               | 395-2233                                                                  |
| CHR Community Housing & Resources .....                   | 472-1189                                                                  |
| Community Foundation of Sanibel-Captiva .....             | 274-5900                                                                  |
| COTI Committee of the Islands .....                       | <a href="mailto:coti@coti.org">coti@coti.org</a>                          |
| CROW, Clinic For The Rehabilitation of Wildlife.....      | 472-3644                                                                  |
| Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 .....   | 984-5920                                                                  |
| FISH OF SANCAP Neighbors Helping Neighbors .....          | 472-4775                                                                  |
| FISH OF SANCAP 24-hr service.....                         | 472-0404                                                                  |
| Horticultural Society of the Islands.....                 | 472-6940                                                                  |
| Horticulture and Tea Society of Sanibel and Captiva ..... | 472-8334                                                                  |
| JN "Ding" Darling National Wildlife Refuge .....          | 472-1100                                                                  |
| Kiwanis Club .....                                        | 677-7299                                                                  |
| League of Women Voters .....                              | <a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>            |
| Lions Club, Jeff MacDonald.....                           | 302-521-1158                                                              |
| Master Gardeners of the Islands .....                     | 472-6940                                                                  |
| 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 .....          | 239-313-6918                                                              |
| Progressive Club of the Islands .....                     | <a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>              |
| Rotary Club .....                                         | 472-7257 or 472-0141                                                      |
| Sanibel Bike Club .....                                   | <a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>        |
| Sanibel Beautification Inc.....                           | 470-2866                                                                  |
| Sanibel-Captiva Orchid Society.....                       | 472-6940                                                                  |
| Sanibel-Captiva Power Squadron .....                      | <a href="http://www.sancapboating.club">www.sancapboating.club</a>        |
| Sanibel-Captiva Republican Caucus.....                    | 395-0819                                                                  |
| Sanibel-Captiva Shell Club.....                           | 267-7291                                                                  |
| Sanibel Historical Museum & Village .....                 | 472-4648                                                                  |
| Sanibel Island Fishing Club .....                         | 472-8994                                                                  |
| Sanibel Youth Soccer.....                                 | 395-2040                                                                  |
| SCCF Sanibel-Captiva Conservation Foundation.....         | 472-2329                                                                  |
| SCCF Sea Turtle Hotline.....                              | 978-728-3663                                                              |
| Shell Islands Garden Club .....                           | 246-8875                                                                  |
| United Way of Lee County - 24 hour helpline 211 .....     | 433-2000                                                                  |
| Zonta Club .....                                          | 728-1971                                                                  |

To be listed in calling card email your information to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

PUZZLES

Answers on page 55



" \_\_\_\_\_ around a bit and see  
how they feel."

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!

Sediment  
**LEASH**

Bloom  
**REFLOW**

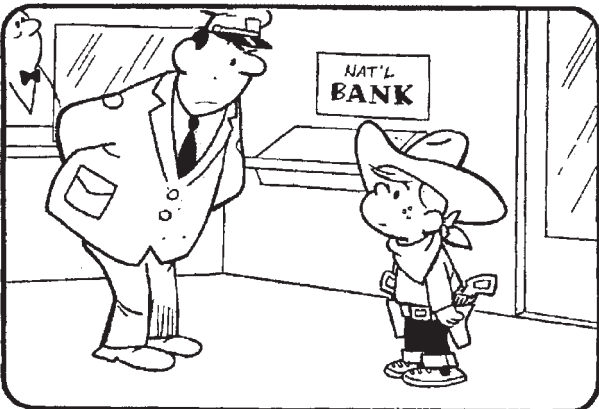
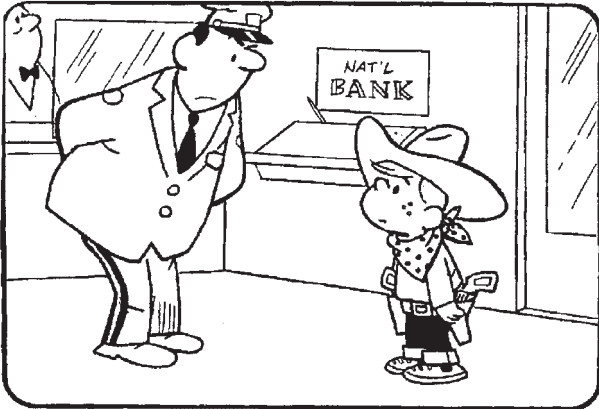
EXIT  
**TRAPED**

Cover  
**DELISH**

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sign is different. 2. Badge is missing. 3. Pocket is added. 4. Stripe is missing. 5. Kerchief is different. 6. Pen is missing.

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.

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



# PETS OF THE WEEK



Fiona ID# A856887

photos provided

Lee County Domestic Animal Services

## Fiona And Chill

**H**ello, my name is Fiona. I'm a brown and white 1-year-old female bulldog mix. I'm the queen of the prom and, as such, my adoption fee is waived with an approved application. I love other dogs and would do best in a home where I have a canine companion. My favorite toy is my rope ball, and I will run from one end of the playyard to the other to entertain myself.

Hi, my name is Chill. I'm a tortie 2-year-old female domestic shorthair. When I first came to Animal Services the volunteers did not think I was very



Chilli ID# A861139

friendly, but they quickly realized that I just wanted to be out and about. You know the saying, "Nobody puts baby in the corner?" Well, when it comes to me, if nobody puts me in a closed cage, I am the friendliest cat around. In fact, I am quite the lap cat! My adoption fee is \$25.

*Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

## Funding Passed For Ecosystem Restoration

**T**he Gulf Coast Ecosystem Restoration Council (RESTORE Council) has approved over \$83 million in funding for restoration efforts benefiting Florida.

The funding has been approved as part of the Council-Selected Restoration Component Funded Priorities List (FPL) 3b, developed through collaboration among the RESTORE Council's state and federal members with input from Gulf of Mexico stakeholders. FPL 3b includes 20 activities that will address a range of ecosystem needs.

The \$302 million FPL 3b includes \$69 million for large-scale Florida programs to address water quality and quantity, habitat acquisition and conservation, and coastal resilience. Other approved activities include \$5 million for longleaf pine and hydrology restoration within the Apalachicola watershed, as well as \$9 million for gulf-wide programs that provide multi-state benefits.

"In the wake of an environmental disaster as severe as the BP oil spill, remediation and recovery funding is critical to continuing research and restoration," said Florida Department of Environmental Protection Secretary Noah Valenstein. "The gulf is an incredibly interconnected system, and our restoration efforts have been successful because of the many different groups involved. The continued collaboration between state and federal partners will restore economies, ecosystems and way of life in the gulf."

FPL 3b includes \$140,456,250 for ecosystem restoration activities that RESTORE Council members will implement in the near term, and an

additional \$161,543,750 budgeted for priority activities that the RESTORE Council will evaluate in the future.

The RESTORE Council was established in 2012 by the Resources and Ecosystems Sustainability, Tourist Opportunities and Revived Economies of the Gulf Coast States Act (RESTORE Act), a federal law enacted in response to the 2010 Deepwater Horizon oil spill. The RESTORE Council consists of the governors of Alabama, Florida, Louisiana, Mississippi and Texas, along with the secretaries of the U.S. departments of agriculture, the Army, commerce, homeland security, the Interior and the administrator of the U.S. Environmental Protection Agency.

For more information on the projects and programs included in FPL 3b, as well as prior FPL activities, visit [www.restorethegulf.gov](http://www.restorethegulf.gov).

## Pet Adoption Specials For May

**L**ee County Domestic Animal Services will reduce adoption fees for the month of May in honor of prom season. Adult dogs will be just \$30 and adult cats \$25 with an approved application. Each week will feature a prom king and queen and the adoption fees for those animals will be waived.

The adoption package, valued over \$500, includes spay/neuter, age-appropriate vaccinations, county license, microchip, deworming, heartworm test for dogs six months and older, and feline aids and leukemia test for cats.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. The adoption center is open from 10:30 a.m. to 3:30 p.m. Monday through Saturday. Available pets can be viewed online at [www.leelostpets.com](http://www.leelostpets.com).

## My Stars ★★★★★

### FOR WEEK OF MAY 3, 2021

**Aries** (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

**Taurus** (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures will soon ease.

**Gemini** (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

**Cancer** (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

**Leo** (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**Virgo** (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what

you can do, and you don't even have to knock very hard to get the attention you're seeking.

**Libra** (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

**Scorpio** (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal – just in time to help you tackle some worthwhile challenges and make some important choices.

**Sagittarius** (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

**Capricorn** (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

**Aquarius** (January 20 to February 18) Don't guess, speculate or gossip about that so-called mystery situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**Pisces** (February 19 to March 20)

Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

**Born This Week:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.

### MOMENTS IN TIME

• On May 10, 1869, the presidents of the Union Pacific and Central Pacific railroads meet in Promontory, Utah, and drive a ceremonial last spike into a rail line that connects their railroads. This made transcontinental railroad travel possible for the first time in U.S. history.

• On May 16, 1929, the first-ever Academy Awards ceremony is held, with some 270 people in attendance. Movies were just making the transition from silent films to "talkies," but all the nominated films were without sound.

• On May 11, 1934, a massive dust storm sends millions of tons of topsoil flying across the parched Great Plains to the East Coast and as far away as ships 300 miles offshore. Farmers had pushed their fields to the limit, plowing under more and more grassland.

• On May 15, 1942, Lt. Ronald Reagan, a cavalry officer, applies for

reassignment to the Army Air Force. As a public relations officer, the actor and future president produced military training, morale and propaganda films.

• On May 12, 1975, the American freighter Mayaguez is captured by communist government forces gunboats in Cambodia. Two days later President Ford ordered the bombing of the Cambodian port where the gunboats had come from. Forty-one Americans died, many in an accidental explosion during the attack.

• On May 13, 1985, in Philadelphia, police begin evacuating people from their homes in order to prepare for an operation against MOVE, a radical cult group. MOVE had begun assembling a large arsenal and building bunkers in their row house. The government gave \$1.5 million to three survivors of the raid.

• On May 14, 1999, President Bill Clinton apologizes directly to Chinese President Jiang Zemin on the phone for the accidental NATO bombing of the Chinese embassy in Belgrade, Yugoslavia. China refused Clinton's calls for four days and banned American films and music in protest.

### NOW HERE'S A TIP

• My family's spring-cleaning checklist is in full effect. Some people dread seasonal

continued on page 54



PUZZLES

Answers on page 55

Super Crossword

GEE, THANKS!

- ACROSS**

1 Participated in a PAC

8 Gridlock

15 Muffler, e.g.

20 "Amen to that!"

21 Blank-faced, as a comic

22 Gung-ho

23 Basic items on a canal boat?

25 Auto gear

26 Has it wrong

27 "Who is —?"

28 Day, to Diego

29 One hocking something

30 Nonclerical

31 Niche religion

32 Large-scale swindle?

35 Cubs hero

36 Hip dwellings

37 Make holy

38 Glowing molten rock?

42 Like acids

43 Rough- — (unfinished)

47 Wintry glaze

48 Dundee denial

49 "How precious!"

50 "John Q." actress Anne
- 51 Place to grow grapes

54 TV program about kings and queens?

58 Settles up

59 Assistant on an iPhone

61 Suffix with hepta-

62 Radius site

63 Granola grain

64 European city famous for post-drinking headaches?

69 In history

72 Pot-au- — (French stew)

73 Poem form

74 "Not so fast!"

75 Makes the decision

79 Press-on nails?

83 "Dream on!"

85 Radiant

86 Gun rights gp.

87 Old Pan Am rival

89 Tutu, e.g.

90 Comic Martha

91 Fill to excess

93 Placards that say "I'm only human?"
- 96 1991 Wimbledon champion Michael

98 Very light

99 Wry grimace

100 Weekly time to play some British football?

104 Chapel part

105 In a funk

108 Hasty glance

109 Mac

110 District

111 Flowing hair

112 Schoolyard retort

113 Spanning structure bought from a catalog?

117 Big name in watches

118 Made fit, as a suit

119 Snobbish behavior

120 When some early risers go to bed

121 Promises

122 Works for seven
- 3 Bush fruit

4 Totes, e.g.

5 Intense anger

6 Visual acuity determiner

7 It may record a fender bender

8 Fateful March day

9 Grown boys

10 Gentle touch

11 Reebok rival

12 Neighbor of Andorra

13 Tongs may be placed in it

14 U.S. nav. officer

15 Auto types

16 Auto-cleaning services

17 Winemaking phase

18 Party hearty

19 Brother, in French

24 Use a couch

29 Boat landing

31 Like dirty chimneys

32 Wii user, e.g.

33 Nutrition fig.

34 Viral illness

35 "Good grief!"

36 Club swingers' gp.
- 38 Abbr. on an invitation

39 Tony winner Kazan

40 Refute

41 Drug banned by MLB

42 Title river in a Jolson hit

44 Canyon call

45 "Not so fast!"

46 Pond critter

49 Gung-ho

50 Service song

52 Emmy-winning Ed

53 Cobble together

55 Wetland bird

56 Schoolyard retort

57 Salvagers

60 Côte d'— (nation in Afrique)

65 Two or three

66 Writer Buchanan

67 Lunged toward

68 Terrier type, for short

69 At a distance

70 Reciprocal of nano-

71 YOLO part

76 Smug sort

77 Gull relative
- 78 Match parts

80 Loses all one's moolah

81 Alert

82 Tale

84 Topic

88 Lopsided

91 In — (as placed)

92 Prefix with puncture

93 Actress Wasikowska

94 Electrical units

95 Susceptible to being misplaced

97 Magnate

98 Bewildered

100 Gorbachev's wife

101 Perturb

102 "Capeesh?"

103 Software package

104 Have life

105 — Hawkins Day

106 Teen turmoil

107 Judges to be

110 Tallies (up)

111 Goalie glove

113 GPS graphic

114 Certain URL ending

115 Singer Des'—

116 Lacerate

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King Crossword

- ACROSS**

1 Fashion

6 Cougars

11 Copier part

12 Sanford of "The Jeffersons"

14 Sweatshirt variety

15 "The Raven" maiden

16 Off-roader (Abbr.)

17 Burn with steam

19 Khan title

20 "Moonstruck" star

22 — -la-la

23 War god

24 "Praying" singer

26 TV actor

28 Business mag

30 Melancholy

31 Dagwood's lady

35 Chic again

39 Lariat

40 Neither mate

42 Actress de Matteo

43 — -de-France

44 Red Square figure

46 Last (Abbr.)

47 Sister of
- Moses

49 Restaurant fan

51 Sports venues

52 Not as small

53 Admin. aides

54 Plant firmly
- 6 Columns

7 Secondhand

8 Chess piece

9 On the train

10 Composer

11 Crude cabin

13 Rental contract

18 Canine cry

21 Bonn's river

23 Threw in

25 Moreover

27 Corn serving

29 Movie houses

31 Hat edges
- 32 Nabokov novel

33 Puccini works

34 Very long time

36 Plod

37 Counted (on)

38 Western flick

41 Sentry's weapon

44 Cannes milk

45 Linguist

48 Check-cashing needs

50 Sphere

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O U R O L J G D A X V S P N K

I F C A X V S Q O L J H E C N

A X V T R P N L J H F L D B E

H A M I L T O N Y X V L T T G

R P O E M K I K T I G E E S A

Y E D B I P Z N L X R P W U H

U S V T P N E R C A T S Q E N

O N P I L R N J B I H D G D E

F D P Y T I C A M E L O T A P

C A Y O G A C I H C X G M M O

W V T S R H P L E S U O R A C

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: STORY OF EVA PERÓN

- Amadeus

Annie

Cabaret

Camelot
- Carousel

Cats

Chicago

Copenhagen
- Godspell

Gypsy

Hair

Hamilton
- Oklahoma

Pippin

Rent



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|                                                                                  |                                                   |                                                                                   |                                                      |                                                                                   |                                            |                                                                                   |                                            |                                                                                     |                                                    |                                                                                     |                                                       |                                                                                     |                                                      |
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|  | <b>FRIDAY</b><br>Mostly Sunny<br>High: 84 Low: 75 |  | <b>SATURDAY</b><br>Mostly Cloudy<br>High: 83 Low: 76 |  | <b>SUNDAY</b><br>Sunny<br>High: 84 Low: 75 |  | <b>MONDAY</b><br>Sunny<br>High: 83 Low: 76 |  | <b>TUESDAY</b><br>Mostly Sunny<br>High: 84 Low: 75 |  | <b>WEDNESDAY</b><br>Partly Cloudy<br>High: 85 Low: 77 |  | <b>THURSDAY</b><br>Partly Cloudy<br>High: 83 Low: 74 |
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| Redfish Pass Tides |          |         |          |         | Point Ybel Tides |          |         |          |         | Punta Rassa Tides |          |         |          |         | Cape Coral Bridge Tides |         |          |         |          |
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| Sat                | 12:08 am | 5:33 am | 12:15 pm | 6:32 pm | Sat              | 11:20 am | 5:35 am | None     | 6:34 pm | Sat               | 12:13 pm | 5:51 am | None     | 6:26 pm | Sat                     | 2:18 am | 8:49 am  | 2:25 pm | 9:48 pm  |
| Sun                | 1:03 am  | 5:57 am | 12:27 pm | 7:07 pm | Sun              | 12:08 am | 5:59 am | 11:32 am | 7:09 pm | Sun               | 12:28 am | 6:27 am | 12:35 pm | 7:05 pm | Sun                     | 3:13 am | 9:13 am  | 2:37 pm | 10:23 pm |
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| Wed                | 3:22 am  | 6:47 am | 1:16 pm  | 8:46 pm | Wed              | 2:27 am  | 6:49 am | 12:21 pm | 8:48 pm | Wed               | 2:15 am  | 7:46 am | 1:19 pm  | 8:57 pm | Wed                     | 5:32 am | 10:03 am | 3:26 pm | None     |
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From page 49

## Now Here’s A Tip

chores, but I relish the sense of accomplishment that comes from a job well done. With the right planning, and some helpful tips, spring cleaning can be a breeze. Here are some of the best we have to share. – JoAnn

- “Stainless steel appliances are very popular, and in the kitchen, they get plenty of chances to get fingerprinted up. My appliance guy recommended using a light-mist, wax-based aerosol dusting spray once or twice a week to keep my stainless steel appliance fronts looking their best.” – RC in North Carolina

- In the closet, we all want to pare away unused items, but sometimes it seems like you wear clothes that you don’t. Turn all the clothes hangers the opposite way (facing out instead of in). When you use an item and it is returned to the closet, replace the hanger normally. In a few months, if an item has not been worn, it will be apparent.

If it’s not likely to be worn, it should go.

- Spring is a wonderful time to clean the walls inside your house. It clears away hidden dust and really freshens a room. Clean painted walls by dusting them first with a dry mop, then washing with a rag dampened in water. If you need a little extra oomph – say, in the kitchen or bath – add a couple drops of mild dish soap.

- New drapes or even new pillow covers in a fabulous pattern can really jazz up a room. Consider switching smaller furniture accents between common rooms or a fresh furniture arrangement to change it up.

- Keep a bottle of club soda handy for spot stains on carpets or upholstery. It’s good for more than just drinks.

### STRANGE BUT TRUE

- Kim Walker played clique leader Heather Chandler in the movie “Heathers.” Her character was noted for stinging one-liners, one of which – “Did you have a brain tumor for breakfast?” – had a tragic echo. Walker died of a brain tumor 13

years after uttering the line onscreen.

- The fingerprints of a koala are so indistinguishable from humans that they have occasionally been confused at a crime scene.

- Charles VI of France, aka Charles the Mad, believed he was made of glass and could shatter at any moment. One method he used to avoid this dire fate involved ordering his tailors to sew iron rods into his clothing.

- The world record to remove and replace a car engine is 42 seconds.

- Rabbit jumping, shin kicking, toe wrestling, bog snorkeling and aggressive sitting are all actual sports.

- Discarded shoes can take up to 1,000 years to break down.

- Jerry Seinfeld was such a fan of comic book hero Superman that he included a reference to the character in every episode of his eponymous sitcom.

- It only takes 23 people to enter a room to give you an even chance that two of them have the same birthday. Put 75

people in the room and the chances rise to 99 percent.

- Chinese paintings from as far back as 200 BC depict people participating in the sport of mountain climbing.

- The US government trains sea lions to find and retrieve equipment lost at sea and to identify intruders swimming into restricted areas. While they don’t have sonar like dolphins, they do have excellent eyesight.

- In some countries it is not illegal to escape prison as long as no laws are broken.

### THOUGHT FOR THE DAY

“Teachers open the doors, but you must enter by yourself.” – Chinese proverb

### TRIVIA TEST

1. **Geography:** What is Canada’s northernmost territory?
2. **Television:** Which sitcom features a bar named Paddy’s Pub?
3. **Science:** Mycology is the study of

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benefits, and perks. No evenings required.  
Please email a resume to  
sanibelsole@gmail.com.  
4/9 ★ TFN

  
**After 9, it's Turtle Time!**  
After 9pm, please:  
Turn off all lights visible from the beach  
Only use amber (red) lights at night  
Fill in any holes on the beach  
Remove all beach furniture

**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.

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



- what?
- 4. **Music:** Which city is mentioned in the Eagles' 1972 song *Take It Easy*?
  - 5. **Measurements:** Which civilization was the first to divide a day into 24 hours?
  - 6. **U.S. States:** How many states border Colorado?
  - 7. **Movies:** *Hedwig's Theme* is the music that marks which movie series?
  - 8. **Literature:** Who wrote the novella *Breakfast at Tiffany's*?
  - 9. **Language:** What does The Magna Carta mean in English?
  - 10. **General Knowledge:** What is the traditional birthstone for June babies?

TRIVIA ANSWERS

- 1. Nunavut 2. It's Always Sunny in Philadelphia 3. Fungi 4. Winslow, Arizona 5. Ancient Egyptians 6. Seven: Utah, Arizona, New Mexico, Nebraska, Kansas, Oklahoma and Wyoming 7. Harry Potter 8. Truman Capote 9. The Great Charter 10. Pearl

SCRAMBLERS ANSWER

1. Shale 2. Flower;  
3. Depart; 4. Shield

Today's Word  
**WADDLE**



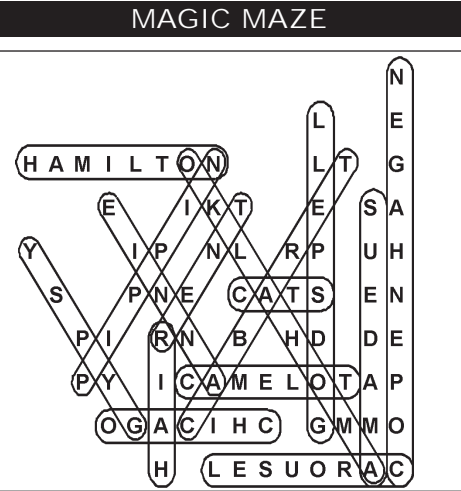
PUZZLE ANSWERS

SUPER CROSSWORD

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| B | A | R | G | E | E | S | S | E | N | T | I | A | L | S | D | R | I | V |
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KING CROSSWORD

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SUDOKU

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

Top 10 Real Estate Sales

| Subdivision           | City             | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-----------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Tarpon Bay At Captiva | Captiva          | 2002       | 3,810          | \$4,000,000   | \$3,625,000   | 711            |
| Gulf Ridge Sub        | Sanibel          | 1991       | 3,995          | \$3,395,000   | \$3,050,000   | 388            |
| Rookery Lake          | Bonita Springs   | 1998       | 4,239          | \$2,500,000   | \$2,500,000   | 0              |
| Riverwalk             | Bonita Springs   | 2002       | 4,373          | \$2,200,000   | \$2,100,000   | 3              |
| Hidden Harbor         | Bonita Springs   | 2002       | 4,729          | \$2,199,000   | \$2,000,000   | 179            |
| Gores A M Subd        | Captiva          | 1953       | 1,185          | \$2,389,000   | \$2,000,000   | 322            |
| Glenview              | Fort Myers Beach | 1964       | 2,215          | \$1,975,000   | \$1,975,000   | 0              |
| Galt Island           | St. James City   | 2000       | 5,900          | \$2,499,900   | \$1,875,000   | 44             |
| Useppa Island         | Useppa Island    | 2004       | 3,192          | \$1,998,000   | \$1,825,000   | 240            |
| Verona Lago           | Miromar Lakes    | 2003       | 3,399          | \$1,800,000   | \$1,800,000   | 0              |





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