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VOL. 28, NO. 49

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 4, 2021

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Visitor Tours And Presentations Resume At CROW

Wildlife Walk guided hospital tours and daily presentations resumed at Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center on June 1.

"It has been a long time, but we are thrilled to be able to offer our most popular programs once again in a way that is safe for our guests, staff and animals," said Alison Charney Hussey, executive director for CROW.

All visitors to CROW's AWC Visitor Education Center, including those participating in the guided hospital tour, are required to wear masks covering their nose and mouth.

"Our animals and patients are not able to wear masks, so we ask that you wear one for their safety as well as the safety of others who are visiting," said Hussey.

Wildlife Walk guided hospital tours provide an opportunity for visitors to



Morgan Hester leading one of the daily presentations in 2019 photos provided

get a look into the inner workings of CROW's hospital and the treatment process for over 5,000 wildlife patients each year. The hour and a half program has two parts: the daily presentation in the AWC Visitor Education Center



Rachel Rainbolt giving a tour through CROW's wildlife hospital in 2019

followed by a guided tour through treatment areas of the hospital. Up-close experiences with animal ambassadors are included along the way.

Tours are offered Monday through Friday at 12:30 p.m. Each tour is limited to eight people and advance registration

continued on page 30

Sanibel School Golf Tournament Breaks Records

An outpouring of community support for The Sanibel School's annual Blue Ribbon Golf Tournament led to a record fundraising year for the island's K-8 school.

The Sanibel School Fund broke its \$125,000 goal for the school year, bolstered by record participation – and a beautiful day – at The Sanctuary Golf Club on May 15.

After a postponement in 2020, the Blue Ribbon Golf Classic returned with nearly 100 golfers taking to the links. The big winners of the day were Flight A champions Gary Biltgen, Eric Biltgen, John McCabe and Dan Kennedy. A group sponsored by Sanibel School Fund board member Michael Murray won Flight B, thanks to golfers Matt Fannon, Jim Loundes, Taylor Trinkle and John Guinee.

The fundraiser kicked off the night before with a thank you party for sponsors, hosted by the Harrity family at Doc Ford's Rum Bar & Grille. After golf on Saturday, the party moved to MudBugs Cajun Kitchen, where golfers



Jeff Muddell of the Sanibel School Fund with Brenda Harrity photos provided

reviewed results in the outdoor garden of the restaurant.

At MudBugs, the fund wrapped up a successful silent auction, and drew the winner of the python hunt raffle, sponsored by Keller Williams Realty Fort Myers & The Islands. Kim Kouril's name was drawn, and she will have the opportunity to take a trip for four



From left, The Sanibel School Principal Jamie Reid and Vice Principal Jennifer Lusk with Kim Kouril and Gretchen Strong-Betten of Sanibel School Fund

into the Everglades to go on a hunt for the big snakes with Bill Booth, known for his appearances on the History Channel series *Swamp People: Serpent Invasion*.

All money raised supplements The Sanibel School's budget to enhance the

curriculum, and will support the STEM (Science, Technology, Engineering, Math) program at the school, as well as other special services and programs, and help with supplies.

While the school is public, the private

continued on page 8

Foundation Awards Memorial Scholarship

McKenna Sprecher has been selected as the first recipient of the \$3,000 Margaret B. Lee PEO Foundation Scholarship which supports young women from Sanibel or Captiva in their post high school education.

Sprecher is the daughter of Milissa and John Sprecher of Sanibel and a graduate of Bishop Verot High School.

The scholarship was established by Sanibel resident Jack Lee and his family to honor wife and mother Margaret (Margie) B. Lee, who passed away in November 2019. Margie was an active member of the Sanibel PEO Morning Stars, women who remained affiliated with their northern PEO chapters. She was characterized as “a beautiful woman with a brilliant smile who lived a life of love, friendship, kindness and strength.”

The scholarship is administered by the PEO Foundation of PEO International, a women’s educational philanthropic organization that grants



Margaret “Margie” B. Lee



From left: Linda Uhler, selection committee member; McKenna Sprecher, Margaret B. Lee Foundation scholarship recipient; Jane Ramseth, committee chair; and Gwenda Hiett-Clements, Chapter FV president

photo provided

scholarships to high school graduates of outstanding achievement or of financial need, and women continuing their education to earn higher degrees or career certification.

The selection of the recipient was made by Sanibel Chapter FV of PEO. Jane Ramseth chaired the selection committee which included Linda Uhler and Robin Wright. Ramseth said,

“Margie was a longtime PEO, and this scholarship is a wonderful way to honor her memory. McKenna’s future goals, her maturity and presentation make her a worthy recipient. I’d like to think Margie would be very happy with our selection of McKenna.”

Sprecher said, “I’m very honored to receive this scholarship. It is a blessing to have the help toward meeting the

financial needs of attending college. Meeting the committee and getting a chance to talk with them was a great opportunity. Being the first to carry on the legacy of Margaret Lee is an honor and I would like to thank the committee for that opportunity.”

Sprecher grew up on Sanibel along with her sister Addison and brother Jackson. She went to preschool at the Children’s Education Center of the Islands and The Sanibel School before choosing Bishop Verot.

A true islander, Sprecher said, “I think the atmosphere and community is the best thing about being a young person on Sanibel. I grew up with an amazing small group of friends, the ‘Sanibel Clan’ and we’ve continued being friends throughout high school. Being able to go to the beach whenever we wanted and being able to ride bikes and go on adventures with each other is something I’ll always cherish.”

Sprecher will be attending University of Tampa and pursuing a career in nursing. She explained that she chose UT because it was a smaller school and “felt like home.” She said, “With the class sizes being smaller, I believe I’ll be able to learn better, and I like the fact that the professor can actually know me by name.”

She was inspired to choose nursing as a career because of her grandmother who battled breast cancer and lost the fight. Sprecher said, “I’m very passionate about being able to nurse people back to health and help them win their fight.”✱

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"Ding" Darling Fish House

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Landmark: 'Ding' Darling Fish House

This week's image is from a slide and is reversed. It depicts the "Ding" Darling fish house in the early morning. The photo was taken from the boardwalk in June 1967.

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-historicalsociety.org/archives/research to view many more images to bring you closer to Captiva.✱

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat Worship Services at 7 p.m. on the first Friday of the month for June, July and August. Services held in Fellowship Hall at Sanibel Congregational United Church of Christ. Masks and social distancing guidelines will be followed. Those who wish to Zoom the services can find the link in their email notice. Send any questions to batyamsanibel@gmail.com. Rabbi: Stephen Fuchs, Cantor: Murray Simon, President: Alan Lessack 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 the 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

Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com,

Sanibel Community Church is an evangelical, non-denominational congregation, 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. 7:45 a.m. Chapel Service, 10 a.m. Traditional Worship Service, 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 9:30 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. Summer service schedule, Saturday 5pm and Sunday 9:30 a.m. Masks will be optional for the fully vaccinated attending services. Masks are highly recommended for those who are unvaccinated. There will be some seating in the back of church spaced apart for those who wish to maintain physical distancing. The 9:30 a.m. Sunday service will also be live streamed. 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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SFWMD treating the Caloosahatchee with Lake Guard Oxy, an innovative technology to remove algae from the Caloosahatchee (C-43 canal) photo provided

District Using New Technology To Combat Algae

The South Florida Water Management District (SFWMD), in partnership with the Florida Department of Environmental Protection (DEP), has begun using an innovative technology treatment in the Caloosahatchee to combat blue-green algal blooms.

The blue-green algae is being treated with a new technology known as Lake Guard Oxy. The algacide product is certified by the U.S. Environmental Protection Agency and has shown promising results in other parts of Florida. Treatment is currently targeted at locations with active bloom conditions between the Wilson Pigott Bridge (SR31) and the Alva Boat Ramp in Lee County. There are no water use restrictions associated with this product.

"We are here because of the leadership of Gov. Ron DeSantis, who listened to the people of Florida, and prioritized resources to protect South Florida's waterways and address blue-green algae head-on," said SFWMD Governing Board Chairman Chauncey Goss. "This is good news for Lee County and all of Southwest Florida, and we're continuing to expeditiously implement long-term solutions, including the Caloosahatchee Reservoir, to better protect the Caloosahatchee Estuary."

Improving water quality and reducing harmful discharges from Lake Okeechobee

into the Caloosahatchee and St. Lucie estuaries are top priorities for the State of Florida. Under the direction of Gov. DeSantis, SFWMD and DEP are expediting critical Everglades restoration projects such as the EAA Reservoir Project, the Caloosahatchee (C-43) and C-44 Reservoirs and removing Old Tamiami Trail roadbed, which will all work together to reduce damaging discharges and send more clean water south to the Everglades.

DEP's Blue-Green Algae Task Force recommended using innovative technologies to prevent, detect and address harmful algal blooms in a cost-effective, environmentally safe way. SFWMD and DEP are committed to a partnership that protects Florida's water resources through multi-faceted and innovative solutions.✧

Top 10 Books On The Island

1. *The Clover Girls* by Viola Shipman
 2. *The Most Beautiful Girl in Cuba* by Chanel Cleeton
 3. *Hamnet* by Maggie O'Farrell
 4. *The Newcomer* by Mary kay Andrews
 5. *A Gambling Man* by David Baldacci
 6. *The Book of Lost Names* by Kristin Harmel
 7. *The Other Mrs.* by Mary Kubica
 8. *Salt River* by Randy Wayne White
 9. *Big Summer* by Jennifer Weiner
 10. *Think Again* by Adam Grant
- Courtesy MacIntosh Books and Paper.✧

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BIG ARTS Awards Scholarships



Anna Fischler



Denver Boxleitner

BIG ARTS awarded scholarships to three aspiring visual and performing artists looking to continue their education in the arts. The BIG ARTS Performing and Creative Arts Scholarships program is meant to assist highly proficient and talented students who have professional goals to pursue visual arts, music, dance, theater, literary arts or film. The purpose of the award program is to encourage artistic development in students. This year, three local high school graduates were



Elisa Williams

chosen out of eight applicants. Anna Fischler (\$2,500), Denver Boxleitner (\$2,000), and Elisa Williams (\$2,000) were awarded scholarships.

“Our scholarship programs are a core part of our mission,” said BIG ARTS Executive Director Lee Ellen Harder. “It’s an absolute joy to help these incredibly talented young artists in our community continue their education in the arts.”

Anna Fischler is a Fort Myers High School graduate with a passion for painting and drawing. She earned Best in Show at Art Under 20 at ArtFest Fort Myers two years in a row and earned the same title in the Artway on the Parkway competition in Cape Coral this year. In the fall, she will be attending Rhode Island School of Design, majoring in either painting or illustration. She seeks to continue her education and then build a career in the arts.

Denver Boxleitner is a 2021 Island Coast High School graduate who enjoys illustration and creative writing. Two of her poems were published in the 2020 high school anthologies spring and winter editions. She will study in the fine arts program, with an emphasis on creative writing and art. She hopes to become a fantasy author or cartoonist.

Elisa Williams is a graduate of Cypress Lake High School and considers herself an artist and storyteller. She placed second for drawing in Art Under 20 at ArtFest Fort Myers and won a silver key and

honorable mention for her region in the Scholastic Art and Writing Competition. She will be attending Savannah College of Art and Design, where she plans to study fine arts in sequential art and performing arts. Her goal is to become a comic book illustrator working with

companies like Marvel and DC to tell new stories.

For more information about BIG ARTS scholarship programs or to lend your support, call 395-0900 or visit www.bigarts.org.



The Community House

photo by Logan Hart

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 1 p.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. Visit www.sanibelcommunityhouse.net or call 472-2155.

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Sanibel Mayor Receives Home Rule Hero Award

by Wendy McMullen

Mayor Holly Smith’s Home Rule Hero Award for outspoken advocacy for home rule during the 2021 Florida State Legislative Session was acclaimed at Sanibel City Council on Tuesday.

“Mayor Smith is an inspiration and a model for municipal officials statewide,” proclaimed Mary Edenfield, legislative coordinator for the Florida League of Cities in her letter announcing the



Mayor Holly Smith photo provided

awards. “Efforts such as yours are an integral piece of the league’s grassroots advocacy and a key component to our success.”

Councilman Richard Johnson echoed the sentiment. “The Federal Action Strike Team that the mayor serves on is critically important,” Johnson said. “You just see her here one day a month at city council meetings but I can tell you Mayor Smith is working on city business every day of the week.”

And she does it well, according to President of the Florida League of Cities Rachel Keesling, who was present at the council meeting.

“When she says she’s going to do it, she does it. She’s a very professional businesswoman and Sanibel is very

well respected throughout the state as a result of her work,” Keesling said.

Keesling said that Smith succeeded in pointing out that what fits for other cities does not fit for Sanibel, adding that Sanibel’s short-term rental policy was a case in point.

“Sanibel is one of these cities that is grandfathered in as far as those ordinances go, but in the future, they may come for you,” Keesling said, referring to the State of Florida legislation to preempt restriction of rentals.

Smith was also recognized for completing the Institute for Elected Municipal Officials and Leadership Academy courses in April this year.✧



From left, math teacher Barbara Scarnato, Megan Doss of Sanibel School Fund, STEM teacher Kelly Johnson and home economics teacher Nancy McDole photos provided



Members of the Sanibel School Fund at registration, from left, Michael Murray, Carolyn Tongyai, Dana Foster and Kate Shaffer

From page 1

Golf Tournament

funds from the community are important to maintaining the school’s Blue Ribbon status, improving its ranking as one of the best elementary

and middle schools in the state, and – most importantly – providing the best education for island students.

The Sanctuary Golf Club Foundation and two families with children enrolled in The Sanibel School – the Doss Family Fund and the Filkins Family – all committed to title-level sponsorship this

year.

Premier sponsors this year are Sanibel Captiva Community Bank, the Sampas Family, and Doc Ford’s. They are joined by grand sponsors Brenda and Marty Harrity, The Sanibel Captiva Trust Company, Bank of the Islands,

and The Stevens Family and June Bailey.

If you are interested in learning more about the Sanibel School Fun or making a gift, contact thesanibelschoolfund@gmail.com or Jeff Muddell at 321-217-3946.✧

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City Awards Scholarships

by Wendy McMullen

The City of Sanibel presented scholarships to six children of city employees at Tuesday’s council meeting. Scholarships were awarded to: Mason Eicher, son of Det. John Eicher; Kylie Sutton, daughter of Sgt. Kenneth Sutton; Amber Schweitzer, daughter of Tradesworker Stephen Schweitzer; Hailey Upchurch, daughter of Account Manager Jocelyn Upchurch-Hawkins; and Alyssa Vetter, daughter of Senior Permit Technician Holly Vetter.✽

Mask Mandates Removed

by Wendy McMullen

Stating that we have come a long way in learning about the (COVID-19) virus and how the virus is transmitted, Councilman Richard Johnson proposed removing the mask mandates on city properties. “What I have seen is a shift in responsibility as to how the virus is handled. K95 and N95 masks provide an effective means of protecting oneself, and I’d like to further loosen the responsibilities of everyone here and make masks optional on city properties,” he said.

Other council members agreed. “It’s time to transition,” said Councilman Mike Miller. “People who don’t want to wear a mask in commercial establishments may make a choice but people coming into city hall don’t have that choice.” The decision not to require masks on city properties was muted, however, by the sticky decision on whether to require city employees to get vaccinated. City Attorney John Agnew advised council that they could demand employees be vaccinated unless there were medical restrictions or religious reasons why they could or would not. Councilman Dr. Scott Crater suggested that city employees be told that they must either get vaccinated or follow the CDC guidelines for those not vaccinated, i.e., to wear a mask and socially distance.

Distancing, however, may not be so easy in cramped city departments. “City employees work in a very tight space,” noted Dr. Crater. “The extent of exposure is immense. I know of one hospital system that said if you don’t get a vaccine by September 1, you don’t have a job.” City council wasn’t prepared to go that far. Dr. Crater’s suggestion that everyone who is unvaccinated be asked nicely to wear a mask won the day. “It’s a personal decision. If you choose not to be vaccinated and you cannot safely distance yourself from others, then you should follow the Centers for Disease Control

recommendations and be wearing a mask,” said Johnson. In recognition that many of the unvaccinated people coming onto the island were people working on Sanibel, Johnson suggested an appeal to business owners on island, urging them to encourage their employees to get vaccinated. It was also unanimously decided that the signs on the entrances to the island on the Sanibel Causeway and at Blind Pass on Captiva be removed.✽

Optimist Club Road Rally A Go

After many delays and considerations, the Sanibel Captiva Optimist Club received approval to hold its annual Road Rally on Saturday, July 3. Thanks to support from sponsors, commemorative T-shirts will be available, one per team as part of the registration fee of \$50. Additional T-shirts will be available for purchase at the starting line at The Timbers Restaurant & Fish Market. Registration will be accepted until 11:45 a.m. on July 3 but preregistration is recommended and specific starting times are available. The traditional after-party will be held at Sanibel Grill. Donations and sponsors are still needed. For more information or to register, contact Randy Carson at 699-8739, John Jones at 691-6700 or Richard McCurry at 292-4631.✽

Mobile Pediatric Vaccinations

Golisano Children’s Hospital of Southwest Florida has a Mobile Pediatric Vaccination Clinic tailored especially for children. It is staffed with a pediatric registered nurse to administer the vaccine. Anyone is welcome and there is no cost for the vaccine. There are no appointments; the Mobile Pediatric Vaccination Clinic is walk-up only. The Mobile Pediatric Vaccination Clinic will be traveling the Southwest Florida region with future stops planned in Port Charlotte, Cape Coral, Fort Myers and Lehigh Acres.

The mobile clinic is also partnering with the School District of Lee County to bring the unit to middle and high schools during dismissal and parent pick-up time in case parents would like to get their children vaccinated at those locations. Days and schools will be announced at a later date on www.leehealth.org under the COVID-19 Community Updates section. Children age 12 and older can receive their COVID-19 vaccine at the Mobile Pediatric Vaccination Clinic. A parent or authorized guardian must accompany a minor for vaccination. The second dose will be set for the same location or one nearby. For more information, visit www.golisanochildrensswfl.org.✽

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FISH STORY:

A Hand Up for Maria

Maria's tale is an American tale. Originally from Ecuador, she immigrated to the United States, where Florida and Lee County captured her heart. She worked hard and took all the right steps to earn legal green card status. Today she's an eight-year employee at a large Sanibel Island hotel, proudly providing for her two daughters.

But as with every story, there's more to Maria's.

Her \$14-an-hour wage as a housekeeper barely keeps pace with living expenses. When tourism fell off due to hurricanes, red tide and COVID-19, Maria's earnings slumped. She struggles to cover housing, help her older daughter with college expenses, and pay someone to drive her younger daughter to school because there is no bus service.

"It's really hard knowing that no matter how many hours I put in, my family is still struggling," says Maria. "There are a lot of things my family goes without, but I want to make sure my daughters have every chance to succeed."

Maria also supports her parents, who are in their 80s and staying with her during the pandemic. Her father is disabled, partially paralyzed by a stroke seven years ago.

"I just want to help my parents the best I can," she adds. "I've seen them work so hard my entire life and fight for our family. Now they depend solely on me."

Besides her hotel role, Maria works other jobs to provide for her daughters and parents. For her, just a little help—a hand up—can make a big difference. That's what FISH does best.

For several years, Maria has turned to the Food Pantry to keep her family fed—especially with fresh seafood and the rice, beans and vegetables she uses for Spanish fare. FISH also connected Maria with the Amigos Center of Fort Myers, where she completed her journey to securing her green card.

Neighbors helping neighbors—that's the heart of the FISH mission. It's the reason why Maria urges people who need a hand up to reach for FISH.

"FISH is something different," says Maria. "If you need help, go and talk to them. They will help you and do whatever they can for your family."

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"I feel so incredibly grateful, FISH is there to help, and they never make me feel like I'm a bad mom or daughter for asking them for help."



Caesarweed

by Gerri Reaves

Caesarweed (*Urena lobata*) produces small pink flowers that resemble those of the common ornamental hibiscus. That's not surprising, since they are both members of the mallow family.

But you don't want this plant in your yard.

Native to India, tropical Asia, Africa and South America, Caesarweed has become a category I invasive exotic pest plant in Florida, according to the Florida Exotic Pest Plant Council (FLEPPC).

Plants in that category have caused documented ecological damage and altered native plant communities by “displacing native species, changing community structures or ecological functions, or hybridizing with natives,” according to FLEPPC.

A relative of native wild cotton (*Gossypium hirsutum*), it was introduced to the U.S. in the late 19th century for its jute-like fibers and used to make ropes and cords, particularly for marine purposes.

Unfortunately, this multibranched invasive shrub is now plentiful on many preserved lands, not to mention along roadsides, in vacant fields, pastures and forests, where it forms thickets.

This erect bushy shrub can grow to more than 10 feet high. The grayish



Highly invasive Caesarweed's flower looks like a miniature hibiscus photo by Gerri Reaves

green alternate leaves are three to six inches across and often are wider than they are long. Hairy, rough-textured and shallowly lobed, they have finely serrated edges.

The five-petaled flowers, which are only a centimeter or so across, bloom throughout the year in the leaf axils of the upper stems.

The bases of the petals unite above five sepals. The combined stamens form

a long tube protruding from the more deeply colored throat.

The small round barbed fruit clings to fur and clothing, making it easy for this aggressive plant to spread.

In its native range, Caesarweed is used medicinally in various ways, especially because of its antibacterial and antioxidant properties.

In some parts of the world, this unpalatable plant is a famine food.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, <http://www.eattheweeds.com>, and <https://plants.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✱

Public Boat Ramp Closed Temporarily

The Tarpon Bay Recreation area boat ramp is temporarily closed for motorized launches. The parking lot is undergoing renovation and as a result, access to the ramp is temporarily prohibited until this section of the project is complete.

"The next phase of the project entails laying concrete for ADA accessibility and to create a more accessible path to the facility," said Project Leader of Southwest Florida's Refuge Complex Kevin Godea. The estimated completion date is June 15. Non-motorized vessels such as kayaks, canoes and standup paddleboards will still be allowed to launch from the beach area.

"We appreciate the public's patience and understanding during this time of transition. We are hoping to complete this phase as soon as possible so there will be no limitations to the public or our concession partner, Tarpon Bay Explorers," said Godsea.✱

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A CECI student discovering the sounds of the ocean

photo provided

Summer Camp Opens Monday

Explorations, adventures and discoveries await your child at the Children's Education Center of the Islands (CECI) Summer Nature Camp. CECI specializes in curating camps for curious youngsters. Whether your child is a budding ecologist, future veterinarian, or an outdoor explorer, CECI's camps offer a unique summer experience.

There are eight weeks of camp themes to choose from including Cooking with Nature, Argh! Pirates!, Puddle Stompers,

Water, Water Everywhere, and Hands on Habitat. All CECI Summer Nature Camp programs are designed and led by preschool environmental educators who bring their knowledge of science, nature and animals to the indoor and outdoor classrooms.

Camps are offered Monday, June 7 through Friday, July 30 for children age 2 through 8. Registration is available online at www.childrenseducationcenter.com/register, or call 472-4538. CECI is located at 350 Casa Ybel Road.

Summer Camp Scholarships are made possible by The Sanctuary Golf Club Foundation and FISH of SanCap.✱

Seatrout Harvest Resumes With Limitations

The Florida Fish and Wildlife Conservation Commission (FWC) has made changes to snook, redfish and spotted seatrout management in the area of Southwest Florida.

On June 1, the following changes went into effect:

Pasco County and Tampa Bay – Normal regulations resumed for snook, redfish and spotted seatrout in all state waters in Pasco County and Tampa Bay north of State Road 64 in Manatee County plus the Braden River and its tributaries.

Sarasota Bay through Gordon Pass in Collier County – Snook and redfish remain catch-and-release through May 31, 2022.

Normal regulations for recreational spotted seatrout harvest resumed with the addition of a six-fish recreational vessel limit. Commercial harvest has also resumed but harvest will be held to the recreational three-fish bag and six-fish vessel limits.

These regulations are for all state waters south of State Road 64 in Manatee County including Palma Sola Bay through Gordon Pass in Collier County but not including the Braden River or any tributaries of the Manatee River.

As a reminder, under normal

regulations, snook will open to harvest on September 1.

Seatrout is under new, more restrictive regulations that took effect in 2020, including a recreational size limit of 15 to 19 inches total length, a one seatrout over 19 inches per vessel allowed limit, a daily commercial limit of 50 per harvester, and a zero captain and crew bag limit when on a for-hire trip. The daily bag limit for spotted seatrout is five fish from Pasco County through Fred Howard Park Causeway in Pinellas County near the Pasco County line, and three fish south of the Fred Howard Park Causeway on the gulf coast.

Temporary catch-and-release measures were put into place in this area after these fisheries were impacted by a 2017-19 severe red tide.

"The commission understands the significance and importance of this fishery for the southwest region. You can hear a lot of diversity in the public stakeholder positions on this issue but I think we found the right path as an interim step," said FWC Vice Chairman Mike Sole.

"It is going to be important though, in my opinion, to consider long-term management of snook and redfish."

A new statewide stock assessment was recently completed for snook and one will be completed for redfish this year. The commission might consider statewide regulation changes as part of the long-term management of these fisheries.

For more information, visit www.myfwc.com/marine and click on "Recreational Regulations."✱

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Traveling Tarpon



by Capt. Matt Mitchell

Finally, a week of decent weather gave us some of the best tarpon fishing we have had in weeks. Calm conditions made locating these fish the easy part of the hunt. While sitting in rolling fish in all the usual places in the sound, we managed to close the deal a few times this week. It always amazes me how fast boredom goes to chaos while tarpon fishing.

These tarpon have been visiting our waters in the spring for millions of years. They use the same places over and over, so knowing where to locate them is a big part of the game. Having a route or game plan to find these fish is how the hunt begins. There are not many secret tarpon locations left in the sound, as this time of year a pack of boats in open water is usually a good clue.

In the southern sound, the deeper finger channels between St. James City and Sanibel were a very productive place to soak cut bait. Catfish tails and mullet heads fished on the bottom seemed to be what these fish wanted to eat. I've been giving this area a quick go when starting a trip. Seems like if it's going to happen it's within a short period of getting the baits out.

Further down the sound the Fosters Point area on North Captiva has had huge amounts of tarpon moving through. Often these fish seem to be displaying spawning behavior as they daisy chain and simply do not eat. If you put in your time when the switch is turned on, these fish will eventually eat. Live pinfish or crabs under a float are hard to beat here.

The channels that come in from Captiva Pass and move north east towards Cabbage Key also held plenty of tarpon too. This is a huge area, and often these tarpon roll right in the intercostal waterway. Although I did not hook a tarpon in here this week, I did talk to a few fellow guides who did really well there. Watch for how these tarpon are moving and set up by placing a bait in the highway. The best action here came while soaking fresh cut baits on the bottom.

Although tarpon can be easy to locate, having common courtesy around the many other boats fishing for them just doesn't seem that common. Watching boats run right through the pack, rather than simply steering around it, makes no sense. When fishing around the pack of boats targeting these fish, you should keep your distance and move quietly on a trolling motor or push pole. If you are close enough to recognize people on the other boats, you are way to close. Nothing will get you more friends quickly than motoring through a pack of boats that are tarpon fishing. Better yet move away from the crowd and find some tarpon that are not as pressured, and you will probably have more success.

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.*



Congrats to Connie as her first tarpon comes boatside for a leader touch to make it official photo provided

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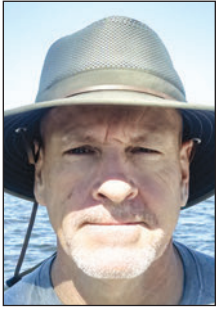
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CROW Case Of The Week:

Osprey



by Bob Petcher

The osprey (*Pandion haliaetus*) is a fish-loving hawk that can be found along coastlines, bridges and stick nests on poles and channel markers. They are visible above water, carrying their prey

within the barbed pads on the soles of their feet.

At CROW, a juvenile osprey was found in Fort Myers unable to fly. Upon admittance on May 16, the patient was examined and flight tested. The osprey failed the flight test and radiographs revealed a right wing coracoid fracture. The patient was placed in a body wrap to stabilize the break, and it received physical therapy every three days. Eight days later, hospital staff reported the patient not eating well on its own. On May 24, a second juvenile osprey was admitted from Cape Coral after it was found unable to move. Upon initial examination, the osprey was thin, and radiographs revealed it also had a right wing coracoid fracture. It was given the same treatments as the first osprey.

"Typically for coracoid fractures, within the shoulder girdle in birds, a supportive body wrap is placed for about two weeks, followed by one week of cage rest," said



Patients #21-2591 and #21-2784 during strict cage rest

photo by Missy Fox

Dr. Robin Bast, CROW staff veterinarian. "If a wrap is placed, it must be removed every three days so that physical therapy can be performed. This means extending the wing to ensure that normal range of motion is still occurring at all joints, and to prevent contracture of the patagial membrane -- essential for flight -- which can happen if it isn't stretched on a regular basis."

The two patients had no problem sharing space together.

"These osprey cohabitate in their enclosure with no problem. Anytime we introduce patients into the same

enclosure, we keep in mind their species and natural history. Do they spend time with a group in the wild? Are they typically territorial? We also monitor their behavior closely when we first introduce them in the same enclosure," said Dr. Bast.

Florida Fish and Wildlife Conservation Commission (FWC) officers donated a large fish, an illegal catch confiscated from an angler. The fish was given to the osprey pair, and the one who had not been eating reportedly tore right into it.

"We offer osprey patients finger mullet, herring or large mullet. It is challenging

to get osprey to eat in captivity, since we cannot mimic how they eat in the wild, said Dr. Bast. "We get donations from FWC whenever they confiscate illegal catches, so the fish don't go to waste. We truly appreciate this collaboration and our patients do too."

Both the ospreys remained on strict cage rest while continuing to receive physical therapy. If all goes well, the recovery game plan will require outdoor time.

"After three weeks indoors, the osprey will be moved to a small outdoor enclosure to start building back the flight muscles that have weakened while they were on cage rest," said Dr. Bast. "After one to two weeks in a small outdoor enclosure, they will be moved to a larger flight enclosure to practice flying again as the bone should be healed by that time."

Sure enough, the young osprey that was admitted first improved to the point that it was allowed to go to what CROW staff calls "day camp." The patient's roommate shouldn't be too far along in getting fresh air as well.

"Osprey #21-2591 has started going outside to a small enclosure during the day, while osprey #21-2784 is still on cage rest indoors," reported Dr. Bast.

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

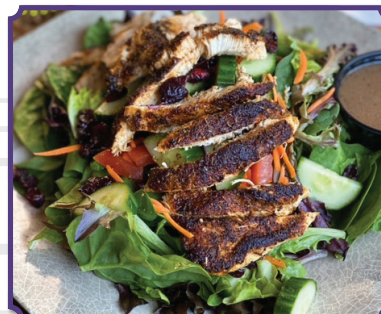
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Shell Of The Week

The Orange Marginella



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

P*runum carneum*
(Storer, 1837)
reaches 18 mm
(about 0.7 inches),
and has a glossy,

bright-orange shell surface, with two white bands. The pigments in the living snail are very vivid, but tend to fade quickly after the animal dies. The Orange Marginella is found in shallow water off South Florida, the Florida Keys and the Caribbean. (A large reproduction of this illustration will be in the In Focus exhibition, opening on May 29.) Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell



The Orange Marginella, *Prunum carneum*, from Stock Island, Florida Keys

photos by James F. Kelly

Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*

LCEC Hurricane Guide Available

The Lee County Electric Cooperative (LCEC) Hurricane Guide is available and offers information on preparing

for the storm season, which began on June 1. Preparing early is key to riding out any storm.

The LCEC Hurricane 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.

To download a copy of the guide, visit www.lcec.net.*

American Legion Post 123

American Legion Post 123 is having a fish fry from noon to 8 p.m. this Sunday, June 6. Barbecued ribs and chicken are on the menu for Sunday, June 13. 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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Betsy Ventura and Jean Baer with some fresh produce photo provided

Farmers Market Donates To FISH Food Pantry

FISH of SanCap and the Sanibel Farmers Market team up every year to provide fresh products for neighbors who use the FISH Food Pantry. Betsy Ventura and Jean Baer, owners of Local Roots, LLC, organize the Sanibel market throughout the season and work with vendors who donate unsold fruits, vegetables and

other goods to the food pantry. FISH volunteers pick up, sort and stock donated items at the food pantry, located at 2430-B Periwinkle Way.

"FISH and our neighbors greatly appreciate the generosity of the farmers market. We cannot thank Betsy, Jean and the generous vendors enough for helping supply healthy choices for those that use our pantry," said Maggi Feiner, FISH president and CEO. "We could not provide these wonderful foods to our community without our partnership with the market and the help of our volunteers. Thank you Betsy and Jean for another successful year and continued support for our community's only food pantry."

People are often surprised to hear the island communities are home to food assistance programs. They are even more surprised to hear how often these food programs are utilized by a wide range of people with varied circumstances. No community is immune to food insecurity, and FISH works daily to ensure that no islander is deciding between feeding their family or paying rent, childcare costs or medical bills.

The upcoming slower summer months generally deplete pantry shelves. This time of year, FISH needs help keeping the food pantry stocked and accepts donations of food, including perishables and personal products. Personal and hygiene products not covered by the SNAP Program are needed on daily basis. These items include shampoo and conditioner, body soap, toothpaste,

laundry soap and cleaning products, paper towels and bathroom tissue, and sanitizing products.

Items can be dropped off at the Walk-In Center Monday through Friday from 8 a.m. to 4 p.m. During non-business hours, individuals may leave unopened, unexpired, non-perishable food and other items in the drop-off bin located outside the entrance.

FISH is always in need of canned products such as tuna, chicken and vegetables, soup or broth, fruits, fruit and vegetable juices, juice boxes, jelly, pork and beans, stews and other meats. packaged foods such as pasta, lentils, pinto and other beans, macaroni and cheese, packaged dinners, instant soups, hot and cold cereals, peanut butter and other nut butters, nutritional and protein bars, granola, energy or breakfast bars.

The FISH Food Pantry is a vital service for many households. Once qualified by FISH, households are given a food pantry card to shop for items to supplement their grocery needs. FISH offers nutritious supplemental groceries five days a week, allowing islanders to shop for the resources they need from 10 a.m. to 3:45 p.m. Each year, FISH distributes hundreds of thousands of pounds of food through pantry visits, serving thousands of people.

To learn more about volunteer opportunities with FISH, especially needed over the summer months, contact Maria Espinoza or Jennifer Pagano at info@fishofsancap.org. For more information, visit www.fishofsancap.org.

Summer Intern At Children's Education Center

Lauren Marchioni will be assisting as an intern this summer at the Children's Education Center of the Islands (CECI). Marchioni is originally from Massachusetts and moved to Florida to attend college. She is a senior at Florida Gulf Coast University, majoring in child and youth studies. She is completing her final internship at CECI and will graduate with a bachelor's degree in August.



Lauren Marchioni

"I am so excited to work here this summer to build on my knowledge and gain more experience in working effectively with children," said Marchioni. She has worked and interned at other child developments centers including the Boys & Girls Club and elementary schools. She has a passion for working with children.

In her free time, Marchioni likes going to the beach, painting with watercolors, exploring the outdoors and cooking.✧

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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk Guided Hospital Tours – \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into



wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The hour and a half program has two parts: the Daily Presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 12:30 p.m. Capacity is limited to eight participants. Advance Registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, June 4, 12:30 p.m., Why Animals Come to CROW – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing

line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, June 7, 12:30 p.m., Species Profile: Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, June 8, 12:30 p.m., Why Animals Come to CROW – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Wednesday, June 9, 12:30 p.m., Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter will explain why they are admitted and how the medical staff treats

this species. One of CROW's animal ambassadors will be present.

Thursday, June 10, 12:30 p.m., Patient Profiles: Owls of Southwest Florida – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel. 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, contact 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.*

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Sanibel Youth Wins Songwriting Challenge



by Allison Havill Todd

Now entering its fifth year, the Musical Theatre Songwriting Challenge is for high school students with a passion for writing songs that could be part of a musical theater production.

The goal of this national competition is to engage the musical theater field in nurturing the next generation of songwriters. The program is part of the National Endowment for the Arts and the American Theatre Wing, and provides winners with a coaching team consisting of musical theater professionals to assist in honing a student's song into a Broadway-ready composition.

Henry Crater, son of Sanibel residents Drs. Scott and Dana Crater, was one of the chosen winners selected from thousands of entries to receive this prestigious award. Now a freshman at the University of Michigan, Crater first learned about this program during his senior year in high school. Following the passion for musical pursuits he has had since the age of 5, he had already written



Henry Crater singing with the Pittsburgh Symphony

photos provided

a piece to submit as part of his final exam for an accelerated program music class the previous year. He was inspired to write a song in the aftermath of the tragic 2018 Parkland school shooting titled *Your World/Safe*. The challenge required that he submit a recording of the song, so Crater got a group of friends together and recorded a rough session in the school's choir room.

After entering his song, Crater became involved with other school and social activities and forgot about the competition. It had been delayed for several months during the pandemic and took a back burner in the youth's mind. It was not until September of 2020 that he received an email naming him as one of the few

winners. "It was like a dream come true," said Crater. Under normal circumstances, finalists would fly to New York City for three to four days to collaborate with their coaching mentors and musical directors to produce a polished piece and complete a studio recording of their music. While Crater explained that part of the program was canceled in 2020 due to pandemic restrictions, he feels he received even more one on one guidance over an extended month-long period with unlimited coaching and Zoom sessions with his mentors, Anna Jacobs (musical theater writer) and Anna Ebbesen (music director and orchestrator), both industry professionals based in New York City.

When asked what he has gained from this experience, Crater shared that he has been gifted with so much more knowledge about songwriting and telling a story through lyrics. He found the collaboration aspect to be a bit daunting and nerve wracking at first, since it has always been something so personal for him. Yet he realized that by giving his mentors the trust they needed and working together, he was able to make a big leap as a semi-professional songwriter.

Crater plans to continue writing musical theater music and ultimately envisions



Henry Crater collaborating with mentor Anna Jacobs

an acting/singing career in this field. He believes in always continuing to learn and the importance of staying open to new experiences. He said, "You never know where life may take you... Say yes to opportunities... Don't be limited by self-perceived boundaries... Live each day like it's your last." Very wise words from such a young man!

Crater can be seen performing at Doc Ford's Captiva on Sunday, June 6 from 6 to 9 p.m. and at Shuckers on Fort Myers Beach on Sunday, July 4. He will also be performing in the production of *Grease* at Broadway Palm Dinner Theatre in Fort Myers. The show runs July 1 to August 14. Interested readers can find Crater's song, *Your World/Safe*, under Henry Crater on Spotify, Apple Music or any other streaming platform.

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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Red Snapper Season Opens

As of June 4, the recreational red snapper season has started in gulf state and federal waters off Florida and will remain open through July 28, closing July 29.

“We are excited about Gov. DeSantis’ recent announcement of this year’s 55-day gulf red snapper summer season, it is one of the longest we’ve had since the FWC began managing the season in state and federal waters,” said Florida Fish and Wildlife Conservation Commission (FWC) Chairman Rodney Barreto.

For-hire operations that do not have a federal reef fish permit may also participate in the season but are limited to fishing for red snapper in gulf state waters only.

If you plan to fish for red snapper in any state or federal waters off Florida from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a state reef fish angler (annual renewal required). Sign up at www.gooutdoorsflorida.com. To learn more, visit www.myfwc.com/srfs.

State reef fish anglers might receive a

questionnaire in the mail regarding their reef fish trips as part of Florida's state reef fish survey. These surveys were developed specifically to provide more robust recreational data for management of red snapper and other important reef fish. If you receive a survey in the mail, you are asked to respond whether you fished this season or not.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure), such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. Learn more at www.myfwc.com/fishhandling.

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit www.myfwc.com/marine and click on “Recreational Regulations” and “Snappers,” which is under the “Regulations by Species – Reef Fish” tab. To keep up to date on Florida’s saltwater fishing regulations, download the Fish Rules App.

The gulf federal season for for-hire operations with federal reef fish permits is June 1 through August 2.*

Shell Found



Holly Alvaro

photo provided

Holly Alvaro of New Jersey found an alphabet cone. Jake Alvaro said, "My wife Holly and I are visiting from New Jersey on vacation this week, and Thursday afternoon while we were walking at low tide from our resort, my wife, who has a great eye, spotted and found one of the rare alphabet cone shells from the island."☆☆

Shell Found



John Charbonneau

photo provided

John Charbonneau of Greenville, Kentucky found a junonia on the Sanibel side of Blind Pass Beach. He was staying at Sunset Captiva. Charbonneau said, "We have been coming for eight years and never thought we would find one. It rolled up on shore in front of me as we were getting ready to leave." ❄️❄️

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photo courtesy Fresh From Florida

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Summer Reading Program Has Begun At Library

Sanibel Public Library invites families to register their children for the Summer Reading Program. This year's theme is Tails and Tales, with a focus on animals. All children, from babies to teens, can be registered. Participants will receive a gift (quantities are limited). The program began May 29 and runs through August 7.

"Participation in summer reading provides a great way to prevent the notorious 'summer slide.' Summer slide refers to the loss of skills gained throughout the school year during summer break," said Youth Service Librarian Deanna Evans.

Programming will be available online at www.sanlib.org and Take and Make activities will be available to pick up at the library.

As in years past, children will read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book "earned" with a book for patients at the children's hospital. Since its inception in 2012, participants have helped to contribute nearly 12,000 books to the hospital. The Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Instead of paper logs for tracking reading and activities, the library offers Beanstack. Sign up from a smart phone or computer, or call the library for help. Starting May 29, participants may pick up their registration gift and any books earned. Beanstack is a free, user-friendly app for PCs, Apple and Android devices. Adult readers can also use Beanstack. Go to <https://sanlib.beanstack.org/reader365>.

Baby Bounce Time videos will be available on the library's children's page at www.sanlib.org. Baby Bounce is a program that is aimed at parents with babies from newborn to 2 years of age. It is a fun session to help build motor



Summer Reader Emerson Stallings with a tale about giraffes photo provided

and literacy skills through stories, song and movement. An online storyline video will be on the library's children's page, replaced each week by a new story read aloud.

The library will be hosting online programming from Page Turner Adventures starting Monday, June 21, with weekday programming continuing for four weeks. The programming will include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games.

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

Library cardholders can stream or download eBooks, movies, music, newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available and are sanitized between each customer use. The library is open for browsing, and contactless curbside service is offered. Materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m.

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

Community House Offering Summer Camp

The Community House is offering A Summer to Remember, an in-person camp for youth ages 6 to 12. The program runs Monday through Friday, July 5 to 9 from 9:30 a.m. to 1:30 p.m. No two days will be the same.

Campers will paint shells with shaving cream and other mediums, practice team building exercises, make necklaces and bracelets, play games indoors

and out, cook and bake, learn about plants and butterflies, experiment with watercolors and create art out of found materials.

On Friday, campers are invited to bring their pajamas and stay for a movie from 1:30 to 3 p.m.

Snacks will be provided. Lunch time will be from 12:30 to 1:30 p.m. Bring your own lunch or one will be provided for an additional \$10.

Cost is \$50 per day or \$225 for the week. Scholarships are available.

To sign up call 472-2155 or email marketing@sanibelcommunityhouse.net. The Community House is located at 2173 Periwinkle Way on Sanibel.

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Business Women's Association To Hold Luncheon

Diana Wilson, general manager of the Island Water Association, will present The Story Behind a Clean Glass of Water at the Women in Leadership Speaker Series presented by the San Cap Business Women's Association on



Diana Wilson

Tuesday, June 15. The luncheon and speaker program will be held in-person from noon to 1 p.m. at Sundial Beach Resort & Spa with a live stream Noon Zoom option.

"I look forward to sharing an overview of who we are and what's involved in assuring clean drinking water on Sanibel and Captiva," said Wilson. "Water industry people are passionate about guaranteeing our ability to get a glass of clean water and the Island Water Association team is no different."

Wilson joined Island Water Association in the wake of Hurricane Irma and only a year before the pandemic hit. "The team takes extraordinary care. All of us are dedicated to doing everything possible to maintain exceptional service and water quality," she said. "They are the greatest

group of professionals."

Wilson hails from central Iowa and graduated in civil engineering from Iowa State University. She built her career in water supply and holds the top-level water treatment and water distribution operator licenses in the state of Iowa. Wilson rose through the ranks to general manager at the West Des Moines Water Works, a full-service municipal facility.

"Iowa and Florida share many water issues," Wilson said. "One is the serious impact of agriculture and fertilization on water quality and the effects of irrigation drawing down our aquifers." Wilson was seen as a strong fit for Sanibel and Captiva because of technical experience and leadership skills. "Background in team management, inspiring a respectful culture and finding workable solutions were important factors," she recalled.

"Iowa is fantastic and a wonderful place to raise a family," said Wilson, mother of three. "But it's a land-locked state and I have always wanted to live near the beach. My husband, Marc, shared that dream, and so when an email from the American Water Works Association Career Center alerted me to an opportunity at IWA, Marc urged me to go for it."

Wilson's career journey is an inspiring story. "As a woman in management, Diana is a pioneer in the water industry. Yet, she never set out to be a trailblazer," said Taylor Osborne, SCBWA president and co-owner of Iris Print & Designs. "She followed her passion, sought good mentors, and built expertise in water technology. She pursued her career,

rarely feeling the sting of discrimination."

Cost for lunch with the speaker is \$30 or on Zoom for a donation to the continuing education scholarship fund. Register on Eventbrite at [https://](https://sancapbwa.eventbrite.com)

sancapbwa.eventbrite.com. Choose In-Person or Zoom. Updates at <https://www.facebook.com/SanCapBWA>.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✱

Bank Officer Earns Certification



Amy McQuagge

Amy McQuagge, Sanibel Captiva Community Bank vice president and director of marketing, has achieved an advanced certificate in bank marketing through the American Bankers Association Bank Marketing School.

The rigorous, two-week virtual curriculum is held annually and offers bank marketing and communications professionals a deeper understanding of return on investment, product development and customer experience in the field of banking. McQuagge is seeking her certified financial marketing professional designation and will take the exam in June.

"We're supportive of team members who pursue career growth opportunities, and we're excited for Amy to enhance her bank marketing expertise to help SanCap Bank continue to grow and prosper," said Craig Albert, Sanibel Captiva Community

Bank president and CEO.

McQuagge joined the bank in 2018 as the organization's first in-house marketing director and is responsible for providing direction, guidance and leadership of the bank's marketing and community outreach efforts. She was previously the senior marketing and event manager for the Lee County Economic Development Office. A lifelong Lee County resident, McQuagge holds a bachelor's degree in communications from Florida Southern College.✱

CEPD, Captiva Panel To Meet

The Captiva Erosion Prevention District (CEPD) will meet on Monday, June 7 at 1 p.m. at Tween Waters Inn. The meeting is also available via Zoom beginning at 1 p.m. To view the agenda, visit www.mycepd.com.

The Captiva Community Panel will meet on Tuesday, June 8 at 9 a.m. via Zoom. To view the agenda, visit www.captivacommunitypanel.com.

Among the agenda items: Update on Captiva Code and ordinances; Update on wastewater design study; Update on Sea Level Rise Committee; Reports from island organizations and entities.✱

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Instagram: [Island_pizza_sanibel](https://www.instagram.com/Island_pizza_sanibel)

Chamber Returns To In-Person Meetings

The Sanibel & Captiva Islands Chamber of Commerce will return to its pre-pandemic format for the Thursday, June 17 business luncheon meeting at 11:30 a.m. at Sundial Beach Resort, in partnership with the Florida Restaurant & Lodging Association (FRLA). Adventures in Paradise is sponsoring the meeting.

Guest speaker Dana Young, president and chief executive officer of Visit Florida, will speak about the current state of tourism from the perspective of Florida's official destination marketing organization. FRLA general counsel Samantha Padgett will be giving a breakdown on this year's legislative session and providing insight on the restaurant, lodging and hospitality industry.

By recommendation of Gov. Ron DeSantis and unanimous approval by the Visit Florida Board of Directors, Young took the lead position on January 7, 2019. A sixth-generation Floridian born and raised in Tallahassee, she previously served in the Florida House from 2010 through 2016, rising to majority leader for the 2015 and 2016 legislative sessions. In 2016, Young was elected to the Florida Senate, where she represented parts of western Hillsborough County for two years. In addition to her



Dana Young photos provided
current duties for Visit Florida, Young is a member of the U.S. Travel Association's Chairman's Circle.

Throughout her career as a Florida attorney, Young has served in leadership positions working to cultivate and protect Florida's exceptional business climate and a world-class quality of life.

As FRLA general counsel, Padgett provides legal advice and services to FRLA and its leadership, and serves as an advocate for the restaurant and lodging industries at the federal, state and local levels. She previously served for 10 years as the vice president and general counsel of the Florida Retail Federation.



Samantha Padgett

Padgett is a member of the Florida Bar, graduated cum laude from the University of Florida College of Law and received her bachelor of arts degree from Emory University. She has served on the Visit Florida Board of Directors, University of Florida Center for Retailing Executive Advisory Board, and Florida Recycling Partnership Board of Directors.

"We are so excited to announce our first in-person luncheon meeting since March 11, 2019," said John Lai, chamber president and chief executive officer. "Dana and Samantha couldn't be a more fitting speakers for this return to normalcy, a sure sign of tourism

recovery. We look forward to hearing their expertise on the topic of where tourism is headed in today's post-vaccine climate."

The chamber business lunch is a monthly networking opportunity held from 11:30 a.m. to 1:30 p.m. at member locations. The chamber attempts to provide speakers to discuss relevant business topics for the membership.

Cost for luncheon attendance is \$30 for chamber members only. Advance registration is required to attend; walk-ins are not accepted. Register by 5 p.m. on Friday, June 11 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.

With over 560 active members from both islands including businesses from Lee and Collier counties, the Sanibel & Captiva Islands Chamber of Commerce plays a key role in facilitating communication and cooperation between business, residents and government to enhance the economic health of the islands. The Francis P. Bailey, Jr. Chamber Visitor Center is located at the entrance to Sanibel and welcomes over 160,000 visitors each year. VISIT FLORIDA named the visitor center one of 13 official Florida Certified Tourism Information Centers. The visitor center is open 365 days a year and provides visitors with comprehensive information about things to do, places to visit, where to stay, shop and dine. The Chamber website <http://sanibel-captiva.org> receives more than 1.3 million website visits per year.*



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Book Review

No Way Out



by Di Saggau
No Way Out blends Fern Michaels rich character-driven storytelling with a hint of suspense, as a reclusive young woman struggles to put her life back together.

Ellie Bowman barely remembers the incident that put her into a coma. When she woke up, all she remembered was that her boyfriend Rick was missing. She wants to start over and recover in safety, so she works from her cottage in rural Missouri trusting no one and living in constant fear.

Suffering from amnesia, Ellie knows her life is in danger but she has to figure out how she was injured and why she stays in her well-protected home. She is hiding from Rick and spends a lot of time just observing the day-to-day lives of her neighbors. A curious 8-year-old boy named Jackson develops a bond with Ellie's dog. Slowly, Ellie begins communicating with Jackson and then with his mother, Colleen, who has troubles of her own.

When Ellie hears that Rick has resurfaced, her nightmares return and, with them, small snippets of memory. Why is he back now? Ellie wants to move

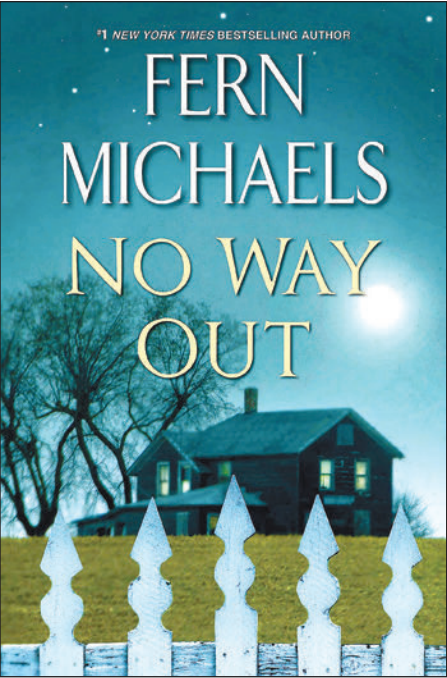


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forward with her life, but first she must find the courage to look into her past.

Ellie's neighbors are an eclectic mix, and my favorite is 90-year-old Andy who used to be an antique dealer and is now a hoarder who hardly has room to move in his home. Supportive neighbors come to his aid. All the characters are well developed. Ellie uses her technological skills to finally get the answers she's looking for. No Way Out is a riveting read.✪

School Smart



by Shelley M. Greggs, NCSP
Dear Shelley, This column was published last year but has such valuable information that I wanted to share it again. It's about the importance

of physical play and how this play can help develop physical, intellectual and social growth. Needless to say, a typical playground provides lots of opportunities for great fun as well. Below is some information about play and the developmental process.

Swinging, a basic playground activity, is one of the very best activities for children's development in many areas. It helps with balance and teaches them to know where their body is in space, which is important for successful vestibular development. It also provides practice with fine motor skills like gripping the chain, gross motor skills such as pumping their legs to swing higher and coordination. Swinging helps the brain to figure out speed and direction.

Climbing playground equipment and even climbing trees can help with children's motor planning and flexible thinking (to think about something in a new way). In order to climb, children need to build an awareness of where their body parts are and what they can do with them. Climbing helps them understand and experience spatial directions like up, down, left and right. Climbing also encourages problem solving and predicting what's going to happen. For example, your child may wonder, "Where should my right foot go next? How will I get down from the top?" This kind problem solving can help on the playground and in the classroom.

Playing on overhead equipment, like monkey bars, helps children develop both

fine and gross motor skills. Practicing small movements like gripping the bar as well as big movements such as swinging from one bar to the next develop strength, balance and practice coordination.

Free play from organized games to just running around with other kids is great. Free play helps children learn to communicate with other kids and practice conversation and vocabulary. Playgrounds can teach children how to follow and change rules, share and take turns. Social interactions on the playground can help children learn and practice social cues like body language and tone of voice.

No matter the game – kickball, tetherball, or an activity like swinging, climbing or just free play – a great deal of children's development occurs through play. As children figure out how to hold on to and climb playground equipment, manipulate, throw or kick a ball, they are practicing very important fine and gross motor and coordination skills. As they develop strategies about play, where to put their feet next or whether it's time to run to the next base, they're working on critical thinking and problem solving. Learning through playing is a great way to help your child develop. Have fun at the playground this summer.

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 for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✪

Call For Mangoes

The Community House is looking for mangoes to make chutney and barbecue sauce. Bring your ripe mangoes to The Community House, request help to collect them from your trees, or volunteer to help remove mangoes from residents' trees.

Call 472-2155 or email info@sanibelcommunityhouse.net.✪

Poetry Corner

by Jim Weyant

THE BEACON

*There it rests standing tall
upon the island's east end.
The old Sanibel Lighthouse
oft a seafarer's best friend.*

*Where gulf greets the bay
it can at times turn unkind
with winds blowing strong
and all visibility undefined.*

*And for those caught at sea,
it's shining light is a beacon
that guides those in distress
to the safety they're seeking.*

*been there it seems forever
a symbol of Sanibel's ability
to persevere as a safe haven.
A place to dwell in tranquility.*

Jim Weyant first came to Sanibel in 1978 and for him it was love at first sight. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim 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 at Amazon and local book stores.✪

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neighbors helping neighbors

FIGHTING FOOD INSECURITY

FISH FOOD PROGRAMS

People are often surprised to hear the island communities are home to food assistance programs. They are even more surprised to hear *how often these food programs are utilized by a wide range of people with varied circumstances*. No community is immune to food insecurity, and we at FISH work daily to ensure that no islander is deciding between feeding their family or paying rent, childcare or medical bills. Nourishing our community is just another example of neighbors helping neighbors.



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**

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

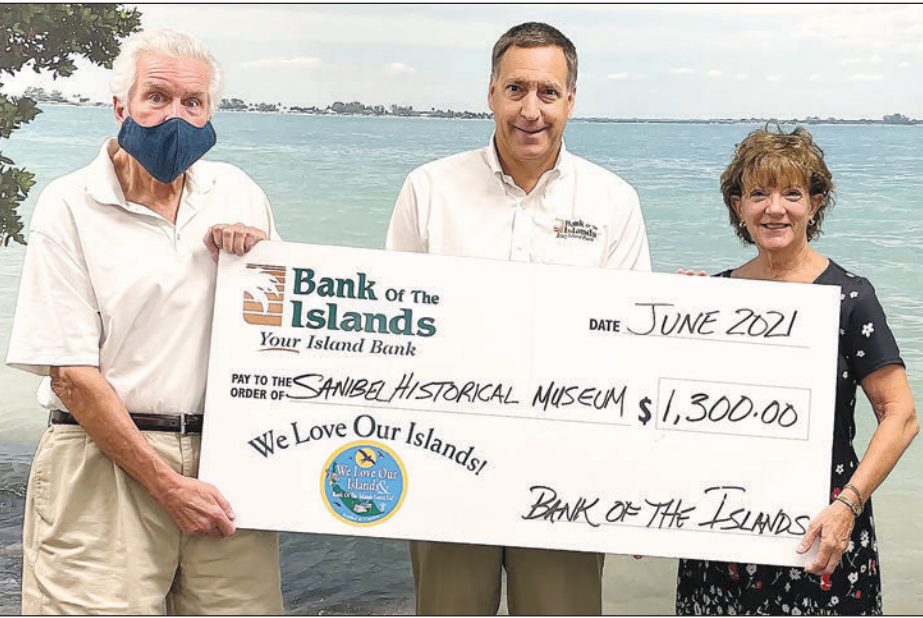
Guaranteeing a holiday meal to our island neighbors in need is not only a warm way for our community to give back during the holiday seasons, but also relieves families of the stress of providing it during what can be a financially strained time. *In 2020, 517 baskets with all the fixings for Easter,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

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From left, Alex Werner, David Lowden of Bank of the Islands and Sanibel Historical Museum and Village Executive Director Emilie Alfino photo provided

Historical Village Receives Bank Donation

Bank of the Islands recently made a nonprofit donation through its We Love Our Islands program. The winner, Alex Werner, was spotted with a “We Love Our Islands” decal on his vehicle, winning him the right to select which local nonprofit organization would

receive a charitable contribution from the bank. Werner chose to donate his winnings of \$1,300 to the Sanibel Historical Museum and Village. That donation marks \$92,000 given away to date through bank’s program.

“Bank of the Islands is so happy Alex chose to have us support the museum and village,” said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. “This is a must-see place to visit on our islands. Alex has been such a valued member of the group ensuring Sanibel’s history is honored through this

very special organization, most recently with this gift.”

All islanders are invited to visit the bank’s Sanibel or Captiva office to learn more about the program and how you and your favorite charity can become the next winners.✧✧

Superior Interiors Create An Office To Reach Your Business Goals



by Marcia Feeney

Running your own business out of your home isn’t as easy as it sounds. There’s a lot to balance, and if you don’t have the right workspace, you could end up sacrificing productivity. You want a stylish office that inspires creativity and flaunts your stellar expertise as a professional if a client stops by. Before you get busy designing your decor, you must create an office that sets you up for success. Look at the big picture and then work in from there. Think layout, lighting and color before office supplies and ambience.

Pure white walls might have a certain hint of elegance and sophistication to them, but why not spice it up a little? Colors really do affect people psychologically. The body has emotional and physical reactions to different hues. Consider one of these combos when selecting your color scheme:

Blue, green and violet – These are relaxing colors so they can help you if you have a high stress job but might lull you to sleep otherwise.

Green and yellow – Green is a more natural color, and a gradient of this will give your space an organic feel, which is great for focus. Yellow is an attention grabber, so it can be a lot on its own, which is why it mixes flawlessly with green.

Red scale – The most aggressive of colors, red will give your room energy and might produce a lot of strong emotions, so it’s recommended that it’s just used as an accent.

Purple scale – Purple signifies creativity, perfect if you need some extra imagination.

White, ivory and gray – These neutral tones are dedicated for your comfort zone and they’re ideal if you want to use a splash of an accent color.

Be light, be happy. Good lighting is essential to better concentration and higher productivity. Get the right light and your mood improves, and you’ll have more energy to be productive. What’s your style? Are you more of a classic, crystal chandelier kind of person? Or perhaps a mod desk lamp type is more your style? This can be a great opportunity to select decorative lighting that is reflective of your personal style.

Create a view and let as much natural light in as possible. Sure, watching a butterfly float by might seem like a

distraction, but having a view is thought to increase productivity significantly, hence why the big boss gets the corner office. If you can, pick a room at the back of the house to redesign as your office space so you’ll be able to look out into your lovely, landscaped yard when you need a quick mental break.

When you’re picking out your desk, make sure you have plenty of space, so your office supplies won’t close in on you. Nothing is worse than feeling claustrophobic while doing work. Pick from a variety of styles, everything from wrap-around corner desks to clean glass toppers are at your disposal. If you think you need more space, or want a unique vibe, why not look at a selection of kitchen tables? A round shape will give your office additions a one of a kind feel to your space, but don’t forget about seating. Ergonomics is everything – a good chair promotes health, safety and overall wellbeing. There’s a whole science behind seating, and you’ll want support from your back to your neck. Look for a professional desk chair, or even a plush armchair.

If you have clients coming to your home, you’ll need a place for them to sit. Seat multiple guests at once and mix things up and go for a cushioned bench. Detail with a couple of throw pillows and you have a client-ready seating arrangement.

Personalize your space with accessories. Really step outside of your comfort zone and think outside the box. What interesting displays or vignettes can you dream up to add interest? Finalize with a vibrant area rug, and the whole space will really come together.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✧✧

County Awards Contract For Lakes Park Project

The Lee Board of County Commissioners have voted to award a contract to Johnson Engineering for the design of water quality improvements at Lakes Regional Park.

The project is intended to improve the quality of the water flowing from Lakes Park into Hendry Creek through the construction of an alum treatment facility. Based on water conditions, the treatment facility will add alum to the West Lake, which will bind with and settle out excess nutrients and algae.

Excess water from Lakes Park discharges into the Hendry Creek West Branch and eventually flows into Estero Bay. The watershed of the West Branch includes the urbanized areas west of Summerlin Road and north of Lakes Park. Hendry Creek West Branch is a tributary to the Hendry Creek, which has a total maximum daily load for total nitrogen and is subject to a State of Florida Basin Management Action Plan.

The design contract is for \$598,575 and project has received a \$475,000 grant from the Florida Department of Environmental Protection. The design phase is expected to take about a year. Visit www.leegov.com/water.✧✧



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1. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL

- 5 BR/ 3.5BA completely renovated with gourmet kitchen, soaring 2 story ceilings, and incredible views
- Private office, library, formal dining room, private pool, 2 car garage, and more
- **\$2,695,000**
EURO 2,204,949

2. HAPPY DAZE - CAPTIVA

- 4 BR +den/4 BA home situated among tropical vegetation just steps to the Captiva Village
- Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking the private pool & spa
- **\$1,699,000** **EURO 1,398,507**

3. ON A WHIM – CAPTIVA

- 2 BR/2 BA cottage located steps to the Bay in the Captiva Village
- Newly painted, wood plank tile floors, multiple lanai's & colorful décor
- **\$1,195,000** **EURO 1,059,848**

4. CANAL LOT ON SANIBEL

- Build your island dream home on this wonderful canal lot on Sanibel's East End
- This location offers both the ability to get a boat to the Gulf of Mexico, while also being walking distance to Sanibel's famous beaches
- **\$699,000** **EURO 591,365**



2



3



4



5

5. 5 HOUSES FROM THE BEACH ON SANIBEL

- 3 BR/2 BA ground level beach house just 5 houses from the private beach access
- Roof, AC, & garage door recently updated. Great rental potential or perfect island getaway
- **\$815,000** **EURO 674,873**



6

6. CAPTIVA HIDE-A-WAY

- 2 BR/2 BA move in ready condo with gorgeous Bay views & steps to the Captiva Village
- Intimate community includes Bayside pool, 220ft pier with dock, fitness room, garden, & more
- **\$1,075,000** **EURO 882,514**

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Zonta Accepting
Applications
For Grants

submitted by Katrina Wilhelm

The Zonta Foundation of Southwest Florida is accepting grant applications from 501(c)3 nonprofit organizations in Lee County and Southwest Florida whose work helps to empower women. Zonta Foundation of Southwest Florida is the nonprofit arm of the Zonta Club of Sanibel-Captiva. The chapter is part of Zonta International, a leading global organization of professionals empowering women worldwide through service and advocacy. Similarly, the Zonta Club of Sanibel-Captiva focuses on education, economic self-sufficiency, safety and health for women and girls.

Over the past 20 years, the Zonta Foundation of Southwest Florida has distributed more than \$1 million in grants to qualifying charitable organizations. Although fundraising was down for the past two years due to COVID-19, the grants committee has worked to find ways to stretch this year's support commitments. This grants cycle focuses on empowerment, with successful grant applications incorporating one or more of the following: training, education, and/or affordable housing. Applications must also specify measurable outcomes.

Grant committee co-chair Marianne Ravenna said, "We hope the new empowerment application gets our grantees thinking outside of the box on innovative programs and projects that empower women through training, education, and affordable housing."

Last year, Zonta SanCap streamlined the grants process to a single application. This year, the decision was made to distribute funds in December instead of January, when grants were traditionally awarded.

Applications will be screened and will move forward based on meeting Zonta's mission and the empowerment



Zontian Darla Letourneau and Brenda Tate of Earn to Learn Florida, a past grant recipient photo provided

criteria.

Since Zonta is non-sectarian, applications from organizations with a faith-based or religious connection are not eligible;

Submitting an application does not ensure that the organization will automatically receive funding in the 2021 grant cycle;

Successful applicants will be expected to work collaboratively as needed with a liaison from Zonta.

Grant applications submissions, which are accepted via mail or email, must be submitted no later than July 16, 2021 to qualify for this year's awards.

To download an application, visit ZontaSanCap.org and click on "Grant Applications" at the top left. Email the completed application to info@zontasancap.org as well as to grants committee co-chairs Marianne Ravenna (groovybowl@gmail.com) and Pam Eccles (pam901@aol.com). Applications may also be mailed to: Zonta Foundation of Southwest Florida, P.O. Box 1244 Sanibel, FL 33957.*

From page 1

Tours Resume

is required. Program cost is \$25 per person and includes general admission to the AWC Visitor Education Center and the daily presentation. This program is open to all, but it is not recommended for children under the age of 13. Tours will be subject to modification or cancellation based on animals being treated in the hospital.

Daily presentations are offered Monday through Friday at 12:30 p.m. and include popular topics such as Birds of Prey, Virginia Opossums, Gopher Tortoises and Why Animals Come to CROW. Daily presentations are included with general admission. Advance registration is not needed to attend the daily presentation only.

The AWC Visitor Education Center

is open Monday through Saturday from 10 a.m. to 4 p.m. General admission is \$12 for adults, \$7 for ages 4 to 12 and no charge for ages 3 and under. To register for a guided hospital tour, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete your reservation.

Established in 1968, the Clinic for the Rehabilitation of Wildlife (CROW) is a teaching hospital saving the sick, injured and orphaned native and migratory wildlife of Southwest Florida and beyond. Through state-of-the-art veterinary care, public education programs and an engaging visitor center, CROW works to improve the health of the environment, humans and animals through wildlife medicine. For more information, or to plan your visit, go to www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.*

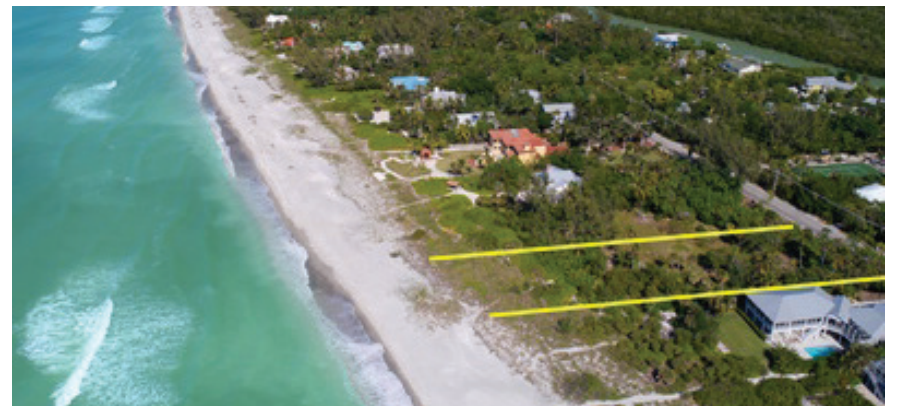


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Will Power

Estate Taxes And Equality



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

Requests often come from the most peculiar places. You wouldn't guess, for example, that some wealthy, influential families supported the implementation of the estate and gift tax laws around the turn of the previous century.

It's true. Although the concept of an inheritance tax can be traced to biblical times, the modern estate tax first took form in 1906. In that year, Republican President Teddy Roosevelt addressed Congress, advocating a progressive tax structure. He stated, "The prime object should be to put a constantly increasing burden on the inheritance of those swollen fortunes which it is

certainly of no benefit to this country to perpetuate..." The great influx of immigrants in the early 1900s created gaps between the "haves" and "have-nots." Politicians worried that a class of ne'er-do-wells could create a situation much like that found in revolutionary France. It wasn't only the politicians worrying, however.

Somewhat earlier than Roosevelt's speech, in a magazine article supporting estate taxes, Andrew Carnegie stated, "...men who continue hoarding great sums all of their lives, the proper use of which for public ends would work good to the community from which it chiefly came, should be made to feel that the community, in the form of the State, cannot thus be deprived of its proper share. By taxing estates heavily at death, the State marks its condemnation of the selfish millionaire's unworthy life..." John D. Rockefeller published a compliment supporting his friend Carnegie's views.

That period's wealthiest families were concerned that unless Congress taxed their estates, the wealth would do more harm to their children and grandchildren than good.

Which brings us to today, with a bill sponsored by Sen. Bernie Sanders (I-VT) to reduce today's generous federal estate tax exemption from \$11.7 million to \$3.5 million. Media have pounced on our nation's growing inequality of wealth and income, so this legislation is not entirely unexpected. Is it the right thing to do?

From a revenue-generating standpoint, the federal transfer taxes (gift, estate and generation skipping) generate less than one percent of total revenue. Even with a more aggressive transfer tax system, redistribution of this wealth from the rich to the poor can't possibly solve our current inequality problems. The transfer tax system was never intended to do so.

Instead, the transfer tax system's intent is to limit a class of inheritance-privileged

citizens. It presupposes that it's dangerous to have a class of citizens born into wealth, who have no need to work, and who can, with that wealth, exert enormous political pressure.

Before the birth of democracies in the 17th and 18th centuries, societies were built on hierarchies. The emergence of highly stratified societies came with the development, first of agriculture, then of cities. These societies were headed by a "divine" ruler on top, who was surrounded by a royal court, beneath which was an administrative elite, and at the bottom an illiterate mass that was conscripted from time to time either as an army or as a corvée, a labor force used in the construction of monumental buildings.

What kept the structure in place was an elaborate doctrine of hierarchy whose origins were told in myth, whose architectural representation was the pyramid or ziggurat, a massive building broad at the base and narrow at the top. The belief in this hierarchy was universal and lasted into the development of early western societies. Aristotle thought that some were born to rule, others to be ruled. Plato constructed a myth in *The Republic*, in which class divisions existed because the gods had made some people with gold, some with silver and others with bronze.

America, in contrast, is supposed to be a land embodied by Jefferson's declaration, "...that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

That we are created equal doesn't mean that we are to be equal. Many take Jefferson's words to define America as a land striving for equal opportunity. A country where an individual is free to maximize what one does with one's own natural and developed talents.

So it's complicated, isn't it? A capitalist democracy is, as we've discovered after two and a half centuries, exceptional at creating wealth, but not for all. How it moves forward while striving for equal opportunity for its citizens proves to be a more difficult problem to solve.

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Restrictions Lifted For Pool Use

Reservations are no longer required to use the lap pool at the Sanibel Recreation Center, and lane sharing is permissible.

Hours of operation are Monday,

Wednesday and Friday from 8:30 a.m. to 4:15 p.m., Tuesday and Thursday from 8:30 a.m. to 6:15 p.m., and Saturday from 8:30 a.m. to 12:15 p.m.

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

How's The Market? Ask Ann



Ann Gee
Broker/Owner

"Uneasy" about buying or selling in today's market? Let's take a look at current Inventory levels on Sanibel. Just 27 single family homes for sale, only 14 condos and a dwindling supply of lots (13). Buyers need to be prepared to bid higher than the listing price, particularly if they are competing with other buyers. Make your highest and best offer. In my opinion, "waiting" for prices to go down isn't going to happen over the next year.

Selling? Good time to sell. It's like you're in a poker game; should you wait for a stronger market or sell and take your profit now? Your call. You have a very strong hand. If you are interviewing Realtors to sell your property, talk to me about my discounted rates that will save you thousands of dollars in savings. Keep in mind, I am Sanibel's only "Certified Negotiator."

21 Closed Sales Going Back One Week: 8 Homes, 12 Condos & 1 Lot

5687 Baltusrol Ct. Vacant land - \$385,000	2441 Shop Rd. - \$920,000
1501 Middle Gulf Dr. I-105 Sundial West - \$405,000	1983 My Tern Ct. - \$1,020,000
5117 Sea Bell Rd. D203 Blind Pass - \$459,000	2475 West Gulf Dr. 109 Tarpon Beach - \$1,055,000
760 Sextant Dr. 731 Mariner Pointe - \$515,000	2445 West Gulf Dr. C43 Pointe Santo - \$1,075,000
671 East Gulf Dr. 3B3 Sandalfoot - \$520,000	557 North Yachtsman Dr. - \$1,124,000
671 East Gulf Dr. 3C1 Sandalfoot - \$630,000	2303 Troon Ct. - \$1,300,000
979 East Gulf Dr. 572 Loggerhead Cay - \$670,000	1299 Middle Gulf Dr. 151 Compass Pointe - \$1,495,000
1657 Sabal Sands Rd. - \$767,000	5403 Shearwater Dr. - \$1,599,000
3570 Bunny Ln. - \$869,000	2355 Wulfert Rd. - \$1,649,000
1401 Middle Gulf Dr. Q401 Sundial East - \$908,000	695 East Gulf Dr. 3 Cyprina Beach - \$1,749,000
827 East Gulf Dr. C4 Sanibel Arms West - \$910,000	

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

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16280 CAPTIVA DRIVE



BALI HI

- Tropical Island Paradise Getaway! 6 BR, 6 BA, 4,402 SF +
 - Clear Blue Water, White Sugar Sand, Breathtaking Sunsets
 - Open Concept, Huge Lanai, Guest house, Private Beach, Rental Income 600K per Yr!
- \$8,900,000**

5633 BALTUSROL COURT



NEW CONSTRUCTION SANCTUARY

- 4 BR, 4.5 BA, Open Concept Floor Plan, 3,445 SF +
 - Championship Golf course setting w/ Southern Exposure
 - Coastal Modern, Custom Kitchen, Private Study, 3 Car Garage
- \$2,100,000**

SAWGRASS PLACE



PREMIER NEAR BEACH LOT

- Incredible single family homesite!
 - Private, Beach Access across street
 - 10' Elevation, corner lot off West Gulf Drive
- \$949,000**

1237 ISABEL DRIVE



BOATER'S DREAM HOME

- 6 BR, 6.5 BA, Plus Extra Bonus Space, 4,504 + SF
 - Open Concept, Incredible Millwork & Cabinetry
 - 70 FT Water Frontage, Pool/Spa, Dock & Lift
- \$2,995,000**

15867 CAPTIVA DRIVE



GULF TO BAY ESTATE

- RARE OPPORTUNITY! Two houses, 1 on the Gulf, 1 on the Bay!
 - 6 BR, 6 BA, 5,000+ SF, Deeded Beach Access
 - Panoramic Views of the Bay & Gulf- AMAZING SUNSETS!
 - Deep water Dock/Boat lift, Perfect Income Producer!
- \$12,700,000**

15138 WILES DRIVE



CAPTIVA BEACH FRONT

- 102 Feet of Premier Gulf Frontage, Amazing Rental Income
 - Comfort Meets Luxury, 6 BR, 5.5 BA, 4,611 SQFT
 - Private Oasis, Huge Deck space, Pool, & Putting Green
- \$6,495,000**

11559 LAIKA LANE



MODERN, ICONIC, BEACHFRONT ESTATE

- Two Master Suites & Additional Guest Areas, 5,000 +SF
 - Rooftop decks, Balconies w/ Breathtaking Panoramic Gulf views
 - An Awesome Investment Opportunity for Vacation Rentals!
- \$6,900,000**

15261 CAPTIVA DRIVE



MODERN BAY ESTATE

- 4 BR, 4.5 BA, Furnished Modern Estate 5,690 + SF & Beach Access
 - Open Concept, Amazing Chef's kitchen, Master Retreat w/ Coffee bar
 - Heated Pool/Spa, Deep-water dock/lift & Private Beach
- \$11,995,000**



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Frankly Speaking



by Howard Prager

There are two incredible, word-defying MLB shortstops, one from Puerto Rico earning \$5.2 million in his final contract year with the Cubs, the other from the Dominican Republic earning

an MLB record 14-year, \$330M salary with the Padres. I'm talking about Javy Baez and Fernando Tatis, Jr. who last weekend totally outdid themselves. Tatis' accomplishment is simpler to describe, a game-tying, towering home run out of the park. Traveling 448 feet, it went out of Minute Maid Field in Houston onto the railroad tracks. Even the announcers couldn't believe it. Tatis Jr. is having a special season, hitting .302 with 15 home runs and 36 RBI.

Javy also hits powerful home runs, 13 so far this season. But that's not the play that grabbed the world's attention. Two men on base, two outs and Javy drives a ball that Pirates third baseman Erik Gonzalez picks up and throws to first. The throw took Pirates first baseman Will Craig off the bag, who only needed to step on the bag and Javy was out. Instead, he tried to tag Javy running down the first base line. Javy, decided to play chase and headed back to home plate. In the

meantime, Willson Contreras, who had run from second to third on the throw, decided he'd try and score. Craig tossed the ball to catcher Michael Perez, but Contreras slid in under the tag. While he was doing that, Baez took off towards first. Second baseman Adam Frazier had to run over to catch the ball and Perez threw it past him. Javy motored to second base on the throwing error. Said Al Yellen of www.bleedcubbieblue.com, "If you watch baseball long enough, you'll see something you have never seen before. Never was that more true than for this play. We will likely never see anything like it again." That's the value of Baez - he can make things happen just by his presence on the field and energy and instincts he brings.

The biggest excitement last weekend was 135,000 fans seeing history at the Indy 500. The crowd itself was a first - the largest crowd for a sporting event in the world since coming back from the pandemic - and that was only 40 percent of capacity! The 135,000 spectators saw Helio Castroneves clinch his fourth Indy 500 victory. "The exuberant crowd went wild for Castroneves' historic win for the old guys." Castroneves - who also won in 2001, 2002 and 2009 - joined US legends AJ Foyt, Al Unser Sr. and Rick Mears as four-time champions over 200 laps in the famed 500 mile race. When the Brazilian took the checkered flag, he rushed to the fence for his traditional 'Spiderman' climb that belied his 46 years. He became the fourth-oldest Indianapolis 500 winner, behind Al Unser (age 47, 1987), Bobby Unser (47, 1981) and

Emerson Fittipaldi (46, 1993). "I love Indianapolis," Castroneves said. "The fans, they give me energy. This is absolutely incredible. I've run two races this year and won two races, I'd say that's pretty good." Castroneves noted this might be the year for aging veterans. "I don't know if this is a good comparison, but Tom Brady won the Super Bowl and Phil Mickelson won the golf [PGA Championship], so here you go. The older guys are still kicking the younger guys' butts." The race was the fastest Indianapolis 500 in history, with an average speed of 190.690 mph. That broke the record of 187.433, set in 2013.

What's going on with NBA fans in the playoffs? Just this weekend a fan rushed onto the court at the end of the third quarter between the Wizards and 76ers. Security had to tackle him and have him removed. Charges have been filed, and he will be banned. A Celtics fan threw a water bottle at Kyrie Irving after the Nets win Sunday night. He too is subject to a lifetime ban. The Athletic reports that, "On May 26, fans were abusive to Russell Westbrook, Trae Young and the family of Ja Morant during games in Philadelphia, New York and Salt Lake City respectively." Kyrie Irving said, "It's too much and a reflection on us as a whole when you have fans acting like that." As fans, let's focus on cheering for our teams and not hurtling objects, or ourselves, at them.

Time for some good news. In a press release, Good Sports and the Ralph C. Wilson, Jr. Foundation "renewed their partnership for an additional three years to provide \$1.2 million in brand-new sports equipment, apparel and footwear to youth sports organizations and school sports programs in need throughout Southeast Michigan and Western New York." "Active play is vital for a child's physical, cognitive, emotional and social health. The pandemic has only increased the financial barrier children in need face in access to youth sports. Loss of local sponsorships and families unable to pay participation fees remain key challenges right now," said Good Sports COO, Christy Keswick. "We are thrilled to continue working with the Ralph C. Wilson, Jr. Foundation to give a significant number of children the equipment they need to play." Recent Aspen Institute survey results show

children from high-income households are participating in sports activities 2.5 hours more than children from low-income households during the pandemic. Before COVID-19, the gap was just 40 minutes (Aspen Institute, 2020). "Our local Project Play initiatives have found that the lack of access to sports equipment is a barrier that keeps many kids from sampling new sports, and the high cost of equipment is a significant burden on youth sport organizations that aim to keep their fees low for families," said Jim Boyle, vice president of programs & communications for the Ralph C. Wilson, Jr. Foundation. Let's make sure all can play ball. Have a good week my friends.

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.*

Social Media Leader Named

NOISE Inc. has promoted Eric Sprecher to social media leader. Sprecher previously served the agency as social media coordinator.



Eric Sprecher

Prior to NOISE, Sprecher interned with Yelp Inc. as a social media coordinator. He helped boost user interaction, coordinate events for users and restaurants, and contributed to the growth of Yelp Milwaukee's social media platforms. He has also contributed podcasts, articles and interviews for various publications.

At NOISE, Sprecher is creating and managing content across client social media platforms, as well as writing and publishing blogs, media releases and feature articles. "Eric continues to grow his craft and talents," said partner Ashley Shenk. "We look forward to his many contributions to client and agency success."*

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SPORTS QUIZ

1. Name the quarterback who started for the San Diego Chargers in their 49-26 loss to the San Francisco 49ers in Super Bowl XXIX.
2. What Baseball Hall of Famer, nicknamed "Double X," became the second player in Major League Baseball history to hit 500 career home runs when he achieved the milestone in 1940?
3. Reality TV star Kendra Wilkinson (*The Girls Next Door*, *Kendra*) was married to what NFL wide receiver from 2009-18?
4. What golf equipment manufacturer introduced its Big Bertha line of stainless-steel drivers in 1991?
5. During the Korean War, Boston Red Sox legend Ted Williams flew fighter jets and was wingman for what future astronaut/politician?
6. Shannon O'Keefe, Dasha Kovalova, Danielle McEwan and Bryanna Cote are athletes in what professional sports league?
7. For what Apple TV+ series did Jason Sudeikis win a Golden Globe award for portraying a backwoods American football coach who takes a job as manager of an English Premier League soccer club?

ANSWERS

1. Stan Humphries. 2. Jimmie Foxx. 3. Hank Baskett. 4. Callaway Golf Company. 5. John Glenn. 6. The Professional Women's Bowling Association (PWBA). 7. "Ted Lasso."

CAPTIVA GULF TO BAY ESTATE**15867 & 15879 CAPTIVA DR., CAPTIVA**

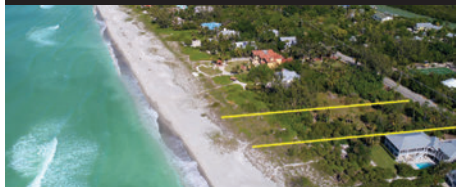
- Main House - 3 BR, 3.5 BA, 4,000 S.F.
- Spacious 3 BR, 3 BA Cottage
- \$12,700,000** **MLS 221027605**

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SANIBEL BEACHFRONT**3767 W. GULF DR., SANIBEL**

- Newer Construction, Gorgeous Interior
- Wine Room, Elevator, Game Rooms
- \$7,995,000** **MLS 219071271**

Trevor Nette 239.281.4435

CAPTIVA ISLAND**16970 CAPTIVA DR., CAPTIVA**

- Premier Beach Location on Gold Coast
- Western Exposure, Direct Sunset View
- \$4,250,000** **MLS 217074695**

Trevor Nette 239.281.4435

THE SANCTUARY**5633 BALTUSROL CT., SANIBEL**

- New 2020 Construction on Golf Course
- 4 BR, 4.5 BA, Great Room Floor Plan
- \$2,100,000** **MLS 220004571**

McMurray & Members 239.850.7888

SEASPRAY**1321 SEASPRAY LN., SANIBEL**

- Near Beach, Large Buildable Homesite
- Small Beach Community
- \$899,000** **MLS 221016939**

John Nicholson, McMurray & Members 239.849.3250

SUNDIAL OF SANIBEL**1501 MIDDLE GULF DR. #G204, SANIBEL**

- Gulf Views from Your Screened Lanai
- 2 Bedrooms, 2 Full Bathrooms
- \$749,000** **MLS 220067748**

Brian Murty 239.565.1272

OCEAN'S REACH**2230 CAMINO DEL MAR DR. #3A1, SANIBEL**

- Ground Floor Walk-Out Unit
- Completely Remodeled & Updated
- \$894,900** **MLS 220003127**

Shane Spring 239.229.3242

MARINER POINTE**760 SEXTANT DR. #231, SANIBEL**

- 2 Bedrooms, 2 Bathrooms
- Direct Bayfront, Deeded Beach Access
- \$699,000** **MLS 221024512**

Shane Spring 239.229.3242

SHELL HARBOR**1146 GOLDEN OLIVE CT., SANIBEL**

- 5 Bedrooms, 4 Baths, Pool
- Direct Access to Bay & Gulf
- \$3,199,000** **MLS 221026391**

Shane Spring 239.229.3242

**ISLAND BEACH CLUB
UNDER CONTRACT****2265 W. GULF DR. #230D, SANIBEL**

- Surf & Sunsets, Fully Furnished
- Direct Beachfront, Awesome Rental Income
- \$1,335,000** **MLS 221007716**

Sally Davies 239.691.3319

**OCEAN'S REACH
UNDER CONTRACT****2230 CAMINO DEL MAR DR. #2D1, SANIBEL**

- 2 BR, 2 BA, Direct Gulf Front
- Recently Renovated, New Furnishings
- \$890,000** **MLS 221018343**

Cindy Sittin 239.810.4772

SUNDIAL BEACH RESORT**1501 MIDDLE GULF DR. #F106, SANIBEL**

- Ideal 1 BR Courtyard View
- Fully Furnished & Appointed
- \$465,000** **MLS 220037666**

Vicki Panico & Fred Newman 239.826.2704

CAPTIVA ISLAND**15261 CAPTIVA DR., CAPTIVA**

- 4 BR, 4.5 BA, Deep Water Dock w/Lift
- Stofft Cooney Design, Waterfront Oasis
- \$11,499,000** **MLS 220019253**

McMurray & Members 239.850.7888

CAPTIVA BEACHFRONT**11559 LAIKA LN., CAPTIVA**

- Iconic, Modern, Gulf Front Estate, 4,730 S.F.
- Rooftop Terrace, Floor to Ceiling Windows
- \$6,900,000** **MLS 220029520**

McMurray & Members 239.850.7888

SANIBEL ISLAND**1237 ISABEL DR., SANIBEL**

- Deep Water w/Direct Access, 70' Dock
- 6 BR, 6.5 BA, Open Floor Plan
- \$2,995,000** **MLS 221029905**

Chad Reedy, McMurray & Members 239.989.8838

**SANDDOLLAR
UNDER CONTRACT****1785 MIDDLE GULF DR. #B101, SANIBEL**

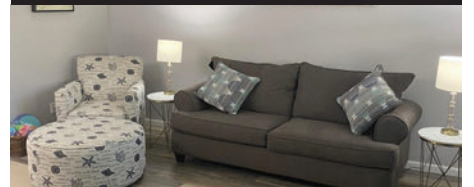
- 2 BR, 2 BA, Sensational Gulf Views
- Serene Tropical Décor
- \$1,125,000** **MLS 221023097**

Cindy Sittin 239.810.4772

**SANIBEL BAYOUS
UNDER CONTRACT****2098 WILD LIME DR., SANIBEL**

- Bright & Airy, Near Beach, 3 BR, 2 BA
- Updated w/Impact Windows & Doors
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CAPTAIN'S WALK**641 PERIWINKLE WAY #B2, SANIBEL**

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SOUTH SEAS ISLAND RESORT**1629 LAND'S END VILLAGE, CAPTIVA**

- Direct Waterfront, Fantastic Views
- Large 2 BR w/Open & Screened Lanais
- \$1,374,500** **MLS 220040408**

Vicki Panico & Fred Newman 239.980.0088

Health First

Pets Support Good Health



by Julie Rosenberg, MD

Having pets is typically a joyful and fulfilling experience for individuals and families. You may be surprised at the many ways that pets can improve your health. I know

this firsthand. For most of my life, I've had a dog as a member of my family. I've valued the companionship, as well as the unconditional love and affection that these pets have offered. I am a happier and healthier person because I have enjoyed the company of these wonderful dogs.

Having a pet may offer these six health-related benefits (and more):

Reduce stress – Spending just a few minutes with a pet can help you to feel calmer and less stressed. How? Human-pet interactions have been shown to elicit positive hormonal effects including reducing cortisol, the stress hormone, and increasing serotonin and oxytocin, chemicals that help improve your mood.

Support for your heart – People with pets may have some heart-related benefits. Studies have shown that survivors of heart attacks and individuals

with abnormal heart rhythms who own dogs live longer than people with the same heart problems who do not have dogs. Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets. Overall, pet owners are less likely to die of any cardiac disease.

Improve blood pressure – Having a pet can help you manage your blood pressure. Research has shown that petting an animal for 15 to 30 minutes can lower blood pressure by 10 percent. Regular daily dog walks have also been shown to help lower high blood pressure. If you play ball or Frisbee with your dog in the yard, you will add to your daily physical activity.

Ease symptoms of depression – In a survey undertaken by the Human-Animal Bond Research Institute, 74 percent of pet owners said having a pet improved their mental health. Pets are attuned to humans – to human behavior and emotions. Your pet loves you unconditionally. This feeling of unconditional love can help you deal with and recover from depression. Having a pet can remind you that you are not alone. Caring for your pet takes you out of your head and can help you experience more positive thoughts and feelings. Knowing you must feed, walk and care for your pet may offer those with depression a sense of purpose and routine.

Boost Your Fitness Level – There is a well-established link between physical activity and good health. As relates to pet ownership, dog owners are often

more physically active than non-owners. A daily walk with your dog helps to keep you moving. Two walks, one in the morning and one in the evening, are even better. In addition, a regular walk is important for your pet's health too. Obesity in pets is associated with several medical problems including osteoarthritis, insulin resistance and cardiovascular disease.

Enhance social connections – One key to good health is to stay socially engaged. Pets are a great way to increase social connections, especially for those who tend to be shy around other people. Scientific studies have shown that dog owners are more likely to acknowledge and greet other people in the street and to meet others in their neighborhood. I've experienced this myself: People with dogs typically stop to chat when they see me walking my dog. It's easy to start a conversation as we have our dogs and pet interests in common.

In conclusion, most pet owners easily recognize immediate joys that come from sharing their lives with companion animals. It is now recognized that the nonjudgmental companionship and unconditional love offered by pets has considerable physical and mental health benefits for owners. While owning a pet is a major commitment, for those who love domestic animals and are willing to care for their needs, pet ownership can greatly enhance quality of life.

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. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.

Pet Adoption Discount, Bonus Ballgame Tickets

The Fort Myers Mighty Mussels invite pet owners to bring their dogs to Saturday home games for Bark in the Park, and Lee County Domestic Animal Services (LCDAS) wants to help everyone join the fun by lowering adoption fees for dogs ages 4 months and older.

For the month of June, fees will be only \$20 with an approved application, and owners of the newly adopted pets will receive two free tickets to any Mussels home game.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are on hand to introduce families to their new, furry friends. Hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday. The adoption center is located at 5600 Banner Drive in Fort Myers.

For more information, call 533-7387 or visit www.leelostpets.com. Look for Lee County Domestic Animal Services on Facebook and Instagram.

Rotary Happenings

submitted by Cindy Carter

The pandemic has had many effects on many different people. One of the effects that has not yet been measured is the impact it has had on literacy within the school systems. This week, Ted Lindenberg with the Books for Kids Program shared information about how this program is helping students with literacy.



Ted Lindenberg photo provided

for Kids Program aims to help these children.

The Books for Kids Program is a district multiclub grant, with 10 clubs participating, that would like additional clubs to join their program. The organization officially started in 2014 with three volunteers handing out 60 books per month. Today, they have 120 volunteers helping 2,800 children in 11 schools, in two counties, with 20,000 books distributed this past year. This school year, during the pandemic, Books for Kids continued to distribute books, with the delivery

going directly to the schools, and streamed live reading into classes. The aim of the program is to help children with reading comprehension skills, vocabulary, listening comprehension skills, character development and critical thinking. Middle income neighborhoods have roughly 13 books per child. Lower income neighborhoods have roughly 300 children per book. With the Books for Kids program, each child receives a book of their very own.

The Sanibel-Captiva Rotary Club is holding hybrid meetings on Zoom and in person at The Dunes Golf & Tennis Club. To attend a meeting in person (limit 20), email Bill Harkey at william.harkey@gmail.com by Wednesday. Zoom meetings are held on Fridays. Log on as early as 7 a.m., the meeting begins at 7:30 a.m.

Disaster Preparedness Sales Tax Holiday

Consumers can purchase qualifying disaster preparedness supplies exempt from sales tax during the 2021 Disaster Preparedness Sales Tax Holiday. Passed by the Florida Legislature and signed into law by Gov. Ron DeSantis, the sales tax holiday began May 28 and extends through Sunday, June 6. During this time, qualifying items such as flashlights,

generators and batteries are exempt from sales tax. The following products are included:

Selling for \$20 or less – Reusable ice (ice packs)

Selling for \$40 or less – Any portable self-powered light source, including light sources powered by battery, solar, hand-crank or gas; flashlights, lanterns, candles

Selling for \$50 or less – Any gas or diesel fuel container, including LP gas and kerosene containers

Batteries, including rechargeable batteries (AA and AAA, C-cell D-cell, 6-volt, 9-volt, excluding automobile and boat batteries)

Two-way and weather band radios, including radios powered by battery, solar or hand-crank

Selling for \$60 or less – Coolers and ice chests (food storage, non-electrical), portable power banks

Selling for \$100 or less – Tarpaulins (tarps), ground anchor systems, tie-down kits, bungee cords, ratchet straps, plastic sheeting, plastic drop cloths and other flexible waterproof sheeting

Selling for \$1,000 or less – Portable generators used to provide light or communications or to preserve food in the event of a power outage.

The sales tax holiday does not apply to the rental or repair of any of the qualifying items. The sales tax holiday does not apply to sales in a theme park, entertainment complex, public lodging establishment or airport.

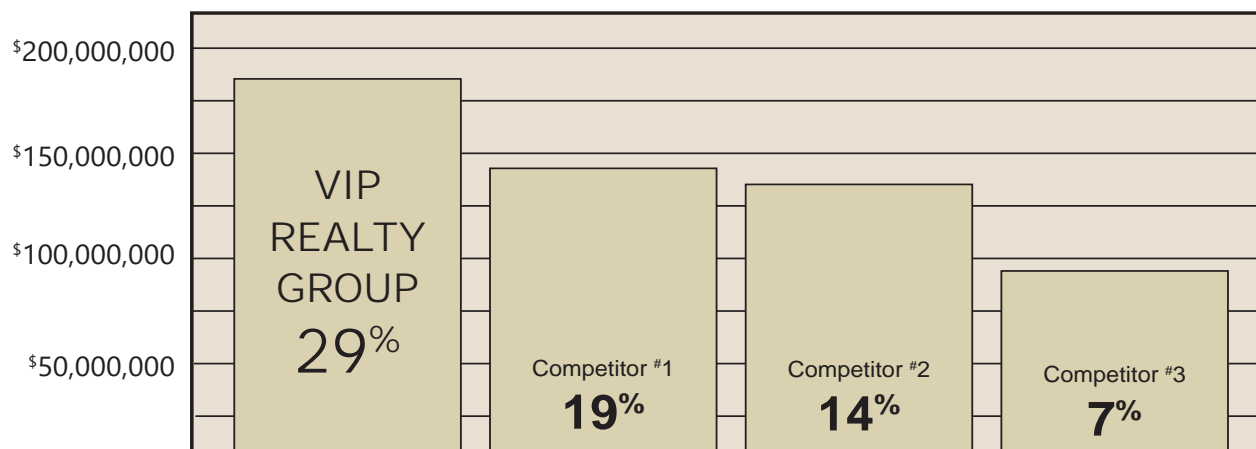
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Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am grieving from the loss of my co-worker to cancer. Can you help me learn how to cope with this?

A: I am sorry for your loss. Co-workers are very much like

an extended family. You spend most of your waking hours with them, forging special bonds of trust and friendship that are unlike other relationships. It's not surprising that your co-worker's death is difficult to manage, particularly if you were close to that person. You may also experience feelings of anxiety and guilt if the death occurred in the workplace, or your last interaction with the person was not pleasant.

Even if the co-worker's death is the result of a prolonged illness, it is natural to experience shock and depression. The emotional impact of how you cope with a loss depends on many factors, from your personal beliefs to the presence of other stressors in your life. For some people, thoughts of the deceased may make it hard to focus on work for a short while. Others may find it difficult to get back on track, resulting in mistakes that, in turn,

disrupt the organization's functioning. In a production or manufacturing environment, preoccupation with a co-worker's death may present safety hazards for those operating equipment, performing intricate operations or monitoring product quality.

Similarly, a loss of concentration during your daily drive to and from work could easily lead to a crash. In more extreme cases of stress, a co-worker's death may cause you to become tense and irritated, adding to what may already be a stressful work environment, and creating new problems elsewhere in your life. The physical impact of a strong emotional response to a co-worker's death can have a direct, and often negative, influence on your physical health. Long-term feelings of deep sadness can disrupt your eating and sleeping patterns, robbing you of energy necessary to move on with your life.

For those with arthritis, high blood pressure or other chronic health problems, even a brief deviation from prescribed diet, medication or exercise regimens can have serious consequences. Prolonged grief frequently leads to depression, which has been linked to many other health concerns such as heart disease, stroke, obesity, eating disorders, diabetes and some forms of cancer.

Grief-related stress has also been shown to disrupt the immune system. Bacteria-fighting (thymus-derived) T lymphocytes, or T cells, react more sluggishly, making the body more vulnerable to colds and infections. Trying too hard not to think about

your co-worker's death has its own consequences. Those who attempt to "lose themselves" in their work risk burnout, a state of intense mental and physical exhaustion that can cause cardiovascular and neurological problems. It's important to be aware of what you are feeling and if any of these symptoms are affecting you. Some people may become dependent on alcohol and prescription drugs to cope with their sadness.

Grief is a natural process that requires time. If you are having difficulty accepting your co-worker's death, a qualified mental health professional such as a psychologist can help you adjust to the loss and help you work through your grief stages. You may also find these suggestions helpful:

Share your feelings – Your other co-workers may be experiencing the same feelings you are. Mutual support can help everyone get through the grieving process.

Take advantage of Employee Assistance Programs, if available – Experienced counselors can offer the support and structure necessary to help individuals and groups come to terms with a loss and make appropriate plans for memorials or gestures of condolences to family members.

Plan ahead – If you are a manager, work with your human resources specialists to establish protocols for responding to a worker's death. Issues to consider include sharing information, handling personal effects, allowing time off for funerals and reassigning space or equipment.

Grieving takes time. Give yourself time to go through the grieving process and know that grieving is healing. In time, you will be able to feel an acceptance from this loss.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health

therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.✧

Hospice Teams Take Dementia Training Program

To better serve those with dementia, Hope Healthcare nurses, chaplains and social workers completed Aliviado Dementia Care, a specialized training program created for hospice care teams. Staff members learned about recognizing different types of dementia in older adults, identifying strategies for treating pain and tailoring care for people with dementia through an interactive, video-based program. Studying the most up-to-date, evidence-based best practices also helps Hope's hospice team improve communication with family caregivers.

"At Hope, we're focused on and improving the quality of life through exceptional care, comfort and support," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Our team's commitment to continuing education and professional development ensures we offer the highest level of compassionate care possible for our community's families and their loved ones."

Approximately 16 percent of patients in hospice care have dementia as their primary diagnosis, according to New York University's Rory Meyers College of Nursing, making it the second most common hospice diagnosis after cancer. Alzheimer's disease, which is a form of dementia, was the sixth leading cause of death in the United States in 2019.✧

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dearRPharmacist

Taurine Supports Brain And Heart Health



by Suzy
Cohen, RPh

Dear Readers:

The complaint of shortness of breath and exercise intolerance are exactly the same, however, the causes and

may be related to LVH, for example. Doing so protects the heart and reduces symptoms that look like cardiac asthma. When you have a healthy heart, you don't experience as much shortness of breath (dyspnea), wheezing, crackling, rales and/or exercise intolerance problems.

A good cardiologist can detect LVH, or the beginnings of it with some simple non-invasive tests such as an electrocardiogram (EKG) and an echocardiogram or "echo" as it is more often called. Furthermore, your cardiologist will make the best suggestion for you, based upon your risk factors, age, lifestyle and heart function. The treatment may include medication, implanted devices, or surgery depending on the cause.

But when it comes to a conversation about alternative treatments including dietary supplements, you're likely to hit a brick wall because a conventionally schooled physician may not be up to date on the research regarding natural options. Sold nationwide, this is an easy-to-access, inexpensive and well-researched dietary supplement that is known for its ability to support all aspects of cardiovascular health. It is absolutely crucial for a healthy heart. Why?

Because taurine is found in massive amounts in your heart and brain. Remember how I stated earlier that a person with heart failure has a two-fold risk of dementia? Well, taurine is the number one amino acid in both of these

tissues which further illustrates to me how useful it can be for both tissues. Taurine is involved in heart rhythm and may be useful to people with PACs, PVCs, pauses and/or tachycardia, but do ask your cardiologist before attempting self-treatment.

Taurine calms the body. For this reason, it is sometimes taken in the evening as it helps with sleep.

Taurine has one more interesting use in the natural arena. It can stabilize neurons in the brain and is sometimes employed in people who have epileptic seizures.

Taurine is sold at all health food stores. Combining taurine with other

heart-healthy supplements such as aged garlic, Arginine, L-carnitine or Ubiquinol or PQQ could be even more useful for the heart. That said, do not substitute taurine, or any vitamin for your medication, or for proper treatments by a qualified physician that you've been seeing. If this topic interests you, I have posted a more comprehensive article on my website at www.suzycohen.com.

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

treatments may be worlds apart. Dyspnea, as it is termed, can be related to asthma or heart failure and, again, the treatment for these conditions differs dramatically.

Today's focus is on the heart and left ventricular hypertrophy (LVH), which is the name given to someone who has a thickening of the wall of their heart's major pumping chamber. It results in inferior pumping abilities. There are many causes for this, but elevated blood pressure (BP) is the main one. With untreated LVH, heart failure becomes more imminent as does cognitive disease. For example, LVH doubles the risk for dementia!

So my goal today is to help you with the underlying cause of dyspnea which

Lee Health In Urgent Need Of Blood Donations

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other

conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in June. Visit www.leehealth.org/our-services/blood-centers/blood-mobile/blood-drives for dates and times.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.*

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Doctor and Dietician

Is Your Nervous System Shot?



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

The nervous system is defined as “the system of nerves in your body that sends messages for controlling movement and feeling between the brain and the other parts of the body.” The autonomic nervous system is comprised of the sympathetic and parasympathetic nervous systems. You are driving over the Sanibel Causeway with the windows down, the breeze blowing, Jimmy Buffett playing, the pelicans flying alongside you – it’s your happy place. Suddenly, a vehicle coming from the opposite direction drifts into your lane. To avoid a collision, you swerve toward the shoulder nearly hitting a bicyclist, but you quickly correct and get back into your lane without hitting the oncoming vehicle

or the bicyclist. Fortunately, everyone is safe. Despite knowing you are safe, your heart rapidly pounds against your chest, and your clammy hands attempt to continue driving. Your mind is racing and now you are on high alert, where moments ago you were chillin’.

This scenario demonstrates the sympathetic and parasympathetic nervous systems in action. They are continuously producing responses, balancing each other out. But many external stimuli can tip to create an imbalance, tipping the scale in one direction or another.

The autonomic (occurs automatically) nervous system controls involuntary physiological responses, such as heart rate, contraction/relaxation of blood vessels, stomach and intestines. The sympathetic nervous system is responsible for generating the physiological responses that occur from stressful or dangerous situations, commonly referred to as “fight or flight” – as in the situation described above. The parasympathetic nervous system produces physiological responses that occur at rest and is often referred to as the rest and digest state. They are essentially opposite of one another.

In our center, we see many patients with a myriad of mysterious and simultaneous conditions and symptoms that affect the nervous system. They unload a shopping bag full of medications that they are taking for all of their symptoms – none of which have helped them resolve the symptoms

– along with a long list of diagnoses they have accumulated over the years. Many of these patients have what is termed dysautonomia, meaning their nerves are not communicating correctly. These symptoms can manifest themselves as problems with blood pressure and heart rate. Some also have EDS (Ehlers-Danlos-Syndrome) or Lyme Disease. Others will report that they pass out for no reason or that their heart starts beating uncontrollably, food gets stuck in their throat, their mouth burns, digestion is abnormal, and they have headaches, migraines and fatigue.

What is the cause? From our research, we have found that these problems may arise from an underlying cervical (neck) or lumbar (back) spinal instability leading to autonomic nervous system dysfunction. The autonomic ganglion is a cluster of nerve cell bodies. Their job is to send sensation signals to the central nervous system. The autonomic ganglia pass and run very close to the vertebrae of the spinal column. When the vertebrae have unstable movement, they

can press on nerves, stretch out nerves, compress the autonomic ganglion. Thus, people may experience problems with vision, heart function, digestion, bladder function, temperature regulation and a wide array of other symptoms. Dynamic autonomic nervous system testing (such as the protocols we have at Caring Medical) can be performed to document why the nervous system is not functioning properly. Understanding the structural breakdown in the spine and its repair using prolotherapy and dynamic curve correction can be life-changing. Addressing emotional and stress-related aspects of life will also help keep the nervous system functioning properly. Do not give up – there is hope for these seemingly crazy symptoms.

*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.**

Beautifulife: The Glass



by Kay Casperson

Are you a glass half-full person or a glass half-empty? I have been thinking a lot about this topic for quite some time now, and I think it deserves a deeper dive. First, let’s be clear about the fullness of the glass. It revolves around your perspective in life. How you see the world, yourself, others, and various situations that occur.

If you are a glass half-full person, you will generally see the good in yourself, other people and situations before exploring anything negative. In fact, you will tend to ignore anything other than the positive outcomes. You are usually hopeful and tend to learn from all experiences, good or bad. Some call this being an optimist.

On the other hand, if you are a glass half-empty person, you will pick apart your shortfalls and find the worst in people. You might even plan on failure before you can ever succeed in various situations. You are likely to be less hopeful and think that things are worse than they usually become. Most will call this type of person a pessimist.

In many partnerships, whether it be personal or business, there is usually an optimist along with a pessimistic person at the helm of the relationship. This can create a balance between the two; in fact, the cynical person might even call themselves a realist to justify their thought pattern. That’s okay, because as long as there is balance, things can always be worked out.

I’m sure most of you know by now that I fall into the glass half-full category. I would love to give you a few

suggestions on how you can keep your glass more full even if it tends to lean on the emptier side:

Put a smile on your face regardless of what you feel. Smiling can actually change your attitude and create a positive feeling inside you to overcome any person or situation that might bring you down.

Surround yourself with positive and inspiring people. I have to admit that negative and pessimistic people tend to flock together, as do positive individuals. So, try your best to surround yourself with positive people, and don’t be afraid to learn a thing or two from them.

Wake up every morning and focus on the things you are grateful and thankful for. This is extremely important in realizing that no matter what happens around you or who you might encounter, all is well in your world.

Try your very best to bite your tongue before speaking anything negative about a person or situation. Realize that what you say is as powerful as what you believe, and all can be changed with just words and thoughts.

Be the best version of yourself every moment and know that none of the negative really matters in the extended scheme of things. The only thing people will remember about you is your love for others, your integrity, and maybe your view of the world. The last part might just be the glass, so just in case... keep it as full as you can.

My affirmation for you this week is: “I am focusing on my perspective in life and striving for my glass to be mostly full.”

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

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City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
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Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
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Post Office, Sanibel (toll free)	800-275-8777
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Center 4 Life, Senior Center.....	472-5743
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Symphonic Choral of Southwest Florida	560-5695
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Audubon Society	472-3744
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CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211	984-5920
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FISH OF SANCAP 24-hr service.....	472-0404
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Newcomers	472-9332
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Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
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Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
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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

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PUZZLES

Answers on page 47



"She may have been like one of the family,
 ma'am, but you still ought to try the
 _____."

SCRAMBLERS

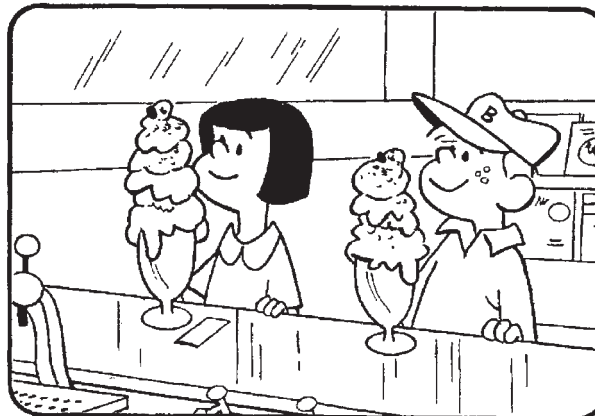
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Skill _____
 LATENT _____
 Bash _____
 MINGAL _____
 Flame _____
 LINKED _____
 Niche _____
 VOCAL _____

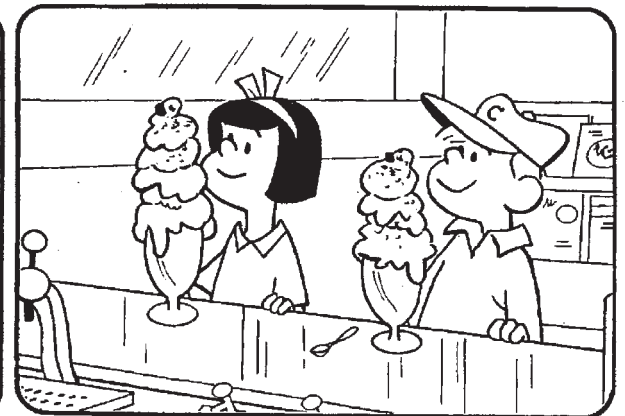
TODAY'S WORD

HOCUS-FOCUS

BY
 HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Collar is missing. 3. Spoon is added. 4. Napkin is missing. 5. Freckles are added. 6. Bow is added.

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

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.

PUZZLES

Answers on page 47

Super Crossword

SCHOOLHOUSE
DARK ROCK

- ACROSS
- 1 Beethoven's Third, popularly

7 Biblical twin

12 "— -Ca-Dabra" (1974 song)

16 Math calculation

19 Fred Astaire, e.g.

20 Piano challenge

21 Get out of the field

22 Year, in Portugal

23 Start of a riddle

25 Security datum

27 Cockpit guess, briefly

28 Math calculation

29 Woolen cloth

31 Many a roof edge

32 Riddle, part 2

38 Costume part, perhaps

39 Future jr.

40 Maine college town

41 Riddle, part 3

50 Debt slip
- 51 "Annie" star Quinn

52 Home of the Bay of Pigs

53 Mr. America's pride

56 Sensed

60 Great serves

62 Bit of a lot

63 Cow catcher

66 Diner dish

68 Riddle, part 4

73 Home of Ikea

74 Virtual bread?

75 Elliptical

76 Like saints

77 Not had by

79 Turns away

84 With 55-Down, totally ready

85 Mrs., in Berlin

86 SOS signals

89 "So cool!"

90 Riddle, part 5

95 "Heidi" author Johanna

98 A juror takes one

99 Corn-on-the-cob unit

100 End of the riddle

109 Intro studio class
- 110 "— Gold" (Fonda film)

111 Author Sarah — Jewett

112 Gun rights org.

114 Stunning with a gun

116 Riddle's answer

121 Suffix with polymer

122 Town near Santa Barbara

123 Everything, in Latin

124 Ill-advised

125 Decimal base

126 New York City river

127 "Zounds!"

DOWN

1 Falco of "The Sopranos"

2 Balsa transports

3 Tavern sign

4 Freud's "I"

5 So-so mark

6 Call into court

7 Tiara shiner

8 Best players

9 Bad dog

10 Exalting poem

11 Really criticize

12 The Little Mermaid

13 Moisten, as grass

14 GI's time off

15 Clerk at TV's Kwik-E-Mart

16 Actor Antonio — Jr.

17 Asymmetric

18 Oscar winner Rita

24 Laundry room brand

26 London

30 Actor Ken

33 "Oh, gross!"

34 LI doubled

35 Even — speak

36 Score unit

37 Itty-bitty bit

41 Little drink

42 Bladed tool

43 "They're playing — song"

44 Courtroom mallet

45 Go hastily

46 Dated

47 Razor-inventing philosopher

48 Chalked stick

49 Remit, as sins

53 Musician Guthrie

54 Bone to pick

55 See 84-Across

57 Tea box

58 Latin "Lo!"

59 Mined find

60 Year- — glance

61 Green car?

63 Zenith rival

64 "TGIF" part

65 Hearth residue

67 Spiteful

68 Like a missing GI

69 Tony winner Carter

70 Subside

71 Start for friendly

72 Aplomb

73 "Na Na" lead-in

78 Scot's refusal

79 Bible boat

80 Tripod part

81 As well

82 Really long time

83 Hen or nanny

85 Govt. money guarantor

86 It lacks a heel

87 Wood strip

88 Throb

90 Shaw of jazz

91 Presage

92 Ration

93 Mineo of films

94 Three, in Rome

95 Try to hit, as a gnat

96 Coined thing

97 China's Sun —

101 Mystical board

102 Lower arm bones

103 Kosher

104 Like plow-pulling oxen

105 Lock of hair

106 Neither Rep. nor Dem.

107 Many a bellybutton

108 Lovers' meeting

113 Firefighters' tools

115 Sushi eggs

117 "Can u believe it!"

118 — roll (lucky)

119 Nashville-to-Chicago dir.

120 Have debts
- | | | | | | | | | | | | | | | | | | | | | |
|-----|----|----|----|----|----|----|-----|-----|-----|----|----|----|----|-----|-----|-----|----|----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | | 16 | 17 | 18 |
| 19 | | | | | | | 20 | | | | | | 21 | | | | | 22 | | |
| 23 | | | | | | | 24 | | | | | | 25 | | | | | 26 | | |
| 27 | | | | | 28 | | | | | | 29 | 30 | | | | | | 31 | | |
| | 32 | | 33 | 34 | | | | | | 35 | 36 | | | | | | | 37 | | |
| | | | 38 | | | | | | | 39 | | | | | | | | 40 | | |
| 41 | 42 | 43 | | | | | 44 | 45 | 46 | | | | 47 | 48 | 49 | | | | | |
| 50 | | | | | | | 51 | | | | | | 52 | | | | | 53 | 54 | 55 |
| 56 | | | | 57 | 58 | 59 | | | | | | 60 | | | | | | 61 | | |
| | | | 62 | | | | | | | 63 | 64 | 65 | | | 66 | 67 | | | | |
| | 68 | 69 | | | | | | | | 70 | 71 | | | | 72 | | | | | |
| 73 | | | | | | | 74 | | | | | | | 75 | | | | | | |
| 76 | | | | | | | 77 | 78 | | | | | 79 | 80 | | | | 81 | 82 | 83 |
| 84 | | | | | | | 85 | | | | 86 | 87 | 88 | | | | | 89 | | |
| | | | 90 | | | | | | | 91 | | | | | | 92 | 93 | 94 | | |
| 95 | 96 | 97 | | | | | | | | 98 | | | | | | 99 | | | | |
| 100 | | | | | | | 101 | 102 | 103 | | | | | 104 | 105 | 106 | | | 107 | 108 |
| 109 | | | | | | | 110 | | | | | | | 111 | | | | | 112 | 113 |
| 114 | | | | | | | 115 | | | | | | | 116 | 117 | 118 | | | 119 | 120 |
| 121 | | | | | | | 122 | | | | | | | 123 | | | | | 124 | |
| 125 | | | | | | | 126 | | | | | | | 127 | | | | | | |
- King Crossword
- ACROSS

1 Met melody

5 "CSI" settings

9 Apply cream

12 Fender bend-er

13 Gumbo need

14 Mode lead-in

15 Instrument panel

17 Homer's neighbor

18 Thread hold-ers

19 "Tiny Alice" playwright

21 "Heavens!"

22 Spud

24 Green gem

27 Church seat

28 Ken or Barbie

31 Glamorous Gardner

32 Shoe width

33 Teeny

34 Baseball glove

36 British "Inc."

37 — B'rith

38 Soil

40 Opposite of nyet

41 "Yippee!"

43 Vile

47 Ghostly greet-ing

48 Music group at a New Year's Eve party

51 Wall St. debut

52 Jacob's twin

53 Author Ferber

54 "A mouse!"

55 Peel

56 Optimistic

8 Nasser's suc-cessor

9 "The Da Vinci Code" author

10 Out of the storm

11 Ordered

16 Journalist Nellie

20 Started

22 Pearly whites

23 Dumbstruck

24 Bread spread

25 Bird (Pref.)

26 Appointment tracker

27 Hide

29 Meadow

30 Tiki bar neck-lace

35 Eastern path

37 Sweeney Todd, for one

39 Actress Winona

40 Female hare

41 Theater award

42 Aspiration

43 Gulf War mis-sile

44 Pedestal part

45 Hostels

46 Crucial time

49 "— was say-ing ..."

50 Indian bread

DOWN

1 Tosses in

2 Harvest

3 Not — many words

4 Not on the road

5 Novelist Anita

6 Alias letters

7 "It's c-c-cold!"
- MAGIC MAZE ● DOUBLE LETTERS UP FRONT
- M D A O O D L E S X U Q N K H
S P O O G O N I U M E B Y V S
P M O L J H S E B Y V T Q O L
I G L I D E B K Y W T R P M K
I F O T N I D B R Y W U S Q O
M K N E I R G O F A D B Z X G
W U G S Q E O N M N V L J N N
H O F D C E E A I A Y D I W I
O V T D Y O L L S H Q Z R P H
N L K I H L F L E C O B Z A A
Y W V U S R Q P N O N O R A A
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: — OF NOODLES
- Aahing
Aardvark
Aaron
Eel

Eerie
Llama
Llano
Lloyd

Oogenesis
Oogonium
Oohing
Oolite

Oolong
Oops
Oozing

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FRIDAY
Mostly Cloudy
High: 84 Low: 74




SATURDAY
Mostly Cloudy
High: 85 Low: 76




SUNDAY
Cloudy
High: 86 Low: 75




MONDAY
Partly Cloudy
High: 87 Low: 79



TUESDAY
Mostly Cloudy
High: 88 Low: 78



WEDNESDAY
Mostly Cloudy
High: 90 Low: 82



THURSDAY
Cloudy
High: 89 Low: 80

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	10:32 am	3:21 am	10:48 pm	4:41 pm
Sat	10:52 am	3:57 am	None	5:31 pm
Sun	12:03 am	4:28 am	11:11 am	6:13 pm
Mon	1:08 am	4:55 am	11:31 am	6:52 pm
Tue	2:07 am	5:16 am	11:52 am	7:28 pm
Wed	3:02 am	5:33 am	12:16 pm	8:03 pm
Thu	3:54 am	5:47 am	12:44 pm	8:39 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	9:37 am	3:23 am	9:53 pm	4:43 pm
Sat	9:57 am	3:59 am	11:08 pm	5:33 pm
Sun	10:16 am	4:30 am	None	6:15 pm
Mon	12:13 am	4:57 am	10:36 am	6:54 pm
Tue	1:12 am	5:18 am	10:57 am	7:30 pm
Wed	2:07 am	5:35 am	11:21 am	8:05 pm
Thu	2:59 am	5:49 am	11:49 am	8:41 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	9:52 am	3:34 am	9:56 pm	4:15 pm
Sat	10:30 am	4:13 am	11:01 pm	5:04 pm
Sun	11:07 am	4:51 am	11:59 pm	5:52 pm
Mon	11:41 am	5:29 am	None	6:36 pm
Tue	12:45 am	6:05 am	12:10 pm	7:19 pm
Wed	1:25 am	6:35 am	12:34 pm	8:02 pm
Thu	2:05 am	6:58 am	12:52 pm	8:47 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	12:42 pm	6:37 am	None	7:57 pm
Sat	12:58 am	7:13 am	1:02 pm	8:47 pm
Sun	2:13 am	7:44 am	1:21 pm	9:29 pm
Mon	3:18 am	8:11 am	1:41 pm	10:08 pm
Tue	4:17 am	8:32 am	2:02 pm	10:44 pm
Wed	5:12 am	8:49 am	2:26 pm	11:19 pm
Thu	6:04 am	9:03 am	2:54 pm	11:55 pm

PETS OF THE WEEK

Lee County Domestic Animal Services

Dudley And Curly



Dudley ID# A868322
photos provided

Hello, my name is Dudley. I'm a brown and white 6-year-old male beagle. What is better than dogs and baseball? I am the perfect companion to adopt and take out to the Mighty Mussels game this Saturday for Bark in the Park. My medium size and spirited nature will be a big hit with the crowd, and the volunteers here are sure you will fall in love with me. My adoption fee is \$20.

Hi, my name is Curly. I'm a brown tabby 2-year-old male domestic longhair. It is true that kitten season is in full swing, but Animal Services also has adult cats ready for homes like me.

I'm a handsome boy who already has a full personality, and I have outgrown the pesky kitten years that keep you up at night. My silky fur and stunning good looks just add to my charm. My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge.

Curly ID# A865194

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 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.



My Stars ★★★★★

FOR WEEK OF MAY 31, 2021

Aries (March 21 to April 19)

Although you would prefer to move forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

Taurus (April 20 to May 20)

Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

Gemini (May 21 to June 20)

Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

Cancer (June 21 to July 22)

Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

Leo (July 23 to August 22)

Lick your wounded pride if you like, but it's a better idea to find out why your

suggestions were rejected. What you learn could help you deal with an upcoming situation.

Virgo (August 23 to September 22)

Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

Libra (September 23 to October 22)

Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

Scorpio (October 23 to November 21)

Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

Sagittarius (November 22 to December 21)

Your decision to protect the secret that was entrusted to you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

Capricorn (December 22 to January 19)

Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice

continued on page 46

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From page 44

My Stars

from someone experienced in this area.

Aquarius (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

Pisces (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things finally can calm down.

Born This Week: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

MOMENTS IN TIME

- On June 7, 1893, Mohandas Gandhi, a young Indian lawyer working in South Africa, commits his first act of civil disobedience when he refuses to comply with racial segregation rules on a South African train and is forcibly ejected at Pietermaritzburg.
- On June 13, 1905, pitcher Christy Matthewson of the New York Giants throws the second no-hitter of his career to lead his Giants to a 1-0 win over the powerful Chicago Cubs. Matthewson would go on to win 31 games that year.
- On June 12, 1920, Man O' War wins the 52nd Belmont Stakes. His only career loss came in 1919 when his back was to the starting line at the start. Before the advent of starting gates, a rope was all that held horses back from starting their run.
- On June 8, 1948, a hand-built aluminum prototype labeled "No. 1" becomes the first vehicle to bear the name of one of the world's leading

- high-performance automakers: Porsche. Over the next two decades, the German manufacturer would build more than 78,000 vehicles.
- On June 9, 1954, in a dramatic confrontation, Joseph Welch, special counsel for the U.S. Army, lashes out at Sen. Joseph McCarthy during hearings on whether communism has infiltrated the U.S. armed forces. Welch's verbal assault marked the end of McCarthy's power during the anticommunist hysteria of the Red Scare in America.
 - On June 10, 1979, actor Paul Newman, driving a red Porsche 935, roars into second place in the fabled 24 Hours of Le Mans endurance race in France.
 - On June 11, 1989, in the wake of the Tiananmen Square Massacre, China issues a warrant for a Chinese dissident who had taken refuge in the U.S. embassy in Beijing. The diplomatic standoff lasted for a year before astrophysicist Fang Lizhi was given free passage out of the country.
- ## NOW HERE'S A TIP
- With the start of barbeque season, here are two tips straight from my local butcher about grilling meat: First, let meats come to room temperature before cooking. It allows the meat to cook more evenly, and you won't end up with a cold center and a burnt outside. Secondly, when your meat comes off the grill, give it time to rest before serving. This allows the juiced to redistribute throughout the cut of meat, and you'll end up with juicy goodness in every bite. – JoAnn
 - "Bring a distinctive towel to a pool party so that you will know where your towel is. You can make an extra-large towel by sewing two smaller towels together, too." – UA in New York

- "For a really fun take on kebabs, use fruit instead of meat. The kids especially love fruit on a stick. If you have some neat cookie cutters, use them to cut watermelon into different shapes." – MM in Michigan
- The best outdoor tablecloths, especially on a windy day, are fitted single sheets. Simply fit the sheet over a standard picnic table, and it's in place and ready. The elastic at the corners keeps it from flying away. You can look at thrift and discount stores for fun patterns or just plain colors.
- To keep ants from invading your patio, draw a thick line of chalk (sidewalk chalk works great) as a boundary. Ants don't like to cross a chalk line and will leave your patio party alone.
- "Frozen grapes are the best summer snack for the kids, plus they are the perfect wine ice cube ever." – JR in Oregon

STRANGE BUT TRUE

- Sir Isaac Newton invented the cat flap. Newton was experimenting in a pitch-black room when Spithead, one of his cats, kept opening the door and wrecking his experiment. The flap kept both human and feline happy.
- *Brave New World* author Aldous Huxley became almost completely blind as a teenager. He regained much of his sight later in life, crediting an unorthodox treatment known as "The Bates Method," which recommends never using eyeglasses and exposing one's eyes regularly to sunlight.
- The ancient Greeks believed that redheads would turn into vampires after they died.
- Walt Disney's *The Three Little Pigs*, released in 1933, was seen as symbolic of the Great Depression, with

- the wolf representing the Depression and the three little pigs representing average citizens who eventually succeeded by working together.
- In Japan, Domino's started testing pizza delivery via reindeer in 2016.
 - James Barry, the Inspector General of the British Army in 1858 during a period when women were not respected in the medical field, had a highly successful career in surgery for more than 50 years. During an autopsy after Barry's death, he was discovered to be a woman in disguise. To avoid embarrassment, the war department and medical association arranged for the doctor to be interred as a man.
 - The average office chair with wheels travels about 8 miles per year.
 - Chicago Cubs outfielder Rick Monday became a national hero when he rescued an American flag from two men trying to set it on fire at Dodger Stadium during a game on April 25, 1976. The 25,167 fans gave him a standing ovation and started singing "God Bless America."
- ## THOUGHT FOR THE DAY
- "First find a path, and a little light to see by. Then push up your sleeves and start helping."
- Anne Lamott

TRIVIA TEST

1. **U.S. Presidents:** Which president signed the Louisiana Purchase?
2. **Movies:** Which 1960s movie featured the theme song *Foggy Mountain Breakdown*?
3. **Advertising:** Sailor Jack and dog Bingo are the mascots for what snack?
4. **Science:** When was the International Space Station launched?

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5/28 ★ 7/16

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No early birds, please.
5/28 ★ 6/4

- 5. **U.S. States:** I-75 runs between which upper Midwest state and Florida?
- 6. **Television:** The long-running TV drama *ER* is set in which U.S. city?
- 7. **Language:** What is the meaning of the Latin phrase, “aut viam inveniam aut faciam”?
- 8. **Inventions:** When did the FDA approve the first oral contraceptive in the U.S.?
- 9. **History:** The ancient city of Rome was built on how many hills?
- 10. **Medical:** What is a common name for the condition known medically as pyrexia?

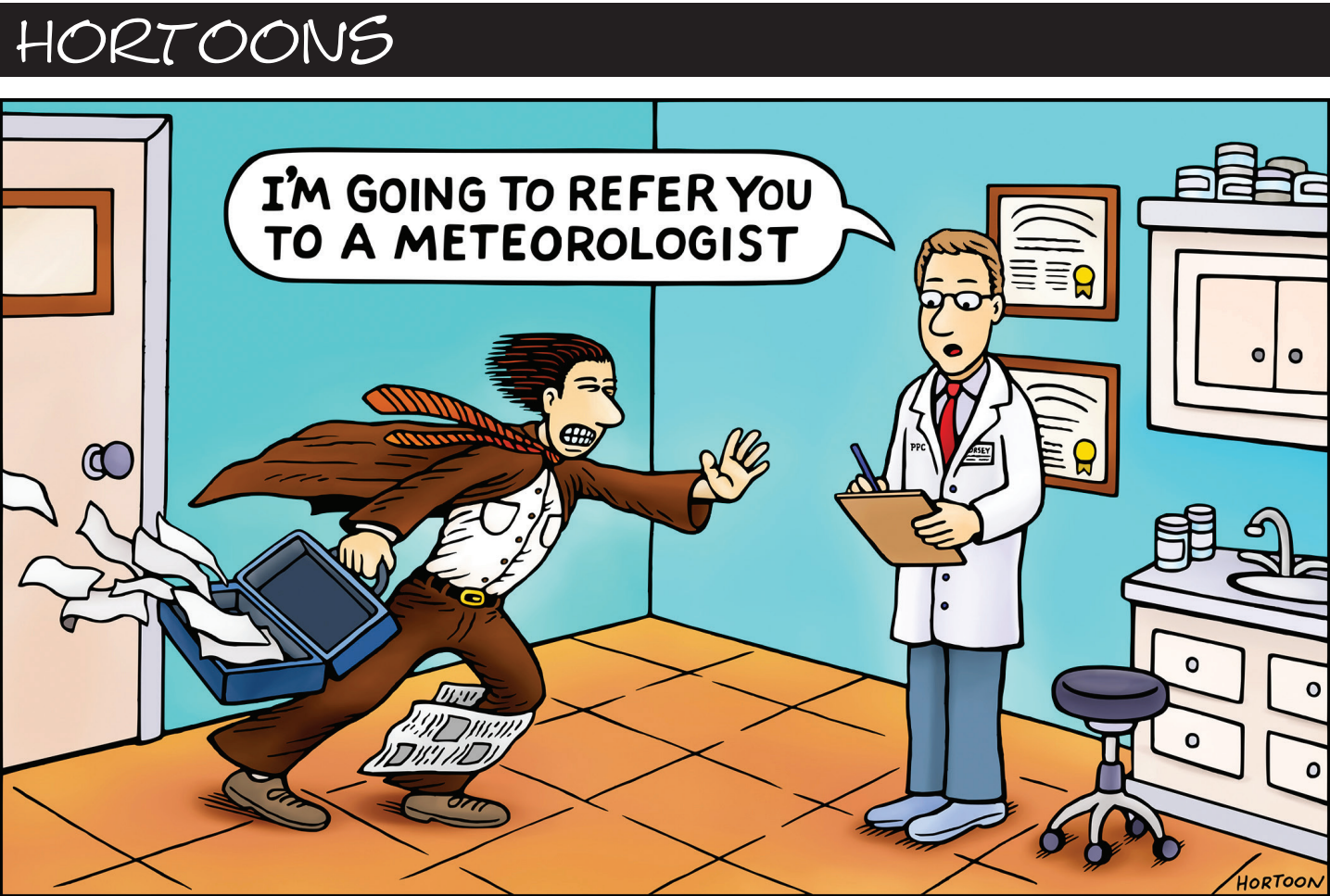
TRIVIA ANSWERS

1. Thomas Jefferson 2. Bonnie and Clyde 3. Cracker Jack 4. 1998 5. Michigan 6. Chicago 7. I shall either find a way or make one 8. 1960 9. Seven 10. Fever

SCRAMBLERS ANSWER

1. Talent 2. Malign;
3. Kindle; 4. Alcove

Today's Word
KENNEL



PUZZLE ANSWERS

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

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

MAGIC MAZE														

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Woods	Bonita Springs	2021	4,369	\$4,095,000	\$4,095,000	224
Yacht Club	Cape Coral	2012	4,702	\$2,799,000	\$2,499,000	34
Lanes F A Bayview Subdivision	Captiva	1999	2,494	\$2,550,000	\$2,475,000	77
Gulf Cottages	Captiva	1977	1,502	\$2,450,000	\$2,400,000	86
Grand Ole Man	Fort Myers Beach	1985	2,850	\$2,475,000	\$2,233,000	55
Carolands Unrecorded Subdivision	Bonita Springs	1981	3,391	\$2,100,000	\$2,215,000	8
Vittoria	Fort Myers	2021	3,774	\$2,167,087	\$2,167,087	0
Cape Coral	Cape Coral	2016	4,444	\$2,300,000	\$2,050,000	14
Butterknife	Sanibel	2002	2,507	\$1,995,000	\$1,945,000	19
Whisperwood Cove	Sanibel	1995	4,273	\$1,995,000	\$1,940,000	36



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