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VOL. 28, NO. 50

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 11, 2021

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Shell Museum To Kick Off Virtual Lecture Series

In celebration of its 25th anniversary, the Bailey-Matthews National Shell Museum will kick off a new lecture series this month, titled Celebrating 25 Years. The lectures will be held virtually and are free of charge via Zoom.

The series, which will extend through the fall, will spotlight some of the diverse connections between shells and different fields of human endeavor. "With a great program of speakers, we look forward to welcoming audience members wherever they are to learn about different ways in which shells and mollusks impact our lives, and vice versa," said Sam Ankerson, executive director of the shell museum.

The first four lectures of the series are: June 15, 5 p.m. – Artistic Adaptations: 2,000 Years of Seashells in Art by Kory Rogers, the Francie and John Downing senior curator of American art of Shelburne Museum, and Jean M. Burks, curator emerita of Shelburne Museum.

For centuries, shells have provided artists with inspiration. Whether physically



Dr. José H. Leal

photos provided

incorporated, stylistically interpreted or scientifically rendered, land and marine mollusks appear as important motifs or primary subject matter in diverse works of art. From Ancient Rome to Louis Comfort Tiffany, this program will explore the historical interpretation of bivalves and gastropods in paintings, furniture, ceramics, glass and metalwork.

Burks and Rogers are accomplished



Kory Rogers



Jean M. Burks

art museum curators, former colleagues, friends, shell collectors and enthusiasts. Burks is also a Sanibel resident, shell ambassador and collections volunteer at the shell museum.

Shelburne Museum in Shelburne, Vermont is one of the country's leading museums of art, design and Americana, with collections numbering over 150,000 artifacts. This talk is the first of a short Artistic Adaptations series over the coming months that will also feature shells in adornment (jewelry and clothing) and architecture.

June 29, 5 p.m. – Curator's Choice: New Photographs of Extraordinary Shells, and the Digital Imaging Project at the Bailey-Matthews National Shell Museum



Melissa A. May



Rebecca Mensch

by José H. Leal, PhD, science director and curator, Bailey-Matthews National Shell Museum.

Dr. Leal will present a selection of exceptional images from the new exhibition, In Focus: Precision Photography of Extraordinary and Uncommon Shells, which is on view at the shell museum through November 28.

Dr. Leal will discuss his choices of images, the different groups of species represented and their unique qualities, and special photographic techniques adopted to ensure a high level of richness and detail. He will also discuss the Digital Imaging Project, for which the photographs have been made, and its

continued on page 2

SCCF Hosting World Sea Turtle Day Celebration

Sanibel-Captiva Conservation Foundation (SCCF) is hosting a free World Sea Turtle Day celebration on Wednesday, June 16.

SCCF Coastal Wildlife Director Kelly Sloan will lead a program at 3 p.m. at Bailey Homestead Pavilion. She will share details on new research SCCF is conducting with global implications for the health of the world's sea turtle population.

"The ratio of male hatchlings has significantly decreased worldwide in the face of climate change and warmer nesting conditions," said Sloan. "The reduction in males over time will negatively affect reproduction rates for the species. Working with Dr. Jeanette Wyneken and her team at Florida Atlantic University, we are conducting research that may lead to improving the growing imbalance in the hatchling sex ratio within sea turtle populations. We're excited to gather on World Sea Turtle Day to share details about this important work."

Those attending will also learn more about a \$10,000 challenge grant



Kelly Sloan monitoring a sea turtle nest

photo provided

announced by Linda and Nick Linsmayer in support of this research.

"The Linsmayers have been dedicated champions of our work for years," said Sloan. "Helping us to fund the lab work and shine a bright light on its importance is so appreciated by all of us. Matching

continued on page 20

Restoration Project Begins At New Preserve

Sanibel-Captiva Conservation Foundation (SCCF) has begun preliminary steps of a multi-phase restoration project on the newly acquired Periwinkle Wetlands Preserve.

"We are grateful that we were able to acquire these key 12-plus acres and we ask the public to please understand that we must clear the land of exotics before we can restore it," said SCCF CEO Ryan Orgera. "Since it's right on Periwinkle Way and highly visible, we want to explain the process so a return to a diverse, natural habitat is well understood."

Over the next several months, contractors will be conducting the land clearing phase, which will include the removal and eradication of dense stands of large, invasive exotic trees. The work will be overseen by SCCF Habitat Management staff, and vegetation debris will be mulched on site.

In addition to the tree removal, staff will be conducting selective herbicide treatments to manage invasive exotic vines, groundcovers and grasses. Habitat



Periwinkle Wetlands Preserve

photo provided

management teams also will begin to revegetate many areas throughout the property and construct hiking trails.

SCCF staff and habitat management teams want island residents and passersby to understand what is happening at the site as it begins to unfold.

"As the initial land clearing portion continued on page 24



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.

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.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays at 1 p.m.

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.

From page 1

Lecture Series

global scope and impact for scholars, scientists and enthusiasts of shells and mollusks.

July 13, 2021, 5 p.m. – Oysters: A Crystal Ball for Water Quality in Southwest Florida by Melissa A. May, PhD, assistant professor of marine biology at Florida Gulf Coast University.

Dr. May leads Florida Gulf Coast University's oyster monitoring research program in Estero Bay. Oysters are mollusks and essential members of coastal water ecosystems. These shelled animals play an important role in the health of water, and their reefs provide homes and food for other marine animals. They act as indicators for declines in water quality or other stressors imposed on estuarine ecosystems and help to clean the water by filtering large volumes of water through their shells.

Dr. May's talk will focus on the range of threats to the health of oysters and other mollusks in Southwest Florida (in addition to freshwater releases from Lake Okeechobee), with an emphasis on her new research program in Estero Bay.

July 27, 2021, 5 p.m. – Supersized Squid by Rebecca Mensch, MS, senior marine biologist, Bailey-Matthews National Shell Museum.

Mensch is an expert on squid and will discuss the giant squid and the colossal squid. For millennia, the giant

squid has captured the imagination and inspired tales of sea beasts such as the kraken. Because of the extreme depths these magnificent mollusks live in, many questions about these animals have gone unanswered until the last two decades. With recent advances in technology, many mysteries of these two extraordinary mollusks are finally beginning to be revealed, but there is still much to learn. Mensch will share new findings and images to tell the unique story of the supersized squid.

The Celebrating 25 Years lecture series is free, but registration is required at www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is a natural history museum and the only museum in the United States devoted solely to shells and mollusks. Its mission is to use exceptional collections, aquariums, programs, experiences and science to be the nation's leading museum in the conservation, preservation, interpretation and celebration of shells, the mollusks that create them, and their ecosystems.

Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum's collection of some 500,000 shells, as well as the Beyond Shells living gallery of aquariums and over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more, visit www.shellmuseum.org or call 395-2233.

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Clockwise from left, Alex Polk, Mary Buerer, Hannah Galbreath, Harley Berges and Jaden Cabrera
photo provided

Meet The Summer Camp Counselors

submitted by Nicole Finnicum

Sanibel Sea School is excited to welcome five summer camp counselors to the staff roster to help with summer camp this year. The team at Sanibel Sea School will host multiple weeks of camp, which began on June 7, at two locations on Sanibel.

Summer camp counselors play an integral role in summer camp by keeping campers safe, leading day groups and facilitating a memorable ocean experience for the campers. Summer camp counselors are typically high school graduates or currently enrolled in college. Many camp counselors have backgrounds in early childhood education or marine biology, and all have a passion for working with youth.

Hannah Galbreath, Harley Berges, Mary Buerer, Alex Polk and Jaden Cabrera join the ranks of the red shirts this summer and are all looking forward to being on the water with campers. Polk and Cabrera are veteran Sanibel Sea School campers, having grown up in the program, and are excited to share similar experiences with new campers this summer.

Buerer was slated to be a summer camp counselor last summer before the pandemic and when summer camp was canceled, she was able to continue through the summer as an education intern. Galbreath and Berges are new to Sanibel Sea School and have strong interests in environmental conservation and teaching children about the ocean.

The summer camp staff begins working two weeks prior to camp to undergo extensive training and preparation. The training kicks off with a weekend course in lifeguarding, then, the two weeks before camp begins, the counselors finalize camp activities, prep the grounds for camper arrival and put the last-minute touches on each week of camp.

"We love having our staff grow in the summer with the addition of the summer camp counselors," said Education

Programs Manager Shannon Stainken. "It is so nice to have some extra hands on deck, some new energy and personalities, and having more colleagues who are just as passionate about sharing the ocean with others."

The summer camp counselors will work at Sanibel Sea School's flagship location and at Bailey Homestead Preserve camps through August. For more information, visit www.sanibelseaschool.org.✧

Roseate Spoonbill At The Refuge



photo by Kenneth Cieslak

Kenneth Cieslak photographed this roseate spoonbill at JN "Ding" Darling National Wildlife Refuge using a Canon 7D Mark 2 and 200 mm telephoto lens. He is a frequent visitor to "Ding" Darling, having spent many hours at the refuge, as well as other nature trails throughout Lee and Collier counties. Cieslak also contributes his photography to the Sanibel Facebook page.

He visited Sanibel for 30 years before deciding to live here full time.✧



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Jerry Lauer and William Demere Sanibel Historical Museum And Village Looking Back: William Demere

William Demere, driving, was the lighthouse keeper in 1926 and seems to have sold property on the side. Jerry Lauer, in back, lived at assistant keeper McLane's



photo courtesy A. and Joy Dobbs

quarters for a time, helping at the light and eating meals in the Demere quarters. The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required. For more information, visit www.sanibelmuseum.org or call 472-4648.*

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.
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New Lake Operating Plan Needs Balance



submitted by
Holly D. Smith

Benjamin Franklin once said that the only things certain in this world are death and taxes. For many businesses in South Florida, a level of certainty is critical for survival.

It provides a level of assurance that our investments will provide a return if market conditions are supportive. In Southwest Florida, however, the fate of our local businesses and tourism-based economy is not only influenced by national and global markets, it is also impacted by regional water management decisions. It is easily argued that the greatest impacts to our local businesses, aside from the occasional hurricane, are the damaging freshwater releases from Lake Okeechobee, blue-green algae and red tide blooms.

As a hotelier and small business owner in Southwest Florida for more than 33 years, I have become accustomed to incessantly monitoring weather patterns and water levels in Lake Okeechobee to see what the future holds for our businesses. My angst is the result of

decades of damaging discharges from the lake that have forever changed the ecology of the Caloosahatchee and coastal waters, and the harmful algal blooms that haunt our communities. While our coastal communities rely on the “hope” that the Army Corps of Engineers manages lake levels in a way that will spare our communities from year to year; some powerful interests in South Florida have been provided near-certainty when it comes to water supply and flood control.

The Army Corps is in the process of developing a new operating plan for Lake Okeechobee. The new plan, referred to as the Lake Okeechobee System Operating Manual or LOSOM, is supposed to “balance” the different needs of the lake and water management system. So far, the process has been quite discouraging. It is abundantly clear that there is little balance when it comes to the interests of the west coast stakeholders. Based on preliminary plan results presented to date, the corps is taking a business as usual approach – sacrificing the Caloosahatchee and coastal communities of Lee County to protect special interests. To make matters worse, the corps is also considering eliminating the majority of discharges to the St. Lucie and shifting those harmful flows to the west. The corps’ plan must move that water south to the Everglades where it is needed, not increase damaging flows to the Caloosahatchee.

It is inconceivable that the corps would provide absolute certainty to some stakeholders, while our west coast communities continue to suffer from

damaging discharges and algae blooms. It is even more unimaginable that they would consider plans that provide additional certainty for water users at the expense of our coastal communities and natural systems. Unfortunately, that is exactly what the corps is considering in their evaluation of the new lake operating plan. This is occurring despite the fact that water supply interests have not experienced significant water shortage cutbacks in the past 13 years under the current lake schedule. Demanding more certainty than what is provided under the current plan comes across as tone deaf when our coastal communities are preparing for yet another year of damaging discharges and algal blooms.

The Caloosahatchee cannot continue to be the relief valve for Lake Okeechobee and the entire water management system. The corps must balance all of the project purposes when developing the new operating plan. Now is the time to stand up for the Caloosahatchee and Southwest Florida. Let the corps know we are no longer the path of least resistance.

Holly D. Smith is mayor of the City of Sanibel and a hotelier. Her community commitment spans more than 30 years. She serves on the Lee County Tourist Development Council (TDC) and is vice chair of Lee County Horizon Council. She serves on numerous regional and state boards and committees. An avid boater and fisherwoman, her commitment to water quality is evidenced by advocacy efforts at the local, state and federal levels.✧

Longtime City Employee Retires



Roy Gibson photo provided

Roy Gibson is retiring after 31 years of service to the City of Sanibel. Gibson was a dedicated employee who served the city, residents, contractors and visitors. He provided excellent service, adhered to the Sanibel Plan in making sure that people and wildlife lived in harmony. He is a friend to everyone he meets.

Gibson will remain an involved island resident, who will continue to travel, take care of the people he loves, and serve Sanibel in some capacity.✧

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Front entrance to the grocery store with a porte-cochere

images provided

Bailey's Seeks Amendment To Expand Store

by Wendy McMullen

Sanibel's oldest store is seeking an amendment to the Sanibel Land Development Code for a major renovation and expansion of the store. The plan calls for demolishing the movie theater and buildings behind the store and adding architectural features including a porte-cochere and gazebos to the main building.

Bailey's General Store has existed on Sanibel since 1899. Its owners, the

Johnson family, plan to expand the grocery and hardware store and donate a two-acre parcel for below market rate housing.

"We have worked closely with the planning staff," store owner and Vice Mayor Richard Johnson told the planning commission on Tuesday. "We realize there may be changes but hopefully, you will like the plan and find it within the character of Sanibel."

The commission did like the plan and enthusiastically endorsed it, ordering planning staff to draw up an ordinance for approval of the plan, which will then go to city council for consideration and approval.

The development plan involves adding 9,000 square feet to the existing



View from the main parking area with hardware store on right

store, 3,000 of which will be storage. Architectural features to be added include gazebos at outer and inner corners of the principal buildings and covered entry to the grocery store to enable shoppers to enter without getting rained upon.

Part of the plan is adding the former consignment shop at 2431 Periwinkle Way to the development plan in order to offset the increase in commercial space. This building, now derelict, does not conform with flood requirements, setbacks or commercial landscape buffers. Under the planned unit development, the former consignment shop and the home at the rear will be demolished. Overall, planning staff calculated a net increase of 491 square feet in commercial floor area when offset

by the demolition of the movie theater and consignment store.

Other changes are to Aleck's Alley behind the store, which will be relocated eastward and widened to 24 feet, and to redesign the existing parking lot, including expansion of commercial landscape buffers and interior landscape islands. The entrance driveways will also be reconfigured.

The 486-square-foot former service station of the Bailey complex on Periwinkle Way is planned to be restored as a gas station.

The 2.5 acres donated for below market rate housing will possibly allow 12 units to be built. The land development code allows increased density for below

continued on page 10



View from the Periwinkle Way entrance



Gazebo on the north corner of the shopping center

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Marcia Feeney	Angela Larson Roehl
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Record Number Of Admissions At CROW

The Clinic for the Rehabilitation of Wildlife (CROW) admitted its 3,000th patient of 2021 on June 2, three weeks earlier than reaching the same number of admissions in 2020. The patient, a fledgling common grackle, was rescued in Fort Myers after being found in the back of a work truck.

"It is astonishing how the number of patients admitted to our hospital continues to grow year after year," said Alison Charney Hussey, executive director for CROW. "Our staff, students and volunteers continue to give their all to treat and rehabilitate our patients. The support of the community with their time, talents and treasures allow us to continue our mission."

As the 3,000th patient, the grackle marks a milestone for patient admissions. So far this year, CROW has seen an approximate 15 percent increase in patient totals as of the same date last year, a year which ended with a record number of admissions. Since 2012, patient admissions to the wildlife hospital have increased by more than 55 percent.

Due to the location of the bird's nest being unknown, the grackle will be raised in the wildlife hospital until it is old enough to be released. Although in this situation it is needed, humans should be a last resort for raising baby wildlife.



A fledgling common grackle photo provided

Every year wildlife hospitals like CROW are flooded with young animals that are abducted away from their parents by well-intentioned people who believe these babies to be orphaned. In fact, wild animals are very devoted to the care of their young, and human interference is rarely warranted.

If you see something clearly wrong, like a fallen nest or an obvious injury, contact a licensed wildlife rehabilitator for advice on the next steps before trying to help. In most cases, a fallen nest can be replaced into a tree or nearby bushes, but an injured animal needs medical attention. CROW's wildlife hospital is open 365 days a year from 8 a.m. to 5 p.m. If you find a baby animal and are concerned it may

need help, call CROW at 472-3644 for more information and assistance.

If you would like to make a donation to CROW, visit www.crowclinic.org/donate/ donate-today or you can donate through CROW's Facebook page.✽

Shop Owners Protest Screening Periwinkle Place

by Wendy McMullen

The question of a vegetation buffer in front of Periwinkle Place engaged the Sanibel Planning Commission for several hours on Tuesday. A series of shop owners pleaded for a decrease in vegetation rather than the increase required because of a change in use in one of the stores in the center.

Indeed, the business owners were so convincing, they prompted Periwinkle Properties owner Ben Dahlmann to withdraw his application and request less rather than more vegetation.

"We're putting in more trees than we want to," Dahlmann told commissioners. "The plan we're submitting to you all is not in our best interests."

Planning commissioners, however, can only consider applications that planning staff have investigated so withdrawing the application meant the case had to be continued until a new plan could be agreed upon.

At issue was the addition of Pinocchio's Italian Ice Cream, approved at the last meeting. Pinocchio's, a takeout store and restaurant, is to replace Fresh Produce, the clothing store vacated last year. The change in use from retail to restaurants triggers a review of the vegetation buffers and whether they meet the Sanibel Code.

What planners found was that there was insufficient vegetation to screen the commercial development from the road and that much more was required, a finding that store owners rejected.

"Nobody sees the shopping center,"

said Scot Congress, owner of Congress Jewelers. "Nobody knows we are there."

Other Periwinkle Place business owners pointed out that businesses such as Joey's Custard and Mango Bay had no vegetation in front of them and had an unfair advantage.

Planning commissioners pointed out, however, that they only had leverage when the business was applying for a change in use. Commissioner Ty Symroski defended the city's requirements for buffers in front of commercial properties.

"Sanibel's attractiveness to residents and visitors is its natural environment," Symroski said. "Our vision states we are unique in that we ensure the commercial sector blends with the residential areas. We are ensuring that the city commercial uses are unique to Sanibel and that's good for business."

Commissioners also pointed out that the side and rear vegetation buffers, which border residential areas, were insufficient.

The hearing was continued until June 22. Only the buffer for the front vegetation will be considered at that time. Planners said that a waiver can be provided for the sides and back, but not for the front.✽

From page 8

Bailey's

market rate housing. It is the only exemption allowed without a referendum.

Bailey's Planned Unit Development is legal although nonconforming. Bailey's store was built at its present location in 1966 shortly after the Sanibel Causeway was opened and prior to the federal government requiring elevation of buildings in flood zones.

In 1981, Bailey's expanded to its present configuration, which includes the detached former service station on Periwinkle, the restaurant, now George & Wendy's, a 13-room boarding house, which is non-conforming, and a single family cottage. The shopping center was expanded again in 1985.✽

Father's Day suggestions.

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THE QUESTIONS ARE SIMPLE:

Should the Island Senior club have a permanent home in the existing facility they have enjoyed since 1993 and operate independently at the discretion of their Board?

YES

Should the City of Sanibel have a new multi-million-dollar Center 4 Life building to compete with the Recreation Center and Community House?

NO

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FISH 10K Race Set For October

FISH of SanCap will hold its 13th annual 10K Race 4 FISH on Saturday, October 23 in conjunction with the Fort Myers Track Club. The organization is in beginning stages of planning and additional details will be forthcoming.

As in years past, Hortoons creator Dave Horton designed the logo, depicting his lovable animal characters. Horton has been crafting amusing cartoon drawings for newsprint since he was in high school, starting with his school newspaper and eventually landing a deal with Hallmark when he was just a teenager.

FISH Race Committee Chair Diane Cortese said, "Dave is a multi-talented artist and we are grateful to have him design our race logo each year. His artistic talent and sense of humor add something special to our race with each design." Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front.

For the past 12 years, the 10K race has been a popular activity for island residents and visitors. Last year, the



Logo created by Dave Horton

image provided

race was held virtually, where runners participated and logged their time.

"While we are still ironing out the registration and format details for this year, we are thrilled to begin planning for the 2021 race," said Cortese.

Information on sponsorship opportunities as well as 10K Days – opportunities for island businesses to showcase their establishments while supporting FISH – is available on the website at www.fishofsancap.org.

For more information on the race, including sponsorship, contact Diane Cortese at Dianerc10@gmail.com.✱

Update On Nesting Shorebirds



The Wilson's plover (*Charadrius wilsonia*) nest hatched last week on the west end of Sanibel. Look closely to see the chicks. photo by Aaron White

Sanibel-Captiva Conservation Foundation (SCCF) staff and volunteers spent the busy Memorial Day weekend watching over beach-nesting birds. Some nesting enclosures were expanded to provide an additional safety buffer.

There were large crowds of people, though no violations were observed, and the islands' four snowy plover (*Charadrius nivosus*) nests survived the weekend.

In other shorebird updates, the 2020 Sanibel snowy plover fledgling "White/Black" spent the winter on Outback Key near Fort DeSoto then returned to Sanibel for several weeks. It seemed as though he had found a mate and might nest, when he suddenly appeared on Outback Key again on May 23.

"We were even more surprised when he arrived back on Sanibel the following day," said SCCF Shorebird Biologist Audrey Albrecht. "Since then, he has been seen at Bowman's Beach, the east end of Sanibel and Fort Myers Beach."

The 2020 Sanibel snowy plover fledgling "Blue/Black" spent the winter on Caladesi Island and returned to Sanibel last month.

"Like White/Black, we thought he might try to nest here," Albrecht said. On May 19, he was observed by state park staff back on Caladesi Island. "However, on May 27, Blue/Black surprised us all and was found hanging out alone at Bowman's Beach."

If you see a shorebird nest that has not yet been roped off, contact the SCCF shorebird staff at shorebirds@sccf.org.✱

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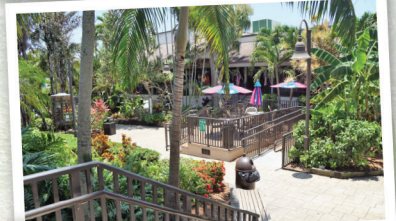
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Native mock bishopsweed is the larval host plant for the black swallowtail butterfly photo by Gerri Reaves

Plant Smart

Mock Bishopsweed

by Gerri Reaves

If mock bishopsweed's (*Ptilimnium capillaceum*) feathery foliage reminds you of carrot tops, dill, or fennel, that's no surprise, for they are all members of the carrot family. The apiaceae family is also referred to as the celery or parsley family, so mock bishopweed's other common name, herbwilliam, makes sense too. The pretty dissected leaves are aromatic, like those of its relatives, but are not edible.

This fast-growing species works well in a moist natural, butterfly, or wildflower garden in full sun. It is the larval host plant for the black swallowtail butterfly, and the nectar attracts flies

and wasps too. The plant is native and widespread in the eastern half of the U.S., occurring in wet habitats such as swamps and along streams, ditches and swales. The erect hollow stems usually reach one to two feet tall. Umbrella-shaped clusters, of minute dainty white flowers extend above the alternative threadlike leaves. The flowers have five petals, sepals and stamens, and bloom all year in South Florida. Forked threadlike bracts, which are leaf-like structures, appear below the compound umbrellas. This herb will not tolerate salt water or salt wind. It has little drought tolerance, but a deep taproot helps it survive adverse conditions. It will grow even in nutrient-poor soil but needs organic content to do well. Propagate it with the tiny egg-shaped seeds or let it self-sow, which it does

readily and prolifically on moist bare soil. Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, www.flawildflowers.org, www.hawthornhillwildflowers.blogspot.com, www.regionalconservation.org, and www.wildsouthflorida.com. Plant Smart explores the diverse flora of South Florida.✧

Marine Lab And FGCU Resume Oyster Research

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab has been teaming up with two Florida Gulf Coast University (FGCU) professors to continue research on oysters in the region. The goal is to study larval transport, distribution and settlement, which are key components of oyster reef restoration. To reproduce, oysters spawn tiny larvae that move through the water and settle on a surface. The source of larvae and their eventual fate in the bay can help prioritize areas for future restoration projects. SCCF has established sites for collecting data on oyster spat (juvenile) settlement along the salinity gradient. Sampling is conducted during the oyster spawning season, which is from May to November, and field expeditions will occur at two-week intervals. FGCU Associate Marine Science Professor Felix Jose, PhD, has developed a 3D hydrodynamic model that predicts tidal currents, and the influences of the Caloosahatchee flows. The model is coupled with an oyster larval transport model, which can predict the movement and distribution of larvae. Assistant Professor Melissa May uses molecular techniques (including DNA and RNA) to study mollusk and bivalve physiology. She is developing DNA-based



Melissa May, an assistant marine biology professor, collects bivalve larvae photo provided

markers to distinguish oyster larvae from other bivalve larvae. Several undergraduate students are also assisting and learning about how to conduct marine biology research focused on restoring water quality in the region. Healthy oyster populations and seagrass beds are vital to the health of estuarine ecosystems. Excessive freshwater discharges from Lake Okeechobee and the Caloosahatchee watershed have resulted in declines of these critical habitats.✧

Vegetation Trimming Notice

Vegetation trimming along Sanibel-Captiva Road began on June 3 and will continue through Friday, June 18 from 8 a.m. to 5 p.m. Vegetation along Sanibel-Captiva Road from Tarpon Bay Road to Rabbit Road is being trimmed on both sides of the road, including the shared use path, weather

permitting. Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road may intermittently be closed to traffic. Be prepared to expect delays. Drivers and pedestrians should proceed slowly and cautiously through the area when workers are present. If you have any questions, contact the City of Sanibel Department of Community Services Public Works Division at 472-6397.✧

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Leaders Unite On Call To Send Water South

Environmental organizations and community leaders from across Florida – including west, east and south of Lake Okeechobee – are calling on the U.S. Army Corps of Engineers to seize the once-in-a-decade opportunity provided by the re-write of Lake Okeechobee's regulation schedule to pick a balanced plan that sends more water south and ends the abuse of estuaries on Florida's east and west coasts.

The joint announcement was made on June 1 at a press conference in Moore Haven, where a letter to the corps was shared.

"As the U.S. Army Corps of Engineers defines the parameters for a new operational schedule for Lake Okeechobee between now and July 2021, (we) urge you to adopt a more equitable operational plan that strives to send the maximum amount of water to the Everglades, Everglades National Park, and Florida Bay during the dry season and eliminate harmful discharges to the St. Lucie and Caloosahatchee estuaries and the Lake Worth Lagoon," stated the letter to Col. Andrew Kelly. "This water belongs to all Floridians, and optimizing freshwater flows during the dry season will expedite restoration benefits, aid in conservation efforts on federal lands, and protect the largest constituencies and economies in



From left, Congressman Byron Donalds talks with SCCF Environmental Policy Director James Evans and other representatives of environmental groups at the press conference in Moore Haven on June 1

the watershed."

The U.S. Army Corps of Engineers currently determines when to discharge water to the east and west of Lake Okeechobee using a document called the Lake Okeechobee Regulation Schedule (LORS). This outdated and harmful regulation schedule is based on data from more than a decade ago and causes serious damage to communities on the east and west of Lake Okeechobee through frequent discharges of toxic

water.

The U.S. Army Corps of Engineers is currently revising this schedule (now called the Lake Okeechobee System Operating Manual or LOSOM). The Army Corps has narrowed down the selection to five plans, known as Alternatives AA through EE, and is expected to select a final plan this July. The new plan will be in effect for approximately the next decade.

The letter calls on the U.S. Army Corps of Engineers to work with the State

of Florida to adopt an improved version of Plan CC that includes the following goals:

Adjust the modeling for Plan CC to include an environmental demand for water in the Everglades so that water will be sent south in all operational bands from Lake Okeechobee to the Everglades and increase dry season flows above volumes provided by LORS 2008 (Lake Okeechobee Regulation Schedule).

Eliminate regulatory releases to the St. Lucie.

Eliminate harmful regulatory releases to the Caloosahatchee while maintaining beneficial dry season releases, targeting RECOVER restoration flows of 750-2,100 cfs at S-79 whenever possible.

Measure all Caloosahatchee flows at the S-79 (Franklin Lock) and reduce "up to" discharges in the upper bands (Zone B and Zone C) to no more than 4,500 cubic feet per second.

Minimize regulatory releases to the Lake Worth Lagoon.

Add operational flexibility to avoid discharge to the estuaries when cyanotoxin levels exceed the Environmental Protection Agency's established guidelines for recreational exposure.

Organizations and community leaders signing the letter included Congressman Brian Mast, Congressman Byron Donalds, Captains For Clean Water, The Everglades Foundation, Sanibel-Captiva Conservation Foundation (SCCF), Friends of the Everglades, Conservancy of Southwest Florida, Florida Oceanographic Society, and Florida Bay Forever.*



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CURATOR'S CHOICE: NEW PHOTOGRAPHS OF EXTRAORDINARY SHELLS, AND THE DIGITAL IMAGING PROJECT AT THE NATIONAL SHELL MUSEUM

By José H. Leal, Ph.D.
Bailey-Matthews National Shell Museum

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By Melissa A. May, Ph.D.
Florida Gulf Coast University

JULY 27 • 5 PM

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Summer Has Arrived



by Capt. Matt Mitchell

Fishing during these hot sticky summer days requires either getting out early or later after the afternoon thunderstorms are done. These often fast-moving, strong storms will be part of our daily pattern for at least the next few months. As our water temperature has crept up to what can only be described as hot, fish are most active during the first few hours after sunrise and then again after the afternoon rain cools things off. Big fish are what summer fishing is all about. Not only is our tarpon fishing going on, big snook and redfish are also a great option.

When targeting tarpon, you should get to the fish at first light. It can make all the difference. Fishing for tarpon as the sun slowly lights things up will give you the best shots at these fish. Areas in the northern sound were the most productive this week, with North Captiva and Cayo Costa being the hot spots. Both pitching live baits at laid-up fish and soaking cut baits did the trick. Even though the tarpon are often still showing this bite by mid-morning, they tend to shut down.

Pass fishing offers anglers lots of options with not only tarpon moving through these areas, but huge amounts of snook stacking up on any structure. Docks and snags in the passes were great places to fish. Big redfish also crashed the party this week with many over 30 inches being caught within close proximity to the passes. During clear water conditions, the herds of snook that can be sight-fished can only be described as impressive. Along the beaches, any downed trees, flat rock and snags have also been a good bet for not only snook but some really big trout to complete that inshore slam.

Shiners are slowly disappearing as the seasonal change over to fishing with pinfish and grunts has begun. Setting bait traps to catch these pinfish is a great option and doesn't require much effort to have plenty of live bait. I bait my traps daily with Spanish sardines and set them in grassy areas in five to seven feet of water. These traps catch a wide variety of bait that often includes crabs for tarpon fishing. Although I'm currently still throwing a cast net for shiners, the traps are insurance that I will always have live bait.

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.*



Matt from West Virginia completed an inshore slam during his first Southwest Florida fishing trip photo provided

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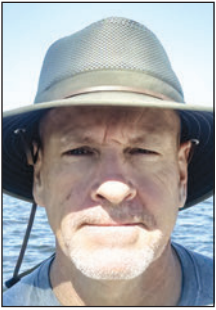
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Dave Doane

CROW Case Of The Week:

Great Crested Flycatcher



by Bob Petcher

The great crested flycatcher (*Myiarchus crinitus*) is a colorful bird with a lemon-yellow chest area that has a penchant for insects and, strangely, fruit.

At CROW, a fledgling great crested flycatcher was admitted from Lehigh Acres after being found on the ground. Upon admission, veterinarians found the patient to be thin, moderately dehydrated and with a quiet mentation that was suspected to be caused by a fall from its nest. The bird was given fluids, honey and placed under supportive care in the baby room.

"All of our young patients receive a small swab of honey to combat hypoglycemia," said CROW Rehabilitation Manager Breanna Frankel. "Many of our patients have been without food or water for up to 24 hours, so offering honey helps to correct low blood sugar. As with people, low blood sugar can lead to issues such as weakness and dizziness."

After a few days in the hospital, the great crested flycatcher began to improve.



Patient #21-2803 appears to be gaping for food

photo by Brian Bohlman

The patient became more alert, started perching and began to gape for food.

"They perform a begging-like behavior when stimulated by light or sound changes," said Frankel, when asked how one can tell a bird's gaping is for food. "Often times, nestlings sit up very straight and open their mouth very wide while making begging sounds. As they get older, the behavior evolves around their development."

A young patient's eating habits can be learned in captivity.

"Fruit and insects are absolutely part of their diet here. We do our best to

reflect natural diets, so they know what to do and what to look for when they go back to the wild," said Frankel. "As flycatchers grow and begin to perch and fly, they start to learn feeding behaviors that simulate 'eating on the wing.' This species catches and eats its food while flying. We mimic that by teaching them how to fly by and grab insects off hemostats.

The patient continues to receive around the clock care, which reportedly includes feedings up to 13 times a day.

"Many of our birds do not self-feed until they are fledgling to juvenile age. If

an animal has 13 feeds a day, that means an individual – staff, student or volunteer – is feeding the animal whatever diet it requires until it is no longer hungry," said Frankel. "Typically, if an animal is getting 13 feeds a day, it may be two weeks before they are eating on their own but, at that size, they still might require assist feeds."

It is important for finders to make sure the young bird or animal is actually injured and not just loose from its nest.

"If the animal was bright, perky and actively being fed by mom or dad, there would be no reason for it to come to the clinic. In this case, due to the quiet mentation, it was good for the animal to come in because it took a full 24 hours before we saw improvement," said Frankel. "If a young animal is on the ground, it's important to monitor for the parents because the parents are their best option for learning critical survival skills. In many situations, we can create faux nests and wedge healthy babies back up in trees where they are safe from ground dwelling predators, but the parents will continue to care for them.

"We are always their last option; we are never their best option."

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 Carmine Marginella



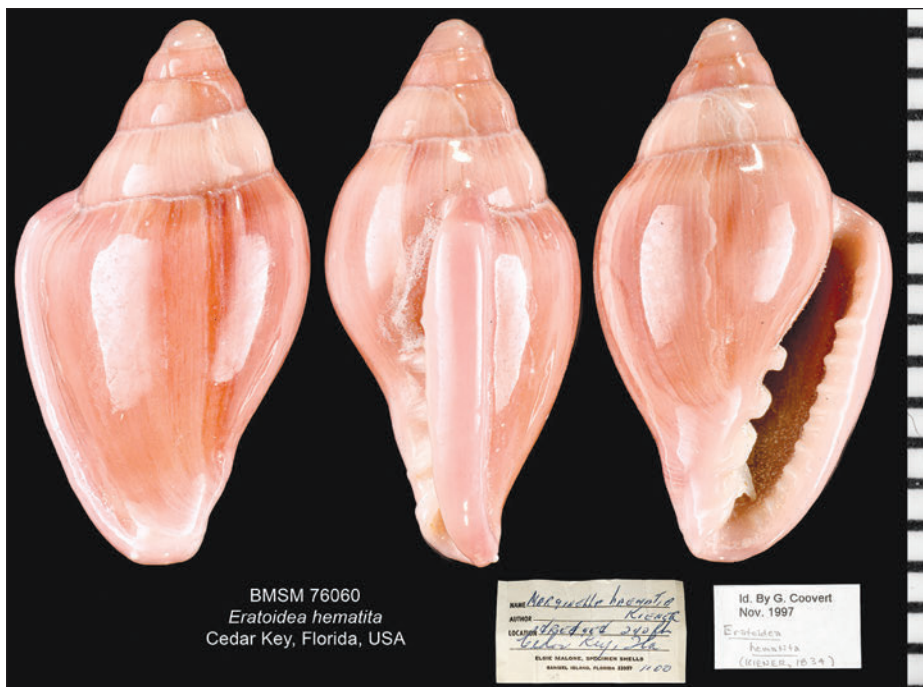
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Eratoidea hematita (Kiener, 1834) has a striking glossy, carmine-red, or

pink color that is very bright in the living animal. After the snail dies, the remarkably strong color hues slowly fade away. The outer lip in this species bears about 15 denticles, and the columella (on the other side) has about four strong folds. The species is found in South Florida, the Florida Keys and the Caribbean. (A large reproduction of this illustration is displayed in the In Focus exhibition at the National Shell Museum.) 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



The Carmine Marginella, *Eratoidea hematita*, from Cedar Key, Florida

photo by James F. Kelly

secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell

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

Call For Mangoes

The Community House is looking for mangoes to make chutney and barbecue sauce. You can bring your ripe mangoes to The Community

House, 2173 Periwinkle Way, request help to harvest them from your trees, or volunteer to help with the harvesting.

all 472-2155 or email info@sanibelcommunityhouse.net for more information.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, June 13. A prime rib dinner is on the menu for Father's Day, Sunday, June 20. 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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Sea turtle hatchlings photo by Kelly Sloan

Share The Shore With Sea Turtles

Sanibel's sea turtle nesting period ranges from April 15 to October 31 each year. In partnership with the City of Sanibel, Sanibel-Captiva Conservation Foundation (SCCF) staff and volunteers monitor Sanibel's beaches for endangered nesting sea turtles and shorebirds. Beachgoers and boaters are asked to help watch out for wildlife and do their part to keep Sanibel beaches dark and free of disturbance for nesting sea turtles and shorebirds.

Sea turtles face many potentially lethal disturbances on the coastline, including boat strikes, entanglement in fishing line and debris, suffocation from beach litter, and disorientations from artificial lighting that interfere with their health, safety and nesting activities. One of the greatest threats on the beaches is artificial lighting, causing thousands of sea turtle hatchlings to die every year on Florida beaches. Sea turtle hatchlings emerge after dark, using the light of the night sky over the sea to navigate to the water. Unfortunately, artificial lights may cause hatchlings to crawl away from the gulf toward the wrong light source.

While sea turtle hatchlings are particularly vulnerable to disorientation due to artificial light sources, nesting female turtles may also be disturbed by bright lights, loud noises and people approaching too close. These disturbances may cause a female turtle to become disoriented, leading to a "false crawl," where the female fails to lay her eggs and returns back to the gulf.

Help protect sea turtles by keeping lights off after dark, shielding seaward light structures and ensuring that all exterior beachfront lighting is compliant with the city's beachfront lighting regulations.

Turn off/shield all lights visible from the beach. It's the law. Replace white light sources visible from the beach with a low wattage, red, orange, yellow or amber LED bulb. When purchasing a new bulb, look for the "wildlife friendly lighting" logo approved by Florida Fish & Wildlife Conservation Commission (FWC).

Keep interior lights shielded by closing curtains or blinds by 9 p.m.

Avoid using flashlights/illuminated cell phones. If necessary, use red light bulbs/shields.

Never shine a light on nesting turtles

or shorebirds.

No flash photography after dark.

Fireworks and campfires/bonfires are prohibited on Sanibel's beaches.

Sea turtle lighting regulations are enforced year-round.

Gulf front property owners are responsible for ensuring that their properties are compliant with the city's sea turtle protection ordinances so that artificial lighting from their property does not illuminate the beach. An easy way to test if your property complies is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light can deter female turtles from nesting and disorients hatchlings as they emerge from the nest, causing dehydration and even death.

For questions regarding the city's beachfront lighting regulations, email Conservation Officer Veronica Runge at veronica.runge@mysanibel.com.

Report sick, injured, entangled or dead sea turtles to the SCCF Sea Turtle Hotline at 978-SAVE-ONE (978-728-3663).

Sea turtles are protected under the Endangered Species Act. It is illegal to harass, harm, pursue, hunt, shoot, wound, kill, trap, capture or collect a sea turtle. Violations of wildlife ordinances may be subject to city, state and federal penalties and should be reported immediately to the Sanibel Police Department at 472-3111.

More tips to help keep wildlife safe:

Keep pets on an eight-foot (or shorter) leash and away from posted nesting areas. It's the law. Unleashed dogs may cause harm to vulnerable sea turtle hatchlings and nesting shorebirds.

Secure trash and fishing line that may injure or entrap wildlife. Visit <https://mindyourline.org> for more information.

Remove all beach furniture and equipment from the beach by 9 p.m. Sea turtles and other wildlife have died on Florida beaches from entanglement in beach furniture.

Fill holes and level sandcastles after your beach day. Tiny sea turtle hatchlings and flightless chicks can fall into holes and become trapped, dehydrated and may die.

Do not feed wildlife. Food scraps attract predators such as crows and gulls to the area, which prey on sea turtle and shorebird eggs and their hatchlings. Food scraps don't provide the right nutrients for wild animals to thrive, which may affect their growth, migration and reproduction.

Wear polarized glasses, follow slow speed zones and designate a wildlife lookout when boating to spot a sea turtle, manatee or dolphin on the surface of the water, coming up for air. Give turtles and marine mammals at least 50 yards of space.

Support clean water initiatives, plant native plants and skip fertilizer applications this summer to reduce coastal algae blooms that harm wildlife. Visit the Sanibel Communities for Clean Water website at <https://sanibelclean-water.org>.

Teach visitors, neighbors and children these conservation tips.**



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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.

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.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

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 11, 12:30 p.m.,
Patient Profiles: Virginia Opossums – Virginia Opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, June 14, 12:30 p.m.,
Patient Profiles: Virginia Opossums – Virginia Opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, June 15, 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.

Wednesday, June 16, 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.

Thursday, June 17, 12:30 p.m.,
Patient Profiles: Birds of Prey – Raptors

are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.*

Summer Camp At Rec Center

Registration is open for the Sanibel Recreation Department Summer Day Camp, a six-week traditional day camp, which runs from Monday, June 21 through Friday, July 30. Camp is offered to children entering kindergarten through eighth grade Monday through Friday from 8 a.m. to 5 p.m. at the Sanibel Recreation Center.

Campers will participate in activities such as swimming, arts and crafts, athletics and a variety of games. There will be special guests and an enhanced field trip itinerary. Breakfast and lunch will be provided daily. Campers should bring water, swimsuit, towel and sunscreen each day. Masks will be necessary when social distancing is not available. Register in advance to receive the Early Bird discounted rate.

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

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Street Resurfacing Project To Begin On Sanibel

The City of Sanibel's annual street resurfacing project will commence on Monday, June 14. Every effort will be made to minimize any inconvenience to the public.

The paving will be done during normal daytime hours with the exception of areas listed as night work. Access to residences and businesses will be maintained at all times and the public is reminded to use caution when traveling through a construction zone.

The following streets are included in this project:

Day work – Twin Lakes Lane, Lake Murex Circle, Barra Circle, Tiree Circle, Saint Kilda Road, Bowman's Beach parking entrance apron

Night work – East Gulf Drive (Lindgren Boulevard to Elinor Way), Middle Gulf Drive/Fulgar Street (Donax Street to Middle Gulf Drive)

Road Shoulder Installation – Also included in the project is installation of a two-foot-wide compacted road shoulder along sections of Sanibel-Captiva Road from approximately the Clam Bayou Box Culvert easterly to Gulf Pines Drive. This will be done during the day.

Every year, the City resurfaces select roads based upon a time schedule and existing condition. This year's road resurfacing contract amount is \$547,000, involving full width resurfacing of the noted streets, the additional Sanibel-Captiva Road shoulder installation, and select road striping touch up. The contractor is required to complete the project within 30 calendar days, weather permitting.

Call the public works department at 472-6397 if you have any questions.*

City Issues Update On Hurricane Passes

The hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) runs from June 1 to November 30. A storm can occur any time, however the busiest period is mid-August to mid-October.

The City of Sanibel still using the 2016 purple (residential) and tan (commercial) passes for 2021. People already issued those passes do not need to apply.

Used after an evacuation, the passes aid security, speed reentry and provide traffic control at a time when traffic must be kept to a minimum.

Owners and residents who have not been issued a 2016 pass should get one as soon as possible. Obtaining a pass requires a short application and specific documentation.

Visit www.mysanibel.com/ emergency-management for more information.*



41st Annual (Saturday July 3rd, 2021)



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In Memory of Gary Rogers!

The Sanibel Captiva Optimist Club 2021 Official Entry Form

For an early start time, preregister and mail this form along with entry fee of \$50.00 to:
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Additional Info: Randy 239-699-8739, John 239-691-6700, Richard 239-292-4631

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Mileage Out: Mileage In: Total:

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Fee \$50.00. Includes: Car, Driver, Navigator, and Unlimited Crew.

Penalties:

- Points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under adverage course time at the Committee's discretion.
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill at The Timbers Restaurant!



Also Registration in the parking lot at Timbers Restaurant on July 3 until 11:45 a.m.
703 Tarpoon Bay Road, Sanibel, FL

Conducted by: The Sanibel-Captiva Optimist Club

Please, all donations are welcome anytime at PO Box 1370, Sanibel, FL 33957

Thank You!

The Sanibel – Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible.

Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

Pets At Work: Brady The Cat



by Allison
Havill Todd

Do you remember the old riddle, “What’s black and white and read all over?” The longtime response to that question was, “A newspaper,” but in

this case, the answer is Brady the Cat. Being the resident kitty at MacIntosh Books, Brady is a very well read feline and spends his days among some of the greatest literary works.

Prior to being turned in to an animal rescue group, Brady had been the beloved companion of his human who needed to move into an assisted living facility that did not allow pets. A local rescue group, Rescue Animals In Need (RAIN), took the displaced cat into their program where he remained longer than most of the other cats. This was surprising given Brady’s friendly personality, silky coat and brilliant, bright green eyes, but often people want to adopt a kitten or younger animal not an 8-year-old.

One day during an adoption fair at a pet store in Fort Myers, Brady found his new humans. Owner of MacIntosh Books, Rebecca Binkowski,



Brady ready to greet customers

and her husband Michael had been thinking about having another cat. They had been planning to adopt a cat (Rosie) from a customer whose wife had recently passed and was trying to re-home the animal. Sadly, Rosie fell very ill and died prior to being adopted by the Binkowskis. They felt deflated when their hopes were dashed about giving Rosie a good home.

As luck would have it, they happened to be at the adoption fair on the same day as Brady. They fell in love with this beautiful black and white fellow immediately but were unsure of how to integrate him into their home with two other cats that were a bit territorial. Michael suggested that Brady live at the bookstore, which has turned out to

be the perfect solution for all. Brady gets to spend his days at work with his people and has become so popular with the customers that many will send him cards and treats during the off-season when they are away from their Sanibel homes. Binkowski joked that Brady gets more mail than they do, and one client, who lives in Arkansas during the summer months, knits and mails special

photo provided

“catghans” for Brady to snuggle up in. The bookstore is indeed Brady’s domain as he makes himself comfortable on the counter greeting customers or exploring the book shelves looking for the latest best read. The Binkowskis shared that he brings a lot of joy to the store. He is affectionate and social with visitors, and also receives constant attention from the other shop owners in the area who like to take a break from their work to visit Brady.

Feline fans can meet Brady at MacIntosh Books at 2340 Periwinkle Way in The Village Shops. Please remember, like all of us, he does require his private time though, and Brady friends are cautioned to give him his space and let him come to them when he is ready. After all, being the star employee at a book store is hard work and cat naps are precious!

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.✪

From page 1

Sea Turtle Day

tax deductible donations dollar-for-dollar is such a great way to encourage others to make this research possible.”

Refreshments will include Sea Turtle Frozen Custard donated by The Shack.

“We are delighted The Shack’s generosity will make this a fun as well as informative event,” said Sloan.

To RSVP, email sccf@sccf.org or call 395-2768. Bailey Homestead Pavilion is located at 1300 Periwinkle Way on Sanibel.

The SCCF mission is to protect and care for Southwest Florida’s coastal ecosystems. For more information, visit www.sccf.org.✪



Chuck and Lisa Whitman, owners of The Shack

photo provided

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Fish Caught



Brooks Hitchcock

photo provided

Brooks Hitchcock of Mendota Heights, Minnesota caught a 35-inch snook on May 27 at Blind Pass while on a fishing charter with Sea Reed Charters. Hitchcock used a Tailored Tackle Multispecies combo rod and reel to catch the snook.✪

Shell Found



Madelynn A. Crawford

photo provided

Madelynn A. Crawford of Ashtabula, Ohio found a junonia on April 30 at Causeway Islands Park. She was staying at a hotel in Cape Coral. Crawford said, "I happened to notice the shell's spots in shallow water, then I happened to notice an 11- to 12-inch lightning whelk right next to the junonia! God blessed me with his glories, I cried tears of joy."✪

Shell Found



Jacey Wilson

photo by Willow Peterson

Jacey Wilson, 15, of Willard, Missouri found a junonia at Lighthouse Beach. She was staying at Sand Pointe Condominiums. Wilson said she "found it in about five feet of water. My dad told me it was a rare find, but I never really considered how rare it was."✪

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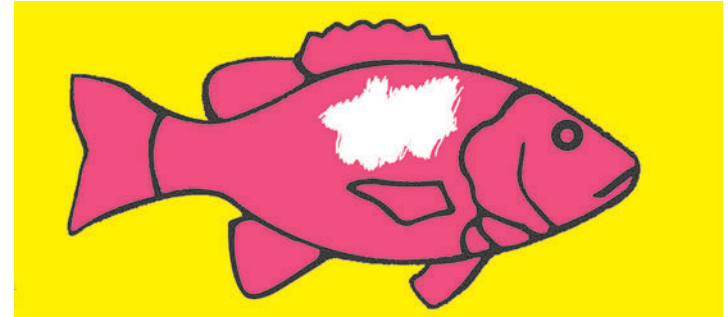
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 1 large zucchini, diced small
 ¼ cup green onion, washed and chopped fine
 1 teaspoon plus more to taste seasoning blend
 (Greek, Latin, Cajun)
 ½ lemon, juiced
 1 teaspoon olive oil
 Sea salt and fresh ground pepper, to taste
 Preheat a large sauté pan over medium heat.
 Add vegetable or olive oil to the preheated sauté
 pan. Add the corn kernels, zucchini, and sliced bell
 pepper to sauté pan. Cook ingredients for 2 to 4
 minutes until the ingredients become crisp-tender.
 Add the seasoning blend and lemon juice. Stir
 ingredients to combine. Add the green onion and
 taste. Adjust seasoning with sea salt and pepper.
 Remove from heat and serve warm as a side dish.✪



Sweet Corn Succotash

photo courtesy Fresh From Florida

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Loggerhead sea turtle laying eggs on Captiva

photo by Megan Reed

Peak Season For Sea Turtle Nesting On The Islands

June is peak nesting season for sea turtles, so this is an exciting month for the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program team as it monitors nests and addresses a few on-the-ground projects.

The Captiva team came across a loggerhead (*Caretta caretta*) as she was laying her eggs at sunrise on June 2.

SCCF Sea Turtle Program staff are relocating nests on Captiva in preparation

for the upcoming beach renourishment project by the Captiva Erosion Prevention District (CEPD). All existing nests within the project area will have hatched prior to mobilization at the end of July.

SCCF is operating under a permit issued by the Florida Fish and Wildlife Conservation Commission to do this work, and "the team's highest priority is limiting the impacts of moving the eggs by minimizing the number of nests that need to be moved and the distance they are transported," said Sea Turtle Program Coordinator Kelly Sloan.

Although sea turtle nesting activity is rarely reported on the Sanibel Causeway Islands, SCCF has been contracted to monitor Island B daily to document and



Taylor Lawrence and Malina Baker during a recent training session on the beach

photo provided

relocate nests before construction begins on that island on August 1.

Additionally, SCCF is launching a new research project to study the impacts of sand quality on nest temperature, moisture and how the water moves through the sand surrounding the nest. "The results of this multi-year project will help SCCF identify the incubation conditions that support high hatching success," Sloan said.

Three new interns joined the team to help with monitoring, relocation and research efforts. Emily Skinner, Taylor Lawrence and Malina Baker arrived last week and have already been a tremendous help.

SCCF's team has recorded 228 loggerhead nests and three green sea turtle

(*Chelonia mydas*) nests as of June 2.

There appears to be a high proportion of returning turtles nesting on Sanibel.

Sixty-three percent of the turtles have been previously tagged by SCCF's team. "Having this many recaptures provides great information, such as how often turtles are nesting, seasonal variations in nest site selection and growth rates," said Sloan.

If you come upon a female during this peak period of nesting season, keep your distance, be quiet, don't use a flashlight or any white light, and peacefully enjoy the moment.

Visit www.sancaplifesavers.org to learn how you can help protect sea turtles.✧



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Poetry Corner



by Clay C. Ewell

AWAKENING

The youth inhabited a world whose visible boundaries loomed nearby
But with an interior, expanding in undulating waves of adventure.
Wondrous landscapes, in rich colors, the sounds of birds and animals
Great and small, the substance of a place with no place, a time with no time.
This eternal realm reverberating, radiating from and within his mother's embrace.

And it was this nurturing haven, this font of wonder from which sprang
The paradise embedded in the ordinary life of the child.
Minute to minute, day to day, the soft folds and fluid light of the waking dream
Swept him up into the billowing clouds arrayed along the blue arc of the sky
And he saw the rolling plains, sun drenched, alive, awaiting him beyond the trees.

So there came a bright morning, resplendent in its promise of wishes come true, that
The youth felt the softness of his mother's presence harden and grow cool.
Hand in hand they pass across a threshold and enter a new world of many voices
And the scent of many bodies, the walls high and tile clad, reflecting the harsh light
And many many sounds and others like himself, yet so happy it seemed, to have been left behind.

In this place of flatness and corners, paper and chalk, joy echeloned with despair
He fell slowly away from the soft world and into the rigid sameness of the other.
The sameness, its acceptance by these erstwhile strangers, gleeful in their anonymous
Surrender, fostered little comfort, serving only to isolate, to darken the clouds in the sky
Of his soul and his heart ached to be reunited with that which affirmed his awakened will to be himself.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.☆☆

From page 1
New Preserve

progresses, the conversion from densely vegetated to nearly barren land can often seem destructive and a shock to the senses. However, as the planting stage begins to take root, the landscape rapidly transitions back to a diverse, natural habitat," said SCCF Wildlife and Habitat Management Director Chris Lechowicz.

Removing exotic plants – which lack any native predators or pests to keep them in check – is key to successful restoration.

"Invasive species can become dominant, rapidly displacing native plant communities and resulting in the loss of key habitats for migratory and resident bird populations as well as other animal species found throughout Sanibel Island," Lechowicz said. Restoring land to its historic natural state reinforces SCCF's rich history of conservation and its core mission "to protect and care for Southwest Florida's coastal ecosystems."

Lechowicz said the timing of the restoration was planned around nature itself, and a firm completion date has not been established.

"Restoration projects often take place over an extended period and many factors contribute to the time it takes to complete a project," he said. "As summer approaches, thunderstorms, seasonal flooding and hurricanes can delay portions of the restoration."

Following the initial preserve restoration, improvements will be added

to the approximately two acres fronting Periwinkle Way between Purdy Lane and Martha's Lane. These improvements will be open to the public, while the majority of the preserve acreage will be dedicated for exclusive use as wildlife habitat.

"The intentional reimagining of this space will connect visitors to nature and celebrate our shared and historic role in protecting and nurturing Southwest Florida's coastal ecosystems," said Orgera.

After the exotics are removed, the community space will be replanted with thriving native landscaping. Inviting and inspiring, it will feature a 1,100-foot loop walking/biking trail connected to the shared use path. The trail will take bikers and walkers through a welcome plaza with a water bottle filling station and interpretive panels.

A lush demonstration marsh with wetlands features will include water-quality education panels. There will be interpretative gardens with seasonal blooms and a sculpture garden to encourage reflection on the importance of land, water and wildlife.

Throughout the restoration process, SCCF Habitat Management staff will routinely conduct inspections for the reintroduction of invasive, exotic species to ensure it is a diverse, healthy ecosystem.

"The Periwinkle Wetlands Preserve restoration project is essentially revitalizing characteristics of Sanibel's historic ecosystems," Orgera said, "while inviting in the public to learn more about Sanibel's environment and to contemplate its beauty."☆☆

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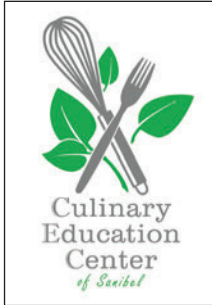
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The Community House

Miracle Fruit



by Chef Jarred Harris

Over my many years of working with food, I have developed a sweet tooth. Now, it is particularly important for me to cut down on my sugar intake. Looking for sugar substitutes has become important and in doing so, I discovered miracle fruit.

Miracle fruit, also known as miracle berry, miraculous berry and sweet berry, is a small berry with bright red skin and translucent flesh, and when eaten, it causes sour foods to taste sweet. Just imagine eating a lemon and it tastes like the best lemonade ever. This effect is caused by a protein called miraculin found in the miracle fruit's flesh, and the sensation lasts for up to 30 minutes.

Miracle fruit comes from a certain type of evergreen tree native to West Africa. The berries have been used for thousands of years throughout the African continent to sweeten palm wine, beers and to

improve the flavor of soured foods. The fruit was discovered by a French explorer and brought to Europe in the mid 1700s, where it was used as a flavoring agent for pickles and vinegars.

The fruit made its way to America in the 1970s and was commonly consumed as a novelty item. Shortly after, the fruit was used for medical purposes, such as improving the taste of unpleasant medications.

The fruit is available throughout North America online as whole fruits or in pill form as miraculin tablets. Miracle fruit trees can also be purchased online.

Here is an interesting recipe to try:

Sugar-Free Lemon Meringues**Ingredients**

4 large egg whites (room temperature)

½ tsp. cream of tartar

¼ tsp. miraculin powder

Zest of ½ lemon

Method

Preheat oven to 225F. Line a baking sheet with grease-proof or parchment paper.

Using a stand mixer with a whisk attachment, add the egg whites and cream of tartar to the mixing bowl and whisk on medium speed until the whites start to become foamy.

Increase the mixer speed and gradually add the miraculin powder. Mix until the whites are glossy and stiff peaks are formed.

Gently fold in lemon zest and blend well.

Pipe the meringues onto the prepared baking sheets.

Bake for 1 ½ hrs. Turn the oven off

and let the meringues stay in the oven for another hour. (alternately, the meringues can be placed in a 175F oven and cooked overnight).

Remove the meringues from the oven and serve with fresh berries and whipped cream.

Meringues can be stored in an airtight container for a week.

Summer Reading Program Fuels The Imagination

Sanibel Public Library invites parents 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). Programming will be available online at www.sanlib.org and Take and Make activities will be available for pick up.

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

Youth Services Librarian Deanna Evans posts her Baby Bounce Time videos and storytime videos to the

Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of SCA and the Sanibel community. I will continue to share my knowledge and recipes with you. Please be a patron of The Community House and visit the Culinary Education Center.✱



Summer readers Lena and Magnus Petersen photo provided

library's children's webpage. The library will be hosting online programming from Page Turner Adventures starting Monday, continued on page 26

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Book Review

Who Is Maud Dixon?



by Di Saggau

Alexandra Andrews' debut novel *Who Is Maud Dixon?* has a cunningly constructed plot with terrific characters and settings. What's more, it's already bound for Hollywood. The book is about a young editorial assistant, Florence Darrow, who while underpaid and underappreciated, has an extremely bad attitude. Her behavior after a one-night stand with a married man she works with, was especially creepy and ends up with Florence losing her job.

Being jobless doesn't worry Florence, because in her mind the universe is watching out for her. Maybe she's right, as two weeks later she applies for a job as personal assistant to Helen Wilcox, a best-selling author who goes by the pen name of Maud Dixon. Only Florence and Dixon's agent know her real identity. Florence believes she is destined to become a famous writer. She imagines herself seated behind Helen's desk writing brilliant prose. "I could write this," Florence thinks as she reads Helen's

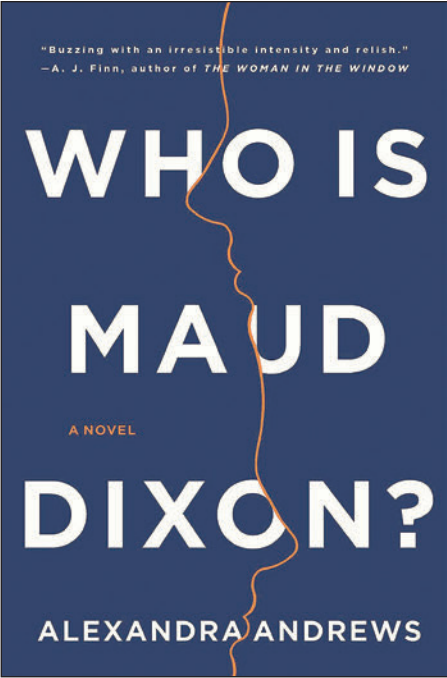


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manuscript. She takes it upon herself to make a few changes here and there. The story travels from an isolated estate outside Hudson, New York, to the towering cliffs of Morocco. At this point the comparisons to *The Talented Mr. Ripley* begin to make sense. Andrews' sense of humor peeks around the corner, adding to the fun. What matters most about being in Morocco is that no one there knows the two women, and Morocco is conveniently outside the

jurisdiction of U.S. law enforcement. Florence is a charming sociopath who battles wits with Helen and what fun it is to see who comes out on top. The book is about ambition, writer's block, the murkiness of fictional inspiration and the desire to invent a new and better identity. Author AJ Finn said, "Who is Maud

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, As summer progresses, you're probably already hearing comments from your children telling you that they are bored and there's nothing to do. While younger children have more organized choices like day camps and other activities to attend, it's often more difficult to find interesting options for older children. Fortunately for Lee County citizens, the Lee County Library System has put together an excellent summer program for middle and high school students beginning on June 24. While this program is designed for students who need service hours, it's a great way for all students to learn about their community and how they can participate in public service. The library invites children to participate in the Teen Summer of Service Program, a six-week series of virtual events and projects, designed for middle and high school students who need service hours. This series features local organizations that help the community overcome a variety of challenges, from voting rights to the environment and animal protection. Each weekly workshop includes a short presentation, followed by breakout group discussions and activities. Presenters will offer several options for service projects that can be completed in a time and place that works for you. Students can earn up to 25 service hours this summer while helping their community from the comfort of their own home. Space is limited and registration is required. This is a virtual online program that begins on June 24 and is weekly for six sessions ending July 29.

All registered participants will receive a kit of supplies to complete the service projects, along with a free signed copy of *The First Thirty* (NSDLC Multicultural Relations Book of the Year) and the companion workbook *A Place to Sit*. The following are additional details:
Speaker Line-Up
June 24 – Voting Rights with Lee County Supervisor of Elections
July 1 – Helping the Homeless with Lee County Human and Veteran Services
July 8 – Littering with Keep Lee County Beautiful
July 15 – (to be determined)
July 22 – Animal Abuse with Lee County Animal Services
July 29 – Leadership and Service Q&A with Greg Forbes Siegman

Dixon? That's but the first of countless questions to tease you and then rivet you and finally obsess you, as Alexandra Andrews' astonishing debut novel glides and glitters like a snake in Moroccan sunlight. Roaring round of applause here." I suggest you pick this one up.✱

(co-author of *The First Thirty*)
At the end of the series, after reading the books, the group will have a chance to take part in a question-and-answer session on Zoom with Greg Forbes Siegman (the recipient of the Jefferson Award for Public Service upon whom the book is based).

Expectations of Participants
Attend and participate in all six virtual workshops. More than two unexcused absences will forfeit your spot in the program. Communicate with staff mentor if unable to attend a workshop or complete a project. Finish projects and return them to library (if applicable) by August 7 to receive credit.

Participants are strongly urged to make sure this program qualifies for their service hour requirements and provide any required paperwork to their staff mentor. All participants will receive a letter verifying their hours and participation in the program on or after August 10. You may register online at <https://leelibrary.librarymarket.com/events/teen-summer-service-workshop-series-4> or contact Amy-Jane McWilliam at amcwilliam@leegov.com. 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.✱

From p;age 25
Summer Reading
June 21, with weekday programming continuing for four weeks.

Peter Zell of Sanibel Captiva Art League has 30 of his original plein air landscape paintings on display and for sale this month. Stop by the service desks for more information. 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. Contactless curbside service is offered. 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.✱

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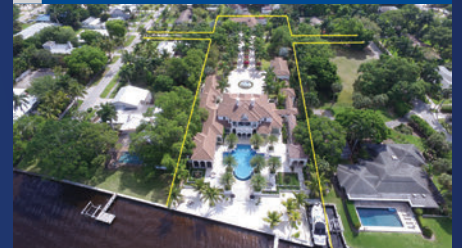
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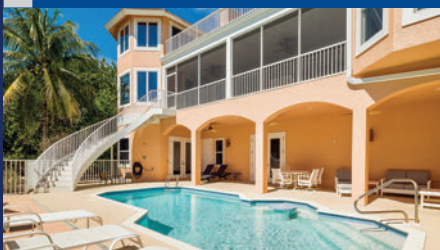
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Bench Installed At Library In Memory Of Artist

Sanibel Public Library installed an outdoor bench and planters in the plaza area in front of the building in honor of late artist Ann Bischoff. The bench was donated by the Sanibel Captiva Art League and Bischoff's family, in her memory.

Bischoff and her husband wintered on Sanibel since the 1970s, and moved here permanently in 1990. She was active in the art league, serving as club president in 1994. For many years, Bischoff and fellow artist Rita McLain organized and hung artwork for the art league exhibits at the library. Bischoff passed away in 2018.

Fellow artist Jane Hudson said, "Ann would be so pleased to see this memorial bench in her name, and she'd love the



Back, from left, Jan Jaeger, Anita Force-Marshall and Wendy Lambrix. Front, from left, Ozzy Flores, Jane Hudson and Murry Lewis.

beautiful flowers as well." Sanibel Public Library's Murry Lewis coordinated the selection of heat-tolerant flowers and

installation of the bench. Margaret Mohundro, library executive director, said the library receives

memorials quite often, though usually coming in the form of a donation, or books purchased in someone's honor. "Outdoor seating is a wonderful gift in honor of Ann, who worked on so many art exhibits here at the library. Patrons frequently sit outside the library, either to read or access the WiFi," said Mohundro.

Sanibel Public Library is open for browsing, or patrons can use contactless curbside pickup. Materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m. 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 from 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. Tuesday, Wednesday and Friday, and 9 a.m. to 1 p.m. on Saturday during June, July and August. Most devices can connect to the high-speed WiFi from outside the building.✱

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Superior Interiors

How To Style A Kitchen With Open Shelving

by Trinetta Nelson



For many, the kitchen is the center of the home. It's the area where the family gathers for small talk after a long day away from each other. It's the space to bond over grandma's famous chocolate chip cookie recipe. And, of course, it's the place where you sneak to grab that late midnight snack you don't want anyone else to know about.

A living space that means so much to everyone in your household for many different reasons should look great; it's the room that exudes comfort and happiness. If you're currently thinking about redesigning your kitchen but want to make open shelving the main focal point of this area of your home, there are a few things to keep in mind throughout the design and decor process.

Before you gather a collection of random kitchen accessories and decorative items, and throw them on the shelves, think about how you can make this feature more appealing and cohesive. A theme can be a simple way to do this.

First, look around your kitchen and evaluate the current setup and style. Do you want to completely change it up based on your new desire for open shelf styling? Or do you want to coordinate your shelves to the theme that already exists in the kitchen? A quick assessment of your wants and needs versus the current style and floor plan can help you decide how you'll move forward when

you begin decorating.

Once you have a theme, assess the belongings you already own before you purchase other items. Because you're following a theme, these accessories should be more uniform to ensure the cohesiveness of the style. One of the biggest mistakes that often come with open shelving is accidental clutter. The last thing you want is for your open shelving to lend itself to a disorganized appearance.

Open shelving in the kitchen offers versatility. It's an option used to complement existing cabinetry, and it's also an opportunity for a non-traditional take that can replace the cabinets altogether. No matter the open shelving scheme you currently have or want to implement, there are two main factors to keep in mind: practicality and playfulness.

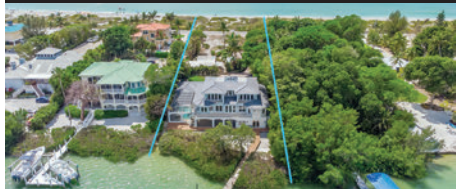
Practical shelving – If your open shelving plan is to display your plates, bowls and other kitchenware, be sure to stack items strategically; they should be well organized but don't be afraid to have fun with placement.

Playful shelving – If your open shelving exists for decor only, plants, artwork and ceramic accessories are excellent options for decorations.

And don't forget – You don't have to choose one option over the other. Mix and match practical and playful shelving schemes as long as they flow with the rest of your kitchen style.

Shelves can be intimidating to design. From bookshelves in the home office to corner shelves in the bedroom, it can be difficult to meet a decorative versus functional ratio. The same can be said about open shelving in the kitchen. Consider consulting a design professional to assist in making the right adjustments to help you achieve the ultimate balance so that you can fully enjoy your open shelving.

Trinetta Nelson is an interior designer on Sanibel/Captiva islands and can be reached at trinetta@coincdecen.com.✱

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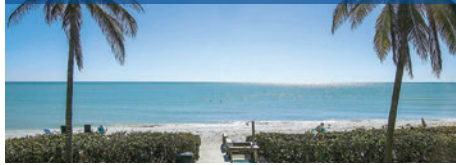
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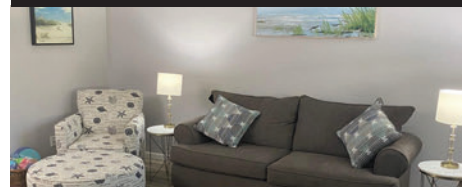
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Refuge Acquires More Acreage For Conservation

Many years in the making, the JN “Ding” Darling National Wildlife Refuge on Sanibel recently acquired a 36-acre parcel bordered on three sides by existing refuge property and on one side by the Gumbo Limbo neighborhood.

“Adding this parcel to the refuge is important as it is sizeable acreage surrounded almost entirely by mangrove forest,” said Refuge Manager Kevin Godsea. “The acquisition will ensure that the bird habitat will be protected, and the mangroves will remain resilient in the face of storms and sea level rise.”

The process of purchasing the parcel through the U.S. Fish & Wildlife Service (FWS) began with the previous refuge manager, Paul Tritaik. The FWS purchased the land from property owners based in Miami for the appraised value of \$50,000.

The land is suitable habitat of mangrove cuckoos and other mangrove forest birds, said Godsea. It will require some restoration, namely the removal of exotic Australian pine trees, but there are no immediate plans to begin that project as the refuge team is currently working on restoration of its 68-acre Lee Anne Tauck Conservation Tract on the refuge’s north side. A combined effort between the “Ding” Darling



“Ding” Darling Refuge manages nearly 6,500 acres of land on Sanibel Island alone photo provided

Wildlife Society-Friends of the Refuge (DDWS), Lee County Conservation 20/20 and the refuge made that acquisition possible in 2019.

“The ‘Ding’ Darling Wildlife Society strongly supports the refuge’s mission to preserve as much wild land as possible for the future of our wildlife and planet,” said Birgie Miller, DDWS executive director. “We count

on the collaboration of our partners in conservation to work together in preserving land both on and off the islands.”

As a non-profit 501(c)3 organization, DDWS works to support the JN “Ding” Darling National Wildlife Refuge mission of conservation, wildlife and habitat protection, research and public education through charitable donations

and Refuge Nature Shop profits. To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.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. Campers will paint shells, 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.

Successful Community Partnerships

Hank Humphrey, Trust Company Advisory Board Member, will often take the time to visit with members of our team - resulting in ideas that give our clients the best possible experience.

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Will Power

Children’s Promissory Notes



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

When an adult child borrows money that you intend for them to repay, or not repay but count against their inheritance, there are several legal issues to be aware of. I’ve seen several of my firm’s clients make mistakes resulting in bad feelings between their children. No one wants to posthumously drive a wedge between our loved ones, so in today’s column, I’m going to review several of these issues.

Children often borrow money to purchase a residence. If this is the case, it makes sense to have an attorney draft up a promissory note and mortgage, and to record that mortgage on the public records. A stated interest rate may be established. If the parent

doesn’t wish to charge interest, then it should be known that the IRS expects the parent to impute interest on the parent’s tax return at a specified rate published by the IRS, and that changes monthly.

If the child is also obtaining third party financing, then the lending institution will typically insist on having priority, meaning that the parent’s note will be subordinate. If the child defaults on the primary mortgage, the second mortgage owned by the parent may be discharged, unless the parent first satisfies the primary mortgage and therefore moves her note into primary position.

If a parent lends money to a child in an unsecured note, which I’ve seen often, a child’s divorce or bankruptcy could mean added legal difficulties. On many occasions, I’ve heard parents say that they don’t envision the child paying the loan back, but the parent then directs me to draft an equalizing distribution clause in the will or trust. The other children receive disproportionate distributions to equalize lifetime and post-death transfers.

Here, several things need to be crystal clear. First, the amount of the promissory notes. Often children will continue to borrow more and more money. This should be evidenced by a new promissory note or a clear modification of the existing note. The note should indicate whether unpaid interest is added to principal, or whether the note bears simple interest. It should also state whether this occurs on a monthly, quarterly or annual basis.

I suggest that a ledger be maintained as well, recording principal amounts, accumulated interest, and any payments made. This sounds obvious, but I’ve had several clients not keep track. A back-up plan to maintain the ledger should be made, for if the parent begins to lose mental capacity, ledgers easily fall out of date.

The will or trust should cover the contingency whether the child’s share is insufficient to satisfy his or her outstanding obligations to the deceased parent’s estate. Does the child owe the estate money in that case, or is the note bequeathed in full back to the maker/child? Either way, there’s likely to be hard feelings between the maker/child and his or her siblings. Communication among your children/beneficiaries is crucial to minimize conflict.

Several clients drafted promissory notes on their own or modified existing notes without the help of an attorney. Big mistake. I’ve seen several ambiguous, unintelligible documents over my three decades of practice. Invest a few dollars on an attorney, because legal questions lead to conflict. What’s family harmony worth to you and your loved ones?

Realize that, under our income tax laws, forgiveness of debt constitutes taxable income to the debtor. The best way to eliminate an obligation is to gift that note back to its maker. Here, any gift exceeding the annual exclusion amounts (currently \$15,000) results in the requirement to file a Federal Gift Tax Return Form 709. Provided you have enough exemption, no gift tax would be paid, but the gift does consume a portion of your lifetime and post-death exemption amount.

I can’t tell you the number of times that siblings have harbored ill feelings toward one another over the issues described in this column. Communication with your adult children does tend to mitigate the problem. So does accurate accounting to ensure that everyone is treated fairly.

Finally, I warn my clients that when lending money to loved ones, you need to be in a position to give the money away. If you need the money for your own retirement, don’t do it. No one wants to be in the uncomfortable position of making a demand on an outstanding obligation or filing a lawsuit to collect it.

Now you’re aware of some of the issues. There are others, depending upon the unique facts of every situation.

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After Hours Networking Event

San Cap Business Women’s Association (SCBWA) will host its monthly Tips & Sips networking event on Wednesday, June 16 at 6 p.m. at MudBugs Cajun Kitchen. Melanie Holliday from Rapid Response Team will share tips on being prepared for hurricanes and other threats.



Melanie Holliday

“Eight hurricanes are predicted this summer, so being prepared is a priority,” said Holliday. “With over 10 years in

project management and urgent response, I have some good tips to share.”

Holliday is a local project manager with Rapid Response Team, a statewide remediation and restoration company. She is also a crisis survivor, suffering a violent home invasion and overcoming multiple setbacks on the road to recovery. “If others can benefit from what I’ve learned, I’m happy to share,” said Holliday.

“Melanie is one of the bravest people we know,” said Taylor Osborne, co-owner Iris Print & Designs and SCBWA president. “She has a steady hand in a crisis and is a great resource.”

Tips & Sips is held on the third Wednesday each month at rotating Sanibel and Captiva restaurants. MudBugs is located at 1473 Periwinkle Way. Light appetizers will be provided; cash bar.

Register in advance at <https://sancapbwa.eventbrite.com> or email taylor@irisprintdesigns.com.✴

How’s The Market? Ask Ann

Wild West! Multiple offers and historically low inventory. What are my options? Give me a call. My husband, son and I have over 70 years of Real Estate experience on Sanibel. We are all Brokers and have some strategies on how to navigate these challenges. I am Sanibel’s only “Certified Negotiator,” having received specialized training through the National Association of Realtors. My husband was recently designated a “Realtor Emeritus,” recognizing his extensive experience of many years as a Realtor/Broker. Take advantage of our background and call for a confidential interview on any questions you have about our current Real Estate Market.



Ann Gee
Broker/Owner

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2445 West Gulf Dr. C-4 Pointe Santo - \$570,000	2929 West Gulf Dr. 102 Atrium - \$1,498,000
200 Periwinkle Way 121 Lighthouse Pt. - \$591,000	1191 Middle Gulf Dr. 2D Shorewood - \$1,595,000
868 Rabbit Rd. - \$725,000	1680 Hibiscus Dr. - \$1,800,000
1341 Middle Gulf Dr. 4D Sunset South - \$997,500	1044 Whisperwood Way - \$1,940,000
509 Lake Murex Cir. - \$1,200,000	2311 Starfish Ln. - \$1,945,000

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

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Island Cotillion Steering Committee, from left, Shawn and Laura Shaffer, Phil and Gail Pilibosian, Patsy and Hubie Whitaker, Jan and Pete Halliday, JoAnn and Andy McKelvey, and Julie Boyd. Not pictured: Bill and Judy Cheney, Maggie and James Davis, and Corky Boyd, photographer.

photo provided

Island Cotillion Recognizes Retiring Members

JoAnn and Andy McKelvey were the surprise guests at a gathering of the Island Cotillion Steering Committee on May 20. The group celebrated the

couple's many contributions to the cotillion. The McKelveys announced their retirement from the committee earlier this year after more than 20 years of service. They were presented with a commemorative gift created by Luc Century.

The Island Cotillion is a dinner dance group comprised of islanders who enjoy live music, a good dinner and good

company. The purpose of the steering committee is to guide the hosts and hostesses through the planning process of the various dances. The contributions from the McKelveys have been critical to the success of the cotillion.

For more information about the upcoming season for the Island Cotillion, call Julie Boyd at 395-0464 or Jan Halliday at 472-3942.✱

Grant To Help Students With Disabilities

Best Buddies International received a grant of \$50,000 from the Golisano Foundation to expand its work in Southwest Florida to serve more individuals with intellectual and developmental disabilities (IDD).

"With a goal of creating awareness and inclusion throughout Southwest Florida, Best Buddies will use this grant to help forward our mission of providing more opportunities in area schools for students with intellectual and developmental disabilities," said Melanie Musick, Best Buddies area director.

With the Golisano Foundation's support, Best Buddies was launched in Southwest Florida in October 2017. The Southwest Florida office, located at 5237 Summerlin Commons Boulevard in Fort Myers, is staffed with two full-time employees, Musick and Program Manager Molly Morrina, who is the school liaison. Southwest Florida has Best Buddies chapters at 26 schools. Each chapter is supported by a faculty advisor/special education advisor plus a chapter president, in addition to the program manager.

School administrators, teachers and/or parents wanting Best Buddies offered at a specific school location in Lee, Collier, Charlotte or Sarasota counties can contact Musick at melaniemusick@bestbuddies.org or 275-2510.✱



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This stunning 2BR/2BA unit has an open floor plan and boasts excellent rental income! As a walk-out ground floor unit, access to the beach, pool area and tennis court is convenient and easy! The unit has been renovated, including the kitchen with custom cabinetry, granite countertops and stainless appliances. Both bathrooms are updated and the unit provides a stackable washer/dryer.

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Frankly Speaking



by Howard Prager

Some stars are shining and others are just twinkling. Tony LaRussa has now surpassed John McGraw for the second most victories as an MLB manager with 2,764 wins after Sunday's

3-0 win over the Tigers. LaRussa told *The Chicago Tribune*: "It feels very emotional to me that it started here (with the White Sox) and ended up here. I realized two things that kept it in perspective: John McGraw was a much better player than me and had a much higher winning percentage." It helps to be managing at 76 years old and to have managed a number of winning franchises including the White Sox (the first time) where they captured a division title, taking the Oakland A's to three consecutive AL championships and one World Series title in 1989, and leading the St. Louis Cardinals to three NL championships and two World Series titles in 2006 and 2011. He trails only Connie Mack, the A's manager for their first 50 years in Philadelphia, by nearly 1,000 wins with 3,731. If the Sox stay towards the top of the AL Central for the next 10 years and Tony continues to manage to his late 80s, maybe he could break that record. There will be two new teams in the

NBA Finals this year, as the Heat and now the Lakers have each been ousted in the first round, with the Lakers falling in six games to the Suns. Anthony Davis' injury in Game 4 took the wind out of the Lakers' sails as they lost a strong counterpart to LeBron James. Meanwhile, the Clippers beat the Mavericks to make the Western semi-finals. In that series, it was the first time in NBA history that the road team won their first six games. With the Clippers winning Game 7, they broke that "streak." Meanwhile the Mavericks go home, not having won a playoff series in 10 years. On the ice, the Canadiens continue to dominate the Jets 3-0 and, by the time you're reading this, they may have swept that series. Tampa Bay continues to play well and is pretty unstoppable after taking a 3-1 lead in the second round over Carolina. Canada has made an exception for U.S. teams to cross the border for the playoffs, but teams will have to quarantine and stay in a bubble, as Canada is behind the U.S. in vaccinations and fighting the pandemic. On the world stage, Canada did beat Finland 3-2 to win its 27th World Hockey title. The U.S. beat Germany and took home the bronze medal. What's happening in Paris? Naomi Osaka stepped out of the French Open because of mental stress. Yahoo sports reported that Roger Federer shocked us with his decision to "withdraw from Roland Garros because of being physically tired after winning a tough third-round match that finished close to 1 a.m. The 39-year-old didn't specify that he was

injured, simply saying he was opting to save himself for the grass-court season and what would be a fairytale 21st Grand Slam title at Wimbledon. "After two knee operations and more than a year of rehabilitation, it's important that I listen to my body and not rush back into competition," he said. French Open officials were full of praise when reacting to Federer's withdrawal, despite it seemingly being against the spirit of the sport. "The Roland Garros tournament is sorry about the withdrawal of Roger Federer, who put up an incredible fight last night," said Guy Forget, the French Open director. Forget's response was in complete contrast to the way French Open officials responded to Osaka's decision to skip her press conferences in Paris due to mental health. Organizers initially slammed Osaka and threatened her with expulsion from the tournament, before she eventually withdrew of her own accord. "I think this is a phenomenal mistake," French Tennis Federation President Gilles Moretton initially said of Osaka. "What is happening there is, in my opinion, not acceptable. We will stick to the laws and rules for penalties and fines." Fans and pundits were quick to point out the disparity between responses to the situations involving Osaka and Federer. It certainly seems sexist and a double standard in my eyes. Federer had never pulled out of a Grand Slam tournament before this.

Also gone from the Open by her play is Serena Williams, stunned by Elena Rybakina in the fourth round on Sunday. Williams' quest for a 24th Grand Slam singles title goes on after she was unable to capitalize on the absence of some of her biggest rivals at Roland Garros. Previously, Rybakina, age 21, from Kazakhstan, had never made it past the second round before. As for Williams, she said, "I'm so close. There is literally a point here, a point there, that could change the whole course of the match. I'm not winning those points." The Good News story of the week is going to be a continuing series about Athletes for Hope organization that I started highlighting a few weeks ago. I interviewed the COO, Jason Belinke, who has been with the organization since its founding 14 years ago. "Philanthropic education has been the root of Athletes For Hope (AFH) and it's how we've brought athletes in. How do they think

about what they're passionate about and translate that to action? Workshops are 45 minutes to 1.5 hours long, creating a forum for conversations athletes rarely have. At end of workshop, they can sign up for AFH and get added to a roster of over 8,000 athletes. We work with athletes at the pro, college and the Olympic level. We start with talking them through their past community involvement. We take that a step further for interested athletes and, after vetting them if they're interested, we connect them to the right philanthropic organizations. We ask them to share the spotlight with other athletes who aren't doing as much work as they would like." Working with college teams is newer, and the teams they work with are all from FBS schools including LSU, Ohio State, UCLA, USC and Michigan State. "Team reps poll their teammates about their passion and help them connect with organizations within their own communities. This year, we have started to pivot towards working with the HBCU (Historically Black Colleges and Universities) schools starting with Southern and Howard universities." I'll be continuing to share more from this fascinating interview in future columns. 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.*

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. 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, call 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district will dispatch personnel to conduct a mosquito count and, if warranted, will fog or spray the area. For more information regarding mosquito control on Sanibel, visit Lee County Mosquito Control District's website at www.lcmcd.com.*

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SPORTS QUIZ

1. What national team dominated the Fed Cup women's tennis competition from 2011-18, winning six championships during that span?
2. What Utah Jazz player broke the NBA single-season slam dunk record with 306 in 2019?
3. Name the former college football coach who won Alabama's U.S. senate election in 2020.
4. In what sport do the Adelaide Strikers, Hobart Hurricanes and Perth Scorchers of the Women's Big Bash League (WBBL) compete?
5. Nicknamed "The Ginger Assassin," what teenage bowler successfully cleared a 7-10 split at the 2021 U.S. Open semifinals?
6. What National Baseball Hall of Famer – and his various conspiracy theories – was profiled in a 1994 *Philadelphia* magazine article by Pat Jordan?
7. Name the ESPN baseball analyst who also wrote the book *I'm Fascinated by Sacrifice Flies: Inside the Game We All Love*.

ANSWERS

1. Czech Republic. 2. Rudy Gobert. 3. Tommy Tuberville. 4. Cricket. 5. Anthony Neuer. 6. Steve Carlton. 7. Tim Lincecum.

LCEC Ready For Storm Season

Lee County Electric Cooperative (LCEC) is ready for storm season by having partnerships with power line and tree-trimming contractors, fuel companies, material vendors, food service vendors, other cooperatives and local agencies for mutual aid to ensure that it is ready for restoration.

Each of the 400-plus LCEC employees plays a critical role in the restoration plan. Employees put their typical job responsibilities on hold to pitch in during restoration. From assessing damage to leading out-of-state crews, every employee has a vital role.

LCEC has a proven track record and customers can rest assured knowing that employees work around the clock during restoration situations to ensure the lights are back on as quickly as possible. LCEC employees will not rest until all of the 228,000-plus customers have power.

LCEC has a thorough restoration plan that outlines priorities during large power outages. The plan first calls for restoration of critical circuits that power essential services such as hospitals, traffic signals, shelters and law enforcement. Next, power is restored to the largest number of customers possible. The last to be restored are individual services in small pockets or services that need to be reconnected after repair to their home electrical system.

Note that LCEC does not disconnect power before a storm.

Ways to prepare for outages:

Ensure a backup telephone other than a cordless or telephone that is dependent on electricity.

Have a battery-powered radio on hand and a supply of fresh batteries to stay aware of news and other information.

Keep a flashlight and extra batteries handy.

What to do when the lights go out:

Help keep the telephone lines clear for emergency calls. Only call LCEC at 656-2300 to report downed power lines.

Visually check the weather-head (on the roof where your service drop connects to the pole) and the meter box to make sure it is not damaged.

Any damage to the home's electric system must be repaired by a licensed electrician and inspected by a designated agency before power can be restored.

Turn off appliances. This will protect them when service is restored, prevent electrical fires and lessen the chances of circuit overload when service is restored. Leave one light on to serve as a visual signal that power has been restored.

Stay clear of downed power lines. They may still be energized and dangerous. Puddles of water contacting downed lines are just as dangerous.

Don't trim trees or remove debris located near downed power lines. If you must remove debris, don't pile it under or near electrical lines or equipment.

Residents on life support must have an alternate plan in place to ensure the continuity of life-support needs. This may include making special arrangements to spend time with a friend or relative during

an outage or using a backup generator.

If operating a portable generator, keep it outside and in an open area. Carbon monoxide emissions can be harmful. Follow all instructions regarding safe operation. Do not connect the generator directly to the main electrical panel. If installed incorrectly, power could flow into outside lines and cause injury to the owner, neighbors or utility crews.

Do not detain LCEC employees or contractors while they are working. This can be distracting, can cause an accident and impedes the process.

Visit www.lcec.net to download the LCEC Hurricane Guide, which will help ensure that you and your family are ready for anything Mother Nature brings your way this storm season.✪

Progressive Club To Meet



John Cassani



KC Schulberg

In response to rising concerns about local water conditions, the Progressive Club of the Islands is hosting the team of John Cassani and KC Schulberg from Calusa Waterkeeper on Thursday, June 17. The meeting will begin at 4 p.m. on Zoom and the speakers will provide current information on the status of regional algal blooms. They will also discuss how the community can support the program.

In 1995, Cassani founded Calusa Waterkeeper, a member of the International Waterkeeper Alliance. He started his professional life in 1978 after earning degrees in biology and fish and wildlife. From 1978 to 2014, he was resource manager to local government, focusing on waterways of Southwest Florida. An author of numerous scientific papers, he is frequently sought out by government, academic and private industry on a wide variety of water issues.

Schulberg is executive director of Calusa Waterkeeper, joining the organization in 1998. He serves as communicator with a background which merges film, television, marketing and fundraising with hands-on civic engagement and community organizing.

The meeting is interactive with time provided for questions. To attend the meeting, email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap.

Annual dues for the Progressive Club are \$30 per individual or \$60 per couple. To renew or join, mail a check payable to PCI, P.O.Box 898, Sanibel, FL 33957. For more information, visit <https://pcislands.org>, call 994-3175 or email pcisancap@gmail.com.✪

Longtime Board Member Retires

Al Hanser, founder and chairman of The Sanibel Captiva Trust Company, announced the retirement of Naples resident Dolph von Arx from the board of directors of SanCap Group, Inc., the holding company for The Sanibel Captiva Trust Company and its divisions of The Naples Trust Company and The Tampa Bay Trust Company. Von Arx served for 12 years and the maximum number of terms according to board by-laws.

"Dolph has always had tremendous confidence in and been so supportive of the trust company," said Hanser. "He didn't hesitate when I asked him to become a board member. It was a pleasure on behalf of our fellow directors to present Dolph with a plaque of appreciation for his years of dedication, service and leadership. I could always count on him for his wisdom and expertise and, most of all, his friendship."

Von Arx is the former chairman, president and CEO of Planters Lifesavers Company, an affiliate of RJR Nabisco. Earlier, he was executive vice president



Al Hanser presents Dolph von Arx with a plaque for his service photo provided

of Thomas J. Lipton, Inc. and a member of its board of directors and executive committee. He retired after having served 10 years as chairman of the NCH Healthcare System in Naples and three years as board chairman of the Conservancy of Southwest Florida, as well as the Regional Business Alliance. He will hold the title of board member emeritus of SanCap Group, Inc.✪



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Health First

Health Benefits Of Dark Chocolate



by Julie Rosenberg, MD

Do you like to eat dark chocolate? If you're a chocolate lover like me, chocolate is in your diet. The good news about eating dark chocolate is that it's good for your health. Scientific studies have shown that dark chocolate is rich in antioxidants and nutrients, making it not only delicious, but healthy as well.

Dark chocolate is derived from the cacao plant. Cacao contains phytonutrients called flavonoids, which are plant chemicals that act as antioxidants. We know that antioxidants may play a role in heart health and cancer prevention. The cacao plant also contains a compound called theobromine, which can help to reduce inflammation and potentially lower blood pressure.

The darker a chocolate bar is, the more antioxidants you will get by consuming it. Dark chocolate bars with at least 70 percent cacao are the best choice, as bars with lower percentages have more added sugar and fat. Any 70 percent (or higher) dark chocolate is rich not only

antioxidants, but also in fiber, and minerals (potassium, phosphorus, calcium, copper, zinc and magnesium). However, despite these benefits, a 1.5-ounce serving of dark chocolate contains about 250 calories and 20 grams of fat.

Following are three health-promoting effects of dark chocolate. They do not apply to milk chocolate or white chocolate.

1) Cardiovascular Health – Dark chocolate may play a role in improving cardiovascular health. A prospective population study of 20,951 men and women showed that higher intake of chocolate (up to 100 grams/day, or about 3.5 ounces) was associated with a lower risk of coronary vascular disease and stroke.

A meta-analysis of 23 prospective studies including 405,304 participants later suggested that regular chocolate intake of <100 grams per week may be linked with reduced cardiovascular risk. (Note: The recommended daily dose of dark chocolate is 1.5 ounces maximum).

Most researchers believe that the flavonoids in dark chocolate support heart health, as they help the body to produce nitric oxide, one of the critical components of the vasculature. Nitric oxide functions to suppress cell inflammation and adhesion. In this way, it helps to prevent blood clots and promotes blood flow. It also functions to help blood vessels relax, which can lead to lowered blood pressure.

In sum, does eating dark chocolate prevent cardiovascular disease? The data are promising but not definitive. However, there is no evidence to indicate that

chocolate should be avoided in those who are concerned about cardiovascular risk.

2) Brain Health – Chocolate stimulates neural activity in areas of the brain associated with pleasure and reward, which can lead to an improved mood. An interesting study published in 2018 showed that eating 48 grams (1.5 ounces) of organic chocolate with 70 percent cacao increased neuroplasticity in the brain. Improved neuroplasticity can lead to positive effects on memory, cognition and mood. Scientists have postulated that these improvements in brain health may be due to high levels of flavonoids that accumulate in certain areas of the brain. Additionally, theobromine functions as a stimulant and may provide a short-term boost in brain function. This is likely because it encourages blood flow to the brain, which may help people feel more mentally alert and focused after eating chocolate.

While the information on a possible link between eating dark chocolate and brain health is promising, controlled clinical trials with larger sample sizes are needed to confirm a direct association and to evaluate the mechanisms involved.

3) Possible Anticancer Benefit – Antioxidants protect our cells from damage caused by free radicals, which are unstable oxygen molecules thought to be responsible for aging and disease. The many flavonoids in chocolate, in particular epicatechin and quercetin, have cancer-fighting properties. While there are limited data to support that eating chocolate protects people against developing cancer, the antioxidant benefit cannot be refuted.

The Bottom Line – Dark chocolate is nutritious, delicious and has health-promoting properties. However, it contains a significant amount of calories and fat. So, be mindful of your daily intake; don't consume more than 1.5 ounces per day. Check the ingredients before purchasing any chocolate to ensure that you are consuming a product with fewer and more natural ingredients.

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.✧

Top 10 Books

1. *The Other Mrs.* by Mary Kubica
 2. *Malibu Rising* by Taylor Jenkins Reid
 3. *The Clover Girls* by Viola Shipman
 4. *Shipped* by Angie Hockman
 5. *You Belong Here Now* by Dianna Rostad
 6. *The Book of Lost Names* by Kristin Harmel
 7. *The Newcomer* by Mary Kay Andrews
 8. *The Most Beautiful Girl in Cuba* by Chanel Cleeton
 9. *Big Summer* by Jennifer Weiner
 10. *The Lost Apothecary* by Sarah Penner
- Courtesy MacIntosh Books and Paper.✧

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ISLAND SUN BUSINESS NEWSMAKERS



Harrell, Tolp and Albright

Agency Names Media Director

NOISE Inc., a multimedia brand agency, has appointed Emily Madelung as media director.

Madelung is a media professional with more than 13 years experience both in-house as well as at prominent agencies. She most recently served as media buyer and planner at Jacobson Rost in Wisconsin, where she supervised media campaigns of \$50,000 to \$4 million annually. With NOISE, Madelung will specialize in digital display advertising, social media advertising, geotargeting, retargeting and broadcast advertising.

Emily Madelung



Larry Hahn

John Naumann & Associates

The top listing teams for May at John Naumann & Associates were Larry and Deb Hahn, and the Harrell, Tolp and Albright team. The top sales agent was George Kohlbrener and top sales team was Harrell, Tolp and Albright.*



Debbie Hahn



George Kohlbrener

"Emily's unique knowledge of media and ability to assist NOISE in effective media messaging has already brought more effective campaigns to our clients," said partner Ashley Shenk. "We look forward to her many contributions to client and agency success in the future."*

State Budget Declared A Win For Environment

On June 2, Gov. Ron DeSantis signed the fiscal year 2021-22 State of Florida budget, which continues support of his key environmental initiatives and programs.

According to the Florida Department of Environmental Protection (DEP), the unprecedented investment in Florida's environment will enable DEP and its partners to continue to:

Expedite Everglades restoration through sound science and project collaboration, putting the state on track to complete key projects over the next two years, including C-44 and C-43;

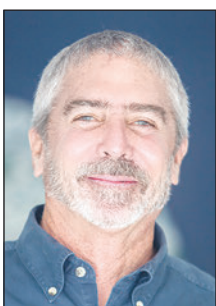
Achieve significant water quality improvements throughout the state by implementing targeted water quality projects, including septic conversions and upgrades, and wastewater and stormwater improvements;

Protect and restore Florida's springs;

Kingfisher Real Estate



Robyn Moran



Tommy Wiley

The top selling agent for May at Kingfisher Real Estate was Robyn Moran and the top listing agent was Tommy Wiley.*

Support Florida's growing need for water supply through conservation and reuse projects;

Protect and preserve Florida's unique natural resources through land acquisitions, including a focus on wildlife corridors; and

Prepare state communities for the effects of climate change through technical assistance and funding to address flooding, erosion and ecosystem changes.

"Thanks to the governor's bold vision and the continued support of the legislature, Florida's environmental priorities have remained strong and our natural resources are better protected today than they have ever been," said DEP Secretary Noah Valenstein. "The critical funding allocated in this year's budget will enhance the state's steadfast dedication to improve the health of Florida's environment and ensure our natural resources are a legacy for future generations to enjoy."*

Bank Adds New Team Member

Alex Martinez has joined Sanibel Captiva Community Bank as a customer service representative and teller at its main office, located at 2406 Periwinkle Way. He is responsible for assisting customers with personal and business banking transactions.

Prior to joining the bank, Martinez worked in the armored transportation industry for several years. He is originally from Puerto Rico and moved to the United States in 2008. He relocated to Southwest Florida in 2018.*



Alex Martinez



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Protecting The Natural Beauty Of Cayo Costa

submitted by Bob Rando, co-owner, Captiva Cruises



Cayo Costa State Park is considered to be one of the best shelling beaches in the world. With nine miles of beach, acres of pine forests and more than six miles of trails, visitors can enjoy shelling, fishing, birdwatching and snorkeling on this beautiful barrier island.

For many, Cayo Costa is a rare experience. Accessible only by boat, the island is both a piece of history and slice of paradise, a place where visitors come to appreciate the majesty of native wildlife and miles of undeveloped shoreline.

Captiva Cruises has a long history in partnering with the Florida Department of Environmental Protection (DEP) since 1994 to share this unique barrier island with visitors and our community. In 2013, Captiva Cruises became the DEP official state concessionaire.

Captiva Cruises offers shelling excursions to the south end of Cayo Costa, averaging 34 visitors per day over the last five years through two daily trips offered Monday through Saturday. After Hurricane Charley damaged the original south dock in 2004, we were proud to help rebuild and reopen the state-owned dock in 2016, a resource that is now available for public use.

Since inception in 1986, Captiva Cruises has been dedicated to upholding a culture of good stewardship for the islands and environment. We have a long-standing partnership with the Sanibel-Captiva Conservation Foundation, partnering through No Child Left On Shore to bring

underprivileged children to the southern end of Cayo Costa, where they learn about the ecology of the barrier island and wildlife. Some of these children have never seen a beach or stepped foot in the sand before.

Captiva Cruises also supports the Friends of Cayo Costa State Park, partners with Clinic for the Rehabilitation of Wildlife to transport injured wildlife to their clinic on Sanibel from the island, and volunteers with our vessels, crew and families in coastal cleanup days on Cayo Costa.

Recent news coverage has targeted Captiva Cruises, stating concerns that our excursions potentially harm the environment, and a group of citizens is petitioning the DEP to prevent Captiva Cruises from accessing the island's south dock.

One of the group's key objectives is to end commercial use of the south dock and make this single-boat dock available for private use only, ultimately limiting public access. Captiva Cruises utilizes the south dock to provide access to people who might otherwise not have the means to get there.

Unfortunately, misinformation has been published and we have realized that we need to better educate stakeholders, including Cayo Costa homeowners, about our proactive efforts to protect Cayo Costa.

If you visit Cayo Costa aboard Captiva Cruises, you'll experience firsthand how we celebrate the island's natural environment as we educate on the native wildlife, unique ecosystem and importance of preserving its natural beauty.

Our staff receives training to provide informative talks that review best practices for respecting the areas we visit. Our guides monitor the beaches throughout our shelling excursions. While the south end of the island does not offer amenities, we offer an on-board bathroom and trash receptacles for use throughout our half-day visit. We also employ boats that are specially designed to run in shallow water to limit impact on the local waterways,

seagrass and habitat surrounding Cayo Costa.

In addition to our environmental efforts, Captiva Cruises pays a percentage of ferry revenue to the state to help subsidize park management as well as \$100,000 for park capital improvements since 2013.

Moving to the north dock would eliminate half-day trips and therefore drastically decrease the number of

visitors able to experience this state park. Additionally, this would require the state to expand docking, staffing and tram services at the north end.

For 25 years, our excursions have shared this natural resource with people who otherwise wouldn't be exposed to this unique destination. Preservation of Cayo Costa is critical, as is protecting public access. The two can co-exist.✧



From left, Member-at-Large Jan Arbuckle, Vice President Jan Alden, Co-President Elect and Club Treasurer Pam Eccles, Co-President Elaine Swank, Co-President Jill Janda-Kanner, Co-President Elect and Foundation Treasurer Erika Steiner and Foundation Secretary Taryn Manning. (Not pictured: Members-at-Large Cathy Cryder, Carol Gestwicki, Julie Hayles, Nori Ann Reed and Katrina Wilhelm; Club Secretary Pat Layton; Past Co-Presidents Joyce Ross and Susan Tucker.) photo provided

New Year Begins For Zonta

submitted by Kathleen Skubikowski

The Zonta year of service and advocacy begins in June and the Zonta Club of Sanibel-Captiva's 2021-22 year was ushered in recently with an installation ceremony at The Community House. The presidency of both the club and the grant-awarding Zonta Foundation of Southwest Florida was passed from co-presidents Joyce Ross and Susan Tucker to new co-presidents Jill Janda-Kanner and Elaine Swank. New club and foundation officers and boards were sworn in as well.

The Zonta Club of Sanibel-Captiva is a service organization of professional

women working together to provide hands-on service, advocacy and (through its foundation) funds to empower women and girls locally on the islands, in Lee County, and (through Zonta International) around the world. For more information visit www.zontasancap.org ✧

Soma Abuse

Soma abuse is common and this drug is being prescribed by many pain management clinics. A person abusing Soma builds up a tolerance and often a dependence to this drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about Soma abuse, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html. Call 877-841-5509 for free screenings or referrals.✧

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Factors That Contribute To Thyroid Disease



by Suzy
Cohen, RPh

Dear Readers:

Many people already know that iodine deficiency is one reason for insufficient thyroid hormone, but you may not realize that

much more is at play when it comes to total thyroid gland health. There are a number of minerals that are essential for thyroid activation, for example, selenium and zinc. You don't hear much about those two, however, a deficiency of either mineral will lead to poor activation of T4 to T3. Do you know what that means?

It means that T4 won't convert to T3, and that would be a type of "hypothyroidism." Put differently, if you can't convert the T4 (inactive) to T3 which is active, then you will feel most of the symptoms of hypothyroidism. I discuss this in great detail in my best-selling book entitled, *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagined*.

Selenium and zinc are needed for the metabolic pathway that converts T4 to T3, and medications to restore the thyroid hormone never hit the root cause, although they may help if they have T3 in them. But what if you are zinc deficient because you take a drug mugger of zinc, for example, you take famotidine every day for your reflux? Over time, you will likely become zinc deficient.

Let's say you're zinc deficient, and feeling symptoms of hypothyroidism. Your doctor may see on your labs that you're TSH is high, indicating that your thyroid hormones are low. And seeing that, your doctor may now prescribe Synthroid or Levothyroxine for you, which is a T4 drug. But what is going to happen now? Is that useful, do you think? Of course not, in this specific

example, the zinc deficiency remains an obstacle to you getting well, and it will continue to prevent your new T4 drug from converting to T3. If you don't have enough T3, you don't feel well.

In this case, the ideal scenario would be to know this information: To know the connection between zinc and thyroid hormone activation. So the best resolution would be to recognize that you are taking a strong "drug mugger" of zinc, and restore the missing nutrient. For many people, this is a problem that persists for years, and it shouldn't because zinc levels are easy to test for.

One more important point is that you have both regular T3 (which is active, it works) and you have something called reverse T3 (noted as rT3). Too much rT3 (and not enough active T3) will make you feel hypothyroid as well. It's a factor that should be considered, and one that is easy to measure with a blood test.

If you have further questions refer to my book *Thyroid Healthy* or speak to your endocrinologist about all the factors that contribute to thyroid disease. 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.✱

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: In the wake of COVID-19, I have developed agoraphobia. I live upstairs in my parents' home, and I want to start getting out again. But I have so much anxiety. What

should I do?

A: COVID-19 has changed so many people in the way they live now. Many people have felt so isolated and have not gone out in a year, and this has changed

their whole outlook on the way they are living.

Go easy on yourself and realize this is not your fault. Are your working from home or were you laid off? If you are working remotely, will you continue to or return to your work setting? You may want to start with going outside of your home for just a walk around your yard then expand to a walk around the block and see how that feels for you. Perhaps your parents or a friend could go with you.

Begin with small steps and expose yourself to the outdoors a little more each day.

Perhaps you could join an online community and reach out to anyone who lives near you to begin some interaction if you are not already doing that.

If you drive, perhaps you can begin to drive again just down your street or around the block like you can with walking. If you start slowly, I think you will make strides in a short amount of time.

In the event it is too difficult for you, seek out a therapist who does remote counseling and work with him/her to develop trusting again. Gain some skills to help you begin to start the journey of getting out slowly and comfortably.

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.✱

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Steve Fisher



Maxine Fisher

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Doctor and Dietician

Health Benefits Of Tahini Sesame Seed Butter



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

Many alternative nut butters have emerged as people strive to get healthier. One that has been around for a long time is tahini or sesame seed butter. Tahini is a staple used in Middle Eastern and Mediterranean foods, most commonly hummus, baba ganoush, dipping sauces blended with lemon and garlic, and in desserts like halvah. It is probably one of the most common nut and seed butters utilized around the world. It is one of the oldest oilseed crops produced by humans. Interestingly, the seeds come from capsules of the sesame fruit that pops open when ripened – hence the popular phrase “open sesame”

made popular from the classic folk tale *Ali Baba and the Forty Thieves* – who knew? Right?

Dr. Hauser grew up eating halvah, a bar-like dessert that is made with basically tahini and sugar, sometimes with added cocoa or pistachios. For those of you who have followed our Hauser Diet principles, you will recall that there are five Hauser Diet Types – ranging from high carbohydrate/low fat to low carbohydrate/high fat diets. We named them after the animals in nature who eat like the five types – namely, Hauser Lion, Otter, Bear, Monkey and Giraffe.

Like most married couples, we are opposite in many things – and one of them is in our diet types. Dr. Hauser is on the high fat/low carb side of the diet spectrum, while Marion is on the high carb/low fat side. But we make it work by choosing fresh foods to eat but eating them in different proportions on our plates.

For those who are like Dr. Hauser, you typically feel colder than average and carbohydrates make you tired. You can drink coffee, and it stimulates you to wake up, but it also may cause you to crash afterward. People with these tendencies do well with a higher protein and higher fat diet. Thus, we look for healthy ways to incorporate good fats into his diet.

Tahini is one way to do it. It has been used in the vegan community as an alternative calcium source, as two tablespoons contain about 13 percent of the recommended dietary allowance

similar to half cups of whole cow’s milk.

Some people have nut/seed allergies, so they must be careful when consuming tahini. Tahini also contains minerals, including zinc, copper, in combination with calcium, which helps keep bones strong.

If you would like to try adding tahini to your meals, you can make your own from ground sesame seeds or you can purchase tahini already blended. We like to use it in dips, sauces, salad dressings, and in many different cultural dishes that we like to try. Dr. Hauser likes to spread it on gluten-free millet toast and eat it just like that. You can also mix it with ground pistachios for another delicious treat and/or sprinkle in a little cocoa and Monk fruit sweetener. If you like to make

your own hummus – we like to make it not only from chickpeas but white beans and cauliflower – tahini adds great flavor, especially with some lemon, garlic and olive oil drizzled over it.

Give tahini a try – especially if you are someone who should be following more of a keto/Atkins type diet. More recipes and ideas are located at www.hauserdiet.com.

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: Dance



by Kay Casperson

I have always loved to dance. When I was young, we would be dancing everywhere we went, from dancing in clubs to dancing on roller skates, from country line dancing to moving through the disco era. Dancing has always made me feel good, and I’m sure some of you feel the same way. But, how much do you dance today? Unfortunately, as we get older, the options for dancing start to fade away unless you’re attending a wedding or an event of some kind.

Several years ago, I was in the Dancing With the Island Stars event. I was in town at the Fred Astaire Dance Studio almost every other day, learning my routine and practicing for the event. I loved that I could get in better shape just from doing something that I love to do. Just recently, my daughters and I attended a wedding up in Minnesota for my niece. My girls, Kayla and Kayce (Nette), and I were on the dance floor literally the whole night. Sometimes, we would be the only ones, but that didn’t stop us. Apparently, they have inherited my love for dance.

Kayce was just in The Sanibel School performance of *Aladdin*. She played Jasmine and did a fantastic job! Before the play started, her Seahorse Choral choir performed a few numbers, and one of them was The Beatles song called *Ob-la-di, Ob-la-da*. While practicing this song during her choir times, she decided to start dancing, and soon a few of the other choir members caught on and started to dance with her. Mr. G., the choir instructor for the school, said, “I like that, let’s use it,” and so her dance became a part of the performance and was called “The Nette Jam.”

Dance is still a big part of my life. I now incorporate it into my workouts. The great thing about it is that you can dance wherever you are, all you need is music. You can search for the dance hits on any music app or even pick your favorite upbeat music channel to start moving. The best thing about dancing alone in

the comfort of your home is that you can move however you want. You don’t even have to worry about whether you’re getting all the moves right. No one is watching, so dance to your heart’s content.

There are so many benefits to dancing, and I think it is essential for us to keep finding ways to keep dance in our lives even if there isn’t a special event. Here are just a few:

- Dance can elevate your mood and lift your spirits;
- Dance can give you a good cardio workout;
- Dance can keep you toned in all the right places;
- Dance can bring people together in celebrations;
- Dance can be enjoyed and appreciated at every age.

So, get off your tush, get on your music and dance, dance, dance the night away.

My affirmation for you this week is: “I will continue to embrace dance as a part of my best and most beautiful life.”

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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CLUBS & ORGANIZATIONS

ABWA <http://abwasanibelcaptiva.org>

American Legion Post 123 472-9979

Angel Flight SE 1-877-4AN-ANGEL

Audubon of SWFL <https://www.audubonswfl.org/>

Audubon Society 472-3744

Bailey-Matthews National Shell Museum 395-2233

CHR Community Housing & Resources 472-1189

Community Foundation of Sanibel-Captiva 274-5900

COTI Committee of the Islands coti@coti.org

CROW, Clinic For The Rehabilitation of Wildlife 472-3644

Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 984-5920

FISH OF SANCAP Neighbors Helping Neighbors 472-4775

FISH OF SANCAP 24-hr service 472-0404

Horticultural Society of the Islands 472-6940

Horticulture and Tea Society of Sanibel and Captiva 472-8334

JN "Ding" Darling National Wildlife Refuge 472-1100

Kiwanis Club 677-7299

League of Women Voters sanibelLWV@gmail.com

Lions Club, Jeff MacDonald 302-521-1158

Master Gardeners of the Islands 472-6940

Military Officers Assc. of America, Alex MacKenzie 395-9232

Newcomers 472-9332

Notre Dame Club of Southwest Florida 768-0417

Optimist Club 472-0836

PAWS, Protection of Animal Welfare Society 239-313-6918

Progressive Club of the Islands 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

Sanibel-Captiva Republican Caucus 395-0819

Sanibel-Captiva Shell Club 267-7291

Sanibel Historical Museum & Village 472-4648

Sanibel Island Fishing Club 472-8994

Sanibel Youth Soccer 395-2040

SCCF Sanibel-Captiva Conservation Foundation 472-2329

SCCF Sea Turtle Hotline 978-728-3663

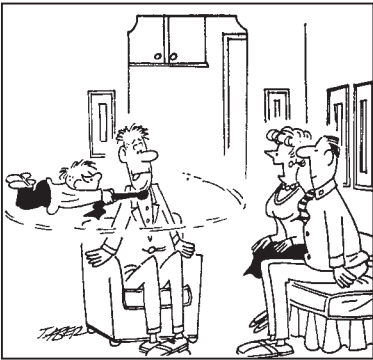
Shell Islands Garden Club 246-8875

United Way of Lee County - 24 hour helpline 211 433-2000

Zonta Club 728-1971
- To be listed in calling card email your information to:
press@islandsunnews.com

PUZZLES

Answers on page 47



"It's a bid for attention.
Just _____ him."

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!

Common

VITRIAL

Cover

CAYPON

Concede

MIESER

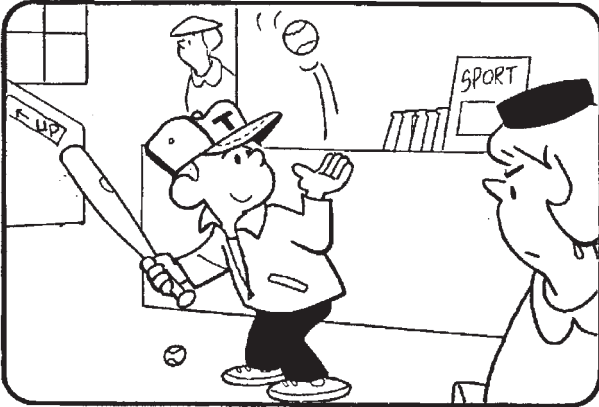
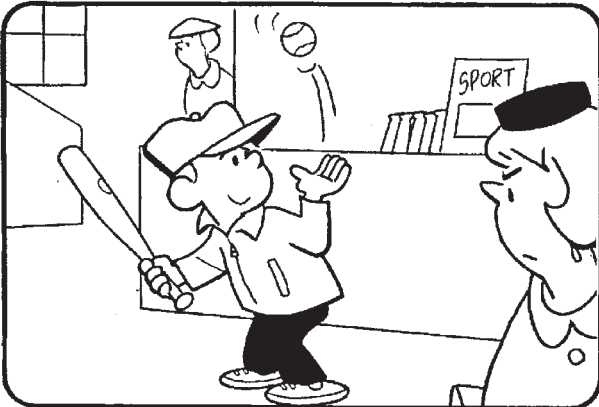
Flee

GIRMATE

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Jacket is unzipped. 2. Cap is different. 3. Sign is added. 4. Button is removed. 5. Pocket is different. 6. Ball is added.

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

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

INITIAL
RATING

- ACROSS**

1 Ukraine's capital

5 Tehrani, e.g.

10 Iowa city

14 Hay bundler

19 Black-and-white bite

20 First Hebrew month

21 Fine rain

22 "You can't beat me!"

23 Chess or charades

25 Hibachi, often

27 Grind, as grinders

28 Dorm VIPs

30 Otherwise

31 Six, in Roma

32 Tell the judge you did it

36 Financial aid option

38 Ordinance

39 Verizon Fios, e.g.

40 Reply to "You're a stinker!"

42 Hugs, in a love note

43 Wet expanse

45 Bygone flight inits.

46 Stack messily

49 It, in Italy

53 Air rifle

56 Waters off Qatar

59 Word div.
- 60 Refined find

61 Long-nosed swimmer

62 Year, to Livy

63 Taint

64 Research into a political foe's weaknesses, in slang

66 Silky casing

68 2015 Bryan Cranston film

70 She's a symbol for a cause

74 Window material

76 1974 hit subtitled "Touch the Wind"

77 Signaled "yes"

79 Cambodian currency

80 Slugging stat

81 Stats, e.g.

83 Hi- — (some stereos)

84 Roget's entry: Abbr.

85 Aunt's sis, maybe

89 Dry white wine of Italy

92 Small, loose stones for a walkway

94 Bit of a climb

95 Adversities

96 Chop down
- 97 Singer Baker

98 U.K. mil. fliers

101 Yet to come

103 Dudes

105 Novelist Deighton

106 Acted omnipotent

111 Jail official

114 Stable grain

115 Big brawl

116 Suffix with planet

117 The planets, e.g.

118 Societal welfare

121 Film rating that's apt for this puzzle's theme

126 Babble on

127 Designer Saarinen

128 Prayer place

129 Jazz singer Fitzgerald

130 NFL gains

131 Romanov royal

132 Snaring loop

133 Result of a falling-out
- 5 Wearing tattered duds

6 Throws together

7 Japanese beer

8 '60s conflict site

9 Resistance to change

10 Gig gear

11 Actress Farrow

12 Cosmetician Lauder

13 Quiet

14 Narcissist's quality

15 Pt. of ETA

16 Verdi's "— Miller"

17 Page of films

18 Sparked anew

24 2009 Colin Farrell film

26 Capital in Scandinavia

29 Novelist Rand

32 Sinks heavily

33 "Cagney & —"

34 Actor Tom of "The Seven Year Itch"

35 Croquet site

36 Landing site

37 Film director Nicolas

41 Things to show a trainee
- 44 Divvies up

45 Certain day of the wk.

47 Yoga pose

48 Golf marker

50 — cum laude

51 Thick cuts

52 '60s hairdos

54 Highest ladder part

55 Limey's drink

56 Lobbying gp.

57 Ponying up, in poker

58 26-Down's country, to its natives

61 Aquarium favorite

65 — four (small cake)

66 — -Magnon

67 Antique

69 Funnywoman Tracey

70 Criminals, to cops

71 Go around

72 Tuna net

73 How tuna may be packed

75 "— little harder"

78 The Divine, in Genoa

82 Three days after 45-Down: Abbr.
- 84 Darn, e.g.

86 Teresa of —

87 39.37 inches

88 — flowing with milk and honey

90 "Grand Ole" venue

91 Happy

92 Mani- —

93 Forest figure

96 Under-soil layer of clay

99 Eagle nests

100 Bank door abbr.

102 Lead-in to Pen

103 Starbucks selections

104 Total

106 Red flower

107 Dern of films

108 Being tried in court

109 Fetch

110 Siouan tribespeople

112 — voce

113 Total

116 Bad smell

119 U.K. "Inc."

120 Man-mouse link

122 Mop & —

123 Yalie

124 Fairy

125 Rebel Turner

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				128						129			
130							131				132						133			

King Crossword

- ACROSS**

1 Billboards

4 Competent

8 Pretzel topper

12 Fib

13 Work hard

14 Spiced tea

15 In toto

17 Frees (of)

18 Bug barrier

19 "Gosh!"

21 Reply (Abbr.)

22 Also

26 "It's a Wonderful Life" director

29 French article

30 "— -haw!" (rodeo cry)

31 "Hi, sailor!"

32 Follower (Suff.)

33 Nota —

34 Airline to Sweden

35 "Today" rival, briefly

36 Fragrant wood

37 Typically

39 X-ray's cousin

40 — -de-France

41 Oregon city

45 Apple computer

48 Prescription phrase

50 Opulent

51 Attic buildup

52 Historic time
- 53 Needing lini-ment

54 Pro votes

55 — de plume
- 9 Sashimi fish

10 Young bloke

11 Frank McCourt memoir

16 Tired

20 Language suffix

23 Kept tabs on

24 Sultry Horne

25 Ogler's look

26 Juan's home

27 Cries of discovery

28 Stance

29 G8 member

32 "Let's do this!"
- 33 Ecru

35 Solidify

36 Vinegar bot-tles

38 French spa town

39 High-IQ group

42 Idyllic place

43 Sleuth Wolfe

44 Dutch cheese

45 Lyricist Gershwin

46 Karaoke prop, for short

47 Koeln cry

49 Take to court
- DOWN**

1 "Sad to say ..."

2 Platter

3 Char

4 Goddess of wisdom

5 Benefits

6 Dogpatch adjective

7 Graceful

8 Threaded hardware

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: DIAMOND — BRADY

- Bracelet

Brooch

Coast

Cutter
- Dust

Head

In the rough

Jubilee
- Mine

Necklace

Paste

Ring
- Saw

Shaft

Wedding

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FRIDAY
Cloudy
High: 85 Low: 72



SATURDAY
Mostly Cloudy
High: 86 Low: 74



SUNDAY
Cloudy
High: 85 Low: 73



MONDAY
Cloudy
High: 89 Low: 78



TUESDAY
Partly Cloudy
High: 91 Low: 77



WEDNESDAY
Partly Cloudy
High: 90 Low: 79



THURSDAY
Cloudy
High: 85 Low: 72

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	1:17 pm	9:17 pm	None	None	Fri	12:22 pm	9:19 pm	None	None	Fri	2:54 am	7:19 am	1:12 pm	9:32 pm	Fri	3:27 pm	None	None	None
Sat	1:54 pm	9:57 pm	None	None	Sat	12:59 pm	9:59 pm	None	None	Sat	3:55 am	7:52 am	1:42 pm	10:15 pm	Sat	4:04 pm	12:33 am	None	None
Sun	2:36 pm	10:39 pm	None	None	Sun	1:41 pm	10:41 pm	None	None	Sun	4:52 am	8:44 am	2:22 pm	10:55 pm	Sun	4:46 pm	1:13 am	None	None
Mon	3:22 pm	11:24 pm	None	None	Mon	2:27 pm	11:26 pm	None	None	Mon	5:40 am	9:40 am	3:19 pm	11:36 pm	Mon	5:32 pm	1:55 am	None	None
Tue	7:22 am	9:12 am	4:15 pm	None	Tue	6:27 am	9:14 am	3:20 pm	None	Tue	6:24 am	10:32 am	4:32 pm	None	Tue	9:32 am	2:40 am	6:25 pm	12:28 pm
Wed	7:51 am	12:09 am	5:18 pm	10:53 am	Wed	6:56 am	12:11 am	4:23 pm	10:55 am	Wed	7:05 am	12:19 am	5:41 pm	11:28 am	Wed	10:01 am	3:25 am	7:28 pm	2:09 pm
Thu	8:19 am	12:56 am	6:36 pm	12:38 pm	Thu	7:24 am	12:58 am	5:41 pm	12:40 pm	Thu	7:40 am	1:07 am	6:53 pm	12:47 pm	Thu	10:29 am	4:12 am	8:46 pm	3:54 pm

PETS OF THE WEEK

Mandy ID# A865082
photos provided

Skittles ID# A867223

Lee County Domestic Animal Services

Mandy And Skittles

Hello, my name is Mandy. I'm a black and white 4-year-old female American Staffordshire Terrier. My adoption fee is sponsored by another adopter because she saw my sweet face and wanted to be sure someone else fell in love with me, too! I'm a medium-sized pup who would be a great fit for any

home because I love to play with just about any toy and will quickly settle in for affection whenever I have the chance. Hi, my name is Skittles. I'm a brown tabby 4-year-old female domestic shorthair. I'm a beauty with amber eyes that will melt your heart. My independent nature is perfect for the busy individual or family. I will be ready and waiting for you when you get home from a busy day to give you love and affection, but I'm perfectly content on my own while you are away. Animal Services thinks that is the perfect combination for a new best friend, don't you? My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge. 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 JUNE 5, 2021

Aries (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.
Taurus (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.
Gemini (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.
Cancer (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.
Leo (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own

pace.
Virgo (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.
Libra (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.
Scorpio (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.
Sagittarius (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.
Capricorn (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.
Aquarius (January 20 to February continued on page 46

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From page 44

My Stars

18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

Pisces (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

Born This Week: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

MOMENTS IN TIME

- On June 16, 1738, Patriot printer, publisher and postmistress Mary Katharine Goddard is born in New London, Connecticut. In 1777, when Congress decided to print the Declaration of Independence, they chose Mary Goddard as printer.
- On June 15, 1877, Henry Ossian Flipper, born a slave in Georgia in 1856, is the first African-American cadet to graduate from the U.S. Military Academy at West Point. Flipper was appointed a second lieutenant in the all-African American 10th Cavalry at Fort Sill.
- On June 19, 1917, during World War I, as a strong anti-German feeling within Britain causes sensitivity among the royal family about its German roots, King George V orders the British royal family to dispense with German surnames. He changed his own family's surname from Saxe-Coburg-Gotha to Windsor.
- On June 18, 1923, the first Checker Cab rolls off the line at the Checker Cab Manufacturing Company in Kalamazoo, Michigan. America's version of the

- London taxi would continue to be built until 1982.
- On June 14, 1968, a Federal District Court jury in Boston convicts Dr. Benjamin Spock of conspiring to violate the Selective Service Act. Spock, a doctor and the famous author of *The Common Sense Book of Baby and Child Care*, supported draft resistance during the Vietnam War.
 - On June 17, 1972, five men are arrested for breaking into the Democratic National Committee offices at the Watergate Hotel in Washington, D.C. Senate investigations eventually revealed that President Richard Nixon had been personally involved in the subsequent cover-up of the break-in.
 - On June 20, 1980, in a match in Montreal, Roberto Duran outpoints "Sugar" Ray Leonard to win the welterweight title. Yet, five months later in a rematch, with less than 30 seconds left in the eighth round, Duran looked at the referee and famously uttered the words "no mas" or "no more," giving up.
- ## NOW HERE'S A TIP
- Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.
 - To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.
 - "Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It's good for so many things." – RN in Washington
 - "Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the

- bowl with a small piece of cheesecloth and secure it with a fat rubber band. The best thing is that I can still use these briquettes on the grill. In the summer, they get changed very regularly." – ML in Virginia
- Great ways to remove stuck labels: nail polish remover (NOT for use on plastics), WD-40 oil, soaking in hot water, rubbing alcohol.
 - Have a stained coffee pot, but don't want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk's acids help gently dissolve the stains.
- ## STRANGE BUT TRUE
- The word hundred is derived from the word "hundrath," which actually means 120 and not 100.
 - New Yorkers went through a bizarre phase of wearing chameleons as living ornaments in 1894. They were fastened to cushions, scarves and women's bodices with tiny chains and collars as little "jeweled playthings," but thankfully the trend was shut down by the SPCA, which banned their sale – though not until over 10,000 of the creatures were already running loose in the city.
 - The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
 - Any photo you've ever seen of the Milky Way from space is either of another galaxy or an artist's rendition, since we're inside the galaxy and can't take an aerial view.
 - Kangaroos hop because their leg structure doesn't permit them to walk independently.
 - A six-year-old Chinese boy named Ming Ming fell from an eight-story window, only to catch his ears in a metal

- grate, thereby saving his life.
- In 2019, the Wendy's fast-food chain released a tabletop board game titled "Feast of Legends." It's played in a similar fashion to Dungeons and Dragons, with Wendy as the Queen and main character.
 - Bananas are a natural source of radioactive isotopes. Just a few can often trigger radiation sensors used at U.S. ports to detect smuggled nuclear material.
 - The Sistine Chapel contains a small side room nicknamed the "Room of Tears." This is where the new Pope is taken after winning the election, to relieve the emotion of that process.

THOUGHT FOR THE DAY

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams

TRIVIA TEST

1. **Television:** What were the names of the six children on "The Brady Bunch"?
2. **Geography:** Which of the Earth's oceans is the smallest?
3. **General Knowledge:** What is the lowest rank in the U.S. Air Force?
4. **Language:** What is the American version of the British plimsolls?
5. **Literature:** Which one of Shakespeare's plays is the longest?
6. **Measurements:** What time period is a decennial?
7. **Movies:** Which actor played himself in the movie "Zombieland"?
8. **Animal Kingdom:** How many eyes does a bee have?
9. **Anatomy:** What are rasceta?
10. **U.S. Presidents:** Which 20th-century president's Secret Service code name was Timberwolf?

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3/19 ★ TFN

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4/20 ★ TFN

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12/11 ★ TFN

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5/28 ★ 7/16

LEGAL

FICTITIOUS NAME

Notice is here by given that the undersigned, desiring to engage in business under the fictitious name of Nicely Done, located in Lee County, Florida, with an address of 477 Lake Murex Circle, FL 33957, has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 26th day of May 2021.

Nicely Done

John Nicely

6/11 ★ 6/11

GARAGE SALE

SUPER YARD SALE

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For Gals & Guys


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6/11 ★ 6/11

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

L

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

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

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

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

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

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

TRIVIA ANSWERS

1. Greg, Marcia, Peter, Jan, Bobby and Cindy 2. Arctic 3. Airman basic 4. Sneakers 5. "Hamlet" 6. 10 years 7. Bill Murray 8. Five 9. Deep creases at your wrists 10. George Herbert Walker Bush

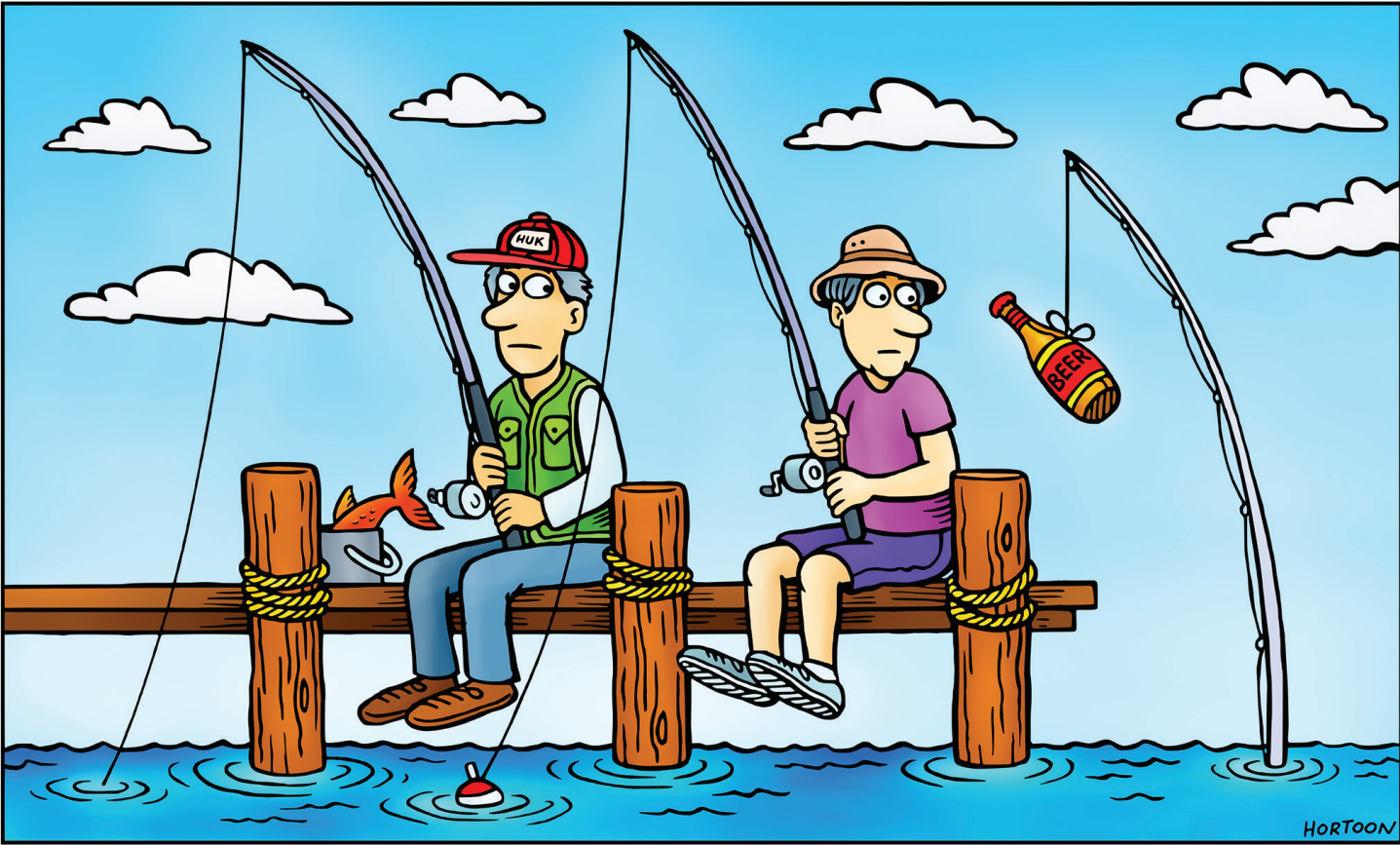
SCRAMBLERS ANSWER

1. Trivial 2. Canopy;
3. Remise; 4. Migrate

Today's Word
IGNORE



HORTOONS



PUZZLE ANSWERS

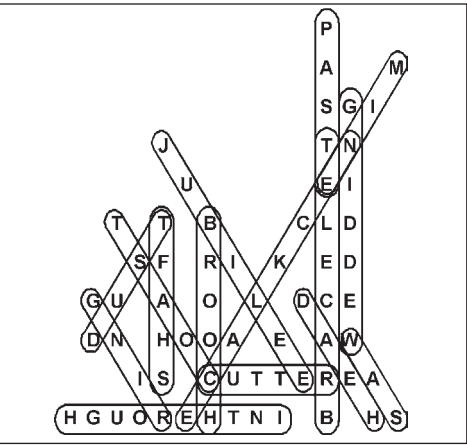
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2015	6,039	\$7,875,000	\$7,400,000	231
Esplanade Lake Club	Fort Myers	2021	3,892	\$3,084,000	\$3,084,000	423
Terabella	Fort Myers	2008	8,157	\$3,400,000	\$2,850,000	68
Bonita Beach	Bonita Springs	2022	4,533	\$6,950,000	\$2,750,000	44
Harborage	Fort Myers	2017	4,836	\$1,975,000	\$2,100,000	4
Palmetto Point	Fort Myers	2003	5,720	\$2,100,000	\$2,100,000	271
Terabella	Fort Myers	2005	4,633	\$2,100,000	\$2,000,000	35
Verona Lago	Miromar Lakes	2005	3,008	\$1,975,000	\$1,975,000	4
Vittoria	Fort Myers	2007	5,151	\$1,750,000	\$1,750,000	0
Bay Creek	Bonita Springs	2001	6,499	\$1,950,000	\$1,700,000	42



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