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VOL. 29, NO. 4

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 23, 2021

JULY SUNRISE/SUNSET: 23 6:49 • 8:21 24 6:49 • 8:20 25 6:50 • 8:20 26 6:51 • 8:19 27 6:51 • 8:19 28 6:52 • 8:18 29 6:52 • 8:18

## Winners Of The Optimist Club Road Rally

The Sanibel-Captiva Optimist Club held its Freedom (from COVID) Road Rally on July 3. Teams in decorated vehicles lined up for a noon start time at The Timbers Restaurant on Tarpon Bay Road. Participants were given a list of clues and set out on a scavenger hunt around the islands, vying for high scores and top finish times.

At the end of the course, competitors gathered at The Sanibel Grill for the traditional afterglow party.

The winners were:

First place: Martini Mamas

Second place: This Vehicle Doesn't Break for Suckers

Third place: Shrimply the Best

Fourth place: The Sailors of SanCap PakNShip

Coveted last place: The Happy Hour Four

Fifth place: Freedom Loving Armiehs

Sixth place: No Ragrets

Seventh place: Beach Bums

Eighth place: Tamaleasa

Ninth place: Poppy's Posse



From left, Optimist Club member and Rally Master Randy Carson, Mayor Holly Smith and Optimist Club member Richard McCurry at the starting line photo provided

10th place (tie): Team Wineaux and Team M. Squared

11th place: MeMe's Gang

12th place: Sanibel Chebbie

13th place: On Island

14th place: The Sanibel Captiva

Guide

15th place: All is Well on Sanibel

16th place: Team Francis Bailey

17th place: Paradise Pirates

18th place: Rays for Days

19th place: Island Taxi

20th place: Magical Mystery Tour

21st place: A Couple for Coconuts

22nd place: King Charles

23rd place (tie): Team Murphy Hurricanes and Team Go 4 Gophers

24th place: Gateway Gators

25th place: White Wolf

26th place: Long Shots

27th place: Tennessee Turners

28th place: Best in Show

29th place: Augie's Auto

30th place: It's a Howe Thing

31st place: Twin Palms

32nd place: Sealoft Squad

33rd place: Max Power

34th place: Gary's Crew

35th place: Team Lane

First place prize was a three-day, two-night stay at 'Tween Waters Island continued on page 12

## Lee County Begins Causeway Islands Project

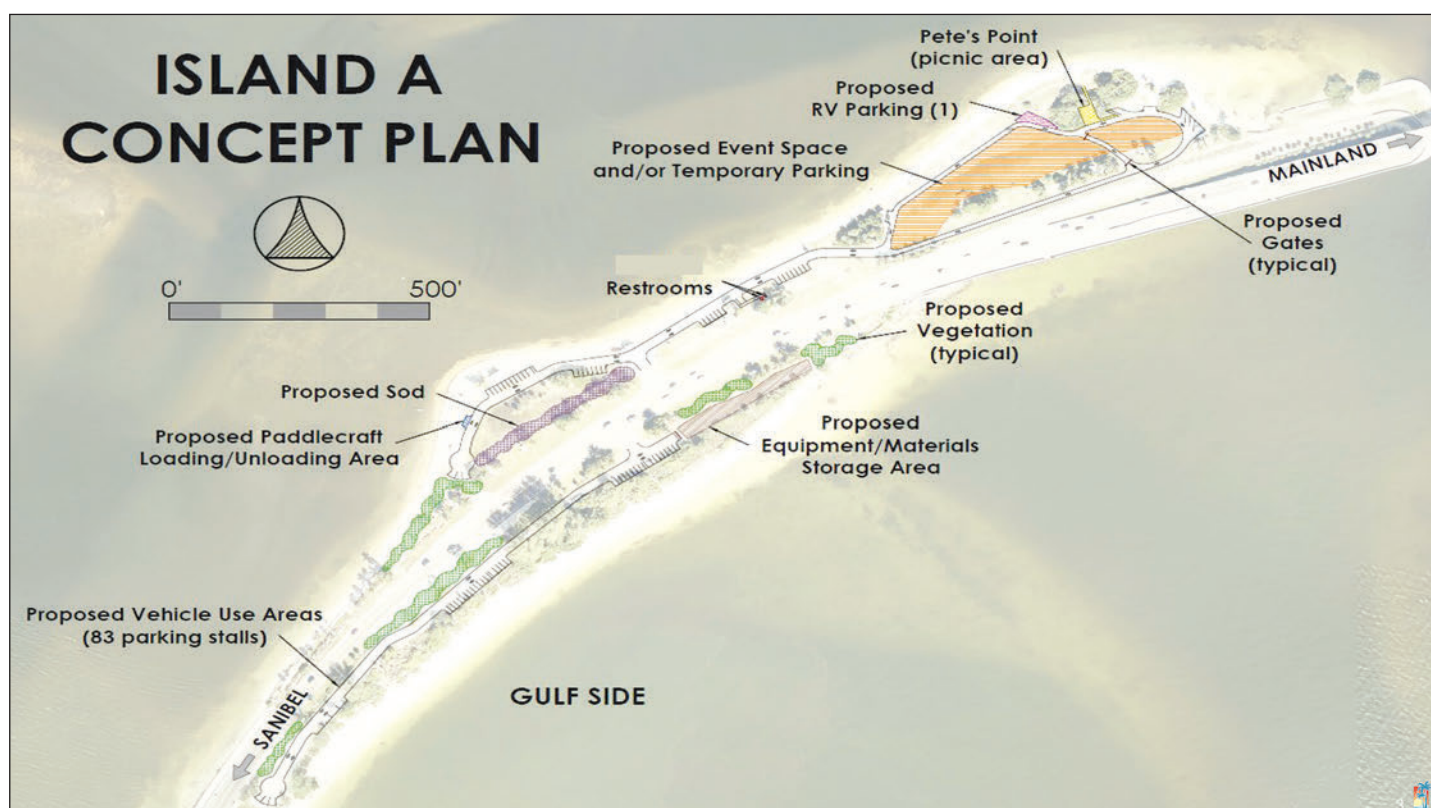
by Wendy McMullen

Trees are already coming down on the Sanibel Causeway islands in preparation for an \$8.5 million plan to enhance the amenities and control erosion on the islands. The trees being removed – such as the Australian pine – are non-native and considered exotic and invasive. They will be replaced eventually with native trees.

Among the improvements envisioned for the islands are structured parking (it is not known if this will involve paid parking of some sort), pavilions, pathways, additional restrooms, landscaping, T-groins and erosion control structures.

On Island A, the furthest from Sanibel, picnic and recreational vehicle parking areas will be added at the northern end along with a more formalized event space. There will also be a paddlecraft loading and unloading

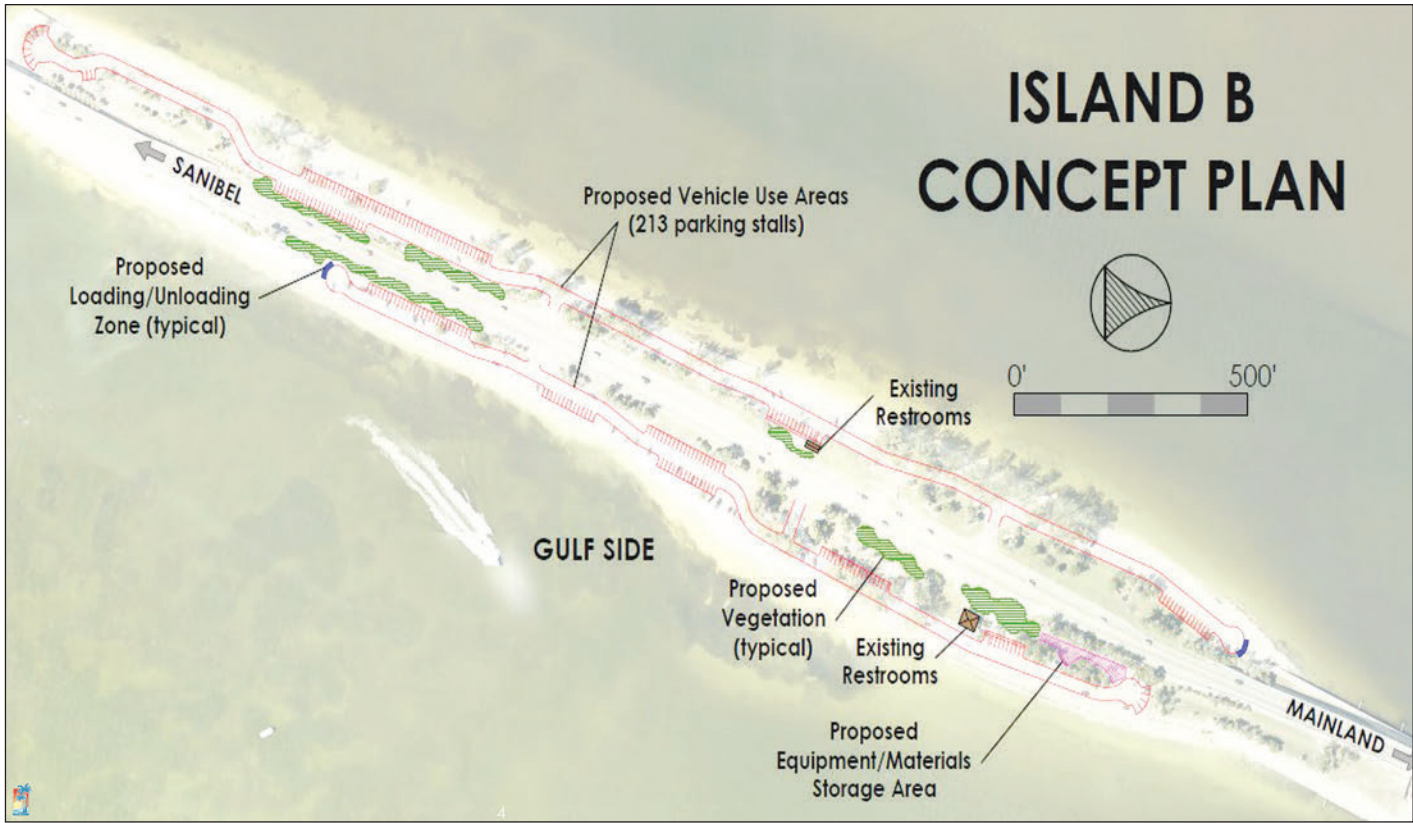
continued on page 2



Sanibel Causeway Island A plan

image courtesy Lee County





Sanibel Causeway Island B plan

From page 1

## Causeway

area, restrooms and an equipment storage area, along with parking for 83 vehicles on the southern end. Island B will have parking for another 213

vehicles.

Both islands will have erosion control structures designed to keep bay waters from covering the road in storm conditions. This will include two rock groins and renourishment of the beaches. The causeway road itself will

not be elevated.

Work is already starting on erosion control structures and the design of the upland structures. Building the amenities will begin in spring of 2022 and continue until the summer of 2024.

The project will be funded using

image courtesy Lee County

tourist development taxes and state funds. Lee County plans a public meeting later this summer or fall. Announcements about its time, date, location and how to participate will be forthcoming.✱

## Punta Rassa Boat Ramp To Close Temporarily

The Punta Rassa Boat Ramp will be closed temporarily from Monday, July 26 through Thursday, July 29 for parking lot improvements. The ramp will reopen Friday, July 30, weather permitting. Patch work began on July 14.

The Punta Rassa Boat Ramp, located at 15001 Punta Rassa Road in Fort Myers, is Lee County Parks & Recreation's most-used boat ramp. Signs have been posted to alert boaters of the upcoming closure.

During the parking lot project, the Lee County parking sticker will be honored at the City of Sanibel boat ramp – just across the Sanibel Causeway from the Punta Rassa Ramp – so boaters with stickers have the option to pay the bridge toll and use that ramp without paying its meter fee.

Visit [www.leeparks.org](http://www.leeparks.org) for more information. Parking fees are \$10 for 24 hours, \$20 for 48 hours or \$30 for 72 hours. Boaters can purchase an annual parking sticker online or by calling 533-7275.✱

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SCCF Shorebird Intern Aaron White and Shorebird Biologist Audrey Albrecht carefully band the tiny chicks photo by Cheri Hollis

## Plover Shorebird Chicks Survive Tropical Storm

In advance of Tropical Storm Elsa, Sanibel-Captiva Conservation Foundation (SCCF) staff took down the shorebird enclosures on the east end of Sanibel to prevent materials from washing away. As most of the chicks are close to fledging, they have been spending less time inside the posted areas.

An enclosure with a snowy plover (*Charadrius nivosus*) nest inside remained standing; however, the nest was washed away during the storm. This nest had been the fourth nesting attempt of that pair and will likely be the last as it is late in the season. Staff and volunteers will continue to closely monitor the snowy plovers on Sanibel and, if there are late-season nests, they will be promptly cordoned off and protected.

There are still three plover broods on the island, each with one surviving chick. The oldest chick was observed flying for the first time on July 10 – six weeks after hatching. The others should follow suit shortly. Two of these plover chicks have

been banded, which allows SCCF to gain a better understanding of this threatened species in order to better protect them. Snowy plovers are captured and banded by trained staff under state and federal permits.

Three Wilson's plover (*Charadrius wilsonia*) chicks also survived the storm. "They are most likely flight-capable based on their age and size, though staff have not witnessed them take flight yet," said SCCF Shorebird Biologist Audrey Albrecht.

Two of Sanibel's 2020 banded snowy plover fledglings continue their adventures around Southwest Florida. Both Blue/Black and White/Black returned to Sanibel for the July 4 weekend, and stayed through Tropical Storm Elsa.

Blue/Black was spotted a few days later north on Outback Key, likely on his way back to Caladesi Island, where he spends a lot of time. "White/Black typically returns to Outback Key as well, so we are awaiting the next report from biologists there," Albrecht said.

If you see a banded snowy plover, email [shorebirds@sccf.org](mailto:shorebirds@sccf.org) or call 813-756-8773.

Visit [www.sancaplifelinesavers.org](http://www.sancaplifelinesavers.org) for tips on how you can safely share the shore with these birds.✪

## City To Hire Consultant For Rec Operations

by Wendy McMullen

A proposal to hire a consultant to help the city improve the effectiveness of the Sanibel Recreation Center was approved by City Council on Tuesday.

The proposition put forward by Councilman Mike Miller is to hire a consultant to conduct community focus groups, surveys and interviews, and research the operations of other recreation centers. The goal is to come up with suggested programs and activities to increase membership and participation, particularly among younger families.

Membership in the Sanibel Recreation Center has been decreasing as various

programs and classes have been cut. Councilman John Henshaw was reluctant to spend the money for a consultant for a facility that has been losing money and questioned whether it could be done by existing staff.

"We are going to spend money on this but I'm willing to do it because of the size of our investment in the rec center," said Mayor Holly Smith.

She was supported in this by City Manager Judie Zimomra who said that the city would not have the recreation facilities that it has now if a consultant had not been brought in at the initial planning stage.

However, Zimomra cautioned, the consultant would need initial direction from the city council.

"You can't give someone your car keys and say 'drive me to where I want to go.' You have to help them develop a map," she told city council.✪



by KAY CASPERSON

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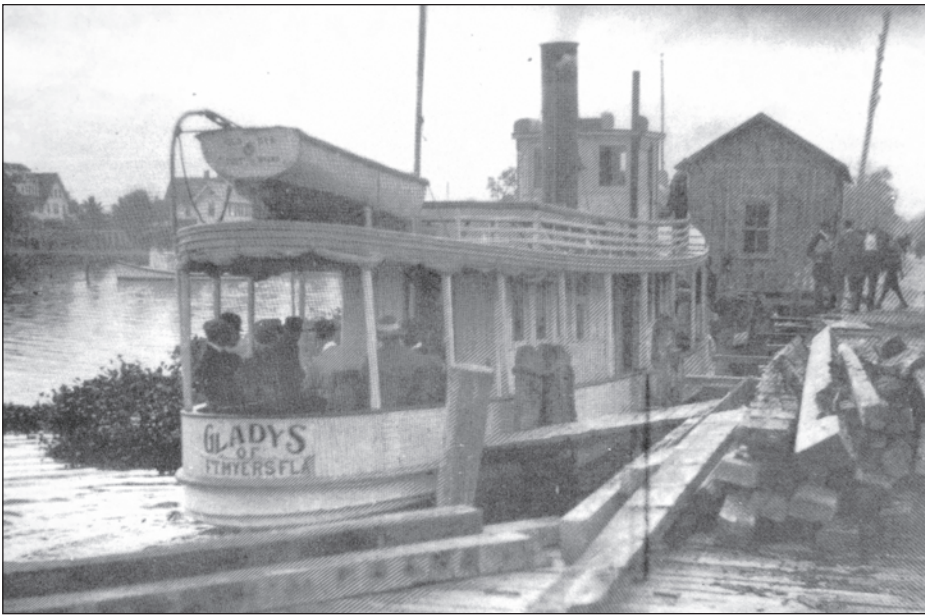
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The *Gladys*  
Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

## Looking Back: Steamer Gladys

This week's image shows the *Gladys* steam ship. In a 1989 interview, Ernest Kinzie said, "...tourists would go over to Sanibel and Captiva in the winter, there were hotels over there... They rebuilt (the steamer *Gladys*) and



extended it out about 40 feet to use on the island run... The *Gladys* was very long and narrow, ...a good running boat and was very reasonable to operate."

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. For more information, visit [www.sanibelmuseum.org](http://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](mailto: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](http://www.captivachapel.com), [www.facebook.com/Captiva-Chapel-By-The-Sea](https://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](mailto: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](http://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. 10 a.m. Traditional Worship Service, [www.sanibelucc.org](http://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](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 472-4901.

Email changes to [press@islandssunnews.com](mailto:press@islandssunnews.com) or call 395-1213.\*

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OBITUARY



JEFFREY PATTERSON OTHS

Jeffrey Patterson Oths passed away peacefully on July 19, 2021. Reared in Waterford, Connecticut, Jeff graduated from Nasson College in Springvale, Maine with a bachelor of science degree in biology. He held positions in sales and retail over the years, but the true focus of Jeff's lifelong passion lay in his love of conchology and the seashells he researched, collected and cataloged. An avid sheller for decades before

moving to Fort Myers/Sanibel Island in 2003, Jeff saw Sanibel Island and neighboring Captiva as a shell lover's paradise and treasure trove for growing his collection. He spent hours walking the beach in search of wentletraps and other shells including in 2009 when, on Christmas Day, he discovered a long-spined star (*Astraliium Phoebium*), later determined to be a new species on Sanibel Island.

Jeff was a member and past president of the Sanibel-Captiva Shell Club as well as past chairman and artistic judge for the annual Sanibel Shell Festival. Over the years, he was a proud recipient of many ribbons for his masterfully presented exhibits at the shell festivals.

He greatly enjoyed gathering with fellow conchologists to discuss their latest finds, and he was eager to share his collection with those equally passionate about shelling. His collection extended beyond the shells themselves and included their incorporation into art, antiques and clothing. Jeff's unique collections of antique mother-of-pearl shell art and glass fishing net floats are currently on display in the Sanibel Public Library and can be seen during regular library hours.

Friends can honor his memory by visiting his displays at the Sanibel Public Library, located at 770 Dunlop Road.

At his request, Jeff's ashes will be scattered at sea. Donations in his name may be made to Hope Hospice.✽

New App To Report Algae

Sanibel-Captiva Conservation Foundation (SCCF) has a new reporting app to document algae sightings from your tablet or smartphone. Macroalgae and microalgae are a natural part of healthy marine and aquatic ecosystems, but some blooms can be harmful to the environment, the economy, and even your health.

Excess nutrient loading from lawns and landscapes, runoff from agricultural lands and freshwater releases from Lake Okeechobee can contribute to algae blooms. Recently, SCCF scientists have documented several algae blooms throughout the Caloosahatchee, Pine Island Sound and the Gulf of Mexico. In an effort to better document the occurrence and distribution of these blooms, SCCF has developed an app that will make it easy for you to report the presence of algae to SCCF scientists.

Macroalgae, also known as seaweeds, typically grow around seagrass beds in the estuary or attached to hard bottom areas in the Gulf of Mexico. They have an impressive variety of colors, forms and ecosystem functions. These primary producers provide habitat for small invertebrates and food for marine animals.

Macroalgal blooms are an indicator of nutrient enrichment in the water, as they are more likely to occur when nutrient loading is high. Some species of macroalgae, such as *Gracilaria spp.*, *Sargassum spp.* and *Soliera filiformis*, can process the nutrients and rapidly increase growth when excess nutrients are in the water. Combined with storms and strong ocean currents, this can lead to large stranding events of macroalgae on local beaches. Decomposing algae can deter people from enjoying the beach and harm the region's tourism-based economy.

Microalgae are microscopic single-celled algae that are typically invisible to the naked eye. During a microalgae bloom, the accumulation of many cells can be seen as streaks or clumps on the surface or in the water column, and can emit an unpleasant or unusual smell. Some microalgae species such as *Karenia brevis*, the organism that is responsible for red tide events, and *Microcystis aeruginosa*, a type of freshwater cyanobacteria common in Lake Okeechobee and the Caloosahatchee, can produce toxins that may cause serious illness and death in birds and other animals.

*K. brevis* can cause respiratory irritation in humans when concentrations are high or when water movement causes the algal cells to break and release toxins. *M. aeruginosa* can contain the hepatotoxin microcystin, which affects the liver, and beta-N-methylamino-L-alanine (BMAA) which has been linked to neurodegenerative diseases.

The U.S. Environmental Protection Agency classifies water as toxic to human health if it contains more than 8 µg/L of microcystin, but the State of Florida currently has no such standards or regulations regarding the classification of waters for recreation. Levels of microcystin can greatly exceed 8 µg/L during a bloom, threatening human health and safety.

*Trichodesmium* is a marine cyanobacteria that blooms regularly in the Gulf of Mexico in areas with low nutrients. It is a unique alga because it can make its own usable nitrogen from the atmosphere, rather than from the water, and typically blooms when iron-rich Saharan dust from Africa is blown into the Gulf of Mexico. Nitrogen produced from *Trichodesmium* is hypothesized to be one of the nitrogen sources that feed red tide blooms.

Download the app on your phone at <https://survey123.arcgis.app/> or by searching for the ArcGIS Survey123 app in the app store.✽

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# Commissioner Sees Tax Cuts In County's Future

As mayor of Sanibel for 12 years, Kevin Ruane held budget and water quality issues as top priorities, he told members of the Sanibel & Captiva Islands Chamber of Commerce at its July 14 business luncheon held at Casa Ybel Resort's Thistle Lodge. The Lee Board of County Commissioners directed him along the same paths for a larger community when he took the position of District 1 commissioner and board chairman last year.

Ruane spoke of his accomplishments as Sanibel mayor to strengthen city finances. "I've promised the citizens of Lee County I'd do the same," he said. "I'm happy to indicate that we will be going into tax cuts. I've advocated for that."

Despite the complications of navigating COVID-19 vaccination distributions in 2021, the county has had a good year,



**County Commission Chair Kevin Ruane addressing members of the chamber**  
photo provided  
with property values up 6.9 percent, he said. This has allowed the commissioners

to put aside money for quick, temporary housing; food banks; and other community services.

"Human services are something we're concentrating on," said Ruane. "We're getting involved with low-market housing to allow people to live closer to work and not put a strain on the roads... We need to do a much better job locally."

His involvement with water quality began as Sanibel mayor when it became an economic issue. In 2016, he was instrumental in forming the largest compact for water quality in the history of the Florida League of Cities with more than 165 mayors participating. In 2014, Gov. Rick Scott appointed Ruane to the South Florida Ecosystem Restoration Task Force and reappointed him in 2019.

"The water quality in front of us is going to be the most important thing we'll have in the next 10 years," he told chamber members. "We have tried very hard to work with the mayors. We continue to have in the script the building of an alliance to make sure that we're heard."

He pointed to the county's robust

Conservation 20/20 program and initiatives addressing climate control and sea level rise as indications of progress regarding environmental issues. He urged islanders, as part of his constituency covering also Pine Island and western Cape Coral, to call and email him directly with questions and concerns.

"Chair Ruane, as a former resident, is a true friend of the islands and its business community," said John Lai, chamber president and chief executive officer. "We deeply thank him for taking the time to 'come back home' and bring us up to date on how county actions are affecting our community. Thanks also to 911 Restoration for sponsoring the luncheon."

The next chamber business luncheon will be held on Wednesday, August 11 at Pink Shell Beach Resort on Fort Myers Beach. U.S. Army Corps of Engineers Col. Andrew Kelly will speak at the meeting, which is sponsored by Captains For Clean Water and Rapid Response Team LLC. To register for the luncheon, visit [www.sanibel-captiva.org](http://www.sanibel-captiva.org) or contact Landen Drake at 472-8255 or [landen@sanibel-captiva.org](mailto:landen@sanibel-captiva.org).

# City Considering Salary Increases To Attract Staff

by Wendy McMullen

Sanibel City Council took a hard look at its overworked city staff and the 40 positions that remain unfilled at the council meeting on Tuesday.

"It's difficult to get people to live and work in paradise," said Vice Mayor Richard Johnson. "It's not limited to how they are compensated. It has to do with how people are treated and led by the people in charge."

Recommending a thorough review of job classifications and descriptions along with salaries, Mayor Holly Smith said she looked at the review as a classification rather than a compensation study.

"When I look for job descriptions, I'm unable to find them," Smith said. "Nothing has been done for 15 years, and we need to do something now."

Not all city council members were on board with the mayor's plan for immediate

action.

"Staffing and how you move people around is the purview of the city manager," said Councilman John Henshaw, warning against tying the replacement city manager's hands in hiring staff. Longtime City Manager Judie Zimomra is retiring on September 24, just a few days before her 20th anniversary with the city.

But Smith said she viewed it as helping the city manager rather than taking over from him or her, stating that it would segue with what the council expects of the new city manager.

"We have almost 40 positions we can't fill. We can't get planners. I know there is a backlog. We can use this as a tool for where we want to go. I don't know that we're even advertising for these positions right now," Smith said, urging action immediately.

"I agree we should get started now," said Councilman Dr. Scott Crater. "By the time we get proposals, a new city manager would be in place. We need to give them the things we want them to study."

"These are all good points," said Johnson. "Fifteen years is a long time and it's caused us some challenges. We need

categorization of jobs and we need to remain competitive in the job market."

City council members approved a budget amendment to appropriate \$95,336 in a funding order to hire more recreation department staff who were most heavily affected by the cuts recommended by former mayor Kevin Ruane. Seventy six full- and part-time staff were furloughed from positions within the City of Sanibel, and 32 of them were from the recreation department.

# Water Quality Good But Lake Levels Increasing

by Wendy McMullen

Lake Okeechobee water levels are rising but water quality on Sanibel is good for now, the Sanibel City Council was told at Tuesday's meeting.

Lake Okeechobee water levels could present problems for Sanibel's waters this summer, however, and city council and

local environmental organizations have been protesting the water release schedule which directs polluted water from the lake westward to the Caloosahatchee and Sanibel.

Polluted water released from Lake Okeechobee was responsible for the devastating red tide and blue-green algae crisis in the summer of 2018 and a repeat is feared if water levels in the lake continue to increase. Currently, 100 percent of the total outflows from the lake have been west to the Caloosahatchee. No water has been directed east to Port St. Lucie where the freshwater releases were damaging seagrasses.

The elevation of Lake Okeechobee at the beginning of this week was 0.8 feet higher than the same time last year and two feet higher than it was in 2019.

However, water quality in San Carlos Bay and along Sanibel's beaches remains good at present.

Council members were also concerned about possible consequences on Sanibel from the Piney Point disaster near St. Petersburg where a wastewater pond break poured polluted water into the Gulf of Mexico.

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The Community House

photo by Logan Hart

## Community House Events

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. with a class offered from 10 to 11 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

The Community House is looking for mangoes for cooking chutneys and barbecue sauce. Drop off any time between 9 a.m. and 1 p.m.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights. Cost is \$5 per class.

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.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$5 per class.

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

The Sanibel-Captiva Art League exhibit by Keith Johnson and David Tompkins is on view through July 31.

Shell Critter Kits to Go are available for purchase or to ship. Choose four out

of 13 critters to assemble. Cost is \$20 per kit; shipping is \$8 additional.

Art Kits to Go 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](http://www.sanibelcommunityhouse.net) or call 472-2155.✱

## Lecture Reveals Fascinating Facts About Squid

The next talk in the Bailey-Matthews National Shell Museum's Celebrating 25 Years virtual lecture series is titled Supersized Squid. Rebecca Mensch, MS, senior marine biologist at the museum, will lead the program on Tuesday, July 27 at 5 p.m.

Mensch is a squid expert 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 call home, 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 advance registration is required at [www.shellmuseum.org](http://www.shellmuseum.org). The



Rebecca Mensch

photo provided

series will continue through the fall, and additional lectures will be announced shortly.

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. The museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✱

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# 'Ding' Darling Society Awards Scholarships

In compliance with state pandemic guidelines, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) this year remotely awarded \$30,700 in conservation education scholarships to 14 students from the surrounding five-county area. During its 15-year history, the DDWS Environmental Scholarship Program has awarded a total of \$199,500 to deserving students.

"The society is committed to educating today's youth to become future conservation stewards," said DDWS Education Committee Chair Wendy Kindig. "We work with businesses, families and individuals to provide annual scholarships to award to outstanding students pursuing degrees related to conservation, wildlife biology, environmental engineering, policy and science. A big thank you to our scholarship sponsors for their support."

Eleven donors sponsored the 14 scholarships this year. In lieu of the traditional physical awards ceremony, DDWS invited scholarship recipients to send a video to share their school and career plans with donors.

Two Richard Bailey Scholarships, named in memory of a longtime refuge volunteer and donated by his family, went to Blade Kalikow, a recent graduate of Community High School of Naples, who is headed to Northeastern University

in Boston, Massachusetts, to study environmental engineering; and Izabella Ferjani, who graduated from Lemon Bay High in Englewood and will be studying marine science at Eckerd College in St. Petersburg.

The Mike and Terry Baldwin Scholarship, named for DDWS' immediate past president and his wife, an emeritus board member, went to Mallory Poff, a Barron Collier High (Naples) alumnus who studies environmental engineering at Elon University in North Carolina.

Dara Craig, originally from Sanibel and a Cypress Lake High (Fort Myers) alumnus attending graduate school at the University of Oregon's environmental sciences program, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel; their family honors them with a named scholarship.

Robert Marlin Smith, a North Fort Myers alumnus who studies marine and environmental science at Florida Gulf Coast University (FGCU) in Fort Myers, received the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies. Deming's family established the scholarship in 2016 as a permanent endowed scholarship in his memory.

Skyler Lowden, a Fort Myers High alumnus attending the University of Miami in the field of architecture, was awarded the "Ding" Darling Conservation Scholarship, made possible by an anonymous donor.

Two Leslie & Hans Fleischner Scholarships went to Shannon Dougherty,

a Cape Coral High graduate who intends to study sustainability science at Mercer University in Atlanta, Georgia; and Gulf Coast High (Naples) graduate Micah Evans, who will be attending the U.S. Naval Academy in Annapolis, Maryland to study ocean engineering. The Fleischners are part-time Sanibel residents whose love of the environment has inspired them to sponsor the scholarships for several years.

Alexandria Henson, a graduate of North Fort Myers High who will be majoring in environmental studies at the University of Florida (UF) in Gainesville, received the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

In honor of the late, longtime DDWS board and education committee member and her husband, and in partnership with DDWS, the Win and Marilyn Kloosterman Memorial Scholarship went to Purdue University (West Lafayette, Indiana) graduate student Taylor Sorrell, an alumnus of Palmetto Ridge High in Naples who is studying biological engineering.

William Sobczak, a Barron Collier High (Naples) alumnus who studies environmental engineering at UF, received the Barry and Francine Litofsky Scholarship, in memory of two former refuge volunteers.

The Tarpon Bay Explorers Scholarship went to North Fort Myers High graduate Tate Williams, who will study environmental engineering at FGCU. Tarpon Bay Explorers, "Ding" Darling's recreation concession, started the original DDWS scholarship program in 2006.

Two Jane Werner Endowed Environmental Scholarships, established in 2011 as DDWS' first permanent endowed scholarship, went to Alexandra Polk, a Fort Myers High alumnus who studies environmental science and marine biology at the University of South Florida in Tampa; and Mark Leone, who previously attended Estero High and the FGCU Accelerated Collegiate Experience program, and now heads to Stanford University in Stanford, California to major in civil engineering. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship fund in her honor.

"These students become part of the greater 'Ding' Darling family," said Kindig. "We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come."

DDWS will be awarding scholarships starting at \$1,000 each at the end of the 2021-22 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades and Hendry counties pursuing careers in biology, conservation and environmental studies are eligible.

For an application and more information on the scholarship winners and donors, visit [www.dingdarlingsociety.org/articles/student-scholarships](http://www.dingdarlingsociety.org/articles/student-scholarships).

Individuals and businesses interested in establishing a named scholarship of \$1,000 or more for 2021-22 should contact Lynnae Messina at 472-1100 ext. 233. To support DDWS with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).✧

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The storm surge and heavy rain caused the bottom of this nest to become inundated for about three hours photo provided

## Tropical Storm Washes Out Nests

Tropical Storm Elsa's strong southern winds caused 125 sea turtle nests on Sanibel and Captiva to lose their marking stakes and protective screens. Sanibel-Captiva Conservation Foundation (SCCF) sea turtle staff members have been working diligently over the last week to confirm whether the eggs washed away, too, or if they are still buried in the sand. Using highly accurate coordinates

collected with a Trimble device, SCCF staff was able to confirm that 40 of the 85 nests that lost their stakes on Sanibel survived the extreme tidal action. However, 45 nests were completely washed out on Sanibel, reported SCCF Coastal Wildlife Director Kelly Sloan. The assessment on Captiva is still under way.

Sea turtles have a nesting strategy that accommodates natural storm events. Female sea turtles deposit several nests throughout the nesting season, essentially hedging their bets to make sure that even if a hurricane or tropical storm hits during

nesting season, there is a high probability that at least a few of the nests will incubate successfully.

For instance, in early June 2020, Tropical Storm Cristobal washed away 29 nests and, in September, Tropical Storm Sally washed away 17 nests on Sanibel and Captiva. Yet, there were still a record-breaking 924 nests last year.

SCCF data loggers captured the water level, temperature and moisture changes inside 38 nest chambers during the tropical storm. Nests can withstand some degree of wash-over during incubation but standing water can negatively impact hatching success.✱

## Millage Rate To Remain The Same

by Wendy McMullen

Sanibel's taxable property value is up 3.74 percent over last year with a total value of \$5.6 billion. As a result, city council members felt comfortable in keeping the millage rate at 1.8922, the same as last year.

"I'm confident that this millage rate has enough flexibility for us to achieve some of the things we want," said Councilman Mike Miller, a former financial executive.

Vice Mayor Richard Johnson cautioned that this increase in taxable property values may not continue, but conceded that it will allow the city to carry through on its programs for the coming year.

A public meeting and hearing will be

held at Sanibel City Hall on Monday, September 13 at 5:01 p.m. to consider the tentative operating millage rate and a tentative budget.✱

## Record Numbers On Causeway

by Wendy McMullen

The number of vehicles crossing the Sanibel Causeway in May this year set an historical record with a total inbound vehicle count of 323,157. Unsurprisingly, this was up 46 percent from last year, but it was even higher than in May of 2019 when 283,256 vehicles crossed the causeway.

The greatest number of vehicles crossing the causeway in the past five years was in March of 2019 when 355,759 crossed over to Sanibel.✱

## Causeway Maintenance

The City of Sanibel received notice from Lee County of scheduled maintenance work on spans B and C of the Sanibel Causeway. All the work will be performed using a snooper truck. The maintenance work will be done between the hours of 9 a.m. and 4 p.m. Monday through Thursday and is expected to continue through the fall. This will involve lane shifts. No lane closures will occur for this maintenance operation.✱

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Mushrooms growing in a lawn  
photos by Gerri Reaves

Plant Smart  
**Sprouting Like Mushrooms**

by Gerri Reaves

Mushrooms might not technically be plants, but they sure do play a role in gardening, appearing on the soil, other plants, or plant matter. Mushrooms are classified as fungi in the plant kingdom, but botanists are establishing new classifications for them because, unlike plants, they do not photosynthesize, i.e., manufacture their own food. They can be found any time of year, especially in moist woods or hammocks, but now that the rainy season has kicked



This mushroom is growing in a mangrove swamp in, they're sprouting up all over. That characteristic inspires the common phrase "sprouting like mushrooms," meaning to suddenly and rapidly increase in number. If you have them all year in your yard, you might be over-watering the lawn. However, there's no reason to worry about detrimental effects on the lawn. In fact, mushrooms decompose rotting organic matter and enrich the soil. Only if a species is toxic do you want to necessarily remove it. In addition, some species have beneficial symbiotic relationships with other plants or provide food for wildlife.



Mushrooms are common year-round in South Florida, but during the rainy season, ones like these sprout in lawns and gardens

At the least, they are curiosities, and they have an astonishing range of sizes, forms and colors, which can change as they age. There are generally two forms: ones that grow on the ground, usually with stalks and caps, and ones that grow on logs or tree trunks, called bracket or shelf mushrooms. The latter usually lacks stalks or might have short stalks. The caps of stalked mushrooms can be flat, bulbous and curved – bell-, funnel-, or parasol-shaped. The caps of some species caps have radiating "gills" on the undersides, while others have wrinkled or pit-like spore-producing structures. The texture and color of stalks and caps vary greatly: shaggy, warty, smooth, scaly, or wrinkly. The stalk might be ringed by a fringed skirt. One thing to remember: unless you are an expert on mushrooms, don't even think about ingesting one you find in the yard or on a nature walk. At least 10 mushrooms that grow in Florida are deadly poisonous, such as the intriguingly named destroying angel (*Amanita virosa*). Other species cause severe reactions. For consumption, rely on the mushrooms in the grocery store's produce department. Sources: *Field Guide to Common Macrofungi in Eastern Forests and Their Ecosystem Functions* by Michael E. Ostry et al., *National Audubon Society Field Guide to Florida* by Peter Alden et al., and [www.gardeningsolutions.ifas.ufl.edu](http://www.gardeningsolutions.ifas.ufl.edu). *Plant Smart explores the diverse flora of South Florida.\**

From page 1

**Road Rally**

Resort & Spa, second place was a three-day, two-night stay at West Wind Island Resort, third place was a two-hour cruise with Island Time Dolphin & Shelling Cruises, and fourth place was a four-hour fishing charter with Whitney's Bait & Tackle. The 41st annual Road Rally was held in memory of Gary Rogers.\*

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# Realtors Pitch In To Help Clean Up The Causeway

Members of the Sanibel & Captiva Islands Association of Realtors are giving back to the community and getting back to in-person events and meetings.

On July 14, realtor and affiliate business partner members of the association joined forces to clean up parts of Span B of the Sanibel Causeway, despite a drizzly afternoon.

During the month of July, realtors across Florida have been taking part in Florida Realtors' Clean Up Florida's Waters project. The statewide push encourages realtors and residents to join together to pick up trash and clean the state's lakes, rivers, streams, retention ponds, bays, and other waterways and beaches.

The association thanks local event sponsor Amanda Curran of Superior Title Services.

For the spring, the association collected donations of linens, personal care products, children's items and monetary donations for Abuse Counseling & Treatment, Inc. (ACT).

And at the beginning of July, association staff, the board of directors and realtor members held an event at The Community House to thank the affiliate business partners who keep the real estate business running.✱



Causeway cleanup volunteers, from left, Bill LeJeune, David Arter, Connie Walters, Bill Robinson, Kelly Huguenin, Denise Vaughn, Cathie Lewis, Tina DiCharia, Cara Gomes, Ray Gomes, Angie Roehl and Anna Long photo provided



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## Mixed Bag Summer Fishing



by Capt.  
Matt Mitchell

**F**inally, with no weather issues, we managed to get in a full week of fishing, letting our clients catch a great mixed bag of fish. Having a wide variety of both gear and

baits lets us take advantage of what the day's conditions gave us. Pass fishing remained strong on the lower phases of the tide while action out on the deeper flats always produced a mixed bag of fish including trout, snapper, blacktip sharks and even some pompano. Going back in the mangroves and chumming with small shiners gave us a great bite on juvenile snook, jacks and hungry mangrove snapper.

Mangrove snapper fishing has really picked up as it always does this time every year. These tasty fish that are found all year long get to be much bigger during our summer months. They are being caught almost anywhere throughout the sound, although the passes and docks close to the passes have some of the largest concentrations. When targeting these tasty fish, you should remember they have very good eyesight so the lighter the gear you can fish, the more successful you will be. I often go all the way down to a six-foot-long 15- or even 12-pound test fluorocarbon leader.

Small light wire hooks from a No. 1 to a 2/0 are also a good choice. Baits for mangrove snapper include shiners, live shrimp and small pinfish. Chumming lots of the hatch bait that is around is a sure fire method to get them fired up too.

When flats fishing, I've been drifting in the deeper water from four to six feet. Look for areas where the sand and grass are mixed. Fosters Point flats, Red Light Shoal and Captiva Rocks have been just a few of the better flats. There is no better way to locate fish in these areas than by casting a soft plastic jig. When the water is clear like now, a quarter ounce jig head with a white paddle tail is my choice. Unlike live bait, you can make really long casts to prospect the entire area with bobber fishing. Another advantage of casting the jigs is that when you miss the bite, you simply continue the retrieve, and the bait's not gone. This allows you multiple shots before you hook the fish without having to rebait. Once you locate the fish, anchor up and enjoy. This is one time we often do much better on plastics than even a live bait.

With our summer rains in full swing, getting back to the dock before mid-afternoon has been a must. Getting caught out in one of these daily strong thunderstorms can be a dangerous or, at least, soaking wet proposition. The one real plus to these daily storms though is that it cools off the water just a few degrees, making the fish more active.

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



Danny with a redfish caught while fishing with Capt. Matt Mitchell this week photo provided

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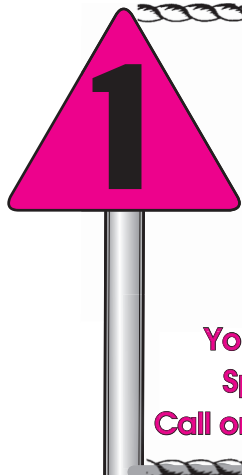
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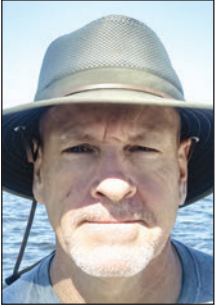
Dave Doane



## CROW Case Of The Week:

## Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is small with long legs, a short tail and no ear tufts. Adults are brown in color with spotted chests, barred bellies and yellow eyes.

Unlike many of the owl species, these birds are generally not nocturnal and like to spend time on the ground hunting or on lower perches – different from their cousins who like height in trees. They are so-named because they live and nest in burrows either self-dug or shared with prairie dogs, ground squirrels and/or gopher tortoises.

At CROW, a fledgling burrowing owl was admitted after being found in Cape Coral with poor balance and a twisted neck, resulting in odd head positioning. Veterinarians took full x-rays that showed no abnormalities. The patient has been diagnosed with severe torticollis, also known as wryneck, a condition causing the neck to twist and tilt the head.

CROW officials were unsure how the patient's condition occurred. "In this case, it is likely secondary to head trauma," said Dr. Robin Bast, CROW staff veterinarian. "It is not an



**Patient #21-3529 is improving from its head tilt, but continued recovery is needed before medical officials will allow it to be released**

photo by Haillie Mesics

uncommon occurrence."

The owl was placed in a neck brace for intermittent stabilization. There is no timetable as to how long the brace will remain a part of the patient's care.

"The owl wears the brace during daytime hours – approximately 10 hours a day – while staff can monitor it closely. The brace is removed at night so the owl can eat on its own easily," said Dr. Bast.

Besides the neck brace, CROW medical staff members have been performing regular physical therapy on

the patient.

"The owl has been holding its head at an unusual angle or tilt and, if this occurs for a prolonged period of time, then the muscles in the neck can atrophy, and the owl will have difficulty using those muscles appropriately to hold its head in the correct position," said Dr. Bast.

"Physical therapy keeps these muscles in shape as the underlying neurologic issues resolve with time. PT is performed daily until the owl can hold its head normally."

After a few days of treatment,

the patient has reportedly shown improvement and is able to hold its head upright for short periods of time. Hospital staff will continue rehabilitation to improve its range of motion.

"The head tilt is still present but is less severe of an angle, and the owl can hold its head normally for progressively longer periods of time when not wearing the neck brace," said Dr. Bast. "It has a long road ahead of it, but it continues to make gradual progress."

Once the patient is cleared from its head tilt problem, it could spend time outdoors at the clinic. But a prognosis on its release is still guarded.

"Once the head tilt resolves, the patient can move to an outdoor enclosure and begin flight reconditioning, and ensure that it can maneuver around successfully enough to obtain food on its own," confirmed Dr. Bast.

"Time will tell if this patient will recover to the point of being able to be released. It continues to make gradual progress, and head injuries can take months to recover from. Clinic staff will continue to support the owl in its healing process during that time, as long as it continues to show signs of improving."

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

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## Shell Of The Week

## The Blackberry Drupe

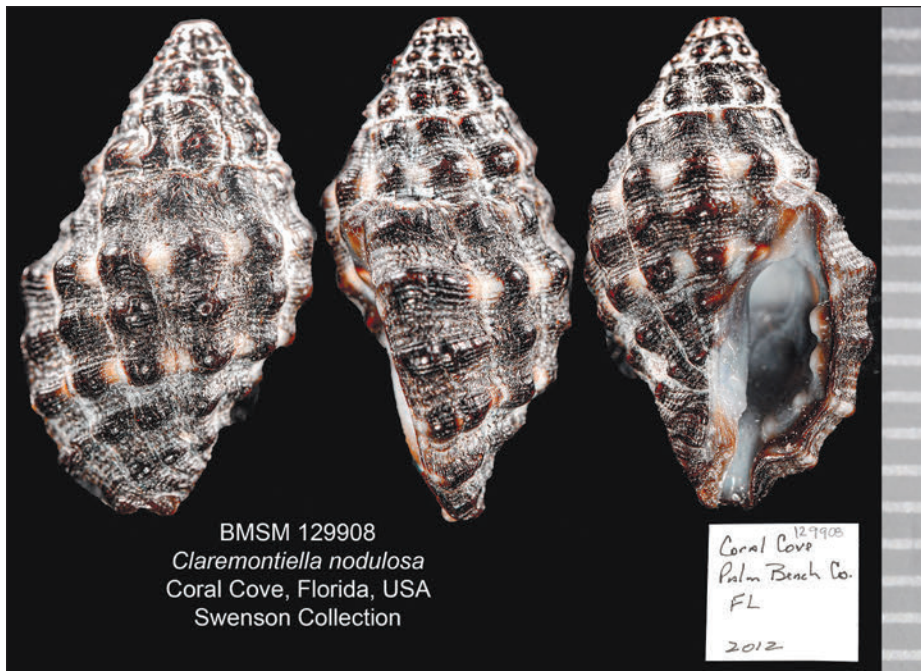


by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

**C**laremontiella nodulosa (C.B. Adams, 1845) is a member of the family Muricidae, the

same groups that include the local drills and murexes. The Blackberry Drupe shell reaches about 25 mm (about one inch), and its surface is entirely covered with round, black beads; the overall effect evokes a drupe, in this case a blackberry. The shell is also very thick in relation to its overall size. Notice also the white "teeth" inside the shell aperture. Blackberry Drupes live in shallow water, and the species geographic range covers a vast area in the tropical western Atlantic Ocean. (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](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

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



BMSM 129908  
*Claremontiella nodulosa*  
Coral Cove, Florida, USA  
Swenson Collection

The Blackberry Drupe, *Claremontiella nodulosa*, from Coral Cove, Florida

photo by James F. Kelly

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 donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

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

## View Hurricane Seminar Online

Those who were unable to attend the City of Sanibel hurricane seminar can watch online. The 96-minute seminar was presented by the Sanibel Police Department and can be viewed at <https://www.youtube.com/watch?v=oR52lf-MjK0>.\*

## American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, July 25. 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. Locals and visitors are welcome to join in. Call ahead to play or stop by to hear the local entertainment.

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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SCCF sea turtle staff with Tomo Hiram

photo provided

# Researcher Shares Hatchling Orientation Data

Disorientation events occur when artificial lighting on sea turtle nesting beaches disrupts the ability of nesting females and hatchlings to find the sea as they leave their nests. Hatchling disorientation due to skyglow is a significant issue on certain sections of island beaches.

Tomo Hiram, a marine turtle researcher at Florida Fish and Wildlife

Research Institute, has developed a project evaluating orientation response to physical cues on nesting beaches. Last week, Hiram visited Sanibel to explain the protocol to Sanibel-Captiva Conservation Foundation (SCCF) staff monitoring the beaches in problem areas. Hiram will be investigating relationships between Hatchling Orientation Index (HOI) and beach setting. "This information will contribute to statewide datasets that will help us better understand disorientations. Hopefully, we will ultimately be able to prevent these events," said SCCF Coastal Wildlife Director Kelly Sloan.\*

# SCCF Biologists Meet With Box Turtle Expert

Sanibel-Captiva Conservation Foundation (SCCF) Wildlife & Habitat Management Program biologists met on June 9 with Kenneth Dodd, PhD, a renowned herpetologist and box turtle expert at University of Florida, to discuss SCCF's current data set and compare sampling techniques and observations. Dodd has conducted the most comprehensive study on Florida box turtles (*Terrapene carolina bauri*) to date. "This collaboration of minds and ideas will help to gather the information required to conserve these magnificent reptiles for future generations," said SCCF Wildlife & Habitat Management Program Director Chris Lechowicz. Mike Mills, technician, and Kaity Seitz, biology intern, joined Lechowicz on the trip.

This consortium of box turtle researchers also included Jordan Donini, a professor at the Naples campus of Florida SouthWestern State College. Donini is in his second year of research on Florida box turtles in Collier County as part of the Southwest Florida Turtle Project. Formerly of the Clinic for the Rehabilitation of Wildlife (CROW), Donini has assisted SCCF on its diamondback terrapin and Florida box turtle projects for many years.

"We discussed strategies and new



Kenneth Dodd and Mike Mills  
photo provided

directions to explore in Southwest Florida for sustaining box turtle populations and addressing increased pressures from both development and turtle trafficking," said Lechowicz. "We also explored new research areas such as behavior due to human disturbance and size distribution among populations (mainland versus island).

Discussions surrounded protocols for data collection and specific parameters that can be recorded. Dodd invited the group to his house to see his herpetological library and rescued box turtles that he cares for, including Charlie, a gulf coast box turtle, who is featured in Dodd's book, *North American Box Turtles: A Natural History* (1991).\*

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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](mailto:reservations@crowclinic.org). Payment is required to complete reservation.

### Daily Presentation Schedule

**Friday, July 23, 11 a.m.,** Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to

care for themselves.

**Monday, July 26, 11 a.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, July 27, 11 a.m.,** Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter will discuss why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

**Wednesday, July 28, 11 a.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.

**Thursday, July 29, 11 a.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.\*

## Contracts Awarded By City

by Wendy McMullen

Contracts worth \$333,780 were awarded for river clearing, culvert repairs and road striping at Tuesday's city council meeting.

The Sanibel River clearing project will take place in the section between Tarpon Bay Road and Rue Belle Mer, and involves vegetation trimming and removal along with cattail removal. It is intended to improve the flow of the river and enhance the river for wildlife, particularly birds. The contract for \$78,450 was awarded to Greenways, Inc.

The bridge box and culvert water control structure repairs contract for \$199,084 was given to Kelly Brothers and the striping project for \$56,246 was awarded to McShea Contracting.

None of the projects increase the adopted 2021 budget.\*



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### JULY 27 • 5 PM SUPERSIZED SQUID

By Rebecca Mensch  
Bailey-Matthews  
National Shell Museum

Join squid expert Rebecca Mensch as she presents about 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. Rebecca shares new findings and images to tell the unique story of the Supersized Squid.



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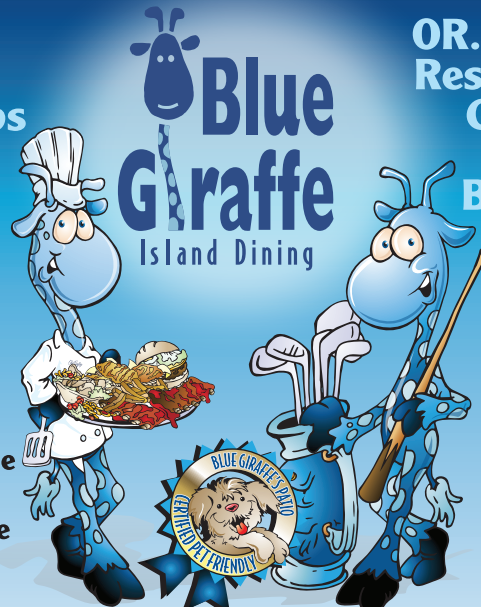


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# High Tea Supports Cancer Needs In The Community

Sundial Beach Resort & Spa, Let's Pink Out and the Sanibel Captiva Business Women's Association have joined forces to host the Pink Flamingo High Tea on Tuesday, October 5 supporting cancer needs in the community.



Melanie Holliday

"The October 5th high tea will launch the Let's Pink Out fundraising season with a flourish," said Melanie Holliday, event chair and Sanibel Captiva Business Women's Association board member. "Sundial Beach Resort & Spa is the lead sponsor and has generously offered a garden party with a full three-course high tea menu. It will be an amazing event, complete with violin music and, of course, pink flamingos. Now is the perfect time to get early bird tickets for \$40 at [www.sancapbwa.eventbrite.com](http://www.sancapbwa.eventbrite.com)."

"Sundial Beach Resort & Spa works with the generosity of our vendors and the support of our team to aid a good cause each year," said Becky Miller, general manager of Sundial. "Let's Pink Out is the ideal beneficiary in October during Breast Cancer Awareness Month. We welcome the community to enjoy our gardens and an excellent cup of tea with all the trimmings."

"The Let's Pink Out team is delighted to be the primary Pink Flamingo High Tea beneficiary," said Mary Bondurant, founder of Let's Pink Out. "Besides our signature mobile mammogram program for uninsured individuals, we will field a series of lively events. Watch the news for Bagging at Bailey's throughout the month of October, the Dink for Pink pickleball tournament October 8 and 9, the Pink-a-Ball dinner dance October 9, and the popular Pink Out picnic at the firehouse October 28. Anyone interested in joining the team can email us at [pinkoutsanibel@gmail.com](mailto:pinkoutsanibel@gmail.com). We raised over \$20,000 for cancer needs in our community during our last October campaign, and we had fun, too."

"The Sanibel Captiva Business Women's Association is proud to be a co-sponsor and secondary beneficiary, in support of local scholarships," said Taylor Osborne Clarey, association president. "We seek to provide networking for career development in the local community, uniting those seeking mentors with those who can share experience. Our team runs a monthly Women in Leadership Speaker Series, showcasing women of influence on the islands at Sundial Beach Resort & Spa, our location partner. And most importantly, we work to fund an annual local sponsorship for continuing education."

There are multiple ways to participate in the Pink Flamingo High Tea. The event team is planning a pink flamingo centerpiece contest for groups purchasing a table of 10 for the price of nine tickets. Sponsors are sought for tables, prizes and activities. Contact Melanie Holliday at [mholliday@rrtfl.com](mailto:mholliday@rrtfl.com) for sponsorship opportunities.✱

## ISLAND SUN BUSINESS NEWSMAKERS



McMurray & Members

### Royal Shell Real Estate

The top listing producers team for June at the Royal Shell Real Estate Sanibel-Captiva office was McMurray & Members; top listing producer individual/partners was Trevor Nette; top sales producers team was McMurray & Members; and top sales producer individual/partners was Cindy Sitton.✱



Trevor Nette



Cindy Sitton



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# Summer Safety For Your Dog



by Allison Havill Todd

It's the time of year when we are experiencing the hottest months on our tropical island, and exercising caution on behalf of our furry family members becomes even

more important. Dogs are much more susceptible to heat than humans and unable to cool themselves as quickly. Heat exhaustion can be fatal for our pets but can easily be avoided by observing some sensible practices. Whether you and your pet live on Sanibel or Captiva island or are just visiting here, there are a few things to consider for keeping your dog healthy and safe.

Humans are equipped to handle outdoor activities more readily during the summer months than their canine companions. Our perspiration on our skin's surface acts as a built-in cooling mechanism, however, dogs don't sweat; they pant. Their tongue is the only part of their body that helps them to cool down. In warmer conditions, their core temperature can rise above a range that they are able to regulate, and heat stroke becomes a very real, and potentially



Heed pet safety tips as temperatures soar

deadly, threat.

In speaking with Dr. Mark Mathusa, veterinarian at Beachside Animal Clinic, he shared that in the dozens of cases of heat stroke he has treated in his years of practice, only one animal survived. He emphasized that these odds can change by following some simple measures:

Avoid strenuous outdoor exercise with your dog during the hottest parts of the day. Instead, enjoy early morning or evening walks, keep the intensity and distance shorter, take plenty of breaks and bring water for your animal. While you may think you are doing Fido a favor by taking him running with you, imagine he is wearing a fur coat, hat, mittens and boots. Dogs' fur can trap their body heat in, making them even hotter and literally

photo provided

cooking them from the inside out.

Check the surface temperature of the pavement, sidewalk or sand before venturing out with your dog. These surfaces can remain quite hot even into the evening hours. A quick rule of thumb is to hold your palm on the ground. If it's too hot to hold your hand there for five seconds, then it's too hot for your pet to walk on. For example, on a mere 87 degree day, asphalt can reach a scorching temperature of 140 degrees, resulting in severe burns on your pet's paws. A quick walk from your car to a store crossing scalding hot pavement can be enough to cause painful blisters and burns.

Never leave an animal in a parked car for even a minute! While this seems like

common sense, over 100 pets die from heat exhaustion a year because they were left in a car while their owner was running an errand. Provide your pet with a cool and shady place to be (preferably indoors) during warmer days.

Limit the amount of time you spend at the beach during peak daytime hours with your dog and bring plenty of fresh water. Understandably, you want to enjoy your vacation with your furry family members, but a day in the sun on the hot sand or visiting local stores in the heat of the day is more likely a miserable experience for your pet.

Be aware of signs of heat exhaustion in your animal. Symptoms such as excessive panting, redness in the gums, vomiting, drooling, lethargy and uncoordinated movement are clear indications that a pet is in distress. Immediately seek a cooler, shaded area and pour cool (not cold) water over your dog. Offer him small amounts of water to drink while continuing to apply cool water to his body and seek veterinary care as soon as possible.

Let's keep summer days fun for all by being mindful of what is best for our canine companions.

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

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# Support Responsible Shark Fishing

Local media recently reported on an angler who fought a large nurse shark in local waters for almost three hours. Fighting a shark to exhaustion drastically increases the likelihood of it dying after being released.

Sanibel-Captiva Conservation Foundation (SCCF) supports responsible fishing practices and encourages anglers to use proper catch-and-release techniques to protect vulnerable shark populations while enjoying Southwest Florida's recreational fishing opportunities.

The productive coastal waters around Sanibel and Captiva are an important place for many species of sharks to feed, to mate and to give birth to their young. Most sharks are apex predators that help keep the coastal ecosystem in balance. A decline in their populations can cause cascading effects down through the food web and can greatly impact the stability of other local fish populations. You can protect vulnerable shark populations by practicing safe shore fishing techniques.

Catch and release of prohibited shark species – Keep shark gills submerged.

Protect the shark's vital organs by keeping it in the water with its gills submerged while you safely unhook it.

Release sharks quickly. Always bring required tools for quickly removing the hook. If you can't remove the hook easily, cut the line (the hook will eventually rust out). Never delay a shark's release to take photos.

Minimize fighting time. Fighting a shark to exhaustion drastically increases the likelihood that it will die shortly after being released.

Don't mishandle sharks. Never pull a shark by the tail, pick a shark up by the gill slits, throw a shark or sit on top of a shark to pin it down.

Push gently to release. Push the shark firmly, but gently from behind its first dorsal fin, facing it into the flow of the current to maximize water flow over the gills.

Watch it swim away. Maintain a visual of the shark for as long as possible to ensure that it continues to swim away. If the shark dies, you must report the death by calling the Florida Fish & Wildlife Conservation Commission (FWC) fish kill hotline at 800-636-0511.

If you don't know, let it go. Treat unknown shark species as prohibited species.

Shore-based shark fishing requirements

– You must have taken the FWC shore-based shark fishing course and be able to show certification of that course.

You must possess a valid shark fishing permit.

Know your local shark species and how to identify them.

Gear requirements – Use hook and line method only.

The State of Florida prohibits stainless steel hooks, and any hook with two or more points and a common shaft is illegal. The barb of the hook must be filed off.

Use non-offset, carbon circle hooks. Sharks are more likely to swallow and become gut-hooked by J-hooks.

You must possess a compliant tool capable of quickly cutting the leader or hook if necessary, such as pliers.

Use heavy tackle; a minimum of 80-pound test, with a leader. Using too light of tackle to lengthen fight time should be discouraged.

Do not use a gaff.

Chumming of any kind is prohibited when fishing from shore or when wade fishing in waters adjacent to shore.

Location and timing – Avoid shark fishing on crowded beaches or during high-traffic times of the day.

Avoid shark fishing near swimmers or popular swimming areas.

Do not target sharks if the surf is too

rough for you to safely catch and release them.

Refrain from swimming or kayaking bait out a long way from shore, as it significantly increases the fight time and can decrease the shark's chance of survival.

During sea turtle nesting season (April 15 through October 31), use only amber or red lighting when fishing from the shore.

If the shark is tagged – Recapture information is valuable for understanding and protecting shark populations.

If it is safe to do so, record the information on the tag and leave it intact and attached to the shark.

If it is not safe to read the information on the tag, remove it by cutting the monofilament tether at the base of the tag. Do not attempt to pull the tag out.

Report the shark to the agency listed on the tag.

This process cannot delay the release of a prohibited shark species.

Report mishandling of sharks – Do not pull sharks onto the beach.

If you see a shark in trouble or being mishandled, call the Sanibel Police Department non-emergency number at 472-3111 or FWC at 888-404-3922.

Take photos of the situation if you can safely do so.✱

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2 teaspoons garlic, chopped  
2 teaspoons fresh ginger  
Chopped Lemon wedges, for garnish  
Wash clams thoroughly under cold running water and set aside. Place all ingredients except clams in a large sauce-pan. Simmer on medium heat for 3 minutes; add clams and cover. Simmer until clams open; remove clams to a large bowl. Simmer remaining liquid until it is reduced to ¾ cup. Pour liquid over clams and serve.✳



Steamed Clams

photo courtesy Fresh From Florida

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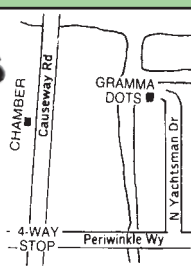
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## Meet Some Of The SCCF Summer Interns

**S**abrina Sorace is a rising senior at Eckerd College in St. Petersburg. She has been interning with the Sanibel-Captiva Conservation Foundation (SCCF) nighttime tagging program since May 1 and will remain on board through August 1. This season, she's helped tag more than 80 new sea turtles nesting on Sanibel.

"Along with the numerous nesting turtles I have seen on patrol, being awake all night allowed me to see shooting stars, dolphins hunting along the shoreline, and even a juvenile alligator in the waves," said Sorace. After this internship, Sorace plans to finish her bachelor's degree and "use the skills I have gained through this internship to pursue a career in sea turtle conservation."

Joseph Young is in his third year at Colorado State University, where he is double majoring in chemistry and biochemistry.

"I have been fascinated by science from a young age," said Young, who was inspired by his father, a forest service hydrologist and geology hobbyist. After taking an entry-level chemistry class in high school, "I was



Sabrina Sorace



Joseph Young

instantly hooked on the expansiveness of the field," he recalled. "It seemed to offer more and more as I looked into career paths."

Growing up in Montrose, Colorado, Young often vacationed in Fort Myers and on Sanibel to visit family.

Young's internship with the SCCF Marine Lab began on May 17 and runs through August 8. He said he was surprised by the "many moving parts" that are "involved with running a lab and planning for fieldwork. Fieldwork has been my favorite part of my internship, whether it's collecting water samples, counting oyster settlement, taking seagrass population surveys, or marking and counting sea turtle nests. It has been a fun experience."

The SCCF internship "has reinforced my decision to continue my work in getting my biochemistry degree," Young said.✧

## Premier Sponsor Named For Race To Benefit FISH

**C**ielo has signed on as the premier sponsor of the 13th annual 10K Race 4 FISH in support of FISH of SanCap.

Cielo is an award-winning restaurant specializing in carefully curated and expertly executed cuisine with a focus on farm to table dining. The owners and management locally source products that offer a fresh, hand-crafted dining experience. "We are so appreciative to the Boler family, Marcus (Preece), and the entire Cielo team for continuing to be such outstanding community partners of FISH and the annual 10K race," said 10K Committee Chair Diane Cortese. "Their ongoing generosity in support of our islanders is incredible and we're thankful for their support."

The 10K race will be held in two formats for 2021, as an in-person running event and a virtual option where runners can participate and submit their time at any point from when they register through October 23 at 11:59 p.m. Registration is open through the Fort Myers Track Club at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Cost is \$40 for those who register before October 17, prices increase after October 17 at 11:59 p.m. EDT.

Participating runners will receive a runner's shirt with the Hortoon 10K race logo on the front. Runners from



image provided

across the country have already begun to register to show their support for FISH. Participants are encouraged to fundraise on behalf of FISH, but fundraising is not required. The minimum fundraising amount is \$50, but all participants that raise \$250 will receive a refund on their registration, not to include race processing fees.

Funds raised through the 10K race will benefit FISH of SanCap as they continue to meet the needs of islanders. FISH is experiencing significant growth in program usage, particularly its Helping Hands emergency financial assistance, the food pantry, and the Meals-by-FISH hot meal delivery program for housebound island residents.

For more information on FISH programs and services, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org). For more information on the 10K race or if you are interested in becoming a sponsor, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [Dianerc10@gmail.com](mailto:Dianerc10@gmail.com).✧



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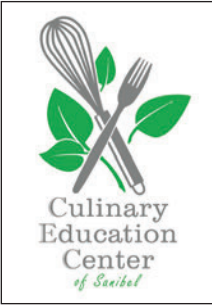
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The Community House

# The Zucchini



by Chef Jarred Harris

Zucchini, also known as courgette, marrow and baby marrow, is a variety of summer squash and a member of the cucumber and melon family. Botanically, zucchini is a fruit, but it's treated as a vegetable in the culinary world because it is often cooked and prepared into savory dishes. Native to Mexico and northern parts of South America, ancestors of the zucchini have been around for more than 7,000 years. Christopher Columbus originally brought zucchini seeds to Europe and the Mediterranean regions around the late 1700s, but the vegetable wasn't used for human consumption until the late 1800s or early 1900s. The zucchini, as we know it, was developed in Italy in the 19th century near Milan. The word zucchini comes from the Italian zucchini, meaning a small squash.

The French disregarded zucchini for a long time until chefs learned to use the smaller immature zucchini. The French term, courgette, is often used for yellow squash. Zucchini was brought to the United States by Italian immigrants in the 1920s. It was first cultivated in California and New York. Zucchini is a good source of dietary fiber, vitamins A, B6, C and K, riboflavin and folate. It's also a good source of protein, thiamin, niacin, phosphorus, magnesium, potassium, manganese and copper. Zucchini helps improve digestion, supports healthy circulation and a healthy heart, lowers blood sugar levels, improves eye health, boosts energy and slows down aging.

Here's a simple recipe to try:  
**Zucchini Buckwheat and Chocolate Cakes**  
Ingredients  
Cupcake:  
1 small zucchini (about a cup) grated  
¾ cup buckwheat flour  
8 soft medjool dates  
8 tbsp. maple syrup  
½ cup full-fat coconut milk  
6 tbsp. cocoa powder  
¼ cup coconut water (or non-dairy milk or water)  
Frosting:  
10 soft medjool dates  
2 tbsp. cocoa powder  
2 tbsp. maple syrup  
¼ cup water (or non-dairy milk)  
1 tsp. pure vanilla extract

Dash of salt  
Method  
Preheat oven to 350F. Line a 6-cup muffin pan with cupcake liners, set aside. Place all cupcake ingredients in a blender and blend to combine. Transfer into the pan, dividing equally and topping the batter up all the way as high as you can without it spilling out. Bake for approximately 45-55 minutes, or until a skewer inserted down the center comes out clean. Remove from the oven and cool on a rack. Prepare frosting by blending all ingredients together in a blender until smooth. The frosting will be sticky, so spoon some evenly over each cupcake and then spread around. Add your favorite toppings and enjoy. *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.\**

**Drug Abuse Help**  
Narconon reminds families that drug abuse is on the rise in almost every community nationwide. To learn more about how to help your loved one, visit [www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html](http://www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html). Call 877-841-5509 for free screenings or referrals.\*

**Poetry Corner**  
by Jim Weyant  
**THE LEGEND OF BIG AL**  
For years he was undisputed king of the hill. Only the hill was a pond and this gator wasn't run of the mill.

He trolled nearby waters to keep others at bay and never let the loss of one leg get in his way. From his lair he lurked, while the golfers teed off up above. They never knowing the danger that laid below in a cove. He lodged there as far back as anyone could recall. Till hurricane Charley Blew through to cause poor Al's downfall.

Big Al has not been with us for quite a long time but continues to remain a legend in many an islanders' mind. *Jim Weyant and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available at Amazon and local book stores.\**

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Kate Balthaser with some video games  
photos provided



Finn Hussey with a summer reading bag

## Sanibel Library Now Offers Video Game Loans

Sanibel Public Library is now loaning video games like Minecraft, Forza Horizon 4 and Spider-Man for Xbox or PlayStation. Anyone with a Sanibel Public Library card can borrow games for one week at a time, with the potential for up to two renewals, if another person does not place a hold on the game. Teens can also come into

the library to play on the Xbox Series S, which is located in the teen area.

This new initiative adds to the "Library of Things" where patrons can borrow items like cooking kits, birdwatching kits or mobile WiFi hotspots. Loaning video games is the latest pilot project funded in part by the Sanibel Public Library Foundation. Margaret Mohundro, library executive director, said, "Libraries, recognized as spaces for interest-driven learning and self-directed discovery, are ideal for the type of learning and discovery promoted by games. Borrowing a video game can

be a great way to test out something new to see if it interests you. You might discover a hidden gem like Rayman Legends or Days Gone."

Youth Services Librarian Deanna Evans said, "Next generation job skills require digital literacy, creative thinking, critical thinking, the ability to seek information via resources and teamwork. Gaming encourages all of these skills."

Sanibel Public Library invites families to register their children for the Summer Reading Program this month. More than 289 children, ages baby to teen, have already signed up, and have logged over 97,818 minutes of reading. This year's theme is Tails and Tales, with a focus on animals. Participants will receive a gift.

Summer reading programming is online with Take and Make activities available to pick up at the library. You can browse inside or request contactless curbside service. Locals and visitors can sign up for the Summer Reading program.

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. Participants may pick up their registration gift and any books earned. Beanstack is a free, user-friendly app for PCs, Apple, and Android devices. Adult readers can also use Beanstack (<https://sanlib.beanstack.org/reader365>).

Youth Services Librarian Deanna Evans posts her Baby Bounce Time videos and storytime videos to the children's webpage weekly.

From July through September, stop by the library to see 25 works of art from the Sanibel-Captiva Art League's exhibit, Home Sweet Home.

The library is seeking stories, photos and videos of people and places of Sanibel and Captiva for the archive. The digital archives are now online. With over 2,000 items, this ever-growing collection is a peek into the past. To see the images, newspapers and oral histories, go to the homepage at [www.sanlib.org](http://www.sanlib.org).

The library is also looking for help in identifying names and places shown in the archives photograph collection. Seed development for this ongoing project is supported in part by the Roni Jo Freer Fund of the Sanibel Public Library Foundation.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. For contact-free pickup, materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m.

Hours are: Monday and Thursday, 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday, 9 a.m. to 5 p.m.; and Saturday, 9 a.m. to 1 p.m.

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

Sanibel Public Library is located at 770 Dunlop Road.✱

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Book Review

Surviving Savannah



by Di Saggau  
In 1838, the steamship *Pulaski* sank with Savannah's elite on board. It was called "The Titanic of the South." Through time, their fates were forgotten until the wreck was found, and now their story is being told by Patti Callahan, author of the bestselling novel *Becoming Mrs. Lewis*.

*Surviving Savannah* is based on the true story of how the steamship's boiler exploded 183 years ago and, what was meant to be a one-night-at-sea celebration, turned into a terrifying test of fate, luck, fortitude and God's providence. There were nearly 200 crew and passengers aboard and only 59 survived.

In modern time, Everly Winthrop, a Savannah College of Art and Design history professor, is asked to guest-curate a new museum collection focusing on artifacts recovered from the steamship *Pulaski*. A few weeks into her research, explorers find the wreck's remnants some 30 miles off the coast of North Carolina. The exhibit includes coins,

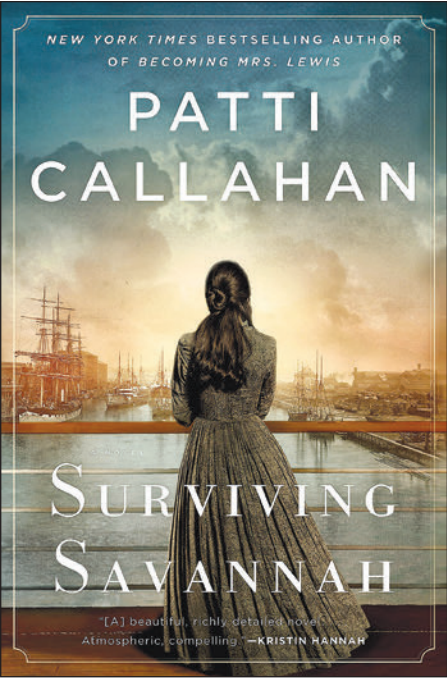


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candlesticks and a gold pocket watch with the hands frozen at the time of the explosion.

The 19th century timeline is told from the perspectives of two women: Lilly Forsythe, who is traveling with her infant daughter and enslaved nursemaid Priscilla, and Lilly's 22-year-old aunt Augusta Longstreet, whose brother, a plantation owner and financier, is instrumental in the ship's construction. He is also on board with his wife and six

children. Augusta and Lily survive and, while stranded at sea, they begin to see how their comfortable life had kept them from realizing that Priscilla is an equal.

The reader feels Everly's passion as she looks into long-buried details, and we experience the *Pulaski*'s cruel demise and the life-threatening aftermath of the passengers. Callahan tells the story in vivid detail, covering land and sea.

It puts together a full account of that terrible night and reconstructs the details that caused the disaster.

*Surviving Savannah* is an epic novel. Author Lisa Wingate said, "Hidden history rises from the watery depths in all its glittering glory but also in its intimate, human detail. A journey readers and book clubs will treasure." It's on my book club list.✧

School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers,  
Here is the second article in this series about school readiness. We will be covering a number of important developmental

areas that are critical for school success. With the increased academic pressure we have now, parents seem most concerned about reading skills so today's article will focus on children's readiness to read and what you can do at home to promote this readiness.

Children's readiness to read has gained greater attention recently as it has become clear that children's developmental experiences lead to more preparedness for reading. Children are ready to read when they have developed an ear for the way words sound, can identify rhyme and alliteration, can blend sounds, recognize initial sounds and can identify sound units in words. Together, these skills are called phonological awareness and usually emerge in children between ages 2 and 6. Children with good phonological awareness skills usually learn to read quickly. Children who are poor readers often have weak phonological skills.

Phonological awareness – There are many things that parents can do to facilitate phonological awareness and improve their child's readiness to read:

Read nursery rhymes, sing songs and clap along with the rhythm;

Play games with words that sound alike as you experience them in everyday life. ("We're passing 'Mark's Park,' that's a funny name because they sound alike");

Play a game where the goal is to find objects with names that begin with a certain initial sound; this is a great game for walks or car rides; and

Play clapping games and clap with each distinct sound. ("C-a-t" is a three clap word).

Comprehension – Parents can build the following comprehension skills: attending to short stories by reading the normal wide variation in young children's development and learning, and the extent to which the school's expectations of beginning kindergarten children are appropriate and respect individual differences.

Print awareness – Another important readiness skill that helps children learn to read is called print awareness. Print

awareness means that the child:

Knows the difference between pictures and print;

Recognizes environmental print (stop signs, grocery);

Understands that print can appear alone or with pictures;

Recognizes that print occurs in different mediums (pencil, crayon, ink);

Recognizes that print occurs on different surfaces (paper, computer screen, billboard);

Understands that words are read left to right;

Understands the lines of text are read top to bottom;

Understands the function of white space between words;

Understands that print corresponds to speech word for-word; and

Knows the difference between letters and words.

Parents can build print awareness by pointing out print as distinct from pictures in everyday life; pointing out store and restaurant marquees; pointing out print with and without pictures (e.g., "Here's a page with just words"); pointing out words written in different media and on different surfaces (e.g., "Look, someone wrote on that wall with spray paint"); occasionally tracing words with your finger as you read; note that we begin reading at the top (point to the top and say, "Here's where we start"); playing find-the-word games with your child; and teaching the alphabet via songs and rhymes and talking about which letters make up familiar words.

Book handling – Children also need to learn book-handling skills such as orienting a book correctly and recognizing the beginning and the end; giving children their own books or letting them take books from the local library helps; allowing children to hold books while being read to; and asking them to open the book at the beginning and close the book at the end of the story to facilitate book-handling skills.

The information in this article was adapted from NASP's *School and Home* handouts by Mary Ann Rafoth, PhD, NCSP; Erin L. Buchenauer, MEd; Katherine Kolb Crissman, MEd; and Jennifer L. Halko, Indiana University of Pennsylvania.

Shelley Gregg 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.✧

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# Longtime Teller Promoted At Sanibel Branch

**B**ank of the Islands President Robbie Roepstorff announced that Heather Harrison has been promoted to lead teller.

“Heather has been a longtime, loyal and valued member of our banking family,” said Roepstorff. “Her dedication and commitment to our customers makes her ideally suited for this new role.”

Harrison will continue serving as a front-line teller, and will assume additional responsibilities of assisting with and overseeing teller operations at the bank’s Sanibel office. She will also continue to facilitate the bank’s teller training program.

“My fellow bankers are such a special group of people,” said Harrison. “It will be my privilege to take on this new role while continuing to work with them in providing great service to our island customers.”

Harrison has lived in Southwest Florida since 1982. She has volunteered at many island events over the years,



Heather Harrison

including CROW’s Taste of the Islands, the Sanibel School Fund Seahorse Festival and the Sanibel-Captiva Independence Day Celebration.✱

# Assistant Office Manager Named

**R**obbie Roepstorff, president of Bank of the Islands, announced that Susan Schulte has been promoted to assistant office manager.

“Susan has been such a valued member of our banking staff,” said Roepstorff. “With extensive banking, supervisory and administrative experience, she demonstrates excellence and professionalism that will serve her well in this position.”

“I have so enjoyed being a member of the Bank of the Islands team,” said Schulte. “This opportunity to serve our customers in a new and expanded role will be a great next step in my banking career.”

Schulte will join the management team in overseeing the operations of the bank’s Sanibel and Captiva offices. The execution of her new duties will continue to hold superior customer



Susan Schulte

service as a top priority.

Schulte and her family have been Sanibel-Captiva residents since 1984. They are longstanding members of Sanibel Community Church and support BIG ARTS, Clinic for the Rehabilitation of Wildlife (CROW) and many other nonprofit island organizations.✱

# Lee County Mosquito Control

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

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting LCMCD directly at 694-2174. If 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 the Lee County Mosquito Control website at [www.lcmcd.com](http://www.lcmcd.com).✱

# Human Resources Assistant Named At Local Bank

**S**anibel Captiva Community Bank has promoted Laura Ann Marsh to human resources assistant at its operations center, located at 9311 College Parkway in Fort Myers.

Marsh joined the bank in April as a customer service representative and teller at the McGregor branch. She is responsible for preparing payroll transactions, maintaining human resource records and assisting in employee benefits administration.

Marsh has 25 years of executive administration experience working for several Southwest Florida businesses, including Sanibel Community Church. She has also served as a substitute teacher for the School District of Lee County since 1996.

Marsh holds a bachelor’s degree in sociology from Trent University and a degree in education from University of Western Ontario. She also has a qualifying master’s degree from Queen’s University in Kingston, Ontario.✱



Laura Ann Marsh

# Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm’s beginning. We’re grateful for their continued counsel as members of our Advisory Board.

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# Kiwanis Club Awards Annual Scholarships

submitted by Tom Sharbaugh

The Kiwanis Club of Sanibel Captiva announced the 2021-22 recipients of its annual scholarship awards recently, adding to its long history of educational support for local youth. This year, the club's scholarship program will award \$56,500 in grants to 26 local students headed off to continue their education at 17 different colleges and universities. For the first time this year, the program's one-year scholarships have been raised from \$1,000 to \$1,500.

Since the club's founding in the early '70s, Kiwanis has been devoted to supporting the development of local young people, with educational support among its top priorities. The scholarship program was established in its current

form 15 years ago and since then has provided \$516,000 in financial support to deserving youth. Reflecting the program's local focus, to be eligible students must have a connection to the Sanibel or Captiva communities, which means they must be residents or have parents who work here.

The scholarship program has long been managed by Kiwanians Bill Traum and Chris Heidrick, who solicit applications each year and oversee the administration of the awards. Commenting on the process followed to evaluate candidates, Traum said, "Each spring, we put the word out to encourage students to apply, and applications are due to us in late March. Judging of the candidates is handled by a review board of independent educators who are not members of our club, or even residents of this community. That way we can insure objectivity in the review. The criteria used for making decisions include each applicant's financial means, past academic performance and

community involvement." Funds to underwrite the scholarship program, plus the grants it provides to other nonprofit programs benefiting youth, are raised by the club through Kiwanis fundraising activities throughout the year, including the spaghetti dinner in February, Diner's Delight coupon book sales in the summer and fall, golf outings in spring and fall, plus personal donations. Kiwanis President Bill Hay said, "Our club is blessed by the generosity of this community and the way they support our events. We, in turn, put those resources to work for the benefit of our local young people."

This year's award recipients were: Repeat multi-year scholarships: Daisy Arensman, Sam Arensman, Jake Mann and Amber Schweitzer; New multi-year scholarships: Amanda Kovaks, Arabella Arado Lilleslatten, Aisha Smaller and Kiandre Smaller; One-year scholarships: Brooke Adams, Maria Angelino, Alayna Aracri, Calie Connor, Cole Connor, Adrian Cooper, Jennifer Crown, Ellie

Eldridge, Gabriele Gedvilaite, Sage Holaway, Kylie Junghans, David Lowden, Skyler Lowden, Elizabeth Meardon, Samantha Strickland, Kylie Sutton, Caroline Tesoro and Lauren Yates.

Among the awards this year, some special scholarships were made in honor of Kiwanis family members and donors. Sage Holaway received the Salatino Family Scholarship; Daisy Arensman received the Joan Kearney Scholarship; Sam Arensman received the Nancy Bender Memorial Award; Amber Schweitzer received the Walter Dickinson II Memorial Award; and Aisha Smaller received the Carl Dietz Memorial Award. In addition, two awardees receive the Sam and Francis Bailey Islands Night Memorial Scholarships: Maria Angelino for achievement in athletics; and Kylie Junghans for achievement in community service.

The Kiwanis Club congratulates all of this year's recipients and wishes them success in the coming year.\*

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## Discussion Held On Efforts To Combat Red Tide

Florida Fish and Wildlife Conservation Commission (FWC) Executive Director Eric Sutton and Florida Department of Environmental Protection (DEP) Interim Secretary Shawn Hamilton joined affected stakeholders recently to discuss Florida's multifaceted efforts to combat red tide. During the roundtable, hosted at the FWC Fish and Wildlife Research Institute, DEP highlighted funding it is allocating to bolster local response efforts mitigating the impacts of red tide in the greater Tampa Bay area. In response to this red tide event, the state has been engaged with stakeholders and is in the process of executing grant agreements with Pinellas and Hillsborough counties.

"Having spent much of my life in Southwest Florida, I know that red tide blooms can cause significant impacts to our local communities," said Sutton. "Today, DEP Interim Secretary Shawn Hamilton and I were able to view firsthand the impacts of the current bloom in the Tampa Bay area. We also

spent time with stakeholders and local leadership to ensure we are providing information, scientific data and the latest efforts of all partners regarding red tide research and management. Since his first day in office, Gov. Ron DeSantis has been a staunch advocate of improving our state's water quality, dedicating significantly more funding and resources for red tide research and management. This support is critical as we join together for a long-term approach to complicated ecological issues."

"Algal blooms have the ability to impact environmental health as well as the economic health of our communities," said Hamilton. "Today, we were able to hear directly from stakeholders about their needs and ways we can enhance our collaborative efforts to combat red tide. Effectively addressing these impacts requires an all-hands-on-deck approach at both the local and state levels. Thanks to the leadership of Gov. DeSantis, DEP is able to provide funding assistance to our local partners for monitoring and mitigation solutions."

"While red tide has existed for centuries, we know that excess nutrients in our coastal waterbodies exacerbate and encourage the presence of harmful algal

continued on page 32

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The Sanibel Captiva Trust Company

# Investment Outlook



by Ian Breusch, CFA, Chief Investment Officer

The second quarter of 2021 essentially continued the modest progress we experienced through the first quarter of the year

across global equity markets. While much of the market exuberance has dissipated, investors remain willing to invest as markets grind to higher levels. To be clear, there is still good reason to be optimistic.

Global economies are rebounding quickly as COVID-19 vaccination levels increase around the world, particularly across developed nations. Coupled with improving labor markets, rising prices, and exceedingly accommodative monetary and fiscal policies, we should expect robust economic growth through

the remainder of this year and well into 2022. However, we also understand capital markets are forward looking and much of the aforementioned good news is being priced into stocks and bonds today. For that reason, we are being ever vigilant in our valuation work to safeguard against systematically overpaying for the stocks and bonds we purchase on clients' behalf.

Given the expectation for strong growth across global economies, investors have become increasingly wary of inflation concerns, particularly in the context of the Federal Reserve Board's exceedingly accommodative monetary policy stance. On June 16, the Fed's Open Market Committee (FOMC) met and revised its forward assumptions. The FOMC addressed the inflation landscape, which is key to understanding when and how the Fed plans on tightening its policies as we work our way out of the 2020 recession. While the FOMC did indeed revise its own inflation expectations for the year, members remained willing to allow inflation to run ahead of their long-term target of two percent to ensure the economy and labor markets continue to heal. While we still expect no change in the Fed Funds rate before 2023, we do anticipate the

Fed will address their bond purchase program sooner than was expected just a few months ago. Changes in Fed policy often cause additional short-term volatility across capital markets; however, let us also recognize that normalizing our monetary policy is a healthy and necessary step towards achieving longer-term economic stability.

Fed decisions certainly impact equity markets, but they also carry significant sway over fixed-income (bond) markets. Given historically low bond yields and the expectation of rising rates on the back of inflation, we would rather keep our bond exposure primarily to short term maturities. Given the inverse relationship between interest rates and bond prices, we want to limit our risk when buying and holding bonds for clients. Subsequent to interest rates rising, we will be ready and willing to extend our duration across our bond holdings for those clients where bonds are appropriate.

Throughout prior articles, we have highlighted the differences between growth and value stocks over the past several years. Last year, as the pandemic took hold, growth stocks'

outperformance continued as interest rates were lowered and free money was made available to businesses and consumers. We saw a sharp reversal in this dynamic during the first quarter of 2021 as inflation expectations increased. Interestingly, growth stocks are beginning to perform relatively better again despite expectations that interest rates will move higher. We continue to believe that value and dividend-paying companies offer slightly better forward return prospects than many of their growth counterparts – due to the valuation disparity that exists between these types of companies. However, we certainly recognize the futility in timing such as shifts in market sentiment, which is why we will continue to advocate for a well-balanced diversified portfolio for our clients.

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# Rotary Happenings

submitted by Cindy Carter

Higher education has definitely changed over the years. It is now available to a much wider audience. This has created a shift for higher education institutions, which has not been addressed. Now add the COVID-19 changes that affected higher education, going to an online platform, and the face of many institutions is completely different. Whether or not these changes are for better or worse, or even will be maintained, is yet to be determined.

Dr. John Meyer, president of Hodges University, spoke to the club about some of these not-so-new issues that institutions are faced with and how Hodges University is adapting to them. Dr. Meyer shared the role Hodges plays in educating/preparing its students to enter the workforce/their communities and how that role needs to be changed to keep up with the ever-changing times. Hodges University has created focus groups to explore changes such as creating a individualized curriculum for each student, rather than the prescribed delineated classes and course structure currently; capturing the knowledge, experience and demonstrated success of those in the field and sharing that knowledge and experience firsthand with students rather than having professors lecture about the knowledge; teaching theory through actual practice; having faculty move in and out of students' educational life and lessening the amount of prescribed time dedicated to a degree and focusing more on demonstrated knowledge of the topics as an indicator of preparedness for



Dr. John Meyer photo provided graduation.

Dr. Meyer was named the fifth president of Hodges University in December 2017 while serving as the executive vice president of academic affairs. In his more than 20 years of public and private education experience, he has served as a professor, chair and dean. His business expertise includes managerial consulting, owning and operating private automotive ventures, and conducting corporate trainings. He is positioning Hodges to provide workforce-credentialed programs for career laddering.

The Sanibel-Captiva Rotary Club holds hybrid meetings, on Zoom and in person, at The Community House, located at 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email Bill Harkey at william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. For more information, visit www.sanibelrotary.org. All are welcome.\*



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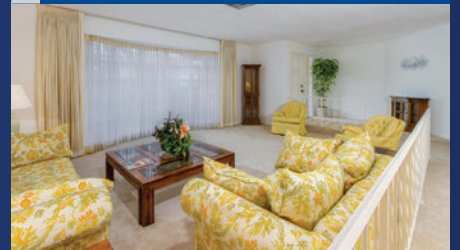


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Superior Interiors

# Decorating And Designing A Small Bathroom



by Jeanie Tinch

It's easy to get discouraged by a small bathroom when it's time for a redesign. You might feel like since there's little room to work with, that it's pointless to make adjustments to the space. But

just because the square footage of your bathroom is minimal, it doesn't mean you can't redecorate and redesign it in a way that provides that revival and refresh you've been craving for years. In fact, even the smallest moves made to the bathroom can make a major impact if executed correctly. There are even certain design schemes and tricks that can make the bathroom feel much larger than it is.

Give minimalism a shot. A room that is small from the start should never be cluttered with unnecessary items, accessories, decorations and furniture. If your bathroom needs a new look, first consider the way it currently looks and feels.

The bathroom is generally a place

you come to pamper yourself, unwind and relax. Busy colors, accessories and unnecessary furniture can make it difficult to achieve these actions and feelings. A minimalist approach to design and decor may be your ticket to relaxation. White walls, neutral accents, minimal countertop accessories and vertical shelving and storage can help you achieve that simplicity and style.

If minimalism isn't your style, choose uniformity instead. Maybe the idea of utilizing neutral colors and keeping the walls bare simply isn't your style. You can have fun with your new bathroom redesign, but just plan to decorate with uniformity in mind instead. Perhaps that means following a certain color scheme or hanging decor in a way that complements the rest of the room.

Make functionality a top priority. The bathroom is the last place to clutter with furniture, but there's no denying the need for ample storage in the space. Organization, style and functionality are essential elements to remember when designing your bathroom, so keep this in mind when choosing storage options. Hanging shelves on the walls is the easiest way to maximize the floor space and keep it clean. You can also consider a storage solution in the linen closet, organizing your items in a stowed away space helps to keep the bathroom clean and sleek.

Take advantage of natural lighting. One of our top design and decor tips, no matter the room, has always been to maximize natural lighting whenever

possible. Bathrooms tend to have a single small window, so be sure to take advantage of the natural lighting to your best ability. The easiest way to do this is with sheer curtains and light walls, the natural lighting will bounce off the walls and make the room feel open and airy.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).

## Chronic Pain Workshops

Learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain and headaches with Lee Health Solutions, a department of Lee Health. A free six-week workshop with virtual sessions will be offered on Wednesdays, beginning August 4 from 1 to 3 p.m.

Entitled Chronic Pain Self-Management, the research-based program, originally developed by Stanford University, will present information to help participants become empowered to improve their quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

For more information, call 424-3121 or visit [www.leehealth.org](http://www.leehealth.org).

## Continental Women's Club

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, August 5 at 11:30 a.m. The program will feature Dotty St Amand, CEO of Lighthouse of SWFL.

Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information or to make a reservation, call Liz Paul at 691-7561.

From page 28

## Red Tide

blooms, including red tide," said Florida Chief Science Officer Dr. Mark Rains. "The Blue-Green Algae Task Force is committed to working with the Harmful Algal Bloom Task Force to identify gaps in our understanding and develop strategies based on sound science and thorough research to mitigate both the short- and long-term effects of harmful algal blooms."

Upon taking office, Gov. DeSantis outlined a bold approach to tackle Florida's critical water issues in Executive Order 19-12 (Achieving More Now for Florida's Environment), including the reactivation of the long-dormant Harmful Algal Bloom Task Force. Under the governor's direction, the task force adopted an initial short-term, top-priority focus on key issues associated with red tide. The task force continues to meet at least quarterly to further the state's efforts to combat red tide.

Since 2019, the state has dedicated more than \$14.5 million to the Center for Red Tide Research at FWC, which was created in 2019 at Gov. DeSantis' request. Additionally, in his first legislative session, Gov. DeSantis signed into law Senate Bill 1552, which established the Florida Red Tide Mitigation and Technology Development Initiative, a partnership between FWC and Mote Marine Laboratory to develop technologies and approaches to control and mitigate red tide and its impacts. Senate Bill 1552 provided a \$3 million annual appropriation to the initiative for six years, totaling \$18 million.

Learn more about what the state is doing to protect Florida's waterways and get real-time water quality status at [www.protectingfloridatogether.gov](http://www.protectingfloridatogether.gov).

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From left, Kelly Sloan with Linda and Nick Linsmayer, and their dog, Frank photo provided

# Family Challenge Prompts More Donations

The Linsmayer Family Challenge of \$10,000 to support the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle sex ratio research study has made a big impact. SCCF reported an additional \$17,775 in gifts recently to support the research study.

Coastal Wildlife Director Kelly Sloan presented details of a vital research initiative at the Bailey Homestead Preserve

Pavilion in honor of World Sea Turtle Day as the challenge was also announced.

In an effort to investigate how the incubation environment affects sex ratios, SCCF is doing a scientific study to measure temperature, moisture and groundwater influence on loggerhead sea turtle hatchling sex ratios. Research has already proven that a sea turtle's sex is determined by the temperature of the sand where the egg incubates. Even relatively modest increases to nest temperatures have a dramatic impact. Studies have shown that when loggerhead eggs are incubated in 84.2F sand, there is a 50/50 male-to-female sex ratio of hatchlings. Yet, when the temperature rises even slightly,

the percent of females increases.

Through a novel analysis that uses a small amount of blood to identify a protein present only in males, the sex of hatchlings from 21 nests on Sanibel is currently being assigned. Sloan said, "Even though we cannot affect short-term climate changes, we can gain a better understanding of what incubation conditions increase the male to female ratios of hatchlings in a natural setting."

Sloan also expressed appreciation for all the donors who responded to the Linsmayers' challenge.

"This research has global significance. We are thrilled that the Linsmayers took such a leadership role in ensuring that we can deepen our understanding of what determines the sex of hatchlings on our islands," said Sloan. "We are just awed by how many people responded to their challenge."

Linda Linsmayer also prompted a new partnership between SCCF and The Shack's owners, Chuck and Lisa Whitman. Not only did the Whitmans provide their custard for 100 World Sea Turtle Day event guests on June 16, they also pledged ongoing support. For the next year, SCCF will receive 25 percent of the net proceeds The Shack receives from the sale of its Sea Turtle flavor.

You can support SCCF's vital role in understanding and positively impacting this worldwide crisis. Mail a contribution to SCCF Sea Turtle Research, P.O. Box 839, Sanibel, FL 33957-0839. Contact SCCF Development Director Cheryl Giattini at 822-6121 or cgiattini@sccf.org with any questions.✧

## ISLAND SUN BUSINESS NEWSMAKERS

### RE/MAX of the Islands



Steve Fisher



Maxine Fisher



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Chuck Bergstrom

The top selling associates for June at RE/MAX of the Islands were Steve and Maxine Fisher, and Chip Wolfe. The top listing associate was Chuck Bergstrom.✧



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Will Power

# Should Your Son-In-Law Or Daughter-In-Law Inherit?



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

Most of my clients' estate plans ultimately distribute the assets to the children, and if a child predeceases, then her share is often slated to be distributed to her children. This is known as a "per stirpes" distribution.

In many testamentary trusts created for children in a will or trust, that child has the ability, through a "power of appointment" to change the per stirpes schematic. As an example, Susan's trust indicates at her death to create a testamentary trust for her daughter, Madelyn, then at Madelyn's death (or if Madelyn predeceases Susan), then the trust is

distributed per stirpes to Madelyn's children, Thomas and Michael.

Susan, however, may grant Madelyn the power to appoint what remains of her share through Madelyn's will to "my descendants, their spouses and charities" that Madelyn selects. This gives Madelyn broad power to change the default distribution which is set for equal shares to Thomas and Michael.

Perhaps Madelyn wants to treat her sons disproportionately. Or if one son has a drug or alcohol dependency problem, she might choose to include special provisions relating to that and name an independent trustee to manage that son's share. She might also include her grandchildren, should she want to.

The big question here is whether Susan wants to give Madelyn the authority under the power of appointment to route any part or all of Madelyn's trust share to her daughter's spouse when she dies. Madelyn's spouse's name is Tony. What if Madelyn can redirect her inheritance to Tony?

What are the risks?

Susan may want the trust to only benefit her bloodline. What if Madelyn leaves amounts to Tony and after her death, he remarries? If his will leaves his entire estate to Tony's new spouse then at his death, Susan's wealth might never benefit her grandsons Thomas and Michael.

On the other hand, if Madelyn dies and significant wealth lands with Thomas and Michael, there is the chance that Tony doesn't have funds to pay for necessities while his children are millionaires. I've actually seen this happen with some files. Susan probably wouldn't want that result either.

There are middle of the road options available. One is to require a continuing trust for Tony if she chooses to exercise her power of appointment to benefit him, as opposed to an outright distribution that may end up out of the bloodline. Susan's documents could require that an independent trustee manage the account, and determine whether Tony is entitled to distributions, considering the assets and income otherwise available to him.

The trust for Tony could also be built as a "sprinkle" trust, benefiting not only Tony, but Thomas and Michael as well. Any income the spouse doesn't need can be distributed to the grandsons, for example.

The power of appointment could limit the percentage of Madelyn's trust that would be funneled into a share for Tony, say 30 percent. The other 70 percent could immediately vest with Thomas and Michael.

You get the picture. There are many options available with carefully worded language specific to Susan's intent.

Finally, realize just because Susan grants her daughter Madelyn the power to appoint her share at her death, this doesn't mean that Madelyn must or will do so. Madelyn might decide to let the share vest with her sons rather than with Tony.

The power of appointment is a useful tool to make an otherwise inflexible, irrevocable trust more fluid, and be able to adjust to the needs of the family many years after Susan's death. It's not (or shouldn't be) boilerplate, however.

I hope that this gives you something new to talk about with your estate planning attorney.

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✱

## Attorney Joins Trust Company

The Sanibel Captiva Trust Company appointed T. John Costello, Jr., JD, as senior vice president to the fiduciary services team, working in trust administration, estate settlement and family office services across the corporate footprint in Sanibel-Captiva, Naples-Marco Island and Tampa Bay.



T. John Costello

Costello joins the trust company from Porter Wright Morris & Arthur, LLP of Naples, Florida where he served as a senior associate focusing on estate planning, probate and trust administration, probate litigation, guardianships and general business law. "We are delighted to have someone of John's caliber in the legal profession to complement our trust administration team," said Al Hanser, founder and chairman of the trust company. "He is a tremendous advantage for us and our clients."

Earlier in his legal career, Costello served as an associate at Wollman,

Gehrke & Associates, PA of Naples, Kelley Kronenberg, PA of Fort Myers, and Costello, Royston & Wicker LLP, also of Fort Myers. Prior to obtaining his juris doctor degree, he was a software engineer at Northrop Grumman Corporation of Melbourne, Florida and San Diego, California where he worked on radar systems for the United States Air Force.

Costello obtained his degree from Emory University School of Law, Atlanta, Georgia, graduating with honors. While there, he participated in the Technological Innovation: Generating Economic Results (TI:GER) Program. He obtained his certificate in systems engineering from California Institute of Technology, Industrial Relations Center, San Diego, California and his bachelor of science degree in computer science from Florida State University, Tallahassee, Florida.

Costello's memberships and admissions include the Real Property, Probate & Trust Law Section of the Florida Bar, of which he held one of four coveted fellow positions (2014-16), Collier County Bar Association, United States District Court for the Middle District of Florida, and The Florida Bar. He was also selected as a 2020 Top Lawyer in Trusts & Estates by *Naples Illustrated* magazine. Costello's office is located at 5920 Goodlette-Frank Road within The Naples Trust Company, a division of The Sanibel Captiva Trust Company.✱

## How's The Market? Ask Ann

**Special Offer for Buyers & Sellers Continues!**  
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Ann Gee  
Broker/Owner

We have a lack of Homes and Condos for sale on Sanibel: 27 Homes with only six under \$1,000,000. Condos tell a different story: 17 for sale with 15 under \$1,000,000. The inventory continues to have a negative effect on the number of Unit sales. "Tough" market for Buyers. Great market for Sellers.

Going a little off subject, I would like to thank Steve Fisher with RE/MAX of the Islands, who noticed our recently renovated cow statue had blown down in front of our office during Tropical Storm Elsa. Steve picked her up and put her back in an upright position. Thank you, Mr. Fisher! A friend indeed.

### 8 Closed Sales Going Back One Week 2 Vacant Lots, 4 Homes & 2 Condos

- 2095 Wild Lime Drive Vacant Land - \$260,000
- 974 Greenwood Court S. 1/2 Duplex - \$522,000
- 2011 Mitzi Lane - \$642,000
- 9408 Moonlight Drive - \$780,000
- 1747 Jewel Box Drive - \$950,000
- 610 Donax Street 115 Sanibel Surfside - \$1,040,000
- 1501 Middle Gulf Drive A205 Sundial West - \$1,285,000
- 1028 Bayview Drive Vacant Land - \$2,080,000

Have a good week and call me with any comments or questions.

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 Trevor Nette 239.281.4435

**CAPTIVA BEACHFRONT**

**15138 WILES DR., CAPTIVA**  
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 • Comfort Meets Luxury - 6 BR, 5.5 BA  
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 • Western Exposure, Direct Sunset View  
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## Frankly Speaking



by Howard Prager

**N**ow that the Major League Baseball All-Star break is over, we will focus on the July 30 trade deadline. Teams that are in first place or have a good chance to make it as a wild card are the

shoppers; the rest of the league are the sellers. We'll see what the Chicago Cubs do. They were shoppers until they went into an 11-game losing streak before the break. They already have traded outfielder Joc Pedersen to Atlanta for Bryce Ball, an unknown 23-year-old minor league first baseman. The key is what they do with the big three who are in their final contract year – Baez, Bryant and Rizzo – as well as their stellar closer, Craig Kimbrel. My guess is that two of these four stars will be gone from the Cubs roster by the end of the month as they begin the long road to rebuilding. Here are the top seven likely trades according to the *New York Daily News*: pitcher Max Scherzer of the Nationals, who also is a free agent at the end of the season; center fielder Ketel Marte of the Diamondbacks, a switch-hitter with a great average but average defense; DH Nelson Cruz of the Twins, ageless and still with good pop in his bat; second baseman Adam Frazier of the Pirates, who as of this writing has more hits than any player and is hitting 100 points better than his average last year; relief pitcher Richard Rodriguez also of the Pirates, who has the second lowest walk ratio in the NL; relief pitcher Ian Kennedy of the Rangers, who is their closer with a 2.59 ERA; and relief pitcher Yimi Garcia from the Marlins, who has a hot fastball. All three pitchers are in the final year of their contracts, but they should be great pickups for the rest of the season, at least.

By the time you're reading this, either the Bucks (now in the lead three games to two after losing the first two games) or Suns will be NBA Champions. The Bucks have the highest regular season average per game since 1983-84 at 120.1 points per game, and they have added defense to that. Yiannis Antetokounmpo has played strong even though he's hurt. Like most superstars, he's been coming through big in the playoffs, especially with a monster slam off a Jrue Holiday steal and pass to help seal Game 5. Khristian Middleton and Jrue Holiday, who won first team defensive honors this season, have also stepped up in a big way. Says Holiday, "I do think we always have our mindset on defense, but when we get rolling on both ends, that's where we find our groove." Antetokounmpo knows it's not over and they've got to get things done. "We have to stay in the present." One game to win, and you may be hearing the Milwaukee celebration down in Florida.

I always like to see new teams and cities at the top of the sporting world that haven't won in a while. Milwaukee (1971 NBA Champs) and Phoenix (never) fit the bill. Milwaukee also has the Brewers in first place in the weak NL Central Division, so it's possible Wisconsin could have two playoff winners this year, like Tampa Bay last year. Not much of a chance of that happening in Arizona, where the Diamondbacks are the worst team in baseball and the Cardinals are in the NFL's toughest division with the Seahawks, Rams, and 49ers.

Congrats to Californian Collin Morikawa, who at 24 won his second major PGA event, the British Open, and is halfway to a Grand Slam. He joins eight others who have won multiple events before age 25, most of whom are PGA's biggest stars. He's the first player since Bobby Jones in 1926 to win two major tournaments in so few appearances (8). And, he is the first to win two tournaments on his first try. His first win, 11 months ago, came with no spectators. Very different this time with 33,000 people watching. "These are the

moments you embrace so much," he said after the win.

Last week, I said that I didn't think the Olympics should be played for the safety of the spectators (now none) and the Japanese who are just starting to get vaccinated. As it turns out, I was looking the wrong way. It's the players. Young tennis star Coco Gauff is out of the Olympics after testing positive for COVID-19. Even the *Wall Street Journal* reports that 55 people connected to the Olympics, including officials and contractors working on the Summer Games, have tested positive since July 1. "Tokyo Olympics organizers have been shifting their protocols almost daily to try to head off problems. But with some competitions beginning Wednesday, ahead of Friday's official opening, the possibility looms that some athletes will miss their events because of COVID-related issues." New protocols include athletes putting on their own medals, brought on a tray and only touched by people wearing protective gloves. This Olympics will be one for the books.

Our good news story of the week was our feature last week, Shohei Ohtani. I learned from a manager in Tokyo to watch how Shohei cleans up the ballpark. There are a lot of videos of him on his way in to pitch or taking batting practice that he stops to pick up trash along the way. As someone who does that when hiking or walking, that's very commendable. And that's not all, he is also generous. According to Jeff Fletcher of the *Orange County Register*, Ohtani donated his \$150,000 participation earnings from the All-Star Home Run Derby to 30 Angels support staff employees to thank them for their hard work. Upon returning to Southern California from Colorado, Ohtani began handing out checks to trainers, clubhouse workers and media relations staffers. In my book, Shohei is more than a once-in-a-lifetime ballplayer, he's a good citizen and role model, exactly who we hope all of our sports heroes will be.

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 to [press@islandsunnews.com](mailto:press@islandsunnews.com).

## Cypress Lake High Names New Basketball Coach

**C**ypress Lake High School has hired Darrin Wallace as coach of the boys varsity basketball team.



Darrin Wallace

Wallace spent six years as head boys basketball coach at Canterbury, leading the team to the Class 3A State Finals in 2018 and finishing the year as Florida Athletic Coaches Association and Florida Association of Basketball Coaches Class 3A Coach of the Year. He started his coaching career at Gateway Charter High, coached at his alma mater Cape Coral High in 2011-12 and coached last season at Riverdale High.

Basketball practices officially start November 2, and the Panthers will open the 2021-22 season the week of November 23.✱

## Top 10 Books On The Island

1. *The Forest of Vanishing Stars* by Kristin Harmel
  2. *People We Meet on Vacation* by Emily Henry
  3. *The Book of Lost Names* by Kristin Harmel
  4. *Squeeze Me* by Carl Hiaasen
  5. *Float Plan* by Trish Doller
  6. *A Perilous Proposal* by Jennifer Schiff
  7. *You Belong Here Now* by Dianna Rostad
  8. *The Cellist* by Daniel Silva
  9. *The Heartbeat of Trees* by Peter Wohlleben
  10. *Under the Southern Sky* by Kristy Woodson Harvey
- Courtesy MacIntosh Books and Paper.✱

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## SPORTS QUIZ

1. Who was guest host of *Jeopardy!* when contestant Scott Shewfelt gave "Who wanted to kick that field goal?" as his Final Jeopardy answer?
2. Name the Texas Tech Red Raiders basketball player whose glass-shattering slam dunk in the NCAA Tournament appeared on the March 25, 1996, issue of Sports Illustrated.
3. What St. Louis Blues defenseman suffered a cardiac arrest and collapsed on the bench during a February 2020 game vs. the Anaheim Ducks?
4. What NASCAR driver finished sixth in the 2014 Indianapolis 500 and won Indy 500 Rookie of the Year honors?
5. What Oscar-winning film from 1981 depicted the true story of British sprinters Eric Liddell and Harold Abrahams, who both won gold medals at the 1924 Paris Summer Olympics?
6. At what stadium did the New York Giants' Willie Mays make his famous over-the-shoulder catch of a fly ball hit by the Cleveland Indians' Vic Wertz in Game 1 of the 1954 World Series?
7. What two brothers combined for 93 goals during the 1999-2000 NHL regular season?

## ANSWERS

1. Green Bay Packers quarterback Aaron Rodgers. 2. Darrin Ham. 3. Jay Bouwmeester. 4. Kurt Busch. 5. *Chariots of Fire*. 6. The Polo Grounds. 7. Pavel (58) and Valeri (35) Bure.





Chamber representatives celebrated the park's new name and look with the Fast Trax team

photo provided

## Chamber Holds Ribbon-Cutting

The Sanibel & Captiva Islands Chamber of Commerce celebrated the purchase of the former Zoomers amusement park on Summerlin Road in Fort Myers with an on site ribbon cutting on July 8. Newly named and undergoing an upgrade as Fast Trax, its change in ownership will bring a go-kart focus and total renovation to the facilities.

"The name change was to reflect the all-new concept for the park," said Mike Cannington, director of sales and marketing for Bowling Management Association (BMA), which oversees the new operation, along with three HeadPinz centers and three Bowland Centers in Charlotte, Lee and Collier counties. "We've upgraded most of the pieces of the park, mainly the go-karts themselves."

After completely gutting the two-story building, BMA installed all-new arcade

games, built a full-service kitchen operation called Brickyard Bistro, and added seven lanes of duck-pin bowling. The new owners refurbished all of the midway rides and will be installing a new bumper car attraction before its official opening, which is planned for later this month. As for the go-karts, the company resurfaced its two tracks and have imported state-of-the-art electric karts from Italy.

"We are in the fun business," said Cannington. "Our number one priority

is delivering experiences that people will remember for years to come... Fast Trax will be unlike any other attraction in Southwest Florida."

The restaurant will be open during park operating hours (to be determined), specializing in casual, eclectic cuisine – from wings to shrimp and grits. Cannington expects Fast Trax will hire up to 80 employees, one of its greatest challenges at the moment.

"I think we speak for the entire community when we say how thrilling it is to see the park brought back to life in the best possible way," said John Lai, chamber president and chief executive officer. "Our staff has already experienced the topnotch remastering of Fast Trax, and we can't wait to help promote it."

"We always want to be an active part of our communities, and the chamber offers us that opportunity," said Cannington. "From networking to charitable events, we look forward to a great relationship with John Lai and the San-Cap Chamber membership."

With over 560 active members from both islands including businesses from Lee and Collier counties, the chamber plays a key role in facilitating communication and cooperation between business, residents and government to enhance the economic health of the islands. The chamber welcomes more than 160,000 visitors each year.

For more information, visit [www.sanibel-captiva.org](http://www.sanibel-captiva.org) or contact Landen Drake at 472-8255 or [landen@sanibel-captiva.org](mailto:landen@sanibel-captiva.org).

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Health First

# Eight Tips For Reducing Stress Quickly



by Julie Rosenberg, MD

**W**e live in a stressful world. Exposure to chronic stress may lead to negative health consequences, including both physical and mental health problems.

Therefore, it's important for each of us to adopt healthy coping mechanisms to manage the stress in our lives.

Over the years, I've learned to employ a variety of simple but highly effective techniques to quickly reduce my stress. I share eight of my favorite rapid stress-reducing techniques below.

**Breathe** – Did you know that taking slow, deep breaths can help to lower your blood pressure and heart rate? It's true. In addition, deep breathing can quickly reduce stress and anxiety. When you breathe deeply, it sends a message to your brain to calm down and relax. Your brain, in turn, sends this message to your body.

Try a few rounds of deep, belly breathing:

- 1) Sit or lie down in a comfortable position.

2) Put one hand on your belly just below your ribs and the other hand on your chest.

3) Inhale deeply through your nose, filling your belly. You should feel your belly expand against your hand. Your chest should remain still.

4) Hold your breath for five to 10 seconds.

5) Exhale through pursed or slightly parted lips. The hand on your belly will move inward as the air flows out.

6) Repeat three to five times. Notice how you feel at the end of the exercise.

**Take a short walk outdoors** – When you're feeling stressed or overwhelmed, take a break and go for a short walk outdoors. This activity can provide great natural stress relief. An outdoor walk allows you to get out of your environment (albeit briefly), breathe fresh air, move your body and gather your thoughts.

**Do some gentle stretches** – A quick stretching session can be helpful to relieve muscle tension and allow you to quickly relax. Try a few gentle neck stretches, shoulder rolls, torso twists, ankle and wrist circles. If you take some slow, deep breaths as you stretch, you can deepen each stretch and enhance relaxation.

**Spend some time alone** – Take an occasional time out. Spending three to five minutes of time alone in quietude can help you collect your thoughts and clear your head.

**Drink green tea** – Green tea is a good source of L-theanine, an isomer of two amino acids (L-glutamate and L-glutamine). Drinking green tea, and

therefore ingesting L-theanine, can offer a calming effect and can be a good choice for stress/anxiety relief.

**Laugh out loud** – Laughter is a great way to combat stress. Research has shown that laughter increases oxygen flow to the heart, lungs and muscles. It also increases the endorphins (feel-good hormones) that are released by your brain, and thus can improve your mood.

**Listen to soothing music** – Listening to soothing music can be an extremely effective stress management tool. Soothing music can have profound effects – it can slow your heart rate, lower your blood pressure, decrease the levels of stress hormones, and even distract you from your worries.

**Write in a journal** – Research has shown that journaling can be a valuable tool to reduce the effects of anxiety and stress from difficult emotions. Writing

down your thoughts and feelings in a journal can make them seem less intimidating. Journaling has been shown to help people organize their thoughts, clear their minds, facilitate problem solving and gain perspective.

In summary, we live in a world in which most all of us are impacted by stress daily. While we cannot always control our environment, we can learn ways to manage stress so that stress does not manage us. In this article, I've offered eight quick ways to tackle stress in the moment. Try them. They work.

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

## Blood Drives In Lee County

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

Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

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

The Lee Health Blood Mobile will continue to be at numerous locations

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

Upcoming blood drives include:

Friday, July 23, 2 to 5 p.m. – Iona Lakes, 15000 Iona Lakes Drive, Fort Myers

Friday, July 23, 8 to 11 a.m. – Iona-College/South Pointe Fire Station, 6061 South Pointe Boulevard, Fort Myers

Wednesday, July 28, 8 a.m. to noon – The Outpatient Center at The Sanctuary, 8960 Colonial Center Drive, Fort Myers

Friday, July 30, 10 a.m. to 4 p.m., Galeana Fort Myers, 14375 South Tamiami Trail, Fort Myers

Visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers) for more information.

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dearRPharmacist

# Medications Can Increase Lung Complications



by Suzy  
Cohen, RPh

**Dear Readers:** The worldwide pandemic has caused enormous public health problems and substantial mortality, so it is important that vulnerable

groups of people know the information that I'm sharing today.

If you've followed my life's work, you know that one of my passions is the phenomena of drug nutrient depletion. This describes how medications rob the body of essential nutrients via their mechanism of action. It's something I call the "drug mugger" effect, and I have a book by the same name. The classic example that everyone understands is with antibiotics. These drugs will rob the body of essential microflora in the intestines because they cannot discriminate between good "bugs" and bad ones. Another classic example is with oral contraceptives which mug you of various B vitamins and minerals, leading to a higher risk of hypothyroidism.

Today's article is to explain the relationship between certain prescribed medications and complications that arise from the depletion of essential nutrients. That said, you should never discontinue a medication simply because it is suppressing a particular nutrient. Instead, you should install a security system in your body by simply taking the nutrients that are being mugged. This allows you to remain on your medication, while mitigating side effects that would have occurred if you didn't restore the nutrients being stolen.

You may not realize this, but two categories of medication can suppress zinc in the human body. Those include the antihypertensives which lower blood pressure, and the acid-reducing medications for heartburn. These and other medications can negatively

influence the status of zinc in your body which participates in hundreds of important metabolic reactions including those which allow you to hear well, have lovely skin and improve fertility. When zinc levels decline, it impairs one's immunity and lowers your resistance to pathogens. Zinc deficiencies also suppress your ability to do good cellular housekeeping because you can't effectively make glutathione anymore in your liver. Foods that are rich in zinc include beef, dairy, oysters, seafood, whole grains and nuts/seeds.

Several other micronutrients are important and these include vitamin D, vitamin C and probiotics. Malnutrition, medications and/or a diet consisting of nutritionally naked foods will lead to deficiencies in all of these.

Medications which impact levels of the nutrients are vast, too many to list here. Here are the most important and surprising categories of medications that reduce micronutrients. I've also included a few lifestyle factors that you can control:

Zinc – Acid blockers, antihypertensives, corticosteroids, excessive calcium, coffee and smoking  
Vitamin D – antacids, cholesterol binders, anticonvulsants, kidney damage and lack of sunlight

Vitamin C – anti-hypertensives, aspirin, corticosteroids, hormones and selective estrogen receptor modulators

Probiotics – antibiotics, estrogen-containing drugs, acid blockers and nonsteroidal anti-inflammatory drugs

For a comprehensive list of each nutrient, and all the drug muggers, refer to my book by the same name. It is sold nationwide at book stores, as well as Amazon. If you'd like to read the longer version of this article, I'm happy to email it to you; just sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

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

Read us online at  
[www.IslandSunNews.com](http://www.IslandSunNews.com)

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Can you distinguish between the conscious and subconscious mind, and what each is designed to do?

**A:** The conscious and subconscious minds have significant

importance throughout our lives. They involve the decisions we make. According to cell biologist and author Bruce Lipton, we only use our conscious minds or "self-consciousness" 5 percent of the time by using the left logical side of our brain. The conscious mind has the ability to create plans for the future and think in the past. We analyze, rationalize and problem-solve through our conscious mind. Our wishes and desires involve our conscious mind, and it can use its resources to focus on a specific situation such as getting up and going to work.

Meanwhile, the subconscious mind is on autopilot. It operates 95 percent of the time. It's at the helm and lives in the present. Lipton also suggests our subconscious is quite powerful. I like to use the example of driving. We go from point A to point B. When we reach our destination, we think, how did I get

here? You don't remember that stoplight and turning left onto Elm Street to get home. If you were not consciously driving from point A to point B, then who was? Remember, your subconscious mind was at the helm! While you didn't realize that your subconscious mind was at the helm, it obviously knew what it was doing as you consciously focused on someone or something else. Our subconscious mind takes over when our conscious mind does not pay attention. Our subconscious mind has been programmed by others, especially the first seven years of life. We have held onto these self-conscious beliefs, and they never went away.

If our subconscious was programmed with negative messages and we absorbed that information, chances are likely that we continue to have those same programs in our subconscious minds and we can often self-sabotage things our conscious mind wants to succeed with. Your sub-conscious mind makes those gut-level intuitive decisions while your conscious mind has to gather and weigh information before decision-making.

While both the conscious and subconscious mind are important, if you want to reprogram subconscious thoughts and actions, a good hypnotherapist can assist with this.

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

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Doctor and Dietician

# Reduce Obesity: Tips From Japan



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

The Japanese are among the healthiest people in the world with one of the lowest rates of obesity and longest lifespans. The current life expectancy of Japan is 84.79 years, and they are No. 2 on the list, second only to Hong Kong. The U.S., on the other hand is No. 39 at 78.99 years. So, what gives? The following are the habits that lead to less obesity and improved longevity:

First, they eat a lot of vegetables. We know we sound like a broken record, but viva the veggies Veggies equal life. Loaded with vitamins, minerals, antioxidants and fiber, vegetables provide so much nutritional value. For us, we try to incorporate vegetables wherever we can. Thus, breakfast might be sauteed spinach and a sliced tomato topped with an egg

or smoked salmon, tomato, lettuce and some organic cream cheese. Lunch is where salad is king for us. Load up some dark greens with all sorts of healthy and delicious goodies such as tomatoes, celery, beets, green beans, avocado, mushrooms, zucchini and anything else you can think of. We make our dressing at home with fresh herbs, good olive or avocado oil and vinegars. Adding veggies to dinner is simple as well – Brussels sprouts, broccoli, cauliflower (or mashed – yum), carrots, eggplant, zucchini – sky is the limit. If you can cook vegetables one way, we recommend roasting or a quick stir-fry.

Secondly, the food they consume is extremely fresh, especially their fish, which is literally fresh caught. Here in Southwest Florida, we can have the same fresh fish too, as it is available all around us. Loaded with health benefits, it should be part (if not most) of our daily protein intakes. Dump prepacked, breaded, fried, and processed so-called food.

Third, the Japanese eat smaller portions. Their plates are smaller and they use chopsticks to consume their food. In Okinawa, the locals ascribe to eating smaller portions by only eating until about 80 percent full and taking time to consume their food. As you know, we Americans eat fast and eat big. Lesson to be learned here, right?

Fourth, Japanese move more. They walk, ride bikes and stand more. Their commutes typically do not involve their own cars, but public transportation such as trains. Cars are considered a luxury. Many of the Japanese workforce has also adopted the standing concept at work,

which also burns more energy. They also focus on morning exercise, even providing radio transmitted exercise routines.

Fifth, they spend more time outside and in communion with friends and family. Gathering has many health benefits related to stress and mood, and getting outside provides more Vitamin D and energy.

Lastly, the Japanese drink more tea. Tea contains more antioxidants than coffee and is especially true for Japan's tea-time specialty – matcha – which is a fine powdered tea made from young leaves grown specifically to increase their chlorophyll and antioxidant content by

depriving them of sunlight. Green, oolong, jasmine, rooibos, hibiscus and lemon verbena teas are some of the healthiest, decreasing obesity-related health issues.

Take note of these habits and try incorporating some of them (or all) into your lifestyle, you will be happy you did.

*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:

## Love Language



by Kay Casperson

Have you ever taken the time to find out what makes you feel loved? Years ago, Dr. Gary Chapman wrote a book called *The Five Love Languages*, which has been an eye-opener for many relationships.

Understanding and appreciating your loved one is the glue that holds relationships together, whether it be your spouse, family member or co-worker.

Years ago, my husband and I read the book and took the quiz that determines your primary and secondary love languages. And, recently, we re-took the quiz to see if the languages were still the same. It turned out that they were, and maybe that is why we are still happy and enjoying life together.

Learning what makes each other feel loved, appreciated and fulfilled will keep peace and happiness in your home and workplace. Following are brief descriptions of each language so you can decide what is important to you or your loved ones. And will help you determine how you communicate your feelings more effectively.

Words of affirmation – Do you thrive when someone says nice things about you? How about when someone says, “I love you, you’re beautiful or I am proud of you?” Does it make you happy when someone leaves you a nice note or recognizes all of your hard work?

Quality time – Are you most fulfilled when spending quality time with your loved one, your co-worker or a friend? Is it essential for you to get undivided attention when trying to get your point across?

Receiving gifts – This is not about being overly materialistic. Instead, it is about feeling loved by receiving a small token, whether it be flowers, an unexpected gift, an award for your hard work, or even a unique token of appreciation. Surprises are pleasant for this love language.

Acts of service – You may be the type of person who appreciates when someone extends a helping hand. How nice is it when someone says, “Let me help you with that” or “What can I do for you to make it easier?”

Physical touch – A big hug, a warm embrace, or a pat on the back can be an expression of love and appreciation. It might still give you butterflies to hold hands with your loved one and to snuggle up now and then. Expressing love and gratitude through touch can be reassuring in many ways.

I believe that it is a good idea to explore how to make relationships better in every way possible. I encourage you to find out more about what your love language is at [www.5lovelanguages.com](http://www.5lovelanguages.com). Have fun with it and share it with your family, your friends and your co-workers.

My affirmation for you this week is: “I will explore my love language and will embrace the importance of communication and appreciation of others.”

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

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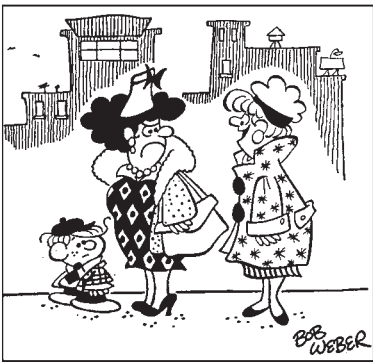


Emergency .....	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Lee County Mosquito Control .....	239-694-2174
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Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
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Center 4 Life, Senior Center.....	472-5743
ARTS	
Arcade Theater.....	332-4488
Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony.....	277-1700
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Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
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ABWA.....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
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Audubon Society.....	472-3744
Bailey-Matthews National Shell Museum .....	395-2233
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 .....	984-5920
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society .....	239-313-6918
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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PUZZLES

Answers on page 47



"You've changed a lot in ten years... I just knew  
it was you! I recognized your \_\_\_\_\_."

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!

Dams  
**SLEEVE**

Delicate  
**RENTED**

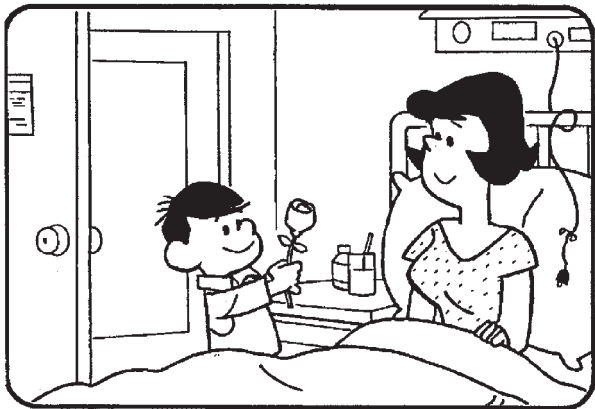
Singer  
**CARTON**

Survey  
**DUSTY**

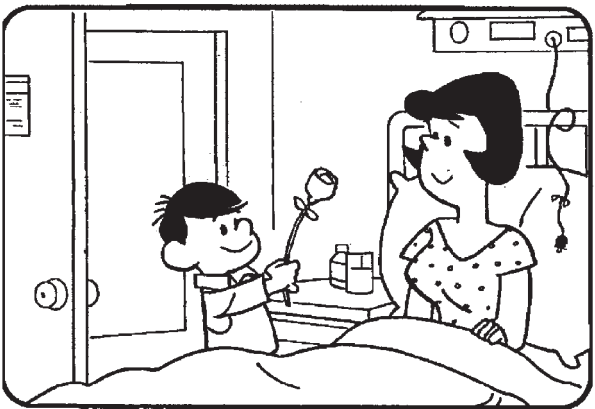
TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Rose stem is longer. 2. Straw is missing. 3. Cord is shorter. 4. Gown is different. 5. Hair is different. 6. Doorknob is lower.

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

To Play  
Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.



PUZZLES

Answers on page 47

Super Crossword

BACKWARD  
WORD-BUILDING

- ACROSS
- 1 Really ruffle

6 Bozo

9 They may fly at half-mast

14 — Mia (Abba hit)

19 São —

20 Sway to and —

21 TV's Greene or Michaels

22 Ovine sign

23 S

26 Asinine

27 — -Dick

28 — -Ball

29 2007 Disney princess

31 Add a letter before that to spell ...

37 Above, to bards

38 "How dumb of me!"

39 Fearless

40 Orbit, e.g.

42 Foliage unit

44 In the manner of

45 "The Zoo Story" playwright Edward

50 Bozo

52 Add a letter before that to spell ...

57 Close amigo

59 Really ruffle

60 Wet-weather headgear

61 Hay fever explosion

62 Former Israeli PM Golda

64 Big fusses

66 Capitol's top

67 Add a letter before that to spell ...

71 "I know! Pick me!"

74 Novelist Jaffe

75 Two before X

76 Deadly

80 Fruity, sourish dessert

82 The

83 Cowboys, on a sports ticker

85 Falsify

85 Add a letter before that to spell ...

89 Pear, apple and quince

90 Main artery

91 Essen "a"

92 He married Lucy

94 Moor growth

95 Tennis great Jennifer

99 Young — (toddlers)

101 '60s Pontiac muscle car

102 Add a letter before that to spell ...

109 Alveolar trill, as in Spanish speech

110 Tofu source, to Brits

111 Long stretch

112 Perfect little kid

113 Add a letter before that to spell ...

120 Gettysburg victor George

121 C-3PO, e.g

122 Stanley Cup gp.

123 In snazzy clothes

124 Media biggie

125 Tabby cries

126 Dems' rival

127 Bergen dummy Mortimer

DOWN

1 Rival of FedEx

2 With 6-Down, yield a profit

3 Hot stretch

4 Macaroni shape

5 "Such a pity"

6 See 2-Down

7 Popped up

8 Two-pronged vehicle

9 Well-spoken

10 E-giggle

11 Dog's yap

12 Wildebeest

13 Composer Prokofiev

14 En — (as one)

15 1989 Disney princess

16 Metric "thousandth"

17 — Yello (soft drink)

18 Thus far

24 Germ killer in a can

25 Connery of film

30 — be an honor

31 Subjects

32 In direct confrontation

33 "Trauma: Life in —" (old TLC series)

34 Guzzled, e.g.

35 Ill-gotten gains

36 Shimmery gem

41 Bride-to-be's clothing drawer

43 Lumberjack, at times

45 Nickname of Onassis

46 Phyllis' last name on the old sitcom "Phyllis"

47 — -chic (hippie-inspired fashion)

48 Mild cheese

49 Italy's Villa d'—

51 Brand of tea

53 Jacob of social reform

54 Part of ETA

55 "No —!" ("Sure thing!")

56 Studio tripods

58 Old-time actress Dolores

63 Water quality org.

64 Onetime ring king

65 Longtime soap actress Hall

68 Movie mogul Marcus

69 Bird beak

70 Tonto player Johnny

71 Gymnast Korbut

72 Seat of Hawaii County

73 Sharif of "Che!"

77 Uniform liquid suspension

78 Zend- — (Zoroastrian scripture)

79 Rent check collector

81 Org. with putters

82 Levi's fabric

84 Subject

86 Univ. division

87 Hidden mike

88 Uplifting spiritually

93 Like King Atahualpa

95 Movie dancer Charisse

96 Aviation branch of the military

97 Great traits

98 Traffic noise

100 Yarn units

102 Intense ache

103 Real introvert

104 Tank slime

105 Vehicles near igloos

106 Tennis great Monica

107 Cantina chip

108 Grown gal

114 Boot part

115 "Vice" aier

116 Dejected

117 Swiss peak

118 Env. insert

119 Guitarist Barrett
- |     |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
|-----|-----|-----|-----|-----|----|----|----|----|----|----|----|----|----|-----|----|----|----|-----|----|----|----|
| 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  |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 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  |    |    |    |
|     |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    | 70 |     |    |    |    |
| 71  | 72  | 73  |     |     |    | 74 |    |    |    |    | 75 |    |    |     |    | 76 |    |     | 77 | 78 | 79 |
| 80  |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 85  |     |     |     |     |    |    |    |    |    | 86 | 87 |    |    |     | 88 |    |    |     | 89 |    |    |
| 90  |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
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|     |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 102 | 103 | 104 | 105 | 106 |    |    |    |    |    |    |    |    |    | 107 |    |    |    | 108 |    |    |    |
| 109 |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 112 |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 120 |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
| 124 |     |     |     |     |    |    |    |    |    |    |    |    |    |     |    |    |    |     |    |    |    |
- King Crossword
- ACROSS

1 Parking place

4 Toy block name

8 Narcissist's love

12 Bashful

13 Cameo shape

14 Russian river

15 Home

17 Wheels of fortune?

18 One of the Fab Four

19 Doze

20 Con games

22 Facebook action

24 Director Wertmuller

25 Tyrannize

29 Vichy water

30 Church key-board

31 Big D.C. lobby

32 Realm

34 Hertz rival

35 Swiss peaks

36 Justice Kagan

37 Waterlogged

40 Mideast airline

41 Say it's so

42 Rectangular game pieces

46 Painter Magritte

47 Regarding

48 Shell-game

10 Hobbling

11 Broadway failure

16 "— Rock"

19 Epidermis

20 Rosebud, to Kane

21 Pisa farewell

22 Trademark symbols

23 One-named supermodel

25 Faucet problem

26 Letter holder

27 Ms. Brockovich

28 Tabula —

30 Unique

33 "Amen to that!"

34 Actor Rickman

36 "Adam Bede" author

37 Poet Teasdale

38 Roasting spot

39 Bloke

40 911 responders

42 Wee dollop

43 Sugary suffix

44 Moray, for one

45 America's uncle
- DOWN
- 1 Leary's drug

2 Discoverer's call

3 Ear mem-brane

4 Venue

5 Satan's forte

6 Lass

7 Flamenco cheer

8 Morose

9 Buffalo's lake
- MAGIC MAZE ● WORDS MADE OF CELLS
- X M J M E G D A X V S N Q N K  
I C F O D N A X V T K A T Q O  
L E E N M J O H C N C C C F C  
A L C T Y W E H U E O E R P N  
L L E I I J H X P L L L F D B  
Z M L C X L C V C L B L T R Q  
O A L E O E U M U E L E I K I  
H T U L L T F L D C L E B S Z  
Y E L L E C O Y L X E L C W T  
V T A O R I Q H O E C N E T L  
K R R S D I H F P D C C A D Z
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **A Room Below Ground Level**
- Cellblock

Cellist

Cellmate

Cellos

Cellphone

Cellular

Cellulite

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Excellent

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FRIDAY  
Mostly Cloudy  
High: 86 Low: 76



SATURDAY  
Mostly Sunny  
High: 85 Low: 77



SUNDAY  
Cloudy  
High: 84 Low: 75



MONDAY  
Mostly Sunny  
High: 87 Low: 79



TUESDAY  
Cloudy  
High: 89 Low: 78



WEDNESDAY  
Sunny  
High: 90 Low: 82



THURSDAY  
Mostly Sunny  
High: 88 Low: 78

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	12:24 pm	8:21 pm	None	None	Fri	11:29 am	8:23 pm	None	None	Fri	12:34 pm	8:19 pm	None	None	Fri	2:34 pm	11:37 pm	None	None
Sat	1:16 pm	9:03 pm	None	None	Sat	12:21 pm	9:05 pm	None	None	Sat	3:53 am	7:41 am	1:38 pm	9:13 pm	Sat	3:26 pm	None	None	None
Sun	4:37 am	6:56 am	2:06 pm	9:40 pm	Sun	3:42 am	6:58 am	1:11 pm	9:42 pm	Sun	4:15 am	8:47 am	2:41 pm	9:58 pm	Sun	6:47 am	12:19 am	4:16 pm	10:12 am
Mon	4:53 am	7:59 am	2:54 pm	10:14 pm	Mon	3:58 am	8:01 am	1:59 pm	10:16 pm	Mon	4:41 am	9:43 am	3:44 pm	10:36 pm	Mon	7:03 am	12:56 am	5:04 pm	11:15 am
Tue	5:10 am	9:03 am	3:43 pm	10:45 pm	Tue	4:15 am	9:05 am	2:48 pm	10:47 pm	Tue	5:08 am	10:30 am	4:37 pm	11:09 pm	Tue	7:20 am	1:30 am	5:53 pm	12:19 pm
Wed	5:30 am	10:10 am	4:35 pm	11:14 pm	Wed	4:35 am	10:12 am	3:40 pm	11:16 pm	Wed	5:36 am	11:14 am	5:23 pm	11:40 pm	Wed	7:40 am	2:01 am	6:45 pm	1:26 pm
Thu	5:54 am	11:20 am	5:34 pm	11:44 pm	Thu	4:59 am	11:22 am	4:39 pm	11:46 pm	Thu	6:04 am	11:58 am	6:05 pm	None	Thu	8:04 am	2:30 am	7:44 pm	2:36 pm

# PETS OF THE WEEK

Lee County Domestic Animal Services

Calvin And Hops

Hello, my name is Calvin. I'm a brown 8-year-old male German shepherd mix. I may be considered a senior in years, but I have the spirit of a teenager. I have quickly become a volunteer favorite. To quote one, "He's more than perfect, he's impeccable, excellent, superb, affectionate and handsome with a very charismatic personality. He's simply the best!" My adoption fee is \$10.

Hi, my name is Hops. I'm a white 2-year-old male shorthair rabbit. Did



Calvin ID# A873604  
photos provided

you know it is National Adopt a Rabbit Month? I'm the perfect one for you at Animal Services. I'm a small bundle of white fur. I'm a little guy who is quite social, and I've earned my name from my quirky hop that I do when someone passes to get attention. My adoption fee is \$5.

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



Hops ID# A876602

# My Stars ★★★★★ FOR WEEK OF JULY 19, 2021

**Aries** (March 21 to April 19) You're not Sheepish when it comes to asserting your opinions on what you think is right or wrong. Be assured that you're being heard, and something positive will follow.

**Taurus** (April 20 to May 20) Your sense of justice makes it difficult not to speak up about a recurring matter involving a co-worker. But, once again, you need facts to back you up before you can act.

**Gemini** (May 21 to June 20) Romance is still dominant, and if Cupid misfired before, don't worry. He'll take better aim at someone new this time around. Expect favorable news about a financial matter.

**Cancer** (June 21 to July 22) The zodiac's Moon Children can expect things to work out pretty much as planned. One negative note involves a minor relationship problem that suddenly turns serious.

**Leo** (July 23 to August 22) You're suddenly being asked to make choices between two practically equal offers.

Which one to choose? Easy. The one most likely to gladden your Lion's heart.

**Virgo** (August 23 to September 22) Once again, you're confronted by a workplace problem you thought you'd already resolved. This time, you might need to go higher up to find a just resolution.

**Libra** (September 23 to October 22) Good for you: You're determined to stick with your goals and ignore those naysayers who might try to discourage you. You're on the right track. The challenge now is to stay on it.

**Scorpio** (October 23 to November 21) You'll soon get news that is supposed to help you with a troublesome situation. Use your sharp Scorpion instincts to determine if the information is reliable.

**Sagittarius** (November 22 to December 21) If you learn someone has betrayed your trust, don't just accept it and walk away. You need to know why that person decided to do what he or she did.

**Capricorn** (December 22 to January 19) A painful family relationship problem could finally begin to heal. Be prepared to show more

continued on page 46

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From page 44

# My Stars

flexibility than you might like. But it could be worth it.

**Aquarius** (January 20 to February 18) It's a good idea to enhance your career skills so you'll be prepared to accept a more responsible position when it's offered. A friend returns a favor just when you need it.

**Pisces** (February 19 to March 20) Show that strong, steely backbone that you usually hide, and demand to be included in any family decision-making that could affect the well-being of a loved one.

**Born This Week:** You can be happy being alone at home. But you also love exploring the world outside and meeting new people and sharing new ideas.

## MOMENTS IN TIME

- On July 30, 1619, in Jamestown, Virginia, the first elected legislative assembly in the New World – the House of Burgesses – convenes in the choir of the town's church. Its first laws included prohibitions against gambling, drunkenness and idleness. Sabbath observance was made mandatory.
- On July 31, 1937, Charles Martine, an Apache scout who played an important role in the surrender of Geronimo, dies on the Mescalero Reservation in New Mexico.
- On July 26, 1948, President Harry Truman signs Executive Order 9981, banning discrimination in the military. It ended a long-standing practice of segregating Black soldiers and relegating them to more menial jobs. African Americans had been serving in the U.S. military since the Revolutionary War.
- On July 29, 1967, a fire on the

USS Forrestal stationed off the coast of Vietnam kills 134 service members. The deadly fire on the Navy carrier began with the accidental launch of an F-4 Phantom-jet rocket, which hit a parked A-4 Skyhawk jet.

- On July 28, 1978, *National Lampoon's Animal House*, a movie spoof about 1960s college fraternities, starring John Belushi, opens in U.S. theaters. *Animal House* became a huge box-office hit, spawned a slew of cinematic imitations and became part of pop-culture history.
- On August 1, 1981, *MTV: Music Television* goes on the air for the first time, with the words "Ladies and gentlemen, rock and roll." The Buggles' *Video Killed the Radio Star* was the first music video on the new cable TV channel.

• On July 27, 1996, in Atlanta, the XXVI Summer Olympiad is disrupted by the explosion of a nail-laden pipe bomb in Centennial Olympic Park. Police were warned of the bombing in advance, it exploded before the anonymous caller said it would. Attention eventually turned to Eric Robert Rudolph, who was captured in 2003 after hiding in the mountains for five years.

## NOW HERE'S A TIP

- Dill planted near tomatoes will draw caterpillars away from the fruits. And it's delicious.
- Potato salad will have more flavor if you whisk together all the dressing ingredients and add it to the potatoes when they are warm. The potatoes will absorb the ingredients better, and the flavor will develop even more during refrigeration.
- "I love to grill, and when it's nice out, we grill every weekend. I always put

on extra and use the leftovers through the week. Chicken in salad, a nice flank steak for fajitas, etc. And it means less cooking for me!" – YL in Maryland

- Here's a great recipe for an icy treat: Freeze orange juice or apple juice in ice trays. Throw a handful in the blender for a fruit slush that can't be beat on a hot day.
- "A lot of smoke was coming off our grill, and our patio doors were wide open. Long story short: It swamped the living room with smoke. The smell was a little overwhelming. After we closed the door, my neighbor doused a kitchen towel with white vinegar, wrung it out and waved it around the room. It cleared out the smoke smell right away, and the vinegar smell went away just as quickly. What a miracle!" – FF in South Carolina
- Got poison ivy? The maddening itch might find relief from coffee grounds or a cooled cuppa. It contains anti-inflammatories.

## STRANGE BUT TRUE

- The fuller your refrigerator, the more energy-efficient it is.
- In 2005, a Powerball drawing had a stunning 110 second-place winners, all of whom attributed their luck to... a fortune cookie. No foul play was involved, just a Chinese fortune cookie distribution factory named Wonton Food, which happened to correctly foretell five of the six winning numbers. Each grateful recipient took home between \$100,000 and \$500,000.
- Master of suspense Alfred Hitchcock was an ovophobe, or someone who is frightened of eggs.
- Children of identical twins are genetically siblings, not cousins.
- Notwithstanding the fact it has no feathers, beak or talons, the Goodyear

Blimp is the official bird of Redondo Beach, California.

- James Cameron sold the film rights to "The Terminator" for \$1. It went on to earn a worldwide total of \$78.3 million at the box office in 1984.
- The comb jelly, aka the warty comb jelly, sea walnut or *Mnemiopsis leidyi*, is the only known animal to have a transient anus – or, in more common parlance, a disappearing butt.
- The green code in *The Matrix* was actually created from symbols in the code designer's wife's sushi cookbook.
- Comic Sans, designed by Vincent Connare in 1995, has been labeled the world's most hated font. Even its creator isn't much of a fan, admitting that he has only used it once, to write a complaint letter to his internet provider. At least he received a refund.
- Australia's Lake Hillier and Hutt Lagoon are known for their vibrant pink and lilac hues, due to the presence of the algae *Dunaliella salina*.

## THOUGHT FOR THE DAY

"There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with." – Harry Crews

## TRIVIA TEST

1. **Ad Slogans:** Which company used the slogan "The Uncola" as a way to stand out in the beverage market?
2. **Entertainers:** Which actor/singer created The Cowboy Code in the 1940s?
3. **Mythology:** What item is a werewolf's greatest weakness?
4. **Business:** What is the basic currency of Laos?
5. **U.S. States:** Which state uses the

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4/24 ★ TFN

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

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

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

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

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

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



slogan “The Last Frontier” on its license plates?

- 6. **Anatomy:** What is the second largest organ in the human body?
- 7. **Geography:** Which body of water separates Saudi Arabia from Africa?
- 8. **Television:** What was the name of the detective agency in the 1980s series “Moonlighting”?
- 9. **Science:** At what wind speed is a tropical storm reclassified as a hurricane?
- 10. **Literature:** Truman Capote’s book *In Cold Blood* takes its name from which of Shakespeare’s plays?

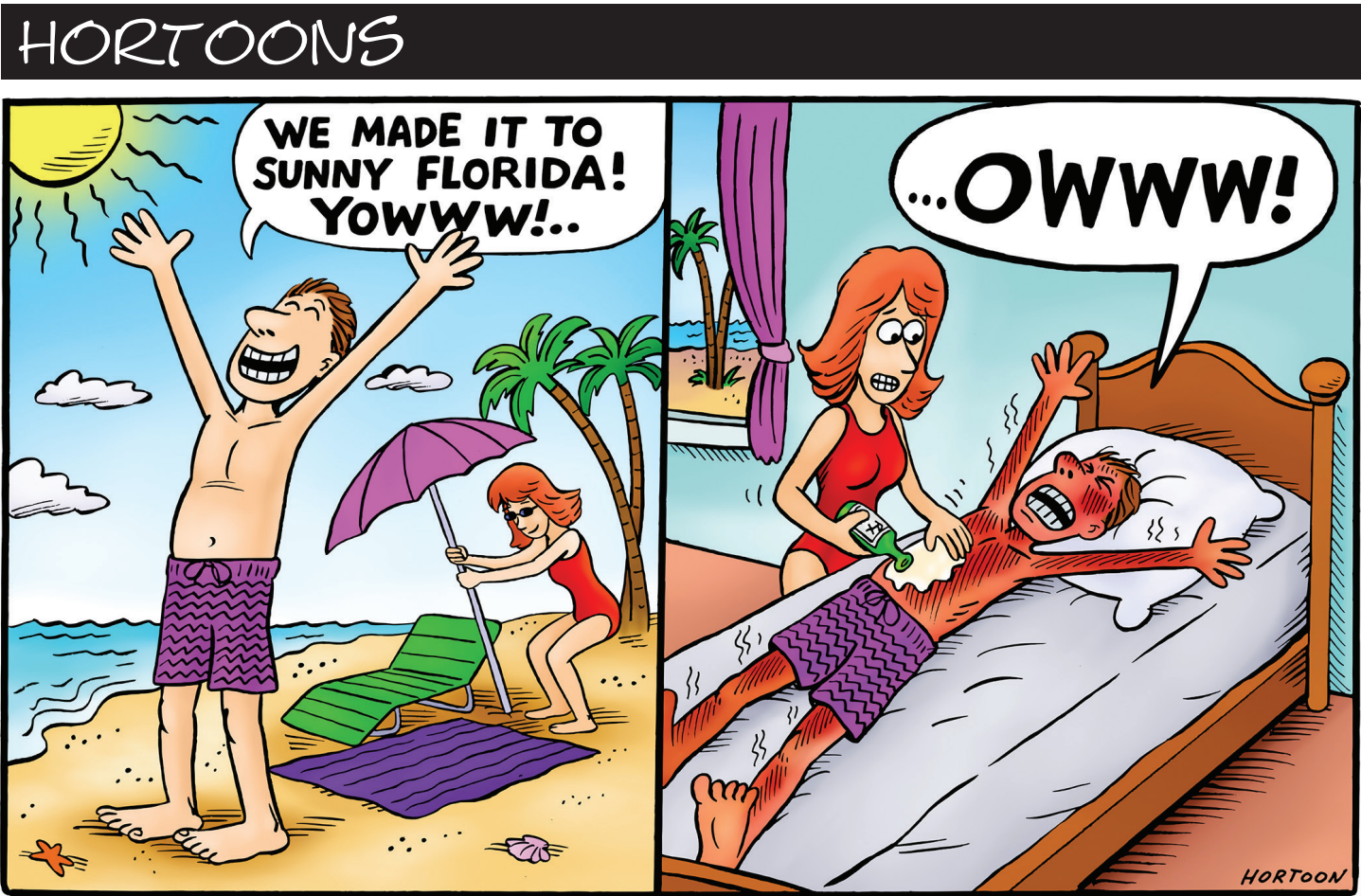
TRIVIA ANSWERS

- 1. 7UP 2. Gene Autry 3. Silver 4. The Moon Detective Agency 5. Alaska 6. Liver 7. Red Sea 8. Blue kip 9. 74 mph 10. *Timon of Athens*

SCRAMBLERS ANSWER

- 1. Levees 2. Tender;
- 3. Cantor; 4. Study

Today’s Word  
**DRESS**



PUZZLE ANSWERS

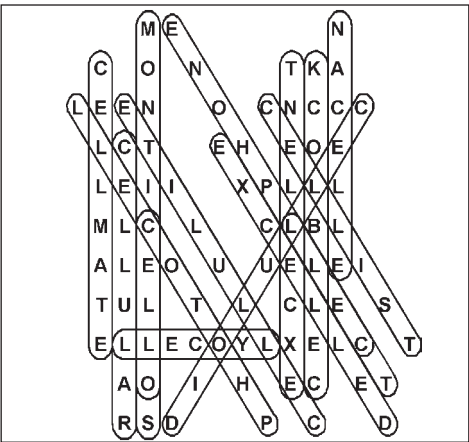
SUPER CROSSWORD

UPSET	OAF	FLAGS	MAMMA
PAULO	FRO	LORNE	ARIES
SYMBOL	FORS	SULFUR	SILLY
MOBY	SKEE	ALA	GISELLE
THEWASTELAND	POET	ELIOT	
OERDOH	INTREPID		
PATH	LEAF	ALA	ALBEE
IDIDIOT	EXTRANFL	PERIODS	
COMPADRE	IRK	RAIN	HAT
SNEEZE	MEIR	ADOS	HOME
	COLLAPSIBLE	BEDS	
OH	RONA	VIII	LETHAL
LIMEPIE	DAL	DISPROVE	
GLASGOW	DWELLERS	POMES	
AORTA	EIN	DESI	MOSS
	CAPRIATI	UNS	GTO
CLASSY	ITEMS	OFNECKWEAR	
ROLLED	DR	SOYA	AEON
ANGEL	ATHLETIC	ANIMALS	
MEADE	ROBOT	NHL	NATTY
PRESS	MEOWS	GOP	SNERD

KING CROSSWORD

LOT	LEGO	SELF
SHY	OV	AL
DOM	ICILE	LIMO
	PAUL	SLEEP
SCAMS	LIKE	
LINA	DOMINEER	
EAU	ORGAN	NRA
DOMINION	AVIS	
	ALPS	ELENA
SOGGY	ELAL	
AVER	DOMINOES	
RENE	ASTO	PEA
ANTE	BEST	ELM

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2010	6,600	\$13,000,000	\$12,900,000	77
Bayfront Gardens	Bonita Springs	1999	6,200	\$5,495,000	\$5,200,000	86
Seaspray Subdivision	Sanibel	1988	3,415	\$4,245,000	\$3,800,000	304
Bonita Beach	Bonita Springs	1991	2,640	\$3,650,000	\$3,650,000	0
Bonita Springs	Bonita Springs	1963	5,668	\$2,375,000	\$2,375,000	0
Cape Coral	Cape Coral	2015	6,353	\$2,495,000	\$2,375,000	5
Matlacha Shores	Matlacha	2013	4,616	\$2,299,000	\$2,150,000	39
Oak Knoll At Bonita Bay	Bonita Springs	1995	3,489	\$1,950,000	\$2,050,000	2
Island Shores	Fort Myers Beach	2020	3,995	\$1,995,000	\$1,825,000	80
Deep Lagoon Estates	Fort Myers	1971	3,090	\$1,699,000	\$1,700,000	8





**"FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE."**

*The New York Times*  
Magazine



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YUCATAN SHRIMP!**

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The Dixie Fish Co. & The Whale**