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VOL. 29, NO. 6

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 6, 2021

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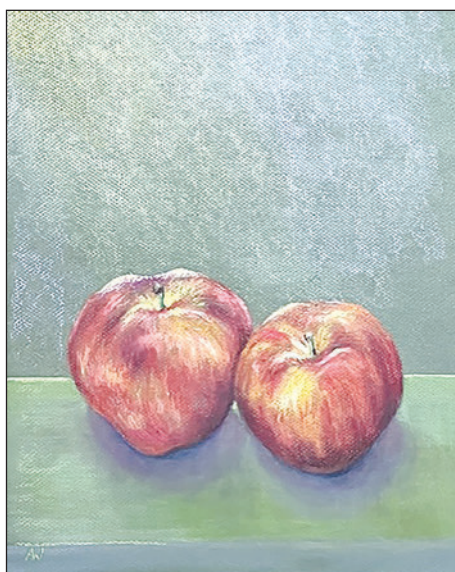
Community House Artist Of The Month Exhibit

The Community House on Sanibel is hosting an exhibit by local artist Annie Wainwright this month.

Wainwright moved with her husband from their native England to Cleveland, Ohio in 1984. Later, they relocated to Sanibel as full-time residents. She has enjoyed exploring several media including watercolor, acrylic and oil pastel, ceramics, bronze and fused glass. She has studied these various art forms in Cleveland at Lakeland Community College, Cleveland Institute of Art and at BIG ARTS on Sanibel.

Wainwright's work has been accepted into many juried shows in Cleveland, on Sanibel and at Shell Point in Fort Myers. She has received many awards for both two-dimensional and three-dimensional work. Her artwork can be found in private collections in the U.S., Canada, UK, France and Central America.

Wainwright is a member of the



Apples by Annie Wainwright

images provided

Sanibel-Captiva Art League and the Painters Guild at Shell Point.

The Community House is located at 2173 Periwinkle Way and is open from 9 a.m. to 1 p.m. Monday through Friday.✧



Sunset Siesta by Annie Wainwright



SCCF sea turtle team members monitoring nests and logging data

photo provided

Sea Turtle Hatching Season Steadily Picks Up

Sea turtle hatching season is picking up as 169 nests on Sanibel and Captiva have hatched and 12,463 hatchlings have emerged. There are 626 nests still incubating on Sanibel and

Captiva, and Sanibel-Captiva Conservation Foundation (SCCF) staff and volunteers are hopeful that thousands of hatchlings have yet to emerge on island beaches.

Of these incubating nests, 47 are being monitored with data loggers to determine how sand quality affects the incubation environment and hatch success. These research nests have temperature and moisture probes, and water-level loggers

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Bobtail Squid Hatchlings Thrive At Shell Museum

Earlier this month, the Bailey-Matthews National Shell Museum received a healthy brood stock of hummingbird bobtail squid (*Euprymna berryi*), as well as a cluster of viable eggs. As the eggs developed, they became yellow and started to expand. Prior to hatching, the eggs became swollen, transparent, and the eyes of the hatchlings became visible. Last week, the eggs began to hatch and healthy bobtail squid hatchlings emerged.

This species has a short paralarval stage, meaning that the hatchlings are planktonic and feed in the water column for a short amount of time before settling onto the substrate. Within 24 hours, they settled on the substrate, eating live mysids (small shrimp-like crustaceans).

"Having the hatchlings will give the museum staff (and repeat guests) opportunities to closely follow their growth and the changes that come with it," said Dr. José H. Leal, science director and curator of the museum.

For the time being, the hatchlings will be kept off display so that the aquarists can monitor their behavior and feeding



Bobtail squid hatchling

photo provided

habits. In the meantime, guests can see the adult bobtail squid on display in the living gallery.

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. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum's collection

continued on page 10

Tentative Draft Budget Heard By City Officials

by Wendy McMullen

The City of Sanibel draft budget for the next fiscal year – October 1, 2021 to September 30, 2022 – proposes a budget of \$75,304,820. This includes the general fund, all special revenue funds, all capital project funds, the enterprise funds, interfund transfers, all reserves and the beginning fund balances.

The budget is prepared with an operating millage rate of 1.8922, which is the same operating tax rate that was assessed to taxpayers last year. This comes on the heels of continued recovery from the global coronavirus pandemic.

City of Sanibel Finance Director Steve Chaipel explained to city council that the fiscal year 2021 budget was prepared when the effects of the pandemic on the local, state and national economies were undetermined and that, generally, the effects on most revenue streams for the City of Sanibel were not as significant as in other governmental agencies.

Better than expected revenues and expense-saving initiatives in fiscal years 2020 and 2021 have placed the city in a good economic position heading into this budget cycle. Chaipel did warn, however, that the revenue trends in 2021 may be outliers in response to pandemic fatigue

and may not continue to increase at the same rate in fiscal year 2022.

The draft budget presented is 12.1 percent higher than the fiscal year 2021 adopted budget. In 2020, the city took immediate action to reduce expenditures and cancel or postpone non-safety related projects in response to the pandemic. When preparations began for the 2021 budget, there were still many uncertainties as to the extent that revenues and resources would be affected. As a result, the primary focus on the 2021 budget was continued reduction of expenditures and postponement or rescheduling of capital projects that were deemed non-critical.

As a result of the rescheduling of capital projects, the new budget includes expenditures and capital projects that were delayed from the last two years.

No revenues from the American Rescue Plan Act of 2021 are included in the budget since there has not yet been any official notification of the city receiving this funding.

City councilmembers also suggested additional revenues from the Tourist Development Council to assist with funds for beach maintenance and Sanibel's shared use paths. The city plans to make all the paths eight feet wide. Many of the more challenging pathways remain six feet wide at present.

The City of Sanibel's taxable property value for fiscal year 2022 has been assessed by the Lee County Property Appraiser at \$5,615,472,773. This is 3.74 percent higher than the

fiscal year 2021 final post value of \$5,413,118,602, which was an all-time historical high.

The millage rate levied by the city has decreased approximately 10 percent since 2013 to reach the 1.8922 proposed for fiscal year 2022. The total tax rate (operating and voted debt service) levied by the city has decreased 15.6 percent from 2.5570 mills in fiscal year 2013 to a proposed 2.1584 in fiscal year 2022.

While the focus of lowering the overall tax burden to its citizens continues to be a priority for the city, challenges such as increased public safety expenditures, disaster preparedness and stagnating or declining revenue streams, such as gas tax receipts, need to be addressed.

Additionally, while a lower overall tax rate is desirable when there is insufficient revenue to support annual operating and capital expenditures, shortfalls are made up by utilizing ending fund balance. The city's budgeting process has utilized the ending fund balance for several years in this manner.

Among the points made in Chaipel's executive summary were the following:

- 1) The July 1 real and personal property value for the City of Sanibel was preliminarily assessed at \$5.6 billion by the Lee County Property Appraiser. This represents a 3.74 percent increase in value from the fiscal year 2020 final valuation and a 3.65 percent increase from the prior July valuation that was used for the fiscal year 2021 budget;
- 2) The draft budget includes a total millage rate of 2.1584, which represents

the lowest total tax rate assessed to citizens since fiscal year 2004. An operating millage rate of 1.8922 was used to calculate the ad valorem tax levy in the general fund. This is the same operating millage rate that was levied by the city last year;

- 3) The general fund budget includes the receipt of \$438,000 in funding from the Federal Coronavirus Aid, Relief, and Economic Security Act (CARES Act) via Lee County for reimbursement of the city's direct expenses related to the coronavirus response. These funds were received in fiscal year 2021 and subsequently increased the beginning fund balance for the general fund in fiscal year 2022;
- 4) The budget includes \$280,000 in revenue related to the continuation of the city's short-term rental compliance program;
- 5) All council designated reserves have been restored to fiscal year 2020 levels – a total of \$5.89 million in the general fund;
- 6) As drafted, there is currently no funding included in the budget for personnel costs related to wage increases or changes in health care premiums;
- 7) Personnel costs include full employment for authorized positions as detailed in the Personnel Allocations by Department beginning on page 97;
- 8) To support the annual road and shared use path maintenance programs and completion of several transportation capital projects that have been delayed in

continued on page 6

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Hatchling Heroes, from left, Dan Hannah, Dawn Adams, Jenny Arroyo and Susan Sheffield with their loyal companions (Not pictured: Gayle Campbell, Ellen Petrick and Ann Scully)
photo provided

Dog Walkers Unite To Help Protect Sea Turtles

One mid-island dog-walking “pack” – dubbed Hatchling Heroes – has banded together to make a donation to support the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program, in addition to picking up trash and filling in holes every day as they walk their dogs on the beach. The group consists of Dawn Adams, Jenny Arroyo, Gayle Campbell, Dan Hannah, Ellen Petrick, Ann Scully, Susan Sheffield and their canine companions.

SCCF reminds beachgoers that when sea turtle hatchlings emerge from the

nest, time is of the essence for them to get to the Gulf of Mexico to evade capture by natural predators such as birds, crabs, raccoons and coyotes stalking the beach.

Obstacles on the beach, including holes and sandcastles, increase a hatchling’s time or distance to the gulf, reducing their chance of survival, which is already slim. It is estimated that only one in 1,000 to one in 10,000 sea turtles survive to adulthood. That’s why every hatchling matters. Every hole matters. Your help matters.

With hatching season under way, SCCF thanks those who fill in holes, particularly those left by others who may not realize the unintended consequences of the castles, beach furniture and holes they leave behind.✱

Art League Exhibit At Library

submitted by Allison Davis

Members of the Sanibel-Captiva Art League are participating in an exhibit at the Sanibel Public Library. The exhibit, titled Home Sweet Home, is on view now through September at the library. There are 25 original works on display in a variety of styles and mediums.

All of the artwork is for sale. For assistance with a purchase, contact one of the staff members at the library.

Sanibel Public Library is located at 770 Dunlop Road. 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.✱



One of the paintings in the exhibit
image provided



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Drawings by Gladys Childs

Sanibel Historical Museum And Village

Looking Back: Gladys Childs

The drawings of Gladys Childs are on display in the Old Bailey's Store at the Sanibel Historical Museum & Village. Childs sketched dozens of island scenes that became popular postcards and part of her published book,



photo courtesy Sanibel Historical Museum and Village

A Little Bit of Florida. Thanks to Childs, photographers and other artists, the museum has a glimpse of Sanibel before the causeway.

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 or call

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat Worship Services at 7 p.m. on the first Friday of the month for June, July and August. Services held in Fellowship Hall at Sanibel Congregational United Church of Christ. Masks and social distancing guidelines will be followed. Those who wish to Zoom the services can find the link in their email notice. Send any questions to batyamsanibel@gmail.com. Rabbi: Stephen Fuchs, Cantor: Murray Simon, President: Alan Lessack 773-251-8862

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

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

SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or

later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Summer service schedule, Saturday 5pm and Sunday 9:30 a.m. Masks will be optional for the fully vaccinated attending services. Masks are highly recommended for those who are unvaccinated. There will be some seating in the back of church spaced apart for those who wish to maintain physical distancing. The 9:30 a.m. Sunday service will also be live streamed. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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From page 2

Draft Budget

the past several years, transfers from the general fund to both the transportation and transportation capital project funds are included in the budget. A total of \$900,000 is being transferred between the two funds;

9) The transportation capital improvement fund includes \$1.06 million in grant funding for specific projects included in the current budget;

10) The budget includes \$650,000 in funding for efficiency improvements in the building department (funded by the building fund);

11) The budget includes personnel, operating and capital expenditures to operate the Sanibel Recreation Center and the Center 4 Life consistent with programming and hours of operation in place pre-pandemic in 2019;

12) Consistent with city council policy, the budget includes a 1.0 percent increase in the general fund transfer to the recreation fund to \$1.37 million. This increase is based on the Consumer Price Index for calendar year 2020;

13) The budget includes the annual \$225,000 transfer to the recreation center sinking fund established by city council in 2013 to proactively fund capital purchases and repairs at the recreation center facility. An additional \$225,000 is included in the current budget to catch up the transfer that was not made in fiscal year 2021 due to budget constraints;

14) A proposed 1.0 percent increase

in sewer and reclaimed water fees is included in the sewer fund budget based on the revenue sufficiency study completed last fiscal year to provide funds for operating expenses and approved sewer related capital projects. The study will be updated in August 2021 to reflect current financial and operational information;

15) The city secured a loan for \$15.0 million in June 2020 – \$5.0 million for the relocation and renovation of the Center 4 Life senior center and \$10.0 million to support the continued funding of the Donax wastewater treatment plan rehabilitation. The budget includes the first year of principal and interest payments as per the debt agreement (fiscal year 2021 was interest only);

16) Funding for the city’s supported nonprofits is budgeted per contractual agreements. Community housing resources funding support increased 5.0 percent to \$394,740 from fiscal year 2021, and the historical village and museum support is budgeted at \$50,000;

17) The combined unfunded pension liability from the city’s two defined benefit plans decreased 25.0 percent from fiscal year 2019 to \$5.9 million at the end of fiscal year 2020 based on the most current actuarial assumptions. For fiscal year 2022, total defined benefit pension costs are budgeted to remain at the prior year required contribution level of \$2.2 million in order to provide consistent funding to the plans and reduce the outstanding liability. Both plans had actuarial studies completed to determine

the required funding levels;

18) The city defined contribution plan expenditures are budgeted to increase approximately 11.1 percent in fiscal year 2021. Since 2012, the city has continued the transition phase with the defined contribution plan. As employees retire out of the General Employees’ (GE) pension plan (which has been closed to new employees since 2012) the 401(a) plan expenses are expected to continue to increase. The benefit to the city from the defined contribution plan is the expenses are “pay as you go” and therefore there is no future liability associated with this expenditure. The primary reason for the increase is the budget includes funding for all authorized positions;

19) The fiscal year 2022 capital improvement plan is budgeted at \$12.1 million and allocated as follows: General Fund: \$858,800 (\$281,000 in new requested funding); Special Revenue Funds: \$4.8 million (\$2.2 million in new requested funding); Sewer Fund: \$5.2 million (\$3.7 million in new requested funding); Beach Parking Fund: \$1.2 million (\$994,000 in new funding requested). \$243,000 of the capital budget will be reimbursed to the city from the Tourist Development Council.

Heading the ad hoc Group for Rec Center Champions, Darla Letourneau suggested that the budget presents “wildly unrealistic” revenue assumptions from membership dues for the Sanibel Recreation Center. Membership of the rec center had been decreasing for some years and dropped precipitately after

the closure of the center in 2020 due to COVID-19.

“The draft budget continues the city’s historic way of budgeting for the rec center, with which is the reason that the rec center operations got in the mess they’re in,” said Letourneau. “If these unrealistic revenue estimates are built into the budget, it will lead to cutting programs and staffing in the middle of FY 21-22, a development that will destroy any chances the city has of winning back members and retaining staff and instructors for the long haul.

“It is imperative that the rec center budget for next year not start with a fixed city subsidy of \$1.4 million,” Letourneau said. “The revenues assumed to be available to contribute to the rec center operating costs need to be based on the actual revenues that came in during FY 2021. No revenue assumptions should be used that attempt to project the additional membership fees the city might receive in FY 2021-22 when the rec center is reopened.

“There is too much uncertainty about how many of the 85 percent lost memberships will return to even hazard a guess,” she concluded. “We need to have a realistic and conservative revenue assumption for next year’s budget.”

The first public hearing on the budget will be held on Monday, September 13 and the final hearing will be held on Monday, September 27. Both hearings will be held at 5:01 p.m. in MacKenzie Hall at the City of Sanibel complex at 800 Dunlop Road on Sanibel.*

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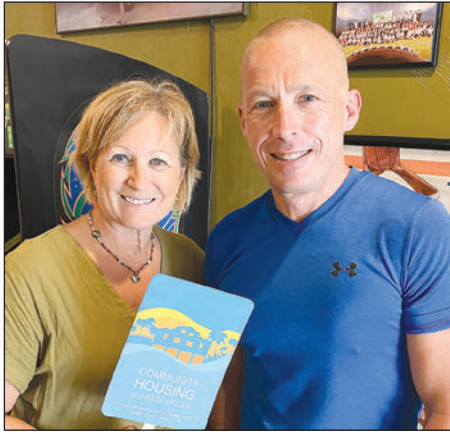
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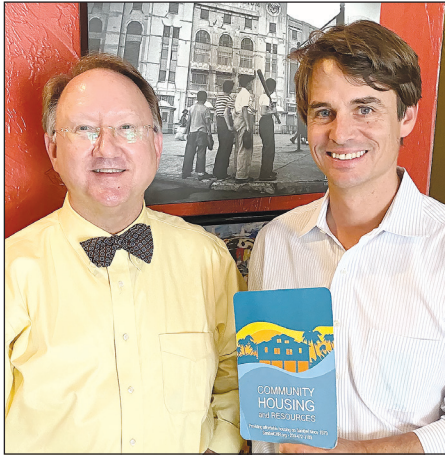
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Highlights From CHR Give Back Wednesday At Sanibel Deli



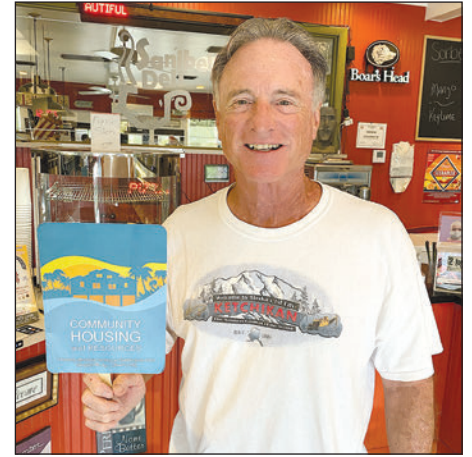
Mayor Holly Smith with Jeff Weigel, owner of Sanibel Deli photos provided



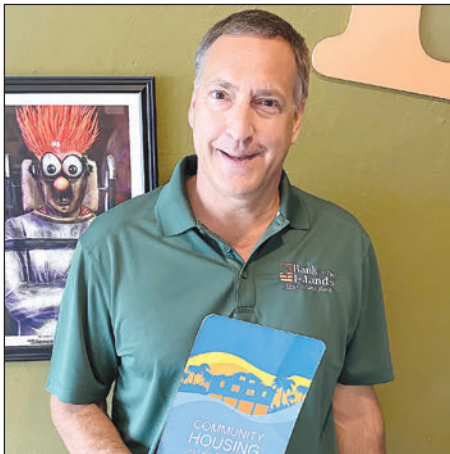
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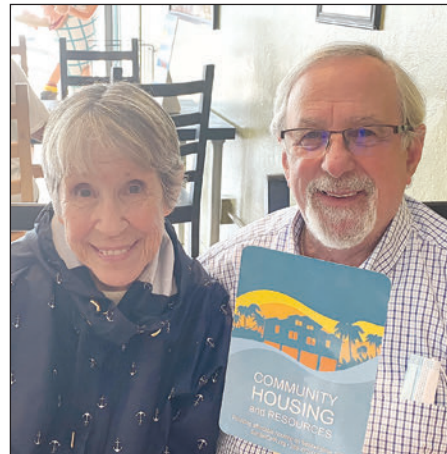
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To The Citizens Of Sanibel

submitted by Dr. Scott Crater, Sanibel City Councilmember

I am writing this letter on August 1, 2021. I have been out of the country for the past 10 days and during this time, COVID-19 has exploded once again in Florida.

Florida leads the nation in hospitalizations, not just in aggregate, but in the hospitalization rate per capita. As of yesterday, Florida had more patients hospitalized with COVID than at any other point in the pandemic. Between 89 to 97 percent of hospitalized patients are unvaccinated. And the unvaccinated are sicker than the vaccinated. For instance, in Lee hospitals, there were 43 patients in the ICU for COVID this past Thursday, and 100 percent of those very ill patients were unvaccinated. Virtually all this severe illness is preventable with a vaccine.

The median age of hospitalized COVID patients is now in the 50s, when last year the median age was in the 70s. Older residents in Lee County have been very willing to be vaccinated, thank goodness. In my medical practice, I estimate over 95 percent of patients over 65 are vaccinated.

Last week, 409 people in Florida lost their lives to COVID. To put this in perspective, about 60 people die from traffic accidents each week in Florida. Virtually all these COVID deaths are preventable.

The Delta variant is much more transmissible than any previous variant. Patients can be asymptomatic for many days, spreading COVID before developing symptoms.

So what can be done? First, everyone needs to strongly consider getting a vaccine. Don't do it just for yourself, do it for all of us. We have a chance to eradicate the virus and end the pandemic if everyone gets a vaccine. Second, please wear a mask indoors in public spaces. School is starting soon, and children should be wearing masks in the classroom until we increase vaccinations to the point that COVID subsides. Last year, schools in Lee County were open,

and we had a very successful year of in-person education – because kids were wearing masks.

I am not in favor of closing schools, closing restaurants, or closing beaches. Let's get vaccinated, wear masks, and take other precautions against COVID so we can keep schools open, protect human life and preserve economic growth.✪

City Seeking Proposals From Fitness Instructors

The City of Sanibel is seeking fitness instructor proposals for fiscal year 2022 (October 1, 2021 to September 30, 2022). Instructors must be able to offer high quality fitness classes in one or more of the following activities: cycling, yoga, pilates, BOSU and stability ball, Zumba, land aerobics, body sculpting, tai chi, group weight room instruction and specialty small group fitness classes. Instructors must be able to meet the various needs and fitness levels of users. These classes will be held at the Sanibel Recreation Center and/or the Center 4 Life. Selected fitness instructors must submit to and pass a criminal background check.

Acceptable proposals must contain:
Copy of current group fitness certification(s) and/or specialty training certification(s);

Copy of current AED/CPR/First Aid certification;
Copy of current liability insurance;
A minimum of three references;
College degree earned in a health/fitness related field or equivalent work experience in the field;

Proposed fitness classes qualified and available to instruct for the city (include class type(s) and description, days of the week and times).

Proposals are requested no later than Wednesday, August 18. Email, mail or submit in person to City of Sanibel, Recreation Department, Attn: Trish Phillips, recreation director, 3880 Sanibel-Captiva Road, Sanibel, FL 33957, trish.phillips@mysanibel.com.✪

Personal Training Proposals Sought For Rec Center

The City of Sanibel is seeking proposals for personal training services for fiscal year 2022 (October 1, 2021 to September 30, 2022). All personal training sessions will be held at the Sanibel Recreation Center, located at 3880 Sanibel Captiva Road. Selected personal trainers must submit to and pass a criminal background check.

Acceptable proposals must contain the following information:

Copy of current personal training certification(s);
Copy of current AED/CPR/First Aid certification;
Copy of current liability insurance;
A minimum of three references;
College degree earned in a health/fitness related field or equivalent work experience in the field;

Proposed availability to instruct for the city (include days of the week and times).

Proposals are requested no later than Wednesday, August 18. Email, mail or submit in person to the City of Sanibel, Recreation Department, Attn: Trish Phillips, recreation director, 3880 Sanibel-Captiva Road, Sanibel, FL 33957, trish.phillips@mysanibel.com.✪

Maintenance Scheduled For Toll Facility

The City of Sanibel has received notice from Lee County of scheduled preventive maintenance work at the Sanibel Toll Facility.

Work will be performed beginning Monday, August 23. Crews will pressure wash, seal and hand paint the toll-lane structures and the building. The maintenance work will be done between 7:30 a.m. and 5 p.m. Monday through Saturday and is expected to continue until September 3.

No work will be done during Labor Day weekend. The county urges

motorists to use caution. Intermittent lane closures will be necessary in the work areas. At least two lanes will remain open at all times.

Contact Betsy Clayton at bclayton@leegov.com or Rob Radford at 533-0110 with any questions.✪

New Online Permitting System

The City of Sanibel will transition to an online system for building, planning, and vegetation permits, business tax receipts and registrations and contractor's licenses on Monday, August 9. The system can be accessed by visiting www.mysanibel.com and clicking on "Sanibel Online" on the top navigation bar.

Instructional documentation on how to register and navigate the system will be available from the website location. For more information on the new system, call the following:

For building permits, 472-4555; development permits, 472-4136; vegetation permits, 472-4136; and business tax receipts and registrations, 472-9615.✪

Vegetation Trimming Notice

Vegetation trimming along Periwinkle Way began on August 2 and will continue through Friday, August 13 from 8 a.m. to 5 p.m. Crews are working from Lighthouse Beach to Tarpon Bay Road on both sides of the road, including the shared use path, weather permitting.

Due to the nature of the vegetation work, one lane of Periwinkle Way may be intermittently closed to traffic for short periods of time. Be prepared to expect delays. Drivers and pedestrians are asked to proceed slowly and cautiously through the area when workers are present.

If you have any questions, contact the City of Sanibel Department of Community Services Public Works Division at 472-6397.✪

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The Community House

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.

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 or call 472-2155.*

photo by Logan Hart



Snowy plover

photos provided

Shorebird Nesting Season Wraps Up

Sanibel-Captiva Conservation Foundation (SCCF) reported that in 2021, least terns (*Sternula antillarum*) were observed foraging along Sanibel's shoreline, but ultimately did not nest on the island. A single pair of Wilson's plovers (*Charadrius wilsonia*) successfully fledged three chicks and



Wilson's plover

four pairs of snowy plovers (*Charadrius nivosus*) fledged three chicks.

Snowy plover chicks were banded to allow researchers to track their movements. One banded fledgling was recently sighted at Bunche Beach before it traveled to Carlos Pointe on Fort Myers Beach. Another fledgling was spotted at Bowman's Beach.

"It's always exciting to see where fully-fledged shorebirds will show up," said SCCF Shorebird Biologist and Coastal Wildlife Manager Audrey Albrecht.*

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Rewilding Begins At SCCF Venus Lake Preserve

The Venus Lake Preserve is an 11-acre property that contains a five-acre tidally influenced lake that Sanibel-Captiva Conservation Foundation (SCCF) acquired in 1984. Three areas on this preserve need to be restored to make the entire property beneficial to native wildlife. The rewilding will include removal of exotic species and planting of native vegetation on the preserve.

SCCF Land Conservation Steward Victor Young and Field Technician Dustin Lucas planted about 100 trees and shrubs in July in three areas on the west side of Venus Lake that needed to be rewilded. These areas total around an acre of open habitat that is dominated by St. Augustine grass, which is a residential turf grass. There are also some Australian pine trees near the road that will need to be topped or taken down. The plants chosen for the replanting include sea grape, white indigo berry wild olive, mastic and gumbo limbo. These trees and shrubs were chosen because they are the dominant plants adjacent to these open areas. The goal is to create a continuous stretch of habitat for wildlife.

Wildlife cameras have documented several wildlife species visiting the preserve, including bobcats, coyotes,



Venus Lake Preserve

river otters and various wading birds. The trees immediately adjacent to the lake are buttonwood and various mangrove species that help prevent erosion and provide nesting habitat for

several avian species. As this area grows in, the spreading cover and habitat diversification will attract more wildlife to the property. After the trees are planted, frequent watering will be needed to get

the plants established; however, the summer rains are aiding this process. The preserve will be furnished with new signs depicting the preserve name and new SCCF logo.*

image provided

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From page 1

Bobtail Squid

of some 500,000 shells, as well as the Beyond Shells living gallery of aquariums with over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10

a.m. to 5 p.m. Admission cost is \$23.95 for ages 18 and over, \$14.95 for ages 12 to 17, \$8.95 for ages 5 to 11 and no charge for children under age 5. Active-duty military and their families are admitted at no charge and discounts are available for seniors through AAA and AARP. For more information, visit www.shellmuseum.org or call 395-2233.*

THE QUESTIONS
ARE SIMPLE:

Should the Island Senior club
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the existing facility they have
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operate independently at the
discretion of their Board?

YES

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

NO

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FISH STORY:

Cheers from Steve

Steve might be FISH's biggest cheerleader.

"Hooray for FISH!" gushes the 83-year-old former journalist. "I can't say enough for the comfort, help and hope FISH's multiple services have brought to my life here on the island."

Steve first encountered FISH while living at Periwinkle Park. Struggling for years with severe lung cancer, he found FISH's meal deliveries to be a godsend—five tasty, balanced meals a week, delivered to his door. Bolstered by this "dedicated group of smiling, friendly FISH volunteers who live on the island," Steve soon learned that their compassionate support didn't stop there.

"When I became unable to carry my laundry back and forth to the laundry facility in my section of the park, FISH offered me a husky rolling cart to solve the problem," he says. "And when I ceased being able to stand up in the bath, they brought me a safety shower stool."

Then there's modern technology, quite different from the tools of the journalism trade Steve once used. FISH helped out there, too.

"I have missing fingers and arthritic hands, and I never made the switch from a PC platform and landline phones," Steve explains. As part of a program to help island seniors keep up with internet communications, FISH provided him with an iPad and a tutorial by an information technology professional.

"I am still inching slowly up the learning curve and hope to graduate to smartphone status before too long," he says proudly.

Steve's appreciation for FISH mirrors his love for Sanibel Island. Having first visited on his honeymoon in 1964, he's spent winters on the island since 2003. Age and health concerns are slowing life down a bit—all the more reason, Steve says, to value the support of FISH.

"I'm grateful that FISH and their always-helpful staff and volunteers are here to help seniors like me live a better, fuller life. That's why I say 'Hooray for FISH!'"



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Plant Smart

Red Mangrove, Natural Protector

by Gerri Reaves

If you and your property are threatened by storm surge, you'd do well to have red mangroves (*Rhizophora mangle*) between you and the water.

With their network of arching prop, or stilt, roots form a maze of tenacious tentacles, breaking and dispersing the power of swells.

Simply put, the height and energy of surging water is reduced by red mangrove's roots and low branches. The trees can also trap debris before it reaches people and property to cause damage.

These native trees guard coastal areas so well that they are protected by law. A special permit is required to even trim them.

Red, black and white mangroves form intertidal forests and thickets in all of the state's coastal counties except some of the colder northern ones. Worldwide, they grow only in the zone of 28 degrees north or south of the equator.

Of the mangrove species, red mangrove grows closest to the sea and can stand salt water submersion. Tannin in the bark tints the water reddish brown.

The roots not only anchor and stabilize the tree, which can reach a height of 50 feet, but stabilize the soil.

In the shallow microhabitat beneath them, red mangroves provide an essential



Red mangrove's prop roots protect coastal areas from storm surge and erosion

photo by Gerri Reaves

function in the coastal ecosystem as a nursery for fishes, crustaceans and shellfish, including shrimp, spiny lobsters and crabs.

In addition, snook, snapper, tarpon, jack, sheepshead, red drum, oyster and shrimp also benefit from the mangroves.

Mangrove forests also provide nesting and roosting habitat and food for many native birds such as herons, egrets, white ibises, brown pelicans and magnificent frigatebirds.

While red mangrove's wood and bark might be highly prized and useful in a number of industries, the tree is

never more valuable than when left in its natural place to protect us from the ravages of storms and provide habitat that supports the marine ecosystem – and, therefore, our south Florida economy.

Fortunately, appreciation for this species has increased since we now realize that mangrove destruction – for so long an intrinsic part of Florida development – has left our coast much less protected and the population less safe.

In recent years, scientists have estimated the free ecological services mangroves provide in the trillions of dollars.

The next time a hurricane heads for Southwest Florida, be grateful for every red mangrove that protects coastal areas.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al., <https://floridadep.gov>, www.nature.org, and www.plantsoftheworldonline.org.

Plant Smart explores the diverse flora of South Florida.✧

Spiny Lobster Season Begins

Spiny lobster season, which opened with the recreational mini-season on July 28 and 29, will feature the regular commercial and recreational lobster season from Friday, August 6 through March 31, 2022.

"Spiny lobster season is an exciting time of year to be on the water," said Florida Fish and Wildlife Conservation Commission Commissioner Robert Spottswood. "But it's also a time to remember to boat safely, to follow our fishing rules and to take extra care in protecting our coral reefs."

Learn more about bag limits, size limits, where to harvest and other regulations at www.myfwc.com/marine by clicking on "Recreational Regulations" and "Lobster," which is under the "Crabs, Lobster and other Shellfish" tab. If you plan to lobster in the Florida Keys, another resource is the Monroe County Tourist Development Council at www.keyslobsterseason.com.

Get your license and spiny lobster permit at www.gooutdoorsflorida.com.

Keep up to date on Florida's saltwater fishing regulations on the Fish Rules app. Learn more at www.fishrulesapp.com or follow Fish Rules at Instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.

If bully netting this season, keep lights directed toward the water and avoid shining them at houses or people along the shoreline. Keep sound levels low when near shoreline residences.

Use care around corals and other marine life. The FWC launched the Florida Coral Crew to engage sportsmen and women in the effort to combat Stony Coral Tissue Loss Disease. Before you go out looking for lobster, you can sign up to join the crew at www.flcoralcrew.com.

Always use a divers-down warning device when in the water. For more information, visit www.myfwc.com/boating by clicking on "Boating Regulations."✧

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GPS-tagged swallow-tailed kite, named Bailey's Homestead, prior to release
photo by G. Kent

Institute Tracking Swallow-Tailed Kites On Sanibel

The Avian Research and Conservation Institute (ARCI) has deployed GPS-equipped cell phone transmitters on two breeding adult swallow-tailed kites on Sanibel. The 2021 Sanibel GPS-tracked kites are called "Bailey's Homestead" and "Sanibel Botanical." ARCI is waiting for DNA results to see if the birds are male or female and should have answers in a few weeks.

With a recent interest in locating and monitoring nesting swallow-tailed kites, the City of Sanibel, Sanibel-Captiva Conservation Foundation (SCCF) and JN "Ding" Darling National Wildlife Refuge coordinated efforts with ARCI's guidance on the use of Australian pines for nesting. This has been a community-wide project with many local observations of kites and nest monitoring by volunteers across the island. All professionals and volunteers who monitor the kites on Sanibel follow ethical viewing guidelines to ensure the safety and protection of the birds (minimize disturbance) and property

owners (respect property rights).

As interest grew and the season progressed, a donation from a private donor enabled ARCI to tag two adult swallow-tailed kites to help expand current knowledge of the birds on Sanibel and beyond.

In order to safely and successfully capture a swallow-tailed kite and fit it with a transmitter, ARCI used a trained, captive owl to lure kites into a large net. The organization worked with CROW animal ambassador Mina, the great horned owl, and her caretaker, Breanna Frankel.

Based on ARCI experience since 1996 with remote tracking (using satellites and cell phone networks to relay GPS fixes), it has been found that each tagged swallow-tailed kite will produce an enormous amount of highly accurate, time-stratified and unbiased location data that can be used to address many of the most important questions about the species' conservation biology. This includes nesting locations, home-range and core activity areas, pre-migration communal roost sites, seasonal movements, migration corridors and habitats, site fidelity, and exposure to potential natural and anthropogenic threats (e.g., severe weather, climate change, drought, habitat loss and degradation, contaminants).

This abundance of data informs science-based management and conservation policy for this spectacular species on Sanibel and beyond. In addition to the benefits to swallow-tailed kites, there is an umbrella effect for other species that use the same areas and habitats.

Swallow-tailed kites like many birds of prey, often return to the same nesting sites year after year. The City of Sanibel protects all critical wildlife habitat including swallow-tailed kite nest trees. If you believe kites are nesting in your neighborhood on Sanibel, report your sighting to the Department of Natural Resources at 472-3700 or contact veronica.runge@mysanibel.com.

ARCI thanks the organizations, individuals, donors and volunteers who made it possible to continue this long-term research to understand the ecology and conservation needs of swallow-tailed kites.*

Deadline Nears For Environmental Funding Awards

The deadline to apply for a Lee County Electric Cooperative (LCEC) Environmental Funding Award is Wednesday, September 1. To apply for an environmental funding award from LCEC, organizations can visit www.lcec.net/about-lcec/community-and-education/environment to download the application.

Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/programs related to the

environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines happening in March and September.

The March 2021 LCEC Environmental Funding Award recipients included Audubon Western Everglades, Future Forestry, Audubon Corkscrew Swamp Sanctuary, and Marco Island Nature Preserve and Bird Sanctuary. More than \$160,000 has been awarded since the program's inception in 2013.

LCEC's Environmental Funding Award Program is just one of the ways that LCEC positively impacts and supports wildlife and the environment. To learn more, visit the environment page at www.lcec.net.*



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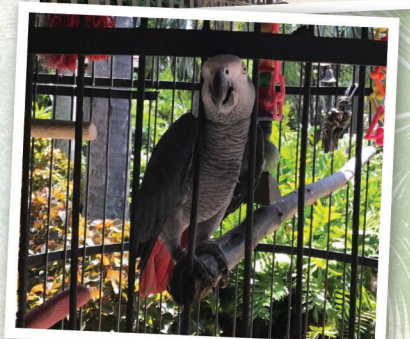
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Hot With A Chance Of Hotter



by Capt. Matt Mitchell

With summer fishing in full swing, the massive schools of fry bait mark where the action is. Having so much of this small bait around has many different species

fired up and feeding. Fast-paced action fishing around these bait schools is hard to beat. Trout, mackerel, mangrove snapper and even a few blacktip sharks kept the clients' rods bent. It seems we have much more of this bait in the bay than in the past few years, which is awesome.

When fishing around these bait schools, we have been free-lining these same shiners. I like to downsize my gear to 2,500 spinning reels to make it possible to cast these small baits. Use a 1/0 light wire hook and 20-pound fluorocarbon leader. Chumming a few of this plentiful bait every five minutes or so will keep the fish fired up. When you see the pops on the surface, you should cast into it and quickly get tight as the bite is often instant. I can't think of a better way to start a family fishing charter than with this nonstop action to get everyone involved and put some dinner on the table.

Summer pass fishing is also going off on both snook and redfish. Seeing hundreds of laid up snook in and around the passes is an amazing sight. Look under the docks and around blowdowns to see these fish staged up. When casting free-lined shiners at these fish, you often see them either follow or chase the bait as it sweeps by them. Along with these snook in the passes, we have been catching some quality redfish during the lower tide periods. Small pinfish and even the free-lined shiners caught redfish up to 32 inches this week.

Over the past few weeks, we have seen our water temperatures running between 86 to 89 degrees. With our heat index over 100 degrees most days, afternoons can only be described as a blast furnace. During periods of west winds, we have seen morning coastal showers. These often slow-moving soakers can make staying dry a challenge. East winds mean afternoon thunderstorms. Basically our rains and storms can build and happen at any time with our supercharged atmosphere.

Like I tell my clients who get fixated on our weather forecasts: "Our chance of rain is 50 percent from June till October." Summer in the tropics require you to keep your eye on the sky and get ready to change the day's plan at anytime. For the next few months, our weather is fast-changing and extremely unpredictable.

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.*



Steve from Virginia got a big birthday redfish while fishing with Capt. Matt Mitchell photo provided

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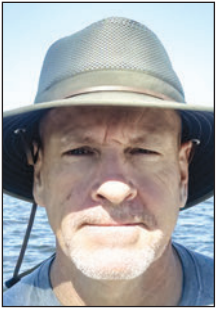
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Pileated Woodpecker



by Bob Petcher

The pileated woodpecker (*Dryocopus pileatus*) is the second largest woodpecker species in the nation. The mainly black bird has a heavy bill and a bright red crest. It is this crest covering the top of the head of the woodpecker that defines its name – pileated.

Interestingly, both male and female pileated woodpeckers have the top crest, although they are distinguishable by the color on their respective cheeks. The male has a red stripe on its cheek, while the female does not.

Pileated woodpeckers are loud, both with their drilling techniques and their whinnying calls. They drill rectangular-shaped holes to get at ants and other insects, and leave such wide holes that other birds drop by to feed when the woodpecker abandons the tree.

At CROW, an adult female pileated woodpecker arrived at the clinic after being found on Sanibel unable to fly. X-rays were taken and no evidence of any skeletal abnormalities was revealed.

“There are many reasons that a



Patient #21-3997 during her examination

photo by Haillie Mesics

bird may not fly other than skeletal abnormalities. Some of the causes that we consider are bacterial infection, viral infection, systemic disease like lung disease or head trauma,” said Dr. Laura Kellow, CROW veterinary intern. “Sometimes the history can help with determining the underlying cause – for instance if the patient was found in the road or by a window.”

Upon further examination, the patient showed signs that she had suffered some mild head trauma.

“When the woodpecker first presented, she was dull and squinting,”

said Dr. Kellow. “When an eye scope was used, a small amount of bleeding was seen inside of the eye. All these findings together increased the suspicion of head trauma. Like in humans, we use a standardized coma scale to grade severity of trauma in veterinary patients. This particular patient was determined to have a mild brain injury by this scale.”

To help with the head trauma, the woodpecker received medications along with other supportive care to aid in its recovery.

“On presentation, the patient was given a strong pain medication, fluids

under the skin to boost hydration, supplemental oxygen and an anti-inflammatory medication,” said Dr. Kellow. “The patient was initially in an oxygen cage and once oxygen therapy was discontinued, she was moved to a smaller cage where she could be monitored closely and given medications. Once the patient was gaining weight and eating on her own, she was moved outside for flight conditioning after she demonstrated willingness to fly.”

Building wing strength is key to the patient’s survival.

“The next step in the patient’s recovery is flight training to build strength,” said Dr. Kellow. “Depending on the patient, this process can be as quick as a few days or require a few weeks.”

Veterinarians will continue to monitor the woodpecker as she continues to recover. There is no timetable yet on her release.

“This particular patient still requires time to ensure she is eating on her own and flying appropriately,” said Dr. Kellow. “We will continue to monitor her carefully to ensure she is ready for release.”

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

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Shell Of The Week

The Coffee Bean Trivia



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

P*usula pediculus* (Linnaeus, 1758) measures up to 22 mm (about 0.87 inch).

The shell outline in trivias is elliptical, with an etched furrow along the dorsal middle line. Trivias resemble cowries, but the sculpture of strong radial ridges sets them apart.

The Coffee Bean Trivia usually lives on coral rocks in association with tunicates (e.g., sea pork), and the species is not found along the shores of Southwest Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit [www](http://www.shellmuseum.org).



Coffee Bean Trivia, *Pusula pediculus* (Linnaeus, 1758), from Coral Cove, Florida

photo by José H. Leal

shellmuseum.org.

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

Openings At Sanibel School

The Sanibel School is currently accepting new student applications.

If you live on or off island and desire an education from a small public

community school for your school-age child, now is the time to apply. The Sanibel School is “A” rated and designated a School of Excellence by the Florida Department of Education. The K-8 campus provides an exceptional learning environment for its students, and the array of programs available is comparable with even the largest schools in the district.

To learn more about enrollment and the waiver process, or to set up a tour of school, call registrar Donna Marks at 472-1617 or email donnamm@leeschools.net.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, August 8. 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.

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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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

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment



process. The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

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

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

Daily Presentation Schedule

Friday, August 6, 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, August 9, 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 widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides, which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, August 10, 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 explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, August 11, 11 a.m., Animal Adaptations – Ever wonder how animals have survived for millions of years? And why others haven't? Whether it is migrating south for the winter or developing streamlined bodies for faster swimming, animals have adapted to live in a changing world. This presentation discusses these adaptations and the benefits. One of CROW's animal ambassadors will be present.

Thursday, August 12, 11 a.m., Patient Profiles: Owls of Southwest

Florida – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.✧

From page 1

Hatching Season

that collect data every 15 minutes throughout incubation. Sand size and color are also being quantified for each nest. Once these research nests hatch, staff will examine any unviable eggs to identify when embryonic development ceased and determine which variables may have contributed. The hope is to learn what environmental factors are potentially impeding hatch success and how these factors vary across the islands.

As of the end of July, fewer nests were being laid in the region. In the past two weeks, the sea turtle team has encountered 54 turtles; 17 that had not been documented before were given new flipper and tracking tags. Last week, the team observed 14 nests being laid by adult loggerhead and green sea turtles. The last week in July marked the final week of nighttime monitoring, so stay tuned for a 2021 nesting report.

Visit www.sancaplifefavers.org to learn how you can help protect sea turtles and other coastal wildlife.✧

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Create Your Own Backyard Paradise

by Melinda Myers

You don't need a plane ticket, tank full of gas or train ride to enjoy a bit of paradise. Create your own in a small alcove, large patio, or deck in your own backyard.

Start by visualizing what paradise looks and feels like to you. A table and chair surrounded by beautiful plants makes a wonderful space to relax, read a book and enjoy some alone time. For some, it means a patio or deck filled with colorful planters and surrounded by ornamental grasses, vine covered trellises, flowering shrubs and evergreens. These will help define the space, provide privacy, mask unwanted noise and provide a great space for entertaining.

Don't let a lack of space, patio or deck stop you from building a backyard getaway. Look for those underutilized areas. Perhaps it is a back corner of the yard, space next to the garage, side yard or a spot under a big shade tree. A vine covered arbor, a piece of indoor-outdoor carpet and a few planters can turn any space into a backyard retreat.

Once you identify the space and desired function, think about the ambience you want to create. For a tropical escape, include leafy plants like elephant ears and bananas in pots,



If you want a tropical escape, include leafy plants, wicker furniture, a water feature and colorful flowers like hibiscus and mandevilla

photo courtesy of www.MelindaMyers.com

wicker furniture, a water feature and colorful flowers like begonias, hibiscus and mandevilla. Don't overlook hardy perennials. Plants like big leaf hostas, variegated Solomon's seal, crocosmia, cassia and others help create the look and feel of the tropics. Continue this theme by using bamboo, wicker and wood for any needed screening.

If it is a visit to the Mediterranean you prefer, include stonework, planters with silver foliage plants like dusty miller, and sage and a few evergreens. Use upright junipers and grapevines trained on arbors for screening. An urn or topiary

makes an attractive focal point. Fill the garden space with herbs, blue oat grass, calendula, salvia and alliums.

For a casual visit to England, craft yourself a cottage garden. Construct a narrow path leading through an archway at the entrance to your secret garden. Create an informal collection of flowers, herbs and medicinal plants. Use a birdbath, piece of garden art or water feature as your focal point.

If it's the north woods you prefer, make a firepit the focal point, add some rustic furnishings and complete the scene with native plants. Or let your personality

shine with a colorful bistro set, garden art, and flowers of orange, red and yellow.

As your vision comes into focus, start putting your ideas on paper. A simple sketch will help you define the space, arrange plants, and identify appropriate furnishings and building materials. It is much easier to move items on paper than once they are set into the ground.

Always contact your local underground utility service at least three business days in advance. It's free and as easy as calling 811 or filing an online request. They will contact all the appropriate companies who will mark the location of their underground utilities in the designated work area. This reduces the risk of injury and inconvenience of accidentally knocking out power, cable or other utilities as you enhance your landscape.

Because this important step is often overlooked, August 11 has become National 811 Day. It's a reminder to include this important step when undertaking any landscape project, large or small. Remind others to do the same.

Once complete, you'll be able to step out your back door and enjoy your slice of paradise.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is www.MelindaMyers.com.✱

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Who's In Charge, You Or Your Dog?



by Allison
Havill Todd

Many people struggle with behavioral issues in their pets. Maybe it's jumping up on people, running through doors, demonstrating anxiety through

chewing, pulling on the leash or aggression. The root of most behavior problems is a lack of clear leadership, trust or respect.

A stable and consistent pack leader is what dogs need and is the basis of a strong bond and balanced relationship with your pet. Think of implementing proper obedience training and setting of boundaries not to form a master/slave relationship but rather a parent/child or teacher/student relationship.

Dogs require two types of information requiring us to teach them what not to do and teaching them what they should do. Establishing clear boundaries and incorporating training sessions into their daily routine doesn't have to be grueling work. Make it fun, keep lessons short and offer praise and rewards for desired behavior. As with children, it doesn't take a dog long to



A well trained dog is a happy, confident dog photo provided

figure out you're not going to enforce a rule, however. So mean what you say and be consistent. Always speak in a calm, confident, firm tone and maintain eye contact with your friend. Your dog views yelling and angry behavior as a sign of instability and will not respect you.

While it is best to establish your leadership role right from the start, if you have let your dog take control, there are a few ways to turn things around without a lot of confrontation. First, make your dog work for rewards.

Before they are given food, treats, affection or toys, ask them to perform a simple command they already know such as Sit, Down or Place, and stand behind it every time. They will quickly learn that nothing in life is free and adapt to the desired behaviors.

Other habits to adopt include walking through doors ahead of your canine friend using the "wait" command. You may have to repeat this over and over. I still have to remind my hard-headed German shepherd every time to "wait" and "sit" while I go through a door ahead of him, but I never give in.

If your dog is constantly pulling on the leash ahead of you on your walks or barking at other dogs, he is demonstrating that he is in charge and doesn't respect you. Teach your dog to walk by your side on a slack leash and to "stop," "wait," "sit" when needed. Again, this isn't about dominating your dog or turning them into a robot; it's about earning their trust and respect.

If you feel like you are overwhelmed, I am a proponent of seeking the help of a professional and reputable dog trainer to help you get on the right track.

When a dog views its owner as the leader of the pack, that animal is calmer, more confident and less anxious. He should be looking to you for guidance, not making up his own rules. Working with your dog to learn desired behavior will require time, patience and fortitude, but the benefits for both of you are immeasurable, and your relationship with your animal companion will be

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

Lee County Mosquito Control

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

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting LCMCD 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 on mosquito control on Sanibel, visit www.lcmcd.com.*

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Shell Found



Clockwise from left, Lucia, Brian, Lana and Lucas Julian photo provided

The Julian family of Dublin, Ohio found a junonia on Captiva, just before sunset on July 25. They were staying at Sunset Captiva.✱

Fish Caught



Ashley Perdue photo provided

Ashley Perdue of Plant City, Florida caught a 33-inch redfish with a Penn rod and reel using live shrimp. Perdue was staying on Sanibel with family during the month of July. She said, "My dad and I decided to go out to the fishing pier at night and fish high tide on July 19th. I hooked into this redfish and fought her for a good while."✱

Design Firm Sponsors Race To Benefit FISH

FISH of SanCap has added Kym Mason Interiors as a silver sponsor of its 10K Race 4 FISH. The annual 10K race raises funds to support programs and services provided by FISH. The race, set for Saturday, October 23, will begin and end at The Community House as an in-person race. A virtual option is also offered where runners can participate any time from their date of registration through October 23. To register, visit www.ftmyerstrackclub.com.

Kym Mason Interiors has been providing interior decorating services for residents and businesses on Sanibel and Captiva since 2005. "I'm always proud to support FISH, an organization that is filled with compassionate staff and volunteers whose sole purpose is to help our community. They are near and dear to my heart," said Mason.

"Kym's support, not only of the 10K race but of the community as a whole, is so appreciated," said Nicole McHale, race committee co-chair. "She is always ready, willing and able to help our neighbors and the organizations that



image provided

help them. Thank you, Kym."

For more information on FISH programs and services, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsancap.org. For additional information on the 10K race or if you are interested in becoming a sponsor, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✱

Hurricane Guide Available Online

Lee County Electric Cooperative (LCEC) encourages residents to review its annual hurricane guide. It includes information about the storm restoration process, preparing your home and business, life support, evacuation protocol, disaster supply kits, portable generator safety, debris and vegetation, and important phone numbers and links.

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

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Guava No-Bake Cheesecake

¼ cup guava preserves
16 ounces cream cheese, softened
⅓ cup sour cream
1 cup heavy cream, whipped to stiff peaks

2 tablespoons lemon juice
1 tablespoon vanilla extract
½ cup sugar

2 tablespoons powdered sugar

Place the graham crackers in a food processor and pulse until broken down into crumbs. Add the melted butter and peanut butter and pulse until thoroughly mixed. Press into a pie pan or other dish that can be refrigerated, pack tightly so that it will form a pie crust. Store in refrigerator until ready for filling.

Combine very cold heavy cream and powdered sugar into a mixing bowl. Whip or beat until stiff peaks form and

store in refrigerator until ready to use.

Mix topping by combining the guava preserves (or paste) and the lime juice. Melt over low heat until smooth, remove from heat and cool completely. If the mixture is too thin add a tablespoon of paste until desired consistency. If the mixture is too thick add water 1 teaspoon at a time until desired consistency.

Using a stand or hand mixer combine the cream cheese and sugar. Mix until the cream cheese is completely smooth. If there are lumps at this point it is because the cream cheese was too cold. Allow mixture to sit at room temperature for a few minutes and mix until smooth. Add the sour cream, lemon juice, guava preserves and vanilla extract and mix thoroughly. Fold in whipped cream by hand until combined. Do not overmix. Pour cheesecake mixture into the chilled pie crust. The guava topping can be piped on, spread on using a spoon, or poured over entire cheesecake. Allow to chill for at least 2 hours to properly set. Serve with more whipped cream if desired.✱



Guava No-Bake Cheesecake

photo courtesy Fresh From Florida

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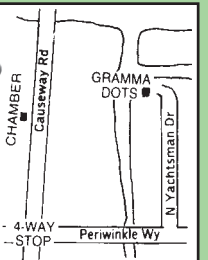
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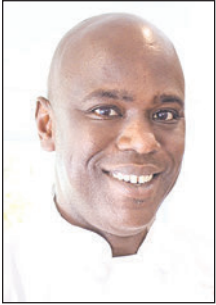


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The Community House

Olive Oil



by Chef Jarred Harris

Olive oil is an ingredient that is found in most commercial restaurants and many American households. It has many uses other than cooking and is used as an ingredient in scented candles, many beauty products and massage oils. Olive oil is the product of raw olives and is produced by pressing olives to release their oil.

Olives trees are native to Asia Minor or Turkey and have been in the Mediterranean region for over 6,000 years. Ancient Romans prized olive oil and used it for medicinal and culinary purposes. Hippocrates used olive oil-based ointments to treat wounds, sore throats, cuts and bruises. The ancient Greeks believed olive oil possessed natural healing powers, and it was highly prized as a fuel source for lanterns and torches in religious venues.

There are different types olive oils; extra virgin olive oil, virgin olive oil and pomace, or refined olive oil. Extra virgin olive oil comes from the first pressing of fresh olives, within 24 hours of harvesting. It is the highest grade and the best tasting. Virgin olive oil also comes from the first pressing of olives; however, the olives used are of inferior quality, making the taste milder than extra virgin olive oil. Pomace oil is the lowest grade of olive oil. It is made from the byproducts of extra virgin olive oil production and has been refined by using acids and heat.

Extra virgin olive oil has antibacterial properties, anti-inflammatory properties and contains powerful antioxidants that can help prevent stroke, heart disease and protect against Alzheimer's disease.

Here is a simple recipe to try:

Olive Oil Chocolate Mousse**Ingredients**

2 avocados (ripe)
 1/4 cup olive oil
 1/2 cup unsweetened cocoa
 4 ozs. dark chocolate (melted)
 1/2 cup medjool dates (pitted)
 1/2 cup honey
 2 tsp. vanilla extract

Method

Peel the avocados and place them in a food processor or blender.

Add the remaining ingredients and blend until creamy.

Divide into portions and top with olive oil.

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.**

Poetry Corner

by Jim Weyant

WIZENED AND GNARLED

'Neath a weeping willow
 lolled an elderly man,
 his jacket his pillow,
 he stared at his hand.
 Wizen and gnarled,
 with a worn wedding band
 testimony to why time
 is not often your friend.

Thoughts drift back
 to a period long ago,
 to a woman in his life
 who he once loved so.
 Had taken for his wife
 but foolishly he strayed
 squandering her love,
 finally driving her away.

And now in his solitude
 beneath same willow tree,
 where they'd first kissed,
 he'd proposed on one knee.
 He bemoaned that missed
 as he stared at his hand
 all wizen and gnarled
 like the life once planned.*

Poetry Corner

by Jim Weyant

THE NOOK

Hangin' down Timmy's,
 a favorite place of mine,
 where workers and locals
 had a cold one to unwind.

The food was down home
 never fancy, kinda' plain.
 Long as the beer was cold
 nobody ever complained.

And when once in a while
 should a tourist happen in,
 it was then that you knew
 the fun was about to begin.

The poor fella' hadn't a clue
 when the patrons started in.
 A ribbin' and jokin' till finally
 the lad he broke out in a grin.

When that final brew was drawn
 clearly the islanders were shook,
 for is never to be another place
 swell as good old Timmy's Nook.

*Jim Weyant 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 book, Poems From Paradise and Beyond, is available at Amazon and local book stores.**

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Optimist Club Presents Awards From Road Rally

Members from the Sanibel-Captiva Optimist Club awarded prizes to the winners of the 41st annual Road Rally on July 23 at The Sanibel Grill.

First place prize of a three-day, two-night stay at Tween Waters Island Resort & Spa was awarded to Martini Mommas.

Second place, a three-day, two-night stay at West Wind Island Resort, went to This Vehicle Does Not Brake For Suckers.

The third place two-hour cruise with Island Time Dolphin & Shelling Cruises was awarded to Shrimply the Best.

The fourth place four-hour fishing charter with Whitney's Bait & Tackle went to The Sailors of SanCap Pak-N-Ship.

The coveted last place award went to The Happy Hour Four. They will receive free registration for the 2022 Road Rally.

Island Taxi took home bragging rights and a \$100 gift certificate for best decorated vehicle.

Team Murphy Hurricanes received a \$100 gift certificate for being the team from farthest away.

The Sanibel-Captiva Optimist Club thanks the City of Sanibel and all of the sponsors for their support of the 2021 Freedom (from COVID) Road Rally, held on July 3 in memory of Gary Rogers.✱



First place winners: Martini Mommas with Optimist Club members

photos by Cathy Moore



Second place: This Vehicle Does Not Brake For Suckers



Third place: Shrimply the Best



Fourth place: The Sailors of SanCap Pak-N-Ship



Last Place: The Happy Hour Four



Best Decorated: Island Taxi



Island Taxi team vehicle

The Sanibel Captiva Trust Company

Cryptocurrency An Emerging Industry



by Ian Breusch,
CFA, Chief
Investment Officer

It seems nearly every year a specific topic garners significant investor attention. This year, cryptocurrencies have dominated news headlines

given the sizeable price movements across this emerging new asset class. While price volatility tends to drive interest in and of itself, much of this news flow is warranted given how the broader cryptocurrency industry is indeed developing and expanding every day.

Today, more than 10,000 different cryptocurrencies exist across more than 350 exchanges, exceeding \$1 trillion in value. More and more companies are focused on some aspect of the crypto landscape, including (but not limited to) research and analytics, trading, custody and asset management. Governments and banking institutions are realizing the opportunities afforded through blockchain technology. Smart contracts, non-fungible tokens (NFTs), and the



Cryptocurrency

photo provided

concept of digital property rights are gaining much attention. We have even witnessed U.S. corporations using bitcoin as an alternative to cash on their own balance sheets. In short, regardless of our personal opinions on the subject (and they are varied), the cryptocurrency industry is certainly here to stay.

The word currency elicits comparisons to other forms of traditional fiat currency, such as the U.S. dollar. However, cryptocurrencies do not function like other forms of currency – at least not yet. Due to the significant volatility around many of these crypto assets, the likelihood we will see cryptocurrencies displace fiat currencies in the near term remains rather low. For any currency to be accepted broadly as a means of exchange, price stability

and broad-based consumer confidence is vitally important. For example, we all expect a cup of coffee to cost us approximately the same number of dollars every day, ignoring some modest amount of inflation over time. While we certainly expect more innovation and adoption, cryptocurrencies do not yet afford consumers sufficient confidence as a reliable and consistent means of exchange.

Cryptocurrencies are much more akin to a commodity investment at this point. For example, bitcoin is often referred to as digital gold given its scarcity and global appeal. Similar to commodities, some investors are trading cryptocurrencies, hoping to earn short-term profits, while others are treating them as a long-term investment no different than other more-traditional asset classes such as publicly traded stocks or bonds. Importantly, cryptocurrencies are treated as assets for tax purposes, subject to the same short-term and long-term capital gains tax rules ascribed to other conventional assets – even when using a cryptocurrency as a means of exchange for other goods.

Cryptocurrencies offer investors some compelling attributes such as the potential for very high returns, which are often uncorrelated with other asset classes, thereby providing a diversification benefit within a portfolio. Other investors view cryptocurrencies as a potential hedge against inflation and the debasement of fiat currencies by global governments. Conversely,

cryptocurrencies tend to be highly volatile and unpredictable. As with any new emerging technology, we should expect competition and innovation to disrupt the thesis for investing in many existing cryptocurrencies. Moreover, cryptocurrencies are difficult (if not impossible) to value using common methods of valuation ascribed to other traditional investments such as stocks or bonds. As investors and stewards of capital, we encourage others to consider the risks as well as the opportunities when evaluating any investment decision. Keeping your position size modest relative to your broader portfolio is prudent given the rather speculative nature of this emerging asset class.

For those interested in learning more about the history surrounding bitcoin, blockchain technology and the broader cryptocurrency industry, we invite you to watch our webinar by going to this article online at <https://www.sancaptrustco.com/cryptocurrency-an-emerging-industry/> and click on the link at the bottom of the article entitled Cryptocurrency Webinar Replay, <https://register.gotowebinar.com/recording/1490393924847314444>.

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Book Review

The Cellist



by Di Saggau
I always look forward to a new Daniel Silva book. *The Cellist* is his latest and it again features Gabriel Allon, who has graced several Silva novels. Allon is the head of Israel's intelligence service.

When his friend Victor Orlov, a wealthy newspaper publisher and Russian dissident, is killed by documents contaminated with a deadly nerve agent, he tracks down the woman who leaked these documents. The police decide the documents were delivered to Orlov's home by a prominent investigative reporter from the Anti-Kremlin *Moskovskaya Gazeta*. After finding the woman, Allon realizes he may finally have what he needs to take down the autocrat in the Kremlin. The author makes a persuasive case that the best way to neutralize the threat of troll farms and disinformation campaigns is to starve these operations of cash. *The Cellist* gives the reader a look at Russia's money laundering, The Kleptocracy and the Russian mafia mentality. It's full of characters from previous books and it subtly refers to current events with a certain Russian oligarch, "dirty" banks, the nerve toxin

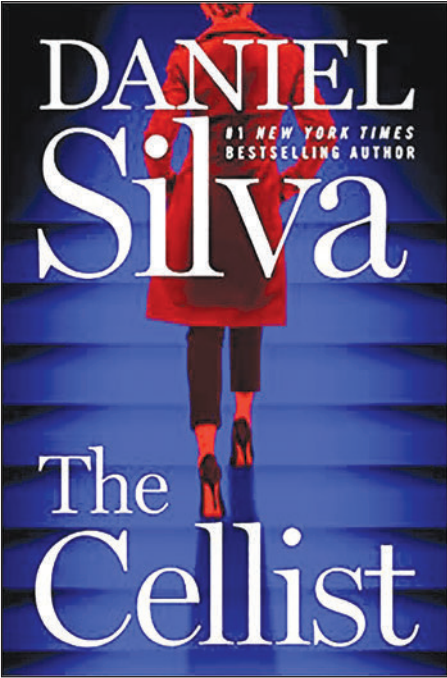


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Novichok and the real dangers involved in being a member of the Fourth estate, the Press. I suggest reading Silva's author's notes at the end or in the beginning, if you prefer, because it gives the reader background from his research for the book, and also his mindset while he was writing it. He doesn't hold back on what he believes to have taken place in sociopolitical trends. Some will agree with him, some won't.

Fans of Daniel Silva and Gabriel Allon will find this book to be elegant and sophisticated, provocative and daring. It explores one of the preeminent threats facing the West today, the corrupting

influence of dirty money wielded by a reckless Russia along with a stark warning about the fragile state of democracy. *The Cellist* is exciting, real and hard to put down.✱

School Smart



by Shelley M. Greggs, NCSP
Dear Shelley,
My two boys are going from elementary school to middle school in August, and I know this could be a difficult transition for them. What can

I do to help?
Candace,
This is such a great question!

Transitioning to a new school can be an exciting but stressful time for kids even when the change is positively anticipated, like "graduating" to the next school level. Facing the unknown, like going to a new school, can cause anxiety, and it's best to look for signs of stress in your children as they transition. The middle school environment tends to be larger, potentially less nurturing, more departmentalized, more competitive and more demanding academically. Additionally, students are expected to be more independent academically and their social lives will become more complex and intense. It's a lot for kids to negotiate initially.

Understandably parents can feel concerned about how their child will adjust to these changes. Luckily, there are many ways for parents to help smooth the transition and support their child's academic and social success in their new school:

- Environment – Finding lockers, finding lunchrooms and bathrooms, getting through crowded hallways, getting to class on time;
- Workload – Keeping up with materials, new grading standards and procedures, more long-term assignments, lack of preparation;
- Social – More peer pressures (i.e., cliques, dealing with older students and students from other schools), social immaturity;

Schedule – Remembering which class to go to next, more teachers, no recess, no free time; and
Other – Reduced parent involvement, accepting more responsibility for their own actions, unrealistic parental expectations, coping with adolescent physical development.
How parents can help their child prepare for and become comfortable with their new school environment:
Emphasize positive aspects of middle school – With the move will come more opportunities for individuality, freedom and increasing choice in elective courses and extracurricular activities. There will

be more opportunities to find friends with common interests;
Teach study skills – Help students begin to self-regulate by breaking down large tasks into manageable pieces and provide guidelines so students can monitor their own progress;
Schedule tours of new school – If the student did not have a tour of the new building, schedule one over the summer prior to the start of school. If your school offers an orientation session, make a point to attend;
Encourage participation – Whether in extracurricular activities, extra-help homework programs, or school social/sports activities, students should be encouraged to seek these out as an opportunity to meet new people; and
Continue or increase parental involvement – If you have concerns, don't wait for the school to contact you. Look out for regular newsletters and other forms of communication home regarding events at the school.

If your child has special needs, difficulty with normal transitions, or other learning difficulties, you may want to meet with your child's current and new teachers to identify and develop skill building strategies that meet your child's specific needs. Preventive transition planning can go a long way to minimizing or eliminating adjustment problems when the school year begins.

Adapted from *Transition from Elementary to Middle School: Strategies for Educators* by Valerie Niesen and Paula Sachs-Wise, in *Helping Children in Home and School II: Information for Parents and Educators*, NASP, 2004
Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✱

Top 10 Books On The Island

1. *The Cellist* by Daniel Silva
 2. *You Belong Here Now* by Dianna Rostad
 3. *A Perilous Proposal* by Jennifer Schiff
 4. *The Sound of the Sea* by Cynthia Barnett
 5. *The Paper Palace* by Miranda Cowley Heller
 6. *Float Plan* by Trish Dollar
 7. *Shipped* by Angie Hockman
 8. *Crying in H Mart* by Michelle Zauners
 9. *Falling* by TJ Newman
 10. *Yearbook* by Seth Rogen
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Book concierge Beth Jarrell

photo provided

Book Concierge Service Offered At Sanibel Library

If you are looking for something new to read or stuck in a reading rut, Sanibel Public Library offers a book concierge service for library patrons. To request this service online, fill out the Interests form found on the library's website at www.sanlib.org. You can also fill out the form at the library's service desks. Tell staff about your reading history and preferences and they will select a few books for your personalized recommended reading list.

Reference Librarian Beth Jarrell said, "This service is great for anyone who would like suggestions for good titles in a specific genre, or for those who want to try something new. Find a hidden gem you might have not discovered."

"Library staff has always provided readers advisory services, but this new online form helps us gather more specific information to help you find your next favorite read," said Margaret Mohundro, library executive director.

Readers can also try NoveList Plus, a book recommendation resource accessible from anywhere to all Sanibel Public Library cardholders. The database provides information on most book titles, including series information, reviews and a basic description. You can see read-alikes for titles, authors and series. Its unique story elements like appeal, genre and theme help you understand what features you love in books. NoveList Plus is directly connected to the library's catalog. To start, go to the Books & Reading section of the Resources Page at www.sanlib.org. Use your library card to login to NoveList Plus. If you need help using NoveList Plus or any of the library services, call 472-2483 or email notices@sanlib.org to schedule an appointment.

The library posts current lists of *The New York Times* bestsellers for fiction and nonfiction, to help guide patrons. Look for the bestseller lists in the New Books shelves, or ask staff for help.

Sanibel Public Library is now loaning videogames 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. More than 25 games are offered to take home. Teens can also come into the library to play on the Xbox Series S.

Another new initiative are the Lego Architecture kits for cardholders to take home. Build model skyscrapers of New York City, London Tower Bridge, Brandenburg Gate or Tokyo Skytree. The Lego Architecture kits are recommended for ages 12 and older.

Patrons can borrow items like cooking kits, birdwatching kits, GoPro videocamera, or mobile WiFi hotspots. Loaning videogames is the latest pilot project funded in part by the Sanibel Public Library Foundation.

Summer Reading programming is online with Take and Make activities available to pick up at the library. Families are asked to finish logging reading hours by Saturday, August 7. More than 300 children, from babies to teens, were signed up this summer, logging over 115,053 minutes of reading.

Youth Services Librarian Deanna Evans posts her Baby Bounce Time videos and storytime videos to the children's webpage weekly. Online programming from Page Turner Adventures is also available on the children's webpage at www.sanlib.org/children.

From now through September, stop by the library to see 25 works of art in Sanibel-Captiva Art League exhibit, titled Home Sweet Home.

Jane Werner's collection of dolls from around the world is on display through the end of August. Look for the dolls in the display case near the glass elevator. Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Contact-free curbside pickup is available. Materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m.

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



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Leadership And Business Success Topic Of Meeting

Global public policy and corporate social responsibility technology executive Monique Meche will discuss Why Social Responsibility Matters More Today at the Women in Leadership Speaker Series presented by the Sanibel Captiva Business Women's Association on Tuesday, August 17. She will also provide tips for professional growth. The meeting will be held in person at noon at Sundial Beach Resort & Spa with a live stream Noon Zoom option. "Whether you are an individual, a small company or a major corporation, your understanding of and involvement in public policy and corporate social responsibility issues have a



Monique Meche

local, regional and, in some cases, international impact," said Meche. "Laws on taxation, small business financing, the environment and public health impact us all and we have opportunities to engage with and inform policy-makers about the business issues and challenges we face," Meche said. "Our influence extends from the companies we choose to invest in, where we choose to buy, how we conduct our own businesses, where we support communities and how we interact with others." Meche has over 25 years of experience building and leading public policy and corporate affairs teams around the world at well-known technology companies including Intel, Cisco, Amazon, Netflix and Twitter. She has lived and worked in Europe, Asia and the U.S., focusing on public policy, corporate social responsibility, marketing, business development and capital investment. "Monique will share fascinating insights on the influence of corporate social responsibility and how it impacts business. She will touch on skills that she has used to progress in her own career and the transformation we have witnessed over the past 25

years, notably the impact technology has had on business growth," said Taylor Osborne Clarey, president of the Sanibel Captiva Business Women's Association. "I'm excited that Monique will also share tips for female leadership in global business and discuss how to build relationships that lead to professional success." Hailing from southwest Louisiana with Cajun roots, Meche pursued international relations and economics at Tulane University. Inspired by a junior year abroad at the Institut d'Etudes Politiques in Paris, Meche later earned a master's degree at the College of Europe in Bruges, Belgium. This led to a global career, with recent U.S. moves to Seattle, Washington to be vice president of international public policy for Amazon and to Washington, DC to join Netflix as vice president of global public policy and then Twitter as vice president of public policy and philanthropy. Cost for lunch with the speaker is \$30 or on Zoom for a donation to the continuing education scholarship fund. Register on Eventbrite at <https://sancapbwa.eventbrite.com>. Choose In-Person or Zoom. Updates at <https://www.facebook.com/SanCapBWA>.

health and safety of students and employees as we weathered a global pandemic together. Our children were learning differently, there were increased absences, and new stressors that compounded the challenge. These scores reflect that." Students in grades three to 10 took the FSA test in English Language Arts (ELA), which includes both reading and writing skills. The FSA math test was administered in grades three to eight, and the science test was administered in grades five and eight. Students enrolled in civics, algebra 1, algebra 2 and geometry participated in the state's EOC exams for those subjects. The tests were not administered in 2020. The district also exceeded statewide average proficiency in seventh grade math and lessened the learning loss in several ELA and math grade levels, as well as all tested areas in social studies and science relative to the losses experienced across the state. "We can be encouraged by our preliminary review of these scores because we gave our families flexibility in their learning models and our students experienced less of a learning loss than in most areas of the state," said Superintendent Dr. Ken Savage. "Even with results that show areas in need of improvement, we can use the data to know where our students are and how we can help them succeed."

School District State Assessment Results Released

The Florida Department of Education released results for the 2021 Spring Florida Standards Assessment (FSA) and End of Course (EOC) exams. Scores were down statewide but the School District of Lee County mitigated those losses and lessened the impact caused by the COVID-19 pandemic. Highlights include third and fourth grade math where Lee County students exceeded statewide performance and saw less decline than the state average. "We expected to see a drop in assessment scores across the district," said Chief Academic Officer Dr. Jeff Spiro. "In a typical year, our laser focus is on student achievement. Because last year was not a typical year, our concentration centered around the

The district started planning for the support and interventions needed to help students when they return to school on August 10. Every principal has identified and developed individualized plans for student enrichment opportunities. Every elementary school will have a literacy coach in kindergarten through second grade to focus on ELA success in third grade. Teachers are currently receiving training on all the resources available to them. These intense strategic planning sessions also focused on attendance, behavior, classroom success and dropout prevention to increase student success. Parents interested in seeing their child's FSA scores will find them posted in their FOCUS Parent Portal late next week. For families without an account, visit www.leeschools.net/our_schools/focus.



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United Way Campaign Chairs

United Way of Lee, Hendry, Glades, and Okeechobee has selected Noelle Branning and Corey Vertich as the 2021-22 United Way Campaign Chairs. The goal for this year's campaign has been set at \$11.3 million. Last year's campaign raised \$10.8 million for the local communities of Lee, Hendry, Glades and Okeechobee. The theme of this year's campaign is "Back to the Future."

Branning was a co-chair for last year's United Way Pacesetter campaign, and Vertich has been on the United Way Funds Distribution team for nearly 20 years. Both have been involved in many local charity events and are counting on support from local leaders, friends and employers to reach the campaign goal to move past the effects of the pandemic.

Branning is the newest Lee County tax collector, elected after United Way Board Member Larry Hart's retirement in 2020. She is the former board president for United Way Partner Agency, Children's Advocacy Center of Southwest Florida, as well as current board member with United Way. She graduated from Florida State University in 1998 and from St. Thomas University School of Law in Miami in 2004.

"My husband and I have chosen professional paths in public service," said Branning. "However, embracing service to others extends far beyond



Corey Vertich and Noelle Branning
photo provided

our professional lives. We support United Way because we believe in their mission to improving the quality of life for all people in our community while ensuring funding remains local. By supporting our local United Way, we are creating positive change for so many in our community. After a truly tumultuous year and seeing this agency and community come together, it is my honor to be the 2022 United Way Campaign co-chair alongside Corey Vertich."

Vertich, a certified financial planner with over 30 years in financial services, has been a supporter of United Way for the past 20 years. He and his firm, Uhler and Vertich Financial Planners, play an active role in the community with their work, financial support and fundraising for many charitable, civic

and environmental organizations.

"We are our community, and so we must nurture and care for it. For the past 20 years, I have participated in the United Way allocations process where we review and decide the funding for our agencies and their programs," said Vertich. "This experience has left me humbled by all the amazing work they do for our community. Through this process, I have seen how United Way makes an impact with every dollar it allocates. That is why I am so excited

to co-chair the 2021-22 campaign with Noelle Branning to raise those dollars. Our United Way has a long history of continuously increasing our goal, and our community has always given their support. This year, we will do it again. With a challenging year behind us, we are looking forward with a vision to continue strengthening our community. That is why, this year we declare 'Back to the Future.'

For more information, www.unitedwaylee.org.

SCCF Interns Busy In The Field

Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program interns Taylor Lawrence and Emily Skinner have been busy monitoring the beaches and taking part in environmental research projects.

Born and raised in Michigan, Lawrence said, "I've always felt connected to the ocean." She graduated from Michigan State University with a bachelor of science degree in zoology with a concentration on marine biology, and minored in marine ecosystem management.

Her internship at SCCF has enhanced her experience in the world of sea turtle conservation. "I have acquired more field skills when it comes to verifying sea turtle nests and participating in crucial research projects," Lawrence said. "It



Taylor Lawrence



Emily Skinner

has been so gratifying to help with nest relocations and do my part for sea turtle conservation."

She plans to continue her education in graduate school after leaving SCCF in mid-August and is thankful for her SCCF experience. "I'm super appreciative for all the mentoring I've received along the way," she said.

Emily Skinner has had the opportunity
continued on page 30

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Superior Interiors

How To Avoid Simple Bedroom Design Mistakes



by Linda Coin

Does your bedroom feel dull lately? Could it use a total revamp? Home redesign projects are always a good idea in our book, but the moment a room makes you feel uncomfortable

the second you walk in, there's no doubt that the time to make improvements is now.

Before you can commit to the new adjustments, it is important that you understand the dos and don'ts of bedroom redecorating. Placement and choice of color, furniture and accessories can make a big impact on the way you feel when you enter the room, so you want to get it right the first time around.

Here are some of the most common bedroom design mistakes, and how to avoid them:

Mistake 1: Your area rug is too small – Adding an area rug to the bedroom is one of the easiest ways to bring the room together and add additional style and comfort to the floor space. But size

matters, and this can make a major difference in the look and feel of your bedroom. If you have an area carpet in a bedroom, it needs to cover much of the room. People often skimp on this because they feel it is wasted under the bed, but your bedroom should feel super cozy.

The solution: If you're placing the area rug underneath the bed (which is what we highly recommend in the bedroom) then just make sure it extends out one to two feet on each side.

Mistake 2: Your walls are too bright – Choosing a bold color for your bedroom walls definitely creates that "wow" factor, but it can be detrimental to the vibe you want to achieve in the room. This is supposed to be a relaxation station, not a place to party.

The solution: Instead of using a bold wall color, save the bright hues for accents. Vivid shades can be used in bedding, window coverings, accessories and pieces of art. The best part about shifting bright colors to the accents instead of the walls is the ease of mixing it up! Wall color is more of a backdrop, so changing your accents every few years can be much easier than painting your walls on a regular basis.

Mistake 3: It's cluttered with décor – When it comes to bedroom redesign, it is always important to reevaluate the sole purpose of the bedroom. It's supposed to be a space for unwinding and relaxing. Unnecessary items and clutter can keep you from feeling this way, and this is something to be said

about the overall decor as well.

The solution: When it comes to bedroom decorations, keep things simple. A few staple accessories placed on surfaces can bring character to the room and hanging decor can dress up the walls. Keep this in mind as you reconsider your design choices.

Putting a little thought and planning into the planning or design phase of your bedroom redesign can help to bring those dreamy bedroom visions to life.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.✴

Rotary Happenings

submitted by Cindy Carter

People visit Sanibel because of the warm weather, beautiful, crystal clear waters and beaches strewn with collectible shells.



At least that is how Sanibel and the surrounding regions look some part of the year. Other times throughout the year are a completely different story, one that is not nearly so romantic or beautiful. An unfortunate fact that many of us find all too familiar.

This week's speaker was John Cassani with Calusa Waterkeeper, a nonprofit organization dedicated to the protection of the Caloosahatchee river and estuary, Lake Okeechobee, Nicodemus Slough, Charlotte Harbor, Estero Bay, the near-shore waters of Lee County and their watersheds, which is nearly 1,000 square miles of water. He shared with us some grim statistics about the health of our waterways. Studies have shown that pollutants mainly enter our waterways through storm run-off, agriculture and the effects of climate change by droughts and then extreme rainfall.

Cassani described the effects of the cyanobacteria that is in the waters, causing harm to our waterways, the life within the water and the health effects to people who live and work on or around the water. All of this was enough to scare even the most stoic of us, raising concerns for our most vulnerable population's health, the elderly as well as the children living on the islands and coastal areas.

Cassani's professional career as an ecologist started here in Lee County in 1978 after receiving degrees in biology and fish and wildlife. From 1978 to 2014, he worked as a resource manager for local government, managing waterways of Southwest Florida. He has authored peer-reviewed



John Cassani photo provided

scientific publications and contributed to popular media sources on resource management, history, water policy and conservation issues.

His service on advisory boards, his commitment to community and involvement with land and water conservation has led to recognition from various civic groups, including Florida Audubon Society, Estero Bay Agency on Bay Management, Lee County Government, Everglades Coalition, American Fisheries Society, and the Alberta provincial government. In November 2016, Cassani accepted the position with Calusa Waterkeeper, a member of the international Waterkeeper Alliance. For more information, visit www.calusawaterkeeper.org.

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

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From page 29

Interns

to work with a number of notable environmental organizations and agencies, including the NOAA Southwest Fisheries Science Center Sea Turtle Ecology Program, where she participated in green sea turtle studies in San Diego Bay. Other organizations include Mote Marine Laboratory and Brevard Zoo Sea Turtle Healing Center. At SCCF, she

had a new experience as a nighttime tagging intern.

"I've learned a lot about the ups and downs of fieldwork and enjoyed getting to work with all the nesting sea turtles," Skinner said.

No doubt she'll be taking her Sanibel experiences along on her next stop, Australia, where she plans to complete her master's degree in marine biology at James Cook University with a research focus on environmental co-factors of fibropapillomatosis (characterized by epithelial tumors) in green sea turtles.✴

New Veterinary Interns At CROW

Dr. Charlotte Cournoyer and Dr. Laura Kellow have joined the Clinic for the Rehabilitation of Wildlife (CROW) as the newest wildlife and conservation medicine interns. Their year-long veterinary internships began on July 1.

Dr. Cournoyer, originally from Barrington, Rhode Island, received a bachelor of arts in biology at Skidmore College. She earned her doctorate at the University of Florida College of Veterinary Medicine with a certificate in aquatic animal health.

Before coming to CROW, Dr. Cournoyer completed a small animal rotating internship at Angell Medical Center in Boston working in the avian exotic department. She also helped with small animal emergency cases, which included a variety of exotic pets. During her undergraduate and veterinary school, she completed internships and externships at wildlife rehabilitation facilities such as The Marine Mammal Center, the California Wildlife Center, and the Animal Rescue Clinic at Mystic Aquarium, where she gained experience working with different marine, mammal and avian species.

"I have always had an affinity for wildlife. As a child, I would play in the shallow tide pools in front of my home, fascinated by the creatures I found there – mostly crabs, hermit crabs, starfish, small fish, jelly fish," said Dr.



Dr. Charlotte Cournoyer and Dr. Laura Kellow

photo provided

Cournoyer. "Pollution, poaching, habitat encroachment, global warming – the challenges wildlife face are endless. One disruption in an ecosystem can disturb the entire balance. The most exciting thing when out in nature is an unexpected sighting of a wild animal. I want to make sure that our future includes that natural wonder."

Dr. Kellow grew up in Sydney, Australia before attending Colorado State University, graduating with honors in biomedical science. She earned her doctorate from the Iowa State University College of Veterinary Medicine. Dr. Kellow spent the last year completing

a veterinary science master's degree in wildlife conservation with Murdoch University in Perth, Australia, where she also graduated with honors.

"When I was a kid walking home from school, I found a dead brushtail possum on the sidewalk that had just fallen off an electric wire," said Dr. Kellow. "Having just learned about 'possum pouches' in kindergarten, I begged my dad to look inside to make sure she didn't have any babies. Luckily, my dad is a good sport and examined the pouch to find two brushtail possum joeys inside. To the horror of my mum, I wrapped the joeys up in my school jumper to keep them

warm and we drove the joeys to a wildlife rehabilitator in our area. The rehabilitator was so kind and allowed us to watch her triage them and set them up with other joeys. I'll never forget the joy I felt at stopping to help when everyone else was walking past, and the ability to provide a voice for such fragile animals."

During her undergraduate studies, Dr. Kellow volunteered at the Wildlife Rescue Center and served as an intern with the Endangered Wolf Center in Eureka, Missouri. In veterinary school, she completed an externship with the Saint Louis Zoo, Blank Park Zoo, Cheyenne Mountain Zoo, a rotating internship at VCA Alameda East in Denver, and worked at the only wildlife center in Guatemala, ARCAS, with wildlife rescued from illegal smuggling operations.

The CROW Wildlife and Conservation Medicine Internship is centered around the "One World, One Health" concept and designed for those who have completed their doctorate of veterinary medicine and are interested in gaining experience treating wildlife. In addition to clinical duties, interns participate in research and conservation projects, give case and journal club rounds, and help teach students, staff and volunteers.

"This internship has already given me so much more confidence in the medical and surgical management of wildlife," said Dr. Cournoyer. "I hope to continue to grow in this area so I can contribute meaningfully to environmental conservation through clinical and field veterinary work and research. I am most

continued on page 32



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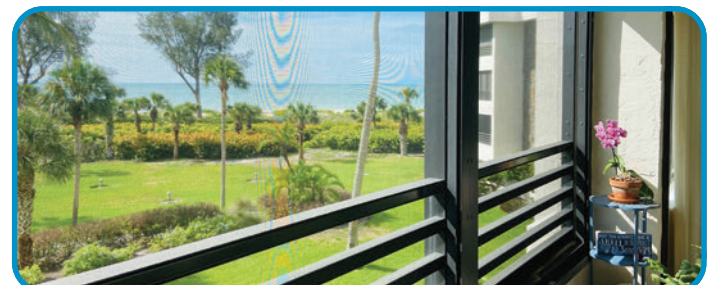


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Progressive Club To Meet

Dave Aronberg will address members of the Progressive Club of the Islands on Thursday, August 19 at 4 p.m. The interactive meeting will be held via Zoom with time provided for questions.



Dave Aronberg

Aronberg was elected state attorney for the 15th Judicial Circuit in November 2012 and re-elected without opposition in 2016 and 2020. He is a former assistant attorney general, White House fellow and Florida senator.

Aronberg's leadership has led to a significant increase in conviction rates

for both felonies and misdemeanors, a decrease in the number of juveniles filed into adult court, and improved working relationships with local, state and federal law enforcement agencies. After his creation of the Sober Homes Task Force, the crackdown in rogue sober homes and corrupted drug treatment led to a 40 percent decrease in opioid overdose deaths in Palm Beach County in 2018 compared to 2017.

Aronberg is a Harvard College and Law School graduate. He worked with Commissioner Bill Nelson to investigate European Insurance Companies that refused to honor World War II-era policies sold to victims of the Holocaust.

In 2000, Aronberg was selected to be one of 15 White House fellows from across the country. In this non-partisan position, he served in two presidential administrations as a special assistant to the secretary of the treasury department for international money laundering, including the laundering of terrorist assets.

Elected to the State Senate in 2002 as its youngest member, Aronberg served until 2010, focusing on criminal justice and consumer protection issues, and took on chairmanship of the Military Affairs and Domestic Security Committee. He also served as chair of the Everglades Restoration Committee where he advocated for accelerating water storage projects and additional state and federal support for the "River of Grass."

In 2010, Aronberg returned to the Florida attorney general's office as a special prosecutor for prescription drug trafficking. In his role as "Drug Czar," Aronberg led an anti-pill mill initiative that helped clean up the pain clinic industry and reduced the number of people dying each day from oxycodone abuse. His work to save lives from overdoses continues as a top priority to this day.

To attend the meeting, email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap. Annual dues for the Progressive Club are \$30 for an individual or \$60 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit <https://pcislands.com>, call 994-3175 or email pcisancap@gmail.com.*

Captiva Community Panel Report

The Captiva Community Panel is accepting nominations for the panel-appointed seat that will be vacant at the end of this year, and interested islanders are encouraged to submit their names if interested. (This is also an opportunity to be considered for future panel appointments.)

The panel's nominating committee – Tony Lapi, Jim Piggott, Jon Rosen and Jeff Brown – will consider nominations from the community in developing a slate to be recommended by the committee to the panel.

The panel seats are for a three-year term, commencing at the January meeting. Panel members can serve two three-year terms before being termed out, and must be off the panel at least one year before they can be considered for reappointment.

Anyone interested in being considered by the panel should submit their name, contact information and a brief resume or description of interest via email to captivacommunitypanel@gmail.com by Tuesday, August 17. The nominating committee will review the applications

prior to the panel's October 12 meeting, where a recommendation will be made. You can contact the panel via the email above with any questions. Information about the panel (including its bylaws) are available at www.captivacommunitypanel.com.

The next meeting of the Captiva Community Panel will be held via Zoom on Tuesday, August 10 at 9 a.m.

Upcoming Captiva events:

Monday, August 9 at 1 p.m. – Captiva Erosion Prevention District (CEPD) board meeting at 'Tween Waters Island Resort and on Zoom;

Tuesday, August 10 at 9 a.m. – Captiva Community Panel meeting via Zoom;

Wednesday, August 18 – Beach fill could begin on south end of Captiva, will move south to north; tentative project end date of October 5;

Monday, September 13 at 1 p.m. – CEPD board meeting, 'Tween Waters Island Resort and on Zoom;

Monday, September 13 at 5:01 p.m. – CEPD budget hearing #1, "Ding" Darling Room, 'Tween Waters Island Resort;

Tuesday, September 14 at 9 a.m. – Captiva Community Panel meeting via Zoom;

Thursday, September 23 at 5:01 p.m. – CEPD budget hearing #2, "Ding" Darling Room, 'Tween Waters Island Resort.

For information about the CEPD events, go to www.mycepd.com or call the district at 472-2472. For information about the Captiva Community Panel, go to captivacommunitypanel.com or email captivacommunitypanel@gmail.com.*

From page 31

Interns

excited to grow in my research experience so that I can further advance the growing field of wildlife conservation medicine and the One Health initiative."

"At CROW thus far, I have particularly enjoyed working with the gopher tortoises, they have such individual personalities and attitudes," said Dr. Kellow. "CROW has a significant caseload and already my medicine and surgical skills in wildlife and exotic species have improved exponentially. I did an operation to remove a fish hook on my second day here, who knows what else is in store. My ultimate goal is to be able to practice clinical veterinary medicine in an AZA accredited zoological facility and be involved in both local and international conservation efforts of native fauna and flora."

To learn more about internships and externships offered at CROW, visit www.CROWClinic.org/articles/student-programs.*

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Ribbon-Cutting Held For Local Women's Group

The Sanibel & Captiva Islands Chamber of Commerce held a ribbon-cutting on July 21 at Blue Giraffe 2 for the Sanibel Captiva Business Women's Association (SCBWA). The association was formed last fall.

"As a local organization focused on mentoring, networking and supporting continuing education, I feel it is important to join the chamber of commerce," said Taylor Osborne, president of SCBWA. "Many of our members are small business owners who live and work in our community, making becoming a member of the chamber of commerce a natural step for our organization."

Other officers include treasurer and founding board member Gloria Garrett, secretary Colleen Zurcher-McGauran, and speaker chair and founding board member Mary Bondurant. With a membership of 26, SCBWA holds hybrid meetings on the third Tuesday of the month, offering the option to attend via Zoom or in person at Sundial Beach Resort & Spa. The group is currently conducting a Women in Leadership Speaker series at its lunch meetings, which are open to the public.

On the third Wednesday of each month, SCBWA hosts Tips & Sips, an in-person networking event held at various locations on island. It is also



Chamber representatives with SCBWA members at the ribbon-cutting

photo provided

partnering with Sundial Resort and the nonprofit organization Let's Pink Out to host its first major event, a Pink Flamingo High Tea, on October 5. The collaborative fundraiser will support cancer needs in the community along with SCBWA's continuing education platform. The organization recently awarded its first annual continuing education scholarship to local high school graduate Haley Caponi, who will be attending Florida SouthWestern State College in Fort Myers this fall.

"Like the chamber of commerce, The Sanibel Captiva Business Women's

Association's mission is to positively impact the local business community," said John Lai, chamber president and chief executive officer. "With its focus on education, networking and mentorship, it fills an important role that the chamber fully supports and welcomes."

With more than 460 active chamber members from both islands and 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. For

more information about the chamber, visit www.sanibel-captiva.org or contact Landen Drake at 472-8255 or landen@sanibel-captiva.org.

View Hurricane Seminar Online

The City of Sanibel annual hurricane seminar, presented by the Sanibel Police Department, can be viewed online at <https://www.youtube.com/watch?v=oR52lf-MjK0>.

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Our Digital Selves



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

The New York Times recently published an article entitled What Should Happen to Our Data When We Die?

The focus centered on the use of digital likenesses of deceased actors, athletes and celebrities in newly created movies and other videos. Carrie Fisher and Peter Cushing, for example, posthumously reprised their roles in Star Wars: The Rise of Skywalker only because artificial intelligence is sophisticated enough to construct new scenes.

But these issues transcend the famous. That same article quotes Carl Ohman, a digital ethicist, who estimates that Facebook could have 4.9 billion deceased users by this century's end. Artificial intelligence capabilities therefore represents a huge sociological shift. For centuries, only the rich and famous were documented. Now all of us might be.

From an ethical standpoint, who owns the rights to our emails, online search history, images, likenesses and social media posts? Should we specifically mention them in our wills? Various state laws, Florida's included, detail what rights our beneficiaries have to access these online resources, as do the "User Agreements" we never read but click through in order to transact business on the web.

But what about recreations? In California, for example, digital likenesses are protected up to 70 years following death; in New York, it's 40 years.

What, if any, right to privacy does our estate enjoy? Robin Williams prohibited the use of his voice or likeness for a period of 25 years following his death in 2014. This prevents a user in a state other than California attempting to so profit.

Some individuals are busy creating their own AI selves using apps and services. HereAfter is focused on family history, and for a fee, interviews clients about critical moments in their lives. The answers are apparently used to create Siri-like chat bots. If your descendants want to learn about your first job or early adulthood, they could ask the bot and it answers in your voice!

The New York Times article also mentions Replika, a chat bot app that creates avatars mimicking their users' voices. Last year, Microsoft filed for a patent that combines 3D imagery with chat bot-like voice replication. Imagine Gunsmoke actor James Arness standing outside a steakhouse, urging customers to step in and enjoy a meal there.

I don't know whether artificial intelligence will replicate many of us after our

deaths, but there's certainly a danger. Just as technology can be put to good use, consider how fraud might be perpetrated. I envision an adult child creating a video of a deceased parent explaining how much they disliked a sibling, and why that sibling was written out of a will. Today, the video technology probably isn't good enough to fool anyone, but what about in the decades to come?

There are other scams that may entrap more people. Many have heard about a recent one, where an elderly relative is usually called by a grandchild (but it's not really the grandchild), pleading for money because they're in jail and must make bail. The worried grandparent quickly sends money on an app like Venmo. How many more will fall prey when the voice is an AI version of the grandchild's actual voice? It doesn't fall outside of reason that someone can lift audio files off social media to construct the grandchild's voice.

It's amazing to me how fast the technology improves. It's both exciting and troubling. I'm sure the next Heckerling Estate Planning Conference I attend will include discussions and a review of law over these issues.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✴

Pediatric Eye Care Institute Now Open

SWFL Children's Charities Eye Institute of Golisano Children's Hospital has opened in Southwest Florida. The new eye institute is the largest pediatric ophthalmology office between Tampa and Miami.

"Golisano Children's Hospital of Southwest Florida is committed to providing the highest quality of care to our patients, and we are proud to continually expand our services to meet the needs of the community we serve," said Dr. Emad Salman, vice president of operations and chief physician executive at Golisano Children's Hospital. "This dedicated space is really going to benefit the children in our region."

The SWFL Children's Charities Eye Institute of Golisano Children's Hospital combined and relocated Lee Health's current pediatric ophthalmology locations at Medical Plaza One on the HealthPark campus and Bonita Community Health Center into one centralized building that doubled the space for patients. The increased space will allow the pediatric ophthalmology team to continue to grow and serve even more children and adolescents

throughout Southwest Florida. The new space has 14 exam rooms, specialized pediatric equipment and colorful designs modeled after Golisano Children's Hospital of Southwest Florida. It is dedicated to treatment and exams for visual disorders in children. Some of the conditions that are treated include eye muscle disorders, amblyopia (lazy eye), retinopathy of prematurity (often called ROP), ptosis (drooping eyelid), nasolacrimal duct (tear duct) obstructions and strabismus (abnormal alignment of the eyes).

"My patients are truly the 'why' behind why I do what I do. To have an office dedicated to treating eye conditions in children is amazing," said Dr. Jessica Kovarik, pediatric ophthalmologist. "All the additional rooms will allow my colleagues and me to see and treat even more patients in Southwest Florida."

Golisano Children's Hospital of Southwest Florida is grateful for the partnership and support from SWFL Children's Charities and all participants in the SWFL Wine and Food Fest, which funded the new pediatric eye institute.

The new eye institute is located at 11390 Summerlin Square Drive, near the intersection of San Carlos Boulevard and Summerlin Road. For more information, visit www.leehealth.org.✴

How's The Market? Ask Ann

Special Offer for Buyers & Sellers Continues! No Catch! 4.5% Commission.

For several weeks, I have commented on our lack of Inventory on Sanibel. Currently, there are only 31 Homes, 15 Condos and 14 Lots for sale. Compared to a "normal" inventory, we are down over 85% in listed properties to sell. To give context, the average sales price of a home sold through July of 2020 was \$957,613. This year, the average price is \$1,299,737. A percentage increase of 26%.

In my experience, there will be a time when these increases end and the market adjusts.

Low inventory, low interest rates, higher stock prices and the attraction of a "Sanibel" lifestyle have kept our "boom" alive. It seems to me that it may be a good time to sell. You can never go wrong making a profit! Give me a call for a confidential discussion.

Ann Gee
Broker/Owner

**8 Closed Sales Going Back One Week
5 Homes & 3 Condos**

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915 Fitzhugh St. - \$675,000	718 Gopher Walk Way - \$1,600,000
5100 Sea Bell Rd. - \$900,000	852 Birdie View Point - \$1,625,000

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

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15867 CAPTIVA DRIVE



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Frankly Speaking



by Howard Prager

Teams were in two categories at the Major League Baseball trade deadline: those that wanted to strengthen their club for the stretch run with the likelihood of them making the playoffs, and those

that realized they weren't going to make it and wanted to get something for their star players and those whose contracts were expiring after the season. For example, the Twins, Cubs and Nationals were among the sellers, the Dodgers, Yankees and Blue Jays were among the buyers. The Cubs have now dissembled most of their 2016 World Series team, with the trading of Rizzo, Bryant and Baez, along with Craig Kimbrel the best reliever in the league. What's remarkable is the trio homered in their first games for their new teams (Yankees, Giants and Mets) respectively. The Nationals traded eight players – one-third of their team – sending All-Star starting pitcher Max Scherzer and shortstop Trea Turner to the Dodgers. The Twins sent ageless DH Nelson Cruz, who was in his final contract year, to the Rays. The Blue Jays sent Austin Martin and Simeon Woods Richardson to the Twins for starter José Bérrios. “We were setting a high bar for a lot of these

(Bérrios) conversations,” Twins president of baseball operations Derek Falvey said. “We were telling teams what it would take to acquire a player of José’s caliber. And if they wanted to have that conversation, we would engage. Martin, in particular, is the type of prospect rarely made available in trades, let alone in midseason deals. Martin was ranked by Baseball America as the No. 2 prospect in last year’s draft class. The Blue Jays selected him fifth overall. Baseball America, MLB.com and The Athletic each ranked Martin as a top-25 global prospect this spring.” According to *The Athletic*, Martin becomes the Twins’ top prospect.

Marcus Thompson of *The Athletic* and others wrote about Simone Biles pulling back from most events in the Olympics. *Tennis* magazine and others wrote about Naomi Osaka. Both faced the same demon – mental health – and took timeouts on the biggest of stages, the Olympics, the French Open and Wimbledon. Thompson writes, “This really comes down to courage, this idea of persevering through adversity. It is refusing to be thwarted by pain, doubt or opposition. We celebrate those who triumph through adversity. Michael Jordan’s “Flu Game” when he dominated despite food poisoning. Brett Favre producing an all-time gem while grieving the death of his father. Skylar Diggins-Smith playing a WNBA season while pregnant. Kirk Gibson hitting a World Series game-winning home run when he could barely run.”

People all have their thoughts about Simone Biles’ decision to pull out of the

gymnastics team final and several individual events. She did come back for the balance beam. Biles’ said: “I was fighting all those demons. I just don’t trust myself as much as I used to Never felt like this before.” With all the upside down twists and turns, it’s also dangerous when you have the “twisties” and disorientation between up and down.

Thompson continued, “what was surprising was that the same woman who dares the most daunting routines, who dominated the World Championships with kidney stones, who competes in gymnastics on broken toes and pushes through physical injuries was stopped in her tracks by this.

“Maybe what we’re learning from Biles and from Naomi Osaka, and from a host of NBA and NFL stars, is that this is all too much, even for the top gladiators. Sports’ culture dictates that Biles and Osaka were supposed to power through the doubt, face the anxiety and deliver us a moment for which we can endow them with that special honor we bequeath to the courageous. But what Biles and Osaka did was look right in the face of a foe we all know well. Maybe one day, we will look back at this moment as an important one in an era when athletes are reclaiming their right to be something more real than just invincible gladiators. Maybe their candor about the anxiety of their life, in this world driven by social media and the 24-hour news cycle, is necessary for us to rethink our culture” and our expectations.”

There are so many good news stories coming out of the Olympics that I’ll be

sharing them at least through the month of August. Today’s story is about a new high for the Olympics, two Gold medal winners in the men’s high jump. Qatar’s Mutaz Essa Barshim and Italy’s Gianmarco Tamberi, each cleared 7 feet, 9 ¼ inches. Both missed the next level, and were asked if they wanted a one jump playoff? No, they wanted to share the gold where they both medal. The high jump and pole vault are the only two Olympic sports where this could even happen. The backstory is what made this most compelling, as shared by Andrew Nelles of *USA Today Sports*.

“Barshim and Tamberi have been friends for more than a decade, after meeting at the world junior championships in 2010. “In the track, we are opponents, but still supporting each other,” said Tamberi. They were always friends but also became each other’s biggest supporters when each tore ligaments in their ankle, Tamberi before the 2016 Olympics and, in 2018, Barshim suffered a similar injury. It’s happenstance that they happened to fall short of clearing the same height, on the same number of attempts. Both said by sharing the gold, they hoped it would send a message, that sports doesn’t have to be cutthroat, that winning doesn’t need to come at the detriment or emotional devastation of another.” What an uplifting message to share.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✴

Appraiser To Discuss Trends In Property Values

The latest trends in property values in Southwest Florida will be explained by Lee County Property Appraiser Matt Caldwell at the Real Estate Investment Society (REIS) luncheon meeting in the Osprey Room at the Pelican Preserve clubhouse on Tuesday, August 10 at 11:45 a.m.

Caldwell is also expected to report on advances in information technology for online mapping and property reports, and how real estate professionals can access and use the information. Following the presentation, he will respond to specific questions from the attending real estate development and investment professionals.

Caldwell was elected as Lee County property appraiser in 2020. He began his career as a real estate appraiser while he was a student at Florida Gulf Coast University, then joined Maxwell Hendry Simmons in 2004, where he remains of counsel. He was a member of the Florida House of Representatives from 2010 to 2018, serving on and chairing several committees including: tax policy, redistricting, insurance and banking, agriculture and natural resources/public lands, transportation and infrastructure, and oversight of government operations.

Admission is \$30 for members and \$40 for guests, which includes lunch.

The meeting is sponsored by RWA. Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information or to register, visit www.reis-swfl.org.✴

New Pickleball Instructor At Sundial Resort

Sundial Beach Resort & Spa has added Peter Redpath to its Court Sports program.

Redpath joins the resort as a certified IPTPA Pickleball Professional providing instruction to resort guests, island visitors and the local community. Prior to discovering pickleball, Redpath played competitive tennis and platform tennis, and was a national title holder.

“Pickleball is a very social and enjoyable racquet sport,” said Redpath. “Everyone can participate and enjoy play at any level. Just pick up a paddle and have fun.”

Sundial Beach Resort & Spa has been recognized as the Best Pickleball in Southwest Florida and offers private lessons, group clinics and membership options. The Sundial courts are also home to several annual camps and tournaments, and are open to the public. For more information on Sundial’s pickleball program, call 395-6037.

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

Blood Donations Urgently Needed

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

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.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. Donations can be made at one of Lee Health’s blood centers to help save lives. Visit www.leehealth.org/our-services/blood-centers for more information.✴

SPORTS QUIZ

1. True or false: Motorboat racing was a medal sport contested at the 1908 Summer Olympics in London.
2. What country won Olympic gold medals in baseball in 1992, ‘96 and 2004?
3. Name the East German female swimmer who won four gold medals at the 1976 Summer Olympics in Montreal and was later found to have been administered steroids by team doctors.
4. Who was head coach of the U.S. Olympic men’s basketball team that managed to win only a bronze medal at the 2004 Summer Olympics in Athens?
5. What martial-arts arena in Tokyo was built for the 1964 Summer Olympics and has hosted musical acts such as the Beatles, ABBA, Bob Dylan and Eric Clapton?
6. Name the U.S. female gymnast who suffered an ankle injury and was carried to the medal podium by coach Bela Karolyi at the 1996 Summer Olympics in Atlanta.
7. What was the name of the E! reality TV show starring U.S. Olympic swimmer Ryan Lochte that aired briefly in 2013?

ANSWERS

1. True. 2. Cuba. 3. Kornelia Ender. 4. Larry Brown. 5. The Budokan. 6. Kerr! Strug. 7. What Would Ryan Lochte Do?

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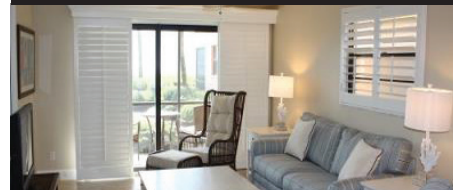
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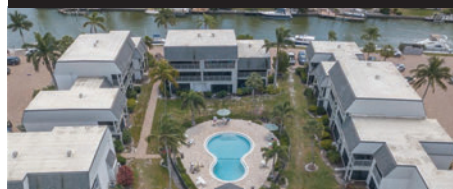
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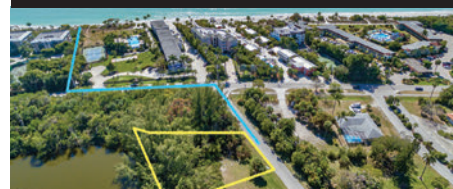
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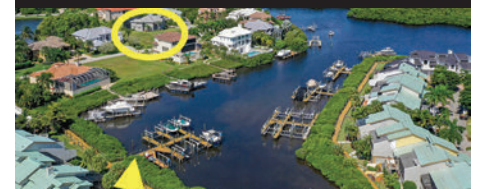
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Health First

Five Ways To Enhance Concentration



by Julie Rosenberg, MD

Concentration is the mental effort you direct toward whatever you're doing or learning in the moment. Our concentration can vary day to day or even hour to hour.

Common factors that impact our ability to concentrate include environmental distractions, interruptions by co-workers or family members, and social media notifications.

As people age, they often experience more difficulty concentrating and more forgetfulness. Lack of sleep is a big factor that negatively impacts concentration across all age groups. Mental health disorders such as anxiety and depression affect concentration. Concussions or other head injuries can also affect concentration and memory.

We've all had times when we wish that we could increase our ability to concentrate, such as when preforming a challenging task or taking a test. Here are five proven ways to enhance concentration:

1) Brain-training games – Playing certain types of games can significantly help to improve concentration. These include: chess, crossword puzzles, sudoku, jigsaw puzzles, word searches or scrambles.

Engaging in brain training games can also help you to improve short-term memory, as well as processing and problem-solving skills.

2) Improve your sleep – Most adults need seven to eight hours of restful sleep per night. Chronic sleep deprivation disrupts concentration and other cognitive functions, such as memory and attention. Sleep deprivation also affects your mood.

Here are five tips to improve your sleep.

Stop using electronic devices at least one hour before bedtime. The blue light from electronic screens suppresses your body's production of melatonin, an important hormone for sleep.

Keep your bedroom at a cool temperature.

Avoid drinking caffeinated beverages in the afternoon or evening. The stimulant effects of caffeine can take six to eight hours to wear off.

Develop a relaxing bedtime routine – take a warm bath, listen to soothing music, or read a book.

Go to sleep and wake up at the same time each day, even on holidays and weekends.

3) Keep active – Moderate physical exercise can help to protect your brain as you age. How? A study in older adults supported by the National Institute on Aging showed that one year of vigorous

walking (40 minutes per day, three days per week) could help to curtail age-related brain atrophy. That's good news – our brain remains modifiable as we age.

Other studies have shown that daily physical activity supports improved concentration and attention at any age.

4) Meditate – There is a significant amount of scientific data to show that meditation improves your brain's performance. Within the realm of enhanced performance, meditation can lead to increased concentration, as well as enhanced focus and attention span. Even five to 10 minutes of daily meditation can help to improve these skills.

5) Improve your diet – The old adage, "you are what you eat," is true. Did you know that the foods you eat can affect cognitive functions like concentration and memory? Here are some of my favorite foods that can help to boost concentration and keep your brain healthy.

Fatty fish such as salmon, trout, herring and sardines are rich sources of omega-3 fatty acids. Your brain uses omega-3s to build brain and nerve cells. Omega-3 fatty acids are essential for learning and memory function.

Blueberries and other deeply colored

berries deliver anthocyanins, a group of plant compounds with anti-inflammatory and antioxidant effects. Antioxidants act against both oxidative stress and inflammation, both of which contribute to brain aging and neurodegenerative diseases.

Broccoli is rich in antioxidants and high in vitamin K, a fat-soluble vitamin that is essential for forming sphingolipids, a type of fat that's densely packed into brain cells.

Eggs are a good source of several nutrients tied to brain health, including vitamins B6 and B12, folate and choline.

In conclusion, if you struggle with concentration, I have offered five useful ways to help enhance your concentration skills. If your difficulty with concentration is accompanied by other symptoms, such as significant memory loss or impairment in overall cognition, contact your healthcare provider.

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

Lee Health Offering Free Virtual Care Visits

As the current wave of the coronavirus continues to spread across Southwest Florida, Lee Health is making its Lee TeleHealth service free until further notice. The normal cost of a visit is \$49. Lee TeleHealth connects patients directly with a physician or advanced provider and is available 24/7.

If you have COVID-like symptoms, the provider will be able to evaluate the severity of your symptoms and make recommendations for testing, isolation and symptom management. They are also able to write prescriptions and make additional referrals as necessary.

Lee TeleHealth serves as a convenient alternative to an urgent care clinic or emergency department if you are not facing a life-threatening situation. Anyone experiencing severe COVID-19 symptoms, including difficulty breathing, should seek emergency care immediately.

"Southwest Florida is currently a hotspot for COVID-19, and we are seeing

the ramifications of this current wave of the coronavirus throughout our entire health system," said Kris Fay, chief officer of population health and physician services at Lee Health. "Lee TeleHealth is a great first option for someone concerned about COVID symptoms or exposure who doesn't need emergency care. We hope that by making it free that our community will utilize this resource, which will help preserve our resources in the emergency departments for those experiencing a medical emergency."

Patients using the telehealth service can seek treatment and receive a prescription for a variety of conditions, including cold and flu, sinus infections, rashes, pink eye, headaches, urinary tract infections, allergies, cough, and sprains and strains.

Every visit is encrypted to protect private information, and patients can expect the same level of care they would receive in a traditional doctor's office. For current Lee Health patients, TeleHealth visits are added to their health record to ensure continuity of care.

Lee TeleHealth can be accessed from the Lee Health mobile app, by downloading the Lee TeleHealth app on your smartphone or tablet, or by visiting www.leetelehealth.org from a computer.*

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dearRPharmacist

Surprising Benefits Of Cilantro



by Suzy
Cohen, RPh

Dear Readers:

When you think of fresh cilantro, what comes to mind? Is it guacamole, tacos or other Mexican cuisine? You may be surprised, but cilantro can be used in everything. It's a delicious herb with medicinal benefits galore. In America, cilantro refers to the leaves, which look a little bit like a parsley bunch. I always have to squint to make sure I'm grabbing the right one at the grocery store. But the seeds of this plant are called coriander and so both names are used for the respective spices. And even more interesting, did you know that consumers have been pushing for antibiotic-free chicken and cilantro is used as one herbal antibiotic? That's how strong the anti-microbial effects are!

Cilantro is rich in carotenoids, as well as quercetin, kaempferol, apigenin and rhamnetin. This simply means it provides excellent antioxidant power to clean up your body like a cellular Roomba. Plus, because it's green, the chlorophyll you consume from it acts as an excellent detoxifier. More on that momentarily.

It's rare but true, that some people find the smell and taste of cilantro quite foul. That's because they have a cilantro SNP in one of their "smell genes," the olfactory receptor OR6A2. Polymorphisms in this specific gene cause some people to hate the herb, but again it's rare. Still, some people are going to hate it. That's too bad because there are tremendous medicinal benefits from cilantro. Here are the top three

surprising medicinal benefits of cilantro:

Chelation – Cilantro is useful for gentle chelation and detoxification of heavy metals from the body. These metals get into your bloodstream if you eat certain foods processed with metals, or are exposed to environmental pollutants, contaminated water, old dental fillings, household chemicals, smoking and more. While cilantro can't remove all metals, nor does it prevent any disease, it is still widely revered for its detoxification capabilities and there are studies to prove that.

Bone Building – Cilantro is one of the best herbal sources for vitamin K, which helps put calcium back into your bones by shuttling it out of your bloodstream. We also know that cilantro is a great source of minerals which are also needed for strong bones. It contains calcium, of course, but also potassium, iron, magnesium and manganese.

Seizures – Epilepsy is a serious condition that requires proper treatment by a qualified practitioner. Traditional medications often included those in the category of anti-convulsants and tricyclic antidepressants. But what about an herb like cilantro? The therapeutic action of cilantro comes as a surprise to most, however, it is proven and in my professional opinion, it is a promising adjunctive therapy to controlling seizures along with conventional treatments.

My article refers to eating the fresh herb, which you can buy at any supermarket, so I am uncertain if pills and extracts (i.e., cilantro supplementation) are right for everyone. Please ask your doctor or pharmacist before taking dietary supplements of cilantro to be sure they are right for you. If you would like additional information, subscribe to my free newsletter at www.suzycohen.com

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

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I recently flew to my girlfriend's to celebrate her birthday. Several other friends came too. I ended up paying all of the expenses (they think I am rich because my parents have

money), and I feel very taken advantage of. I would like to request they pay me for their share. Is this appropriate?

A: Not only is it appropriate to request they pay you, it was inappropriate of them not to offer to pay you before you ended the special weekend. Most likely, this was an expensive tab and the other girls should have realized that you carrying the whole tab is not right no matter what anyone's socio-economic status is. They all made a conscious choice to attend the birthday weekend, and it is up to each of them to step up to the plate and pay you their portion of the expense. It would be very appropriate to call or text each of them and tell them exactly what they owe, and perhaps the best way to pay is through Zelle or Venmo, that way you can get your money right away.

For future reference, when you all meet up again for a celebration, perhaps

you can come to terms with everyone putting in their equal share up front to avoid future delay of payment. This seems the logical way to handle a situation that could be avoided before you leave town with all the expenses on your plate.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

Adoption Discount For Dogs

The dog adoption center at Lee County Domestic Animal Services (LCDAS) is approaching capacity, so the adoption fee for all dogs more than 30 pounds is reduced to \$20 this month.

The adoption fee for all pets includes spay/neuter surgery, age-appropriate vaccinations, flea treatment, deworming, heartworm test for dogs 6 months or older, feline AIDS and leukemia test for cats, a Lee County license for pets 3 months or older, microchip pet ID and a 10-day health check. The total adoption package is valued at more than \$600.

Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at the shelter, located at 5600 Banner Drive in Fort Myers. To view pets and submit adoption applications online, visit www.leelostpets.com.

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Doctor and Dietician

Love Your Neighbor



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

Most likely many of us grew up hearing these words, “Love your neighbor as yourself” or “Do unto others as you would have them do unto you.” We all love hearing beautiful stories of someone who goes out of their way to be kind to another person. We should be those people.

For some reason, much of the world has become inward-focused and self-centered. When walking the beach, how many times do you see people with their heads down scrolling on their phones? Is anyone out there paying attention to other people? Or are we just too busy in our own worlds, often not noticing anything going on around us?

Last weekend, we heard a window-shattering thunderclap. Did you know

that a couple was struck by lightning on Nerita Beach that afternoon? Thankfully, bystanders began CPR in an effort to save them. What if nobody paid attention and kept on walking?

At our office, we encourage our team and providers to discover new things, think outside of the box, try something new, investigate the “why” behind various treatments. If we remained status quo, we would not have discovered the things we now use to help patients from all over the world.

If we just hang with people of similar viewpoints, interests, or beliefs, then we do not grow and we become isolationistic. We ask, “who is your neighbor?” Yes, our neighbors are the people living near us, but they are also other people we encounter through life. Take time to learn something from someone who is different than you are.

If you are a Bible-reading person, check out the story of the good Samaritan where a man is beaten by robbers and left for dead on the side of the road. Some people who were leaders in the community walk right by him, yet finally a Samaritan (someone vastly culturally different than the man lying in the road) stops to help the victim. He had nothing to gain but just showed mercy and love. In this crazy world we live in, we want to encourage you to remember that love is the answer.

Loving others not only helps others, but it helps us as well. We are happier, more joyful, kinder, less stressed, and our hearts are stronger and bigger.

How do you love your neighbor? First, let’s look around! Observe the needs of

others versus being so caught up in the world of self. See, really see, people. Ask questions. Stop talking and start listening. Show compassion. Be responsive. Even if the opportunity arrives at an inopportune moment, put your needs aside for someone else.

Our small group has been taking some time to put love into action, providing a movement of hope to those around us – people we know or people we don’t know. Chose something specific to help others each month. For example, one month, help students... another month, help teachers. Provide food in the form of a food bank donation or cook a meal

for a busy family. Help a needy person fix something or do a project around his/her home. Wash a friend’s car. The ideas are endless. Even beyond this, let’s look up and speak and smile at one another. Offer a kind word.

If each of us did this, what a better place the world could be, right?

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

Beautifulife: The Audience



by Kay Casperson

Our lives are like a production: a play, a movie, a sitcom, a series. A drama, a comedy, a mystery, call it what you will. We could write a book eventually about the ups, the downs, the learning experiences and the takeaways. But, along the way, people are watching this all play out.

Yes, there will be good times and bad. Easy and hard times. High and low times. And, regardless of where you find yourself at any moment, there will always be an audience. So, let’s take a moment to talk about the quality of that audience and how you can get the most out of your production called life.

Do you have your biggest cheerleaders and motivators in the front row? Or are they sitting somewhere on the balcony or at a distance where it’s hard to hear them cheer for you?

Who is sitting in the front row of your life’s performance? In other words, who are you surrounded by daily? Is it people that believe in you, support you and inspire you? Or is it people who take up the seats of those who would do a better job at that?

Seriously, we need to take a closer look at this daily. There will always be people that want to be around you for whatever reason. Maybe it is because they genuinely cherish your friendship or relationship.

Maybe they do care about you and enjoy the best for you. But, unfortunately, there could be something that motivates them in a completely different way.

As you know, I am a big believer in the importance of motivating and inspiring others to be better and to be their best version of themselves every day. I am extremely cautious about choosing my audience. I decide who gets the front row (my biggest cheerleaders), the back row, and the balcony (my most prominent critics).

I encourage you to take a look at your production today and your life today. Who have you allowed to be in the viewing of your most significant show? You are responsible for placing them where they belong, from the front row to the back row, and even to the balcony. From the biggest supporters and most prominent cheerleaders to people that need to be there, but you don’t necessarily want to hear from them at times.

Sometimes, individuals feel obligated to put people in the front row because of the relationship. Whether it is family, a friend, a co-worker or an acquaintance, remember one crucial thing. You are in charge of your production, and you get to pick the audience and where they sit.

My affirmation for you this week is: “I will choose wisely the audience that gets to view my exclusive production called life.”

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

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PREPARED BY CRAIG R. HERSHEY, Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA

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Fire Department, Captiva	472-9494
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Florida Highway Patrol	278-7100
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Naples Philharmonic.....	597-1111
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CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
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CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
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Lions Club, Jeff MacDonald.....	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
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Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
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Sanibel Youth Soccer.....	395-2040
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United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 47



"Announcing Mrs. John Weebly, to
_____ a cup of caviar."

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!

Awry
WAKES _____

Somber
MOOSER _____

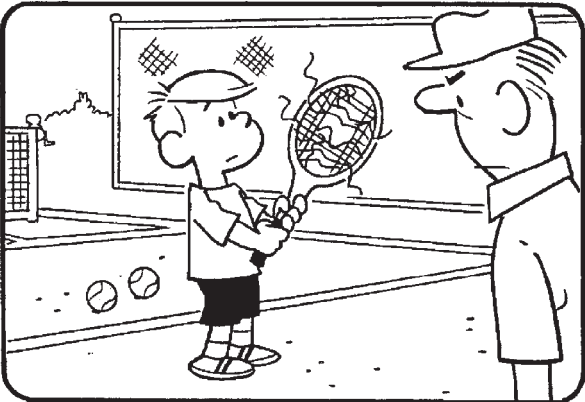
Root
BRUTE _____

Dismay
LAMAR _____

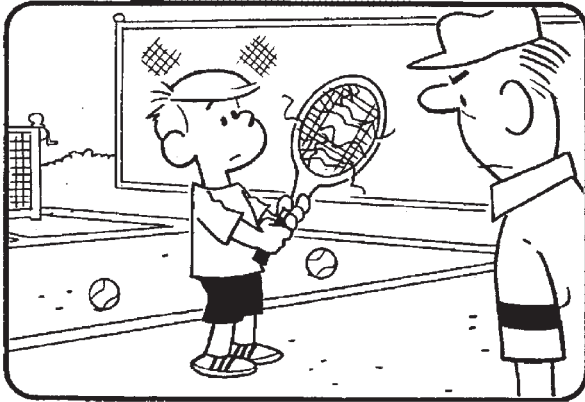
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. String is missing. 2. Ball is moved. 3. Sleeve is different. 4. Hedge is smaller. 5. Sneakers are different. 6. Socks are missing.

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

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

I WILL GO ON

- ACROSS**

1 Pagan belief

6 Shortly

12 Refuses to comply with

20 Bubbling over

21 Not end on schedule

22 She played Natalia Boa Vista on "CSI: Miami"

23 Warming up a 24-ounce Starbucks drink?

25 Corded phone connection

26 See 11-Down

27 Beijing-to-Taipei dir.

28 Indian-language word meaning "lower limbs?"

29 Greek dawn goddess

30 Car ad abbr.

32 Edison's middle name

34 Go quickly, old-style

35 Put clothes on a raccoon relative?

39 Margarine, old-style

41 Praise highly

45 Gossipy sort

46 Pea keeper

47 Shiny gray wrist bones?

50 Bagel option

52 Non-paper money

54 Defeated in a footrace

55 Countrified

58 "Right on!"

59 Echo

60 "That South Asian yogurt drink is my favorite!"

64 Strip race

66 Anger

68 Defiant type

69 Scan for typos and such

71 "Me and Bobby —" (1971 hit)

73 Off-roader, in brief

74 Counterfeit

75 Spatula on a Hawaiian porch?

77 Noontime nap

80 Ring match

82 Singer Debby

83 Words after many fiction book titles

84 Legions

86 Least vicious

90 Beautiful woman in the Muslim paradise who's destitute?

92 During each

95 Actress — Grace Moretz

96 Really tiny

97 Be worthy of

98 Chariot in which the Bible's three wise men traveled?

100 Fast escape

102 1952 Winter Olympics city

104 Egg: Prefix

105 Foldable bed

106 Pool lengths completed by Hindu masters?

111 "... bug — feature?"

113 Typos and such

116 Geometric plane curve

117 Fight a ruling family of old Florence?

120 Stopped sleeping

121 Tristan's lady

122 Tendencies

123 Anonymous

124 Wood finish

125 Inner tension
- DOWN**

1 Crib outburst

2 "Except after C" lead-in

3 Roughens

4 — Field (Mets' stadium)

5 "Put — on it!"

6 The so-called "Godfather of Punk"

7 Fall mo.

8 Malted drinks

9 Potted dwarf

10 Spy's info

11 Start of an end-of-week cry that's followed by

12 Wrap offerer

13 Sir Walter Scott hero

14 Christian music singer — Patty

15 Classic song

16 Umpire's call

17 Lake that abuts Ohio

18 Egg foo —

19 Gets the idea

24 DEA figure

28 "Barney Miller" star

29 Ben & Jerry's rival

31 "Red Book" Chinese chairman

33 Put in words

36 Go hungry

37 Justice Alito

38 Raiders' stats

40 Lead-in to a holiday

41 Delayed

42 Call into a court of law

43 Cornered

44 Big racket

47 Between solid and liquid

48 Filmmaker Nicolas

49 Tea holder

51 Time stretch

53 Old El — (salsa brand)

56 Top dog

57 Tomb raider

59 Sirius XM medium

60 Lyric writer Gershwin

61 "We'd better skip that"

62 Apparent

63 Mexican hats

65 Broccoli —: Var.

67 Perpetually, to poets

70 Be worthy of

71 1972 Summer Olympics city

72 Christmas Nativity display

74 WWII battle site

76 Unit of bricks

78 "Climb — Mountain"

79 Six, in Sicily

81 Forebodings

83 Yellowfin tuna, in Hawaii

84 Santa —

85 Wrap offerer

87 Deciding (to)

88 One-man bands, e.g.

89 Examine

91 Doe and hen

93 Vainglory

94 Construction bolt installer

98 Many a Utah churchgoer

99 Fish lurer

100 Vilify in print

101 By itself

103 Untethered

106 Time stretch

107 Tot's H2O

108 Composer Khachaturian

109 Create

110 Hip hangouts

112 Showing skill

114 Country's McEntire

115 Yemeni port

117 Part of ACLU: Abbr.

118 Fruity drink

119 Suffix with 31-Down or 93-Down

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

King Crossword

- ACROSS**

1 Mattress option

5 NASCAR advertiser

8 Wild guess

12 Supervisor

14 "Yes — ?"

15 Accidentally

16 Late July babies

17 Since Jan. 1

18 12-year-olds, e.g.

20 Bjorn Borg, for one

23 Salon request

24 Actress Elisabeth

25 Act of contrition

28 Knight's address

29 Piersnickety

30 Fez, e.g.

32 Woo

34 City district

35 BMW rival

36 Follows

37 Mississippi city

40 Venus, to Serena

41 Mine, in Montreal

42 Astaire specialty

47 Scepters

48 Valuable volume

10 Soon, poetically

11 Employer

13 Fill fully

19 Fay of "King Kong"

20 Snake's warning

21 Spinning sound

22 Modern money

23 Joe of "GoodFellas"

25 Talking heads' opinions

26 Spiced tea

27 British noble

29 Ersatz stats

31 Pro Bowl

33 Zedong follower

34 Sushi condiment

36 Ocean motion

37 Fir coat

38 "— a roll!"

39 California city

40 Agile

43 Motorist's org.

44 Silent assent

45 Army rank (Abbr.)

46 Scrape (out)
- DOWN**

1 Watch chain

2 Wall climber

3 Fun and games

4 Dr. Jekyll's alter ego

5 Fax

6 Sleuth

7 Sham

8 Grave

9 Genealogy chart

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

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

- Assets

Audit

Capital

Cash flow
- CPA

Credit

Debit

Income
- Journal

Ledger

Loss

Payables
- Profit

Receivables

Write-off

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FRIDAY
Partly Cloudy
High: 87 Low: 77




SATURDAY
Mostly Cloudy
High: 88 Low: 79




SUNDAY
Cloudy
High: 87 Low: 77




MONDAY
Few Showers
High: 88 Low: 79



TUESDAY
Partly Cloudy
High: 93 Low: 83



WEDNESDAY
Partly Cloudy
High: 94 Low: 85



THURSDAY
Mostly Cloudy
High: 90 Low: 80

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	3:01 am	4:45 am	11:46 am	7:34 pm
Sat	3:19 am	5:33 am	12:31 pm	8:09 pm
Sun	3:31 am	6:20 am	1:14 pm	8:41 pm
Mon	3:42 am	7:08 am	1:57 pm	9:12 pm
Tue	3:56 am	7:58 am	2:42 pm	9:42 pm
Wed	4:13 am	8:52 am	3:30 pm	10:13 pm
Thu	4:36 am	9:51 am	4:25 pm	10:43 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	2:06 am	4:47 am	10:51 am	7:36 pm
Sat	2:24 am	5:35 am	11:36 am	8:11 pm
Sun	2:36 am	6:22 am	12:19 pm	8:43 pm
Mon	2:47 am	7:10 am	1:02 pm	9:14 pm
Tue	3:01 am	8:00 am	1:47 pm	9:44 pm
Wed	3:18 am	8:54 am	2:35 pm	10:15 pm
Thu	3:41 am	9:53 am	3:30 pm	10:45 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	11:54 am	7:37 pm	None	None
Sat	12:54 pm	8:26 pm	None	None
Sun	2:59 am	7:46 am	1:41 pm	9:09 pm
Mon	3:41 am	8:43 am	2:29 pm	9:45 pm
Tue	4:13 am	9:30 am	3:25 pm	10:18 pm
Wed	4:41 am	10:12 am	4:20 pm	10:49 pm
Thu	5:06 am	10:51 am	5:10 pm	11:18 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:11 am	8:01 am	1:56 pm	10:50 pm
Sat	5:29 am	8:49 am	2:41 pm	11:25 pm
Sun	5:41 am	9:36 am	3:24 pm	11:57 pm
Mon	5:52 am	10:24 am	4:07 pm	None
Tue	6:06 am	12:28 am	4:52 pm	11:14 am
Wed	6:23 am	12:58 am	5:40 pm	12:08 pm
Thu	6:46 am	1:29 am	6:35 pm	1:07 pm

PETS OF THE WEEK

Lee County Domestic Animal Services

Bella And June

Hello, my name is Bella. I am a tricolor 10-month-old female terrier mix. I am a beautifully patterned pup with energy that will keep you active and entertained. I am fun-loving and want to play with everyone I meet. I am currently learning some training with the team of volunteers, and I am very smart and learning something new each day. My adoption fee is \$20.

Hi, my name is June. I am a brown tabby 3-month-old female domestic shorthair. I am one of the most curious



Bella ID# A861144
photos provided

little kittens you will come across. I am fascinated with the world around me, and I will mischievously investigate everything. I would do best with another feline friend to play with. My adoption fee is waived.

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



June ID# A873721

My Stars ★★★★★

FOR WEEK OF AUGUST 2, 2021

Aries (March 21 to April 19) A misunderstanding tests the temperament of the sometimes-headstrong Aries. Instead of blowing your top, take time for a pleasant diversion while things cool down.

Taurus (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

Gemini (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

Cancer (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

Leo (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally

welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

Virgo (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

Libra (September 23 to October 22) Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

Scorpio (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

Sagittarius (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

Capricorn (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous

continued on page 46

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From page 44

My Stars

heart, and offer dollops of your love and understanding.

Aquarius (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

Pisces (February 19 to March 20) Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

Born This Week: Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

MOMENTS IN TIME

- On August 9, 1854, Henry David Thoreau’s classic *Walden; or, A Life in the Woods* is published. The book is Walden’s account of his experimental time of simple living in a cabin at Walden Pond in Concord, Massachusetts, starting in 1845. The book sold just 300 copies a year when it was published.
- On August 13, 1878, Kate Bionda, a restaurant owner, dies of yellow fever in Memphis, Tennessee, after a man who had escaped a quarantined steamboat visited her restaurant. The disease spread rapidly, and the resulting epidemic emptied the city. An average of 200 people died each day through September.
- On August 15, 1914, the Panama Canal, the American-built waterway across the Isthmus of Panama, connecting the Atlantic and Pacific oceans, is inaugurated. U.S. engineers moved nearly 240 million cubic yards of

- earth and spent more than \$10 billion in today’s dollars in constructing the 40-mile-long canal.
- On August 11, 1921, author Alex Haley is born in Ithaca, New York. His novel *Roots* (1976) was a fictionalized account of his family’s history, traced through seven generations. It won a special Pulitzer Prize.
 - On August 14, 1935, President Franklin Roosevelt signs into law the Social Security Act, which guaranteed an income for the unemployed and retirees. The Social Security system has remained relatively unchanged since 1935.
 - On August 12, 1964, Charlie Wilson, part of the gang who pulled off the 1963 Great Train Robbery, one of the biggest heists of its kind, escapes from the maximum-security Winson Green Prison in Birmingham, England. Wilson remained on the loose until 1968.
 - On August 10, 1981, Pete Rose of the Philadelphia Phillies gets the 3,631st hit of his baseball career, breaking Stan Musial’s record, in a game against the St. Louis Cardinals. Musial had spent his entire career with the Cardinals, and he was on hand to congratulate Rose.

NOW HERE’S A TIP

- If you’ve lost a zipper pull, you can create a temporary one with a paperclip.
- Remove all of the air from a plastic storage bag with a drinking straw. Slip the straw into the bag and close as much as possible. Then suck any air out through the straw, and quickly pull out and close in a single motion. Your leftovers will stay fresh longer, and foods may stack better in the freezer.
- And speaking of straws, did you know you can use them to curl your hair? Wind sections of damp hair around a plastic straw and secure the ends with a

- bobby pin. Dry in the sun or use a hair dryer on low heat. Remove and spritz with hair spray.
- Here’s an oldie but a goodie. Iced coffee is at its best when brewed with twice the usual amount of ground coffee, because the coffee is diluted by the melting ice cubes. Or use regular-strength brewed ice coffee and serve over coffee ice cubes. They’re easy to prepare: Pour cool brewed coffee into ice-cube trays and freeze.
 - Lemon juice can bring out the flavor of mushrooms. I keep a little spray bottle to keep lemon juice accessible in the kitchen. I find it’s good for all kinds of things, like avocados and apples. I spray the cut side to keep them from browning. It’s also great for salad greens. – TT in New Jersey
 - Make your own camping lamp: Strap a headlamp to a full gallon jug of water. It fills the tent with a soft light, and you can still drink the water.

STRANGE BUT TRUE

- Prior to becoming America’s 38th president, Gerald Ford had a side gig as a model. In 1942, shortly after joining the Navy, he landed an uncredited spot on the cover of *Cosmopolitan* in his uniform.
- Scotland has 421 words for snow.
- Coca-Cola can remove blood stains. Pour a whole can into your wash, along with the blood-stained clothing and your usual detergent, then run a normal cycle. The laundry will come out stain-free.
- “Albert Einstein” is an anagram for “ten elite brains.” Hmm, seems fitting to us.
- Sales data gathered by the National Hot Dog and Sausage Council indicates a strong link between the number of hot dogs and sausages sold at Major League

- Baseball stadiums and their team’s ability to win games.
- Your nose is always visible to you, but your brain ignores it through a process called Unconscious Selective Attention.
 - “Prison Inside Me” is a hotel of sorts in South Korea where people pay to be locked away in solitary confinement for 24 hours. “Jail mates” wear matching uniforms, sleep on the floor in 54-square-foot cells and are forbidden to speak to each other. Meals are minimal – a steamed sweet potato and banana shake for dinner and rice porridge for breakfast. Like any good getaway, the prison stay comes with a souvenir: a certificate of parole upon completing one’s stint in solitary confinement.
 - Who says there’s no such thing as truth in advertising? Nebraska’s recent advertising campaign slogan, complete with T-shirts and coffee mugs, was “Nebraska: Honestly, it’s not for everyone.”
 - Tickling has been divided into two types. Knismesis refers to “light featherlike” tickling, and gargalesis refers to “harder laughter-inducing” tickling.

THOUGHT FOR THE DAY

“There’s something beautiful about keeping certain aspects of your life hidden. Maybe people and clouds are beautiful because you can’t see everything.” – Kamenashi Kazuya

TRIVIA TEST

- Literature:** In which novel did the character Sherlock Holmes first appear?
- Geography:** Where is Area 51 located in the United States?
- Science:** How long does it take for light from the sun to reach Earth?
- Entertainers:** Which actor and

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