

## Social Media Star Raises Awareness Through Fishing

by Kathy Kurtz Ferrari

This isn't just another fish story. And Elliot Sudal isn't just another fisherman. While it may frighten some beachgoers, there are about 15 species of sharks that lurk in area waters and Sudal can often be found fishing for them on Sanibel and Captiva beaches and beyond. He has caught and tagged over 1,300 sharks for research.

Dubbed the "shark wrangler" for his shark handling prowess and amazing muscles displayed on his Instagram – @acksharks – he has become a social media star. He has even been featured on the Discovery, National Geographic and History channels.

At just 30 years old, Sudal is living every thrill-seeker's testosterone-driven dream.



Elliot Sudal takes a blood sample from a shark photos provided

"I've had all these crazy opportunities where it's just kind of through social media," Sudal said by phone from Captiva



Elliot Sudal, left, appears as the "real" shark wrangler on *To Tell the Truth* on June 18

of his Instagram celebrity status, where he has over 125,000 followers and many brand sponsors.

While it's a given that he will be on TV

during Shark Week, Sudal had a unique experience, appearing on June 18 on ABC's *To Tell the Truth*, hosted by

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## CROW Animal Ambassador Saves A Life

A red-shouldered hawk rescued on Sanibel is back in the air after receiving a life-saving blood transfusion from Talon, a red-tailed hawk animal ambassador at the Clinic for the Rehabilitation of Wildlife (CROW).

The injured hawk was rescued near The Timbers Restaurant & Fish Market on June 9 after it was found hiding in the bushes and being harassed by a mob of crows. The finder suspected that the hawk had been struck by a vehicle.

The hawk arrived at CROW's wildlife hospital with blood coming from its mouth and nose. Although no broken bones were found during its examination, the doctors were concerned about bleeding in its lungs based upon x-ray observations. The tested blood sample showed that the hawk was severely anemic, either from trauma or a toxin such as rodenticide.

"It's packed cell volume (PCV), which is the percentage of red blood cells in the blood, was only 10 percent," according to Missy Fox, a certified veterinary technician at CROW. "Ideally, it should be around 30 percent for this species."

A life-saving blood transfusion was needed to help the hawk recover, however, there is no readily available blood bank



Talon, the red-tailed hawk photos provided

for wild birds like there is for humans. Thankfully, Talon, a red-tailed hawk ambassador who has resided at CROW since a wing injury prevented him from being returned to the wild in 2014, was ready to help.

"Talon donated blood, which we took from his leg and for over four hours it was transfused into the red-shouldered hawk," said Fox. "The patient also received an antihistamine and was monitored to make sure there were no adverse reactions to the donated blood."

By the next day, the hawk was looking brighter. After just a couple days, its blood was rechecked and showed its packed



Red-shouldered hawk just a few days after receiving a transfusion

cell volume had increased to 34 percent, back within its normal range. The hawk continued to receive pain medication and treatment from veterinary staff until it was eating on its own and strong enough to be moved to an outdoor rehabilitation enclosure.

By June 23, just two weeks after being admitted to the hospital, the hawk was flying around and veterinarians determined it was fit for release. The hawk was returned to the area it was rescued. As CROW volunteer Jim Columbo opened the box, the hawk took to the air, flew off past the trees and back to its life in the wild.

As a 501(c)3 nonprofit, CROW relies on grants, donations from the public and funds raised through its AWC Visitor Education Center to provide the best care to its patients. CROW's Visitor Education Center recently re-opened to visitors and its wildlife hospital remains open every day to receive and treat injured and orphaned animals in Southwest Florida. By visiting CROW or making a donation, you can help provide medical treatment, food and care for the thousands of patients admitted to the wildlife hospital each year. Donations can be made online by visiting [www.crowclinic.org](http://www.crowclinic.org) or CROW's Facebook page.✪

Health First

# COVID-19: Truths And Best Practices



by Julie Rosenberg, MD

Today marks the inaugural column of *Health First*. I'm Dr. Julie Rosenberg, pediatric oncologist, senior medical advisor and Sanibel resident. My passion is to help people

to overcome personal challenges so that they can achieve and maintain their highest state of wellbeing. There's lots of health-related information out there. This large amount of data, some of which is opinion and not fact, can lead to confusion and overwhelm. *Health First* will distill out the noise and focus on truth and best practices to maintain good health.

My inaugural topic is an update on the SARS-CoV-2 (Severe Acute Respiratory Syndrome-Coronavirus-2) pandemic. A novel coronavirus, 2019-nCoV, was first identified in Wuhan, China in 2019. This strain of coronavirus, known as COVID-19, is implicated in the current global pandemic. To date, COVID-19 has affected over nine million people

worldwide, resulting in over 478,000 reported deaths. More than two million of the cases and over 121,000 deaths have been reported in the United States. The state of Florida, with over 109,000 reported cases and more than 3,200 deaths, is now considered a hot spot. These astounding numbers of cases and deaths continue to rise. Clearly, this is a critical situation which impacts all of us. Let's better understand COVID-19 and how we can best protect ourselves from this deadly virus.

The coronavirus spreads primarily in droplets exhaled in the air that we breathe. The virus can also spread by touching contaminated surfaces. The typical symptoms of COVID-19 are fever, sore throat, fatigue, cough and/or difficulty breathing, coupled with recent exposure. The incubation period following exposure to active infection is approximately two weeks.

However, as many as 45 percent of people infected with COVID-19 have no symptoms, and they may play a major role in the spread of the virus. The high rate of asymptomatic spread supports the need for large-scale testing and contact tracing to combat the pandemic. While testing has increased in the U.S., the increase in cases of COVID-19 far outweighs the increase in testing.

Classical public health measures, including isolation, quarantine, social distancing and community containment, can be used to curb the pandemic.

At the individual level, the following are four best practices that you can

immediately implement (in the event that you are not already doing so) to support yourself, your loved ones and your community:

**Wear a face mask in public places** – Face masks are a type of personal protective equipment used to prevent the spread of respiratory infections, including COVID-19, which is primarily transmitted through droplets. Keep in mind that a mask serves to protect others from the possibility that you are infected, rather than protecting you from others. Many homemade masks are not effective in limiting spread of disease as the mask must cover your mouth, nose and chin, ensuring an effective barrier. I recommend that people wear medical or surgical masks, which fulfill the required criteria for limiting spread and they are meant to be disposed after daily use. The only masks that have been proven protective for the individuals who are wearing the masks are N95 respirators, which are typically reserved for healthcare workers.

**Social distancing** – As discussed previously, COVID-19 is transmitted by respiratory droplets. The virus requires a certain proximity of people for infectious spread, so social distancing of persons will reduce transmission. It's recommended by the Centers for Disease Control that all individuals practice social distancing by maintaining a minimum six-foot distance from other individuals whenever possible and avoiding gatherings that include more than 10 people. There has been disregard for

social distancing among many in Florida, as is evidenced by crowded beaches and public places (hotel lobbies, stores and restaurants). This lack of social distancing is likely a key factor to the increased case number in the state.

**Hand disinfection** – Frequent hand washing with soap, for at least 20 seconds, is recommended to stop the spread of COVID-19. When hand washing is not possible, alcohol-based hand sanitizers can be used for the decontamination of hands. It's important to note that hand hygiene, while an important preventive measure, is insufficient and does not stand alone for control of COVID-19 spread.

**Voluntary home quarantine** – Quarantine is one of the oldest and most effective tools of controlling communicable disease outbreaks. If a symptomatic case is identified in your household, the entire household must remain at home for 14 days. This is thought to decrease contacts outside of the household by 75 percent.

The COVID-19 pandemic is a public health emergency of international concern. As a healthcare leader, I believe that the United States should have a centralized government plan in place and that all countries need a coordinated international effort to most effectively fight this novel virus. In the immediate term, it is necessary for each of us to do our part by following the best practices outlined in this article. At the societal level, we must strengthen the monitoring

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**Or consider not using any rat poisons at all. Instead, seal all entry points to your home.**



Miriam Ortiz with some of the donated bikes

photo provided

## Call For Bikes Pays Off For Local Families

Over the past few weeks, Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab Research Associate Mark Thompson and his son, Yuan, have been contacted by many islanders responding to articles in the SCCF Weekly Wednesday Update and island newspapers with used bikes they wanted to donate to the Gladiolus Food Pantry.

The bikes serve as primary transportation and a good form of exercise for people in the Harlem Heights area

who may not have the luxury of being able to buy a bike.

"When the article was published, we had two bikes at our home bike shop that we were repairing to take to the pantry," said Thompson. "After being contacted by so many generous folks on the island, we now have about 50 bikes that we are working on as quickly as possible."

Billy's Bikes has donated more than 10 bikes and many bike accessories to help them refurbish the bikes.

"Billy's also saw the article and contacted me and have dropped off bikes and parts - they have been especially great," said Thompson.

In the past weeks, they have delivered another 17 bikes to Miriam Ortiz at the food pantry. She has been elated with

the response and is especially grateful to the Sanibel families who saw the original article and contributed food to the pantry.

"Miriam also loved the three-wheeler bike which she plans to use as transportation for older clients coming

to the pantry and shares a big thank you to SCCF and our island neighbors who responded to our request for donated bikes," Thompson said.

To donate a bike or bike parts, text or call Mark Thompson at 239-410-5491.✪

## Fish Caught



Terri Curd

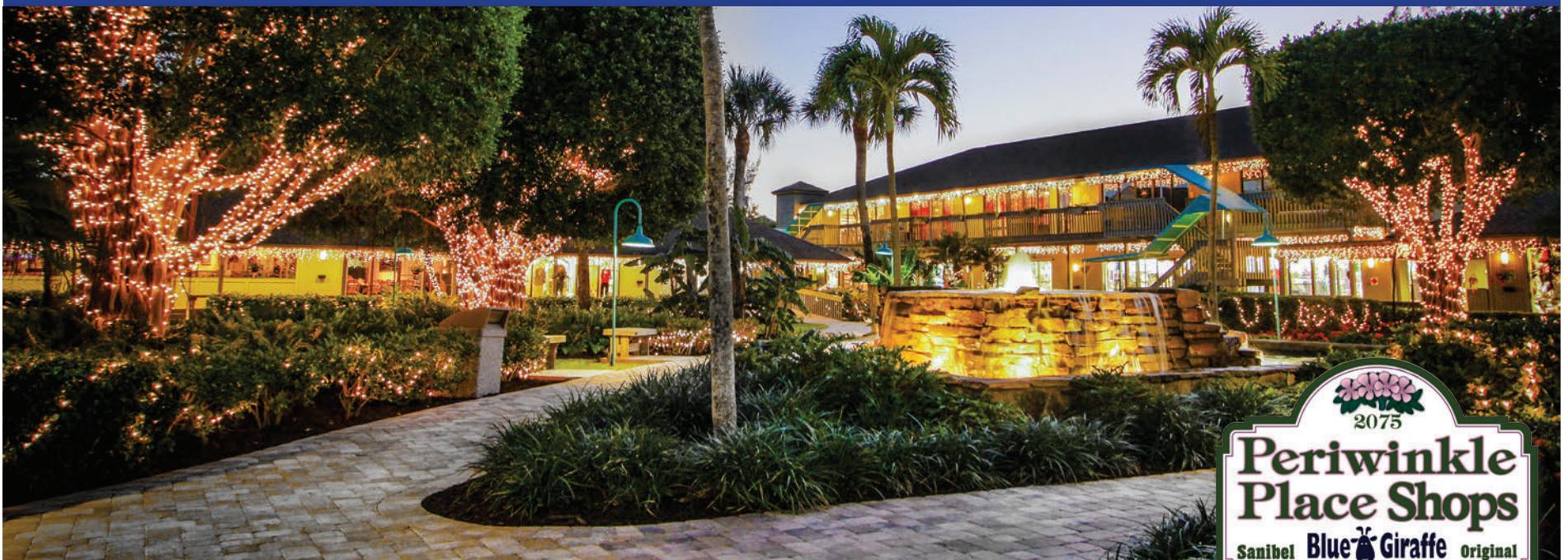
photo provided

Terri Curd caught a large snook off the dock at her home on Lindgren Boulevard on Sanibel on June 24. She was using a small pinfish that was caught on frozen shrimp.

Curd's husband, Dean, also noted a bobcat sighting while he and Terri were riding their bikes at the Bailey Homestead Shipley Trail recently. "Terri saw a bobcat emerge from the woods and stop in the middle of the bike trail with a large iguana in its mouth. Unfortunately, it departed with its catch before she could retrieve her camera," he said.✪

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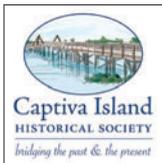


John Norris photo courtesy Captiva Island Historical Society archives

## Looking Back: John Norris

John Norris and his mule picked up mail and passengers from Randall's dock. He lived where Twin Palms is now (pre-1940).

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard



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

Visit the website at [www.captivastrandhistoricalsociety.org/archives/research](http://www.captivastrandhistoricalsociety.org/archives/research) to view many more images to bring you closer to Captiva. ✨

## Churches/Temples

**BAT YAM-TEMPLE OF THE ISLANDS** (Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either [www.batyam.org](http://www.batyam.org) or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ.

Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

**CAPTIVA CHAPEL BY THE SEA** Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 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 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

**FIRST CHURCH OF CHRIST, SCIENTIST** The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

**SANIBEL COMMUNITY CHURCH** Offering a Blended Service at 9 and 11 a.m. through the end of June. Starting Sunday, July 5, Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11

a.m. in Fellowship Hall. View the Sunday Service online at [sanibelchurch.com](http://sanibelchurch.com), 1740 Periwinkle Way, 472-2684.

**SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST** The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

**ST. ISABEL CATHOLIC CHURCH** Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday May through October, 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

**ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH** The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 6 p.m.

[www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

**UNITARIAN UNIVERSALISTS OF THE ISLANDS** Meets 5 p.m. on the second Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. [ryi39@aol.com](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.

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**BIG ARTS Programs and Gallery Manager Lauren Huff accepts the check from Marianne Ravenna on behalf of Tower Gallery** photo provided

## Gallery Donates To BIG ARTS Scholarship

**T**ower Gallery donated a \$2,000 gift toward the BIG ARTS Performing and Visual Arts Scholarship. The Scholarship is awarded annually to high school and college students looking to further their education in the arts. This year, a total of \$10,000 was awarded to three students: Farah Alkhadra, Isabella Sbarra and Emily Schaf.

“Supporting arts in the community is at the core of the BIG ARTS mission,” said Lauren Huff, programs and gallery manager. “It’s great when the community comes together to support these incredibly talented students. We are very grateful to Marianne Ravenna and Tower Gallery for their generous support.”

Tower Gallery’s gift was a result of its successful April auction. This year, the gallery auctioned off a piece by island artist Mary Keough, who was a member of Tower Gallery and displayed her work at BIG ARTS. The proceeds from the auction are donated each year to a different organization on the island. For Ravenna, this year’s donation had a personal connection. “My son was a recipient of the BIG ARTS Visual and Performing Arts Scholarship in 2008

and used the money to attend Berklee College of Music. For me, it’s a special donation that we wanted to give because it’s personal.”

This year’s scholarship was awarded to three gifted students at varying stages of their academic careers. Farah Alkhadra is currently working towards her bachelor of arts degree in art with a minor in English at Florida Gulf Coast University. She plans on using the money on art supplies needed for her classes and is on track to graduate in the spring of 2021. Alkhadra’s goal after graduation is to continue with curatorial work and art conservation in a museum setting.

Isabella Sbarra is a 2020 graduate of Cypress Lake High School and plans to attend Belmont University in the fall. She plans to use the money towards her tuition, and her goal is to learn skills that will root her in the music business. She plans to study music theory and digital audio workstations.

Emily Schaff is in her final semester at Florida Gulf Coast University, where she is pursuing a bachelor of arts degree in art. She plans to use the money towards her senior project and is currently working on proposals for the works she will showcase at the FGCU Wasmer Art Gallery at the end of the fall semester. After graduation, she plans to continue her education and get her master of arts degree in painting.✪

reports. The Florida Department of Health provides no identifying information to the city such as name, age, gender or address of the persons who test positive.

The city’s home page includes a direct link to the Florida Department of Health daily dashboard as well as the statewide statistics released to the city sorted by zip code.

The official sites to monitor for the most current information and to which you may access through direct links are:

City of Sanibel home page – [www.mysanibel.com](http://www.mysanibel.com)

Florida Department of Health – [www.floridahealth.gov](http://www.floridahealth.gov)

Centers for Disease Control and Prevention – [www.cdc.gov](http://www.cdc.gov)✪

## Update On COVID-19 Cases On Sanibel

**O**n June 29, the Florida Department of Health reported the total number of cases of COVID-19 on Sanibel since March 26 is 17. There were three new confirmed COVID-19 positive cases on Sanibel reported on June 26 and one on June 29.

The Florida Department of Health conducts all case and contact tracking; it does not provide the city any additional information than what appears on these



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Kelly Huguenin photos provided

David Schuldenfrei

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## Realtors Continue Efforts To Stock Food Pantry

Last month, the Sanibel & Captiva Islands Association of Realtors challenged its members and affiliate business partners to donate much needed food and/or supplies to the FISH of SanCap Food Pantry. The #sancapFISHfoodchallenge was put together by the communications

and public relations committee of the association, led by chair Kelly Huguenin. The challenge is to gather non-perishable food items and drop them off at FISH or make a monetary donation. Members post a picture on Facebook of the food being dropped off to FISH and nominate three fellow realtors or affiliates to complete the challenge as well. Over 20 realtors or affiliates have accepted the challenge and participated, with hope that more will continue to donate throughout the summer.

"We thought it would be a safe, fun and motivational challenge to help our local community and all the families in need during these trying times. The COVID-19 crisis has changed the world as we know it. We are so very fortunate to have such supportive realtor and affiliate members," said Huguenin. "We are so thankful to the Sanibel and Captiva Islands Association of Realtors for thinking of FISH and pledging to help our community during this crisis," said Alicia Tighe, executive director of FISH. "Summer is always

a busy time for the food pantry, so the contributions from our neighbors have been incredibly important in helping those in need. It's also been a wonderful way to meet lots of our local agents." To learn more about FISH, call 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).

## City Of Sanibel Holiday Schedule

The City of Sanibel administrative offices will be closed on Friday, July 3 in observance of the Independence Day holiday, and will resume regular operating hours on Monday, July 6. Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Independence Day Saturday, July 4, will not interrupt residential normal pickup. However, for commercial businesses, who receive pickups on Saturdays, those businesses will be picked up on Monday, July 6. The normal waste collection schedule will resume on Monday, July 6. If you have any questions, call Advanced Disposal directly at 334-1224. The Sanibel Recreation Center will be closed on Friday, July 3 in observance of the Independence Day holiday, and will resume regular operating hours on Monday, July 6. If you have any questions, call 472-0345. Center 4 Life/Civic Center remains closed due to the COVID-19 pandemic.

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# Masks Now Required In All Sanibel Businesses

by Wendy McMullen

Masks for staff and customers in all Sanibel shops and restaurants were mandated by Sanibel City Council at a special emergency meeting Tuesday. The mandate goes into effect Friday, July 3 at 12:01 a.m. and will remain in effect until council votes otherwise.

Alarmed by three new COVID-19 cases on Sanibel and the growing number of Florida cases, and following advice by the Centers for Disease Control and other medical experts, city council members voted 4 to 1 to require masks in all "places of public accommodation." This includes shops and restaurants but not churches, unless they are rented out for public events.

Seventeen COVID-19 cases have been reported on Sanibel since March 26.

In proposing the legislation, Councilwoman Holly Smith pointed to a recent visit to the Florida Keys where masks are required in public places when under a roof, and the 47 counties and 46 cities in Florida which have mask ordinances.

"We have put out that we really want people to wear masks but many people haven't," she said, referring to the city council recommending that people wear masks inside public places but falling short of actually requiring them. "Now we need to mandate. I look at anyone as a potential carrier and I do not see the downside of it."

"We are a non-partisan island but this has become highly politicized," she continued. "During the water crisis, we had signs reading Republican/Democrat/Water. Now we need signs reading Republican/Democrat/Health."

Councilman Jason Maughan, however, had other ideas, contending that the requirement was unenforceable, infringed upon people's personal rights and would result in turning people against each other.

"The will of the people is what is needed to enforce a law, not the police or code enforcement," he said,

adding that he expected citizens to be responsible for their own safety.

"I'm opposed to this because I wish to follow the state governor and the Lee County Board of Commissioners," he continued. Neither the state of Florida or Lee County requires masks in public places.

"I think the police would find it untenable and I believe in the long run this will do damage to our community," he said. "I laud Richard Johnson, who's proved that you can demand masks and people will follow it, but all businesses are different." Fellow council member Richard Johnson is general manager of Bailey's General Store, which requires masks as a condition of entry.

Johnson commented that he too was a strong proponent of personal responsibility but he didn't think that extended to giving people a choice when they're in a business.

"My personal right extends all the way up to someone else's right to live their life as well," he said. "In the past, we used the strongest possible language and it wasn't enough. We fell short. Masks do make a difference. Washing your hands does make a difference. We don't have a long-term solution. Returning to normal is not going to happen. We're going to have a new normal."

"Personal responsibility is the way we should all be running our lives," agreed Councilman Mick Denham. "Unfortunately, people are not adhering to that. People who live on the island seem to be wearing masks but many of the people who don't live on the island are not. I support the idea of self discipline but it's just not working"

"It's a necessary step to prevent spread of this disease any further," he continued. "I wish we didn't have to do this but I am very much in favor of it."

Three of the other four council members were also in favor with Maughan opposed. Mayor Kevin Ruane was absent from the meeting.

The proclamation regarding masks will be drawn up by City Attorney John Agnew, who reassured council members that they could legislate masks pointing to a Supreme Court decision which required vaccination during the smallpox epidemic in 1905.

"If they can strap a needle to your arm and force you to be vaccinated, you can demand masks," he advised.✱

# Beach Parking Closes Over Holiday Weekend

by Wendy McMullen

Citing fears of beachgoers being unable to distance socially with accommodations full and beaches in other cities closed, Sanibel City Council voted to close all city-owned paid beach parking on Sanibel over the July 4 weekend.

While Lee County beaches remain open, Collier County is closing beaches completely from 11 a.m. to 5 p.m. and beaches on the southeast coast of Florida are all closed. This, some city council members believed, will lead to "a crisis situation" on Sanibel as beachgoers flock to the islands for fun in the sun.

"All our accommodations are full," said Councilwoman Holly Smith, introducing the idea of closing the beaches. "I'm really concerned about our natural resources. I've never seen so many people on the beaches at the eastern end of the island."

This combination of accommodations at close to 100 percent occupancy and an influx of tourists from other areas led Smith and other council members to consider closing the city-owned paid beach parking for as long as the east coast is closed, from July 3 to 7.

The discussion took place despite Councilman Jason Maughan's contention that insufficient notice of the discussion was given to those who might be impacted.

"We have had over 400 emails so this is not a surprise situation," countered Smith. Council now encourages interested parties to email their views rather than attend meetings so that social distancing can be maintained in city hall.

Maughan questioned what the council wanted to accomplish by closing paid beach parking. His contention was that those who used paid beach parking and came to Sanibel just to go to the beach interacted less with residents than those who stayed in hotels and motels and they were therefore less likely to transmit the virus to residents than people who stayed overnight and visited stores and restaurants.

Councilman Mick Denham was clear on

what he wanted to achieve.

"I want to reduce the the number of people on the beach," he stated. "Closing the paid beach parking will allow us to better control the number on the beach and reduce the number of people coming to the island.

"It's a tough job being here," he continued. "But I'm going to listen to the people who put me here and their needs; people who live on the island who make it their home."

Councilman Richard Johnson agreed; "I'm not in favor of closing beaches but we do have an obligation to manage that beach load this weekend. We are in unprecedented times and we need additional tools to manage beach loads this weekend."

Maughan, however, maintained that the net result will be the excision of day trippers who go to the beach, don't interact with others and get in their cars and leave the island. He also said that closing the beach parking will lead to increased illegal parking because once Bowman's Beach parking was full, they would be looking for other areas to park.

"With the bucket and spade in the car, they'll find a place to park so as not to be shouted at by the kids on the way home," he contended.

Despite his objections, council members voted 3 to 1 to close the city-owned paid beach parking lots from Friday, July 3 at 12:01 a.m. to Monday, July 6 at 11:59 p.m. City Manager Judie Zimomra wanted to make it clear that the beaches themselves will still be open, it is just the parking that will be closed. Parking fines have now been increased from \$50 to \$200. One person commenting at the council meeting suggested increasing fines to \$1,000.

"We are not closing the beaches. We are closing public parking," she emphasized. City-owned beach parking lots include Tarpon Bay, Gulfside City Park and Lighthouse Beach.

Parking on Captiva and county-owned Bowman's Beach parking will still be open. Bock Peace Park at the end of Dixie Beach Boulevard and Bayview Park at the end of Bailey Road, along with the boat ramp, will still be open for people with with A and C parking permits.

Permits can be obtained at the Sanibel Recreation Center on Sanibel-Captiva Road.✱

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USPS 18: Bulk Rate permit paid for at Sanibel, FL, 33957.

Postmaster: Send change of address to Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.

Published every Friday for the people and visitors of Sanibel and Captiva Islands.

Distribution: 8,000 - 10,000 per week (seasonal).

Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150 one year, six months \$75 (Allow 3-5 days for delivery).

Prices include state sales tax. Send subscription requests to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.

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The Island Sun reserves the right to refuse, alter or edit any editorial or advertisement.

## Publisher

Lorin Arundel

## Accounting

Mike Terry

## Advertising

Bob Petcher

## Graphic Arts & Production

Ann Ziehl, Manager  
Amanda Hartman  
Justin Wilder

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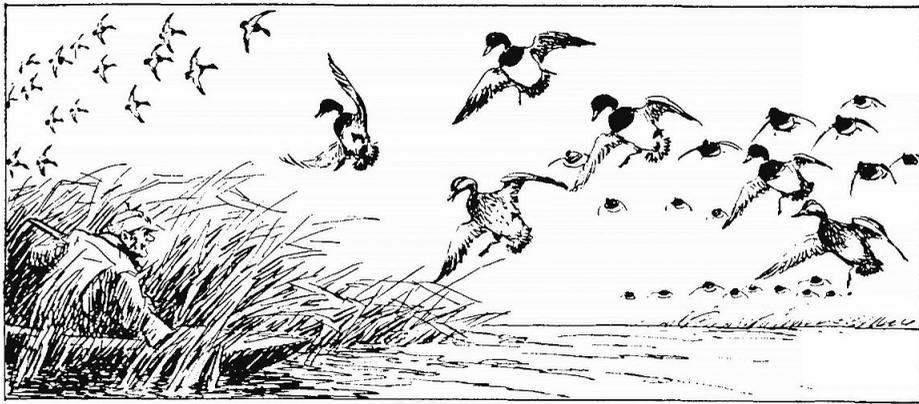
Kathy Kurtz Ferrari  
Wendy McMullen

## Contributing Writers

Kay Casperson	Craig R. Hersch
Constance Clancy, EdD	Dr. Jose H. Leal, PhD
Suzy Cohen	Kealy McNeal
Linda Coin	Capt. Matt Mitchell
Cindy Carter	Trinette Nelson
Marcia Feeney	Howard Prager
Katie Frederic	Geri Reaves PhD
Shelley Greggs	Angela Larson Roehl
Jarred Harris	Julie Rosenberg, MD
Marion Hauser, MS, RD	J. Brendan Ryan, CLU,
Ross Hauser, MD	ChFC, MSFS
Bryan Hayes	Di Saggau
	Jeanie Tinch



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— 1940 —

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## From The Pen Of 'Ding' Darling

In 1930, disappearing habitat, drought and over-hunting had reduced waterfowl populations to alarming levels. Political cartoonist Jay Norwood "Ding" Darling prophetically proclaimed that the disappearance of any species boded poorly for mankind. "As go ducks, so goes man," he liked to say. He titled this cartoon, which published September 19, 1930, *What a Few More Seasons Will Do To the Ducks*. His concern for ducks led him to create the Federal Duck Stamp program in 1934. Since that time, the program has raised funds enough to preserve more than 5.7 million acres of wildlife habitat. The JN "Ding" Darling National Wildlife Refuge pays homage to that legacy with a new, 3D Federal Duck Stamp mural inside the

Visitor & Education Center.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by publishing some of Darling's editorial cartoons.

Through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in *The Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this monthly feature. For more information about the refuge's 75th anniversary celebration, visit [www.ding75.org](http://www.ding75.org).✪

From page 2

## Health First

and reporting of COVID-19. We must continue to work with urgency to develop effective drugs for treatment and vaccines for prevention.

While good progress has been made, the number of new reported cases and deaths continues to rise at a profoundly

alarming rate. Let's all exercise care and good judgment as we go about our daily routines. Together, we will prevail.

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

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Plant Smart

# Rattleweed

by Gerri Reaves

**R**attleweed (*Crotalaria retusa*) is a short-lived perennial introduced to the U.S. from the pantropics about a century ago.

In some parts of the world, the plant is harvested as a food, medicine and fiber source.

But in the U.S., this nitrogen-fixing member of the pea family was to be used as a cover crop in agriculture to suppress weeds and prevent erosion.

It also had ornamental value because of the showy flowers.

Now, it is commonly considered a weed, popping up in sunny dry well-drained locations such as roadsides, disturbed areas and fields. In some states, it is considered a "noxious weed" or an invasive.

The plant is a prolific seed producer, and birds and other wildlife spread the seeds, so it's no surprise that in Florida the plant is naturalized, i.e., sustaining itself outside cultivation.

Fortunately, the bella moth is helping to control its spread by laying eggs on the nonnative *Crotalaria* species as well as the native ones. The plant's poison makes the moths' eggs unpalatable to predators.

This pretty weed grows to about four feet tall, taking an erect form.

The simple, or undivided, alternate leaves are up to about four inches long, generally oblong to oval, smooth and



**Rattleweed, introduced to the state for agricultural use, has escaped cultivation and become naturalized in Florida** photo by Gerri Reaves

hairy on the undersides.

The tips are usually retuse, or notched, thus the word *retusa* in the scientific name.

Golden yellow flowers appear on an elongated raceme, an inflorescence that is an unbranched stem or stalk.

Like many flowers in the pea family, rattleweed's have a standard, or banner,

wings and a keel. Petals often have reddish streaked veins.

The standard, or upper larger petal, resembles a half circle, and the smaller two lower petals are fused and ridged to form a keel.

Short thick oblong pods of about two inches long remain on the plant after the flowers and leaves are gone.

They have an inflated or puffed-up appearance.

The 12 to 20 yellow to brown seeds detach from the pod and rattle when moved, thus another common name, rattlepod. It is also called devil bean.

Like seeds of other species of the genus *Crotalaria*, rattleweeds are said to be toxic, although the cooked seeds are consumed in some Asian locations.

Given the plant's toxicity and invasive potential, it's best to avoid cultivating it, despite its beauty.

Sources: [www.plantsoftheworldonline.org](http://www.plantsoftheworldonline.org), [www.regionalconservation.org](http://www.regionalconservation.org), [www.tropical.theferns.info](http://www.tropical.theferns.info) and [www.upi.com](http://www.upi.com).

*Plant Smart explores the diverse flora of South Florida.\**

## Independence Day At American Legion Post 123

**A**merican Legion Post 123 is celebrating



Independence Day, Saturday, July 4, with free hot dogs all day and live music from 5 to 8 p.m. A meatloaf dinner is on the menu for Sunday, July 5 from noon to 8 p.m.

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

The 9 Ball pool tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a eight-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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. Contact Tim or Randy at 472-9979.

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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**GRADUATION**



Tyler Ulrich photo provided

Tyler Ulrich graduated from Cypress Lake High School. He will be attending Monmouth College. His parents, Patrick and JoAnne Ulrich, stated, "So proud of our 'Boy Wonder' and all of his accomplishments. Tyler is going to study international business and play football at Monmouth. Our nest may be empty but our hearts are filled with pride and love for him." ✨

**Record Number Of Admissions At CROW**



A fledgling mourning dove at CROW photo provided

The Clinic for the Rehabilitation of Wildlife (CROW) admitted its 3,000th patient of 2020 on June 23, three weeks earlier than reaching the same number of admissions in 2019. The patient, a fledgling mourning dove, was rescued in Cape Coral after being attacked by a cat.

As a result of the attack, the bird sustained wounds to its neck and back. The veterinary team cleaned and bandaged the wounds and started the dove on antibiotics to prevent infection from being in the cat's mouth.

"A cat's mouth contains many bacteria which are transferred into the wound, and can result in life-threatening systemic infection rapidly if left untreated," said Dr. Robin Bast, CROW's staff veterinarian.

"The wounds were flushed and cleaned with antiseptic solution, then bandaged with medical-grade honey to protect underlying tissues since the wounds were too large to surgically repair. Daily bandage changes will be required as the wounds heal, and the dove is on broad-spectrum antibiotics."

According to the American Bird Conservancy, domestic and feral cats are responsible for more than one billion bird deaths each year in the United States. Cat attacks on wildlife, like this mourning dove, can be prevented, and you can keep your furry feline safe from diseases, larger predators or a victim of an encounter with a vehicle by keeping it indoors, in an enclosed patio/lanai or leashed and supervised while spending time outside.

It is particularly important to keep cats indoors during spring and summer months when young birds are learning to fly, as they often end up on the ground in the process, making them an easy target.

"Since the bird was brought to us quickly, it has a fighting chance of surviving its encounter with a cat, but many are not so lucky," said Bast. "As a cat lover and wildlife veterinarian, I insist on keeping my own pet cats indoors to protect their health as well as that of native wildlife."

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

wildlife hospital have increased by more than 55 percent.

"The number of patients admitted to our hospital continues to grow year after year," said Alison Charney Hussey, executive director for CROW. "With the ongoing pandemic, the support of our community is more important than ever. As a nonprofit, we rely on grants, donations from the public, money raised through our visitor education center and our fundraising events to ensure we are able to continue to provide excellent medical care to each and every animal that comes through our doors."

To make a donation to CROW, visit [www.crowclinic.org/donate/donate-today](http://www.crowclinic.org/donate/donate-today) or you can donate through CROW's Facebook page. ✨

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# Small Baits Big Fish



by Capt. Matt Mitchell

Everywhere you look in and around the passes we are seeing huge schools of small fry bait. Most of this bait, although too small to cast with, is what the fish are dialed in on. Having a live well full of smaller shiners has been the key to getting in on great action on a crazy variety of fish.

Catching this bait has been as easy as finding diving pelicans over shallow grass flats. Using a quarter-inch mesh cast net after a few minutes of chumming, these

baits rise up and flicker by the hundreds, and its basically one and done. What this bait lacks in size makes up for in numbers. It's mostly shiners, but there are threadfins mixed in. I like to use most of the really small stuff to live chum with. After a few hours, the threadfins die off and sink to the bottom. There is so much of this small bait around that it's easy to catch all day long.

My favorite way to fish these small baits is to downsize the gear to 10-pound test on 2500 series spinning reels. I rig up with a 20-pound leader and a No. 1 hook, making it possible to throw these little baits. Another option is fishing under a popping cork that gives you enough weight to cast these tiny baits a little bit further.

Mangrove shorelines within sight of the passes with fast-moving tides are great places to get started. Chumming some of this bait will quickly tell you how many fish there are. Snook, redfish, jacks and big mangrove snapper have been exploding on this little fry bait.

Grunts and pinfish have remained effective in the passes, although during the heat of the day, it seems the fish are not willing to work for a big meal and rather prefer to snack on this small bait. Our big snook of the week did come first thing in the morning while drifting larger grunts through the passes. While fishing with the Zoha family midweek, nine-year-old Nico caught his very first snook, a 36-inch bruiser, on our very first drift.

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



Nine-year-old Nico Zoha with his first snook, a 36-incher caught while fishing with Capt. Matt Mitchell this week photo provided

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## Sanibel Sea School To Close Summer Camps

As of June 25, Sanibel Sea School summer camps are canceled. After a recent spike in COVID-19 cases and higher positive testing rates in children and teenage populations, Sanibel Sea School decided to not move forward with the reopening of 2020 summer camps.

After canceling all June summer camps and moving to virtual options, Sanibel Sea School announced that it would reopen for in-person camps on June 29. However, out of an abundance of caution, the organization has decided to rescind the opening.

"We must do everything in our power to keep our staff and campers safe and we feel that this is the responsible decision for our community," said Sanibel Sea School Director Nicole Finnicum. "We are saddened that we won't be able to offer our regular camps, but we will welcome our summer campers back with open arms in 2021."

Sanibel Sea School will still offer limited half-day classes, family private sessions and private stand-up paddleboarding sessions as in-person options in July and August.

Half-day classes are three hours long, hands-on, and will involve field trips to the beach every day. Subjects such as dolphins, fish, wading birds, barrier

island and waves will be offered once or twice daily at the flagship campus and the satellite campus at Sundial Beach Resort and Spa.

Day classes for children ages 6 to 13 will be limited to nine participants with one marine science educator leading the group. The school will also offer a limited number of Sea Squirts classes for children ages 4 to 6. These classes will be limited to five participants.

Family or stand-up paddleboarding private sessions will be offered by appointment.

Sanibel Sea School educators will be implementing the necessary precautions to prevent the spread of the virus in their programs and will incorporate social distancing, utilize face coverings and thoroughly sanitize classroom spaces in between sessions.

"We have decided to continue with our half-day classes because we can limit the number of participants in each program and be able to close between sessions to disinfect our spaces and gear," said Finnicum. "With fewer people in our facilities, we will greatly reduce the risk of transmission and exposure for our participants and staff."

You can register for half-day classes online at <https://www.sanibelseaschool.org/sanibel#sanibel-programs>. To schedule a private session, email [info@sanibelseaschool.org](mailto:info@sanibelseaschool.org).

Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.✪

## One Hundred Evenings Of Music At Periwinkle Park

by Wendy McMullen

For one hundred consecutive evenings, musician Augie Thoma has entertained neighbors, friends and hundreds of Facebook followers with music from his porch at Periwinkle Park and Campground on Sanibel.

Thoma started his "Play on the Porch" routine on March 21 after his friend Gene Hasselback asked where the concert that was going to be at BIG ARTS was going to be held now that the center was closed. Thoma, retired music educator for 37 years, is the newly-appointed music director and conductor of the BIG ARTS Concert Band, whose performance had to be canceled because of COVID-19.

Thoma discovered an answer at Twitter's #PlayonthePorch2020, a national and international movement started in Detroit to bring joy to people's lives during the COVID-19 pandemic. He decided to present his own evening concert of songs from the past and present, many of them old favorites like *Take Me Home Country Roads*, *Puff the Magic Dragon*, Jimmy Buffet's *Changes in Latitudes, Changes in Attitudes* and *Keep on the Sunny Side*. Thoma rarely repeats his songs. June 28 marked his 100th consecutive day, but he is now cutting back to Wednesdays only



Augie Thoma playing on his porch for the 100th consecutive day

photo by Wendy McMullen

and special holidays like July 4.

His performance is limited to four pieces and he accompanies himself on guitar or plays saxophone or clarinet. His audience watches from a safe distance, some bringing their own chairs.

Maureen Thoma is the videographer and she posts live performances on her Facebook page, where it is watched by people all across the U.S., Canada and Europe. Maureen reported that he has online audiences of more than 100 people some nights.

The Thomases have lived on Sanibel since 2010.✪

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Shell Of The Week

# Painted Egg Cockle



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

**L**aevicardium pictum (Ravenel, 1861) is one out of three species of smooth-shelled cockles found on our local beaches. The species name (*pictum*, painted) alludes to the typical, very variable pattern of streaks and zigzag markings present on the shell. The Painted Egg Cockle is not as commonly found as other cockle species, probably because it lives in deeper water. The species is found most abundantly after episodes of costal re-nourishment, when sand, mollusks, and other animals from offshore areas are dumped onto local beaches. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.



The Painted Egg Cockle, *Laevicardium pictum*, from Sanibel

photo by José H. Leal

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

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

## Shell Found



Dan Tomlinson photo provided

**D**an Tomlinson of Fishers, Indiana found a horse conch on June 28 while staying at Tortuga Beach Club on Sanibel. He said, "It was lodged in under the sand pretty well. So I reached down with my hand and started fanning the sand around it and the object got larger. I was able to get my fingers around it by diving under the water and was able to pull it up. I could not believe my eyes!"

The shell measures 13 ¾ inches long by 8 ¼ inches wide.✪

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CROW Case Of The Week:

# Downy Woodpecker



by Bob Petcher

The downy woodpecker (*Dryobates pubescens*) is the smallest woodpecker in North America. Its tiny stature allows it to reach food that larger woodpeckers have trouble with,

such as insects living on or in the stems of weeds, even with a short bill. Its color pattern involves black and white, usually in some form of checkered arrangement.

At CROW, a nestling downy woodpecker was admitted from Fort Myers after the dead tree that contained its nest was knocked down. The woodpecker suffered some bruising over its left leg, but was otherwise healthy. Its other two siblings did not survive the fall.

Many times, babies – particularly cavity nesters like this – can be re-nested using a nest box, but since the bruising associated with the fall must be closely monitored, this nestling will remain at CROW.

“The bruising was concerning at first because we didn’t know if it would spread up or down the leg in the following 24 hours,” said CROW Rehabilitation Manager Breanna Frankel. “Luckily for this woodpecker, it stayed concentrated to



Patient #20-3014 is rehabbing from its bruising sustained during a tree fall

photo by Breanna Frankel

one area and did not have any fractures associated with the bruising. It did not require any additional medical attention like pain medication or splinting.”

Frankel said the patient is almost a month old – nearly a fledgling – based on its feather growth and has taken to eating quite nicely.

“It is currently being fed various soft insects, small pieces of berries and a soft insectivore diet. It gets fed every hour right now from 7 a.m. to 7 p.m. and

has a very good appetite,” she said. “As this woodpecker grows and learns to fly, it will be transitioned to an outdoor cage. Over the next three weeks, we will be weaning it off assisted feeds and teaching it to eat on its own. Once it is eating entirely on its own and showing appropriate biological behaviors, it will be released back to the wild.”

According to Frankel, downy woodpeckers start nesting in early spring with peak nesting times between April

and May. “The entire nesting season can range from February to July here in Florida, and some nesting pairs can even have two separate clutches in one season.”

Wildlife officials say that property owners must remember various birds such as screech owls and woodpeckers nest in hollowed-out dead trees. While they may appear as an eyesore in a yard, they provide valuable habitat for the creatures inside. If you have to cut down a tree, try to do it in the fall or very early winter to avoid cutting down trees with babies inside.

“During ‘baby season,’ it’s important to avoid landscape work if possible. Late March to July is nesting season for many songbird species, including woodpeckers,” said Frankel. “Woodpeckers, screech owls and other songbirds like great crested flycatchers utilize cavities in dead trees as their nesting sites. By cutting down these dead trees during the spring, you may be putting the nests of these birds in danger. A fall of even just five feet can cause broken bones, significant bruising and even death in some cases. Though the trees may be an eyesore, they bring an abundance of wildlife that is a sight worth seeing.”

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



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# Nine Sea Turtle Nests Hatch On The Islands

Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan reported nine hatches of sea turtle nests on Sanibel and Captiva as of June 24.

SCCF volunteer Joan Rogers conducted the first loggerhead (*Caretta caretta*) nest inventory of the season on Captiva. Only 27 hatchlings emerged successfully from the first hatch.

"We had a nest with 105 hatchlings that emerged," said Sloan.

Sea turtle nests have an incubation period of about two months. The average clutch size is 110 eggs, but there is a lot of variability from nest to nest.

Sadly, only an estimated one in 1,000 to 10,000 will survive to adulthood.

The natural obstacles faced by young and adult sea turtles are staggering, but it is the increasing threats caused by humans that are driving them to extinction. Today, all sea turtles found in U.S. waters are federally listed as endangered, except for the loggerhead, which is listed as threatened.

Nests typically start hatching in July and the hatching season continues into September or October.

Nest counts surpassed 2019 counts last week.

The total nest count on Sanibel and



Joan Rogers with a loggerhead hatchling photo provided

Captiva combined is 595, with 181 loggerhead nests and two leatherback (*Dermodochelys coriacea*) nests on Captiva; 100 loggerhead nests, three green (*Chelonia mydas*) nests and one leatherback nest on the east end of Sanibel; and 305 loggerhead nests and three leatherback nests on the west end of Sanibel.

Visit [www.seaturtle.org/nestdb/](http://www.seaturtle.org/nestdb/) to keep up with nesting season on a daily basis. To report any issues with nests, nesting turtles or hatchlings, call SCCF's Sea Turtle Hotline at 978-728-3663.\*

# What Are Propagules?

submitted by Sam Lucas

This time of year, you may notice something that looks similar to a large green bean hanging on trees, washed up on the beaches or even floating in the water. Young red mangroves trees, known as propagules, are out in full force.

Mangroves are viviparous, meaning that they produce live young. After pollination occurs, the seeds remain attached to the parent tree. The seeds will then develop (germinate) into propagules before falling off the parent tree. The propagules either remain near the parent tree or will be dispersed with the help of currents and tides to other shorelines. Once the propagules reach substrate, they will then sprout roots and leaves, continuing their growth into a larger tree.

Mangroves are vital to the survival of many different species, including humans. They provide copious benefits, such as erosion control, protection from extreme weather and water quality management. They function as a nursery ground for fish and invertebrates while also creating complex, natural habitats for both marine and terrestrial life.

As propagules fall from trees, they will be collected by Coastal Watch for use at future restoration sites. This past February, Coastal Watch partnered with the City of Sanibel and MANG to fortify existing mangroves along Woodring Road. This section of road is subject to



Red mangrove (*Rhizophora mangle*) propagules photo provided

erosion and shoreline degradation and was in a great need of assistance. Stay tuned for updates on Coastal Watch's mangrove restoration projects.

Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Coastal Watch creates and implements conservation initiatives that promote and improve the future of marine resources and the coastal heritage. For more information, visit [sancapcoastalwatch.org](http://sancapcoastalwatch.org) or contact [coastalwatch@sanibelseaschool.org](mailto:coastalwatch@sanibelseaschool.org).\*

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# Nature Near You Program Focuses On Solar Power

by Nicole Finnicum

The 13th week of Nature Near You, Sanibel Sea School's e-newsletter, featured the power of the sun.

Participants learned all about the sun's energy last week and how it drives most life on our planet. Certain animals, called ectotherms, specifically rely on the sun to regulate their body temperature. These animals that are dependent on external sources of heat include reptiles, like snakes, alligators and tortoises.

These solar powered creatures need the sun in order to warm their bodies, so you'll often see them basking in the sun in the early morning hours. Alligators bask on the water's edge, snakes sunbathe on the bike path and gopher tortoises peek out of their burrows during the day to catch some rays.

Marine Science Educator Kealy McNeal created a reptile checklist and challenged participants to record the reptiles that they see in their neighborhoods. At Sanibel Sea School, we've seen geckos, turtles, tortoises, snakes, anoles and skinks.

After learning about these sun-loving creatures, McNeal shared how participants can harness some solar power of their own. The activity for the week featured solar ovens – a fun project that can be done with just a few items from around the house.



Participants built homemade solar ovens

photo provided

We often think of cooking outside over a fire, but solar ovens use the sun's rays and heat to cook kid-friendly food items like s'mores and solar nachos. McNeal made solar oven s'mores in her backyard in just about 30 minutes. While cooking takes a little bit longer in the solar oven, it is a super fun and eco-friendly project that kids can do in their backyards – and well worth the wait.

Humans and animals alike utilize the sun's powerful energy as a vital resource. We learned how reptiles are so connected to the sun and require its warmth to energize their bodies. It seems that we are not that much different than our reptilian

counterparts – we know that we will be using some solar power this summer as our staff returns to having fun in the sun with our campers.

Nature Near You has finished up for this season. If you missed out on an issue, all of the content can be accessed at <https://www.sanibelseaschool.org/nature-near-you>.

# Hog Roast Dinner Friday Night

The Smoke on the Island hog roast dinner at The Community House will be held this Friday, July 3 beginning at 6 p.m. Cost is \$20 for members and \$25 for guests.

There will be social distancing and guests can make reservations for up to 10 people. Groups will be assigned table numbers. Wearing masks in the lobby and restrooms will be required. Tables will be called, and guests will be required to wear masks through the buffet line. Staff will be serving from behind plexiglass, and wearing masks and gloves. Once people return to their tables, they can remove their masks. When visiting with other tables, a six-foot distance will need to be maintained, or masks are required.

The menu will include tomato and sweet onion salad, southern-style red skin potato salad, whole roasted hog with mango barbeque sauce, barbecued chicken, baked beans and cookies, all prepared by Resident Chef Jarred Harris.

Boxed meals will be available to go. To reserve your table or order a meal to go, call 472-2155 or visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net). The Community House is located at 2173 Periwinkle Way on Sanibel.



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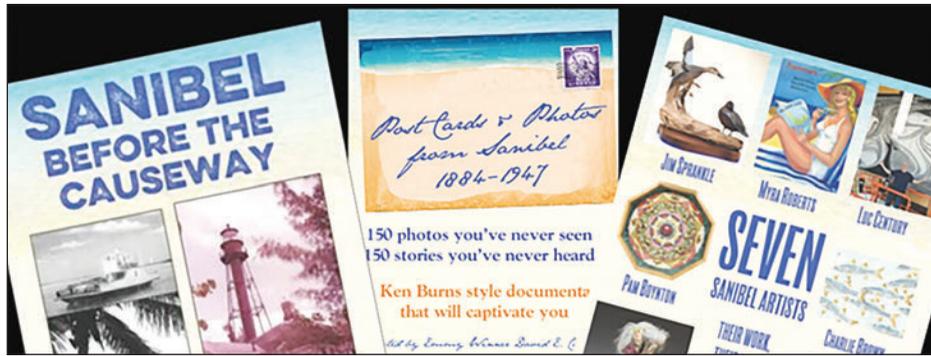
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Sanibel Island documentary series

image provided

## Documentaries Spark Donation

Pfeifer Realty Group formed a partnership with seven-time Emmy Award-winning filmmaker David E. Carter in 2014 to produce a series of Sanibel Island documentaries that both preserved island history while generating financial support for local nonprofits.

During the last several months, Carter began to post some fun facts on Facebook, which sparked renewed interest in the films. This caught the eyes of the Ervin Family from Virginia Beach, Virginia, who are now enjoying the DVDs, compliments of Pfeifer Realty Group. In lieu of payment, Pfeifer Realty Group suggested the Ervin family make a donation to a local nonprofit. The Ervins chose Clinic for the

Rehabilitation of Wildlife (CROW).

CROW Executive Director Alison Hussey, said, "We can't thank Pfeifer Realty Group enough for facilitating these documentaries and David Carter who recently reminded the world of how wonderful Sanibel is during a time when everyone was sheltering in their homes. The wildlife hospital continues caring for our patients during this time, even more now than this time last year. To be thought of even though they couldn't come for a visit is so very special."

Carter said, "I'm very pleased that the whole collection of five films from the Pfeifer documentary series are now available online. During this time when people are spending more time at home, and looking for interesting things to occupy themselves, this is a great way to learn more about the great history of

Sanibel Island."

The Ervins appreciated the fact the films brought back "lots of memories of Sanibel when we first started going there in 1976" and noted "our parents later bought a lot and built a house on West Gulf Drive near the West Wind Inn, which we enjoyed for 16 years. It was our pleasure to make a financial contribution to one of our

longtime favorite Sanibel charities, CROW, as a "thank you" to Pfeifer Realty for sending us these awesome DVDs. CROW does so much for the wildlife in the area, and their efforts are greatly appreciated. Sanibel is a wonderful place to vacation and live."

To learn more visit [bit.ly/Sanibel\\_Documentary\\_Series](http://bit.ly/Sanibel_Documentary_Series).\*



**Sweet and Salty Wings**  
24 chicken wings (separated into 2 pieces)

- 1/2 cup roasted peanuts, finely chopped
- 1/4 cup honey
- 1 cup sweet chili sauce
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon garlic, minced
- Fresh herbs for garnish, finely chopped (such as parsley or cilantro)
- 1-2 tablespoon all-purpose seasoning (your favorite)

Non-stick cooking spray  
Sea salt and fresh ground pepper, to taste

In a small saucepan over low heat combine honey, sweet chili sauce, soy sauce, garlic, salt and pepper. Cook for 5 minutes or until honey is melted. Taste and adjust seasoning as needed. Remove from



Sweet and Salty Wings

photo courtesy Fresh From Florida

heat and set aside.

Preheat oven to 300 degrees. Spray a baking sheet with nonstick spray. Spread out wings in one layer, season with all-purpose seasoning, and bake for 45 minutes. Turn oven up to 425 and bake for additional 15 minutes or until golden brown and crispy. Remove from oven and toss with honey mixture. Sprinkle with crushed peanuts and garnish with chopped herbs. Serve warm.\*

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## Lions Club Gets Update On Health System

Alyssa Bostwick, program development and special projects coordinator at Golisano Children's Hospital of Southwest Florida, addressed the Sanibel Captiva Lions Club on June 17 via Zoom. She updated members on the status of the Lee Health system and the progress at Golisano Children's Hospital.



Alyssa Bostwick

She reported that as of June 17, the hospital system had seen a total of 896 patients with COVID-19 and 141 of the admissions were still in the hospital. Although there had been a recent uptick in the number of patients, the system was not overwhelmed and not near capacity. She detailed the precautionary measures that are being taken and the cleaning process being used. She said there was sufficient isolation and that people should not be concerned about using the ER if necessary. She indicated that most outpatient consultations were being done through tele-medicine.

She had exciting news about the forthcoming opening of the ophthalmology center at Golisano. Three new ophthalmologists have been hired. When the center is fully operational, it is estimated that the wait time for an appointment with a pediatric ophthalmologist will be approximate one week versus the recent experience of children having to wait 272 days for an appointment.

She commented on the financial strain on the hospital system caused by the pandemic. Elective procedures were eliminated, which caused approximately \$85 million in lost revenue. She pointed out that the health system in Lee County is one of the few in the state that does not receive any tax funding. All funding for the system is through patient fees and donations from the Southwest Florida community.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. While the Lions Club is most known for its effort to eliminate preventable blindness, the club serves citizens of the islands and greater Southwest Florida in a variety of ways. The local club is part of Lions Club International, the largest service organization in the world with over 1.4 million members in chapters in over 200 countries.

Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact membership chair Steven Schulz, Sanibel Captiva Lions Club, P.O. Box 391, Sanibel, FL 33957, call 233-6261, or visit [www.sanibelcaptivalionsclub.org](http://www.sanibelcaptivalionsclub.org).

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Home ownership has given me a sense of pride, of belonging, of security and a positive outlook for the future. Considering all these things, it's not an exaggeration to say that CHR changed my life for the better. It helped me affordably own a home, on an island I love, with an excellent rewarding job that I love, enjoying the fellowship of my island friends.

CHR didn't just do this for me, of course. There are many LEO residents, not to mention those who rent from CHR. All these people are enhancing our community in a way that would not be possible if they were not living here. CHR also adds to the diversity of the Sanibel population, embracing working people of all types who could not live here if not for CHR."

—Emilie Alfino, CHR resident



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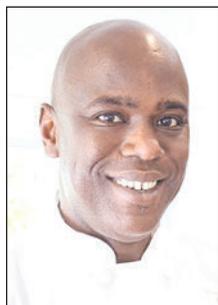
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The Community House

# Carrots



by Resident Chef Jarred Harris

Carrots are one my favorite vegetables. They are good for you, versatile, sweet, delicious and one of the easiest vegetables to get children to eat, raw or cooked.

Carrots originated in Afghanistan about 900 AD and there were only two colors available, purple and white. The leaves and seeds of the carrot plant were the only parts used. They were used mostly for medicinal purposes and the root part of the carrot plant was only used as animal feed. The Romans believed carrot leaves and their seeds were aphrodisiacs.

Carrots were not used as a food source until they re-arrived in Europe around the 10th century. The orange carrots that we find in the grocery stores and markets are orange because of a genetic modification created by a Dutch botanist, as a tribute to the Dutch royal family.

Carrots have the richest source of beta-carotene than any fruit or vegetable. Carrots also contain vitamins A, C, K

and B6. They also contain manganese, potassium and calcium. Nine carrots contain the same amount of calcium as a glass of milk.

The reason carrots are sweet is that they contain four types of sugars; glucose, fructose, sucrose and xylose. The only vegetable that has more sugar than a carrot is the sugar beet.

One of the most interesting things about carrots is that they are better for you when cooked rather than raw. The antioxidant value of carrots increases from 4 percent when raw, to 35 percent when cooked.

Here is a simple recipe to try:

### Carrot And Ale Cake

- Ingredients  
 2 cups all-purpose flour  
 2 tsp. baking soda  
 2 tsp. cinnamon  
 1 1/2 cups vegetable oil  
 2 cups sugar  
 4 eggs  
 1 tsp. vanilla  
 3 cups grated carrots  
 1/2 cup ale or IPA (don't use lager or light beer)

- For the frosting  
 8 ozs. cream cheese (softened)  
 4 ozs. butter (softened)  
 16 ozs. powdered sugar  
 1 tsp. vanilla  
 Method

Preheat oven to 350F degrees. Grease and flour a 9-inch cake pan or cupcake pan and set aside.

In a large bowl, sift together flour, baking soda and cinnamon then set aside.

In a separate mixing bowl, combine the remaining ingredients and mix until well

blended. Add to the dry ingredients and mix until a batter is formed.

Spoon the batter into the prepared pan and bake for 45 minutes or until a toothpick inserted into the center of the cake comes out clean.

Remove cake from the oven and allow to cool in the pan for 20 minutes.

While the cake is cooling, prepare the frosting. Place all the frosting ingredients in

a mixing bowl and blend until smooth.

Remove the cooled cake from the pan, frost and serve.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at [kitchen@sanibelcommunityhouse.net](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.\*



Captiva Memorial Library

photo provided

## Captiva Memorial Library Services Update

The Captiva Memorial Library continues to offer limited services and hours.

Contactless curbside holds pickup hours are Thursday and Saturday from 10 a.m.

to 4 p.m. Patrons may place holds and pick up materials.

All exterior book drops are open. No donations are being accepted at this time.

Due dates and library card expiration dates have been extended. There are no late fees during the closure.

The library will be closed on Saturday, July 4 in observance of Independence Day. Visit online at [www.leelibrary.net/online](http://www.leelibrary.net/online).

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva.\*

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In Island Woods with community pool & tennis, single-family home lot for olde-Florida-style home. Elevation is high, so several building options. Handy to Periwinkle & Jerry's Center. 1894 Farm Trail - Now \$199,000



### NEAR-BEACH HOME

On cul-de-sac in Gulf Shores with community beach access. 3-bedroom 2-bath piling home with expansive raised heated pool overlooking lagoon. Easy 1-level living. 1015 Fish Crow Road - \$674,000



### ROOMY END-UNIT

Ground-level 3 bedroom with glass-enclosed lanai & this brick terrace. Community pool, tennis, clubhouse with bike room, plus private storeroom. Fully-equipped at 200 Periwinkle Way. Lighthouse Point #117 - \$549,000



### BAYSIDE BOATING

On peninsula near causeway with private fishing pier, 2 pools, tennis, bbqs, dockage (by lease), & beach path on East Gulf Dr. Remodeled 2 bedrm with this view. Easy weekly income too. Mariner Pointe #522 - \$499,000



### INCOME-PRODUCER

End-unit 2 bedroom overlooking courtyard to gulf. Easy on-site rental program with long-term winter guests & shorter rentals allowed in summer. 2nd floor, turnkey at 671 East Gulf Dr. Sandalfoot #2D2 - \$659,000



### NEAR-BEACH LOT

Well-priced tropical lot for single-family home, between two lovely Sanibel Bayou properties. Near private end of street, not far from beach, school, rec center, & refuge. 4566 Buck Key Road - \$149,000



### BAYFRONT BEAUTY

Renovated inside & out, including new metal roof, landscaping, pool, porches, decks, & interior. Spacious luxury living with 3-car garage, elevator, amazing water views, & nearby lot with dock/lift. 1238 Isabel Drive - \$3,595,000



### PENTHOUSE

2475 West Gulf Dr, top-floor = high ceilings & end-unit = extra natural light from side windows. This unit also has new kitchen & baths, 2 exterior storerooms & covered parking below. Tarpon Beach #207 - \$999,000



### FACING GULF

Just 14 owners in this community at 2311 West Gulf Dr. 2nd floor condo with 2 bedrooms & den (3rd sleeping area), beachy plank-style floors, décor that complements the view, & income. White Sands #23 - \$1,199,000



### Under Contract

### HALF-DUPLEX

In The Dunes golf & tennis community in building closest to deeded beach path (on East Gulf Dr). Raised 3 bedroom 2-1/2 bath with screened balcony. Parking/storage below. 968 Greenwood Ct S - \$399,000



### Under Contract

### CANALFRONT

Modernized piling home at very end of Sanibel Estates cul-de-sac, overlooking intersecting canals. Tropical yard with dock. Spacious great room with surrounding porches, decks, & more. 901 South Yachtsman Dr - \$799,000

## Book Review

# Such A Fun Age

by Di Saggau



**S**uch a Fun Age by Kiley Reid is already in television development and is a Reese's Book Club pick. The story begins with Emira, a 26-year-old babysitter in Philadelphia,

dancing through the aisles of a grocery store with her 3-year-old charge when a security guard accuses her of kidnapping the child. Emira is black. The security guard and Emira's charge Briar are white. Briar's dad is called by Emira to come to her aid.

Someone films the whole confrontation and Emira is sent a copy. The threat of that tape getting out is what dominates the story. Emira starts dating the nice white guy, Kelley, who made the tape. She finds out that all his friends are black and most of his ex-girlfriends were also women of color. She sees that Kelley feels cool being close to black people, but he's also thoughtful and smart and she wants to believe in him.

Alix, Briar's mom, begins a needy friendship with Emira who puts up with her because she cares so much about Briar. As the book goes on, one sees that both Kelley and Alix's relationships with Emira become a battleground where each

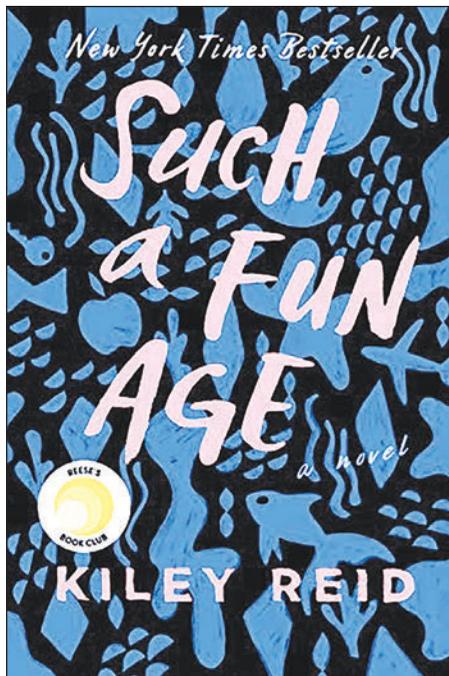


image provided

tries to prove the other is the real racist. Meanwhile, Emira is just trying to live her own life. She's 26 and will no longer be on her parents' health insurance. She wants a job with benefits, a job that will give her respect. When the video goes public, both women find themselves on a crash course that will upend everything they think they know about themselves and each other.

Alix has made a living with her confidence-driven brand, showing other women how to do the same. She has companies send her free stuff and then

posts letters and reviews on a blog. She's excited about working with Hillary Clinton's campaign and proudly counts the number of black guests she'll have at her dinner. As terrible as she is, it's hard not to

have feelings for her.

*Such a Fun Age*, explores the stickiness of transactional relationships, what it means to make someone "family," and the complicated reality of being a grown-up.\*

## School Smart



by Shelley M. Greggs, NCSP

### Dear Readers,

Every summer I receive many questions from parents of preschool-aged children who are concerned about their child's readiness for kindergarten.

Many of you are wondering if your child has the maturity, the preparation and the skills to be successful in today's more academically rigorous kindergarten. In the next weeks, I will be addressing these questions through a series of articles focusing on school readiness, skills and social/physical/cognitive maturity. I hope you find the information helpful.

### The Basics - What is School Readiness?

Most states designate a specific, arbitrary cut-off date to have uniformity in school entry practices. If a child reaches a certain age by the cut-off date (typically age 5 for kindergarten and age 6 for first grade), a child may begin school. However, cut-off dates vary considerably across states, and research tells us that age is not the most accurate measure of how well a child will adjust to school. However, these policies are relatively fair because all students are treated equally. Often school districts and communities hold kindergarten screening programs designed to help parents determine if their child is ready for school and to identify problems in development that might warrant attention or extra services.

While much of the data collected by these kindergarten screening programs is helpful for understanding a child's readiness for school, we must remember that young children are very difficult to evaluate accurately given their rapid development, short attention spans and often inconsistent performance on demand. Children also may be entering the school system with varying linguistic abilities, varying cultural heritages and varying levels of both personal experience and cultural exposure. So, while it is reasonable to expect that children enter kindergarten as active, curious and motivated learners, it is not reasonable to expect that all 5-year-olds have the same level of preparation needed to acquire early reading, math and social skills, or have the same attention spans or motor dexterity. Children learn different skills at different rates.

Deliberation of school readiness must take into account the range and quality of children's early life experiences. Research has suggested that many aspects of children's lives influence their preparation for formal school learning, including cognitive, social, emotional and motor development and, most importantly, early home, parental and preschool experiences.

School readiness then signifies the

child's attainment of a certain set of emotional, behavioral, motor and cognitive skills needed to learn, work and function successfully in school. School readiness means that a child is ready to enter a social environment that is primarily focused on education.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches 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. Not all questions submitted can be addressed through this publication.\*

## Locals Named To Dean's List

Georgia M. Congress of Sanibel has been named to the spring semester Dean's List at Clemson University. To be named to the Dean's List, a student must achieve a grade-point average between 3.50 and 3.99 on a 4.0 scale. Congress is majoring in early childhood education.

Emma Siefert of Sanibel was named to the Dean's List at Rochester Institute of Technology for the 2020 spring semester. Degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.4. Siefert is in the applied mathematics program.\*

## Local Named To President's List

Deanna Marie Craig of Sanibel has been named to the President's List for the spring semester at Clemson University. To be named to the President's List, a student must achieve a 4.0 grade-point average. Craig is majoring in civil engineering.\*

## Top 10 Books On The Island

1. *The Room Where It Happened* by John Bolton
  2. *Walk the Wire* by David Baldacci
  3. *On Ocean Boulevard* by Mary Alice Monroe
  4. *Nickel Boys* by Colson Whitehead
  5. *All Adults Here* by Emma Straub
  6. *Untamed* by Glennon Doyle
  7. *Last Train to Key West* by Chanel Cleeton
  8. *Jane Austen Society* by Natalie Jenner
  9. *American Dirt* by Jeanine Cummins
  10. *Splendid and the Vile* by Erik Larson
- Courtesy MacIntosh Books and Paper.\*

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# Voter Forms And Curbside Service At The Library

Sanibel Public Library is back to its normal summer schedule; Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m. and Saturday (through August ) from 9 a.m. to 1 p.m.

The library will be closed on Friday, July 3 in observance of Independence Day and will reopen on Saturday, July 4.

Stop by the main entrance lobby for voter registration forms and applications for mail-in ballots. Lee County Supervisor of Elections has provided forms in English and Spanish. The deadline to register to vote for the August 18 primary, or to update your party registration, is July 20.

The library also has IRS 1040 and 1040-SR booklets available. All other tax forms can be printed from the [www.irs.gov](http://www.irs.gov) website. Borrow a computer, or borrow a laptop from the TechITOut kiosk, to print or submit forms. If you need help, staff can assist.

Youth Services Librarian Deanna Evans invites families with children to register online for the 2020 Summer Reading Program. A total of 125 children, ages baby to teen, have registered this summer. Sign up on Beanstack (<https://sanilib.beanstack.org/reader365>). Participants may come in to pick up their registration gift, add their name to the bricks on the "castle wall," and choose books earned at the library.



Duane Shaffer using the MeeScan app photos provided

For every two hours of reading, the Sanibel Public Library Foundation matches each book "earned" with a book for patients at the Golisano Children's Hospital. Since its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital. The program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund.

Hear Miss Deanna sing, tell silly jokes and see her read stories aloud in her online storytime videos. Miss Deanna's Baby Bounce Time videos are a fun session to help to build literacy skills through stories, song and movement. Page Turner Adventures present virtual programming for children every weekday afternoon from 1 to 4 p.m. The videos include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games. Videos are being added daily.



Jane and Sophia Papageorgiou completed their 2020 Summer Reading goals

Precautions are in place to help protect staff and patrons from COVID-19.

Patrons who want to social distance are encouraged to try the library's meeScan app. MeeScan is a self-checkout service that works with a smartphone or tablet along with the library's WiFi. Using meeScan, library patrons can check out their items from anywhere in the library. Available for download on iOS, Android and Blackberry platforms, meeScan is simple to set up. For patrons who don't

want to use meeScan on smartphones to borrow items, there are self-checkout stations located at the service desks. In addition to a quicker and more private experience, meeScan helps patrons stay green and keep track of their checkouts by sending them an email receipt for every transaction. As always, library staff is available to help patrons find and check out books or other material.

Patrons have access to the full continued on page 28



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### Life Insurance

## Lifetrack



J. Brendan Ryan,  
CLU, ChFC, MSFS

One of the hallmarks of universal life insurance (UL) is its flexibility.

At the policyowner's discretion and within some limits, the amount of coverage and the premium can be adjusted to fit the policyowner's wishes. At the insurer's discretion, the internal charge, known as the cost of insurance (COI), and the interest credited to the cash value can also be adjusted.

The cash value that builds up is the lifeblood of the policy. The amount of cash value of a given policy is determined by how much the policyowner chooses to pay over the years, how much interest is credited to the cash value, and how much charge (COI) is levied against the cash value.

The COIs grow over the years. So, if there is not enough cash in the policy to generate a good amount of interest to help pay the COI each month, the policyowner has to pay more, substituting his or her dollars for the missing interest income.

Historically, this flexibility has led in some cases to some misunderstanding. Perhaps the agents did not always explain the policy mechanics thoroughly enough, or perhaps the clients were simply not listening. But some policies that were purchased with a certain expectation on the part of the policyowner did not develop the cash value that was originally projected (but not guaranteed). This usually resulted from much lower interest rates being credited than originally expected. And the policyowners were surprised to learn that their cash value had dwindled to a low ebb and that they would have to pay a lot more to get the policy in good shape again.

If the policyowners had paid attention to their annual reports, they could have seen the problem coming and reacted in a way that would have led to a less expensive solution. Sadly, I find that most people file those reports away or just throw them away without reading them.

Finally, at least one insurance company has come up with a way to help policyowners in this regard at no charge. If Joe, the policyowner, agrees, the insurer will track the performance of Joe's policy each year and notify him if things are not staying on track. If the cash value is either overperforming or underperforming the projection that the agent submitted – and that Joe signed off on – when the policy was issued, then the insurer will recalculate the premium necessary to get it back on track. They will notify Joe of the pending change in premium, and Joe can allow the change to be made or else tell them not to change it and keep on paying his regular premium. A year later, the insurer will recalculate and notify him again, and so forth.

If Joe wishes to establish a funding goal different from that shown on the original projection, he can have the insurer run a new projection, which then becomes the

guide for future recalculations.

Presumably, other insurers will eventually make such a benefit available. For this insurer:

The benefit cannot be added to older policies;

For policies issued from now on, the benefit can be added at the time of issue or any time thereafter; and

If you have the benefit removed from the policy, it can be added back at a later date.

This sort of free service has always been available for UL. But Joe had to call the insurer each year and ask for it. Now it can be automatic. And, in this way, there will be no surprises for policyowners who tend not to pay attention to their annual reports.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).*

## Zonta Offering Grants To Local Nonprofits

submitted by Sue Denham

Calling nonprofits in the region whose work helps to empower women. The Zonta Foundation of Southwest Florida, the nonprofit arm of the Zonta Club of Sanibel-Captiva, is seeking applications from 501(c)3 organizations in Lee County and Southwest Florida for a 2021 grant.

The mission of Zonta International is to empower women and girls through service, advocacy and funding. To this end, Zonta focuses on education, economic self-sufficiency, safety and health for women and girls. Successful applications will be based in one or more of these aspects of empowering women; they will also be specific, with measurable outcomes.

Zonta has announced that, to streamline and simplify the grants process, there will be just a single application this year. Grants co-chair Pam Eccles said, "We anticipate that this year there will be even more local need due to COVID-19 and we will have some tough decisions to make in our awards. We encourage past grant recipients to build upon their successes and work together when possible." The grant cycle begins now, with distribution of grants in January, 2021.

The deadline for completed applications is September 15, 2020. Applications will be screened and will move forward based on meeting certain criteria. Please note:

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

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

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

To download an application, visit [www.zontasancap.com](http://www.zontasancap.com) and click on the link on the Home page. Email the completed application to [info@zontasancap.com](mailto:info@zontasancap.com) as well as to grants committee co-chairs Marianne Ravenna at [groovybowl@gmail.com](mailto:groovybowl@gmail.com) and Pam Eccles at [pam901@aol.com](mailto:pam901@aol.com).



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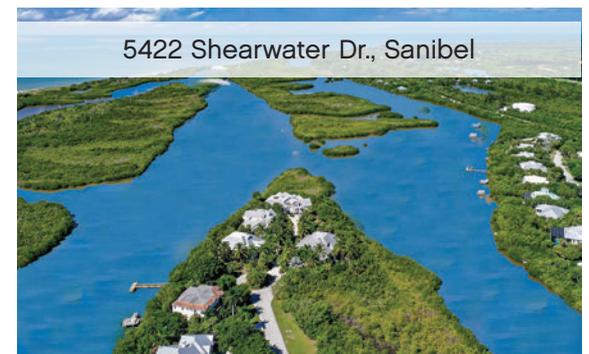
\$3,995,000



3767 West Gulf Dr., Sanibel

- Newer construction. Gorgeous interior.
- Wine Room. Elevator. Game Room.
- Panoramic Gulf views. Private Pool.
- Fully Furnished. Professionally Decorated.

\$7,995,000



5422 Shearwater Dr., Sanibel

- Gated within a sanctuary like setting.
- Private beach access to Bowman's.
- Pool/ tennis/ dock. Heron's Landing II.
- 3 bdrm/den w/ 2.5 baths.

\$799,000



2605 Wulfert Road #4, Sanibel

- Beautiful Sanctuary golf village condo, 3BR/3BA.
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## Investing In Good Companies Works



by Ian N. Breusch,  
Chief Investment  
Officer

**M**uch has transpired across global capital markets over the last few months. Just after the World Health Organization officially declared Coronavirus

(COVID-19) a pandemic, stock markets

were aggressively selling off on a daily basis, oil prices were collapsing and economic activity was grinding to a halt. The unknowns surrounding the virus and the global economy seemed innumerable at the time.

While substantial risks remain (both from a public health and economic standpoint), stock markets have rebounded significantly higher since the low point in March. Social distancing measures helped flatten the infection curves, allowing investors to begin focusing on the future amidst the backdrop of unprecedented fiscal and monetary support by central banks and governments across the world.

Never before have we experienced such a massive coordinated effort by major central banks to lower interest rates

and provide nearly limitless liquidity to keep markets functioning. At the same time, governments across the globe were providing massive amounts of stimulus money to their citizens. While we applaud the efforts taken to deal with a global pandemic that took everyone by surprise, we also acknowledge the considerable risks that remain. In no particular order, the following list summarizes what concerns us most as we work our way through this unprecedented period:

Will we get a second wave of COVID-19 infections during flu season, and how harmful will it be?

Will a vaccine be developed and when?

How long will it take for economic activity and employment to fully recover?

What are the long-term implications of

increased government borrowing on global economies?

As investment practitioners, we are quite accustomed to investing in a world with considerable unknowns. At the risk of sounding a bit glib, to some extent this period of time is no different than any other – there are simply new and unique things to be concerned about. Instead of focusing entirely on the risks and allowing fear of the unknown drive our decision making, it's important to keep an eye toward the long term and remind ourselves that we will get through these uncertainties. Economies and corporations will once again flourish. Moreover, during any period of time, whether we are in the midst of a pandemic, or enjoying economic prosperity, quality long-term investments can be found.

From a stock market perspective, we continue to see good value amongst many dividend-paying companies in particular. Income-producing stocks have largely been ignored by market participants over the past few years in favor of growth stocks – primarily in the technology industry. While we own many of these growth tech stocks in client portfolios – where appropriate for our clients' goals – we will continue to make long-term investment decisions based on company fundamentals, focusing on revenue and earnings growth, balance sheet strength, and ultimately valuation. To the extent fixed income securities (bonds) are appropriate, we are intentionally favoring shorter-term bonds with good credit quality. Interest rates remain historically low, diminishing future returns for bond investors – particularly those who own longer duration bonds.

Considering the risks we highlighted previously as well as the improving economic landscape, and thanks in large part to the coordinated action of governments and central banks, we remain cautiously optimistic as we head toward the latter half of 2020. When you are ready, we welcome the opportunity to discuss your financial future.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.\**

From page 24

## Library

collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. The popular contactless curbside service will continue. Call or go online to place a hold; you will be notified when your items are ready. At this time, there will not be overdue fines assessed.

There is a paperback buy one, get one free sale going on, and lighthouse models, postcards and other memorabilia on display.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483, or visit [www.sanlib.org](http://www.sanlib.org). Sanibel Public Library is located at 770 Dunlop Road.\*

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## SUNRISES & SUNSETS



### 9128 MOCKINGBIRD DR • SANIBEL

Panoramic views of golf courses & lake on a quiet cul-de-sac, 3 bed, 2 bath, 2095 sq ft, relax at the covered lanai and screened pool. **Ground level**, 2 car garage. **OFFERED AT \$749,000**

## GOLF COURSE & LAKE VIEWS



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Beautiful curb appeal, updated kitchen & baths, 3 bed, 2 bath, 1831 sq ft. Spacious screened lanai overlooking golf course & lake. 2 car garage. **OFFERED AT \$795,000**

## GORGEOUS WESTERLY VIEWS



### 1031 SAND CASTLE RD • SANIBEL

Beautiful Dunes golf course & lake views, 3 bed, 3 bath, 1908 sq ft home is easy on and off island. Lots of outdoor space, pool and 2 car garage. **OFFERED AT \$749,000**

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## New Visitor Services Intern At 'Ding' Darling

**K**aty Hosokawa recently joined the team at JN "Ding" Darling National Wildlife Refuge as a visitor services intern. Once she completes her two-week distancing quarantine, she will be working fulltime with Supervisory Refuge Ranger Toni Westland.

"I'm kind of easing in, checking out the trails on my own, and reading up on all things 'Ding,'" said Hosokawa, who comes to the refuge following a naturalist position at the Fort Worth Nature Center and Refuge in Texas.

A native Texan from the small town of Azle, Hosokawa graduated from Northeastern State University in Tahlequah, Oklahoma in 2015 with a bachelor's degree in geography. She then went on to earn a master's degree from the University of Northern Colorado, Greeley, where she studied environmental geoscience.

"I love coastal ecology and birds, so Sanibel and the refuge are a perfect fit," said Hosokawa, who also held a position as a naturalist on Little St. Simons Island on Georgia's coast from 2018 to 2019.

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns with free



**Katy Hosokawa** photo provided housing.

"We welcome our new interns' energy and enthusiasm," said Westland. "We thank our friends group for making their internships possible. With our shrinking staff, due to federal budget cuts, this sort of partnership is crucial to keep the refuge running."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237.

To learn about supporting the refuge intern program, contact Birgie Miller, DDWS executive director, at 472-1100 ext. 4 or visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).✪

## Progressive Club To Hear About Impartial Policing

**O**n Thursday, July 9, Dr. Lorie Fridell will be the featured speaker at the virtual monthly meeting of the Progressive Club of the Islands. Fridell, who is chief executive officer and executive-level instructor at Fair & Impartial Policing National Training Team, will provide insight on implicit bias awareness training for law enforcement in North America.

Dr. Fridell is an American criminologist known for over 30 years of research on police, especially regarding racial



**Dr. Lorie Fridell**

profiling. She is currently a professor in the Department of Criminology at the University of South Florida (USF), where she has taught since 2005. Previously, Fridell was the research director at the Police Executive Research Forum, and is the co-editor-in-chief of *Policing: an International Journal of Police Strategies & Management*, along with her USF colleague Wesley Jennings.

Fridell's work has been featured in *The New York Times*, *PBS Hour*, *CBS Sunday Morning*, *Harvard Business Review*, and a number of other media outlets. Her presentation will address issues of impartial policing work, implicit bias and what attendees can do to help.

To participate in the discussion at 4 p.m., email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) for the Zoom link, or watch live on [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap). To join the Progressive Club of the Islands, mail your check payable to PCI for \$30 per individual or \$60 per couple to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) or call 410-336-2612.✪

## Rotary Happenings

submitted by Cindy Carter



**Eldon Bohrofen**

**L**ast week's meeting celebrated the past year's presidency of Eldon Bohrofen for the Sanibel-Captiva Rotary Club. While all presidencies are full of excitement and challenges, this year has been exceptionally full of excitement and challenges. The normal challenges of adjustment to a new presidency were compounded with the struggle of COVID-19. Zoom meetings became the norm during March and many of the scheduled events needed to be canceled in an effort to protect the members. And yet, Bohrofen's year was effective and productive.

Bohrofen presented the highlights of the Rotary year and recognized the members for their contributions. Under his leadership, club members contributed approximately 2,800 service hours while performing over 30 club service activities. The club raised over \$160,000 and distributed those funds to various benefactors in making a difference in the lives of those who were in need. Some of those benefactors were scholarships for local college students, FISH of SanCap, Clinic for the Rehabilitation of Wildlife (CROW), Children's Education Center of the Islands, Harry Chapin Food Bank and a special COVID-19 Relief fund for those living or employed on Sanibel. A big thank you goes out to Bohrofen for all his contributions to Rotary throughout the year.

This coming week, Richard Green will be installed as our new president along with other 2020-21 officers, club and trust fund board members.

*The Sanibel-Captiva Rotary Club normally meets at The Dunes Golf and Tennis Club on Friday mornings at 7 a.m. However, due to the COVID-19 crisis, we are meeting by Zoom meetings. Contact [rotarycindyrcarter@gmail.com](mailto:rotarycindyrcarter@gmail.com) if you would like to be included.*✪

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# BURNS *family* TEAM



1



2



3

## 1. Magazine Ready Home in the Sanctuary - Sanibel

- 5 BR/ 5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole.
- Boasting 11,000sqft, the interior finishes include luxurious accent wall of glass, walk-in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates.
- **\$2,998,000** Euro 2,662,805

## 2. Privacy Meets Paradise in the Dunes - Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool & lanai, new roof, & whole house generator
- **\$999,000** Euro 887,305

## 3. Gulf front Penthouse at Loggerhead Cay - Sanibel

- 2 BR/ 2 BA remodeled condo with multiple lanai's & 180 degree views of the Gulf and beaches.
- Pet friendly community with deeded beach access, pool, tennis, shuffleboard, and weekly rentals.
- **\$995,000** Euro 883,305

## 4. Canal home on quiet cul-de-sac - Sanibel

- 4 BR/ 4 BA Gulf access canal home on corner lot in Shell Harbor
- Large floor plan wrapping around a screen enclosed pool & a short walk to Sanibel's premier beach accesses.
- **\$1,475,000** Euro 1,310,086

## 5. Remodeled at Sanibel Arms West - Sanibel

- 2 BR/ 2 BA open kitchen with granite countertops and newly painted
- Comm amenities: large pool, beach frontage, on-site management/rental office, tennis & more
- **\$546,000** Euro 486,900

## 6. Direct Access Canal Home with Boat Dock & Lift - Sanibel

- 3 BR/ 3BA home located on 100ft of canal frontage with direct Gulf access with screen enclosed pool
- Old Florida style home with boat dock & lift, quick access to San Carlos Bay
- **\$1,100,000** Euro 977,013



4



5



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8



9

## 7. 4 Bedroom home on Intersecting Canal - Sanibel

- 4 BR/4 BA home with boat dock, lift, & private pool
- Large kitchen, private elevator, multiple's lanai's including a rooftop deck with Bay views
- **\$2,300,000** Euro 2,042,846

## 8. Ground level home in Shell Harbor - Sanibel

- 3 BR/ 2.1 BA home situated on an oversized lot on Sanibel's east end
- Dock, boatlift, new windows, and long canal views
- **\$969,000** Euro 860,660

## 9. Direct Access Canal Home with Private Dock - Sanibel

- 3 BR/ 2 BA ground level home on corner lot in Water Shadows
- Remodeled with garage, private pool, overlooking the canal
- **\$995,000** Euro 883,753

## 10. Private Boat Dock & Lift on Clam Bayou - Sanibel

- 3 BR/ 3.5 BA home in Heron's Landing with soaring ceilings and incredible bayou views
- Also included: pontoon boat and golf cart
- **\$1,095,000** Euro 972,572

## 11. Lake & Golf Course View - Sanibel

- 3 BR/3 BA + den and office on one of the premier lots in the Dunes
- Large pool, multiple porches, with panoramic lake & golf course views
- **\$595,000** Euro 531,036

## 12. Direct Gulf Views at Sundial East - Sanibel

- 2 BR/ 2 BA condo + den with views directly out to the Gulf of Mexico.
- Open kitchen with granite countertops & SS appliances
- Community pool, tennis, beach access & more. Nightly rentals & dog friendly.
- **\$899,000** Euro 798,486



10



11



12

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## Superior Interiors

# How To Downsize To A Smaller Home Or Condo



by Jeanie Tinch

Whether all of the kids have recently left the nest, or you've been living in your current home for decades or more, downsizing can be a beneficial decision in maximizing your

future. Moving into a smaller house or condo can offer many benefits – you save money, effort, time, and clutter moving forward.

Making the decision can be easy for some, but the actual action of downsizing can be an intimidating task for many, especially those with lots of bulky furniture and cherished personal belongings. To streamline the process, we have put together a few of our favorite tips and tricks for moving to a smaller living space.

Declutter and get organized – If one thing is for sure, it's that downsizing keeps you from bringing along lots of clutter and the belongings that have been boxed up for years anyway. When you make the final decision to downsize, set aside some time to go through each of your rooms and declutter. Organize everything into three piles... what stays, what goes to the trash and what goes to the donation center. Once you have a better idea of what you are bringing for the move, you can feel more comfortable about getting organized in the new space.

Assess your new living space – Speaking of your new living arrangement, it makes sense to spend some time in the empty space to get a feel for what you can

bring with you. Understanding the amount of surface area you have to work with for furniture, as well as what wall and storage space there will be, can help you during the packing and decluttering process early on.

Consider multifunctional furniture – When moving into a smaller living space, less is certainly more. This is especially important when it comes to furniture. Choosing pieces that are multipurpose allows you to utilize less space while maximizing storage space and square footage. A hollow ottoman, for example, can be used to store throw blankets and act as a coffee table during the daytime as you entertain guests and make family feel comfortable.

Choose new accessories but bring memories along for the ride – Decorating a new living space is always fun. Since downsizing means you won't need to cover as much space in decor, now's a great time to consider new and improved accessories. We recommend investing in fresh pieces of artwork and accent pieces to decorate your living space, but also bring along those items you hold dear to your heart. Sometimes, fresh accents and accessories are exactly what you need to make a new living space feel wholesome and inviting, but those staple statement pieces that you've kept in your family for decades should make the cut as well.

If you have finally committed to downsizing and are getting ready to pack up all of your personal items and hit the road, don't assume you have to take on this task on your own. A design professional can evaluate your new living space and compare the allotted area to the number of belongings you plan to bring with you. From there, he or she can suggest the perfect pieces of furniture, accents and accessories that will bring the space together without letting it get overwhelming or cluttered.

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

## Beautifulife: Trails

by Kay Casperson



Each year around this time, I escape Florida for some cooler weather to do some hiking in Colorado's beautiful mountains. The more I hike, the more I realize how different each trail

is. There are high trails and low trails, challenging trails and accessible trails. Some trails are named after people, places, and even nature. Trails can run through woods, mountains, or aside streams, but one thing is for sure, they all lead to something or somewhere, and can even lead you right back to where you started.

I have had the opportunity to hike in different parts of our country and even in various countries around the world. Every single trail that I have been on has had its own beauty and its own story. This reminds me that we all have our own paths that we follow in life. The trails that you have been on have had their highs and their lows. They have been rocky and challenging in some areas and clear and straightforward in others. The view has been beautiful and majestic on some but then secluded, hidden and quiet on others.

The various trails we venture down in life are all unique, no two can ever be the same. But, venturing out into the world to follow your path is exciting, adventurous and invigorating all at the same time. Every trail leaves a lesson to take with us to the next chapter of our beautiful life, and teaches us something about who we are and what we can endure.

There are important decisions to make

when venturing onto any trail. What do you take with you? Do you pack food and water to get you through, depending on the intensity and distance? Do you follow a map or an app that describes different ways to go, or do you venture out wherever it may lead without knowing the outcome? Do you take the highline for a better view, or do you choose the lowline, which might be a safer alternative? Do you accept the path less traveled, or the one that looks like most have gone before?

Regardless of where your trails have led you or the circumstances that brought you down those trails, I know for sure that you have learned many valuable lessons from each one. I can remember many times while on a path that I wished I would have gotten off back at the last exit. Instead, I continued on feeling confident, only to second guess my decision. I remember feeling tired, feet sore, out of food and water, and beginning to encourage myself to continue because all trails do come to an end sometime.

Today, I want to encourage you to keep venturing out onto the many crazy, winding trails that life has for you to experience. No matter how hard or intense they get, embrace them, learn from them, grow from them, and cherish your quiet moments to reflect on where they all started.

My affirmation for you this week is: "I am looking forward to, as well as looking back, on my various trails in life to embrace the beauty of how far I have come."

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

From page 1

## Social Media Star

Anthony Anderson. Celebrities had to ask questions of three guest panelists to find the "real" shark wrangler.

"This was my first game show situation, which is a different animal for sure," Sudal said.

ABC flew him out to Los Angeles last fall, where he met with producers to prepare for his appearance on the show.

"They wanted me to take my shirt off and say all these real tool-bag lines like 'Chicks dig it' and 'It's a great work out.' And that's not necessarily the image I'm going for now. But I totally get how that looks good on TV," he said of the 10-hour rehearsals. They also made him wear a red muscle shirt so his well-defined biceps could shine.

"It's a funny story," said Sudal, the son of stylish part-time model Gari Lewis of Sanibel. "They had me bring five outfits, and my mom, obviously being into fashion, bought all of this stuff for me, and they used none of it," he said with a chuckle.

"But when you finally go on stage, the curtain goes up, super bright lights, there's the crowd, celebrities, and you forget

everything that you had rehearsed. Your mind goes blank. It's overwhelming, for sure."

And this is from a guy who grabs sharks with his bare hands.

When he's not appearing on television, Sudal splits his time between Captiva, Nantucket and a shark refuge in the Bahamas. In the winter, he works as a tour guide for Captiva Cruises, helping visitors understand the importance of the local ecosystem.

"Elliot loves the water and the ocean, and he shares that enthusiasm with the passengers," said Bob Rando, co-owner of Captiva Cruises. "He is really meant to be out on the water."

Sudal studied biology and environmental science in college. He worked for U.S. Fish and Wildlife Service and the Department of Environmental Protection. His extreme fishing – if there's such a thing – is devoted to shark research by satellite tagging, taking blood samples and measurements from specimens he catches. He sends information to an organization called Beneath the Waves, where scientists learn about genetic subgroups, overall health, reproductive status and other data.

There are regulations to protect sharks, like requiring immediate release. Sudal

admits there's a fine line to what he does, which involves pulling sharks onto the beach to gather information.

"Everyone wants to come out to Sanibel and Captiva and catch sharks off the beach. The sport is growing rapidly," he explained. "Just because I can do this well, it doesn't mean that some person who buys a rod and a rig can come out here and know how to handle them."

He attracted broad media attention – and some critics concerned about his techniques – when he caught a huge tiger shark at Blind Pass a few years ago.

"I've done so many studies and at this point, I've been part of pretty advanced satellite tagging and research. And if you do the process right and release them quickly... I've never had a shark not survive," he said.

Amazingly, Sudal has never been bitten. He said he has great respect for sharks, and wants to educate others. He has raised thousands of dollars for charity by offering shark-tagging experiences at fundraisers.

"Sharks are not like fish. They have live births. It's a 10-month gestation time. They're slow-growing, long-living creatures and it's really easy to wipe out their population if you're not careful monitoring (them)," Sudal explained.

He noted sharks can live over 50 years and their migration patterns are important to researchers.

"I've actually had two sandbar sharks that I've tagged in Nantucket and they've migrated all the way down to Captiva," he said, adding he has caught the same lemon shark three times off Sanibel.

Currently, Sudal has been renovating a 48-year-old house boat that has had a long history on Captiva. He is hoping to convert the vessel into a shark research barge.

"It's a great feeling to turn it into something that's going to be a lot of fun for people to go out and learn about shark research."

He even plans to outfit the boat with the fighting chair from the boat in the movie *Jaws*, which he acquired because he "knew a guy who knew a guy."

Soon he will head up to Nantucket where he will continue his research and do more filming.

"Hopefully, I'm inspiring other people to get involved with shark education and research. I'm trying to make it more educational and really get into the science of it and try to promote positive ways to get in with the sharks."✪



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## Four Different Methods Of Charitable Giving From Your Estate



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

**M**any individuals have charitable intent that they would like to incorporate into their estate plans, but aren't quite sure how to accomplish that. Today, I'm going to outline four main methods of including charities in your estate plan.

**Outright Bequests to the Charities** – Outright bequests to the charities are the simplest and most straightforward of these avenues. Here you designate what charities receive how much from your estate. If you want the money to be slated for a certain activity within that charity (e.g. your favorite university

for the purpose of providing scholarships), you could so designate in your will or trust.

Here, you are relying on the charities to abide by your wishes. They can consume the principal for the stated purposes, or if there is no stated purpose, then for their general cause.

**Public Foundation** – The next avenue would be a public foundation, such as the Southwest Florida Community Foundation (SWFCF), United Way or a host of other foundations that serve to achieve charitable objectives.

Here, you would name the public foundation in your trust and describe the charitable causes that you would like for your bequest to satisfy. The public foundation typically invests your money, pooled with their other funds, and the proportionate amount of income generated by your fund would be distributed annually to the charitable causes you set forth.

Because it is a public foundation, meaning that a majority of its assets and revenues are not from one or just a few individuals, the more liberal tax laws governing public foundations apply. So long as your bequests and directions meet the Internal Revenue Code standards and are consistent with the bylaws and governing documents of the public foundation, almost all of the monies you slated for your charitable causes will benefit those causes annually following your demise.

The public foundation does have administrative expenses that are satisfied from its general pooled income. You can speak to them about how much of your money will one day satisfy your charitable intent and how much might be expected to cover

the public foundation's overhead.

**Private Foundation** – A third avenue to achieve your charitable goals is to build a private foundation inside of your estate plan. The private foundation would work very similarly to a public foundation mentioned earlier, but must comply with a plethora of IRS rules and regulations. The IRS doesn't pass out tax exemption certificates without imposing a lot of rules. Since private foundations are, by definition, usually limited to one family, the IRS is worried that the private foundation will be a front to achieve charitable deductions without actually benefiting charity.

Therefore, the drafting of such a foundation is a detail oriented exercise. Upon your passing, the foundation is typically established by the trustee of your trust, and must distribute a minimum of 5 percent of the trust value annually for the foundation's charitable purposes. Moreover, a 2 percent excise tax on net investment income is levied, although there are exceptions to that rule, which is beyond the scope of this discussion.

Salaries that your trustee(s) take are highly scrutinized (since they are not a charitable function) and are limited under IRS rules. Annual tax returns (Form 990PF) disclosing not only the income but the activities of the foundation are required.

The benefit of a private foundation is that those who you select to run it will ultimately ensure that your charitable wishes are carried out the way that you want them carried out. Further, aside from the excise tax and administrative expenses, your charitable bequests will be used to meet your charitable purposes.

**Charitable Remainder Trust** – The last method I will discuss here is the Charitable Remainder Trust (CRT). Here, you name a trustee that will manage the investments and make the distributions. Typically, you name a family member or other person to receive an annual income distribution, which is either calculated as a fixed annuity based upon a percentage of the original contribution to the trust, or a unitrust percentage, which is a fixed percentage recalculated annually based upon the principal balance of the trust.

Here, the non-charitable recipient receives the income interest either for a term of years or for their lifetime. Upon their passing, the charities named in the trust receive the balance.

There are other methods besides these, such as charitable lead trusts and gift annuities. Discussing the specifics of your charitable intent and how that matches the various attributes of each method can help lead you to the best fit for you and your family.

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### How's The Market? Ask Ann

We continue to witness favorable signs that Sanibel's Real Estate market is doing "well." Going back 7 days in our MLS system, 7 Homes and 3 Condos were reported as new pending sales. The listing prices ranged from \$429,000 to \$2,999,999.

Generally speaking, the properties listed over \$1,000,000 have started to sell.

**Buyer's or Seller's Market?** It depends. Our lowest priced properties – under \$600,000 and our Gulf front 3 bedroom condos – both segments in my view fell into the Seller's market bucket. If you are waiting for the perfect new listing to come on the market and it is priced to the market, treat it seriously as it may not last long. Quite frankly, most of these sales tend to sell close to the asking price.

I understand no one wants to be pressured into buying a property without time to view the unit and being thoughtful about their decision. We can use a sales contract that allows you to cancel the contract within 14 days to enable you to get a good night's sleep.

Have a wonderful Fourth of July and stay safe. Remember, any Real Estate questions, email me at [realtorann@hotmail.com](mailto:realtorann@hotmail.com) or call me at 239-850-0979. John Gee & Company has been here since 1982 with Three Brokers and a total of 85 years of Broker Experience.

Thank you again for reading my column.



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Broker/Owner



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Sanibel Captiva Community Bank Periwinkle Way location

photo provided

### Local Bank Reopens Branch

**S**anibel Captiva Community Bank has reopened its Periwinkle location at 1037 Periwinkle Way on Sanibel. In March, the location was temporarily closed due to the COVID-19 pandemic.

Due to the branch size, specific safety practices are being implemented to ensure the safety and health of all visitors, including servicing one customer at a time and requiring face masks be worn during customer service appointments. Social distancing measures are also being enforced.

To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).✪

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## Frankly Speaking



by Howard Prager

**C**onfluence – the coming together of the junction of two rivers, especially rivers of approximately equal width. We are in the midst of a confluence not of rivers but of these

times: coronavirus and racial equity. On this stage, enter the question of starting collegiate and professional sports. Now that Major League Baseball (MLB) has finally decided to open as have all major leagues, the question is how and should they?

The National Women's Soccer League opened last Saturday as scheduled outside of Salt Lake City, where they are playing their tournament and teams are practicing. However, instead of the nine teams in the league, they are playing with only eight as the Orlando Pride pulled out of the round robin tournament because six team members and four staff members tested positive for coronavirus. Team sports have officially restarted – albeit without many of the U.S. National Women's team stars who decided it was not safe to play and opted out. Incidentally, both teams in the opening game took a knee and wore Black Lives

Matter shirts.

What's next? Baseball practice began Wednesday in their home stadiums. After significant prolonged and dragged-out negotiations, baseball is coming. Should it? The National Basketball Association (NBA) and National Football League (NFL) follow, and college football along with them. Should they? The Morehouse College athletic department is no power 5 school but a recognized college name. "The health and safety of our students is what's important. We're not afraid to say it," said Morehouse athletic director Javarro Edwards, who is cancelling football and cross-country seasons this fall due to the coronavirus.

Who is right and who is not? Many states that opened too early have seen their coronavirus numbers spike and are retreating in the restarting process. Many companies are telling employees to continue to work from home, at least through Labor Day and perhaps beyond. These companies and employees have discovered remote working is effective and safer. Other companies have required employees to be back in the office, with new parameters of social distancing and masks along with plexiglass barriers to try and stay safe.

For athletes, their office is the court, the rink, the greens, the playing field. It's where they come to work and show off their prowess. When they do that, they put on their mask – their mask of athletic excellence, their mask of physical fitness, their mask of feeling invincible on the

court, and their mask of who they are as an athlete versus who they are as a person. It keeps them thinking that their athletic ability is enough to overcome the virus. Along with a significant salary, they are paid to "play games" during a short playing career. Can they pass up the opportunity to play? They are all top competitors.

Some players don't want to play because it is taking away from the biggest social issue of these times, Black Lives Matter. Several athletes have said they are not going to play this season to focus on making progress on this issue. Duke Men's Basketball Coach Mike Krzyzewski made a video last weekend that went viral with millions of viewers asking people to recognize Black Lives Matter as a human rights statement, not a political one. He urged understanding the ways racism has manifested itself in our country for centuries, and he asked people to do something about it. He ended with the following words. "When I was a cadet at West Point — and the prayer is still there, there is a cadet prayer — in the cadet prayer one of the segments of the prayer says, 'Lord help me choose the harder right. Help me choose the harder right instead of the easier wrong.' We as a country have chosen the easier wrong for four centuries. It is time to choose the harder right. It is time to end systemic racism and social injustice. It's time. Black Lives Matter."

Athletes and sports bring us

excitement and joy, especially when our teams or favorite players win. That was reminded to me in the documentary *The Last Dance* where we saw how much Michael Jordan inspired us all, as a player at least. All the leagues have come up with plans for social distancing, although not really on the playing field. There is much to consider for athletes, for teams and for fans. The NBA is going to do what women's soccer (and soon men's soccer) is doing – a tournament held in a bubble where athletes, officials and front office staff members will stay isolated from others for the duration of the tournament. Yet there still is no social distancing or plexiglass on the court, of course.

Let me ask you, what should be done? Do we go ahead and play because 1) we love it; 2) owners, players and sponsors want it to happen; 3) it will provide needed distraction from the dangers facing us? Or should we follow the lead of Morehouse College, California state colleges and others who have said it's just not safe? As athletes and teams restart training in earnest this week, we need to ask ourselves what for? Is now the time? What way do the rivers flow for you?

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



Roger Desjarlais

photo provided

## United Way Exceeds 2019-20 Campaign Goal

**T**he United Way of Lee, Hendry, Glades and Okeechobee has concluded its 2019-20 campaign, and exceeded the campaign goal of \$10,783,563. This is the 27th consecutive year that the goal has been met or exceeded.

Campaign chair Roger Desjarlais made the announcement that local residents and companies contributed a record amount – \$10,785,325 – to the campaign, which is a 3.3 percent increase. The theme of the 2019-20 United Way Campaign was One Way, United Way.

The announcement was made at the June 12 annual meeting of the United Way Board of Directors at United Way headquarters. The meeting was a hybrid



### The campaign goal chart

Zoom/in-person meeting in order to comply with CDC regulations. Desjarlais announced via Zoom that the goal was exceeded this year.

"The United Way of Lee, Hendry, Glades and Okeechobee met its fundraising goal of over \$10.7 million in spite of an economy devastated by COVID-19," he said. "It is stunning and

speaks volumes about the generosity of our community."

Making the goal means United Way partner agencies will receive their share of funding for the coming year. Long standing United Way partners like Harry Chapin Food Bank, Community Cooperative, Abuse Counseling and Treatment (ACT) and Children's Advocacy Center will be able to continue their vital programs because of the support provided to United Way by the community in surpassing the goal. Because of the generosity of Southwest Florida, hungry families will receive food, veterans will find support through Mission United, abused children will find safety and shelter, older persons can find assistance to remain in their own homes, and thousands of lower income families can get their taxes done at no charge

through Volunteer Income Tax Assistance (VITA). Gifts and support help others live a better life.

Robert Shearman, newly appointed board of directors chairman, said, "All funds raised by our United Way stay here in our community, and our United Way keeps administrative and fundraising costs extremely low, investing over 92 percent of the money raised into local agencies and programs. Our United Way has been named a Four-Star Charity, the top rating on Charity Navigator for the past nine years. Charity Navigator is one of the most utilized evaluators of charities used to guide intelligent giving."

"A very sincere thank you to all of the individuals, companies, communities and partner agencies for your generous contributions. You all prove time

continued on page 39

## SPORTS QUIZ

1. What racetrack on the NASCAR circuit is nicknamed the "Monster Mile"?
2. The Tour de France is one of three races that make up the Grand Tours of European road bicycling. Name the other two races.
3. Who scored the controversial winning touchdown reception for the Seattle Seahawks in the 2012 "Fail Mary" game vs. the Green Bay Packers?
4. What two sports disciplines do Winter Olympians compete in for the Nordic combined event?
5. What trophy, named in honor of a Soviet space-race hero, is awarded to the winning team of Russia's Kontinental Hockey League playoffs?
6. What actor starred as racecar driver Frank Capua in the 1969 film "Winning" before embarking on a second career as a racecar driver/owner?
7. Craig Heyward, who played fullback for five different NFL teams from 1988-98, was better known by what nickname?

## ANSWERS

1. Dover International Speedway. 2. The Giro d'Italia and the Vuelta a Espana. 3. Golden Tate. 4. Ski jumping and cross-country skiing. 5. The Gagarin Cup, named after cosmonaut Yuri Gagarin. 6. Paul Newman. 7. Ironhead.

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:21 am	4:29 am	11:33 am	7:27 pm
Sat	12:16 pm	8:12 pm	None	None
Sun	12:59 pm	8:54 pm	None	None
Mon	1:42 pm	9:33 pm	None	None
Tue	5:20 am	7:15 am	2:25 pm	10:10 pm
Wed	5:42 am	8:16 am	3:10 pm	10:46 pm
Thu	6:05 am	9:24 am	3:58 pm	11:20 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:26 am	4:31 am	10:38 am	7:29 pm
Sat	11:21 am	8:14 pm	None	None
Sun	12:04 pm	8:56 pm	None	None
Mon	12:47 pm	9:35 pm	None	None
Tue	4:25 am	7:17 am	1:30 pm	10:12 pm
Wed	4:47 am	8:18 am	2:15 pm	10:48 pm
Thu	5:10 am	9:26 am	3:03 pm	11:22 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:47 am	5:19 am	11:19 am	7:06 pm
Sat	1:42 am	6:27 am	12:22 pm	8:03 pm
Sun	2:39 am	7:30 am	1:13 pm	8:58 pm
Mon	3:52 am	8:29 am	2:03 pm	9:46 pm
Tue	4:39 am	9:23 am	3:02 pm	10:29 pm
Wed	5:12 am	10:11 am	4:03 pm	11:06 pm
Thu	5:43 am	10:54 am	4:55 pm	11:41 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	4:31 am	7:45 am	1:43 pm	10:43 pm
Sat	2:26 pm	11:28 pm	None	None
Sun	3:09 pm	None	None	None
Mon	3:52 pm	12:10 am	None	None
Tue	7:30 am	12:49 am	4:35 pm	10:31 am
Wed	7:52 am	1:26 am	5:20 pm	11:32 am
Thu	8:15 am	2:02 am	6:08 pm	12:40 pm

## My Stars ★★★★★

### FOR WEEK OF JUNE 29, 2020

**Aries** (March 21 to April 19) Making things more complicated than they need to be can be a problem for the typically orderly Lamb. Try to look for a less intricate way to accomplish the same goals.

**Taurus** (April 20 to May 20) Avoiding personal involvement in a troubling situation might be advisable at this time, especially since you probably don't have all the facts. The weekend brings a surprise.

**Gemini** (May 21 to June 20) A problem with a colleague you thought had been resolved could recur. However, this time you'll be able to rely on your record to get a quick resolution in your favor. Good luck.

**Cancer** (June 21 to July 22) Giving your self-esteem a boost could be a good idea for the Moon Child, who might feel a bit daunted by the week's occurrences. Just focus on all your positive accomplishments.

**Leo** (July 23 to August 22) The "mane" attraction for the Lovable Lion this week is – what else? – love. New relationships move to new levels, while long-standing partnerships are strengthened.

**Virgo** (August 23 to September 22) A recent workplace problem will prove to be one of miscommunication, and once the matter is settled, you should have a better chance of getting your proposals approved.

**Libra** (September 23 to October 22) Good news! After dealing pretty much in the dark with a matter that seemed to be taking forever to resolve, you should soon be seeing the light at the end of the tunnel.

**Scorpio** (October 23 to November 21) A positive message should help lift that energy-draining sense of anxiety, and you should soon be able to deal with even the peskiest matter, whether at work or personal.

**Sagittarius** (November 22 to December 21) Try to control that heated Sagittarian temperament while dealing with what you believe to be an unfair matter. A cool approach is the best way to handle things.

**Capricorn** (December 22 to January 19) Nursing hurt feelings could keep you from learning what went wrong. Ask your partner, a family member or a trusted friend to help you reassess your actions in the matter.

**Aquarius** (January 20 to February 18) Nature is dominant this week. Try to spend time outdoors with someone special. An act of kindness in the past might be recalled by a person you believed was out of your life.

**Pisces** (February 19 to March 20) An upcoming career decision could be based on how well you might be able to apply your artistic talents. Be sure to use the finest samples of your work to make a strong impression.

**Born This Week:** Doing good things for others comes easily to you. You are considered a good friend, even by those you might hardly know.

### MOMENTS IN TIME

- On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer-suburb of London. Twenty-one amateurs showed up to compete in the Gentlemen's Singles tournament, the only event at the first Wimbledon. The winner was to take home a 25-guinea trophy.
- On July 10, 1887, a dam breaks in

Zug, Switzerland, killing 70 people. The resulting wall of water was so powerful that rescue boats were ineffective, as they capsized in the roiling waters.

- On July 7, 1917, Britain establishes the British Women's Auxiliary Army Corps (WAAC), authorizing female volunteers to serve alongside their male counterparts in France during World War I. Some 80,000 women enlisted to perform labors such as cookery, mechanical and clerical work, and other tasks.

- On July 6, 1944, in Hartford, Connecticut, a fire breaks out under the big top of the Ringling Bros. and Barnum Bailey Circus, killing 167 people and injuring 682. An investigation revealed that the tent had been treated with flammable paraffin thinned with three parts of gasoline to make it waterproof.

- On July 8, 1959, Maj. Dale Buis and Master Sgt. Chester Ovnand become the first Americans killed in the U.S. phase of the Vietnam War when guerrillas strike a Military Assistance Advisory Group compound in Saigon.

- On July 11, 1979, parts of Skylab, America's first space station, come crashing down on Australia and into the Indian Ocean five years after the last manned Skylab mission ended. Skylab weighed 77 tons.

- On July 12, 1995, a heat advisory is issued in Chicago, warning of an impending record-breaking heat wave. When the heat broke a week later, nearly 1,000 people were dead in Illinois and Wisconsin. The temperature in the city hit 106 F with a heat index of 120 F.

### NOW HERE'S A TIP

- Someone late for dinner? To keep potatoes warm without drying them out (as would happen in an oven), set their serving dish in a larger pan of hot water

and cover.

- "I use a small plastic bowl as a scoop in my big bag of potting mix. It's a good amount to pot a small plant, and I can hold my pot over the bowl to save the soil." RF in Oregon

- Give your buttons a boost! Use clear nail polish to strengthen the strings holding your buttons in place. Just a drop on the face of each button, and let dry. You'll never know it's there, but it definitely helps.

- "Remember this old trick when camping: Use salt to keep ice cold and slow the melt. In fact, I salt the ice in the cooler whenever we use it, camping or not!" GL in South Carolina

- Challenge your school-age kids or grandkids to a "word scavenger hunt" in the daily newspaper. You can have them search for words relating to a particular subject, or have a contest to see who can find the most unusual or complex words. It gets them reading and looking. Preschool-age kids can use a magazine to do a scavenger hunt for certain items, like colors, animals, kitchen items, etc.

- Mark a reusable water bottle with time measurements so you'll know if you are drinking enough during the day.

### STRANGE BUT TRUE

- During the Great Fire of New Orleans in 1788, priests refused to allow church bells to be rung as fire alarms because it was Good Friday. As a result, 856 buildings burned during the conflagration.

- Ancient Egyptians believed that men menstruated too and that blood in men's urine and stool was a positive sign of fertility. Little did they know that parasitic worms were the likely cause.

- It would take less than six months to get to the moon by car at 60 mph.

continued on page 46

**"There's nothing better than living in shorts!"**






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dearRPharmacist

## Chamomile Helps Arthritis, Mouth Pain, Thin Blood



by Suzy Cohen, RPh

**Dear Readers:** About a million cups of chamomile tea are served every single day. The antioxidant compounds in chamomile,

including apigenin, have been proven useful for a variety of issues that might concern you.

Today, I'm going to share the unexpected benefits of chamomile. Here are some benefits of chamomile that you may not have heard of:

**Arthritis** – You might expect benefits from frankincense for knee pain or other “itis” issues, because that herb has been long associated with strong evidence for inflammation. But it's really unexpected to see chamomile studied for knee pain. Researchers applied

chamomile oil topically to the knee. The randomized controlled clinical trial was published in *Complimentary Therapies in Clinical Practice*. Patients who applied chamomile needed lower doses of their pain medicine. You could try adding drops to massage oil or some other pain-relieving cream or gel. Supplements and teas are available as well for oral consumption. Chamomile is known to induce drowsiness.

**Blood Thinning** – Having thick or ‘sticky’ blood is bad for you. Doctors seek to thin the blood in order to prevent strokes and heart attacks. Warfarin is the most popular prescribed anti-coagulant. There are many plant-derived supplements that work similarly to warfarin, as well as foods with anti-platelet activity. But chamomile wouldn't normally be something you think of for blood health. It has unexpected blood-thinning properties.

For that reason, I advise caution or avoidance of this herb if you are already taking warfarin (or other drugs) because there will be an exacerbation of the blood-thinning. Gum bleeding might be the first sign of additive anti-platelet activity in your body. Easy bruising is another sign.

**Mouth Pain** – Have you ever burnt your tongue or mouth on hot coffee, or a super hot pizza? Fortunately, if you

burn your mouth, it heals right away, within a week or so. But if you are receiving chemotherapy, there is a type of mouth pain that is unbearable. It can occur with high dose local radiation in the mouth. The term for the pain is oral mucositis or “OM.” Chamomile can help with these oral lesions.

Sometimes a person is able to speak after a chemo treatment, and they cannot tell you of this pain. I worked in nursing home settings and saw this at times. So if you're a caregiver, nurse or family member, please become more mindful of non-verbal cues, so you can determine if someone is dealing with OM.

Of the herbal and medicinal oral rinses tested in a recent study, researchers concluded that certain ones were the most effective. Chamomile, honey, curcumin or Benzydamine-containing mouthwashes were found to be the most effective. You can make your own soothing mouth rinse using the above ingredients, gargle with a tea, or simply dab on the essential oil to the sores.

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** Can you describe a co-dependent personality type?

**A:** A co-dependent personality type can be described as someone who is approval-seeking

and, if in an alcoholic family, they can be considered an enabler. Co-dependent folks have few to no boundaries and, with being such people pleasers, they do fester a certain element of anxiety and apprehension, mostly being rejection.

To help this personality type, co-dependents can learn to set healthy boundaries: letting someone know how far they can go and how far they will go with them as well. They can also learn to say “no,” which is a yes for the person who is co-dependent. It may feel a bit strange initially, however, it will get easier and this person will be grateful for learning these skill sets to become healthier.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).✱

From page 36

## United Way

and again what an incredibly caring community this is,” said United Way of Lee, Hendry, Glades and Okeechobee President Jeannine Joy.

The top local contributing companies and the top communities are as follows:

Top United Way contributors:

One Million Dollar-plus Circle of Excellence – Publix, Bonita Bay Community;

Five Hundred Thousand-plus Circle of Excellence – Bonita Bay Group, Islands of Sanibel & Captiva;

Two Hundred Thousand-plus Circle of Excellence – Chico's FAS, Enterprise Rent-A-Car, FineMark National Bank & Trust, LCEC, Lee Health, Pelican Landing;

One Hundred Thousand-plus Circle of Excellence – Fiddlesticks, Grandezza, Gulf Harbour, Lee Board of County Commissioners, Lee County School

District, McGriff Insurance Services, Mediterra, The Brooks, Zachry Group.

United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Child Care of Southwest Florida, The Salvation Army, Bonita Springs Assistance, Lighthouse of Southwest Florida, Mission United and United Way 211 serve a diverse range of needs in the community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in the community, United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together, focusing on issues and solutions that continue to improve lives.

The United Way of Lee, Hendry,

Glades and Okeechobee has raised and distributed over \$188 million since it was established in 1957. For more information, call 433-2000 or visit [www.unitedwaylee.org](http://www.unitedwaylee.org).✱

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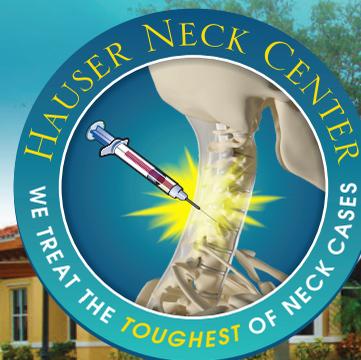
- Balance problems
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Doctor and Dietician

# What About Protein?



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

Protein is one of three macronutrients required to keep us alive. The others are carbohydrates and fats. Much discussion exists in the literature about how much protein is needed per day, as well as what kind of protein is best. The reason for the controversy is the answer depends on the person's physiology, what climate they live in, what activities they regularly perform and what physical conditions they are under. Based on years of research and analysis of many different diet types, in general, people who live in hot climates require more plant-based food sources (carbohydrates), whereas people who live in colder climates do best with higher percentages of fat and protein.

Back to protein. Foods containing the highest amount of protein per serving include meat such as beef, pork, lamb; poultry such as chicken, duck, turkey; fish; eggs; dairy products such as milk, cheeses and yogurt; vegetarian sources such as nuts, seeds, tempeh, tofu, soy milk; legumes such as lentils, beans and peas; as well as certain grains such as quinoa. Animal sources contain protein and some fat, but no carbohydrates. Plant sources contain protein and carbohydrates and in some cases fats, as in the case of nuts.

How much protein do I need? The average sedentary person requires 0.8 grams of protein per kilogram (kg) of body weight or 0.36 grams per pound. Thus, a 150-pound person requires 54 grams of protein per day. How does this translate to food? One ounce of meat equals seven grams of protein. You can do the math! One eight-ounce steak would provide enough protein for the entire day. How much protein is contained in vegetarian sources? Typically, around three to seven grams per serving.

A person who is healing from an injury, under stress, or who is performing a lot of exercise may require more than the base of 0.8 grams per kg. Our patients who are recovering from regenerative injection treatments such as prolotherapy and PRP may require more like 1 to 1.2 grams per kg body weight while in the healing phase.

What is the take home point? Most likely you are already eating plenty of protein unless you consume

a junk food diet. Eat real food with a "plant-slant!" Every diet type requires lots of vegetables for optimal health with smaller amounts of fruits. When choosing grains and other carbohydrates, choose unprocessed whole grains, limiting sugars. Check out [www.hauserdiet.com](http://www.hauserdiet.com) for a quiz to analyze your diet type. Never underestimate the power of food on

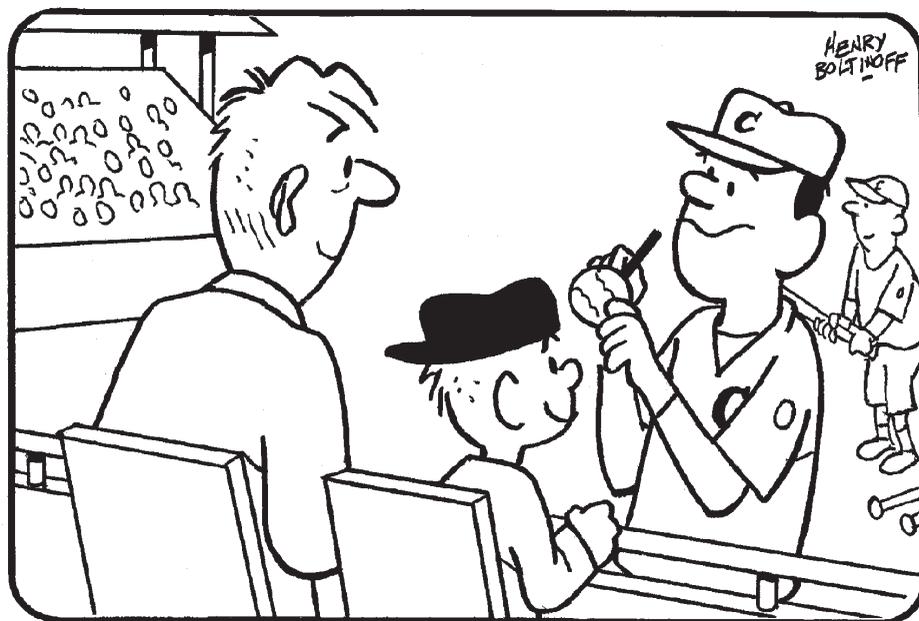
your health!

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).

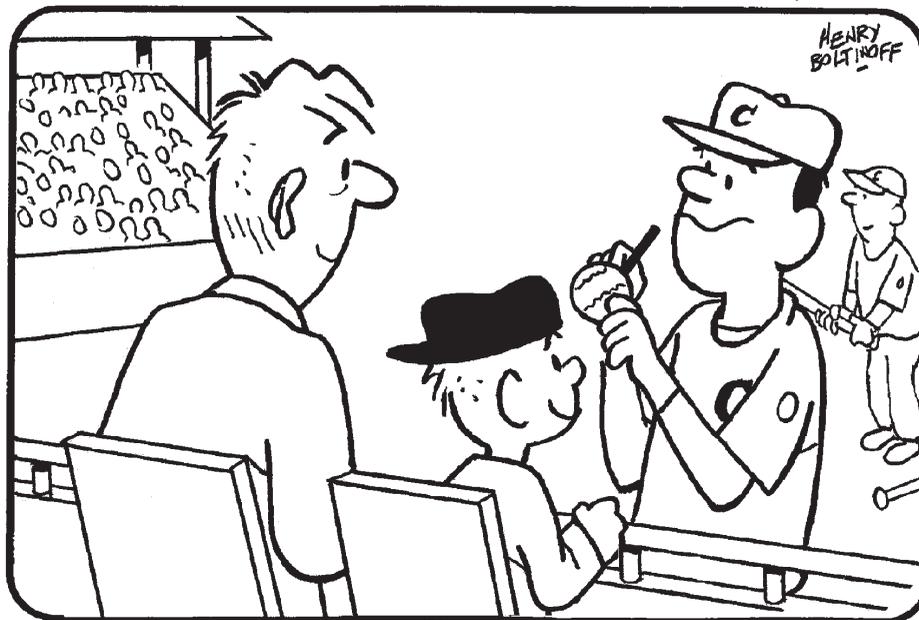
## PUZZLES

### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bat is missing. 2. Railing is different. 3. Player's pants are longer. 4. Crowd is larger. 5. Ball stitching is different. 6. Neckline is changed.

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# PUZZLES

Answers on page 47



"You know what did it? I prepared a home-cooked meal for him ...  
in a \_\_\_\_\_!"

## 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!

Shrill  
**BELTER**

Champion  
**THINGK**

Forest  
**TRIMBE**

Adorn  
**LISTEN**

**TODAY'S WORD**

## SUDOKU

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



Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City Council .....	472-4135
City Building Department .....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva .....	472-1674
Sanibel Community House .....	472-2155
Center 4 Life, Senior Center .....	472-5743

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Art League Of Fort Myers .....	275-3970
BIG ARTS .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	277-1700
Herb Strauss Schoolhouse Theater .....	472-6862
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695

### CLUBS & ORGANIZATIONS

ABWA .....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
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Angel Flight SE .....	1-877-4AN-ANGEL
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Bailey-Matthews National Shell Museum .....	395-2233
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Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211 .....	984-5920
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Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
JN "Ding" Darling National Wildlife Refuge .....	472-1100
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League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA, 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 .....	472-4823
Progressive Club of the Islands .....	pcisancap@gmail.com
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. .....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus .....	395-0819
Sanibel-Captiva Shell Club .....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer .....	395-2040
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SCCF Sea Turtle Hotline .....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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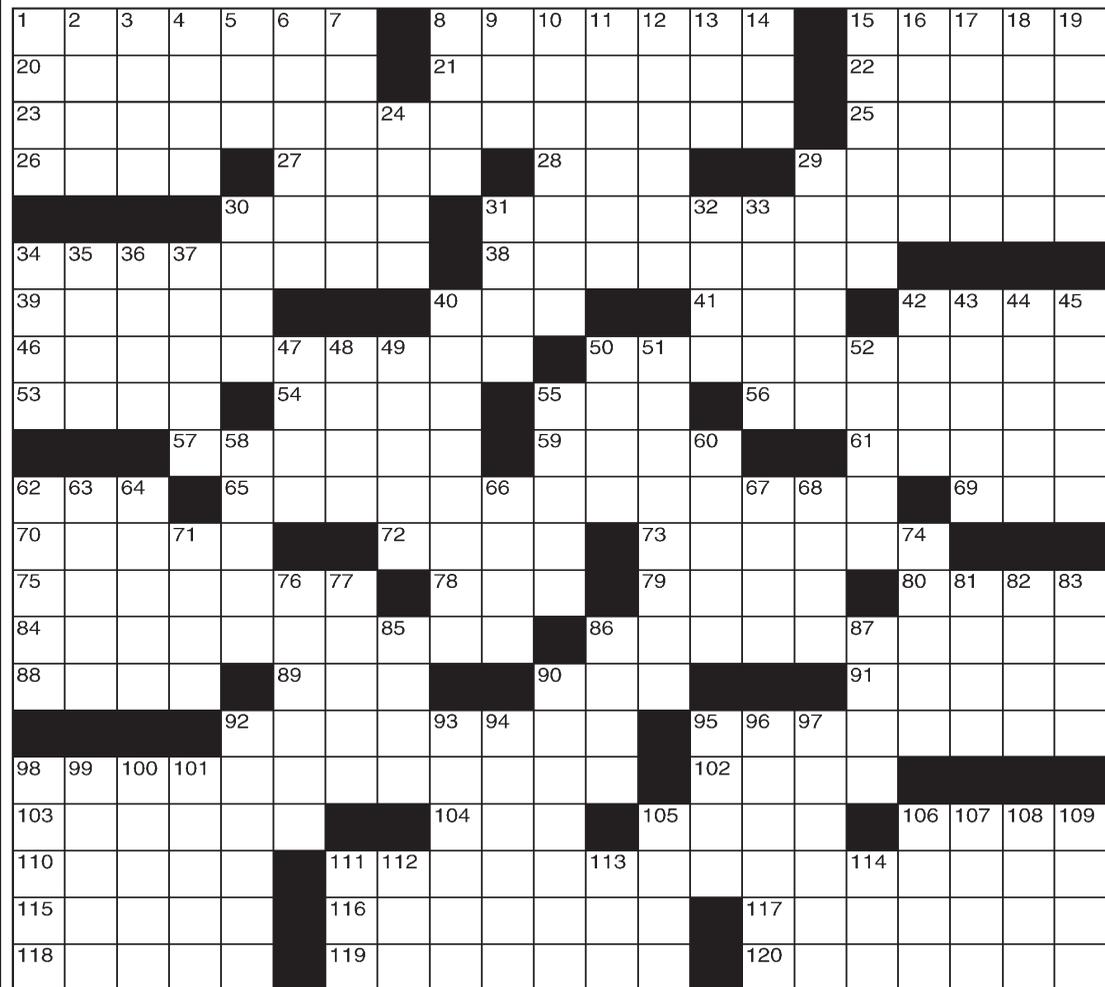
# PUZZLES

Answers on page 47

## Super Crossword

**HOLDING THE LINE**

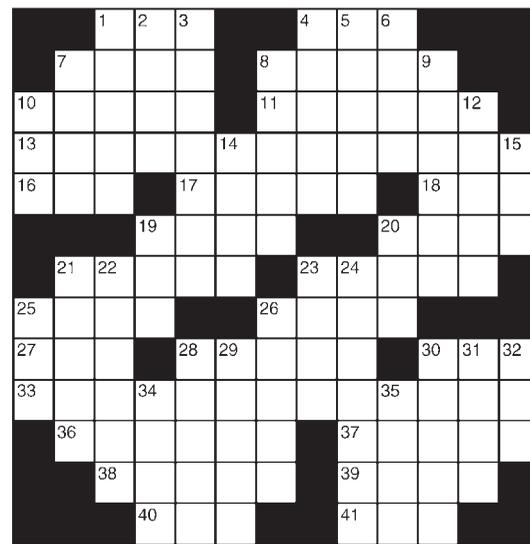
- ACROSS**
- 1 Boat docks
  - 8 Mere penny
  - 15 Stair face
  - 20 Generally
  - 21 Infused with carbon dioxide
  - 22 Cosmetics queen
  - 23 Holiday tree brighteners
  - 25 Figure skating category
  - 26 Baby blues, say
  - 27 Detroit loc.
  - 28 By way of
  - 29 — Babies
  - 30 Info on a library slip
  - 31 Thing swung on a court
  - 34 Undermined
  - 38 Federal case, so to speak
  - 39 Countrified
  - 40 See 42-Across
  - 41 German's "one"
  - 42 With 40-Across, headwear for doing laps
  - 46 William Tell wielded one
  - 50 Nine-footer with 88 keys
  - 53 Game with a cue stick
  - 54 "Cat on — Tin Roof"
  - 55 Bakery treat
  - 56 Atypical pets
  - 57 Taco sauce brand
  - 59 Everyone, in German
  - 61 Topic in question
  - 62 Beddy-bye clothes
  - 65 Gravity-defying party decoration
  - 69 Have a go at
  - 70 Reply to "You are not!"
  - 72 Spoiled stars' problems
  - 73 Running back Smith
  - 75 Pro at PR
  - 78 Crude abode
  - 79 "Hud" actress
  - 80 Morales of film and TV
  - 84 Pinocchio, for one
  - 86 Rosary's nonreligious relative
  - 88 Like a spud-slicing GI
  - 89 Aide to Santa
  - 90 Some small batteries
  - 91 Holiday tree topper
  - 92 Really mad
  - 95 Film director
  - 98 Alternative to drapes
  - 102 Merit
  - 103 Spanish province capital
  - 104 Cellular stuff
  - 105 Rick's love in a 1942 film
  - 106 Farmland unit
  - 110 Cleaned up some leaves
  - 111 What eight of this puzzle's answers have
  - 115 Saw wood
  - 116 Capital of New Jersey
  - 117 Paying to stay at
  - 118 Disburdened
  - 119 Like mustard
  - 120 Post-Trojan War tale
  - 2 White-faced
  - 3 Seldom seen
  - 4 Pupil site
  - 5 Greek letters
  - 6 "Nashville" director
  - 7 Arab, e.g.
  - 8 Unduly quick
  - 9 Slender fish
  - 10 Force to rise
  - 11 Shutting in
  - 12 Fuel gas
  - 13 Court divider
  - 14 Grid stats
  - 15 Annul
  - 16 Sci-fi's Asimov
  - 17 Smell awful
  - 18 Uncanny
  - 19 Turn to 000
  - 24 Did perfectly
  - 29 Secret taste-test label
  - 30 Strike mark
  - 31 Defreeze
  - 32 Conception
  - 33 Fisher's net
  - 34 Tinfoil, e.g.
  - 35 Irish money
  - 36 BP gas brand
  - 37 Painter Frida
  - 40 Instructed jointly
  - 42 Uses a divan
  - 43 Belt's place
  - 44 Acquire, as debt
  - 45 Stroll
  - 47 Be worthy of
  - 48 Kids' writer
  - 49 Bacall's first hubby
  - 50 — monster
  - 51 Chiles — (Mexican dishes)
  - 52 Gist
  - 55 Blatz brewer
  - 58 West Virginia's state flower, for short
  - 60 Fudd of cartoon
  - 62 California's — Beach
  - 63 Osaka's land
  - 64 Smarmy smile
  - 66 Pouty face
  - 67 Epps of TV's "House"
  - 68 Smarmy
  - 71 Barber's cut
  - 74 Some minors
  - 76 Boxing combo
  - 77 H'wood type
  - 81 Wise soul
  - 82 Some products
  - 83 Cruise stop
  - 85 Big brand of nonstick cookware
  - 86 Joking types
  - 87 Cowshed site
  - 90 It's faster than adagio
  - 92 Laid down the lawn?
  - 93 "The Queen" star Helen
  - 94 Seventh- — stretch
  - 95 Ward of TV
  - 96 Fidel of Cuba
  - 97 Sounded off
  - 98 Poorer
  - 99 Donald's first wife
  - 100 "Zorba the Greek" novelist
  - 101 John — (tractor maker)
  - 105 Lacks entity
  - 106 Play units
  - 107 Greek letters
  - 108 Artist
  - 109 Irritable
  - 111 Fuel additive brand
  - 112 Mr. Capote, to his pals
  - 113 Weed B — (lawn care product)
  - 114 In — case



## King Crossword

**ACROSS**

- 1 — Na Na
- 4 Swindle
- 7 Summery desserts
- 8 Fusses
- 10 Sixth president
- 11 Many
- 13 Proof of a crime
- 16 Sprite
- 17 Unclear
- 18 Still, in verse
- 19 Say it isn't so
- 20 Rhyming tributes
- 21 Groups of musicians
- 23 Slanted edge
- 25 Volcanic outflow
- 26 One of the Three Bears
- 27 Sailor's assent
- 28 Unwilling
- 30 Fine, to NASA
- 33 Texas city
- 36 Bill-payment period
- 37 Alan of "Little Miss Sunshine"
- 38 Mystery writer's award
- 39 Don of radio
- 40 Sun. speech
- 41 Rand McNally item
- 10 Expert
- 12 Man of — (Superman comparison)
- 14 Catches some rays
- 15 — and outs
- 19 "CSI" evidence
- 20 Eggs
- 21 Louisiana marsh
- 22 Unwilling
- 23 Dog owner's ordeal
- 24 Son of
- Joseph
- 25 Fond du —, Wis.
- 26 Harness horse
- 28 Thrust
- 29 "Argo" award
- 30 Invite to the penthouse
- 31 Elevator name
- 32 Family
- 34 Cushions
- 35 "Joy of Cooking" writer
- Rombauer



**DOWN**

- 1 Muffler
- 2 Rope fiber
- 3 Took for granted
- 4 Made pigeon sounds
- 5 "Strange to say ..."
- 6 — me tangere
- 7 "American —"
- 8 Hot rum drink
- 9 Withdraw

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Black hole
- Equinox
- Nebula
- Waning
- Blue moon
- Galaxy
- Phase
- Waxing
- Eclipse
- Light-year
- Solstice
- Zenith
- Ecliptic
- Meteor
- Sunspot

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# Airport Introduces Safety Program

The Lee County Port Authority (LCPA) is introducing the Stay Safe – RSW Cares About You program to let the community know about initiatives taking place at Southwest Florida International Airport (RSW) to keep travelers and the airport community healthy and safe. There will be differences in the experience at RSW that were put into place to make passengers feel more comfortable and confident about traveling from the airport.

“The Lee County Port Authority has always been committed to serving travelers with high standards of cleanliness, well-being and care, and now, more than ever, we are working with our airlines and business partners to develop enhanced standards for airport operations,” said Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority. “As we begin to welcome more visitors to Southwest Florida, the health and safety of our passengers, airport business partners and employees is a top priority and the reason why the Stay Safe - RSW Cares About You program was implemented by our team.”

Some of the more noticeable measures passengers will see as part of the comprehensive plan are the addition of hand sanitizer stations; social distancing signage, announcements and floor markers throughout the terminal; plexiglass shields at all customer touchpoints and the use of masks in public areas. At the onset of the COVID-19 pandemic, LCPA implemented increased frequency of cleaning and disinfecting in high-traffic areas of the terminal and car rental facility to include ticket counters, baggage claim and restrooms, as well as the concourses and gate hold areas at Southwest Florida International Airport. Janitorial staff also

performs disinfectant fogging several evenings a week at security checkpoints, ticket counters and gate hold areas.

For more information about the Stay Safe – RSW Cares About You program and all the actions being taken by airlines and business partners, visit [www.flylcpa.com/uploads/pagesfiles/3272.pdf](http://www.flylcpa.com/uploads/pagesfiles/3272.pdf).

Southwest Florida International Airport served more than 10.2 million passengers in 2019 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit [www.flylcpa.com](http://www.flylcpa.com).

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 alan131@icloud.com

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 New Construction Too  
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**PETS OF THE WEEK**

Lee County Domestic Animal Services

**Spike And Moe**



Spike ID# A790031 photos provided



Moe ID# A819738

**H**ello, my name is Spike. Don't tell me that I am not exactly what you would call a 'lap dog' because I will find a way to get as much of himself there as possible! I am a 3-year-old male pit bull mix who is a cuddle bug. When I'm not in your lap, I will play for hours.

My adoption fee is \$30.

Hi, I'm Moe. I am a 4-year-old male domestic shorthair who is a mild-mannered cat that needs a quiet household where I can hang out and be myself. I am very low-maintenance and prefer less activity to a lot of noise. If you are retired and looking for a companion to spend time, I am your guy. I will be loyal and loving.

My adoption fee is \$10, and you can adopt me and get a feline friend at no additional charge.

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling 533-7387 to make an appointment. We are open Monday through Friday from 10 a.m. to 4 p.m. Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home. Adoption fees will be reduced for the entire month of July. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, our cats and kittens are two-for-one; adopt one and

you can take home a feline friend at no additional charge.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.\*

From page 38

**Strange But True**

• It's not every day that a man in love demonstrates his affection by holding a funeral, but future president Ulysses S. Grant wasn't every man. When his future wife Julia's pet canary died, he painstakingly fashioned a small coffin for it, which he painted yellow, then summoned eight of his fellow military officers to Julia's house, where he conducted a service for the bird.

• Babe Ruth once said he knew he didn't swing hard enough if "a little poop didn't come out."

• August Rodin's work *The Age of Bronze* was so realistic that some people thought he'd actually sacrificed a real person inside the cast.

• English poet Lord Byron was a student at Cambridge University when he took issue with the ban on keeping dogs as pets, so he came up with a unique way of getting back at the school: Since there was no prohibition in the fine print against bears on campus (probably because they'd never had a pupil quite like Byron before), he not only found a bear to keep as a

pet, but also took it for walks around the grounds on a leash.

• Despite being raised and identifying as Jewish, singer-songwriter Leonard Cohen spent five years in seclusion at the Mt. Baldy Zen Center in California and was ordained a Buddhist monk in 1996.

**THOUGHT FOR THE DAY**

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."  
Mark Twain

**TRIVIA TEST**

- Astronomy:** How often does the Sun rotate on its axis?
- Geography:** What is the state capital of Delaware?
- Government:** Which amendment to the U.S. Constitution limits presidents to two terms in office?
- History:** What was the highest social class in the early Roman empire?
- Entertainers:** Which 20th-century actress was born with the name Lucille LeSueur?
- Television:** What were the names of Elly May's two pet chimpanzees in *The Beverly Hillbillies*?
- Art:** Which artist painted *The Persistence of Memory*?
- Movies:** What kind of gun did Clint Eastwood carry in the *Dirty Harry* series?
- Music:** Which singer-songwriter's nickname was *The Lizard King*?
- Food & Drink:** What is the most expensive spice on earth?

**CLASSIFIED**

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Palm Ride Road on Sanibel  
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(2 at 700 sq. ft., 1 at 1,000 sq. ft.)  
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6/21 \*TFN

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1/26 \*TFN

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Large enclosed lanai and pool  
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11/29 \*TFN

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4/20 \*TFN

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Twin Bed Set, Sectional, Ext. Ladder, Pictures, Lamps, Misc.  
July 5 from 8:30 a.m. to 2 p.m.  
1220 Sand Castle Road, Dunes, Sanibel  
7/3 \*7/3

**LEGAL NOTICE**

**NOTICE OF PENDANCY OF ACTION**

State of New Mexico to Angela N. Garcia, you are hereby notified that Jason Gelster has filed a civil action against you in the above titled court and cause, the general object thereof: Petition for Dissolution of Marriage. Unless you you enter your appearance on or before July 6, 2020, a judgement by default will be entered against you.  
7/3 \*7/17

**Cycling Safety Notes**

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous

**SANIBEL BICYCLE CLUB**

**SERVICES OFFERED**

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1/25 \*TFN

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

TRIVIA ANSWERS

- 1. On average, every 27 days 2. Dover
- 3. 22nd 4. Patriots 5. Joan Crawford
- 6. Skipper and Bessie 7. Salvador Dali 8. 44
- Magnum Smith & Wesson Model 29 9. Jim Morrison 10. Saffron

SCRAMBLERS ANSWER

- 1. Treble; 2. Knight;
- 3. Timber; 4. Tinsel

Today's Word

**BIKINI**

After 9, it's turtle time!



HORTOONS



PUZZLE ANSWERS

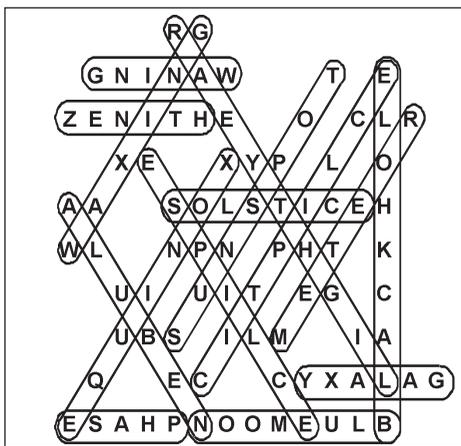
SUPER CROSSWORD



KING CROSSWORD



MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2013	4,001	\$2,390,000	\$2,225,000	181
Gulf Ridge Sub	Sanibel	2018	3,270	\$2,150,000	\$1,850,000	185
Savona	Cape Coral	2006	3,602	\$1,156,000	\$1,025,000	236
York Manor	Fort Myers	1925	3,552	\$1,135,000	\$1,135,000	0
Tropic Shores Estates	North Fort Myers	1970	4,002	\$999,999	\$925,000	413
Pinehurst Estates	Fort Myers	1987	3,675	\$949,000	\$915,000	7
Cape Coral	Cape Coral	2007	4,164	\$899,000	\$857,500	13
Northridge	Estero	2004	3,896	\$849,900	\$825,000	139
Corkscrew Shores	Estero	2015	2,873	\$799,000	\$750,000	169
Palm Gardens	Fort Myers	2015	3,505	\$798,000	\$780,000	115

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