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VOL. 29, NO. 49

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 3, 2022

JUNE SUNRISE/SUNSET: 3 6:35 • 8:18 4 6:35 • 8:18 5 6:35 • 8:19 6 6:35 • 8:19 7 6:35 • 8:19 8 6:35 • 8:20 9 6:35 • 8:20

## Shell Museum Lecture Series Kicks Off June 16

The Bailey-Matthews National Shell Museum summer and fall lecture series will be offered live via Zoom and free for registrants.

Lectures and dates are as follows:

Spot the Mollusk! – Thursday, June 16, 5:30 p.m. by Rebecca Mensch, senior marine biologist at the shell museum.

Chameleons are frequently touted as having spectacular camouflage skills, but they pale in comparison to the abilities of many mollusks. Some have evolved spectacular shells that don't just act as a hard barrier, but also help them avoid being seen in their natural surroundings. Cephalopods (such as octopuses) are the real kings of camouflage, with the ability to change shape and texture, and some mollusks, such as nudibranchs, are armed with toxic defenses to warn potential predators. Learn more about and see the



Dr. Megan Davis will speak on queen conch conservation in September

photo provided

adaptations many mollusks have evolved to deter detection.

Let's Get Kraken: Cephalopods Coast to Coast – Wednesday, July 13,

5:30 p.m. by Bret Grasse, manager of Cephalopod Operations Marine Biological Laboratories in Woods Hole, Massachusetts.

Cephalopods, which include octopuses, cuttlefish, squids and nautilus, have long fascinated humans. For centuries, they have provided rich inspiration for human culture through art, history and fables, technology and media. Cephalopods have the largest and most complex brains of any invertebrate, they are the fastest aquatic invertebrates and they can regrow or regenerate entire limbs, among other remarkable characteristics. This talk will focus on what makes cephalopods so impressive, and their presence and role in public aquariums and research communities.

Mobilizing Millions of Mollusks of the Eastern Seaboard – Thursday, August 11, 5:30 p.m. by Rüdiger Bieler, PhD, Field Museum of Natural History, and José H. Leal, PhD, science director and curator of the shell museum.

Mobilizing Millions of Mollusks of the Eastern Seaboard (ESB) is a

collaborative project sponsored by the National Science Foundation (NSF). The ESB Project involves 17 of the largest mollusk collections in the U.S. and combines geographic and other data of over 4.5 million individual specimens from the Atlantic and gulf states, which will ultimately be made available through online public platforms. Adding map coordinates to records for live-collected mollusks in natural history collections provides detailed knowledge of species distributions, and these records can help track distributional changes over time, dating to the mid-1800s, helping to inform better fisheries and conservation management. Bieler and Leal will discuss the project advances and the expected outcomes from this multifaceted cooperative effort.

Saving the Queen of the Sea: Queen Conch Conservation Aquaculture – Wednesday, September 14, 5:30 p.m. by Megan Davis, PhD, research professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University

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The 2019 Independence Day parade entry for JN "Ding" Darling National Wildlife Refuge, this year's grand marshal

file photos

## A Fun-Filled Independence Day Is Coming

by Allison Havill Todd

Residents and visitors of Sanibel can look forward to a day overflowing with activities for everyone this July 4. After two years of putting plans on hold due to the pandemic, the City of Sanibel, along with other businesses and sponsors,

is gearing up to provide islanders with a true hometown America celebration.

The day begins with the 30th annual Sanibel and Captiva Islands Independence Day Parade. This popular tradition, sponsored by Bank of the Islands, City of Sanibel and *Island Sun* newspaper, will have a "Red, Wild and Blue" theme this year in recognition of JN "Ding" Darling National Wildlife Refuge as the grand marshal. Entries of all varieties are encouraged, and attendees can expect to see parade participants on foot, in vehicles, pulling wagons, riding bikes,



From left, Randy Carson, Mayor Holly Smith and Richard McCurry at the 2021 Road Rally

driving golf carts, towing trailers or whatever other creative ideas they may come up with. Judges will be awarding plaques to the winners of nine different categories, such as Best Original Design, Most Patriotic and Best Nature Theme.

Trish Phillips, City of Sanibel director of recreation, has served as the headmaster of the parade for many years and will continue to do so in 2022. She shared her eager anticipation about this year's

event saying, "We're excited to get back to offering the parade again. Getting everyone back together to celebrate our nation's Independence Day is something we have all been looking forward to, and islanders can expect a true hometown-style parade." Phillips suggested that prospective parade participants submit their entries early for best starting position. Entry forms are available at Bank of the

continued on page 34





**42<sup>nd</sup> ANNUAL**  
**SANIBEL ISLAND ROAD RALLY**  
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**2022 Official Entry Form**

For an early start time, preregister and mail this form along with entry fee of \$50.00 to:  
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Mail to: Randy Carson, President  
2301 Periwinkle Way #2, Sanibel, Florida 33957  
Additional Info: Randy @ 239-699-8739 or Tim 941-626-2943 or Allen 239-699-9474  
Register on-line: rcarsonsan@gmail.com



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**Time Out:**  **Time In:**  **Total Time:**

**Mileage Out:**  **Mileage In:**  **Total:**

**Route Score:**  **+ Bonus:**  **- Penalties:**  **Total:**

Registration Fee \$50.00.

Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.  
(Additional T-Shirts will be available for \$20.00)

**Penalties:**

- Points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under adverage course time
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



**Registration from end of Parade to 12:00 Noon July 4th,**  
**in the parking lot at Timbers Restaurant**  
**703 Tarpon Bay Road, Sanibel Island, Florida**

Friends of Randy of Sanibel, Inc is a Nonprofit Florida Corporation

A Small Miracle



Black-necked swans with the baby white swan  
photo provided

submitted by Diana Taylor

There's a story behind this photo of a baby swan, called a cygnet, with its adoptive mother at Periwinkle Park on Sanibel.

The black-necked swan lost her nest of eggs recently as none were viable. A white swan laid a nest of eggs and died shortly after. Jay Wolf, the maintenance man at the park, put the eggs from the recently deceased white swan in the nest for the black-necked swan who had lost her eggs. A few weeks later, a baby white swan hatched.

A small miracle, but a miracle none the less.

Thanks to Jay and Periwinkle Park for being such good stewards of all living creatures.✧

Top 10 Books

1. *One Italian Summer* by Rebecca Serle
  2. *The Plot* by Jean Hanff Korelitz
  3. *Something's Cooking in Chianti* by Jennifer Schiff
  4. *The Sweetness of Water* by Nathan Harris
  5. *Honor* by Thrity Umrigar
  6. *Monkey Boy* by Francisco Goldman
  7. *Book Lovers* by Emily Henry
  8. *The Glass Hotel* by Emily St. John Mandel
  9. *Remarkably Bright Creatures* by Shelby Van Pelt
  10. *The Suite Spot* by Trish Doller
- Courtesy MacIntosh Books and Paper.✧

Sponsor Added

A new sign was added to the hall of sponsors at Sanibel Recreation Center for the original members of the recreation center tennis group; in memory of John Harvey and James Handy Moore.

Proceeds from sponsor signs assist with programs at the recreation center. For more information, call Barry Alan Roth at 313-9591.✧



## HAPPY BIRTHDAY



A young Jean Baer

photos provided



Jean Baer today as co-owner of Sanibel Island Farmers Market

**S**till in charge at 60!  
Happy birthday to Jean Baer on June 14.✱



There are nine historical structures on site, which were relocated from their original sites

photo provided

## Free Admission On June 18 At Historical Village

**T**he Sanibel Historical Village will offer free admission for all visitors on Saturday, June 18 from 10 a.m. to 1 p.m. This is the first time the village has been able to offer this event since prior to the pandemic. There will be no guided tours that day due to the number of guests and the smaller number of docents.

"We would love to offer our usual guided tours, but most of our docents have gone north for the summer, and with the crowds we expect to host, it would be impossible," said Emilie Alfino, executive director. "We will have docents stationed in some of the buildings, and an audio self-guided tour is available to all, as well as a written booklet."

The free admission day started as a

way to draw locals to the village. Now, it is not aimed at just locals but open to all visitors.

The Sanibel Historical Museum & Village tells the story of Sanibel from the Calusa and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventurers, fishermen, farmers and proprietors.

The island's way of life is recreated in a village of nine structures that have been relocated from their original sites, restored and preserved. Visitors trace the footsteps of the island's past as they meander along a handicapped-accessible path lined with buildings that represent "old Sanibel," as Sam Bailey used to say. Visitors can tour a pioneer home, fishing cottage, post office, schoolhouse, tea room, general store and other structures.

Sanibel Historical Museum and Village is open Tuesday to Saturday from 10 a.m. to 1 p.m. from now through July

continued on page 10

The logo for Jerry's Foods features two colorful parrots (one blue and yellow, the other red and blue) perched on a green sign that says "JERRY'S" in large white letters. Below the sign, it says "Foods" in a blue circle. Underneath the circle, it reads "The Neighborhood Place of Sanibel" in a script font.

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Chapel by the Sea

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

## Captiva Chapel By The Sea

This week's image is Chapel by the Sea. This is a postcard from a collection belonging to Bob Averill of Islander Trading Post, which features a copy of an original oil painting of Captiva Chapel by the Sea by William North.

The History Gallery, developed by the



Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

Visit the website at [www.captiva-island-historical-society.org/archives/research](http://www.captiva-island-historical-society.org/archives/research) to view many more images to bring you closer to Captiva.\*

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com) for links to services and information, 2050 Periwinkle Way.

### CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, [www.captivachapel.com](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://www.facebook.com/Captiva-Chapel-By-The-Sea). 11580 Chapin Lane, Captiva, 472-1646.

### CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. and 11 a.m. in

the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at [www.sanibelchurch.com](http://www.sanibelchurch.com). Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. [www.saintisabel.org](http://www.saintisabel.org), 3559 Sanibel-Captiva Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. [ruthiyengar42@gmail.com](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926.

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

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OBITUARY

MICHAEL F. ‘MIKE’ KELLY

The family of Michael F. “Mike” Kelly, 91, of Edina, Minnesota and Captiva, Florida, is saddened to announce his peaceful passing on May 8. He was preceded in death by his wife of 47 years, Mary H. “Peggy” Kelly; parents, Frank and Leona Kelly; and granddaughter, Alexandra Loncar.



He will be lovingly remembered by: his children, Dr. Michele Herring (Andy), Michael Kelly Jr. (Gretchen) and Mary Anne Loncar (Frank); grandchildren, James, Matthew (Erin), Joseph (Amy) and Meghan Herring, Connor, Cormac, and Cullen Kelly, and Lillie and Emma Loncar; new great-grandson, Charles Herring; sister, Mary Leone Rieder (Jim); as well as his extended family and friends. Mike is also survived by his loving partner, Sue Touscany of Green Bay, Wisconsin.

Mike was raised in Cloquet, Minnesota and graduated from University of Notre Dame with a degree in finance. He then served for two years in the U.S. Air Force attaining the rank of first lieutenant. Following his service, he

attended University of Michigan Law School, where he met Peggy. He began his legal career at JL Hudson Company in Detroit, Michigan. He moved to Edina, Minnesota in 1971 following the Dayton-Hudson merger. Mike worked his way up through the Dayton-Hudson Corporation, eventually becoming president of Dayton-Hudson Properties in 1977.

With the support of Dayton’s, his management team and private equity, Mike purchased the real estate operations from Dayton-Hudson in 1980 and founded The Center Companies, which included all the remaining real estate holdings and operations of Dayton-Hudson including among others, the management of the heritage shopping centers, the Dales. By 1989, The Center Companies was the largest manager of retail properties for institutional investors in the country, with almost 30 million square feet of property and \$2 billion in assets.

In 1989, Mike sold the company to General Growth, creating one of the largest shopping center management companies in the country. The following year, he left and co-founded TCC Properties Group, Inc to provide broader real estate management and financial services. The company’s name was changed to Marquette Partners, where Mike served as chairman until his retirement. Mike was very active in trade organizations as well, serving as president of the Urban Land Institute and on the executive board of the International

Council of Shopping Centers.

After retirement, Mike and Peggy split their time between Captiva Island, Edina and Bay Lake, Minnesota. Mike was very active civically and charitably, both in Minnesota and Florida, serving on many community boards in Minneapolis, Edina and in Florida. He supported several specific projects such as the expansions of Edina Art Center (Peggy Kelly Media Center) and The Community House on Sanibel. He was a member of the Church of St. Patrick (Edina), Basilica of St. Mary (Minneapolis), Our Lady of Fatima (Garrison) and St. Isabel (Sanibel). Mike loved music and was a longtime patron of the Minnesota Orchestra, Southwest Florida Symphony and BIG ARTS on Sanibel.

To everyone who knew him, Mike was a strong patriarch, thoughtful business leader, wonderful mentor and faithful friend. To his family, he was their beloved Papa, who cherished, counseled and cared for them and who always derived great joy spending time with them, especially at his favorite places on Bay Lake and Captiva Island. Mike left a meaningful legacy and will be greatly missed. The family is eternally grateful for the wonderful care provided to Mike by all the staff at The Waters of Edina and Grace Hospice.

Memorial donations may be made to Edina Art Center through Edina Community Foundation, [www.edinacommunityfoundation.org](http://www.edinacommunityfoundation.org), The Community House, [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net), or Bay

Lake Improvement Association, [www.baylake.org](http://www.baylake.org). A memorial service will be held on Tuesday, June 14 at noon at the Lakewood Cemetery Memorial Chapel, located at 3600 Hennepin Avenue in Minneapolis.✽

## Disaster Preparedness Sales Tax Holiday

Floridians are encouraged to prepare for hurricane season by taking advantage of the 2022 Disaster Preparedness Sales Tax Holiday. Passed by the Florida Legislature and signed into law by Gov. Ron DeSantis, the sales tax holiday is extended from 10 days to 14 days. It began on May 28 and continues through Friday, June 10.

This year, household pet supplies are also included in the list of items eligible to be purchased tax-free.

Qualifying supplies include:

- Pet leashes, collars, muzzles and pads costing \$20 or less;
- Flashlights, lanterns and pet beds costing \$40 or less;
- Batteries and weather radios costing \$50 or less;
- Smoke detectors, carbon monoxide detectors and fire extinguishers costing \$70 or less;
- Tarps and portable pet kennels costing \$100 or less; and
- Generators costing \$1,000 or less.✽

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10:00 a.m. to 1:00 p.m.

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# Strong Hurricane Season Predicted

by Wendy McMullen

The National National Oceanic and Atmospheric Administration (NOAA) predicts more and stronger hurricanes this year, and the reason is partly the passing of El Niño and the coming of La Niña.

El Niño and La Niña are tropical weather systems which cool or warm the Pacific Ocean.

So, is this an El Niño or a La Niña year and what does it matter?

Well, a little bit of both, and it might matter a lot according to city meteorologist Dave Roberts who spoke at the hurricane seminar at BIG ARTS on Sanibel last month. Roberts is the on air meteorologist for Southwest Florida radio stations B103.9 and 106.3 WJPT and consultant to a number of organizations including the City of Sanibel.

“El Niño is when the Pacific warms up and it has an impact on our area,” Roberts told the assembly. “Because a warmer than normal Pacific leads to a cooler than normal Atlantic, Caribbean and gulf.

“And a few degrees is wonderful news, because it brings cooler water to Southwest Florida and really helps things out,” said Roberts.

But the La Niña phase has already passed its peak and we are experiencing a neutral phase with an El Niño expected to emerge at the height of hurricane season in early fall.

There are advantages and disadvantages to both weather systems. Roberts explained that El Niño helps the jet stream plow into hurricanes so they don’t get a chance to develop. With La Niña, the jet stream is farther north in the Atlantic and more storms get a chance to develop.

NOAA predicts a 65 percent chance of an above-normal season, compared to a 25 percent chance of a near-normal and only a 10 percent chance of a below-normal season.

“That means the quantity, the number of hurricanes or tropical storms is going to be a little bit higher than usual,” Roberts said.

He also said that one tropical system

comes within 50 miles of Sanibel every two years, a named hurricane every eight years and a major hurricane every 13 years. Tropical systems include tropical depressions with surface winds up to 38 mph and tropical storms with winds up to 74 mph. A tropical storm is upgraded to a Category 1 hurricane once winds reach 74 mph.

“This is not the most hurricane prone place in the country or in the world. When there’s hurricane season, we only care about the one storm around here. But hurricanes are a fact of life,” Roberts concluded, adding that the most active time for hurricanes in Southwest Florida is the first week in September.

The longest gap between major hurricanes has been 53 years, but Lee County Director of Public Safety Coordinator Sandra Tapfumaneyi pointed out that we have had more hurricane Category 4 and 5 storms since 2017 than we did during those 53 years.

“So they’re getting more intense,” she said. “We’re living in an age where we’re going to be seeing more hurricanes.”

But the good thing, she said, is that, unlike many other disasters, people know ahead and can prepare themselves. She recommended that residents visit the Lee County Emergency Management website at [www.leeecoc.com](http://www.leeecoc.com) and download information and tools such as shelter locations and links to apps and websites, and register on the AlertLee site to receive notifications about storms.

Tapfumaneyi said that some 300,000 people were evacuated from the area during Hurricane Irma but that residents of Sanibel should be the first to evacuate so that they don’t get caught up in the traffic caused by everyone else who might need to evacuate later.

Roberts warned against anyone staying home thinking they were safe because they had houses on pilings.

“One foot of water will knock you off your feet, it will also move a car. So when there’s a storm surge predicted, adios,” he said.

Sanibel Police Chief Bill Dalton recommended that anyone who wanted to fly out of the area should do so at least five days ahead as airlines fly their planes to safety early in the process. He cited a 10-year-old study showed that Southwest Florida was considered the

most difficult area to evacuate. The top five are southeast Florida, the New York and New Jersey coast because of their high populations, the Delmarva Peninsula is difficult because it is a peninsula. Tampa Bay is the second worst place in the country to evacuate from.

“And first, the very worst place to evacuate from in the country is Southwest Florida,” he said. “Our population has probably quadrupled. And we still only have I-75 but that’s our only way north and south. So that’s why we ask everybody to heed evacuation and do so early.”

Evacuation is voluntary but emergency personnel remind people that first responders also evacuate, so anyone choosing to stay home will not have access to police or medical aid, and that it might take several days after the hurricane for first responders to get back on island. Crews first have to assess the safety of the bridge and clear debris.

Tapfumaneyi reminded residents to clear debris and anything that might become a flying object away from their homes. She also recommended printing important information and telephone numbers in case power is lost and cell towers are down.

A hurricane plan should not depend on hurricane shelters, she said, recalling that shelters became very crowded during Hurricane Irma because people flew down to help family members get out of the way and then got stuck themselves.

“We like to say that shelters are the lifeboat, not the cruise ship. So if you absolutely have nowhere else to go, then come on over. But we really, really recommend you finding another option,” she said.

She also suggested people keep their cars fueled and bring medications and cash along with the other supplies because if the power is out, stores can only accept cash.

For lifesaving emergencies, there will be a 211 information hotline that residents can call.

There are special services for residents registered in the island-based FISH of SanCap program. Erika Broyles, who heads the organization’s hurricane committee, said that they have compiled emergency preparedness packets with resource information, and that residents

can request a visit with a FISH volunteer to go over emergency information and create an emergency plan.

Anyone can request a packet be mailed by calling FISH at 472-4775 or download a packet from the website at [www.fishofsancap.org](http://www.fishofsancap.org).

Sanibel City Building Director Harold Law explained the measures that the Sanibel building department has taken to minimize damage to buildings.

“We work every day of every year to make sure your property is built high enough and strong enough to take care of the hurricanes that may come through here,” Law said, referring to Sanibel’s strict building codes.

All of Sanibel and Captiva are in a flood zone that is regulated by the Federal Energy Management (FEMA) program. FEMA provides flood insurance to all properties that are insured on Sanibel.

“So, they’re very insurance conscious about making sure whatever you have is above and beyond the approach of flooding from hurricanes, because that’s the only flooding we will really get here,” Law told attendees.

It is FEMA that predicts water depth in the case of each category of hurricanes and determines the height above sea level that a structure should be built to avoid damage.

“This is what FEMA requires to be up high enough. So, when the storm comes and leaves, you’ve still got your structure left,” said Law.

He added that flood insurance is only required if there is a mortgage, so residents without FEMA insurance cannot get help from FEMA after a hurricane.

Police Chief Dalton described the preparations partnering with all the county, state and federal agencies along with utilities Lee County Electric Cooperative (LCEC) and Island Water Association. Water is cut off during a hurricane in case of line breaks, and electric overhead lines are frequently damaged. It was five to 10 days before electricity was restored after Category 4 Hurricane Charley hit in 2004.

The first people allowed back on the island are the police, fire and medical, and emergency personnel required to clear roadways and restore electricity and water. The islands are divided into 10 zones for

continued on page 24

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# NEIGHBORS HELPING NEIGHBORS FEEDING KIDS' GROWING NEEDS

with backpack & fresh meal programs

The **FISH Backpack Program** provides children food when other resources aren't available. *It is designed to alleviate hunger for children who rely on school meals during the week but need food assistance over the weekend and during school vacations.* Each backpack, distributed weekly at the **Food Pantry**, contains enough food for at least six nutritious meals and may contain milk, juice, oatmeal, peanut butter, pasta meal, soup, macaroni and cheese, snacks, tuna and cereal.

In 2020, FISH began a supplemental **Weekly Fresh Meal** portion of the Backpack Program. Each week, year round, FISH provides *a well-balanced meal kit*—including a kid-friendly recipe and all necessary ingredients—that families can easily prepare and enjoy together. This program is meant to encourage families to be more independent and promote togetherness while combating food insecurity.

During the pandemic and with current inflation, we have seen *a significant increase in financial strain on parents and families* due to job loss, cut hours, layoffs and more. **The Lee County food insecurity numbers are staggering:**

**CHILD FOOD INSECURITY RATE = 16.9%**

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**4,294**  
**FOOD BACKPACKS**  
WERE DISTRIBUTED IN 2021

**150-200**  
**BACKPACKS EACH WEEK**  
ARE CURRENTLY DISTRIBUTED





# Keep The Beaches Safe For Sea Turtles

Five different sea turtle species, either threatened or endangered, are found in Florida's waters and nesting on its beaches. These highly migratory animals depend on coastal waters for foraging, migration and breeding during different life stages. Florida's beaches provide crucial nesting grounds for globally important subpopulations, including Northwest Atlantic loggerheads. The quality of Florida's beaches to attract nesting turtles and produce fit hatchlings plays an important role in population trends.

From April through October, Sanibel and Captiva shores provide important nesting habitat for loggerheads, greens and, in rare instances, leatherbacks and Kemp's ridleys. These turtles face numerous threats throughout their lives and are at great risk while on the beach. Give nesting turtles and hatchlings a greater chance of survival by following a few simple tips.

Lights out – Lights from flashlights and beachfront houses can disorient sea turtles on the beaches.

Fill in holes – Sea turtles, especially hatchlings due to their size, can become trapped in holes dug in the sand.

Don't disturb nesting turtles – Never get too close to, touch, shine lights on or take flash photos of nesting sea turtles.



Practice good stewardship on the beaches to help ensure that sea turtle hatchlings find a clear path to the gulf photo provided

Remove obstacles from the sand – Sea turtles can't move in reverse, so it's important to flatten sandcastles and remove all chairs, tents, gear and toys from the beach at the end of the day.

Properly dispose of trash – Not only does litter attract predators, but sea turtles can ingest or become entangled by discarded trash and fishing line.

Don't disturb screens – The protective nest screens prevent predators from eating the eggs and allow hatchlings to emerge through the holes without

assistance.

Call for help – Report any issues with nests, nesting turtles or hatchlings by calling the Sea Turtle Hotline at 978-728-3663 (978-SAVE-ONE).

Nesting sea turtles and hatchlings find their way back to the sea by instinctually traveling away from the dark silhouettes of the dune vegetation and toward the light from the moon and stars reflecting off the water. Artificial lights cause nesting females and hatchlings to become disoriented and crawl in the wrong

direction. Most hatchlings that wander inland will die of exhaustion, dehydration, traffic on nearby roads or predation. Artificial lights can also discourage females from nesting, causing them to abandon the process or choose a less optimal nesting site.

Turn out all lights visible from the beach from dusk to dawn.

Turn off all outdoor and deck lighting. Close blinds and drapes on windows that face the beach or gulf. Unshielded interior lighting, even from just a single residence, is enough to disrupt the normal sea-finding behavior of sea turtles.

Never shine lights on a sea turtle or take flash photography.

If necessary, use only approved amber or red LED bulbs.

Call to report any of the following concerns:

Stranded sea turtles or hatchlings (live, injured or dead);

Nests that have been tampered with;

Eggs that have been dug up;

Exposed eggs or nests being washed away;

Unmarked nests you believe the sea turtle monitoring teams may have missed (teams begin at sunrise and cover varying length sections of the beach);

Daytime hatching;

Issues with beachfront lighting, holes dug on the beach, or beach furniture or unused equipment remaining on the beach from 9 p.m. to 7 a.m.

Courtesy Sanibel-Captiva Conservation Foundation. For more tips, visit [www.sancaplifefirst.org](http://www.sancaplifefirst.org).

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## Historic Traffic At Airport In April

During April, 1,221,628 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was an increase of 10.4 percent compared to April 2021. Year-to-date, passenger traffic is up 34 percent compared to last year.

The traffic leader in April was Delta with 267,699 total passengers. Rounding out the top five airlines were United (172,727), Southwest (170,801), JetBlue (154,100) and American (130,291).

Southwest Florida International Airport had 9,994 aircraft operations, a decrease of 5.8 percent compared to April 2021.

Page Field saw 15,665 operations, a 31 percent increase compared to April 2021, which was the best month recorded in nearly 40 years. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyrsw](http://www.facebook.com/flyrsw).

## Free Admission

31. The museum closes for the summer on August 1 and reopens on October 18.

Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). There is handicap access to eight of nine buildings. Admission is \$10 for adults age 18 and over; no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

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Stephen Hesterberg and Nicole Seiden measuring a world-record-size horse conch at Bailey-Matthews National Shell Museum in 2019 photo by Lorin Buckner

## Shell Museum Specimens Part Of New Research

In April, museum research colleague Dr. Greg Herbert of University of South Florida, Tampa and collaborators published a peer-reviewed article on the status of the horse conch, *Triplofusus giganteus*. The article includes a first-time report on the estimate of the age at which horse conch females reproduce, and conclusions about the growth rate

and lifespan of the species. These findings, in combination with current species distribution studies and analysis of horse conch shells (including those in the Bailey-Matthews National Shell Museum collection), led the authors to a consequential and science-based conclusion that the iconic mollusk is under threat and stronger conservation steps are needed.

The authors used stable oxygen and carbon isotopes sclerochronology (the dating of hard biological structures such as bones, corals and shells) to garner information on horse conch life cycles.



A female horse conch laying a mass of egg capsules in Caxambas Pass, Florida photo by Amy Tripp

Among other samples, included in the study were two large specimens from the the shell museum's collection, measuring 460 and 475mm (about 18 and 19 inches).

"Dr. Herbert previously served as a member of the shell museum's board of trustees," said Dr. José H. Leal, science director and curator of the shell museum. "The museum was thrilled to lend its collection holdings to assist in his breakthrough research project."

These two behemoths were estimated to be 13 and 11 years old at time of death. Based on that data, the world

record horse conch (on display at the museum), which measures 606mm (23.9 inches), would have lived only 16 years. These are much shorter lifespans than previous age estimates, which had only been guessed from large shell sizes. Herbert and collaborators also conclude that females mature later in life and have fewer spawning events than originally thought. This would make the species particularly susceptible to overharvesting, as the large size of the reproductively fit females makes them more attractive and likely to be collected. Horse conchs are

continued on page 14



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Tough native teabush produces showy pink flowers and silvery-green serrated leaves  
photo by Gerri Reaves

Plant Smart  
Teabush

by Gerri Reaves

Teabush (*Melochia tomentosa*) is a long-lived densely branched shrub of the mallow family that is also called woolly pyramidflower, broomwood and grayleaf.

Native only in South Florida and South Texas in the U.S., in the wild, it grows in dry open places, coastal thickets, savannas and pinelands, and along roadsides.

In Florida, its native habitat, pine rocklands, is itself under grave threat, so the species has declined. According to the Institute for Regional Conservation, “Pine

Rocklands comprise a globally imperiled ecosystem that exists only in southern Florida and parts of the Bahamas.”

Teabush is presumed extirpated from much of its native range, mainly Miami-Dade and Monroe counties.

It typically grows to about three feet tall, but in good conditions can reach up to 10 feet.

The alternate evergreen leaves are about an inch long, grayish green, and covered in gray-green or silvery green hairs. The term “tomentosa” in the binomial refers to this “fuzzy” appearance.

The serration on the lanceolate leaves gives the leaves a scalloped ornamental look. There are many medicinal uses for the tea made with the leaves, including as

an eyewash and a cold treatment, thus the common name.

The five-petaled flowers are pink to purple flowers with yellow centers. They bloom throughout the year – more abundantly in the cooler months – but last only a day.

A tap root bolsters the plant’s high drought tolerance. It will also tolerate nutrient-poor soil, but not salt water, spray, or wind.

Give it full to partial sun and a dry spot.

A wide range of pollinators visit the shrub, including butterflies, native bees

and honeybees. In fact, *Melochia* derives from a Greek word for “honey-bearing.”

If you want to support declining bee populations, plant this “bee tree.”

Propagate it with cuttings or with the seeds in the reddish-brown pyramidal capsule.

Sources: *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio, <https://blogs.ifas.ufl.edu>, [www.fnps.org](http://www.fnps.org), [www.plantbook.org](http://www.plantbook.org), [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

From page 1

Lecture Series

Harbor Branch Oceanographic Institute.

Conservation aquaculture is the farming of fresh and saltwater plants and animals for restoration and food. During this presentation, Davis will discuss queen conch aquaculture, which has been her focus for the past 40 years. Conchs are a cultural icon of Florida, The Bahamas and the Caribbean where they are found in the shallow seagrass beds and sandy flats. They are known for their beautiful pink lipped shell and harvested as a fishery species for delicacies such as conch chowder, fritters and salads. Davis will explain the life cycle of the queen conch, the conch fishery, and how FAU Harbor Branch has joined with Caribbean partners and communities to aquaculture the queen conch for the sake of the species, the ecosystem and the people who depend on the fishery.

Land Snails in Los Angeles: An Experiment in Urban Citizen Science – Thursday, October 13, 5:30 p.m. by Dr. Jann Elizabeth Vendetti, associate curator and Twila Bratcher chair in malacology, Natural History Museum of Los Angeles County.

The land snail and slug fauna of Los Angeles County, like that of many other metropolitan areas, is under-surveyed and under-studied. To address this shortfall, in 2015, the Natural History

Museum of Los Angeles County began a citizen community science project called Snails and Slugs Living in Metropolitan Environments (SLIME), focused on the terrestrial malacofauna from Southern California.

As of early 2022, there have been more than 18,000 observations added to the project and approximately 100 species documented, including first occurrence records for several species in Southern California. The project has engaged students, museum associates and members, and other community groups. The success of SLIME has been replicated elsewhere in the U.S., including Atlanta, Georgia and Seattle, Washington. In this talk, Vendetti will share insights on building a successful citizen science movement in the nation’s largest urban area and surprising discoveries about land snail and slug species in Los Angeles.

“The museum is glad to present this series of free lectures that illuminates diverse and groundbreaking manifestations of contemporary science, conservation, and community-building initiatives around mollusks and their ecosystems,” said Sam Ankerson, executive director of the shell museum.

The 2022 lecture series is made possible by a gift from Mark and Kathy Helge.

To register and to watch recordings of previous lectures, visit [www.shellmuseum.org/lecture-series](http://www.shellmuseum.org/lecture-series).✧

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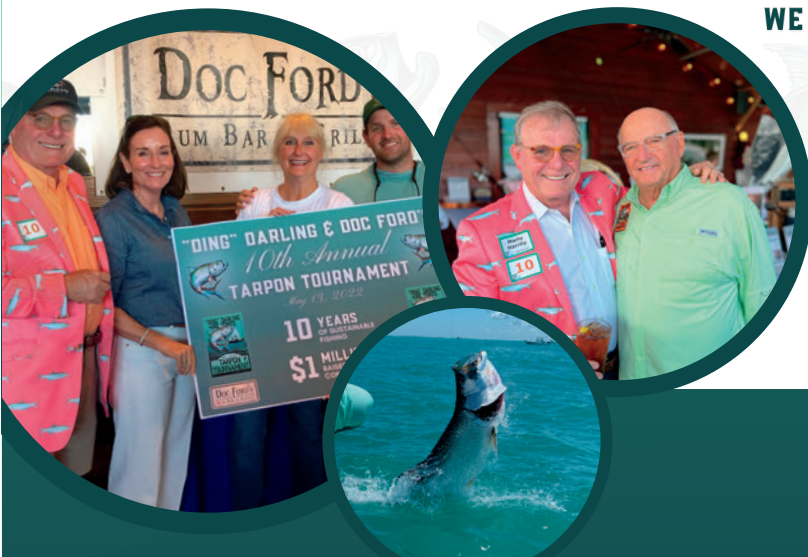


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# Conditions Are So Right



by Capt.  
Matt Mitchell

What a difference a few days can make. After all that can be described as a windy tough tarpon week, conditions finally got right for the long holiday

weekend. Calm humid mornings meant lots of happy rolling tarpon. I concentrated my efforts in areas at the northern end of the sound from Redfish Pass to Boca Grande and returned to these fish day after day. Most of the tarpon we found were on the bayside and within a mile or so of the passes as they rode the incoming tide into the sound.

The busy holiday weekend is always a crazy time to be out on the water. The key was getting out super early and being done by mid-morning as boat traffic increased. We reached the fish just as the sun started to come up and were greeted with tarpon as far as the eye could see. There are not many things in life that makes your heart race than being surrounded by rolling tarpon as you watch them fin and roll and then hope one will eat your bait.

Once we located the fish, I would watch the movement and then gently



A tarpon boatside just before release caught while fishing with Capt. Matt Mitchell this week photo provided

and quietly crawl up on the trolling motor to get in casting range. Despite having fish roll right next to the boat,

the most effective way is to make a long cast with a live pinfish under a float. Many times, these fish would appear

behind or just too far out from the boat to get a bait to. The long downwind cast well out in front of the approaching fish was the presentation they wanted. The further out from the boat you can keep your bait, the less chance the fish have of feeling you there. Clean, clear water in the northern sound also made it possible to track these fish even while they were under water.

Over the past few seasons, I have tweaked my live bait setup from the standard 7/0 Trokar circle hook under a float to a custom weighted 7/0 Trokar circle hook. These hooks have just the right amount of lead molded right into the shank of the hook. This saves you from having to use a split shot which always seems to hang floating grass. This 1/8th ounce of lead keeps the drifting bait down in the water column and in the strike zone. There is nothing as frustrating as watching a unweighted bait swim up on the surface to escape the approaching pod of tarpon. Skyline Jigs is a local company based out of Port Charlotte that came out with this simple yet innovative solution for tarpon anglers. The weighted hooks are offered in a variety of weight, so you can dial it in depending on how fast the current is moving and the size of your bait.

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

From page 11

## Specimens

harvested mostly for their large shells and there is no limit for commercial harvest of horse conch in Florida.

The authors conclude that inclusion of the species on the list of protected marine life would limit the recreational harvest of the species and help conserve its populations in the Sunshine State. In addition to the obvious value of the article from the standpoint of the horse conch's biology and conservation, use of large, preserved shells from the shell museum is another demonstration of the value of natural history collections.

Learn more at [www.shellmuseum.org/post/an-age-old-mystery-solved](http://www.shellmuseum.org/post/an-age-old-mystery-solved).✪

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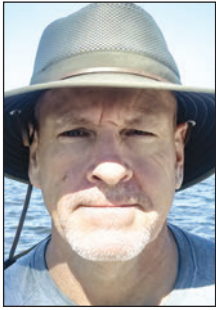
Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Purple Martin

by Bob Petcher



The purple martin (*Progne subis*) is a broad-chested swallow. In fact, it is the largest member of the swallow family. Its dark plumage is from the color family of black, blue

and purple. Adult males have iridescent, purple feathers covering their entire body, while adult females are more inclined to have purple mainly on their heads and backs.

The flight of a purple martin is a mixture of flapping and gliding. Interestingly, purple martins do not dine while perched or stationary, whatsoever. They are said to feed in flight, grabbing aerial insects such as dragonflies. They tend to do so higher in the air than most other swallows. They also drink midair after skimming the surface of a pond or other small body of water, scooping up water with their lower bills.

Purple martins nest exclusively in nest boxes or martin houses – condominium-style housing for many types of martins and other swallows. At the end of the breeding season, they are known to gather in big flocks and head to South America. Since they are territorial, expect



Patient #22-2352 rests after suffering left elbow trauma from a fall photo by Haillie Mesics

these birds to return to the same nesting spots in spring.

Purple martins have been around for quite some time. History reports say they nested in dried, hollow gourds thousands of years ago during Native American time, prior to Europeans coming over to America.

At CROW, a nestling purple martin was admitted from Fort Myers after it was found on the ground. Upon examination, the bird was severely dehydrated and had suffered left elbow trauma.

"The injuries were consistent with falling from the nest," said Dr. Charlotte

Cournoyer, CROW veterinary intern.

"The patient had some soft tissue swelling of the left elbow that requires time and anti-inflammatories to resolve."

Surgery was deemed unnecessary, and the patient was given pain medication during its 10-day stay.

"The patient's elbow was less swollen within a few days and resolved by the time it was re-nested," said Dr. Cournoyer.

The purple martin was raised according to protocol, which included nearly 13 feeds each day.

"This is based off of its dietary

needs for its life stage," said Dr. Laura Kellow, CROW veterinary intern. "Our rehabilitation staff is incredible. They have spent extensive time researching natural behaviors of various species of birds including how often the parents arrive at the nest and times of day to create protocols for feeding that mimic wild parents as best as possible. Of course, it is always (better) for the animal if it can be raised in the wild by its parents."

Last Wednesday, the patient was re-nested in a foster nest in Cape Coral. It will be raised by wild parents to better its chance at survival.

"A foster nest is when we place a baby into a nest of parents of the same species that are not the birth parents. There are several species of birds that will accept foster babies," said Dr. Kellow. "This patient was unable to be placed in the original nest and luckily, through help from our trained rehabilitation staff and our biologist partners, we were able to identify the bird's age in days, compare this to available nests, and place the individual in a foster nest where it is currently learning wild behaviors from its foster parents."

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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## CROW Calendar Of Events

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

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

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

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

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

**Wildlife Walk With Rehabilitators and Staff** -Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. This program is not recommended for children under the age of 13. Advance registration is required.



Tours are subject to modification and cancellation based on patients recovering in the hospital. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

### Daily Presentation Schedule Friday, June 3, 11 a.m.

Baby Care at CROW - Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.

### Friday, June 3, 2 p.m.

Patient Profiles: Wading Birds - Wading Birds fill the shallows of waters across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries. Learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida.

### Saturday, June 4, 11 a.m.

Surgery and Triage - After rescue teams have located and restrained injured or ill animals, and transported them to

CROW, they are assessed and admitted to the hospital. This talk will discuss all that goes on when assessing new patients at the wildlife hospital.

### Monday, June 6, 11 a.m.

Patient Profiles: Virginia Opossums - Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem.

### Monday, June 6, 2 p.m.

Snakes of Southwest Florida - Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem.

### Tuesday, June 7, 11 a.m.

A Day in the Life - CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. Volunteers, staff members and students give an inside look at what happens behind the scenes.

### Tuesday, June 7, 2 p.m.

Patient Profiles: Armadillos - Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. Find out how armadillos came to the U.S., what benefits they provide for the ecosystem, and how they adapt.

### Wednesday, June 8, 11 a.m.

Climate Change: Effects on Economics, Health and the Natural World We Love - From the record hurricane season of 2017 to the wildfires and droughts in the western U.S., to a melting Arctic. In this presentation, hear about the impacts on the economy and human health, as well as what is happening in the natural world to plants and animals. Learn about renewable energy gains the many ways you can contribute to a healthier and more sustainable world.

### Wednesday, June 8th, 2 p.m.

Turtles, Tortoises and Terrapins - They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

### Thursday, June 9th, 11 a.m.

Patient Profiles: Birds of Prey - Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

### Thursday, June 9, 2 p.m.

Species Profile: Florida Felines - There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species, and the challenges they face in a state where human development continues to increase exponentially.\*

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## Freshwater Game Fish On Sanibel Today

One of the resources that makes Sanibel unique is its freshwater bodies. As a result, many wildlife species on the island thrive due to water availability. In June 1961, at least two species of freshwater game fish were released on the island at separate locations from a U.S. Fish & Wildlife Service fish hatchery.

Today, four Florida native freshwater game fish species exist throughout the island in freshwater bodies, plus at least three exotic species. Native freshwater game fish did not exist on Sanibel until they were released.

Thousands of juvenile bluegill, aka copperhead bream, and largemouth bass were released into the Sanibel River at several locations and also into a manmade lake (Palm Lake) as part of a development in 1961. Within a couple years, it was evident that this introduction was successful.

Today, two other Centrarchid fish (the sunfish family) are also established. The redear sunfish and warmouth are found throughout the Sanibel River corridor. These two species were likely brought in with the bluegill and largemouth bass and established as well.

These game species are considered abundant in most areas on the island. However, in 2008, small numbers



The structure on Tarpon Bay Road that separates the east basin of the Sanibel River (water on the right within concrete enclosure) from the west basin (water outside the enclosure)

photos provided

of an exotic fish species, with similar preferences, began to appear in fish surveys conducted by Sanibel-Captiva Conservation Foundation in the Sanibel River basin. A structure on Tarpon Bay Road separates the east basin of the Sanibel River from the west basin.

The Mayan cichlid, an exotic fish from Mexico and Central America, was documented in the east basin of the Sanibel River in a swale. In 2009, the

density of the species had increased, and by 2010, it had equaled the number of game species captured at trapping locations. The first example of this species in the west basin was captured in 2012. Capture frequency had increased every year following. Today, the Mayan cichlid is the most common "large" freshwater fish species found in the Sanibel River.

It is unknown how this fish arrived on



Adult and juvenile Mayan cichlids

Sanibel, but it is considered a nuisance species in Florida, especially right off island in Fort Myers. It may have been released on the island intentionally or possibly swam across the bay during heavy rain or storm events when the salinity was low.

Freshwater from the Sanibel River is released into the bay from the Tarpon Bay Weir when water levels reach high levels to control flooding. At this point, species from the bay can infiltrate the Sanibel River basin. However, if the Mayan cichlid was released and isolated in the east basin originally, then the opening of the structure at Tarpon Bay Road, to control flooding of the west end, allowed this fish to move into the west basin.✱

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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Smith Nutmeg



by José H. Leal,  
PhD, Science  
Director and  
Curator

**T**he Smith Nutmeg, *Axelella smithii* (Dall, 1888), reaches 17 mm (about 0.7 inches). The shell is relatively thick

and the shell sculpture includes about eight to 10 raised axial (“vertical”) ribs per whorl. The ribs are separated by wider interspaces, and are crossed by alternating stronger and weaker raised spiral cords. The color is variable, ranging from whitish-yellow to orangish-brown. The interior of the aperture is usually of lighter color and bears spiral threads. And the protoconch is brown, smooth, bulbous, with about two whorls. The species is found offshore, in moderately deep water, along the Florida Panhandle, and the west and east coasts of Florida. 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).

*Bailey-Matthews National Shell Museum is a natural history museum,*



The Smith Nutmeg, *Axelella smithii*, from off Port Canaveral, Florida image by Chris Kovasz

*and the only accredited museum in the United States with a primary focus on shells and mollusks. It is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).\**

## Summer Camp

**R**egistration is open for summer day camp at Sanibel Recreation Center. Camp begins Monday, June 13 and runs through Friday,

August 5. It is open to children entering kindergarten through eighth grades. Hours are Monday through Friday from 8 a.m. to 5 p.m.

Campers will participate in activities such as swimming, arts and crafts, athletics and a variety of games. Special guests and field trips are part of the itinerary. Breakfast and lunch will be provided daily. Campers should bring water, swimsuit, towel and sunscreen each day.

To sign up, call 472-0345 or stop by Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.\*

## American Legion Post 123

**A**merican Legion Post 123 is serving chicken pot pie from noon to 8 p.m. this Sunday, June 5.



Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play.

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are in play. Come out and watch the action.

If you have a flag that needs to be retired, you can drop it off at Post 123.

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

Post 123 is a non-smoking facility with an outside area for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.\*



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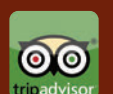
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# Lionfish Challenge Under Way For Anglers

The 2022 Florida Fish and Wildlife Conservation Commission Lionfish Challenge tournament has begun and will run through September 6. The Lionfish Challenge is a summer-long lionfish tournament open to competitors around the state of Florida. This is the seventh year of the challenge and the goal is still the same: remove as many lionfish as possible in just three and a half months.

Participants will compete in either the commercial or recreational division.

Prizes will be awarded in tiers as follows:

Tier 1 – Harvest 25 lionfish (recreational category) or 25 pounds of lionfish (commercial category).

Tier 2 – Harvest 100 lionfish (recreational category) or 250 pounds of lionfish (commercial category).

Tier 3 – Harvest 300 lionfish (recreational category) or 500 pounds of lionfish (commercial category).

Tier 4 – Harvest 600 lionfish (recreational category) or 1000 pounds of lionfish (commercial category)

FloGrown is the presenting sponsor for this year's challenge. FloGrown is a Florida-based fishing and outdoor apparel company that supports the organizations and divers that work to fight the lionfish invasion. This year's

tournament shirt was custom-designed and printed by FloGrown and will be awarded to participants who reach the first prize tier.

Additional prizes will be provided by FloGrown, Neritic, ZooKeeper, Divers Alert Network, Shearwater, Smith Optics, GoPro and YETI.

To read the tournament rules or register, visit [www.fwcreefrangers.com/lionfish-challenge](http://www.fwcreefrangers.com/lionfish-challenge). Keep up with the challenge at [www.facebook.com/fwcreefrangers](http://www.facebook.com/fwcreefrangers).

# Microchipping And Pet Checks

Lee County Domestic Animal Services will host a Check the Chip Day on Saturday, June 4 from 9 to 11 a.m. Pet owners can get their pet microchipped or make certain their pet's microchip is up to date.

June is National Microchipping Month. Checking for a chip is one of the first things a shelter or rescue facility does when a pet is brought in. Studies show that microchipping greatly increases the chances an owner will be identified; about 74 percent of found dogs and 63.5 percent of cats turned in to shelters are reunited with their owners.

Pet owners will have the opportunity to have pets scanned to verify they are chipped and the information is current. Pets can be microchipped for \$10. Owners must bring dogs on

non-retractable leashes and cats in hard-sided carriers.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit [www.leelostpets.com](http://www.leelostpets.com) or call 533-7387 for more information or to schedule an appointment.✪

# Workshops On Redfish Rules

The Florida Fish and Wildlife Conservation Commission (FWC) is holding a series of public workshops to gather public input on proposed rules for redfish that include nine new management regions and modified recreational bag, vessel and off-the-water transport limits. FWC developed the proposed changes using a new management approach to better capture regional differences in the fishery.

Workshops begin at 6 p.m. and conclude by 8 p.m. Local venues are:

Monday, June 6 – Charlotte County Administration Center Commissioner Chambers, 18500 Murdock Circle, Room 119, Port Charlotte;

Wednesday, June 8 – Rookery Bay Environmental Learning Center, 300 Tower Road, Naples.

If you are unable to attend, visit [www.myfwc.com/saltwatercomments](http://www.myfwc.com/saltwatercomments) and click on "Workshops" to watch a recorded presentation. Comments can be submitted at [www.myfwc.com/saltwatercomments](http://www.myfwc.com/saltwatercomments).✪

# Florida Friendly Fishing Courses

The Florida Fish and Wildlife Conservation Commission (FWC), UF/IFAS Extension and Florida Sea Grant have teamed up to develop the Florida Friendly Angler course. This free online course is for both new and experienced anglers looking to educate themselves on fisheries management and up their fishing game by learning skills and practices that help ensure fishing opportunities for the future.

The course is comprised of three self-paced modules that cover environmental ethics, best fishing practices and fisheries management. These narrated presentations can be accessed any time after registration. Upon finishing the course, you will receive an electronic certificate of completion and will be mailed a Florida Friendly Angler decal by providing your contact information. Register for the course at <https://ifas-seagrant.catalog.instructure.com/courses/florida-friendly-angler>.

For more information, contact course administrator Savanna Barry at [savanna.barry@ufl.edu](mailto:savanna.barry@ufl.edu) or Mike Sipos at [sipos624@ufl.edu](mailto:sipos624@ufl.edu).

If you a for-hire fishing guide, check out the Florida Friendly Fishing Guide course to gain multiple benefits for your business.

Visit [www.flseagrant.org/florida-friendly-fishing-guide-certification](http://www.flseagrant.org/florida-friendly-fishing-guide-certification) to register.✪

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# Business Women Hosting Panel Discussion

Sanibel Captiva Business Women's Association will host a financial wellness panel on Tuesday, June 21 at noon at Blue Giraffe 2 at Beachview Estates on Sanibel. The panel will discuss different aspects of financial wellness and planning to encourage women to feel empowered in their financial decisions, both personal and business-related. The speakers include Kelley Laird, mortgage professional of New American Funding, Jessica Crane, financial planner of Northwestern Mutual, and Robin Cook, wealth advisor of Suncoast Equity Management. There will be opportunities for questions and group discussion.

"Financial wellness is an integral part of our lives. As women, I think it's important to encourage these discussions and promote financial education," said Taylor Osborne, association president and owner of Iris Print & Designs. "The effects of finances can be felt in all areas of our lives and can cause undue stress and hardship. By facilitating discussions surrounding different areas of finances, I hope we can help women feel more empowered over their financial decisions. We are fortunate to have three local experts coming in to share their knowledge and expertise with our group."

Crane shares key takeaways she hopes to impart on the group, which include



Kelley Laird

promoting women's involvement in finances and planning. "My hope is to give women some ideas to consider within their personal finances that will encourage them to get more involved and ensure they have proper planning in place," said Crane.

Cook hopes guest will take away lessons in, "budgeting, credit scores, borrowing, spending, maximizing retirement plans, being involved with the household finances and teaching the next generation."

Sanibel Captiva Business Women's Association meets every third Tuesday of the month. Register on Eventbrite at <https://sancapbwa.eventbrite.com/>. For more information, contact [taylor@irisprintdesigns.com](mailto:taylor@irisprintdesigns.com).\*



Jessica Crane



Robin Cook

# FISH 10K Race Returns This Fall

FISH of SanCap will host its 14th annual 10K Race 4 FISH on Saturday, October 22 in partnership with the Fort Myers Track Club. The Fort Myers Track Club was founded in 1978 to promote health and fitness through running. Membership is open to all ages and abilities, from speed racers to recreational joggers and walkers. For more information, visit [www.ftmyertrackclub.com](http://www.ftmyertrackclub.com).

Hortoons creator Dave Horton has again designed the annual 10K Race 4 FISH logo, this year with his alligator character holding the FISH 40th anniversary banner. Horton has been crafting amusing cartoon drawings for newsprint since he was in high school, starting with his school newspaper and eventually landing a deal with Hallmark when he was just a teenager.

"Dave is a multi-talented artist and we are grateful to have him design our race logo each year, said Diane Cortese, race committee chair. "His artistic talent and sense of humor add something special to our race with each design." Participating runners will receive a race tank, with the Hortoon logo on the front.

For the past two years, the race was held virtually due to the pandemic. "We are looking forward to this year's race and are excited to begin planning. This year, we are offering the option of in-person and virtual," said Cortese. Organizers are hoping to add a youth run, business expo and other attractions in celebration of the organization's 40th anniversary. For more information on sponsorship as well as 10K Days – opportunities for island businesses to showcase their establishments while supporting FISH – visit [www.fishofsancap.org](http://www.fishofsancap.org). For additional information, contact Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com) or Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com).\*



Logo designed by Dave Horton image provided



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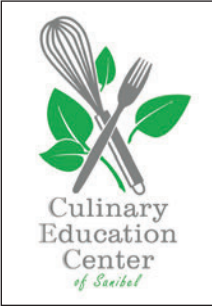
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The Community House

Florida Nut Trees



by Chef John Wolff

When contemplating the topic of my next article for the *Island Sun*, it dawned on me. While Florida is known for a climate favorable to tropical fruit trees, its three U.S. Department of Agriculture plant hardiness zones, 8 through 10, present a challenge for growing nut trees. Most nut trees require a period of cool weather dormancy, and these zones don't often stay cold enough long enough to allow for most nut trees to do this. However, the University of Florida lists a small number of nut tree types as good choices for Florida; including some native species such as hickory nuts, which are on this list, but they are seldom cultivated for home or commercial use.

The few nut trees native to Florida including certain species of pecan, hickory and walnuts but, as I mentioned,

are not widely commercially grown due to lower yields. They are often hybridized with certain commercial level species to increase the yield and also lend protection against blight and increase pest resistance.

As you might have guessed, the further north in Florida you go, the more nut trees you will find that will produce yields high enough to sustain commercial operations.

Here is an overview of the nut tree species recommended by the University of Florida that thrive in USDA zones 8 through 10.

Zone 8 is in northern Florida, the Panhandle area from about Gainesville to further north, where you'll find most of these plantations. Zone 9, which Lee County is in, comprises the area from about Lake Okeechobee south into the Everglades. Zone 10 is the southernmost part of Florida, including our own Lee County all the way down to the Florida Keys, where trees get only four to five cooler dormant days per year. To sustain maximum yields, nut trees usually require three to four times that. Although most species of nut tree will grow here in Lee County and even further south, the production yield will get increasingly be lower as you go south.

Interestingly, two of the nut trees that do fairly well here in south Florida are two of my favorites, pistachios and pecans. Although individual tree production is lower than you would find further north, the quality of the ripe nuts are of equal quality. Macadamia nut trees

can thrive here in south Florida as well. We actually have a macadamia nut tree here on property at The Community House. It is also one of my favorites and

I use it in a simple but elegant chicken recipe that is always a big hit on menus and with friends and family as well. Here it is. I hope you enjoy it.

Chicken With Macadamia Nuts

**Ingredients**  
¾ cup macadamia nuts  
1 cup fresh breadcrumbs  
½ cup all-purpose flour  
2 eggs  
4 chicken breast fillets  
2 tbsp. olive oil

**Directions**  
Place macadamia nuts in the bowl of the food processor and use the pulse button to crush. Transfer to a bowl. Add breadcrumbs. Season with salt and pepper.

Place flour on a plate. Lightly whisk eggs in a bowl. Dip chicken

into flour. Shake off excess. Dip in egg, then macadamia mixture, pressing firmly to coat.

Heat olive oil in a frying pan over medium heat. Cook chicken for 3 minutes on each side or until golden and cooked through.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.\**

Poetry Corner

by Jim Weyant



Thank You For Your Service

A late summer thunderstorm has begot dank night air thick with whirling insects. Steam rises from the puddled parking lot.

A disheveled figure emerges from the night, his cragged face back-lit by the neon M sign.

His eyes hold the look of a starved, feral cat.

It's clear he's not had much to eat for a time, any funds he had likely been used for drink.

He half stumbles into a golden arched entry, harsh lighting highlights his hollow features.

Once inside, he slumps halfway to his knees, says something about big mac with cheese.

He's waved away with a "sorry man, not today." From his tacit assent and his scurry to the exit, it's easy to see he's used to being turned away.

But before the grizzled soul is able to depart, a young man steps up and takes sharp notice of a tarnished service pin worn over his heart, then takes his arm and ushers him back inside to order him a double burger with fries.

I watch with discomfort from a booth nearby, both moved and more than a little bit ashamed. For I'm touched by the young man's kindness yet at the same time feel some pangs of regret for my failure to provide aid to the desolate vet.

*Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.\**

From page 8

Hurricane

reentry depending upon the degree of damage.

"We won't open unsafe zones, because all you're going to do is have folks come on the island and then just become frustrated they can't get to their house," said Chief Dalton.

Residents and workers should get a re-entry tag in order to get back on the

island most easily after a hurricane. These tags, available from the Sanibel Police Department, help with assistance and security. After Hurricane Charley, the National Guard was called in to help, and hang tags identified residents' addresses easily. Previous hurricane tags are no longer valid. The last one was issued more than five years ago.

Video of the hurricane seminar can be seen on the city's website at [www.mysanibel.com](http://www.mysanibel.com).\*

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Melissa Balthaser with summer book recommendations photos provided

## Families Invited To Register For Summer Reading

Sanibel Public Library offers in-person programs for all ages including tech help and children's activities.

The summer reading program is in full swing and open to all children, from babies to 12th graders. Register online with Beanstack at [www.sanlib.org/children](http://www.sanlib.org/children). Over the past decade, children have read "for others" during the program. By logging their reading and activities, participants earned books for their own collections and for patients at Golisano Children's Hospital of Southwest Florida.

Since its inception in 2012, readers have helped to contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young patients to take home. This summer, as in year's past, children through sixth grade will earn books. Teens can earn volunteer time when they read a book and write a book review. For readers who are traveling this summer, the library's eShelf offers a great selection of ebooks and audiobooks (in several languages) for readers of all ages.

In-person programs for elementary-age children are planned for Tuesday afternoons. Presenters include Sanibel Sea School Mobile Unit, a mammal program with live bats, Master Storyteller Windell Campell, Clinic for the Rehabilitation of Wildlife and reptiles from Adam's Animal Adventures. On Tuesday, June 7 at 3 p.m., staff from Bailey-Matthews National Shell Museum will present a talk about octopuses and mollusks and their ability to camouflage to their surroundings. A live mollusk will be part of the program.

Family storytime, for children age 5 and under, is held on Wednesday mornings. Parents and caregivers



Family storytime is offered on Wednesday mornings

should plan to be engaged with their child for this program. Drop offs are not permitted. The storytime portion is approximately 20 minutes, followed by play and craft centers.

Teens and 'tweens (incoming grades six to 12) are invited to Thursday evening programs including an escape room, craft programs, virtual reality and competitive cupcake decorating. On Thursday, June 9 from 6:30 to 7:30 p.m., teens can learn how to make jellyfish "lanterns" while having snacks.

See the full summer schedule online at [www.sanlib.org](http://www.sanlib.org). The reading for others program runs until August 6.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.

Sanibel Public Library offers a book concierge service for library patrons. To request this service online, fill out the Interests form found on the website. You can also fill out the form at the service desks. Tell staff about your reading history and preferences and they will select a few books for a recommended reading list.

Computer Coach service is offered on Fridays and Saturdays from noon to 1 p.m. Bring in your device for assistance with library apps and learn how to download ebooks, magazines and audiobooks, or stream music and movies. For an appointment, visit [www.sanlib.org/techappointment](http://www.sanlib.org/techappointment) or call 472-2483.

Summer hours for Saturday are 9 a.m. to 1 p.m. The library is open from 9 a.m. to 8 p.m. on Monday and Thursday and from 9 a.m. to 5 p.m. Tuesday, Wednesday and Friday. Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee

County at no charge. You must present your valid driver's license (or similar government ID), showing your current Lee County address. Visitor cards are



Learn about scallops and other marine life with staff from Bailey-Matthews National Shell Museum on June 7

available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers.✧



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2 avocados  
4 eggs  
½ cup grated cheese (your favorite)  
Sea salt and fresh ground pepper, to taste  
Cut each avocado in half and remove the seed. Preheat oven to 400 degrees. Cut a small slice on the bottom of each avocado half to create a flat surface so they won't roll. Crack an egg into each avocado half where the seed was. Season the top of the avocado and egg with salt and pepper to taste. Evenly add the shredded cheese to the top of each avocado. Bake stuffed avocados for 10 to 15 minutes or until the egg reaches the desired doneness. Remove avocados from oven and serve with toast.✽



Avocado and Egg Bake

photo courtesy Fresh From Florida

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**BOAR'S HEAD**





Jacqui Roch made her debut appearance as “Ding” Darling’s artist in residence at “Ding” Darling Day in April at Lakes Park photo provided

## New Artist In Residence

The JN “Ding” Darling National Wildlife Refuge on Sanibel began an artist in residence program in 2019 as part of its 75th anniversary celebration, with plans to continue it in years to follow. As Sanibel artist Rachel Pierce finishes her term, started in 2021 but delayed by COVID complications, the refuge, with support from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), has selected Miami artist Jacqueline Roch for its 2022-23 program.

Born in California and raised on Miami Beach, Roch, known as “Jacqui” to friends, terms her style “tropical realism.” She said her greatest local inspiration has been the Everglades and Big Cypress National Preserve, where she spends much of her time painting plein air. She has recently found inspiration at “Ding” Darling.

“One of my first pastel paintings was of a small area on Wildlife Drive that shows some mangroves and that dark clear water,” said Roch. “I titled it *Looking for Snook*, and it is one of the few paintings I still have in my possession. It is one of my husband’s favorites and he has hung it in our sons’ nursery for each of their births.”

Roch’s fine art pastels capture Florida’s natural beauty – from River of Grass panoramas to detailed portraits of flowers and seashells. She considers herself a purist with pastels, using no other embellishments for her works and never reproducing her art. Every piece is one-of-a-kind.

With a background in art education from University of Miami and Florida International University in Miami, Roch has been teaching art since 1992, starting in the Miami-Dade County School District. She currently teaches at Miami’s Bakehouse Art Complex. She plans to offer her artist-in-residence programs and activities during weekend

and other visits to “Ding” Darling through June 30, 2023.

Roch stepped in to her new role as a plein air demonstrator at “Ding” Darling Day at Lakes Park on April 24. She will appear regularly at the refuge in coming months to do pop-up plein air painting along Wildlife Drive, teach art to children and adults on site and through digital media, visit youth facilities to help create art, and mount an exhibition of her refuge-inspired and other wildlife art in the visitor and education center auditorium, as has become artist in residence tradition, from September 1 to the end of October.

“I am so thrilled to be able to call myself artist in residence at this wonderful, natural oasis,” Roch said. “It’s like getting the backstage pass to meet your favorite band. You really get to immerse yourself in a space that may sometimes be off limits to most and, even better, you meet the people who live and work so hard to maintain the space.”

“Our refuge was created by conservation artist Jay Norwood ‘Ding’ Darling in 1945, so our artist in residence program honors that history and tradition,” said Supervisory Refuge Ranger Toni Westland. “Darling created the Federal Duck Stamp program and designed the first duck stamp and the refuge system’s blue goose logo. He won the Pulitzer Prize twice for his political cartoons, which were syndicated across the country throughout the 1920s and five decades.”

The refuge’s artist program began in 2019 with Idaho wildlife journal artist Ed Anderson, who worked with children from Quality Life Center of Southwest Florida in Fort Myers and Pace Center for Girls – Lee County plus visitors to the refuge for his special programs and exhibition. Pierce continued the tradition, creating a community mural at the refuge with the help and hands of residents and visitors of all ages.

For more information about the “Ding” Darling artist in residence program, visit [www.dingdarlingsociety.org/articles/artist-in-residence](http://www.dingdarlingsociety.org/articles/artist-in-residence).✧

## Captiva Panel Report

Captiva residents can ensure that firefighters have access to their home when they are away, or unable to come to the door, by installing a Knox Box. A Knox Box is a secure key safe that mounts on the wall of a building. The only keys available to open the box are in the possession of the fire district. When there is a fire or medical emergency, firefighters can access the key safe and use the building keys to enter the building rather than having to break into the building or wait for someone to arrive to let them in.

This box is a residential version of the commercial series that’s enabled businesses to allow secure access to public safety agencies for years. The home version is easy to install and comes in three styles.

For more information, contact

Captiva Fire Chief Jeff Pawul at [jpawul@captivafire.com](mailto:jpawul@captivafire.com) or 472-9494.

Upcoming Meetings:

Monday, June 13 at 1 p.m. – Captiva Erosion Prevention District (CEPD) board meeting, Tween Waters Island Resort and Zoom

Tuesday, June 14 at 9 a.m. – Captiva Community Panel meeting on Zoom

Monday, July 11 at 1 p.m. – CEPD board meeting, Tween Waters Island Resort and Zoom

Tuesday, July 12 at 9 a.m. – Captiva Community Panel meeting on Zoom

Monday, August 8 at 1 p.m. – CEPD board meeting, Tween Waters Island Resort and Zoom

Tuesday, August 9 at 9 a.m. – Captiva Community Panel meeting on Zoom

For more information about the CEPD, visit [www.mycepd.com](http://www.mycepd.com) or call 472-2472. For information about Captiva Community Panel, visit [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com) or email [captivacommunitypanel@gmail.com](mailto:captivacommunitypanel@gmail.com).✧

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# Glass Plays A Big Role In Energy Usage

Did you know that 30 percent of the summer cooling costs in Southwest Florida are attributed to glass and windows? For those with a lot of glass and windows in their dwelling, it is essential to understand the role that they play in allowing solar heat to enter your home in a summer-dominant climate.

All transfer of heat energy occurs as the result of convection, conduction or radiation:

Convection occurs when heat energy, embodied in a substance, usually air, moves from place to place as the embodying substance moves.

Conduction occurs when heat energy moves from molecule to molecule through a substance. The greater the difference in temperature, the greater the flow of conducted heat.

Radiation is the process by which most heat energy enters homes in Southwest Florida. Every object embodies or stores heat energy and some of this heat energy leaks away in the form of infrared radiation or radiant heat.

Along with understanding how heat enters the home, Lee County Electric Cooperative (LCEC) energy experts suggest the following tips to stay cool while keeping your electric usage under

control:  
Significant air-conditioning savings can be attained by blocking solar heat before it reaches the windows, or by using special heat-reflecting glass or heat-reflecting glass coatings (residential window tint).

Reflective glass or reflective glass coatings should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida.

Internal window coverings trap solar heat between them and the window glass until the heat energy warms the air in that space. The heat-laden air flows up to the ceiling, where it waits for the air conditioner to cycle on and draw it in through the filter. This creates an illusion of efficiency when, in fact, the load on the air conditioner has not been altered.

Awnings, storm shutters, shade trees and porch or lanai roofs are all effective in blocking solar heat. To be 100 percent effective, the exterior shading device must never allow direct sunlight to touch the window's surface.

East or west windows are the main source of intrusive heat. It is recommended to use shading devices and tint on east and west windows since they experience many hours of direct sunlight.

South-facing windows experience a great deal of direct sunlight in the winter months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the

overhanging soffit of the roof.  
Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible.  
It is difficult to utilize shading devices to block the sun from entering skylights. Existing skylights can be tinted,

covered, blocked or shaded to lessen their load on the air conditioner.  
When upgrading windows, consider energy-efficient features such as double-pane, low-E glass as well as type of frame material.  
Visit [www.lcec.net](http://www.lcec.net) for more ways to save on your energy consumption.\*

## Shell Crafting Sand Dollar Magnets

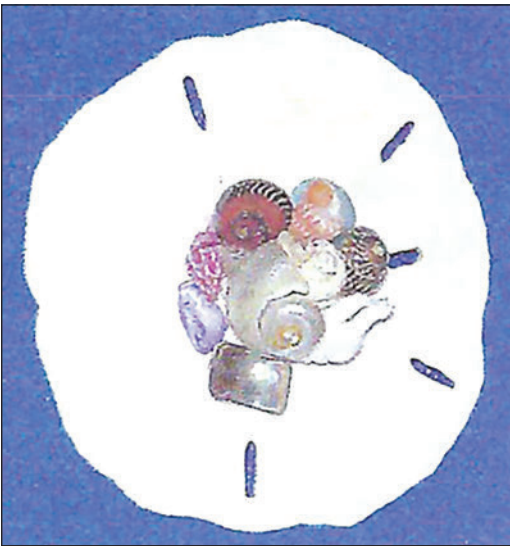


by Anne Joffe

One of the simplest projects in shellcraft is a magnet. You can take a single shell or starfish and glue a magnet on the back, or you can do something a little more creative. The directions here are for a sand dollar collage magnet. Remember, the more shells you add, the heavier the magnet will be, so try not to overdo it.

Materials:  
1 sand dollar  
Small assorted shells  
1 magnet; these come in various sizes but the best size is the size of a dime.

Directions:  
Begin to glue your shells in the center of your cleaned sand dollar. The shells need to fit into each other like a puzzle. Glue in enough shells to make a circular area about the size of a 50-cent piece.  
Let shell arrangement dry completely, then turn the sand dollar over and glue on your magnet in the center.  
You can spray with clear coat if you wish.  
Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She is the author of ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.\*



Sand Dollar Magnet photo by Anne Joffe

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\* "The challenge is huge, but FISH is here to help. With our community's support, we can meet the needs of everyone who is counting on us."

—Maria Espinoza, FISH Executive Director



Our local average gas price per gallon is \$4.58,  
**the highest it's been since 2008**

source—AAA

## FISH HELPS NEIGHBORS COPE

The rising cost of household basics—housing, food, energy, child care, healthcare, transportation, technology and taxes—already outpaced wages in Lee County before the pandemic. With inflation over 8% in the past year, low- and middle-income families face tough choices. Food or medicine? Rent or utilities? Gasoline or doctor visit?

As inflation keeps spiraling, more people will slip below the **ALICE** threshold. **More households will slide into poverty and fall behind.** **ALICE** stands for *Asset Limited, Income Constrained, Employed*—people who work and earn enough to stay *above the Federal Poverty Level but not enough to be financially stable*. These are workers we count on every day, from retail employees to restaurant servers.

That's where FISH is making a difference and helping to ease the burden, providing critical social services.

**In 2021, FISH responded to more than 25,000 requests for help.**

**So far in 2022, demand for services is up 20% year over year.**

More than ever, FISH depends on donors to keep pace with the need.

*Please consider a gift today.*

\*source—2018 ALICE Report, Lee County, United for ALICE, <https://bit.ly/3LT1NT6>.  
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(55 and older) responding to  
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Book Review

Simple Human Dignity



by Di Saggau  
June is LGBTQ+ Pride Month. Events are held all across the country. Arlene Goldberg is a local leader and pioneer in the LGBTQ+ community, and the recipient of the Equality Florida

2014 Voice for Equality Award. She was one of the plaintiffs in the groundbreaking ACLU class-action lawsuit related to same-sex marriage in Florida. History was made when she and her wife, Carol, became the first same sex couple to have their New York marriage officially and legally recognized by the State of Florida.

Goldberg has written a memoir, *Simple Human Dignity: My Life, My Wife, Our Story*. It was a labor of love to honor Carol, who passed away in 2014. She also wrote the memoir to benefit both the parents of LGBTQ+ and LGBTQ+ individuals. She said, "Parents can get a look into how 'staying in the closet' adversely impairs those who do and what a secretive life their children are living. Children are usually taught not to lie to their parents, but 'living a life in the closet' forces them to lie just to survive. By reading my memoir, parents may better understand the anguish their children go through not being able to talk about a part of who they are."

The memoir tells the couple's story from when they met as teenagers to their marriage in New York, and their life together until Carol's death. Goldberg said, "I would hope readers of my memoir have a better understanding of how difficult our lives are and that no one would choose our way of life, if there

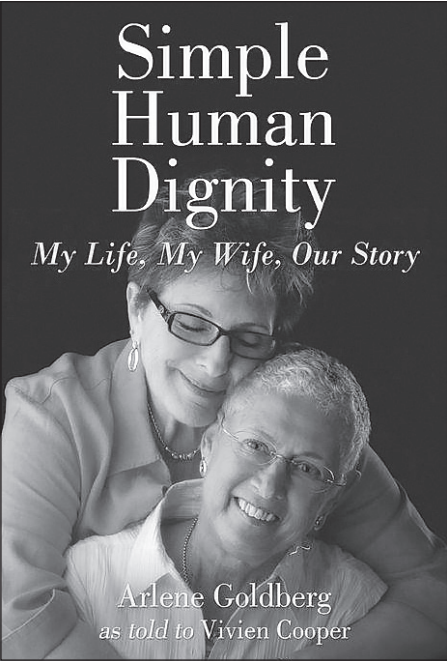


image provided

was a choice." When the couple moved to Southwest Florida in 1989, there was not much of an LGBTQ+ community in existence. Today, there are several groups, also bars and restaurants, that are geared to the LGBTQ+ community. When asked how she would describe the progress that has been made so far, Goldberg said, "Times have changed moving the Southwest Florida LGBTQ+ community forward, but there is still so much more to do." *Simple Human Dignity: My Life, My Wife, Our Story* is available at Barnes and Noble, Amazon and indie bound (online). Visit the website at [www.simplehumandignity.com](http://www.simplehumandignity.com).✱

Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✱

School Smart



by Shelley M. Gregg, NCSP  
**D**ear Readers, This column was published after the Parkland, Florida shootings and sadly, now again after the most recent massacre in Texas.

High profile acts of violence, particularly in schools, can confuse and frighten children who may feel in danger or worry that their friends or loved-ones are at risk. They will look to adults for information and guidance on how to react. Parents can help children feel safe by establishing a sense of normalcy and security, and talking with them about their fears. Here is some information from the National Association of School Psychologists (NASP) to help you with these difficult conversations:

Reassure children that they are safe – Emphasize that schools are very safe. Validate their feelings. Explain that all feelings are okay when a tragedy occurs. Let children talk about their feelings, help put them into perspective and assist them in expressing these feelings appropriately.

Make time to talk – Let their questions be your guide as to how much information to provide. Be patient; children and youth do not always talk about their feelings readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Some children prefer writing, playing music, or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books, or imaginative play) to help them identify and express their feelings.

Keep your explanations developmentally appropriate.

Early elementary school children need brief, simple information that should be balanced with reassurances that their school and homes are safe and that adults are there to protect them. Give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground and emergency drills practiced during the school day.

Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance separating reality from fantasy. Discuss efforts of school and community leaders to provide safe schools.

Upper middle school and high school students will have strong and varying opinions about the causes of violence in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. Emphasize the role that students have in maintaining safe schools by following school safety guidelines (e.g. not providing building access to strangers, reporting strangers on campus, reporting threats to the school safety made by

students or community members, etc.), communicating any personal safety concerns to school administrators and accessing support for emotional needs. Review safety procedures – This should include procedures and safeguards at school and at home. Help children identify at least one adult at school and in the community to whom they go if they feel threatened or at risk. Observe children's emotional state – Some children may not express their concerns verbally. Changes in behavior, appetite and sleep patterns can also indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children may be at risk for more intense reactions. Children who have had a past traumatic experience or personal loss, suffer from depression or other mental illness, or have special needs may be at greater risk for severe reactions than others. Seek the help of a mental health professional if you are at all concerned.

Limit television viewing of these events – Be aware if the television is on in common areas. Developmentally inappropriate information can cause anxiety or confusion, particularly in young children. Adults also need to be mindful of the content of conversations that they have with each other in front of children, even teenagers, and limit their exposure to vengeful, hateful and angry comments that might be misunderstood.

Maintain a normal routine – Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children get plenty of sleep, regular meals and exercise. Encourage them to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Suggested points to emphasize when talking to children: Schools are safe places. School staff works with parents and public safety providers (local police and fire departments, emergency responders, hospitals, etc.) to keep you safe.

We all play a role in school safety. Be observant and let an adult know if you see or hear something that makes you feel uncomfortable, nervous or frightened.

There is a difference between reporting, tattling or gossiping. You can provide important information that may prevent harm either directly or anonymously by telling a trusted adult what you know or hear.

Although there is no absolute guarantee that something bad will never happen, it is important to understand the difference between the possibility of something happening and probability that it will affect you (the school community).

Senseless violence is hard for everyone to understand. Doing things that you enjoy, sticking to your normal routine, and being with friends and family help make us feel better and keep us from worrying about the event.

Sometimes people do bad things that hurt others. They may be unable to handle their anger, under the influence of drugs or alcohol, or suffering from mental illness. Adults (parents, teachers, police officers, doctors, faith leaders) work very

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Volunteer Gary Biltgen handing out a green ribbon  
photos provided



Volunteer Mary Alice Scanlon assisting Mesa Maiden

## FISH Raises Awareness For Mental Health

In honor of Mental Health Awareness Month, May 1 to 31, FISH of SanCap provided green ribbons to all who visited the food pantry and walk-in center recently. The green ribbon is the international symbol for mental health awareness.

FISH volunteers dressed in green and helped decorate the food pantry with

posters and quotes about mental health.

For the next several weeks, FISH will distribute an anonymous questionnaire to help the organization assess the relationship between food insecurity and mental health. According to Hunger & Health – Feeding America, “Food insecurity and mental health share a bilateral relationship – mental health conditions are worsened by food insecurity, while food insecurity can also be worsened by mental health conditions.”

“By distributing this questionnaire, we hope to identify and develop solutions



FISH of SanCap Mental Health Awareness team, from left, Erika Broyles, Heike Gosselin, Nitza Lopez, Manuela Martinez, Laura Rodriguez and Kim Ouellette

to hunger and health barriers within our community,” said Maria Espinoza, executive director of FISH.

FISH offers assistance to residents of the islands as well as the workforce and visitors. Its food pantry is a vital service for many households and the organization works around the clock to keep pace with increased demands. Due to the pandemic, the organization has found increased accounts of stress, isolation and uncertainty from its clients, all of which can lead to changed health

and wellness conditions.

“By honoring Mental Health Awareness Month, we hope to reinforce that FISH is here to help with resources and referrals,” said Espinoza.

If you, or anyone you know, is experiencing symptoms of depression, anxiety, stress, mood or panic disorder, or any other conditions of concern, contact a health professional. For more information on FISH programs and services, contact Maria Espinoza at 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org). ✨

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Fourth-generation Zontian Julia Cacioppo Melvin with her mother, Carrie Lund Cacioppo photos provided

# New Zonta Year Begins And 35 Years Celebrated

submitted by Kathleen Skubikowski

The Zonta year of service and advocacy begins annually in June. The Zonta Club of Sanibel-Captiva's 2022-23 year was ushered in recently with an installation ceremony at The Community House, where the presidency



Zonta San-Cap charter members Janine Boardman and Joanne Marriott

of both the club and the grant-awarding Zonta Foundation of Southwest Florida passed from co-presidents Jill Janda-Kanner and Elaine Swank to new President Erika Steiner. The club's and foundation's new officers and boards were sworn in as well. An additional celebration at The Community House recently acknowledged both the Sanibel-Captiva club's 35 years of serving the community and the induction of its first fourth-generation member. Chartered in 1987, the Sanibel-Captiva club has a rich history of community engagement,



Zonta Club and foundation officers and board members: front, from left, treasurer Pam Eccles, president Erika Steiner and secretary Taryn Manning; back, from left, members-at-large Katrina Wilhelm, Diane Chesley, Jan Arbuckle and Alison Dry, and vice president Kate Sergeant (not pictured: members-at-large Pat Layton and Kathleen Skubikowski)

ranging from advocating awareness on such issues as human trafficking to raising funds through its signature house tour "Peek at the Unique," to providing hundreds of thousands of dollars in grants to area nonprofits. Part of that history was celebrated in the induction of new member Julia Cacioppo Melvin

– great-granddaughter of a Zontian, granddaughter of Sanibel-Captiva Zontian Sally Lund and daughter of Sanibel-Captiva charter member Carrie Lund Cacioppo. For more information on the Zonta Club of Sanibel-Captiva or to donate, visit [www.zontasancap.org](http://www.zontasancap.org).✧

## FIRST THURSDAY OF THE MONTH



## Featuring Local Artists

## Everyone is invited to play!

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American Legion Post 123  
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## Airport Earns Accreditation

Southwest Florida International Airport (RSW) has achieved the Global Biorisk Advisory Council (GBAC) STAR Facility Accreditation, the gold standard for facility cleanliness. Under the guidance of GBAC, a division of ISSA, the worldwide cleaning industry association, Lee County Port Authority (LCPA), RSW operator, has implemented the most stringent protocols for cleaning, disinfection and infectious disease prevention in its terminal building. As the cleaning industry's only outbreak prevention, response and recovery accreditation, GBAC STAR helps organizations establish protocols and procedures, offer expert-led training and assess an airport's readiness for a biorisk situation. The program verifies that RSW has implemented best practices to prepare for, respond to and recover from outbreaks and pandemics. "I am proud of the RSW team for earning this rigorous accreditation to establish a comprehensive system for a clean and healthy airport environment," said Ben Siegel, CPA, CM, executive director of Lee County Port Authority. "It shows our guests, passengers and employees that we are committed to ensuring that the millions of people who use Southwest Florida International Airport are comfortable in traveling through and working at our airport." RSW is a member of the American Association of Airport Executives, who

partnered with GBAC and encourages all member airports to achieve this accreditation. In order to achieve the GBAC STAR, LCPA was required to demonstrate compliance with the program's 20 core elements, which ranged from standard operating procedures and risk assessment strategies to personal protective equipment as well as emergency preparedness and response measures.✧

From page 30

## School Smart

hard to get those people help and keep them from hurting others. It is important for all of us to know how to get help if we feel really upset or angry and to stay away from drugs and alcohol. Stay away from guns and other weapons. Tell an adult if you know someone has a gun. Access to guns is one of the leading risk factors for deadly violence. The NASP has additional information for parents and educators on school safety, violence prevention, children's trauma reactions and crisis response at [www.nasponline.org](http://www.nasponline.org). Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✧



# Celebrate the 30<sup>th</sup> Annual Independence Day Parade Monday, July 4, 2022, 9:30 a.m.

Red,  
Wild &  
Blue



Presented by:



Reserve  
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Position!

**Entry Fee:** Commercial \$30.00 Non-Commercial \$15.00

**Each Entry Fee is for a Maximum of 3 Vehicles**

Please Make Checks Payable to: **4<sup>th</sup> of July Parade Account**

Mail/Drop Off: Bank of the Islands, 1699 Periwinkle Way, Sanibel Island, FL 33957

◇◇◇ Additional Information??? Contact Trish Phillips at 239-246-2981 ◇◇◇

◇◇◇ **Mandatory Parade Participant Meeting on Friday, July 1<sup>st</sup>, at Bank of the Islands** ◇◇◇  
(10:00 am or 5:00 pm)



**Make Sure to Purchase Your 2022 Parade T-Shirts at Bank of the Islands**



## 2022 Parade Categories

Best Float – Commercial  
Best Float - Small Entry  
Best Nature Theme

Best Float - Not-for-profit  
Best Salute to the U.S. Military  
Best Original Design

Best Float - Family  
Most Patriotic  
Best Music

**Entries must be returned (with payment) BEFORE Monday, June 27, 2022**

Register Early for Best Starting Position in Parade! Registration Date is the First Determining Factor in Entry Positioning

## **Parade Entry Form**

Return with Check

**“No water to be sprayed by parade participants – Height Limit 12 ft”**

Name of Business or Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address (required): \_\_\_\_\_

**E-mail Address (required):** \_\_\_\_\_

Daytime Telephone Number (required): \_\_\_\_\_

Number of Participants: \_\_\_\_\_

♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music

Live? (Yes) \_\_\_\_ or (No) \_\_\_\_ Boombox or Amplifier? (Yes) \_\_\_\_ or (No) \_\_\_\_

Other? \_\_\_\_\_

Physical Description of Float (Ex: P/U Truck w/8' trailer, Bicycles, golf cart, walking): \_\_\_\_\_

Name Email & Phone # of Person Attending Meeting on 7/1: \_\_\_\_\_

Line up the Day of the Parade will be between 8:00 am and 8:30 am on Island Inn Road  
**(Entries arriving after 8:45 am will be placed at the end of the Parade line up)**



The Sanibel Captiva Trust Company

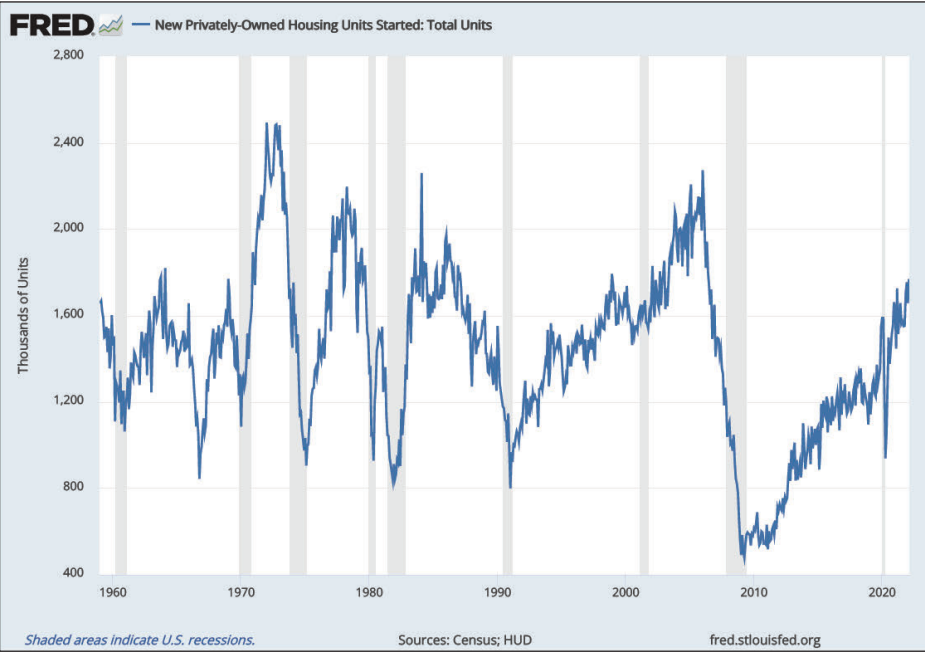
# Housing: Can The Boom Continue?



by Craig J. Holston  
Senior Portfolio  
Manager

By many measures, 2021 was an incredible year for the U.S. housing market. The National Association of Realtors (NAR) reported that sales of existing homes increased 8.5 percent to a 15-year high of \$6.12 million. Low interest rates and widespread remote work were major factors driving last year's sales streak. Housing prices hit an all-time record with existing homes selling for a median price of \$346,900 in 2021.

As we look at the current state of the housing market, lack of supply is the major factor that has led to a slowdown in sales so far in 2022. In February, existing home sales fell to an annual rate of \$6.02 million, which was down 7.2 percent from January and 2.4 percent from one year ago. Because the current inventory of unsold homes is equivalent to only 1.7 months' supply, it is no surprise that home prices continue to rise. The NAR also recently reported that year-over-year prices have increased for 120 consecutive months, which is the longest-running streak on record.



New homebuilding statistics from the late 1950s to late 2020

image provided

When we hear these astonishing housing statistics, it would be reasonable to ask if these are signs of another housing and lending bubble like we experienced 12 years ago. Our short answer is no, we don't think so. The data is pretty clear to us that housing is experiencing the same supply and demand imbalances that are pushing up costs for goods like gasoline, meat, wheat, butter, lumber, coffee beans and copper. Too many buyers have been chasing too few homes on the market. It looks to us like those imbalances

are correcting and price increases are starting to revert to normal.

The chart above shows the amount of new homebuilding that occurred since the late 1950s. As you can see, the level of new building has peaked and troughed many times in the past. But fix your eyes toward the right side of the chart, to the period between 2006 and 2011. Builders were erecting more than 2.2 million homes a year at the peak, which was far more than our population growth could support back then. That oversupply eventually drove down home

prices, which we all know started a chain-reaction of financial failures. In the aftermath of 2008, home builders went into hiding, and construction levels dropped by 80 percent in the following years. This created a shortage of homes, since our population kept increasing. Keep in mind, builders need to erect probably 1.2 to 1.4 million new homes a year just to keep up with population growth. They didn't hit that figure for six years in a row, causing rising shortages. That fed the first wave of house price increases this past decade. We should also point out that since the housing crisis passed, mortgage lending has remained very conservative by historical standards. Prices are not escalating today due to loose lending. No longer are banks financing second and third properties with less than five percent down payment as they did prior to the Great Recession, and the market for buying and selling packages of mortgages has since been much more regulated.

Despite slightly higher mortgage rates, underlying conditions remain favorable for housing, and that tells us there seems to be no bubble on the horizon.

*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 1

## Independence

Islands, located at 1699 Periwinkle Way, and published in the *Island Sun*.

Everyone is also invited to purchase their own 2022 parade T-shirt at the bank for \$10. This year's eagle image was created by former NBC news anchor turned full-time artist, Rachel Pierce, who is a Sanibel resident and owner of Rachel Pierce Art Gallery.

The parade will begin at 9:30 a.m. on Monday, July 4 at Periwinkle Way and Tarpon Bay Road and proceed down Periwinkle Way to Casa Ybel Road. Periwinkle Way will close to traffic from 9 a.m. until the parade is finished (around 11:30a.m.). Plan to arrive early, bring water, a chair and a bag for all the goodies handed out by the parade participants. For more information, contact Trish Phillips at 246-2981.

Attendees can choose between two different events immediately following the parade. Jack Elias of Sanybel's Finest in Jerry's shopping center, is coordinating after parade festivities for the family in Jerry's parking lot. The Boy Scouts will be providing hot dogs and refreshments as part of their fundraising, with donations encouraged. Elias shared that there will be tents, tables, chairs and fans along with two 22-foot high water slides, a dunk tank, a bounce house, a slip and slide, karaoke and other fun activities for all. Elias is



The Independence Day parade T-shirt design, featuring artwork by Rachel Pierce  
image by *Island Sun*

still looking for someone who can fill the clown role and provide face painting and balloon tricks. Interested parties can contact Elias at 472-6776.

Perhaps you are seeking a more adventurous experience following the parade. Then be sure to sign up for the 42nd annual Road Rally, which will benefit Community Housing and Resources. Longtime islander Randy Carson is coordinating this popular event through his nonprofit, all-volunteer organization, Friends of Randy of Sanibel, Inc. This great tradition will provide participants the opportunity to test their mental, navigational and

relational skills for the period of time they are in their vehicles.

For those not familiar with the rally, it is not a race but rather an island-wide scavenger hunt completed while driving a car. Each team is provided with a list of questions serving as clues that guide them along their route. Points are accrued by following instructions, time and mileage to win prizes and gain notoriety. Prizes are awarded for best decorated car as well as first, second and third place finishes, with the last place receiving a free entry into next year's rally.

The Road Rally starts at noon on July 4 at The Timbers Restaurant parking lot, located at 703 Tarpon Bay Road, with drivers lining up at least 20 minutes before their starting time. A celebratory after party following the rally will take place at the Sanibel Grill (adjacent to The Timbers), where contestants can gloat over their winnings. If you prefer not to participate on a team, you can still support the event as a sponsor with your name appearing on the Road Rally T-shirts.

Entry forms can be found at Bailey's General Store, Sanibel Café and in the *Island Sun*, but register early as it is limited to only 50 lucky vehicles. Friends of Randy of Sanibel, Inc. encourages you to "Grab your sunglasses, put on your driving gloves and prepare to have a blast!"

For more information on the rally or to become a sponsor, contact Randy

Carson at 699-8739.

And finally, after your daytime adventures, get ready for a heart-stopping fireworks display provided by the City of Sanibel. The show will start at 9 p.m. and last approximately 25 minutes with professionals setting off fireworks from the beach at the end of Bailey Road. Though the road will be closed during this time for safety reasons, spectators can enjoy breathtaking views from their boats, the causeway, Lighthouse Beach or any other bayside vantage point.

After years of having to put this event on hold, Sanibel Mayor Holly Smith said, "It's an example of what our community is all about. It draws everyone out to celebrate our day of independence together!"

Onlookers should seek out a good viewing location early and be prepared for adjustments based on weather.

For longstanding residents, as well as those who have recently moved to the island, expect to experience a true hometown America celebration in honor of our nation's Independence Day, with a myriad of activities for all!

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



## United Way Meets Campaign Goal Yet Again

The United Way of Lee, Hendry, and Glades has concluded its 2021-22 campaign, and met the campaign goal of \$11.1 million. This is the 29th consecutive year that the goal has been met or exceeded.

Campaign chairs Noelle Branning (Lee County Tax Collector) and Corey Vertich (Uhler & Vertich Financial Planning) announced that local residents and companies contributed a record amount of \$11.1 million to the campaign. The theme was Back to the Future.

"The United Way of Lee, Hendry, and Glades met its fundraising goal of \$11.1 million despite an economy devastated by COVID-19 and rising inflation. It is stunning and speaks volumes about the generosity of our community," said Branning.

"Seeing how many people are so committed to reach this essential goal shows just how much our community cares. Now that we have met it, our United Way can help our 90 partner agencies look forward to doing their important work by going back to the future," said Vertich.

Alexis de Tocqueville donors are those that donate over \$10,000 to United Way. This year, those donors, led by David Lucas, comprised 46.8



Corey Vertich as Doc Brown and Noelle Branning as Marty McFly at the Back to the Future campaign kickoff photo provided

percent of the campaign. Lucas has a 32-year history of fostering philanthropy among his United Way peers, resulting in almost \$53.3 million going back to the community. This year, with his encouragement, there was an additional \$670,382 donated to the campaign; a 10.5 percent increase over last year's totals. Lucas brought in an additional 32 members to the group, which brings this year's total to 217 members, and

\$5,193,688.

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 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 people 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. Donations and support help others live a better life.

"A very sincere thank you to all of the individuals, companies, communities and partner agencies for your generous contributions. You all prove time and again what an incredibly caring community this is," said United Way President and CEO Jeannine Joy.

The top local contributing companies and communities are as follows:

Million Dollar Circle of Excellence:

Bonita Bay Community; Publix

\$500,000 Circle of Excellence:

Islands of Sanibel & Captiva; Bonita Bay Group

\$300,000 Circle of Excellence:

Beesley's Paw Prints

\$200,000 Circle of Excellence:

FineMark National Bank & Trust; Pelican Landing Community; Grandezza Community; Fiddlesticks Community; LCEC

\$100,000 Circle of Excellence:

Lee Health; Lee Board of County Commissioners; Shell Point Retirement Community; Gulf Harbour Community; The Brooks Community; Lee County School District.\*

## Children's Programs At Captiva Library

The Captiva Memorial Library is offering the following free programming for children in June: Glitter Fish Craft – June 1 to 4, available during normal library operating hours. Stop in and decorate a tropical fish mosaic with stickers and string (while supplies last).

Treasure Chest Craft – June 7 to 11, available during normal library operating hours. Decorate your own cardboard chest to hold all of your treasures (while supplies last).

Flowerpot Whale Craft – June 14 to 18, available during normal library operating hours. This sea creature art project made from papier-mâché and foam pieces is an ocean of fun (while supplies last).

Under the Sea Picture Frame Craft – June 21 to 25, available during normal library operating hours. Decorate a foam picture frame with stickers and add your own beach photo (while supplies last).

Adam's Amazing Animals – Thursday, June 23 at 2 p.m. Local wildlife biologist Adam Pottruck is bringing his critters to the library for an interactive show and tell experience. Space is limited.

Wood Sea Life Mobile Craft – June 28 to July 2, available during normal

library operating hours. Create an under-the-sea mobile. Color or embellish the sea creature shapes before stringing them on metallic cording (while supplies last).

Magic with Joey Evans – Thursday, June 30 at 2 p.m. This master magician is back to tickle your funny bone with magic, mystery and fun. Prepare to be amazed and inspired by illusions, puppets and tricks.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Normal operating hours are: Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.

For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at [www.leelibrary.net](http://www.leelibrary.net) to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711 or [jlaguardia@leegov.com](mailto:jlaguardia@leegov.com). Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.\*



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# Captiva Couple Funds Project To Help Sea Turtles

Thanks to Jackie and John Fischer, the popular window clings, originally created as part of the “After 9, It’s Turtle Time” campaign by the City of Sanibel and Sanibel-Captiva Conservation Foundation (SCCF), are now being distributed on Captiva.

In 2015, the City of Sanibel received a grant from the Sea Turtle Conservancy Sea Turtle License Plate Grant Program to educate residents and visitors to keep light from shining on the beach after dark.

The colorful square clings that stick to sliding glass doors feature a sea turtle with sunglasses who reminds people to “close curtains and blinds or turn off lights.”

As part-time residents at South Seas Island Resort, the Fischers took the initiative to reach out to SCCF’s sea turtle team to get more window clings printed.

“They are a great way to tell guests about keeping lights off and also a small reminder to not walk into the sliding glass doors,” said Jackie Fischer. The printing of 5,000 new clings was sponsored by her company, Skipjack Investments.

SCCF Coastal Wildlife Director Kelly Sloan said her team has found the ongoing campaign to be very effective



From left, SCCF Coastal Wildlife Director Kelly Sloan with Jackie and John Fischer

photo by Shane Antalick

in educating visitors and residents alike.

The educational effort was led by the City of Sanibel Department of Natural Resources. Grant funds were used to create and produce light switch stickers, static-cling window decals and elevator posters. These materials are distributed free of charge to beachfront resorts, property owners and managers, and rental agencies for placement in beachfront units.

Although most summertime visitors to Sanibel receive some information

regarding sea turtles when they check in, the goal of the program is to provide additional reminders at key locations – light switches, windows and sliding glass doors, and elevators – that helping sea turtles can be as easy as flipping a switch.

“We got great feedback, specifically about the window clings. People we chat with on the beach continue to tell us they learned to close their shades from them,” said Sloan.

City staff members were happy to

hear about donor funding to extend the distribution of clings on Captiva. Unshielded interior lighting, even from just a single beachfront condominium, resort unit or residence, is enough to disrupt the normal sea-finding behavior of sea turtle hatchlings.

“The campaign was focused on Sanibel, so it’s great that someone is interested in helping expand to Captiva,” said Holly Milbrandt, City of Sanibel director of natural resources. “The city continues to distribute stickers and clings to Sanibel’s beachfront property owners upon request.”

SCCF’s sea turtle team encourages inland residents and visitors to also be considerate of sea turtles.

“Sea turtles are facing so many lighting-related obstacles in our state, and every step taken by residents and visitors to reduce light pollution makes a very real difference in their survival,” said Sloan. “These clings are helpful reminders not just to those who live on the beachfront but anywhere on our islands.”

Funded by a portion of revenues from Florida’s Sea Turtle Specialty License Plate, the Sea Turtle Grants Program distributes funds each year to support sea turtle research, conservation and education programs that benefit Florida sea turtles. SCCF has received five grants from the program, including two grants this year.

Sea turtle nesting season runs from April 15 through October. To request window clings, email [info@sccf.org](mailto:info@sccf.org).

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## Island Seniors Activities At The Rec Center

Island Seniors, Inc. is offering the following activities at the Sanibel Recreation Center:

Coffee Social – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

Hot Dog Lunch – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.

Balance-Core and Strength Aerobics – This slower paced class encompasses targeted moves to improve balance and strengthen the core. It is ideal for the older active adult looking to improve their mobility. Classes are held on Wednesdays from 10 to 11 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Gentle Yoga is offered on Tuesdays and Thursdays from 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Chair Yoga is offered on Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Kayaking is offered on Tuesdays,

weather permitting, from 8:30 to 11:30 a.m. Sign ups are in person only at the recreation center. Cost is \$5 for members and \$20 for non-members. Basic skill level required. Restrictions apply. Call 472-0345 for details.

Leisure Lunchers will meet on Thursday, June 16 at Cip’s Place at 11:30 a.m. Signup requested by Thursday, June 9. Contact Deborah Butler at 314-4554, [deborahbutler@comcast.net](mailto:deborahbutler@comcast.net), or call Jessica or Dave at 472-0345. Guests will order and pay individually.

The next Page Turners book discussions will be held on Tuesday, June 14 and Tuesday, July 12 at 2:30 p.m. as hybrid Zoom/in-person meetings in the Osprey Room. *Anxious People* by Fredrik Backman will be discussed on June 14 and *Rules of Civility* by Amor Towles will be discussed on July 12. For more information, contact Louise Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com).

Members and guests are invited to attend a Broadway Palm Dinner Theatre matinee showing of *Wizard of Oz* on Saturday, August 13. Contact Jessica at 472-0345 ext. 711 by Saturday, July 9 to purchase tickets. Pricing is \$55 for Island Seniors members and \$65 for nonmembers. Van transportation is available on first come basis.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information on membership, visit [www.center4life.org](http://www.center4life.org) or call 472-0345.



## Lead Landscape Designer Hired

**L**aurent Pamela is a new lead landscape designer for RS Walsh Landscaping. He has more than 25 years of combined experience in the landscape design/build and landscape architecture industries.



Laurent Pamela

"Laurent has a strong practical understanding of landscape architecture and a keen sense of design," said Robert Walsh, owner of RS Walsh Landscaping. "His passion, versatility, innovative thinking and attention to detail result in creative, buildable and sustainable design solutions."

"I find inspiration in and appreciate architecture, design, botany, visual arts and foreign cultures," said Pamela. "I have expertise in utilizing an original combination of native plant species and contemporary plant palettes. In addition, I incorporate water and apply lighting

techniques for maximum impact."

Born and raised in France and a naturalized American citizen, Pamela completed his ornamental horticulture science/landscape studies in France. He began his career in the United States in 1982. He completed additional studies in site design, urban planning, architecture and tropical ornamental vegetation at Christopher Newport University, University of Florida and Florida Atlantic University. He then moved to the Cayman Islands and Bermuda, collaborating with prominent architectural firms, a renowned botanist and artist.

Pamela most recently worked as a high-end residential landscape architectural designer in the Naples area. He contributed to the designs of several award-winning projects. He received recognition from American Institute of Architects, Florida with an award of excellence for a private garden/pool landscape project, from Collier Building Industry Association for best landscape design/outdoor amenity for a private residence, Florida Chapter of American Society of Landscape Architects award of honorable mention for a private residence, and Florida Nursery, Growers & Landscape Association award of excellence for single-family renovation.✱

## New Summer Intern At Refuge

**D**iana Iglesias recently joined the team at JN "Ding" Darling National Wildlife Refuge, thanks to funding through the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She will fill the role of bilingual interpreter and translator for the refuge's WoW (Wildlife on Wheels) mobile classroom and other educational programs this summer, a role previously filled by her brother, David, during the 2021-22 school year.



Diana Iglesias

Born in New York, Iglesias lived most of her life in Lima, Peru. She graduated from Pontifical Catholic University of Peru in Lima in 2016 with a bachelor's degree in industrial engineering. Before moving to "Ding" Darling, Iglesias worked in Peru for five years in business and business intelligence, and later in member services for United Healthcare.

"Diana is fluent in Spanish and English, so she will be such a valuable

resource in helping us fulfill our mission to reach the local Latino community," said "Ding" Darling Urban Education Leader Melissa Maher. "Our first priority with WoW outreach is to travel to Title 1 schools and other venues where kids and adults don't have the opportunity to visit the refuge."

"I want to learn as much as I can about teaching," said Iglesias. "I would like to dedicate my working life to teaching, and there is no better school than WoW, and there is no better teacher than Melissa. I hope to learn techniques and be able to develop professionally in this new area."

Iglesias visited Veteran Park Academy of the Arts in Lehigh Acres with WoW when she started on May 16. She looks forward to doing more exploring at the refuge and seeing her first roseate spoonbill.

"My experience so far in the refuge and Sanibel Island has been amazing. I hope to meet the whole team soon and walk all the tracts of the refuge," she said. "Everyone in the refuge has been truly kind to me and I am very happy and grateful for this opportunity."

DDWS provides living stipends and other benefits for about a dozen interns each year. For more information about internships and how you can support the program, contact Sierra Hoisington, associate director, at 472-1100.✱

## Saturday Swim Days

**T**he Sanibel Recreation Center leisure pool, splash pad and water features are open for swim days on Saturdays from 10:30 a.m. to 12:30

p.m. All children under the age of 12 must be accompanied by a parent or guardian over age 18.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual, and annual memberships are available. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✱

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Superior Interiors

# Window Treatment Trends To Consider



by Jeanie Tinch

If you're working to design a stylish room with all the right furnishings and accessories, you've probably found that your window treatments can make or break your success of achieving the

ambiance you're going for. Let's face it, if you try to ignore your windows and put more focus on other aspects of your space, you're going to end up with a room that looks bare or incomplete.

When it comes to choosing the perfect window coverings for your home, there's a lot to consider. Everything from the material you select to the color and style of your window treatments will significantly impact the look and feel of each room. Use these window treatment trends to guide you as you consider window covering options that meet all of your functional requirements and style preferences.

The push toward a more energy-efficient world doesn't exclude interior design, which is why one of the biggest

emerging window treatment trends this year are shades that contribute to an eco-friendly home. For example, plantation shutters, honeycomb shades and motorized blinds are growing in popularity. They're particularly efficient at managing natural light, allowing more in during the day for enhanced energy efficiency. Natural, sustainable woods, like bamboo, are also starting to replace synthetics for blinds and shutters in some areas of the country.

No other window treatment has the ability to add more to a room than gorgeous custom draperies. A custom drapery treatment becomes the center of attention when it perfectly frames a beautiful window, tastefully coordinates with the upholstery in the room, smartly inserts rich colors and gracefully pulls together the intended design scheme of the entire room. A beautiful addition to custom drapery design is an elegant top treatment or decorative hardware to literally top it off.

Add lush sophistication to your room using a silk fabric in one of many embroidered patterns or a soft classic solid color. If a more casual look is your desire, there are many attractive solid or printed cotton fabrics from which to choose. Lining a drapery is always a must as it will hang better, last longer, protect your furniture and flooring from harsh sunlight, and provide insulation around the windows.

Metallic accents have taken center stage when it comes to home decor. Incorporating a brass, chrome or

stainless-steel table will always add to the visual appeal of a room. Did you know, however, that this trend has also found its way to window treatments through the addition of metallic threads carefully woven through fabrics? The hint of a metallic thread in the fabric used in your window treatment will give that subtle, elegant flair to your room. Another place to add metals is the decorative hardware for your custom drapery which is available in many different metal styles (and when combined with stylish finials) will give your custom draperies and your room that added bling that makes a statement.

Roman-style window treatments stack up evenly when opened and lay flat when closed, unlike most other drapery styles that take up more space and have folds and pleats. They have grown in popularity for their ability to contribute elegance and sophistication to a room without requiring homeowners to sacrifice the functionality of their space. For example, they work perfectly in areas where full-length draperies aren't practical, such as above the kitchen sink, the tub in your bathroom or window seats and benches. Roman shades feel right at home in a traditional scheme as well as a contemporary one as they come in a wide range of materials, hues and designs, catering to specific design themes. Some of the most popular materials include cotton, silk, denim cloths and jute.

To really transform your space, window treatments featuring

head-turning patterns are currently enjoying popularity. Patterned drapery offers warmth and visual stimulation that make a room both attention-grabbing and inviting. Be sure that the selected color combinations and patterns complement your design style as well as surrounding decor and furnishings. Bold designs and colors will draw the eye to the outside view. Remember that the pattern that's going to look best in your space depends on the window you're working with, so you may want to consider consulting a design professional when determining the window treatment that works best for you.

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

## Support Group Meetings

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. Go to <https://us02web.zoom.us/j/85002664611> (ID: 850 0266 4611).

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+) people, their parents and families, and allies. For more information, visit [www.visualityswfl.org](http://www.visualityswfl.org), email [visualityfloridainc@gmail.com](mailto:visualityfloridainc@gmail.com) or follow PFLAG Fort Myers on Facebook.✴

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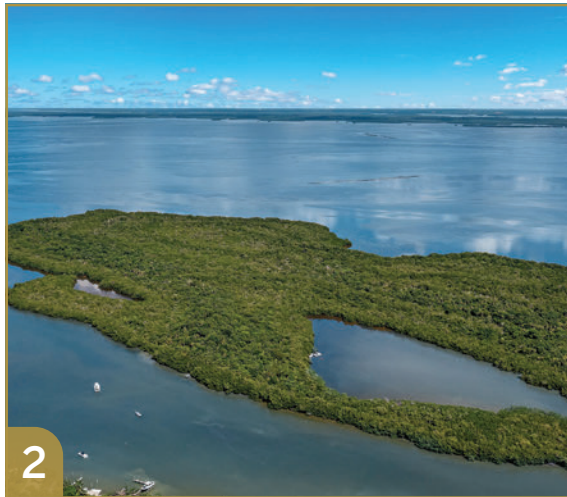
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# BURNS *family* TEAM



1



2

## 1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - SANIBEL

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase

• **\$4,350,000 EURO 4,015,156**

## 2. BUCK KEY - CAPTIVA

- One of the last remaining buildable tropical islands, Buck Key provides a once in a lifetime opportunity located just across the Roosevelt Channel from Captiva Island Offering 14.13 acres of stunning land and water frontage along the channel - Develop your own family compound, corporate retreat, private club or wherever your vision takes you.

• **\$22,000,000 EURO 20,014,556**

## 3. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access

• **\$1,895,000 EURO 1,774,535**

## 4. GULF VIEWS & PRIVATE ROOFTOP DECK AT POINTE SANTO - SANIBEL

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access

• **\$1,399,000 EURO 1,281,499**

## NEW LISTING



3



4



5



6

## 5. GOLF COURSE VIEWS IN KELLY GREENS - FORT MYERS

- 2 BR/2 BA + den top floor corner unit in the desirable Kelly Greens community.
- High ceilings, updated kitchen, and large lanai. Community amenities include 18 hole golf course, tennis, pool, restaurant, and more

• **\$449,000 EURO 424,038**

## 6. GULF FRONT CONDO AT GULF BEACH - SANIBEL

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history

• **\$1,049,000 EURO 993,225**

## 7. REMODELED ON DIRECT ACCESS CANAL - SANIBEL

- 3 BR/ 2.1 BA gorgeously remodeled home just a 5 minute boat ride to the Bay with the ability to accommodate a sailboat or larger vessels
- Kitchen includes GE Café appliances & quartz countertops, wide plank oak flooring in the living room, remodeled pool & spa.

• **\$2,625,000 EURO 2,463,484**

## 8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more

• **\$1,445,500 EURO 1,356,183**

## NEW LISTING



7



8

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# Rotary Happenings

submitted by  
Cindy Carter



I recently came across a Rotary brochure with an article entitled, *20 Answers to the Question: Why Join Rotary?* Some of the reasons, which I have found to be spot on, are build friendships, business development, leadership development, fun, cultural awareness and my personal favorite, the opportunity to serve.

Rotary members share a unique passion for taking action to improve their communities and the world. Rotarians are people of action. Rotarians are experts at joining together, sharing a vision, exchanging ideas about a solution and then taking action to make it a reality. Some of the recent Rotary programs that the Sanibel-Captiva Rotary Club proudly fund, lead and/or participate in are: the Tornado Relief Fund, when a tornado devastated a community very nearby; Sanibel Captiva Community COVID Fund, to assist those who live or work on the islands who were suffering financially due to work closures; FISH Pop-Up Vaccination Program, for on-island residents with limited access or abilities to reach Lee County vaccination sites; Ukrainian Relief Fund; and Ukrainian Kids Med Care. These are just a few of the programs that the club responded to out



Rotarians at work  
of need.

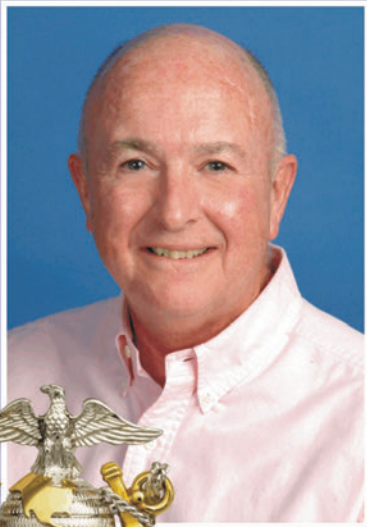
Additionally, the club accepts applications for grants to be funded. The grants can be local, district-wide or global. The Sanibel-Captiva Rotary Club has seven areas of focus. They are: local crisis relief, where we assist people affected by weather, environmental disasters and other crises such as those created by COVID-19; aid for the handicapped, where we provide services and/or devices for handicapped persons; scholarships, where we provide need-based financial assistance for post-secondary education for students at Florida universities and schools; medical research, where we support research into human

health-related areas; education, where we support local projects directed toward elementary and secondary education improvements; conservation, where we support conservation efforts for wildlife and natural resources; and aid for the needy, where we support projects directed at alleviating hunger and suffering for our neighbors with limited resources.

Grants are judged on their focus, mission objective, organizational and fiscal management, service impact and sustainability. For global grants, Rotary International concentrates on seven areas of focus, which are causes that reflect the critical humanitarian issues that Rotary

clubs address worldwide.  
The Rotary International Seven Areas of Focus are:  
Promoting Peace – Rotary International encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas;  
Fighting Disease – Rotary International educates and equips communities to stop the spread of life-threatening diseases like polio, HIV/AIDS and malaria. We improve and expand access to low-cost and free healthcare in developing areas;  
Providing Clean Water, Sanitation and Hygiene – Rotary International supports local solutions to bring clean water, sanitation and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term;  
Saving Mothers and Children – Rotary International helps expand access to quality care, so mothers and their children can live and grow stronger;  
Supporting Education – Rotary International's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy;  
Growing Local Economies – Rotary International carries out service projects that enhance economic and community development, and creates opportunities for decent and productive work for young

continued on page 42



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## 15819 CAPTIVA DRIVE



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## 1388 SHADOW LANE



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## 1012/1014 E GULF DRIVE



### SANIBEL ISLAND

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- Each Unit - 2 BR, 1 BA, Laundry
- Separate Private Outdoor Space
- Impact Windows, Rental Opportunity

**\$1,179,000**

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Will Power

# The Tradeoffs When Protecting A Spouse’s IRA



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

A client came to me concerned about her spouse. His memory was failing, and if he survived her, then he might not have the capacity to properly invest the account or withdraw the proper amounts for his living expenses and care. She was also worried that he’d be vulnerable to gold diggers.

Part of this can be alleviated by naming someone as a Durable Power of Attorney who will have husband’s best interests at heart if he turns out to be the surviving spouse. While the holder of the power can help with investments and withdrawals, it doesn’t do much to protect the account against a gold digger.

Normally, we name our spouses as the primary beneficiary to an IRA account. When that happens, spouse becomes the account owner, subject to required minimum distributions upon attaining age 72. Assume, for example, the spouse is 80 years old when he inherits the IRA account of \$1 million from his deceased spouse. He rolls over that account and makes it his own.

This year, the IRS issued a new Uniform Life Table that is used to calculate Required Minimum Distributions (RMDs). Under those tables, an 80-year-old’s divisor is 20.2, which results in a RMD of \$49,505 – calculated as the \$1,000,000 account balance divided by the table divisor of 20.2. The next year, the divisor is 19.4 – if, because of interest and dividends, the account remained at \$1 million, then that next year’s RMD would equal \$51,546.

Wife feels that with social security, some other income and the RMDs, the IRA account is likely to last husband for quite some time, providing for him for the rest of his life. It doesn’t, however, solve the problem of his vulnerability due to his failing mental state.

Let’s assume that wife, instead of naming husband as the primary beneficiary, creates a marital trust as the beneficiary. She can name a trusted family member or a bank or trust company as the trustee. Now, the account isn’t vulnerable to a gold digger. The problem, however, rests with a more aggressive distribution schedule.

After the SECURE Act that was enacted in 2017, most beneficiaries that can’t roll over an IRA must withdraw the entire balance within 10 years. Spouses are one of the limited exceptions who may calculate the RMDs on an inherited IRA account over the

spouse’s life expectancy. In order, however, for the IRS to “look through” the trust to the beneficiary (the surviving spouse) for purposes of determining the RMD table to use (the life expectancy as opposed to the 10-year requirement), it must comply with the “identifiable beneficiary” IRS Treasury Regulations.

That topic is beyond the scope of today’s column, but let’s assume that the marital trust share and beneficiary designations are properly drafted to so comply. The tradeoff, as I mentioned, is a more aggressive distribution requirement.

Instead of a \$49,505 RMD at age 80, for the same \$1 million account, the trust must withdraw \$89,286 because the divisor is 11.2 rather than the more generous 20.2. The next year, the divisor is 10.5. You can therefore see that routing an IRA through a trust for the spouse is much more likely to deplete it quickly over the spouse’s remaining lifetime.

Aside from gold digger worries, individuals who want their IRA to benefit spouse for his or her life then go to children often believe that a marital trust is a strategy that holds promise. As you can see, if a spouse lives out to a normal life expectancy, the account will rapidly drain, leaving little or nothing for the children.

Suppose the spouse creates a trust that does not distribute the entire RMD to the spouse, but reinvests some part of it? There, the income taxes will likely consume more of the distribution. RMDs that are distributed to the spouse/beneficiary will be taxed at his marginal rate. Amounts that remain in the trust are subject to a compressed tax rate schedule, where amounts above \$13,000 are taxed at the highest federal marginal rate of 37 percent.

There are strategies that can be used to reduce the tax rate that applies. In any event, this planning requires a skill set of understanding income taxation of estates and trusts, along with up-to-date knowledge of IRA distribution rules, including new regulations enacted as recently as a few months ago.

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From page 40

## Rotary

and old. Rotary International also helps local entrepreneurs and community leaders, particularly women, in impoverished communities;

Protecting the Environment – Rotary members are tackling environmental issues by coming up with projects and using their connections to change policy and planning for the future.

The recipients of the 2021-22 grants were Guardian Ad Litem Foundation – 20th Judicial Court, Our Mothers Home, Community Housing and Resources, Meals of Hope, The Ripple Effect and Ghana Water Project.

Guardian Ad Litem, a nonprofit agency supporting Florida’s 20th Judicial Circuit Guardian Ad Litem Program – Lee, Collier, Charlotte, Hendry and Glades counties. Its mission is to raise funds so abused, neglected or abandoned child in Southwest Florida may be paired with a volunteer advocate until a safe, permanent placement can be achieved.

Our Mothers Home of Southwest Florida, a nonprofit whose mission is to empower young mothers in the foster care and human trafficking systems to break the cycle for themselves and their children, and to provide teen moms a supporting environment to stay with their children, learn life skills and finish their education.

Community Housing and Resources, a nonprofit on Sanibel with the mission to

provide affordable housing for families and workers of our island community.

Meals of Hope, a nonprofit organization whose mission is to inspire and empower communities to come together to end hunger, with a priority on keeping the food packed within the U.S.

The Ripple Effect, a small nonprofit that strives to work alongside Mayan Ixil people in Guatemala most affected by extreme poverty to make sustainable changes that empower and uplift the community as a whole. The focus is on access to clean drinking water, homegrown food, and clean burning stoves that prevent respiratory illness and severe burns.

Rotary’s Water, Sanitation and Hygiene (WASH) Project in Ghana has provided clean water and sanitation to over 830,000 people in Africa, as well as assisting to build 10 schools in Ghana. There are 184 Rotary clubs in 51 districts in eight countries that partner to teach the local population how to install wells, rainwater harvesting systems, toilets and latrines, and teach community members how to maintain the new infrastructures.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).

## How’s The Market? Ask Ann

### New Listing On West Gulf Drive



Ann Gee  
Broker/Owner

What’s going on with Sanibel’s real estate market? Contrary to a nationwide decline in real estate sales and, in some areas, a price decline, Sanibel’s market continues to be described as a Seller’s Market. Why? The supply of available homes and condos for sale continues to be at a very low level, just 14 homes and 20 condos, highlighted by a very limited amount of listings priced under \$1,000,000.

Recently, our office had 5 listings go under contract. All of these were priced higher than a Zillow Zestimate. Four out of 5 sold over or at the listing price.

Demand continues to be high, buyers have access to high quality photos, virtual tours and agents assisting by previewing the listing in person. Granted, at some point, the market will level off but, in my opinion, it is going to take several months for inventory to increase to a level typical of a “normal market.”

Looking for a 2/2 West Gulf Drive condo with nice views? I am working on one that will be available under the \$1,000,000 mark. Give me a call 239-850-0979 or email me at [realtorann@hotmail.com](mailto:realtorann@hotmail.com) and I will keep you posted.

Thank you for reading my column.

### 5 Closed Sales going Back One Week: 4 Homes & 1 Condo

- 3041 West Gulf Dr. A4 Breakers West \$825,000
- 1311 Sand Castle Rd. \$1,475,000
- 1560 Royal Poinciana Dr. \$1,475,000
- 733 Durion Ct. \$1,600,000
- 1543 San Carlos Bay Dr. \$2,250,000

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

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## CAPTIVA ISLAND



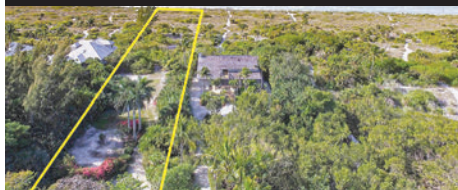
**15819 CAPTIVA DR., CAPTIVA**  
 • Gulf to Bay, Mouth of Bay & Roosevelt Channel  
 • Unique Property, 125' Water Frontage  
**\$15,500,000** **MLS# 222021059**  
 McMurray & Members 239.850.7888

## SANIBEL ISLAND



**0 W. GULF DR., SANIBEL**  
 • 104'+ Beachfront  
 • Incredible Opportunity, Ideal Location  
**\$5,995,000** **MLS# 222015337**  
 McMurray & Members 239.850.7888

## GULF RIDGE



**5085 JOEWOOD DR., SANIBEL**  
 • Direct Beachfront Lot  
 • Over 2 Acres of Privacy  
**\$4,250,000** **MLS# 222014783**  
 Trevor Nette 239.281.4435

MCGREGOR RIVERFRONT  
NEW PRICE

**11550 MCGREGOR BLVD., FORT MYERS**  
 • 1.87 Acre Estate Sized Property  
 • Panoramic Water & Sunset Views  
**\$1,889,000** **MLS# 222034258**  
 McMurray & Members 239.850.7888

## CARDINAL RIDGE



**3005 TURTLE GAIT LN., SANIBEL**  
 • Beautiful, Cleared 1.17 Acre Lot  
 • 5 Minute Walk to Beach  
**\$1,150,000** **MLS# 222023861**  
 Maureen Ahmed 239.839.7250

SOUTH SEAS ISLAND RESORT  
UNDER CONTRACT

**4214 BAYSIDE VILLAS, CAPTIVA**  
 • 2nd Floor, 1 BR, Overlooks Boat Basin  
 • Convenient South Location within Resort  
**\$605,000** **MLS# 222017182**  
 Fred Newman & Vicki Panico 239.826.2704



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## CAPTIVA VILLAGE



**11505 GORE LN., CAPTIVA**  
 • Minutes to the Beach  
 • 5 BR, 5 BA, 3 CG, New Pool/Spa, Elevator  
**\$3,890,000** **MLS# 222034483**  
 Maureen Ahmed 239.839.7250

## CAYO COSTA STATE PARK



**1000 CAYO COSTA, CAYO COSTA**  
 • 1.8 Acres in 2,500 Acre State Park  
 • 3 BR, 3 BA, Amazing Kitchen, Dock  
**\$3,450,000** **MLS# 222017816**  
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## GUMBO LIMBO



**9476 BALSA CT., SANIBEL**  
 • Open 3 Bedroom, 2 Bath  
 • Pool/Spa, PV Solar Electric  
**\$1,195,000** **MLS# 222024499**  
 David Liebetrau 239.472.7748

## THE SANCTUARY



**2633 WULFERT RD. #5, SANIBEL**  
 • Best Location & Views in Community  
 • Top Floor, 2,300 S.F., Lanai Impact Sliders  
**\$1,299,000** **MLS# 222037600**  
 Trevor Nette 239.281.4435

THE SANCTUARY  
UNDER CONTRACT

**2661 WULFERT RD. #1, SANIBEL**  
 • Turnkey 2 BR, 2.5 BA + Den, 2,815 S.F.  
 • Gorgeous Kitchen w/High-End Granite  
**\$1,100,000** **MLS# 222031481**  
 Maureen Ahmed 239.839.7250

## THE COLONADES



**409 E. GULF DR. #10, SANIBEL**  
 • Remodeled 1st Floor, Sanibel's East End  
 • SS, Inlay Tile Backsplash, Walk to Beach  
**\$449,000** **MLS# 222027119**  
 Jason Lomano 239.470.8628

## SEASPRAY



**1321 SEASPRAY LN., SANIBEL**  
 • Near Beach, Large Buildable Homesite  
 • Small Beach Community  
**\$995,000** **MLS# 221016939**  
 John Nicholson, McMurray & Members 239.849.3250

VERSAILLES  
NEW PRICE

**4722 SE 1ST PL. #13, CAPE CORAL**  
 • Oversized 2 Bedroom, 2 Bath  
 • Gulf Access Slips  
**\$279,000** **MLS# 222034069**  
 Tom Kiddy, McMurray & Members 239.410.8047

## SANIBEL ISLAND



**1223 PERIWINKLE WAY, SANIBEL**  
 • Commercial Property & Restaurant  
 • Popular Sanibel Establishment  
**\$6,400,000** **MLS# 221068810**  
 Tracy Walters 239.994.7975

## SEASPRAY



**1318 SEASPRAY LN., SANIBEL**  
 • Spectacular Gulf Location, Boardwalk Beach Path  
 • 5 BR, 3.5 BA, Wonderful Beach Home  
**\$4,650,000** **MLS# 222029828**  
 Trevor Nette 239.281.4435

## HUSCHKA



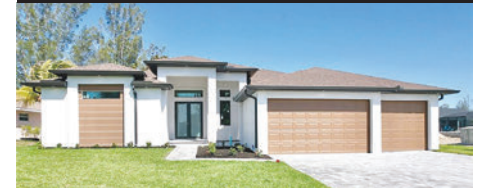
**489 SAWGRASS PL., SANIBEL**  
 • European Style Custom Built Residence  
 • 5 BR, 5 BA, 5,000+ Living S.F.  
**\$2,150,000** **MLS# 222003912**  
 Trevor Nette 239.281.4435

## SANIBEL ISLAND



**1012/1014 E. GULF DR., SANIBEL**  
 • Updated Near Beach Duplex  
 • Each Unit - 2 BR, 1 BA, Laundry  
**\$1,179,000** **MLS# 222027194**  
 Tom Kiddy, McMurray & Members 239.410.8047

## NORTHWEST CAPE CORAL



**305 NW 36TH AVE., CAPE CORAL**  
 • 3 BR, 3 BA + Den, 3 CG - New Construction!  
 • Paver Pool Area w/Outdoor Kitchen  
**\$760,000** **MLS# 222022643**  
 McMurray & Members 239.850.7888

## NORTH FORT MYERS



**ACCESS UNDETERMINED, N. FORT MYERS**  
 • 11.5 Acres w/5 Acres Buildable  
 • Country Setting  
**\$200,000** **MLS# 221088132**  
 McMurray & Members 239.850.7888



# Frankly Speaking



by Howard Prager

Hope you had a good Memorial Day weekend. What happened before the weekend, and how the sports establishment responded, is the focus of this

column. No one wants to see 21 innocent children and teachers gunned down, or innocent people killed in supermarket. What happened at Uvalde and in Buffalo are tragedies that keep happening with no changes in sight. These horrendous shootings have stirred the sports world, and their responses show it. Last Thursday's Tampa Bay-Yankees game was one example. The social media pages for both teams didn't report on the game. Instead, as reported in The Athletic, "the New York Yankees and Tampa Bay Rays dedicated their social media feeds to gun violence awareness on Thursday night, collaborating to publish a series of facts in place of regular game coverage. The Yankees said 'In lieu of game coverage and in collaboration with the Tampa Bay Rays, we will be using our channels to offer facts about the impacts of gun violence. The devastating events that have taken place in Uvalde, Buffalo and countless other communities across our nation are tragedies that are intolerable.' The Rays made a \$50,000 commitment to the support fund Everytown for Gun Safety, the "largest gun violence protection organization in America," the team said. Pause for just a minute. Two teams battling it out

for the AL East lead collaborated on a message that didn't directly affect either of their towns. "This cannot become normal," the Rays statement read. "We cannot become numb. We cannot look the other way. We all know, if nothing changes, nothing changes." Among the facts the Yankees and Rays published during Thursday's game: Every day, more than 110 Americans are killed with guns, and more than 200 are shot and injured. Firearms were the leading cause of death for American children and teens in 2020. 58 percent of American adults or someone they care for have experienced gun violence. An average of 4,500 veterans die by firearm suicide every year – about 12 veterans each day. Every three hours, a young Black man dies by gun homicide. Each year, more than 4,100 Latinx people die from gun violence in the U.S. and 13,300 are shot and wounded. About 4.5 million women in the U.S. today report having been threatened with a gun by an intimate partner. From ESPN, Golden State Warriors Coach Steve Kerr did not want to talk about basketball in his pregame news conference heading into Game 4 of the Western Conference finals against the Dallas Mavericks on Tuesday night. "Basketball, didn't matter. Since we left shoot around, (21 children and teachers) were killed, 400 miles from here," Kerr said, referring to the mass shooting at Robb Elementary School in Uvalde, Texas. "When are we going to do something?" he yelled, slamming his fists on the table. "I'm tired. I am so tired of getting up here and offering condolences to the devastated families that are out there. I am so tired of the, excuse, I am sorry, I am tired of the

moments of silence. Enough!" Warriors guard Damion Lee commented on how "it's easier to get a gun than baby formula right now," adding, "That's unbelievable in this country that we live in." "Tonight, we play for Uvalde, Texas," the WNBA's Dallas Wings said in a statement reported by ESPN. They would go on to defeat the Sun 85-77 in Connecticut. Afterward, Wings guard Arike Ogunbowale echoed Kerr, emphasizing, "Something has to change." Minnesota Lynx coach Cheryl Reeve's voice broke as she addressed the shooting, its impact and her fear for her 7-year-old child. "You ask the same thing every time, 'How many more?'" she said. "To be supposedly world leaders and to miss so badly in taking care of our own people. We feel terrible for the families. My kid got out of the car today, and I ran and hugged him. I can't imagine what those families go through. Tomorrow, the next day, the next week... we know it's going to happen again. It's disgusting." Gabe Kapler, SF Giants manager, talked about his deep disappointment in the country in his press conference before Friday's Reds game, and doesn't plan on taking the field for the national anthem until he feels better about the direction of the country. He made an exception on Memorial Day. The Chicago Sports Alliance, a collaboration between the Chicago Bears, Blackhawks, Bulls, Cubs and White Sox along with the support of the Robert R. McCormick Foundation, announced it will commit \$300,000 to the Sandy Hook Promise Foundation and Robb School Memorial Fund. Now in its fifth year, the alliance was created to address the issue of increasing gun violence across the city of Chicago, dedicated

to lending its collective influence and resources to support data-driven, proven solutions impacting the root cause of gun violence. This is an issue all Americans demand answers. Gun owners seem to agree that assault rifles and large magazines should not be sold to 18-year-olds. I know I don't want to see my children or grandchildren or yours' gun downed needlessly, nor people at a mall or house of worship. I pray for sanity, for a solution. When the sports world speaks out and demands change, it's time for all of us to sit up, take notice and support action. It would be easy to skip a good news story this week, but like writing this column, I feel that's a responsibility I owe you, to leave you uplifted. As reported in the *Chicago Tribune* last week, "The Deaflympics is the oldest multisport event after the Olympics. This spring it was held in Brazil, and a brother-sister duo from the Chicago suburb of Darien became the first deaf badminton players to represent the U.S." Jay Yang, 18, and Judy Yang, 23, grew up playing badminton. "It was a huge rush for me, being able to meet deaf people from all over, being on my level, knowing that I wasn't the only deaf person playing badminton" said Judy, who was an Illinois state champion in high school. They played singles, then competed together in the doubles event. I can't imagine playing a multiplayer sport when both players are deaf. That has to take amazing coordination. Remarkable, isn't it? Anything is possible. *Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandsunnews.com.\**

## School District Approves Bonus Pay, Increases

The School District of Lee County has approved new collective bargaining agreements that give teachers up to \$5,000 in bonus pay from the district and increase starting pay for bus drivers to the third highest rate in Florida. The agreements were entered into with both the Teachers Association of Lee County (TALC) and the Support Personnel Association of Lee County (SPALC). "These agreements solidify the district's commitment to our employees," said Superintendent Dr. Christopher Bernier. "During the past two years, we have asked our teachers and support staff to do more, and they continue to rise to the challenge. Every employee should know we support them and are grateful for their dedication to the students in Lee County." Highlights from the TALC agreement include: Teachers received a \$1,000 bonus and some received up to an additional

\$2,500 based on their time of employment. Special instructional teachers received a base salary increase of \$2,000. Starting pay was raised to \$47,500. All teachers will receive an additional bonus of up to \$2,500 this coming October if they have no break in service from the beginning of the fiscal year. "We are happy that the continued hard work by both the district and TALC's bargaining teams were able to reach consensus that addresses some of the issues that were so important to the employees in the TALC bargaining unit," said Teachers Association of Lee County President Kevin Daly. "We look forward to continuing to address the concerns of our members around salary and benefits as we return to the table in August. We are confident that employees and their working conditions will remain a priority of the school district as Dr. Bernier settles into his new role, and look forward to working with him." SPALC represents bus drivers, paraprofessionals, custodians, receptionists, trade workers and dozens of other job categories that support

school operations. Highlights of the new support personnel agreement include: A \$1,000 bonus in April and another \$1,000 in July based on attendance. Employees still working in October will receive another bonus. Increase in starting pay for bus drivers to \$17.50 an hour, the third highest starting rate for public school

bus drivers in Florida. Employees with 25 years of service received an increase in longevity pay up to \$2,500. Eighty cent per hour increase for the entire bargaining unit. The Lee County School Board unanimously approved the agreements at its May 10 and May 24 meetings.\*

SPORTS QUIZ

1. What American military leader reportedly declined an offer to be Commissioner of Baseball in 1961?
2. Basketball Hall of Famer Kareem Abdul-Jabbar's signature one-handed post move shot was known by what nickname?
3. On Nov. 17, 1990, Houston Cougars quarterback David Klingler set an NCAA record for touchdown passes in a single game with how many?
4. Name the racehorse who won both the Kentucky Derby and Preakness Stakes in 1987, but had his Triple Crown attempt spoiled at the Belmont Stakes.
5. What university in Queens, N.Y., has the nickname "Red Storm" for its athletic teams?
6. Name the brand of beer that had naming rights to the Milwaukee Brewers' home ballpark from 2001-20?
7. What NASCAR driver won the Daytona 500 four times and won three consecutive Cup Series championships from 1976-78?

ANSWERS

1. Gen. Douglas MacArthur. 2. The Skyhook. 3. 11. 4. Alysheba. 5. St. John's University. 6. Miller. 7. Cale Yarborough.



## Virtual Seminar On Elder Abuse

The Area Agency on Aging for Southwest Florida will hold a free virtual seminar to raise awareness about Elder Abuse on Wednesday, June 15 from 10 to 11:30 a.m. To register for the seminar, visit <https://myeldersource-org.zoom.us/j/7tZwocuGqqzLqfHNQ4fWRtFEaVuJykT-nl4CW7>.

The seminar coincides with World Elder Abuse Awareness Day. Elder abuse is the abuse of adults age 60 and older. Approximately one in 10 Americans has experienced some form of abuse. Elder abuse is a hidden crime that robs older adults of their dignity, health and, in devastating cases, their lives.

The various forms and indicators of elder abuse are:

**Physical abuse (15.7 percent)** – Intentional use of physical force (hitting, kicking, pushing, slapping, etc.) that results in an illness, physical pain, functional impairment or bodily injury. Warning signs: bruises, pressure marks, burns.

**Emotional or psychological abuse (7.3 percent)** – Verbal or nonverbal behaviors (calling names, insults or threatening isolation) that inflict anguish, mental pain and fear on an older adult. Warning signs: unusual depression, sudden change in alertness, disappearing from contact with family.

**Sexual abuse (.04 percent)** – Forced

or unwanted interaction of any kind (sexual contact either directly or above clothing, penetration, sexual harassment and coerced nudity) with an older adult. Warning signs: bruising around breasts or genital area, stained or bloody under clothing, unexplained vaginal bleeding.

**Financial abuse (12.3 percent)** – Illegally or improperly using an older adult's money, benefits, belongings, property or assets (unauthorized withdrawals of money from an older adult's account, changing a will without permission, disappearance of valuable possessions) for the benefit of someone other than the older adult. Warning signs: sudden change in financial situation, large withdrawal, sudden change of bank.

**Neglect (58.5 percent)** – Refusal or failure to fulfill any part of a person's obligation or duties to an older adult's basic needs (deprivation of water, food, shelter, clothing, hygiene, etc.) Warning signs: dehydrated, malnourished, inappropriate living conditions, untreated health issues.

Older adults who are victims of abuse are at a 300 percent higher risk of death than those who have not been abused. You have the ability to help prevent elder abuse. To make this possible, you have to understand and address the factors that put older adults at risk in order to protect them. Listen to the needs of older adults and provide them with support. It is a concerned person's job to educate themselves and those around them about how to identify and report these situations. It is not your job to prove a

suspected case of elder abuse, but it is your job to report it.

Call Adult Protective Services at 1-800-962-2873, fax 1-800-914-0004 or visit <https://reportabuse.dcf.state.fl.us/account-manager/guest-information>.✴

## Recreation Center Closing For Maintenance

The Sanibel Recreation Center will be closed from Saturday, June 4 to Sunday, June 12 for numerous maintenance projects. The facility will reopen on Monday, June 13. Some of the improvements will include resurfacing of the gymnasium floor, deep cleaning of the facility and equipment preventive maintenance.

All major projects have been scheduled during this time in an effort to minimize the inconvenience to patrons as many of the projects are odiferous and disruptive.

The youth summer camp program will not be offered the week of Monday, June 6 during the facility maintenance closure. Youth programming will begin with summer camp on Monday, June 13 for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m.

All Island Seniors programming will be closed during this time as well.

Beach parking permits will be available for purchase Tuesday to Friday, June 7 to 10 from 8 a.m. to 11 a.m. at the

Sanibel Recreation Center. Bring a valid vehicle registration for each vehicle and a valid government issued driver's license. Payment may be made via cash, check, MasterCard, American Express, Discover or Visa.

Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✴

## New Weight Training Classes

Weight Room 101 with Mark Paxton will be offered on the first and third Thursdays of the month for Sanibel Recreation Center members starting on Thursday, June 2. Classes are held from 1 to 2:30 p.m.

Weight Room 101 includes weight room orientation, instruction on upper and lower body exercises, and cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants gain muscular strength and cardiovascular endurance.

For safety purposes closed toe footwear is required. Class is limited to 10 participants per session.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual, and annual memberships are available. For more information, call 472-0345.✴



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Health First

# Hydration And Joint Health



by Julie Rosenberg, MD

Did you know that nearly 75 percent of the American population is chronically dehydrated? Although symptoms typically occur with severe

dehydration, such as muscle cramps and lightheadedness, mild dehydration may go un-noticed.

Proper hydration is important for delivering nutrients to cells throughout the body and is key for the proper function of vital organs and tissues as well as for the elimination of waste from the body. Over time, an ongoing lack of hydration can lead to chronic health problems.

Dehydration can lead to joint pain as it interferes with the production of synovial fluid, a thin layer of fluid that cushions and delivers nutrition to your joints. When you are hydrated, the synovial fluid provides shock-absorption, lubrication and cushioning in the joints. Synovial fluid also reduces friction when you move your joints, helping to ensure smooth and sustained joint motion. Insufficient synovial fluid is associated with less

lubrication in the joints and can lead to joint pain.

Water is also crucial for cartilage, a strong and flexible tissue that covers the ends of your bones and allows your bones to glide over each other. Between 70 and 80 percent of cartilage is comprised of water (this percentage decreases with age). Drinking water supports lubrication and regeneration of cartilage, which reduces joint inflammation and pain.

Recommendations for daily water intake vary depending on your age, sex, activity levels, outdoor temperatures, pregnancy and breastfeeding status. The most effective way to decide how much water is needed is to be aware of signs and symptoms of dehydration including:

Physical Symptoms: Dry mouth, headache or increased thirst.

Urine Color: When you are hydrated, the color of your urine will be light yellow. Darker shades of yellow indicate that you aren't getting enough water.

Urine Output: The volume of urine is an indicator of hydration status. If you aren't urinating much throughout the day, drink more water.

If you are not drinking water throughout each day, try the tips below:

1. Start each day by drinking an eight- to 10-ounce glass of water when you awaken in the morning.
2. Keep a water bottle at your desk to sip throughout the day.
3. Drink a glass of water before and during lunch and dinner (this practice will also help you to eat less at meals if you have concerns about your weight).

4. Take a water bottle with you when leaving the house.

5. Substitute water for soft drinks, juices, caffeinated and alcoholic beverages.

6. If you don't like the taste of water, try adding a low-calorie flavor packet or flavored water drops.

7. If you need a reminder, set a timer on your smart phone to send a notification as to when you need to drink water.

8. Consider using a water-tracking app (I like Daily Water Tracker, Aqua Alert and Hydro Coach) to measure how much water you are drinking each day.

If you experience mild joint pain, try increasing your daily water intake to determine whether the pain responds to hydration. It's a simple thing to do and may offer significant benefit, not only as it relates to joint pain, but for your overall health and wellbeing.

Not all joint pain is caused by dehydration. Other common causes of joint pain include:

- Arthritis
- Tendinitis
- Gout
- Injury
- Sprains
- Dislocation
- Overuse
- Fibromyalgia
- Bursitis
- Infection

Keep in mind that if you have any of the joint problems listed above, adequate hydration remains an important tool for

keeping your joints healthy. In summary, a variety of factors can contribute to the development of joint pain, including dehydration. If you are not drinking enough water throughout each day, use the tips in this article to increase your water intake. If joint pain persists, consult your healthcare provider for diagnosis and treatment recommendations.

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

## Restorative Yoga

The Sanibel Recreation Center is offering a new evening class: Restorative Yoga with Shelley Greggs. Classes are held on Tuesdays at 5:30 p.m. through June 7.

This type of yoga helps achieve physical, mental and emotional relaxation. Yoga props such as blocks, bolsters and blankets are used so that you are supported in the pose comfortably. Members are encouraged to bring their own blanket or beach towel.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✪

While Mom was sleeping,  
I helped by taking out the  
trash, letting my dogs out and  
doing the dishes. When she  
woke up she was surprised!

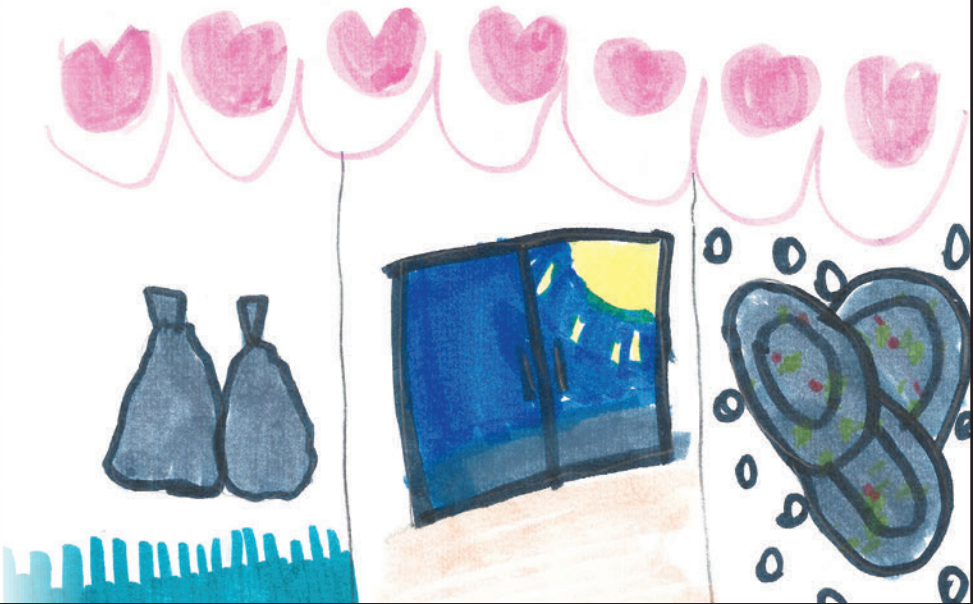
—a student from *The Sanibel School*



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In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.





dearPharmacist

## Disorder Drug Trims Cytokines



by Suzy Cohen, RPh

**Dear Readers:** We've all been hearing about something called a cytokine storm, and how elevations in various cytokines contribute to fatal outcomes with

COVID-19. It's not the pathogen per se. It's the flooding in the body of cytokines in response to the pathogen that causes symptoms and complications.

The role of cytokines has been studied for decades. When they fall out of balance, you see exacerbation in symptoms. Anything above or below their normal value will cause health challenges.

Understanding that managing cytokines is the key to staying healthy. The word cytokine refers to a protein that you make in your body. They are created by certain immune (and non-immune) cells, and each protein has its own individual effect on your immune system. Some cytokines are known to stimulate the immune system to make it fight harder, while others slacken it to prevent self-directed autoimmune assault. There are various types of cytokine classifications too: lymphokines, chemokines, interleukins, interferons and tumor necrosis factor. Fluvoxamine is a drug known to reduce certain cytokines, and the strange part of all this is that its real claim to fame is for Obsessive Compulsive Disorder (OCD).

The famous OCD drug reduces some cytokines, and therefore might help people with COVID and long-haulers. It can reduce the amount of histamine that gets dumped from mast cells. Because fluvoxamine reduces serotonin from concentrating in platelets, it can help reduce blood clot formation. This was noticed in patients taking the drug all the way back in 2011, and they had reduced risk of clot formation.

Fluvoxamine is an orally-administered medication that was invented in Belgium in 1983 at a pharmaceutical company, and then later it became FDA-approved here in the U.S. as Luvox in 1994. It

raises serotonin in the human body, but it is not FDA-approved for the treatment of any infection, even though *The Lancet* published positive findings from the Together Trial. It may cause serious side effects, the most challenging of which are seizures, cardiac problems due to low sodium, suicidal ideation and insomnia. It interacts with a lot of medications, including warfarin, lithium, antidepressants and stimulants for ADHD. Nevertheless, many infectious disease specialists and neurologists capitalize on fluvoxamine's lesser known benefit to reduce cytokines.

Fluvoxamine is not for everyone, so speak to your pharmacist and physician to see if it's right for you.

*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.\**

## College-Credit Program Funding

Through a partnership with the Lee County Economic Development Office, Lee County residents selecting to enroll in certain Florida SouthWestern State College (FSW) college-credit certificate programs may be eligible for funding to support in-state tuition and fees provided by the American Rescue Plan Act (APRA).

FSW programs that are eligible for the funding are:

FSW School of Business and Technology – Accounting Technology Management, CCC; Computer Programmer, CCC; Financial Services Management, CCC; Information Technology Support Specialist, CCC; Network Security, CCC; Real Estate Paralegal, CCC; Risk Management & Insurance Management, CCC; Small Business Management, CCC; Business Analytics, AS; and Computer Programming and Analysis, AS

School of Health Professions – Emergency Medical Technician, CCC

To be eligible, students must be Lee County residents, declare their program of study in one of the eligible FSW programs, commit to completing selected program of study by December 2023, and be available to work in Lee County.

Additionally, FSW's Continuing

Education department offers micro-credentialing classes that may be covered by ARPA funding. Many of these career-ready certificates are available online and are self-paced.

Micro-credential programs include: QuickBooks Certified Users Program; FSW Leadership Academy; FSW Customer Service Academy; Microsoft Office MOS; Waste Water Operators Certification; Drinking Water Operators Certification; Project Management Professional (PMP);

Phlebotomy; and Nurse Remedial/Refresher Course

Online programs include: Insurance Customer Service Agent Certification; Insurance Accredited Claims Adjuster; Real Estate Pre-licensing; Property Management; Coding Boot Camp; and Hazmat Train the Trainer.

For more information, contact Adrian Kerr, executive director of FSW Continuing Professional Education, at 432-7313 or email corporate.training@fsw.edu.\*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I know that change is good, but I tend to resist it. Can you give me some tips on how to be ok with change?

**A:** Most of us have a tendency, some more than others, to resist change. It's that fear of the loss of the known, or the uncertainty. With times of so much uncertainty nowadays, it's no wonder that we resist change. We like our creature comforts, therefore to make progress, I recommend taking baby steps before giant leaps. Think of gradual change as a continuum of improvement. Slow and steady is a great way to see a

gradual change and help you overcome your resistance to change.

Our resistance to change is also based on our physiology. Our brain often views change with suspicion, if not fear. To help overcome that resistance, keep the changes you make small and gradual enough to fly under your brain's "fear radar." When you set goals that are easily achievable, your brain's fear response isn't activated.

When you decide you are going to embark on taking small steps, your brain begins to create neural pathways that support your desired behaviors and changes. Soon your new changes and habits become hardwired, and you will find yourself easily and automatically practicing your desired behaviors and loving it.

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

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Doctor and Dietician

# Injections For Bone-On-Bone



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

Many patients we see at Caring Medical Florida have been told that they have bone-on-bone knees. Typically, one of three scenarios is happening: 1) You are waiting for knee replacement or arthroscopic surgery, and the pain and malfunction of your knee is starting to get to you. You may be offered more injections and treatments that did not help in the past but are told it can “hold you over until you can get surgery.” 2) You are already getting one type of injection treatment and that is not working so you are looking at other injection options so you can avoid surgery. 3) You are getting cortisone injections and you are concerned with the long-term effects because you are into

multiple doses. Might sound familiar? Let’s take a look at the different types of injections available for knee pain. Cortisone (steroid) injections are no longer considered the miracle cure for knee pain and should be used sparingly if at all. Research shows that corticosteroid knee injections provided no significant pain relief after two years, thus researchers concluded that corticosteroids are not recommended for knee osteoarthritis. Randomized trials have failed to produce evidence for the effectiveness of surgery or cortisone injections and can make bone-on-bone worse by thinning out the meniscus. Other studies reveal that cortisone injections before knee surgery may lead to greater post-surgical infection risk.

Hyaluronic acid or viscosupplementation injections for knee osteoarthritis otherwise known as “gel shots” or “chicken shots” have shown conflicting results. Some studies have shown that the hyaluronic acid injections can delay the need for total knee replacement for up to 1.5 years, whereas another study suggested that they are a waste of time, money and resources. Some short-term symptomatic relief may be achieved but studies show that no reversal of osteoarthritis was achieved. At least hyaluronic acid does not cause further degeneration like cortisone injections do.

Platelet rich plasma (PRP) is where blood is drawn from the patient and then processed, and the growth factors are extracted and injected into the injured

area(s). PRP is not a single shot miracle cure. It should not be given that way. “The efficacy of PRP intra-articular injections as a nonoperative modality for treating symptomatic knee osteoarthritis-related pain, while maintaining function has become a subject of increasing interest.” When PRP does not work, it is usually not the solution used but how the treatment is given. Outcome studies comparing PRP to cortisone and hyaluronic acid revealed that those receiving PRP experienced improved clinical outcomes compared to the other two. At our clinic, we do not just provide one PRP injection into the joint. We treat the entire knee instability using comprehensive prolotherapy.

Speaking of prolotherapy, when a person has ligament injury or instability, the knee becomes hypermobile causing degenerative wear and tear on the meniscus and knee cartilage. In other words, the cells of the meniscus and cartilage are being crushed to death. When you inject PRP into the knee without addressing the knee instability, (treating the ligaments) the injected PRP cells will also be subjected to the crushing hypermobile action of the knee. The knee instability must be addressed with comprehensive prolotherapy (using natural substances) around the joint by spot-welding all of the support structures to tighten the loose unstable connections.

And finally, what about stem cell injections? Many patients have come to see us having already received an expensive stem cell treatment. Unfortunately, one-injection stem

cell treatments are typically not able to produce sustainable pain relief. A single injection, just like with PRP, will not be comprehensive enough to reverse years or possibly decades’ worth of damage affecting the entire knee structure. One-shot thinking leads to an unrealistic expectation of pain relief and joint regeneration. Your stem cells can be extracted from your bone marrow or fat stores in an in-office procedure. When directly injected after extraction, the potential for healing is great. The body knows best. Stem cells form into the cell type that your body needs. Much literature exists on the encouraging results of stem-cell treatments for knee pain when provided in combination with prolotherapy for a comprehensive treatment. We utilize this type of treatment for more severe cases, as regular prolotherapy treatments have great success as well.

In summary, do your research. Think about what makes sense. Whether you receive any of the above injection types for bone-on-bone, remember, the body optimized for healing will respond better to treatments. This means the body that is active and moving and fueled with good nutrition will respond better.

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

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Ross Hauser, MD

Danielle Matias, MMS, PA-C

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## Lee Schools Third Grade Test Results Released

The Florida Department of Education has released the Grade 3 ELA assessment spring test scores. The results show that 48 percent of all third graders in Lee County public and charter schools, regardless of how long they have been with the school district, were proficient in Grade 3 reading, scoring Level 3 or above.

The results percentage is a decrease of two percent compared to the results from spring 2021.

“This has been one of the most challenging years in education,” said Chief Academic Officer Dr. Jeff Spiro. “These test results come in prior to the end of the school year, which allows us to use the scores to support individual learning during the summer. Thanks to the proactivity and hard work of our teachers and school leaders, we already have a plan in place to address our student’s literacy needs.”

Students who are in need of additional support will be invited to participate in reading camp this summer if they have not already signed up. They will also be allowed to keep their Chromebooks to access the iReady reading platform during the summer if they opt in.

In addition, every kindergarten, first grade and second grade student is getting 10 books to take home to read over

the summer, while every third, fourth and fifth grader is getting five books. All elementary students will also receive a science and math workbook.

“Lee County is committed to using state testing data as it is released to begin the process, post COVID-19, of setting the standard for learning moving forward,” said Superintendent Dr. Christopher Bernier. “We look forward to working together with our students, families and teachers to help students accelerate their learning after three school years of interrupted instruction.”

When this group of third graders were in first grade, they did not return to school after spring break, missing critical time in class to build a solid reading foundation. In second grade, they were mixed between in-person and virtual learning, sometimes combining or changing between the two. Their third grade year was marked by high levels of absenteeism and quarantines.

Statewide, third grade students in 54 school districts lost ground compared to the year before on their ELA exams. The state average dropped one percent to 53 percent proficiency.

Parents are able to access their child’s individual results through their FOCUS parent portal. If they do not have an account, they can create one through the district website at [www.leeschools.net/our\\_schools/focus](http://www.leeschools.net/our_schools/focus).

Parents can contact their child’s school or visit the website for additional information on summer learning opportunities.\*



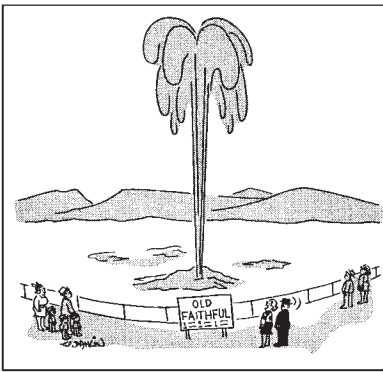


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On Call Captiva Deputy.....	477-1000
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Fire Department, Captiva .....	472-9494
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Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
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City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
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Library, Captiva .....	239-533-4890
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Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
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Center 4 Life, Senior Center.....	472-5743
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Naples Philharmonic.....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
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Audubon Society.....	472-3744
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Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife .....	472-3644
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Horticultural Society of the Islands.....	472-6940
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JN "Ding" Darling National Wildlife Refuge .....	472-1100
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society .....	239-699-6310
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus .....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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# PUZZLES

Answers on page 55



"It reminds me of when you "fixed"  
the \_\_\_\_\_."

## SCRAMBLERS

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

Murmur   

LUGGER   

Warble   

PIRCH   

Collect   

ANGLE   

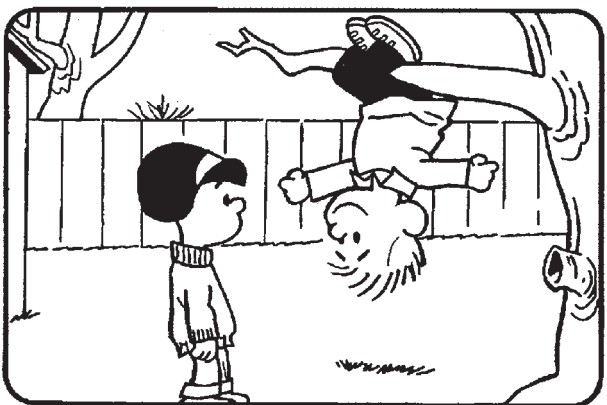
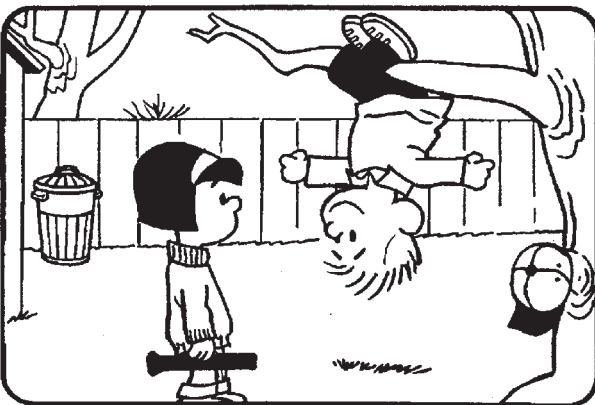
Accuse   

AMBLE   

TODAY'S WORD

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Trash can is missing. 2. Hair is different. 3. Instrument case is missing. 4. Tree limb is shorter. 5. Arm is moved. 6. Cap is missing.

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

## To Play Sudoku:

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



PUZZLES

Answers on page 55

Super Crossword PRIZEWORTHY

- ACROSS

1 Classic Pabst beer brand

7 Place for hay or a choir

11 Facial mask offerers

15 Barter

19 Retort to "Am sol!"

20 "La Traviata" solo, say

21 Many a smartphone message

22 By way of, for short

23 He played V in "V for Vendetta" [sci-fi writing]

25 Domain

26 German "a"

27 The, in Tours

28 Tarnish

29 Galahad's title

30 Tina of pop

32 Mogadishu resident

33 "Rags to Riches" singer [Broadway]

35 Capital of Italy, in Italy

38 Golfers' positions

40 Built on

41 Jungian inner self

43 Stallion, e.g.

44 Yellow shade

46 "Little Birds" actress [Canadian music]

49 Longtime member of the Four Tops [off-Broadway]

54 Fred dancing in films

55 Tile locale

57 Fly of Africa

58 Rice dish

61 Walton who wrote "The Compleat Angler"

63 Leaves port

64 Rub roughly

68 Ventriloquist with the dummy Charlie McCarthy [mystery writing]

71 Horse pace

72 "Incredible!"

74 Delight in

75 Bus stop

77 She's asked to "peel me a grape" in film

79 Call to a pig

81 1982 Dustin Hoffman film

86 "Shameless" actress [television]

88 "The Picture of Dorian Gray" novelist [film]

91 Panache

92 La — Tar Pits

93 "The Piano" actor Sam

94 Remits in advance

98 Kids' racers on tracks

101 Lyric verses

102 American labor leader [French film]

105 Verbalized

107 Go- — (no slouch)

108 Cager's hoop

109 Went flat

110 Be in arrears

113 Blind as —

114 Uncork, e.g.

116 What any of the eight people featured in this puzzle should be?

118 Dust particle

119 Blu-ray Disc producer

120 Work benefit

121 Puts into law

122 Squeezed (out)

123 Circus barker

124 Actress Harper

125 Least refined

DOWN

1 Witty Mort

2 Like facts

3 Rules, for short

4 1969 Beatle bride Yoko

5 "— I love thee?"

6 Cooks, as asparagus

7 Kitschy 1960s light

8 First

9 High-quality

10 Gift label

11 Tarnish

12 "Firework" singer Katy

13 Tree topper

14 Governor's fiscal concern

15 "Tristram Shandy" author Laurence

16 Complained childishly

17 Actor Will of "30 Rock"

18 — Rico

24 Amo, amas, —

29 Distress call

31 Strip down

32 Island group near Fiji

33 Summer shirt

34 Tiny toddler

35 Indian royal

36 Big burden

37 Breath freshener

39 Treble —

42 "Take — from me"

44 On the train, e.g.

45 Illusion on a hot road

47 Sandusky's lake

48 Merges

49 Seep out

50 In good order

51 Move a bit

52 Capital of Norway

53 Sticky home?

56 Cuba — (rum cocktail)

59 Tennis champ Andre

60 Courteous act, to a Brit

62 — secret (didn't blab)

64 Judge's wear

65 "Pardon me"

66 Done the backstroke, e.g.

67 Prefix with 104-Down

69 House unit

70 Jordanian queen dowager

73 Major combat

76 Word before hall or crier

78 Jesuit college in Worcester

80 Part of NYSE

82 Attach with laces, say

83 Lost traction on the ice

84 Waste time

85 Bioelectric fishes

87 Tiara go-with

89 Five-armed echinoderms

90 Lots to leave autos in, to Brits

92 "Lowdown" singer Scaggs

94 World of Warcraft, e.g.

95 Nike rival

96 Grand home

97 Touched comfortably

98 Jewel

99 Blabbed

100 Meat sticker

103 Boxing venue

104 Plastic for a waterbed

106 Suburb of Minneapolis

109 —'Pea

110 In time past

111 Makes moist

112 Word before while

115 "The Raven" poet

116 Inclined

117 Rustic denial

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

King Crossword

- ACROSS

1 Ancient Brit

5 Started

8 Fail to see

12 River to the Baltic

13 Spanish gold

14 "Do — others ..."

15 Opera set in Egypt

16 Used a Hoover, say

18 Baseball divisions

20 Diving ducks

21 Leb. neighbor

22 Ostrich's kin

23 Sousa composition

26 Empty, as a stare

30 Commotion

31 Melody

32 "Top Hat" studio

33 Flu foreteller

36 Autocrats

38 Tummy muscles

39 Chatter

40 Skirt style

43 Set of words

47 Work break

49 Nitwit

50 Pedestal occupant

51 In shape

52 Ancient Dead Sea land

53 Taxpayer IDs

54 NBC week-end show

55 Scarce

DOWN

1 Furnace fuel

2 Falco of "Nurse Jackie"

3 Spartan queen

4 Very sad

5 Paramour

6 Historic periods

7 Physician's nickname

8 Hawaiian garment

9 "By the power vested — ..." (Abbr.)

10 Leftovers recipe

11 Lays down the lawn

17 Gomer Pyle's org.

19 Show to a seat, slangily

22 Hearing thing

23 Dallas hooper, briefly

24 Nabokov novel

25 Sinbad's bird

26 Compete

27 Man-mouse link

28 Kiev's land

29 "Mayday!"

31 Reply (Abbr.)

34 Suez and Erie, e.g.

35 "Yeah, right!"

36 Levy

37 Web master?

39 Streisand title role

40 Hertz rival

41 Young fellows

42 PC picture

43 Pork cut

44 Musical finale

45 Bloodhound's clue

46 Alaskan city

48 Conditions

MAGIC MAZE FRENCH SURNAMES

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

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

- Beaufort

Beaumont

Blanchet

Charron
- Colbert

Dubois

Dupont

Favre
- Martin

Pascal

Perrot

Pierre
- Sarkozy

Thomas

Tremble



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	<b>FRIDAY</b> Few Showers High: 84 Low: 76		<b>SATURDAY</b> Mostly Sunny High: 83 Low: 80		<b>SUNDAY</b> Sunny High: 84 Low: 81		<b>MONDAY</b> Sunny High: 85 Low: 78		<b>TUESDAY</b> Partly Cloudy High: 90 Low: 75		<b>WEDNESDAY</b> Sunny High: 91 Low: 74		<b>THURSDAY</b> Sunny High: 89 Low: 77
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:03 pm	11:14 pm	None	None	Fri	2:08 pm	11:16 pm	None	None	Fri	5:17 am	8:44 am	2:48 pm	11:24 pm	Fri	5:13 pm	1:45 am	None	None
Sat	3:50 pm	None	None	None	Sat	2:55 pm	None	None	None	Sat	6:06 am	9:39 am	3:49 pm	None	Sat	6:00 pm	2:30 am	None	None
Sun	4:45 pm	12:00 am	None	None	Sun	3:50 pm	12:02 am	None	None	Sun	6:53 am	12:07 am	4:57 pm	10:34 am	Sun	6:55 pm	3:16 am	None	None
Mon	8:43 am	12:47 am	5:53 pm	11:47 am	Mon	7:48 am	12:49 am	4:58 pm	11:49 am	Mon	7:35 am	12:56 am	6:04 pm	11:37 am	Mon	10:53 am	4:03 am	8:03 pm	3:03 pm
Tue	9:03 am	1:33 am	7:17 pm	1:36 pm	Tue	8:08 am	1:35 am	6:22 pm	1:38 pm	Tue	8:12 am	1:45 am	7:21 pm	1:35 pm	Tue	11:13 am	4:49 am	9:27 pm	4:52 pm
Wed	9:25 am	2:16 am	8:51 pm	3:02 pm	Wed	8:30 am	2:18 am	7:56 pm	3:04 pm	Wed	8:44 am	2:29 am	8:34 pm	2:54 pm	Wed	11:35 am	5:32 am	11:01 pm	6:18 pm
Thu	9:49 am	2:57 am	10:24 pm	4:09 pm	Thu	8:54 am	2:59 am	9:29 pm	4:11 pm	Thu	9:11 am	3:05 am	9:44 pm	3:50 pm	Thu	11:59 am	6:13 am	None	7:25 pm

My Stars ★★★★★  
FOR WEEK OF MAY 30, 2022

**Aries** (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

**Taurus** (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a

family member who needs your wisdom and strength.

**Gemini** (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

**Cancer** (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

**Leo** (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

**Virgo** (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

**Libra** (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities.

It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

**Scorpio** (October 23 to November 21) That flare-up of Scorpion temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

**Sagittarius** (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise

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pronouncements again.

**Capricorn** (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

**Aquarius** (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

**Pisces** (February 19 to March 20)  
Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

**Born This Week:** Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

## MOMENTS IN TIME

- On June 6, 1683, the Ashmolean, the world's first university museum, opens in Oxford, England. Today, the collection at the Ashmolean Museum

of Art and Archaeology ranges in time from the earliest implements of man, made about 500,000 years ago, to 20th century works of art.

- On June 10, 1692, in Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty of the practice of witchcraft. The witch trials, which resulted in the executions of 19 innocent women and men, ended in October.

- On June 9, 1893, the interior of Ford's Theatre collapses when a basement pier gives way, killing 23 people. The building – where President Lincoln was assassinated – housed hundreds of government clerks.

- On June 7, 1942, the Battle of Midway – one of the most decisive U.S. victories in its war against Japan – comes to an end. The outnumbered U.S. Pacific Fleet destroyed four Japanese aircraft carriers with the loss of only one of its own, the *Yorktown*.

- On June 8, 1968, James Earl Ray is arrested in London, England, and charged with the assassination of civil

rights leader Martin Luther King Jr. In 1969, Ray pleaded guilty to King's murder. Three days later, he attempted to withdraw his guilty plea, claiming he had been set up as a patsy in a larger conspiracy.

- On June 11, 1979, film actor John Wayne, born Marion Morrison, dies at age 72. The “John Wayne” name was created when the director of *The Big Trail* didn’t think Marion was a good name for an actor playing a tough Western hero.

- On June 12, 1982, a large crowd descends upon New York City's Central Park, demanding nuclear disarmament. Estimates placed the number of attendees at over a million.

## NOW HERE'S A TIP

- When you need to cook something that needs covering (say, chicken) alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused.

- JoAnn

- “I have a tip about taking

medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore."

- TB in New Hampshire

- “The sticky residue from price tags can be really annoying. I use WD-40 to get it off. Works every time for me!”

– JK in Alabama

- “Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!”

- IL in Nevada

- Mix a quarter cup of salt in with two tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.

- To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt

continued on page 54

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PETS OF THE WEEK

Lee County Domestic Animal Services

Rambo And Sweetie

Hello, my name is Rambo. I am a black and white 1-year-old male pit bull mix. I came to Animal Services after my previous owner surrendered me because she wanted me to have a better life. I am a big love bug that loves to play. My handsome face and charming personality complete the package. Come see if I am the dog for you. My adoption fee is \$20.



Rambo ID# A870559 photos provided

Hi, I'm Sweetie. I am a black 1-year-old female shorthair rabbit and the definition of my name. I am a happy, little bunny that will hop my way into your heart. I have the best ears, and I wear them well. If you are looking for a compact companion, I may be the perfect fit

for you. My adoption fee is \$5.

Lee County Domestic Animal Services is celebrating National Take Your Pet to Work Week June 20 through June 24. Adopt a canine or feline friend to have as your new co-worker. Adoption fees will be \$20 on all adult dogs and cats throughout June. Adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. That is a \$600 package.

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



Sweetie ID# A923933

From page 53

Now Here's A Tip

into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the side of your luggage.

STRANGE BUT TRUE

- Idaho is the only U.S. state to explicitly declare that cannibalism is illegal.
- In 2001, the FBI warned Russell Crowe that al-Qaeda were planning to kidnap him as part of a cultural destabilization plot. For nearly two years, the agency guarded the actor in public, but refused to provide him with any details about the threat.
- In Germany, folks who urinate in the streets are called "wildpinklers," meaning "free pee-ers."
- Gorillas sing happy songs while they eat – louder when enjoying a favorite food.
- Talk about election fraud. In 2013, police in the Maldives arrested a coconut for loitering near a polling station during the presidential election. The fruit's offense? Locals feared it might have been imbued with a magic spell to influence the election, as there was a Surah (chapter from the Quran) written on it. The coconut was released upon being found to be fake.
- In 2014, over 2.8 million American

- dogs were on an antidepressant drug similar to Prozac.
- Alarmed neighbors of a couple in Sydney, Australia, called the police after hearing a woman screaming, furniture crashing and a man shouting: "I'm going to kill you, you're dead! Die! Die!" When the law arrived on the scene they found, however, not a typical case of domestic violence, but a frenzied attempt to kill a spider.
  - Now here's a good reason to call your plumber: A leaky faucet dripping once every second can waste up to 3,000 gallons of water in a year – enough for 180 showers.
  - The U.S. government gave Indiana University one million dollars to study memes.

THOUGHT FOR THE DAY

"Yesterday's home runs don't win today's games." – Babe Ruth

TRIVIA TEST

- U.S. States:** Which state is the smallest in land area?
- Medical:** What is a common name for the medical condition called hyperlipidemia?
- Psychology:** What is the abnormal fear represented by peccatophobia?
- Food & Drink:** What fish is the basis of Worcestershire sauce?
- Geography:** Nuuk is the capital of which island constituent country?

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4/22 ★ TFN

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

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PSA

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4/24 ★ TFN

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1/21 ★ TFN

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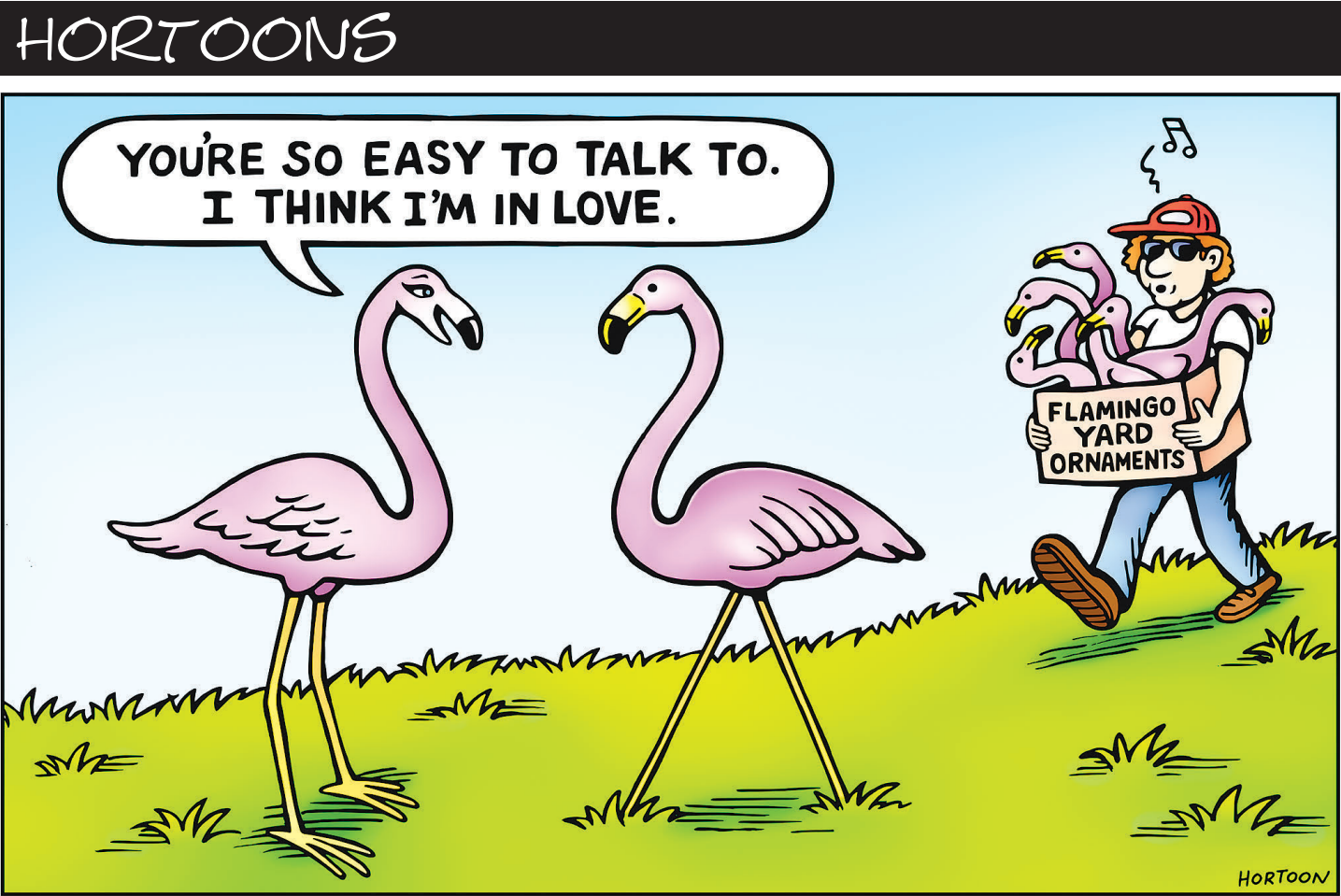
- 6. **U.S. Presidents:** Which state has produced the most presidents?
- 7. **Art:** In which major city would you find the Uffizi Gallery?
- 8. **Movies:** What is the main setting of the *Mama Mia!* movies?
- 9. **Mythology:** What is the name of the Greek god of wine?
- 10. **General Knowledge:** Where is the rock formation called Giant's Causeway located?

TRIVIA ANSWERS

- 9. Dionysus 10. Northern Ireland
- 7. Florence, Italy 8. Skopelos, Greece
- 6. Virginia, with eight presidents
- 4. Fermented anchovies 5. Greenland
- 1. Rhode Island 2. High cholesterol 3. Fear

SCRAMBLERS ANSWER

1. Gurgle 2. Chirp  
3. Glean; 4. Blame  
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PUZZLE ANSWERS

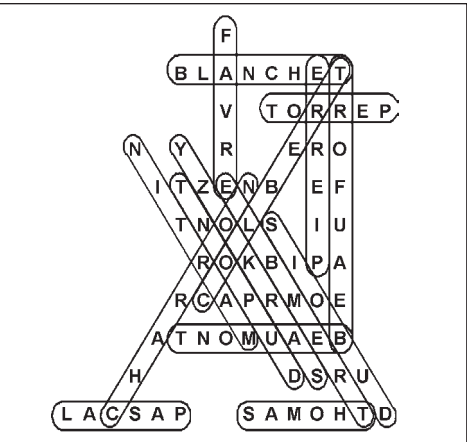
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Dickeys John R Subd	Captiva	1930	2,112	\$8,795,000	\$8,795,000	0
Tichenors F H Silver King	Captiva	1972	4,402	\$8,900,000	\$8,600,000	281
Fort Myers	Fort Myers	2004	5,127	\$3,950,000	\$3,800,000	75
Cape Coral	Cape Coral	2013	4,001	\$3,985,000	\$3,450,000	6
Venetian Gardens	Fort Myers Beach	2013	3,590	\$3,485,000	\$3,405,000	12
Little Hickory Shores	Bonita Springs	1993	2,300	\$2,999,000	\$2,800,000	4
Hidden Harbor	Bonita Springs	1991	3,630	\$2,700,000	\$2,700,000	2
Town And River	Fort Myers	2006	5,381	\$2,650,000	\$2,650,000	5
Colonial Farms	Fort Myers	2022	5,895	\$2,595,000	\$2,595,000	2
Hidden Harbor	Fort Myers	2016	3,080	\$2,179,900	\$2,300,000	2





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