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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## Crafty Lady Creates Stylish Masks, Goodwill

by Kathy Kurtz Ferrari

While they may not be featured on Paris runways, masks have become the new must-have fashion statement.

Leave it to a crafty lady to make an essential safety item into a stylish accessory.

Tracie Lantz, owner of Three Crafty Ladies, the longtime island boutique on Periwinkle Way, has transformed her craft business into a mass producer of attractive fabric masks, becoming one of the only commercial suppliers of a stylish, well-made version of the essential item in the area.

Along the way, she has also taken on a campaign of giving back.

"It was kind of accidental," said Lantz during a break in her busy day behind the sewing machine, of the new focus of her business, which usually sells quilting



Tracie Lantz, owner of Three Crafty Ladies, right, and her mother, June Lanza, help support the community through the sale of masks

photo by Kathy Kurtz Ferrari

supplies and other craft items.

Way back in the middle of March, as the coronavirus pandemic began to grip the nation, Lantz started receiving requests

for mask-making supplies such as elastic and fabrics. Although the store briefly closed for a few days in the early stages of the pandemic while most non-essential

businesses were shutting down, Three Crafty Ladies reopened with an adjusted schedule and by-appointment policy.

Lantz began fielding calls for supplies from New York, Massachusetts, Ohio, Michigan. "All those states that were really hit early on. We knew they were having trouble getting things, because they were most of the people that were calling us saying, 'Every shop that we know of is closed. You're our last hope.'"

During that time, a customer came in and purchased supplies to make masks for employees of Bailey's General Store.

"And for some reason, the employees got it in their heads that we had made the masks, so that's when it started getting out that we participated. And so people started – businesses, men, women, anyone you could think of – was coming and knocking on the door at all hours, saying, 'I heard you're selling masks,'" explained Lantz. "It exploded."

Lantz and her two employees, along with her parents, June and Ray Lanza, began to hyper-focus on mask-making and supplies. The store also ramped up its website to allow customers to order

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## Business Owner Greets Challenge With Generosity

by Kathy Kurtz Ferrari

As the old saying goes, every cloud has a silver lining.

While island restaurants try to weather the COVID-19 storm, MudBugs Cajun Kitchen owner Ron Rice saw a rainbow.

While restaurants were limited to take-out service due to pandemic restrictions, Rice decided to donate 50 percent of MudBug's sales to SanCap Cares, an organization that supports Golisano Children's Hospital of Southwest Florida. Last week, the restaurant made a donation of \$25,000 to the organization.

The support of children's hospitals is very personal for Rice and his wife Susan, who have homes on Captiva as well as in Hudson, Ohio. Their son Thomas, now 22, was born with a rare brain malformation and has needed intense medical care all his life.

Living in Ohio, Thomas has seen numerous specialists at Cleveland Clinic's Children's Hospital, as well as doctors at the University of Chicago.

"We've had maybe 10 to 20



Some members of MudBugs staff include, from left, Sean Wood, Anna Long, Josh Crank, Allison Moreno, Dan Howes, Ethan Boren and Jose Lopez

photo by Kathy Kurtz Ferrari

specialists throughout Thomas' life, looking after different things, whether it's his muscles, seizures, pulmonary," Rice explained by phone from Ohio, where he and his family, including older son William, 25, and adopted daughter Julia, 12, have stayed during the pandemic.

The condition has impacted all aspects of Thomas' life. He is unable

to walk or talk, but has his own way of communicating with his family.

Some of the family plans to return to Florida soon, and although Thomas loves coming to the islands, he probably won't be traveling, due to the virus.

"When he lands – we all have that feeling when we come over the causeway bridge – it's almost like you can see it in his eyes. He knows where

he is, whether it's the smell of Florida. He really does well in Florida," said his father, noting Thomas loves the water.

While their son hasn't needed services at Golisano, the Rices wanted to do something to support local families who may be going through similar difficulties.

"We have a very strong family. We've lived and are able to appreciate the challenges that other families go through and the mysteries when things turn out differently than what you planned or expected, how to manage that," said Rice.

The donation to SanCap Cares comes at an especially critical time. The organization was forced to postpone its 20th anniversary fundraiser due to the coronavirus.

"I almost fell down," said SanCap Cares committee member Valerie Tutor of the donation. "What (Rice) did is just amazing. We are absolutely grateful, amazed and excited that they chose to get involved at this level. To be able to donate that kind of money is really very heartfelt."

After a career as the head of a \$5 billion corporation, MudBugs is Rice's first venture in the food industry, and he explained the restaurant is really run by managers and an experienced staff.

"They're the ones that know what

continued on page 14

# Locals Recognize Earth Day Across The Islands

submitted by Brielle Ruiz

Church bells pealed and conch shells sounded to mark Earth Day across the barrier islands on April 22. It was the historic 50th anniversary of the first Earth Day.

Together – A Way Forward, a local interfaith environmental initiative, encouraged people to honor the planet on this important day. Rather than gathering in person, participants gathered in spirit and in unison from wherever they were at 6 p.m., joining in song, contemplation, prayer and thanksgiving across six islands. Church bells rang from Saint Michael and All Angels Episcopal Church and Captiva Chapel by the Sea. Bells rang on Upper Captiva and at Saint John’s Episcopal Church on Pine Island. An ancient Calusa conch shell was blown on Useppa Island. Even the residents of Cabbage Key joined in.

As an inspiration, the group offered *Honoring Earth Together 2020: A Collection of Readings to Mark the 50th Anniversary of Earth Day*. It included a variety of poems, prayers, hymns, quotes and essays, many of which highlighted the interconnection of spirituality and the environment. The curated selections were both secular and sacred – from an ancient Jewish prayer to a Mary Oliver poem, from the Book of



The sound of a Calusa conch shell was heard on Useppa Island photos provided

Job to a prayer for the Earth by The Rev. Ellen Sloan, from a Sufi chant to a hymn by The Rev. John Danner of Sanibel Congregational United Church of Christ.

One participant, Linda Scherer, took turns reading the collection with a close friend amid the songs of the birds and wind in the trees – one needn’t go much further than the backyard to experience the beauty Southwest Florida offers. The readings, Scherer said, “touched our hearts as messages of renewal and hope... As God’s children, we have a responsibility to treat our Mother with tenderness and compassion.”

Bells were rung at Saint Michael and All Angels with the help of Alan Kelmereit, priest-in-charge. He said, “Each year, as we celebrate Earth Day, we are reminded that we are recipients of God’s blessing... We are also reminded of



Sandy Ehlers reading at Shell Point

the responsibility we have to care for this Earth and to use its bounty wisely. The readings we received and the bells we heard are part of our shared awareness of this great holy gift.”

Virginia Martin Amsler organized a special ceremony on Useppa Island with close friends and family. She reported that “all generations participated. ‘Thank you God!’ and ‘Thank you Earth!’ were the cheers heard by the egret on the beach. A grandmother, a mother, her college-aged daughter and high school son, a young mother with two young girls, an elementary school teacher, a pilot, two dogs and a cat all gathered in respectful distance on the beach. In a feeling of joy and gratitude, a Calusa

conch shell amplified our voices raised to the sky.”

At Captiva Chapel by the Sea, Nancy and Chip Roach, board of associates vice president, rang the bell 50 times. They were joined by Chapel Minister The Rev. Larry Marshall, who said, “It has been interesting to me how much the environment has improved since people have been staying home and not driving their cars. It’s an opportunity for us to make a statement that if we care for the environment, it will clear up. As a boy, I grew up in a town that had three steel mills around it – the air was red, the river was red... Now it’s been restored, and the fish have returned. There is hope if we’re willing to work together... If we do something about it, there are results.”

Together – A Way Forward working group member Peter Blaze Corcoran reflected, “Today’s political, economic and health crises created a context for Earth Day 2020 that make it even more critical to celebrate our interfaith harmony and to commit to our care for creation.”

Despite these dark, challenging times, Together – A Way Forward believes there is still much for which to be grateful. While we are yearning for human connection, it is important to remember something that connects us all; we all share the same planetary home.

If you would like to learn more about the group or receive a copy of *Honoring Earth Together 2020: A Collection of Readings to Mark the 50th Anniversary of Earth Day*, email [togetherawayforward@gmail.com](mailto:togetherawayforward@gmail.com) ✨

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- Stuffed Shells Or Manicotti
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- Chicken Alfredo
- Baked Ziti With Italian Sausage

### SMOKEHOUSE

- Bailey's Smoked Pulled Pork
- Pulled BBQ Chicken
- St. Louis Style Pork Ribs
- Baby Back Ribs
- Smoked Beef Brisket
- Smoked Chicken (white or dark)

### HOMESTYLE

- Bailey's Famous Roast Beef
- Roasted Pork Loin
- Roasted Turkey & Dressing
- Honey Glazed Ham
- Meat Loaf
- Chicken Cordon Bleu

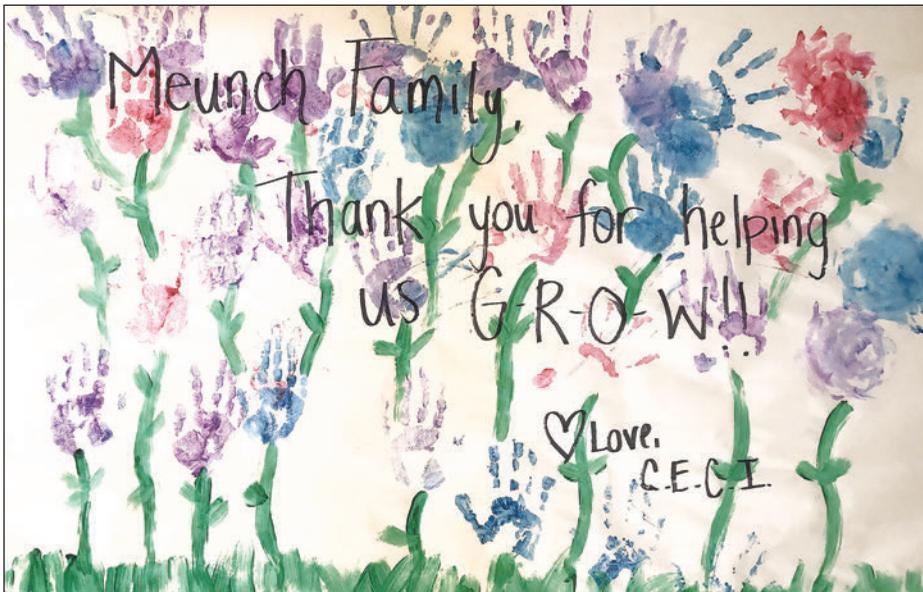
## sides choose three

- Mashed Potato & Gravy
- Oven Roasted Baby Potato
- Creamy Potato Gratin
- Sweet Potato Casserole
- Wild Rice Blend
- Creamy Mac & Cheese
- Pasta Marinara
- Pit Style Baked Beans
- Picnic Potato Salad
- Creamy Macaroni Salad
- Cole Slaw
- Green Bean Casserole
- Garlic Green Beans
- Roasted Mixed Vegetable
- Roasted Asparagus
- Steamed Broccoli

## salads choose one

- Traditional Tossed Salad
- Caesar Salad
- Garden Salad
- Greek Salad
- Chopped Italian Salad
- Beet Salad
- 3 Bean Salad
- Edamame Salad

## CARD OF THANKS



A sign of thanks to the Muench family from students and staff and CECI photo provided

Longtime island residents and community members all know the name "Meunch." In whatever capacity you might know this wonderful family, we know that there is one thing that everyone can agree on: the Meunch family is the definition of kindness and generosity.

Here at the Children's Education Center of the Islands (CECI), we can attest to this. This family has always donated to our school, without question and without influence. Without their continuous support, our school and the families that we serve would greatly suffer.

Every year, we are barely making

ends meet and that usually leaves no room in the budget to make dire repairs. Recently, the Meunch family donated landscaping and construction services; well over \$10,000 in labor and supplies. If a monetary donation was not enough, Karen Meunch has also accepted the offer to sit on our governing board. Their dedication to this school says a lot about the Meunch family.

The Children's Education Center of the Islands thanks you from the bottom of our hearts for your dedication to our school, our children and to this community.

— Kerra Pike, director, CECI\*

## Sea Turtle Nesting Season Guidelines

Sea turtle nesting season is under way on the beaches. These ancient reptiles nest from April 15 to October 31 each year. In partnership with the City of Sanibel, Sanibel-Captiva Conservation Foundation (SCCF) monitors Sanibel's beaches for nesting sea turtles and shorebirds.

Unfortunately, sea turtles face many disturbances that interfere with their nesting activities. Sea turtle hatchlings emerge after dark, using the light of the night sky over the sea to navigate to the water. Artificial lights cause hatchlings to crawl away from the water toward the wrong light source. Each year, thousands of hatchlings die in Florida due to manmade lighting along beaches. While sea turtle hatchlings are particularly vulnerable to disorientation due to artificial light sources, nesting female turtles may also be disturbed by bright lights, loud noises and people approaching too close. These disturbances may cause a female turtle to become disoriented leading to a "false crawl," where the female fails to lay her eggs and returns back to the gulf.

To prevent disturbances:

Turn off/shield all lights visible from the beach. Replace light sources visible from the beach with a low wattage, yellow or amber LED bulb. Look for the



Sea turtle hatchlings photo by Kelly Sloan

"wildlife friendly lighting" logo approved by Florida Fish and Wildlife Conservation Commission (FWC).

Close curtains or blinds by 9 p.m. Avoid using flashlights/illuminated cell phones. If necessary, use amber or red-light bulbs/shields. Never shine a light on nesting turtles or shorebirds. No flash photography after dark.

For questions regarding beachfront lighting regulations, email conservation officer Veronica Runge at veronica.runge@misanibel.com.

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

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



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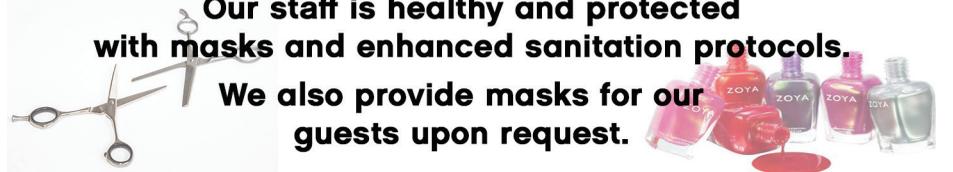
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The *Algiers* bell photos courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

## Looking Back: Bell Of The *Algiers*

The bell pictured belonged to the *SS Algiers*, which arrived on Sanibel in 1959. The *Algiers* was planned to be a palatial home for millionaire Lathrop Brown and his wife Helen. He died shortly after its arrival on Sanibel, and his heartbroken wife never returned to Sanibel.

Learn more about the history



### Helen and Lathrop Brown

of Sanibel at the Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS. The village and museum are closed temporarily due to the coronavirus.

Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✧

## Churches/Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH

Rev. Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, Fort Myers, 481-2099.

### BATYAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday night sabbath services and Saturday morning classes are provided by Zoom, [www.Batyam.org](http://www.Batyam.org) and our Facebook. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva, 472-1646.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson, 284-6709.

### SANIBEL COMMUNITY CHURCH

As a precaution, all Sanibel Community Church on-campus events are postponed until further notice. The church is expecting

its new pastor, Jeramie Rinne, this summer. View our Sunday Devotional at [www.sanibelchurch.com](http://www.sanibelchurch.com), 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

### ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist 5 p.m., Sunday Eucharist 8 and 10:30 a.m., Sunday School 10:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Prayer and Potluck 1st Wednesdays 6 p.m., Taizé Service 3rd Wednesdays 6 p.m. [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. [ryi39@aol.com](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.✧

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## OBITUARY



## WESTON HOLMES PALMER

Weston Holmes Palmer of Sanibel Island, Florida passed away peacefully in his sleep on Tuesday, April 28, 2020 from natural causes.

Weston was born in Brooklyn, New York to Edward Everett Palmer and Mary Ellen (Trezise) Palmer. He attended school in Cazanovia, New York and then his family moved to Salzburg, Austria. He graduated from Munich American High School in Germany. He ran short and long distance track in high school, both domestically and abroad, and held speed records for many years.

Weston's undergraduate degree was from Cornell University, where he was a proud Alpha Sig and was also a welter-weight boxer. He went to Syracuse University for Law School.

After he graduated from law school, he moved to Penn Yan, New York, where he practiced law privately and in tandem as Yates County public defender for nearly 30 years.

Weston retired in 2001 and moved to Sanibel Island, Florida. He was passionate about Sanibel and active in many local, civic and cultural associations. He was one of 100 people who stubbornly stayed "on island" for Hurricane Charley in 2004 and not only survived, but then helped displaced residents by taking photos of their houses post-hurricane and posting on a website.

Weston was also very involved in the world of antique transferware. At one time, he had one of the largest collections of transferware in the United States. He was also heavily involved in cataloguing many of these valuable and rare antiques in one of the world's preeminent databases.

His daughter, Leslie Palmer, and her three teenage children – Lauren, Caroline and Jackson – moved from Oregon to Sanibel full-time in 2019 to help take care of and spend time with their very dedicated grandfather. The kids forged an even extra special bond with "Be-Bop" and they cherished the quality time they had with him.

Weston bravely endured 45 years with rheumatoid arthritis. He never complained, yet lived with constant pain. He posthumously and generously donated his body to science to hopefully advance studies and care in this horrific affliction.

Forthcoming will be a small, family/close friend Sanibel beach ceremony followed by a simple reception at Weston's

favorite restaurants, or his home. Date is to be decided with the current global viral affliction.

In addition, a party will be held at The Tavern in Penn Yan, New York to pay a tribute to Weston and his contributions

## OBITUARY



## NORMAN LAMAR WILLIAMS II

Norman Lamar Williams II died peacefully of natural causes at the age of 47 on Sunday, May 3, 2020. He was a longtime resident of Sanibel Island. He was best known for his contagious spirit of love and laughter. He was an avid chef but his true loves were

fishing, his family and his friends.

Lamar had an infectious magnetism.

He is survived by Taylor Williams, his first born; Stacey Grennell, the mother of his daughter, Annabelle; his sister, Erin Williams; his half sister, Wendi Williams; his stepbrother, Austin Williams; four nieces and two nephews. Lamar's mother, Cindy Verett, his father, Norman Williams, and brother, Jeremy Williams, predeceased him.

Lamar leaves behind a wide wake of people who loved him and will miss him. A private memorial will be held on the water, where Lamar was happiest, at a date to be determined.\*

## Top 10 Books

1. *City of Girls* by Elizabeth Gilbert
  2. *Something in the Water* by Catherine Steadman
  3. *Walk the Wire* by David Baldacci
  4. *Hello Summer* by Mary Kay Andrews
  5. *Big Summer* by Jennifer Weiner
  6. *Circe* by Madeline Miller
  7. *Splendid and the Vile* by Erik Larson
  8. *Dear Edward* by Ann Napolitano
  9. *Fins* by Randy Wayne White
  10. *Simon the Fiddler* by Paulette Jiles
- Courtesy MacIntosh Books and Paper.\*

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## OBITUARY



GINO C. FEDERICO

where they have resided for over 20 years.

Gino graduated Don Bosco High School, the Franklin Institute of Technology and also received his bachelor's degree from Boston University. However, Gino's passion was and always will be music. He proudly owned and opened Walpole Music in 1971, where he had the opportunity to meet and connect with so many people that had the same love of music. He was a band member of Four's a Crowd, where he began honing his craft entertaining many through birthday, wedding and anniversary celebrations.

After moving to Florida full-time, Gino continued to entertain people. He was well recognized at many places on Sanibel/Captiva islands and Southwest Florida including The Mucky Duck, The Island Cow, Captiva Cruises on the *Lady Chadwick*, and the BIG ARTS Island Jazz Band, where he was a constant figure on Sundays. Gino took advantage of an opportunity of a lifetime as a musician on Carnival Cruise Lines, where he was able to captivate tens of thousands of people with his musical talent. When not playing music, you would have found Gino boating, playing mind puzzles, golfing, fishing and spending time with family and friends.

Gino is survived by his wife of 49 years, Dottie Federico, his daughter Corinna Gallo and husband Dan of Norwood, Massachusetts, his son Michael Federico and wife Kathleen

Gino C. Federico passed away on May 1, 2020 at the age of 71 after losing his four-month battle with cancer. Gino was born in the North End in Boston, lived in Dorchester, married and resided in Westwood, Massachusetts to raise his family. Once his kids were grown, Gino and his wife Dottie found their piece of paradise on Sanibel Island, Florida,

of Douglas, Massachusetts, his granddaughters Julia and Isabella Gallo of Norwood, Massachusetts, his brother Nino Federico and wife Grace of Westwood, Massachusetts, his sister-in-law Joanna and husband Alfonso of Fort Myers, Florida, as well as many nieces, nephews and beloved friends. He was the loving son of Alfredo and Enrichetta Federico and son-in-law to Paul and Virginia Cambria, all predeceased.

Due to the current events, there will be no service at this time. A celebration of life will be held at a later date. In lieu of flowers, donations may be made to:

St. Jude Research Hospital, [www.stjude.org](http://www.stjude.org); or FISH of SanCap, 2430-B Periwinkle Way, Sanibel, FL 33957, [www.fishofsancap.org](http://www.fishofsancap.org).\*

## Summer Plans For Bat Yam Rabbi

submitted by Tanya Hochschild

For the past five years, Rabbi Stephen Fuchs of Bat Yam Temple of the Island and his wife, Vickie, have spent between five and 10 weeks each year teaching about the Holocaust in German high schools. He also teaches in synagogues there, at the Abraham Geiger College in Berlin and has preached and taught in more than two dozen German Lutheran and Catholic churches.

This year, their proposed six-week visit has been canceled due to the

COVID-19 pandemic. Several German pastors at whose churches Rabbi Fuchs has spoken, have asked him, in lieu of a visit, to send video messages and to conduct Zoom seminars. He is fielding these requests helped by Pastor Ursula Sieg, who in the past coordinated the Fuchs' appointments in Germany. Pastor Sieg is organizing these requests as they come in.

Rabbi Fuchs was to be a special guest at the annual visitors program for Jewish descendants of people who lived in the city of Leipzig, where Rabbi Fuchs' father, Leo Fuchs, was arrested on Kristallnacht on November 9, 1938.

He was scheduled to participate in the annual ordination ceremony for the rabbinical graduates of the Abraham Geiger College. During each of the past five years, Rabbi Fuchs has conducted three-hour seminars at the college on various aspects of preaching and Jewish thought. This June was to have been no different.

Vickie Fuchs teaches high school students through stories of her mother's experiences as a young Jewish child in Nazi Germany. Her mother was moved to the back of the class, and later forbidden to attend public school at all. When her father received a letter saying he could no longer be a doctor in Germany because he was Jewish, the family moved to Barcelona. The Spanish Civil War broke out shortly after and she was sent to work in an orphanage in Switzerland. As a young woman, she attended an art school and finally the family reached the shores of America. There, Vickie's mother experienced challenges as well as successes.

The high school students are able to identify with her mother's experiences, and can put themselves in her shoes. This makes the lessons come alive, as they have told her; more than in the books they have read.

Last fall, one of the high school teachers the couple worked with visited Sanibel with his daughter and attended a service. Bat Yam congregants witnessed the cordiality and respect the Fuchs and this teacher have for one another. Although they will not be in Germany this summer, the program, thanks to technology, will still be enjoyed by teachers and students, and for that, the Fuchs are grateful.\*

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## OBITUARY



## DAVID E. KELBY

David E. Kelby, loving husband, father and grandfather, strong example and mentor to many others, wise businessman, generous giver of time and talents and, most of all, faithful child of God – went home to be with his Lord and Savior Jesus Christ on May 6, 2020 in Fort Myers, Florida.

Dave was born in Minneapolis, Minnesota on January 13, 1937. His parents, Gjert and Edna Kelby, raised Dave and his older brother George in Edina, Minnesota. He graduated from Blake High School. While attending the University of Minnesota for his undergraduate degree, Dave met the love of his life, Jinny Hubbard. They married in 1958. After graduation, Dave joined the Coast Guard, where he was stationed in Yorktown, Virginia. Once back in Minnesota, Dave furthered his education by obtaining an MBA and law degree, both from the University of Minnesota.

Dave spent the majority of his career at General Mills, finishing as senior

vice president and treasurer. He served on numerous boards, most recently University of Northwestern St. Paul, Fairview Foundation and Adolfsen & Peterson Construction.

Dave loved his local churches, Grace Church Edina (now Grace Eden Prairie) and Sanibel Community Church in Sanibel, Florida. He faithfully served the churches, serving as elder and board member. Dave served as a teaching leader at Bible Study Fellowship in Minneapolis and with Island Bible Study in Sanibel. Many will remember the Sunday morning services Dave and Jinny led at their cabin on Warner Lake. Dave's love of others and excellence in all of these areas of life reflect his deep faith in his Lord and Savior Jesus Christ.

Dave leaves behind his wife and best friend of 61 years, Jinny; his brother, George (Sally) Kelby; children, Kathy (Craig) Sherwood, Tom (Sarah) Kelby and Cindy (Jeff) Engelking. Dave had nine grandchildren: Annie, Emma (Morrell), and Jack Kelby, Michael and Nicole Sherwood, and Drew, Katie, Peter and Sophie Engelking. He is survived by two great grandchildren, Lettie and Tommy Morrell.

In lieu of flowers, the family is requesting donations be sent to either of the following two ministries, both of which help children in the most vulnerable situations:

Home of Peace is a children's home in Bangladesh providing food, clothing, housing, education, protection and spiritual instruction for 550 at-risk children.

Together for Good is a Minnesota-based ministry creating pathways for the local church to come alongside vulnerable children and families.

Gifts for the Home of Peace may be sent to: Vessels of Mercy Ministries, P.O. Box 23023, Fair Haven, MI 48023. Gifts for Together for Good ([www.tfgood.org](http://www.tfgood.org)) may be sent to: Together for Good, 845 Summit Avenue, St. Paul, MN 55105.\*

## Resident Builds Osprey Platforms

Jim Columbo of Sanibel has made good use of his social distancing time at home. He got to work on some new osprey nest platforms for The International Osprey Foundation's (TIOF) ongoing repair and installation program.

Columbo has just completed building another 15 for the project, according to Susan Tucker, TIOF president. He makes the 40-inch-square structures with metal mesh bottoms designed to hold the nest sticks in place. He uses instructions for building the platforms as suggested on TIOF's website, [www.ospreys.com](http://www.ospreys.com).

"It was a great stay-at-home project," said Columbo, who has been creating these platforms for many months now.

The current nesting season is almost over and the TIOF board wants to be ready to make necessary repairs before another nesting season begins in the fall, Tucker said.\*



Jim Columbo with some of the new platforms he created photo provided

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# Water Quality May Suffer Due To Coronavirus

by Wendy McMullen

Another victim of COVID-19 may be water quality on either coast if a move by a coalition of Everglades farmers and utility companies is successful, Sanibel City Council was told at last week's meeting.

"There are some things that are going on that are really unfortunate," reported Director of Environmental Resources James Evans, explaining that agricultural and utilities interests were trying to roll back regulations that help prevent massive releases of water into the Caloosahatchee. These water releases have resulted in a number of water problems on Sanibel.

Currently, water is released into the Caloosahatchee on a carefully regulated schedule and this has kept lake levels fairly low in recent years. However, Evans reported that Alcee Hastings, state representative from the area south and east of Lake Okeechobee, proposes turning the clock back to 2000 levels. This schedule kept the water in the lake high and released it into the Caloosahatchee during the rainy season. Hastings' proposal is supported by utilities and agricultural interests.

Legislation passed in 2008 reduced the water from the previous high levels.

The U.S. Army Corps of Engineers, which manages Lake Okeechobee, has kept the surface of the lake between 12.5 and 15.5 feet above sea level since 2008. This level, it believes, best protects lives, businesses and properties around the lake, and provides drinking water and water for farming. However, the corps was sued last year by U.S. Sugar, owner of the majority of the land south of the lake, because it claimed that the lake was being kept artificially low with the result that there were water shortages even during wet season.

"The agricultural industry wants to tie the hands of the U.S. Army Corps of Engineers but we base our recommendations on science and our science is very good," said Evans.

Nevertheless, the proposal to roll back the 2008 Lake Okeechobee Regulations Schedule, or LORS, is progressing.

"It's moving forward very quickly under this whole fog of the COVID-19 epidemic," Evans told council, stating that the coalition pushing the legislation is seeking the support of senators Marco Rubio and Rick Scott. The nonprofit Everglades Foundation and the Sanibel-Captiva Conservation Foundation (SCCF), among other nonprofit groups, are attempting to halt the proposal and are supported by Congressman Francis Rooney.

"If we go from the current regulation schedule, what are we going to use as a buffer?" Evans demanded rhetorically. "If there is no relief valve, we've got nothing left and people will begin to wonder if it's worth investing in the east and west coast."

"This is going to be devastating," said Mayor Kevin Ruane. "The only tool we've had is to manage the lake and we've done it without any cost."

The problem is that Lake Okeechobee fills up faster than it can be drained, and rising waters raise fears of the 30-foot barrier surrounding the lake failing and flooding the area. The U.S. Army Corps of Engineers wants to keep the lake low during hurricane season, fearing a storm could fill the lake and flood the lines around.

Originally, lake water naturally flowed south but sugar cane fields and development now prevents that as a solution to the problem. Added to this, when heavy rain south of the lake threatens to flood crops and lakeside towns, water gets pumped north into the lake, carrying with it fertilizers, pesticides and other pollutants that can lead to fish kills and toxic algae blooms.

Other cuts in environmental projects may be in the offing as legislators try to deal with shortfalls in the budget due to declining sales tax. Of particular concern is that the U.S. Army Corps of Engineers has changed the status of the Everglades Agricultural Area reservoir from an existing project to a New Start project. The reservoir is part of the \$130 million Comprehensive Everglades Restoration Project, which has already had post authorization and funding.

Changing the status may remove that funding.

The Everglades Agricultural Area storage reservoir would send clean water south to the parched Southern Everglades and Florida Bay while reducing damaging discharge events from Lake Okeechobee to the east and west coasts.

"It's a huge disappointment," said Vice Mayor Mick Denham.✪

## Long Lines Reported At Fort Myers Testing Site

by Wendy McMullen

If you're planning on getting tested for COVID-19 at the Twins/CenturyLink stadium, be prepared for a wait. And bring a book or some entertainment.

The City of Sanibel reports that it's a two-hour wait from the gate in the morning. This lessens as the day goes on but you have to stay in your vehicle at all times and have your windows and doors closed, so make sure your air conditioning is working and you have enough fuel. Your vehicle must also have working windows that can be lowered for testing.

You must also have a photo ID and a facemask and your car windows must open. You have to cover your mouth for the nasal swab.

The testing is for COVID-19 only and not antibodies, and you have to be age 18 or older.

The testing site at the CenturyLink Sports Complex at 14100 Ben C. Pratt/ Six-Mile Cypress Parkway in Fort Myers opens at 9 a.m. and will remain open, seven days a week from 9 a.m. to 3 p.m., until further notice.

For additional Lee County updates, visit [www.leegov.com/covid-19](http://www.leegov.com/covid-19).

For on island COVID-19 testing, call Dr. Richard Wilson at 472-3131. For COVID-19 antibody testing, call Dr. Paul Kuehner at 472-0700. Antibody testing is a blood test that checks for an antibody that is the result of past or recent exposure to COVID-19. It is not a test for an active infection.✪

## Captiva Community Panel Update

Gov. DeSantis issued Executive Order Number 20-114 which extends the existing Phase I order until modified at some future date. For Captiva, it means that the current vacation rental ban will stay in effect (no vacation rentals for a period of less than 30 days or if the property being rented is advertised or held out to the public as a place regularly rented to guests), and restaurants and retail stores may continue to operate at 25 percent of indoor capacity.

Furthermore, social distancing requirements remain, the 14-day quarantine if one is traveling from the New York tristate region or Louisiana stays in effect, and bars, nightclubs and gyms must remain closed.

However, effective May 11, the governor permitted barbershops, hair and nail salons to open with the appropriate social distancing precautions, which include customers by appointment only, at least 15 minutes between each appointment to permit proper disinfecting, and all employees must wear masks while performing personal services.

At this time, Captiva's beach parking lots (as part of Lee County) are open, while Sanibel-owned beach parking continues to be closed. And while vacation rentals remain closed on both Captiva and Sanibel, resorts, inns and hotels are open in Lee County, which includes Captiva, while they remain closed on Sanibel.✪

## Barbers, Salons Allowed To Open

Florida Gov. Ron DeSantis issued Executive Order 20-120, permitting the reopening of barbershops, hair salons and nail salons, effective May 11. Guidance for barbershops, hair salons and nail salons can be found online at [www.mysanibel.com](http://www.mysanibel.com). The homepage includes a direct link to the Florida Department of Health daily dashboard as well as the statewide statistics released to the City of Sanibel sorted by zip code.✪

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Plant Smart

# Devil's-Tongue

by Gerri Reaves

**D**evil's-tongue (*Opuntia humifusa*), a member of the cactus family and the genus pricklypear, is native to the eastern and central U.S., including almost every part of Florida.

This clumping perennial's natural habitat is pinelands, dry wood, disturbed sites, roadsides and sand dunes, and it is the most widespread of the state's native cacti.

It takes a sprawling branching form along the ground – humifusa means sprawling – and has tuberous roots.

Reaching only several feet high, it's almost always wider than it is tall.

Very old plants have rough pale brownish trunks.

The segmented green pads, or leaves, are oval or round. Flat and fleshy, they measure two to eight inches long and one to three inches wide.

They are dotted with "eyes," bunches of fine barbed bristles and a couple of long gray spines, also called glochids. Some specimens lack spines, however.

Be cautious around the spines, for in addition to inflicting a skin injury, they can attach themselves to shoes and clothing.

Flat or cup-shaped flowers bloom all year, peaking in spring and summer, usually appearing singly and uprightly at the tips of the pads.

Three to four inches across, they have wide overlapping petals, a broad open center and showy stamens.

They range in color from a pale almost



**Devil's-tongue is Florida's most widespread native cactus** photo by Gerri Reaves

translucent yellow to creamy or golden yellow.

The many-seeded, egg-shaped green fruit of an inch or two long ripens from red to purple. The edible fruit pulp can be eaten raw or used to make jelly, juice, syrup or candy.

Native Americans ground the seeds to help make biscuits or pancakes or to thicken soups. They also used the plant medicinally.

Some food markets sell the pads, which can be sliced and cooked after removing the thorns and used in a variety of recipes.

This salt- and drought-tolerant species is a good choice for a rock garden or

security plant.

It attracts native bees and other insects and is a nectar plant for dotted skipper butterflies. Small wildlife use it for cover and food.

Propagate it with the seeds or by placing a leaf base in sandy soil. Give it well-drained sandy soil and full sun. It has a moderate growth rate.

All *Opuntia* species are threatened by the non-native cactus moth (*Cactoblastis cactorum*), first spotted in the Keys in 1989 and since spreading into other regions.

Sources: *Everglades Wildflowers* by

Roger L. Hammer, *Florida's Incredible Wild Edibles* by Richard J. Deuerling and Peggy S. Lantz, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wild Plants for Survival in South Florida* by Julia F. Morton, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, [www.efloras.org](http://www.efloras.org), <https://edis.ifas.ufl.edu>, [www.floridata.com](http://www.floridata.com), [www.fnps.org](http://www.fnps.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

## Crafty Lady

supplies online.

"There was a tsunami in here of everyone with mask needs," said Lantz's mother.

They even made and donated 40 masks to the Sanibel Police Department with the help of customer Maggie McCardell.

For the first few weeks, they worked 12- to 14-hour days to quickly meet the urgent demand.

"We were here one day from 9 a.m. until 2:30 in the morning," Lantz said. "My husband called me at 1 in the morning and asked me, 'Are you coming home anytime soon? Are you OK over there?'"

Word spread so far that a call came in from a relative of one of the head doctors on the U.S. Navy's hospital ship *Comfort* stationed in New York City, explaining the ship was in need of 100 masks and scrub caps within a small window of time.

Realizing the task was too big for her own crew, as each mask takes about an hour to make, Lantz posted a message on Facebook to recruit help. She also called some regular customers she knew were doing masks.

"Within 20 minutes, we had a handful of people signed up and we had so many people calling to help," Lantz said, adding several other local groups also helped in the effort. Within days, 100 masks and scrub caps were donated to the ship.

That goodwill was part of a broader effort of giving back, with a portion of

mask sales going to local causes. Masks sell for \$17.99, with a larger version costing \$1 more. A child's size is available by request.

"When we started selling the masks, we decided our price not only on how much we were wanting to pay our employees so that they could make a salary, but also how much we could afford to give back," Lantz explained.

Recently, Three Crafty Ladies made a donation of \$500 each to the Bailey-Matthews National Shell Museum and Clinic for the Rehabilitation of Wildlife (CROW) from the proceeds. The campaign included donations from customers, as well as those who wished to round up their sale with change going to the cause. An employee working from home also donated her pay for every seventh mask she made.

Through the month of May, the store is donating a portion of the proceeds to FISH of SanCap for the community's food pantry. Lantz is also trying to coordinate a larger fundraiser for FISH with other businesses.

"It's been so amazing. Whenever there's any kind of economic or environmental disaster of sorts, this kind of business is the first one to suffer because hobbies and crafts, they're expendable. People don't think about this," said Lantz. "This is the first time we've been able to actually help and give back."

For more information, visit [www.threecraftyladies.com](http://www.threecraftyladies.com) or call the store at 472-2893.\*



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# Prime Time Tarpon Fishing



by Capt. Matt Mitchell

Some days, hunting for tarpon required lots of running and looking. Once a location is found, it is possible to return to them for a few days until the wind

and weather changed, and they moved. One day this week after scouting the outside of the barrier islands from the lighthouse to Cayo Costa without much success, we came in through the pass. During our very first stop in the sound, we found what we were looking for: rolling tarpon.

Finding tarpon is just the first part of the equation to catch one. These fish can be crazy finicky and require patience like no other fish that we target. Some days, they feed with abandon while other days they roll over your baits while flipping you off. Having an assortment of baits is the only way to find what they want to eat.

May is prime time for tarpon, although our weather has been all over the place, and that has added to the difficulty level. All it takes is a day of strong winds to stir up the water or a sudden temperature drop, and these fish will vanish moving back offshore. As conditions stabilize, they reappear in the same places they have used for millions of years.

In a perfect tarpon world, we would



A leaded tarpon comes boatside before release

photo provided

run to these rolling laid-up fish and be able to sight cast to them. This set-up doesn't usually happen. More times than not, you have to plan your day's tarpon fishing based on the conditions and choose the areas that are gonna give you the best chance. West winds can make the beaches rough and unfishable while giving you calmer waters on the eastern side of the barrier islands. East winds give you the beaches and the eastern side

of the sound. The calmer the water, the more likely you are able to sight fish and see these tarpon up by the surface.

This year's tarpon season was off to a much earlier start than normal due to warm water by mid-March. So far, it's been amazing when the conditions are right. There are as many fish here as I can remember in the last 10 years. One silver lining of COVID-19 is the noticeable lack of angler pressure during

week days. If you want to mark tarpon off your bucket list or just catch another one, this is the time.

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).\*

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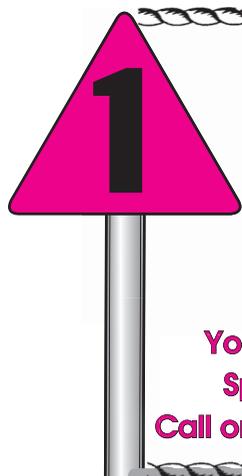
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## CROW Case Of The Week:

## Opossum Babies



by Bob Petcher

Opossum babies (*Didelphis virginiana*) are very common patients at CROW, so much so that the clinic has a designated Virginia opossum room. Often times, their mothers are accident

victims. Motherless, the babies are raised at CROW with a shot at being released to the wild. When the incubators in the Virginia opossum room – dedicated to the memory of longtime CROW volunteer and supporter Ann Arnoff – are full, staff and students are kept busy with around-the-clock care.

As of May 9, CROW staff members are caring for 81 opossum babies.

"The majority of them have come in as orphans – they fell off mom too soon and are too young to survive on their own, but didn't have significant injuries," said Breanna Frankel, CROW rehabilitation manager. "However, there are a few that have come in due to a predator attack and are being treated for wounds."

Frankel hopes more incubators will be added to the successful program.

"We have incubators that we can set temperatures and humidity at a specific point, which allow our neonates and infants to have living conditions similar to being in their mom's pouch. Lucky for us,



Opossum patients huddle up inside a makeshift house

photo by Breanna Frankel

the room has three incredible incubators, several large single and double-wide cages, heating pads, a mini refrigerator and other various storage, so everything needed for a feed or treatment is right there in the room with us," she said. "We are lucky to have an amazing student program which brings students from all over the world to train with us. One student or staff member is assigned to the opossum room daily and, depending on the size of the infants, feeds can start as early as 6:30 a.m. and continue until 10 or 11 p.m."

Opossums cannot be nipple-fed due to their many sharp teeth and must be tube-fed until old enough to be transitioned to solid food.

"Tube-feeding requires a feeding tube

(such as) red rubber catheters, syringe, hot water bath and a milk supplement. We use a special milk formula designed specifically for opossums that has appropriate nutrient contents for growth and development. We first warm the milk in a hot water bath, then test it to make sure it is not too hot. When it's ready, we gently insert the feeding tube down their throat into the stomach and slowly give the milk formula," said Frankel. "Our smallest opossums may be tube-fed up to seven times a day, but as they grow and start to wean, that number decreases. We begin to offer small bowls of milk or kitten chow mash as soon as their eyes open, usually between five to six weeks old."

Once the opossums are eating a solid

diet of various foods and have reached a certain size, they are moved to an outside enclosure until big enough to be released.

"They are usually around four months old when they are released, but some groups may take up to five months. They are completely weaned off milk by three months old in the clinic, and then they spend a month in outdoor cages to 'wild up.' In the wild, they typically leave mom between four to five months, so we try to replicate that in the rehab setting.

"Caring for infant opossums is relatively easy with the right tools and training. Tube feeding mimics the way they are fed in the wild. When they are born and crawl into mom's pouch, they swallow one of her teats and stay continuously latched on for the next two months while they develop. Their teeth really don't affect the care we provide them until they are three to four months old, when they would be learning to survive on their own. There are definitely younger groups that come in very aggressive and we have to be cautious, but they don't really have a long enough neck to turn and bite when handled properly. Once they are three months or older, they will bare their teeth as a warning, then 'play dead' if handled. As they get older, it's very encouraging to see them being aggressive, because they are learning how to survive in the wild."

Even with an opossum's rough demeanor, CROW staff find positive measures in these mammals.

"Raising opossums is very rewarding, especially to see them come in very sick and make it through to release. These animals are very special as they are the

continued on page 29

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Shell Of The Week

# Princess Venus



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

**P**eriglypta listeri (J.E. Gray, 1838) is another member of the diverse venus clam family,

the Veneridae (which includes the Southern Quahog, Cross-barred Venus, Sunray Venus, and many other local species). The Princess Venus grows to about 65 mm (about 2.5 inches), and differs from other local venus clams by the sharply truncated posterior margin (on left of images), which gives a quadrangular aspect to the shell. The sculpture is vaguely similar to that of the Lady-in-waiting Venus (*Chionopsis intapurpurea*), with commarginal (“concentric”) ridges crossed by fine radial lines. The species is present in the Gulf of Mexico but not common in Southwest Florida. The single valve illustrated was collected in February 1957 by William C. Brumbach on Sanibel. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The museum needs your help. The coronavirus erased all our best-laid



The Princess Venus, *Periglypta listeri*, from Sanibel

plans. The museum has no admission income and no store sales, but we still have 493 mouths to feed and 20 amazing employees to support. If you are able, we sure could use your help.

We opened our new aquarium exhibits on March 1. We had to close the museum on March 16. This should have been our busiest time of

photo by José H. Leal

year, providing income for the slower months. Your gift today will help us ensure that our people and animals are still here and healthy whenever we're able to safely reopen. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road.\*

## Fish Caught



Ralph Quillen

photo provided

Ralph Quillen caught a large redfish along the shoreline near the Sanibel Lighthouse on April 28.\*

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Ron Rice and his wife Susan share a special moment with their children, William, Thomas and Julia

photo provided

From page 1

## Business Owner

they're doing, so I'm learning from them," Rice said.

The restaurant, located at 1473 Periwinkle Way, has resumed full service dining, and Rice and the staff are grateful for the community's support during the crisis. As a gesture of appreciation, those dining in this month will receive 10 percent off their bill.

While Rice has seen a lot of good

over the years, he has learned to face adversity head on. The current economic climate may be difficult, but life experience has helped him put things in perspective.

"It's been really a journey that's been a blessing, because you start to appreciate what really matters in life and how to get through challenges," Rice explained of Thomas' condition. "I don't know that I would change it, because we're different people because of it."\*

## Crafting Policy: The Art Of The Possible



submitted by Rae Ann Wessel, SCCF Natural Resource Policy Director

**A**s you may have learned from earlier announcements, I will be retiring on May 15. That date will mark the end of 14 years

crafting policy for SCCF (Sanibel-Captiva Conservation Foundation), our island community, Southwest Florida and the greater Everglades region.

It's been the unexpected highlight of my career to have been invited to serve as SCCF's first policy director following two years as a trustee. In retrospect, it came about quite organically. The establishment of the marine lab in 2001 engaged SCCF in much-needed science and research monitoring, and evaluating the condition of our region's largest natural feature: the Caloosahatchee, estuary and coastal waters.

Together with decades of research on wildlife and land management from the wildlife and habitat management department, SCCF's science credentials were secured. Unfortunately, that good science was not informing rule-making, legislation or the growth management

challenges of this region.

In creating the natural resource policy director position, the board of trustees envisioned a path to both communicate SCCF's solid scientific findings to a wider audience and provide scientific grounding for natural resources policy decision-making at the local, regional, statewide and federal levels.

Our work plan focused on water and Everglades restoration, beaches and wildlife protection, and growth management through rulemaking, legislation at all levels and litigation as needed. SCCF's regional monitoring and the City of Sanibel's focus on island-based pollution sources made it apparent that the greatest threats to the quality of the barrier island environment and economy were originating beyond and upstream of our island borders.

Over the past 14 years, our advocacy efforts have been wide-ranging and achieved that vision with an added bonus, the dramatic effect that an educated, engaged and vocal community has had in advocating for our environment, economy and quality of life.

Of all the issues on which we have engaged, water quality, water deliveries and restoration of the estuary and greater Everglades have been and will remain the most far-reaching and immediate. Early success included the 2006-08 revision and implementation of a new Lake Okeechobee Regulation Schedule.

Using our monitoring data and conditions in the river, estuary and coastal waters, we supported an alternative that reduced harm to Lake Okeechobee, the Caloosahatchee and our estuary and coastline. Today, we are once again in

the forefront of providing science and water quality data from our regional network, together with lessons learned to demonstrate and support changes to the next lake regulation schedule, the Lake Okeechobee System Operating Manual (LOSOM) currently under review.

We created a weekly Caloosahatchee Condition Report to share our monitoring and observations of system conditions with water managers to inform their decision-making. The report, issued in conjunction with the JN "Ding" Darling National Wildlife Refuge, city and county resource managers, allows us to share unified west coast stakeholders recommendations with those agencies located in Jacksonville and West Palm Beach.

I'm proud that these efforts have raised awareness of the Caloosahatchee, its ecological niche, functions, services and restoration needs. That was no small feat when 25 years ago, after making public comment in support of the Caloosahatchee, I was asked if I represented the Calusa tribe!

While it is impressive that someone recognized the river was named by the Creek Indians for their predecessors, the Calusa – who disappeared from the region in the 1700s – it belied the fact that the river's significant role in the greater Everglades was unrecognized as was its influence downstream.

Addressing a variety of water, wildlife and habitat issues through science-based policy efforts has successfully represented and engaged our community in rulemaking and legislation. Nonprofits and a community of our size don't traditionally have the power to wield that degree of

influence.

Our efforts to protect wetlands and habitat have the added benefit of supporting wildlife, biodiversity, abundance and water quality. The successful preservation and protection of coastal mangrove forests and wetlands throughout our region likely would not have been successful without our efforts. In part because the role of providing a scientifically based backstop for protection of wetlands and wildlife has been significantly abdicated by agencies, causing nonprofits to pick up that role. And it has been successful because of community support and engagement.

I leave feeling good about the progress we have been able to make and the incredible relationships and connections we have forged to good result. The past 14 years in policy have been full of challenges, an engaging, enlightening, exciting, exasperating, experience which I have fully enjoyed and from which I have learned much. I have been so honored to serve this organization with these colleagues for this community. I cannot imagine a better ending to my 42-year career.

I'm confident that this is a good time to hand off the policy baton to the next generation to carry our progress forward. SCCF's policy work is respected widely and has earned high credibility for our science-based advocacy, our reliability, respectful engagement, relationship building and for working with all sectors.

One thing is certain, we have not seen the last of the challenges to our regional subtropical paradise. Climate change is having and will continue to play a larger

continued on page 16



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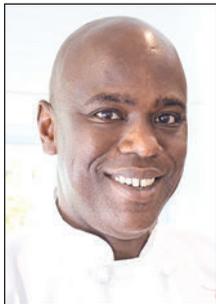
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The Community House

# The Mushroom



by Resident Chef Jarred Harris

The mushroom is one of the most interesting edible things in the world. They are neither plant nor animal, they are “fungi.” There are over 150,000 varieties of mushrooms, but only 10,000 of those varieties are edible. These edible varieties have been used as a food source and as medicine in many cultures for centuries.

The three most common varieties of mushrooms found in supermarkets are the portabella mushroom, button mushrooms and white mushrooms. All three are the same mushroom, but at different stages of maturity.

Ancient Egyptians referred to

mushrooms as the plant of immortality in hieroglyphics over 4,600 years ago. They believed mushrooms grew by magic, because of the way they could appear overnight. Mushrooms were used as food, exclusively for royalty and so prized in Egyptian society that commoners were forbidden to touch them.

Mushrooms are an extremely underrated superfood. They are a good source of selenium, zinc and vitamin D. In fact, when exposed to sunlight, mushrooms generate vitamin D. Some create as much as a bottle of vitamin D supplements. The chaga mushroom is extremely high in antioxidants and contains betulinic acid which is an anti-tumor compound.

The turkey tail mushroom has been shown to strengthen immune systems of women with breast cancer. The king stropharia mushroom can filter E. coli bacteria from water and the oyster mushroom can break down oil from spills. The chicken of the woods mushroom is my favorite variety and, yes, it does taste like chicken.

Here is an interesting recipe to try:

### Wild Mushroom Cranberry and Brie Wellington

Ingredients  
2 sheets of puff pastry

- 8 oz. brie wheel (rind removed and cubed)
- ½ stick of butter
- 1 ½ pounds of wild mushroom mix (sliced)
- 8 ozs. fresh spinach
- 3 sprigs of fresh thyme (leaves removed and chopped)
- 2 shallots (fine diced)
- 1½ cloves of garlic (minced)
- 8 ozs. cranberry sauce
- 2 egg yolks plus 1 tsp. of water
- Salt and pepper

**Method**  
Melt ½ stick of butter in a sauté pan, then add mushrooms, spinach, shallots, thyme and garlic. Cook mushroom mixture until all liquid is evaporated and set aside to cool.

Cut each puff pastry sheet into four equal squares. Place four of the squares on a lightly floured surface and top each with ¼ of the brie cubes, ¼ of the mushroom mixture and then ¼ of the cranberry sauce.

Lightly brush the edges of the Wellingtons with the egg mixture and top with the additional puff pastry squares.

Crimp the edges around the Wellington and brush the tops of the puff pastry with egg wash.

Place the Wellington in a 375F pre-heated oven and cook for 30 minutes, or until the pastry is golden brown.

Remove from the oven and rest for 10 minutes before serving.

Serve with additional cranberry sauce.

Resident Chef Jarred Harris heads

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

From page 15

## Crafting Policy

role worldwide as well as on our islands. Simultaneously, the influx of new residents wanting to share this region made special by all of our conservation efforts will continue to need active vigilance and advocacy to protect critical resources and our wild neighbors.

Looking ahead, whether it's a toxic algae catastrophe like 2018, harm from massive volumes of discharges, lack of needed dry season freshwater to balance salinity or public health issues from toxic blooms or a pandemic like the COVID-19 crisis, I encourage you to:

Remember my favorite saying, “Never let a good disaster go to waste;” and that during times of great challenges, remember to stay informed, ask questions, read widely but scrutinize information sources, and don't be fooled by opinions masquerading as facts.

My deep appreciation and thanks to all of you who have attended programs, science forums, joined us for an Oxbow and Riverlore Cruise in the past 25 years and participated in taking action as critical issues needed our unified engagement. The SCCF family and this community have made all the difference, and I am richer for your friendship and encouragement.✦

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**Cucumber and Tomato Salad**

photo courtesy Fresh From Florida

**Cucumber and Tomato Salad**

1 cucumber, sliced thin (peeled if desired)

- 1 pint cherry tomatoes
- 1/2 red onion, sliced thin
- 1/2 cup white vinegar
- 1/4 cup water
- Pinch red pepper flakes (optional)

Sea salt and fresh ground pepper, to taste

Combine the vinegar, water, red pepper flakes, salt, and pepper. Pour over sliced vegetables and marinate in refrigerator for at least one hour (the longer it marinates the more flavorful it will be). Serve chilled.\*

## Curbside Pickup At The Library

Sanibel Public Library staff is on duty answering questions and providing book recommendations over the phone on weekdays; call 472-2483. You can also ask for help via email at [notices@sanlib.org](mailto:notices@sanlib.org).

Hours for curbside pickup are Monday through Friday from noon to 3 p.m. You can place items on hold online, or make requests by calling the library. You will be notified when your items are ready for pickup; you have three days (excluding Saturday and Sunday) to pick up items.

A table is set up outside in the parking garage. Bags will be on the table in alphabetical order, with patron's name.

The library is closed, but book drops are open; one is located outside the west front entrance, the other is located in the second parking garage. Returned materials will be quarantined for a minimum of 24 hours.

To access online services, choose "eShelf" from the homepage menu at [www.sanlib.org](http://www.sanlib.org). Your PIN is the last four digits of your library card. The Hoopla Digital app allows users to stream movies, TV shows, comics and music. Downloadable magazines are available through the RB digital app. Library cardholders can stream from Kanopy, which showcases more than 30,000 documentaries, indies and classics. The Freegal music app offers access to songs and music videos. Ancestry.com



**Beth Jarrell and Duane Shaffer take calls from patrons** photo provided

is available in the Genealogy section at [www.sanlib.org](http://www.sanlib.org). The password is books11. To see "how to" videos, go to the News Blog at [www.sanlib.org/blog](http://www.sanlib.org/blog).

All overdue fines and user fees are waived during the closure. The library is implementing automatic renewal of library cards. Sanibel Public Library cards are available to all residents of Sanibel and Lee County, at no charge. Visitor cards are available for a \$10 fee, and are good for one year.

Sanibel Public Library is located at 770 Dunlop Road.\*

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## Exploring Backyard Biology

submitted by Nicole Finnicum

The sixth week of Nature Near You, Sanibel Sea School's e-newsletter, featured techniques and tools that children can do to count the organisms in their own backyards.

Through emails delivered at 9 a.m. on Monday, Wednesday and Friday, participants learned the importance of counting organisms in understanding nature. We discussed different tools, such as quadrats and transects, and techniques like estimation to help children understand the number of plants and animals in their own backyards.

On Monday, we dove into quadrats and population estimation. Quadrats are a tool that scientists use to estimate population size using an area of known size. The quadrat itself is a tool, typically constructed from PVC pipes that is built into a frame or square. The quadrat can then be placed on the ground to create a sample where all items or individuals are counted within that square. Quadrats are helpful in sampling plants or slow-moving animals – for example, the Sea School staff uses quadrats to measure the juvenile sand dollar population density on the east end of Sanibel.

We challenged students to make their own quadrats, using household materials, and conduct population estimation samples in their own backyards or homes.

On Wednesday, we learned about another tool that scientists use called



Tossing quadrats is a great way to estimate population sizes of things like coquinas or juvenile sand dollars  
photo provided

a transect. A transect is a straight line used to count and record what is being studied. It helps measure how plants and animals are distributed over distance. At Sanibel Sea School, we use transects to measure adult sand dollar distribution from the shore, seaward. Our education team follows the transect and notes each adult sand dollar encountered, every meter.

We shared how you can set up a transect in their backyards to measure things like leaves, flowers, or even acorns.

We wrapped up the week with a lesson on estimation on Friday. Estimation is a great technique used to estimate population size when it is not feasible to count every single individual in a

population. While transects and quadrats are useful in estimating the number of slow-moving animals or sessile plants, group pattern estimation can be used for things like flying birds or swimming fish.

We shared some tips on how to quickly recognize groups of three, five, and even 10 animals, and put our skills to the test with some fun estimation challenges. Each of our staff challenged students to estimate things at their own homes, such as the number of leaves on a tree, pieces of pasta in a box, and even the number of hairs on their heads.

As we've been learning through Nature Near You, there is so much more to discover than what we initially observe.

This week, we dove in a little deeper and learned how to quantify or count all of the things in our backyard using a scientific framework. It is truly amazing looking at the natural distribution of things in nature, and fun being able to recognize and estimate numbers of creatures.

Nature Near You will continue throughout the school closures and be delivered via email. If you are interested in joining the mailing list, email [info@sanibelseaschool.org](mailto:info@sanibelseaschool.org). If you missed out on an issue of Nature Near You, all of the content can be accessed at [www.sanibelseaschool.org/nature-near-you](http://www.sanibelseaschool.org/nature-near-you).

Nature Near You is Sanibel Sea School's offering to the community. If you would like to support our efforts, visit [www.sanibelseaschool.org/support-the-cause](http://www.sanibelseaschool.org/support-the-cause) or email for more information.✱

## American Legion Opening Soon

American Legion Post 123 will reopen soon as a non-smoking facility. However, smokers can use Timmy's Nook, the historic venue outside. Veterans and the public are welcome.



Veterans and their immediate families are invited to join Post 123, Sons of the American Legion or American Legion Auxiliary.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✱

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Book Review

# American Dirt

by Di Saggau



**A**merican Dirt by Jeanine Cummins is called "A Grapes of Wrath for our times," by author Don Winslow. Stephen King said, "I defy anyone to read the first seven pages of this book

and not finish it." I'll go him one better. I was hooked by the first two pages. The novel is about a Mexican woman who had to leave her life behind and escape with her son, as an undocumented immigrant to the United States. Lydia lives in Acapulco running a book store. Her 8-year-old son Luca is the love of her life, and she has a wonderful husband who is a journalist. Even with the drug cartels in Acapulco, she has a fairly good life.

She stocks her book store with many books that are her favorites, knowing they won't sell. One day, a charming man comes into her store and buys some of her favorites. They become friends, but Lydia doesn't know that Javier is the jefe of the newest drug cartel that has taken over the city. When her husband publishes a tell-all profile of Javier, the cartel seeks vicious revenge and Lydia and Luca are forced to leave. Suddenly, they are migrants hitching rides on trains and making their way toward the United States. They join the countless people trying to escape. Lydia

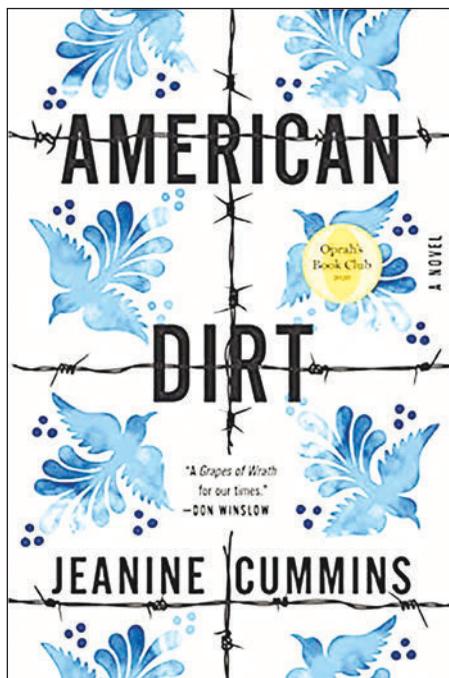


image provided

soon sees that everyone is running from something. The unsolved crime rate in Mexico is over 90 percent.

Lydia and Luca are believable characters, and their story is a sharp answer to the question of why immigrants from Latin America cross the U.S. border and a tribute to the courage it takes to do it. *American Dirt* is a literary achievement filled with poignancy, drama and humanity on every page. It is a riveting and timely accomplishment, a beautiful story about parental love and hope for the future.\*

# School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, With children learning at home all day, sometimes they aren't able to dispel their excess energy easily, but it's important to give

kids break time so they can decompress and let off some "steam." Sometimes it's difficult to let them go outside and run around to do this, so here are some ideas adapted from an article by Amanda Morin with suggestions on how kids can relax indoors, safely.

Bubble wrap is amazing and can create all kinds of activities. Roll out the bubble wrap carpet and let your child walk or jump on it until it pops. Most kids love that popping sound. You might make a hopscotch grid with squares of bubble wrap or use permanent markers to write letters on the bubbles and see how quickly your child can "pop" the alphabet. Painting with bubble wrap is also lots of fun but messy. You can have children paint the top of the bubble wrap and then press paper down on top of it. When the bubbles pop, they'll have a beautiful "bubble print."

Balloon Volleyball is lots of fun and super easy. All you need to do is blow up a balloon and use a piece of tape to mark the center line or "net" on the ground. Balloon Volleyball is a great game for two or more kids, but it can work for just one. Have your child play both sides by running back and forth over the line to hit the balloon before it lands on the ground. Or you could have your child count how many times she or he can hit the ball before it falls to the ground. For an extra challenge, you can add more balloons to make the game more challenging.

Another way to burn off that extra energy is to play Hallway Hopscotch. All you need is some free floor space, a token to throw in the squares and painter's tape (easier to use than masking tape). Use the tape to make a hopscotch grid and have your child make tape numerals in each box. Throw the token and start hopping!

Here's more hallway fun. With five to 10 empty plastic water bottles and a ball you can create a home bowling alley in your hallway. Use tape to mark where each bottle should go. And, if you can, pour a little sugar, salt, sand, or even unused kitty litter into each bottle so they don't tip over too easily. If your kids are old enough to grasp how to keep score in bowling, encourage them to do so. It makes for a good mini-math lesson. You might also add a glow stick to each bottle and turn the lights out. Kids will have even more fun with "glow bowling."

The classic game of Twister is a great way to keep kids moving, help them work on gross motor skills and give them practice labeling left from right. If you don't have the game, you can use colored paper or other supplies to create your own grid and check Wikipedia for a description you can use as a tutorial.

Dance, dance, dance!! Dancing will burn off that extra energy that kids have. Put together a family playlist of everyone's favorite songs and then dance. An easy way to make dancing even more fun is to make it a game of Freeze Dance. When the music stops, everybody has to freeze in their current dance pose. If you move, you're out.

Have fun with these activities!  
Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\*

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# CROW Brings Wildlife To Virtual Classrooms

**T**he Clinic for the Rehabilitation of Wildlife (CROW) is now offering Wildlife Zoom, programs that take place in virtual classrooms. For teachers and parents looking for creative ways to engage students, CROW can enhance distance-based teaching curriculums by appearing in virtual classrooms with wildlife programs or just popping in with an animal ambassador.

"Education plays an important role in our mission and we are very excited to offer this opportunity to teachers, students and parents during these difficult times," says Alison Charney Hussey, executive director for CROW. "The interactive sessions allow students to have an open dialogue with one of our education staff and meet our animal ambassadors, creating a unique learning experience. We are thrilled to assist not only our local teachers but also teachers in other areas of Florida and other states



Rachel Rainbolt with Gigi photo provided as well."

Programs are customized based on individual needs, ranging from more formal programs to casual conversations with students about wildlife. All programs feature an animal ambassador, animals that have recovered from injuries or had circumstances resulting in their inability for release to the wild. These members of the education team provide positive interactions with students, thus fostering an appreciation for the connection



**Single-Family Lot at 4566 Buck Key Rd**  
Handy to Clam Bayou, Bowman's Beach, national wildlife refuge, recreation center, school, & bike path. Amid tropical vegetation, ~105' x 140' facing south. \$149,000



**671 East Gulf Dr, Sandalfoot #2D2**  
Gulf-view 2nd floor end-unit 2-bedroom condo in easy on-site rental program. Bright white updated interior with natural light from side windows. \$699,000 furnished & with bookings



**1894 Farm Trail Lot in Island Woods**  
One of last vacant parcels in Sanibel's newest small olde-Florida-style community with shared pool & tennis. Irregular in shape, ~111' x 150' & high elevation just off Periwinkle. \$249,000



**968 Greenwood Ct S in The Dunes**  
Easy-living 3-bedroom 2-1/2-bath 1/2-duplex in golf & tennis community with deeded beach access path. Convenient to causeway & bay. End of street privacy too. \$399,000



**1238 Isabel Dr, Sanibel Harbours**  
Updated multi-level 4+bedroom with elevator, pool, media room, offices, 3-car garage, fireplaces, gourmet kitchen with butler's pantry, plus boat basin lot with dock/lift. \$3,595,000



**200 Periwinkle Way, Lighthouse Point**  
#211 is a 2nd floor 2-bedroom plus den end-unit with assigned & guest parking & storeroom below. Over 2,000 sq. ft. includes 2 open bay-view terraces. \$599,000 fully equipped



**760 Sextant Dr, Mariner Pointe #522**  
Unique 2nd floor 2 bedroom with bay views from glassed balcony & master, & canal views from private front-entry deck. No upper neighbor so private too. \$499,000 furnished



**Canalside at 901 South Yachtsman Dr**  
Immaculate, private, & tropical, on intersecting waterway. Modern, spacious open great room with vaulted ceiling, skylights, expansive porch, outdoor shower, & more. \$799,000



**2311 West Gulf Dr, White Sands #23**  
View through to gulf at this 2-bedroom condo with den (3rd sleeping area). Just 14 owners in this special community near Tarpon Bay Rd. Weekly rentals too. \$1,199,000 turnkey



**2475 West Gulf Dr, Tarpon Beach**  
#207 is top-floor east-side end-unit with new upscale kitchen & baths, protected views straight to gulf, & the option of rental income if desired. Seller used as 2nd home. \$999,000



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# Reflecting On These Times

submitted by Ryan Orgera, CEO, Sanibel-Captiva Conservation Foundation (SCCF)

**M**y grandfather, Dante, was an Italian immigrant, a brilliant man, always hungry for knowledge. He would do crossword puzzles in Italian and in English, a language he did not even begin to learn until he was 30. Under a different set of circumstances, he could have been a professor, novelist, or another manner of intellectual but the realities of arriving in a new country, living in a new language, and all the fixings of his family life made it hard to head down risky paths. He ran a machine shop at Dexter Paper in Windsor Locks, Connecticut for his entire career, and he found it incredibly rewarding to invent and create daily.

I tell you this story not just to honor a man I loved but also because it is the source of my reflection during this odd



Dante Corallo photo provided

time. I think about the bravery it must have taken for him to leave behind all that he knew just for a glimmer of hope that

his new life could be a better one. Today, the life we knew seems increasingly distant – just a few months ago, most of us never thought about face masks or humming *Happy Birthday* to ensure we had washed our hands for long enough but, today, here we are. I read endless news stories about how we might actually be forever changed as a society. That may be, or not.

The same guy who came across the ocean in search of a new life, the tireless thinker who loved to create and tinker, would often recite a Latin phrase he retained from high school: *Mater artium necessitas* – necessity is the mother of invention. We are faced with a new slough of necessities, our economy, society, culture, they're all shifting around us. So, we can either take the path of panic where we spend energy pining for what was, or we can choose to embrace some of the unexpected opportunities these turns of events have offered us.

I am not a fierce optimist by nature. I am not trying to prescribe any psychological outlook; I am just hoping that the necessity we find ourselves in does in fact lead to important invention. We will all have friends and family affected by COVID-19, either financially, physically or emotionally. We have all experienced vastly new realities over the past months. We will all continue to face new patterns – it may be some time before we hug or handshake normally but none of that has to be a source of fear.

I vote that we celebrate the silver linings we can find. When else in our lives have we been handed a moment to reflect on who we are, what we do, how we do

it, why we do it? When else in lives have we been faced with the crushing weight of necessity to seek new paths? This can be a way for us to dust off the creative folds of our brains and figure out how to live in our new reality. When in our lives have we been forced to be creative in order to function? This could truly be a gift.

Nature and its circles of life are inherently creative. Species fill niches and adapt over time to persistent changes. Our natural world is caught in a constant stream of disruptions: droughts, floods, storms, fires, diseases, famines, the list can be long. Humans have largely crafted methods to outrun or overcome these upheavals but, as we are seeing today, we are far from invincible as a species, a society. If we look to nature, we realize that those who succeed are those who find new ways to exist within turmoil and disruption – those who successfully adapt to the world around them are indeed the most enduring.

Organizations like SCCF are seeing rapid changes, tightening belts and some perplexing projections. I have asked our incredible staff to be creative and find new ways to exist, and in that process, we have found ways to be more efficient. We are refining our fundamentals, and while this downturn could prove lengthy and trying for our institution, we are facing it bravely. *Mater artium necessitas*, necessity is the mother of invention – we're inventing who we are in this new reality, and I encourage you to embrace these moments to help us all refine who we are and who we can be.

I am sending you all my warmest thoughts for safety and calm in all the chaos.✧

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**15843 CAPTIVA DRIVE  
UNDER CONTRACT**



**GULF TO BAY CAPTIVA COTTAGE**

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  - Heart of pine wood floors, shiplap siding, wood beams
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- \$7,489,000**

**15138 WILES DRIVE**



**CAPTIVA BEACH FRONT**

- 102 Feet of Premier Gulf Frontage
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- \$6,495,000**

**15261 CAPTIVA DRIVE**



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**15879 CAPTIVA DRIVE  
UNDER CONTRACT**



**CAPTIVA BEACH COTTAGE**

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**2462 WULFERT ROAD**



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## Progressive Club To Discuss Voting Rights Issues

On Thursday, May 21, the Progressive Club of the Islands will feature Dr. Howard Simon, recently retired as the longest serving ACLU executive director in both Michigan and Florida. This will be an online event at 4 p.m., which can be accessed by emailing [pcisancap@gmail.com](mailto:pcisancap@gmail.com) to receive a Zoom link to the meeting, or by watching live on the PCI Facebook web address [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap).



Dr. Howard Simon

How can you ensure your vote will count in this August's primary and the November 3 general election?

A major focus of Simon's talk will be the results of the federal trial challenging the governor and the legislature's attempt through SB7066 to minimize the impact of the November 2018 transformative constitutional change restoring the voting rights for more than a million former felons in Florida, and how the outcome could impact the November election.

Graduating from the City College of New York, Simon earned a PhD in legal and political philosophy from the University of Minnesota, after which he taught at the University of Minnesota and DePauw University for 22 years, before leading the Florida ACLU through numerous high-profile controversies, including school vouchers, abortion rights and the Terri Schiavo case. Simon moved with his wife, Beth Wilson, to Sanibel when he retired in 2019.

Annual dues for the Progressive Club of the Islands are \$30 for individuals or \$60 per couple. To renew your membership or join PCI, mail your check payable to PCI to PCI, P.O. Box 898, Sanibel, FL 33957. Democrats, Progressives and Independents, or anyone curious about the status of voting rights, is invited to join the live Zoom/Facebook event. For more information, call 410-336-2612 or email [pcisancap@gmail.com](mailto:pcisancap@gmail.com).

Simon will discuss an impressive array of current voting issues and threats to suppress the vote. Some of the issues include:

Who is trying to dilute the power of your vote?

Why are they trying to erect barriers to voting?

What can you do to encourage more Floridians to vote this fall?

## Bank Appoints Security Officer

Edison National Bank/Bank of the Islands President Robbie Roepstorff recently announced that John Ammons, in addition to his current responsibilities, has been appointed the bank's security officer. Ammons will retain the position he already holds as the bank's vice president and office manager of its Cleveland Avenue location.

"John brings more than 37 years of diverse banking experience to this

important new role," said Roepstorff. "With 16 years of service here at Edison, John is well prepared for taking on this important responsibility."

In overseeing the bank's security program as the security officer, Ammons will conduct continual surveys of all offices, departments and functions to assess the evolving needs



John Ammons

for security services or devices. Based on his findings, he will make appropriate recommendations to senior management and the board of directors. He will coordinate and oversee the scheduling of ongoing testing of the bank's security

systems and security procedures.

Throughout his banking career, Ammons has continued his professional education. A lifelong resident of Lee County, Ammons is actively engaged in the bank's community service efforts.

### Superior Interiors

## Creating A Productive Home Office Space



by Marcia Feeney

With social distancing becoming the new (temporary) normal, work-from-home has become more of a widespread trend. For those who aren't used to working remotely, it can be

quite an adjustment. Productivity rates can go down, bad habits might be formed and don't forget about the unlimited snack breaks.

Thankfully, there's another side of working from home... the energetic and creative one. Remote work can often yield better work than in the office, if it's done right. But how do you nail down that flawless process? The most important step is to curate a home office space that works for you. Regardless of whether or not you have the time to plan out your space, these tips will help you quickly transform any space into your new office.

First, you need to choose where you want to set up your home office. Do you have a particular room that you can use just for work? Or maybe a secluded corner or nook within a larger room would suit your needs better. Whatever it may be, it's important to pick a space that will allow for productivity and will also keep you from going crazy.

Especially for those who had to make a quick transition to work-from-home, it can

be tricky pulling together a fully furnished home office on a whim. This is where it pays to be smart with your furniture selection. Whether you have a specific work desk or not, your setup should make the most of the space that you have available. No desk? Try using a console table, appropriately sized cabinet, or any hard surface that you can spread your work out on.

You'll also want to find a chair that's comfortable, but not too comfortable. Try to stay away from sitting on your couch or any type of seating that can cause you to lose focus and become a little too relaxed. That's why it's important to find a chair that is pleasant to sit in, but also will help you keep your focus. When choosing a chair for your desk, try to stick with seating that is ergonomically similar to that in your real office, while also fitting in with your design style. This will help to keep you in the work mindset, while still being comfortable with your setup.

Of course, you want to be able to get your usual amount of work done, but sitting in a bland office won't do you any good. Most people like to keep photos, plants or meaningful trinkets on their desk in the office. Why not do the same for your home office? Even if it's just picking up a framed photo from a different part of the house and bringing it to your desk, adding that extra personalization to your new setup can make all the difference.

Try keeping some candles or indoor plants on or around your desk. This can help to bring a touch of nature to your home office, as well as some nice ambiance for your new work setting. Consider incorporating some throw pillows or blankets to keep your space cozy and transform your home office.

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

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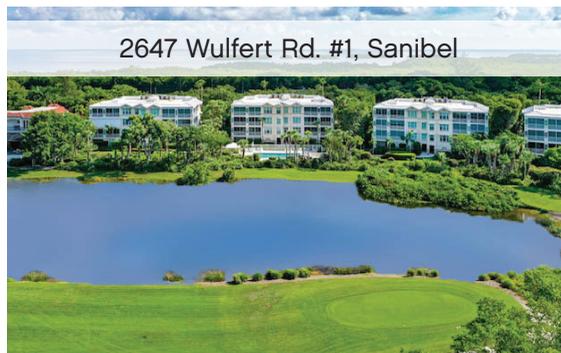
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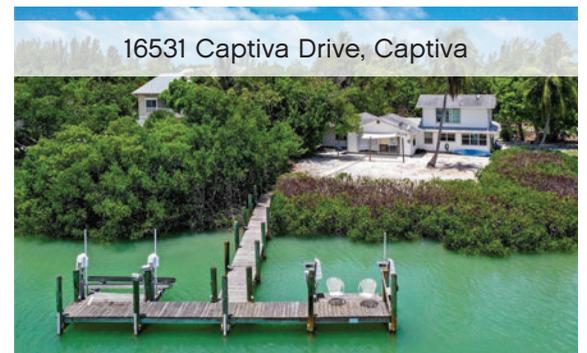
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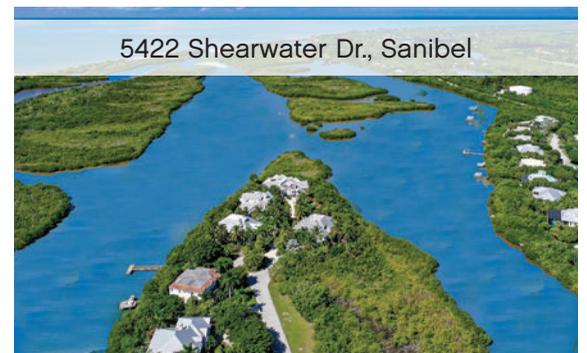
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Will Power

# VUCA Now More Than Ever



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

Some time ago, I discussed the concept of VUCA (volatile, uncertain, complex and ambiguous), and it seems to apply now more than ever. Doesn't the world seem crazier every day? The only constant is change. The way we work, communicate and recreate is vastly different than even a few weeks ago. All of this change can seem overwhelming. Making day-to-day choices often feels more complicated, sometimes to the point of paralyzing indecision.

In a VUCA world, how should one react when making legal, tax and financial decisions? Should you just put all your money in a mattress for fear that the next big stock market or real estate bubble will pop? In so doing, you'll likely miss out on the growth and income that you'll need to plan for your future.

Should you go ahead and write that will or trust? Every time that you read the newspaper, it seems that the tax laws are changing, and the world is in peril. If you spend a lot of money creating that perfect estate plan, will you have to spend another king's ransom the next time Congress changes the law?

Should you wait out the VUCA and act when things become more stable? I'm here to tell you that we're having to adapt to a new normal, and the key is to not become overwhelmed and instead focus on what's stable in your life.

Hopefully, you have a stable family situation. You might have a supportive spouse and children. You've worked hard and accumulated savings. Perhaps you're working and enjoy helping others. Friends can provide yet another steady beacon. I'm sure that you can name a host of other fulfilling examples that stabilize your life in an otherwise VUCA world.

Looking closely, you'll likely find that the VUCA part of your world is that over which you have no control, and largely affects everyone in our society, like the COVID-19 pandemic.

But what's volatile and uncertain can often have a silver lining, providing us new tools, technology and comforts that were unimaginable only a few years ago. That doesn't mean that you're not forced to constantly adapt, but what's wrong with that? It keeps life interesting.

Taking this attitude, it becomes easier to break down the complex and ambiguous into bite-sized morsels. Things are not likely to fall apart as badly as web news sources and the media report. They have to attract eyeballs, so news today tends to sensationalize. While it's fine to be alert and vigilant, there's no benefit to wringing your hands in constant worry. Worry, after all, is nothing more than using your mind to imagine a bad future. Why not instead imagine a bigger, bolder and better future for yourself and your loved ones?

Quickly you realize that inaction is worse than action. Rather than navigating today's complexities alone, you always have the option of building a team of experts around you that can assist in navigating uncertain waters.

Don't wait for the next tax law to be passed before completing your estate plan. God forbid that you don't have an up-to-date plan and something terrible happens to you. Plans can adapt as the laws change, and if you have an estate that currently isn't above \$11.58 million, federal estate taxes aren't going to be a problem anyway. A good estate plan can, however, provide comfort and security

for your family.

Most of my clients' plans, even those who have larger estates, focus on providing a solid foundation in the event of the client's disability, and to use the hard earned wealth and assets to protect a surviving spouse and provide for children and grandchildren. Even in a VUCA world, these are basic desires that don't change much over time. Fortunately, there are better trusts and methods today to provide for your loved ones as never before.

So embrace the changes. We live in extraordinary times. Our ancestors would be jealous of what many of us consider everyday conveniences. VUCA, be damned – go boldly into the future! Life will likely become more enjoyable with such an attitude.

©2020 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✪

## Real Estate Firm Introduces 3D Virtual Tours

VIP Realty Group is using technology at a higher level than ever before, combining two technologies – Nodalview, a 3D-tour platform designed for real estate and CallPage to provide potential buyers with a live conversation and real-time home visit available 24 hours a day.

The new virtual real estate tool, Visit This House from your Couch, powered by Nodalview's Live Session technology, allows buyers to experience a 3-D agent-guided virtual tour visit. Scheduling a safe visit is easy using CallPage. Go to [www.viprealty.com](http://www.viprealty.com) and click on the phone icon to receive a call back within 28 seconds for an appointment.

Potential buyers connect directly with the agent online, within minutes, day or night, to schedule their real-time walk-through. During the conversation, the agent takes the buyer on a guided, interactive visit of the home, both inside and outside, providing them with the property features and addressing any questions they have in real time.

"With the current environment prohibiting buyers from physically touring properties, this technology allows buyers to view the home any day of the week, 24/7, from around the

world," said Charlie Ashby, president of VIP Realty Group in Southwest Florida. "With interest rates historically low and supply and demand fairly even, market conditions are ideal right now, especially in Southwest Florida. By using these two technologies simultaneously, we can connect buyers and agents directly as they shelter in place. Additionally, this transforms the appraisal business, because appraisers can conduct live walk-through visits without going into the homes, allowing for virtual desktop appraisals."✪

### ISLAND SUN BUSINESS NEWSMAKERS

#### Kingfisher Real Estate



Mary Bondurant



Valerie Tutor

The top producers for April at Kingfisher Real Estate were: Mary Bondurant, top selling agent; and Valerie Tutor, top listing agent.✪

## How's The Market? Ask Ann

### Keeping you Posted.

Newly reported Sales Contracts on Sanibel... during week 5 of the "Shutdown." Considering the Island is virtually void of visitors, a good Real Estate week, consisting of 4 new transactions reported through our MLS system. One off the beach Condo, Donax Village and three single family homes: Leather Fern, Osprey Court and Pyrula. Our office was fortunate to be on the selling side of Leather Fern, thanks to Bobbie McGlynn, one of Sanibel's best Realtors. Note that three of the four sales were single family homes. We want to keep an eye on Gulf front condo units that allow weekly rentals. How will the market view the reduction in gross rental income? What effect will it have on sales prices? If I see a trend, I will let you know.



Ann Gee  
Broker/Owner

### How about an "Ask Ann" on HOME INSPECTIONS?

The normal custom on Sanibel is to allow the buyer 15 days to complete a home inspection. Who is responsible for repairs? It depends on the written contract, offering two choices... One is the "As Is" Contract with Right to Inspect or the Standard Contract that the seller agrees to a limit of 1.5% in repairs. The major advantage of the "As Is" is that it allows the buyer to cancel the contract for any reason during the 15-day inspection period. Sellers sometimes prefer the Standard Contract, because they have a Contract without the 15-day escape clause. There is a good argument for both. Cost of Inspection? A small condo to a large home with a pool costs can range from \$350 to \$1,500 depending on what is included.

A brief "Shout Out" to Richard Johnson and his team at Bailey's. Thanks, Richard for the free face masks and all your efforts in making your store as safe as possible for everyone on the island.

Stay safe, wash your hands and call or email me with any comments or questions.

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# Rotary Happenings

submitted by Cindy Carter

Sanibel is its own little paradise and has some of the most unique shops and businesses as well as premier restaurants for locals and guests alike. But recently, for the safety of employees and guests, during the prime season, the businesses were mandated to close their doors.



From left: Rotarian Chet Sadler; FISH of SanCap President and CEO Maggi Feiner; Harry Chapin Food Bank President and CEO Richard LeBar; FISH Food Programs Director Maria Espinoza; and Rotarian Michael Raab

photo provided

community and contributed \$10,000 to the Sanibel Community COVID-19 Relief Fund, which was managed by FISH of SanCap, to help the support staff of our community who have been unemployed due to this pandemic. This fund was created in conjunction with other service organizations on the islands, as well as individuals; a true community effort. It is with mixed emotions that it can be reported that many families were helped with the Rotary contributions, however, it is just the tip of the iceberg and that fund was quickly exhausted. Again, recognizing the continuing need in our community, the Sanibel-Captiva Rotary Club is contributing an additional \$10,000 to help to people from our community affected by the COVID-19 crisis. This contribution will be divided

between FISH and the Harry Chapin Food Bank.

FISH of SanCap is a human services organization, focused for over 38 years on "neighbors helping neighbors." The mission of FISH is to lend a helping hand to those who live, work or visit here. The FISH vision is to enrich the lives of everyone on Sanibel and Captiva islands through an array of food programs, island based workshops, social services and helping hands.

The Harry Chapin Food Bank of Southwest Florida is the largest hunger-relief network in Southwest Florida, serving Charlotte, Collier, Glades, Hendry and Lee counties. Need have increased 40 percent recently due to the effects of the pandemic. The food bank distributes over 600,000 pounds of food

each week to those who need a hand up. Most of the produce is donated directly from farms, and the food bank pays for the transportation.

There is a true need for assistance and the Sanibel Community COVID-19 Relief Fund is open for receiving donations from public and island organizations. Donations can be sent to FISH of SanCap, 2430-B Periwinkle Way, Sanibel, FL 33957 with COVID-19 Fund in the memo line. Contributions may also be made to the Harry Chapin Food Bank of Southwest Florida through its website at [www.harrychapinfoodbank.org](http://www.harrychapinfoodbank.org).

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

## County Waste Site Reopens

Lee County residents can resume dropping off household chemicals and electronics for proper disposal at the solid waste annex, located at 6441 Topaz Court in Fort Myers. The county had previously closed the site to mitigate the spread of COVID-19.

There is no charge to residents for the service. Visit [www.leegov.com/solidwaste/residential/dispose/chemicals](http://www.leegov.com/solidwaste/residential/dispose/chemicals) for a list of disposable items. For more information, call 533-8000.\*

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# Frankly Speaking

by Howard Prager



Welcome, sports fans to the new worlds of sports, specifically esports. I was talking with Ed's grandson, Jacob, about ideas for today's column, and he said what about esports? I had no

idea what I thought was just gaming has taken on a "sports" type of classification. Sports? According to Wikipedia, "The International Esports Federation (IESF) is a global organization based in South Korea whose mission it is to have electronic sports recognized as a legitimate sport. The addition of four more countries brings the IESF's total count of member nations to 60, with six continents represented. Asia and Europe make up the bulk of the numbers with 24 and 22 respectively. Last year, the International eSports Federation voted to accept the United States eSports Federation as a full member. The USEF is the official recognized national governing body of esports in the US. The 2020 Esports championship is set to take place in Eilat, Israel and has been going on for 10 years.

Unless you're age 30 or younger, who knew? Is this a sport? Who's watching and what's the revenue generated by esports? Back to Wikipedia. "By the late 2010s, the total audience of esports has grown to nearly a half billion viewers, with

revenue increasing to over US \$1 billion." Wow. This is not just a simple start-up league. And people do watch this despite thinking it's just young people playing video games. There are champions and professional teams that do compete in several categories of games: multiplayer online battle arena, first-person shooter, card games, battle royales and real-time strategy. A majority of viewers are between the ages of 16 and 24 (32 percent of the audience). Next is the 25 to 34 age range with 30 percent, and you even have 16 percent between age 44 and 64. Despite viewership initially being heavily male, over 30 percent are now female, and 35 percent of professional gamers are female.

What about professional sports? While we were bemoaning the lack of action by our favorite leagues and teams, every league has an eleague. "The NBA 2K League, a joint venture between the NBA and Take-Two Interactive, is a professional esports league featuring the best NBA 2K players in the world and the first official esports league operated by a U.S. professional sports league. There are 17 teams, all with the same names and logos as their NBA counterparts. A number of NBA teams, owners and former players are already looking to the future of the esports industry, investing in esports franchises/holding companies." They even hold a draft of players. And they're not alone - Major League Baseball started an esports league in China last year. The NFL began in the U.S. with the Madden esports league. The championship distributed \$700,000 last year to the top 128 players. And there's an esports league for almost any sport you can imagine including

hockey, tennis, golf and soccer (FIFA) which started back in 2004.

All this talk about no games to watch? We've had all sorts of games going on that I wasn't even aware of! I hope to tune in to a Korean baseball game (live, not esports) and let you know what I think of that. With the time zone difference, that's been much harder to catch. And where do you go to eat while you're cheering on your favorite esports team? The Mighty Mussels, of course. I just received a press release saying that the Fort Myers Mighty Mussels are offering a taste of America's

Pastime by opening up Hammond Stadium for to-go food and beverage orders from 5 to 7 p.m. All your favorite ballpark foods are there including hot dogs, brats, pizza etc. To place an order and schedule a time for pick up, email Andy Wood at awood@mightymussels.com. And get your computers ready - esports is here!

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

## Scout Supporters Recognized



From left, Greg Graham, Southwest Florida Council of Boy Scouts of America CEO; Jason Maughan, Sanibel Troop 1740 scoutmaster; AJ and Sunny Scribante; Kim Kouril, Sanibel Troop 1740 committee chair; and James Laughlin, Southwest Florida Council of Boy Scouts district executive photo provided

Representatives of the Southwest Florida Council of Boy Scouts of America visited AJ and Sunny Scribante in their Sanibel home to thank them for their support of Boy Scouts of America. They were

presented with an American bald eagle statue.

The Scribantes expressed their appreciation and shared stories of many decades of contributions to scouting and the country.

From page 20

## Virtual Classrooms

between humans, animals and the environment.

CROW currently has the following ambassadors available for virtual programming: Mina, the great horned owl; Lola, the American kestrel; Gigi, the

Virginia opossum; Cobb, the corn snake; Irwin, the Florida box turtle; and Sydney, the American alligator.

If you are interested in scheduling a Wildlife Zoom in your virtual classroom or sponsoring one for your child's class, contact CROW Education and Outreach Director Rachel Rainbolt by email at [rainbolt@crowclinic.org](mailto:rainbolt@crowclinic.org) about costs and availability.

## SPORTS QUIZ

1. In what sports event is the winner awarded the Coupe des Mousquetaires (The Musketeers' Trophy)?
2. What actor and TV personality from Brooklyn, NY, achieved a record of 9-3 with 9 knockouts in a pro boxing career that spanned from 1976-79?
3. In 2010, what Los Angeles Angels first baseman broke his ankle while celebrating his walk-off grand slam?
4. Who spun out Darrell Waltrip on the final lap of NASCAR's all-star race, The Winston, in 1989, igniting an infield brawl between the teams?
5. What star French player was ejected for head-butting Italy's Marco Materazzi in the championship game of the 2006 FIFA World Cup soccer tournament?
6. In 1993, American-born sumo wrestler Akebono Tar made history by becoming the first non-Japanese competitor to achieve what rank?
7. In what year did racing legend Mario Andretti win his first and only Indianapolis 500?

## ANSWERS

1. The French Open tennis tournament men's singles event.
2. Tony Danza.
3. Kendrys Morales.
4. Rusty Wallace.
5. Zinedine Zidane.
6. Yokozuna.
7. 1969.

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## Missed You

by Kay Casperson



These last few months have been challenging for everyone in many different ways. During this time of social distancing to protect the most vulnerable, we have all been missing

certain things and some things more than others. This is what I have missed the most:

I missed giving hugs to say hello when I see a familiar face

I missed going to church with my family and fellow congregation

I missed my kids being active in their school and the school sports

I missed getting my hair and nails done, and massage or facial now and then

I missed going out to eat with friends, or my husband for a date night

I missed our family movie outings at the theater

I missed planning our summer trip with my husband and girls

I missed my fundraising events and club gatherings

I missed our girls day out for lunch and shopping with my daughters

I missed popping into my businesses to see my staff and customers

I missed seeing the good news on TV instead of all the fear and panic

The list could go on and on and throughout this time, we have learned different things that might change our thoughts for the future, and make us

stronger because of it. Yes, this time has affected us all in different ways and will have a lasting impact on us for many days to come.

What I do know for sure is that missing things is not bad when you grasp the reality that your appreciation of the things you missed only becomes greater. You begin to realize how lucky you are and how fortunate you are to have those opportunities in your life. You begin to appreciate the little things that really matter and cherish the ways you have continued to make each day meaningful and with purpose.

The creativity and adjustments that we have all made to get through this time of crisis have been amazing, which shows that no matter what comes our way, we will get through it and come out on the other side of it with a deeper understanding and appreciation for each other.

Yes, I have missed many things but, most importantly, I want you to know that I have missed you. My friends, my family from afar, my staff, my acquaintances, and all those whom I get the chance to inspire every single day. Although we have been communicating, it somehow is just not the same as seeing your sweet smile now and then and giving you hugs.

My affirmation for you this week is:

"I appreciate the things that I am blessed to have and am able to do in order to live my most balanced and beautiful life."

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

From page 13

## CROW Case

only marsupial in North America. They very rarely carry any types of disease because of their low body temperature, they are a pollinator species, like bees, and they are minimally affected by venomous snake bites. By eating fleas, ticks and mosquitoes, they are preventing the spread of diseases that affect humans, pets and wildlife, and they can also help decrease the venomous snake population. They are a gem of the wildlife world,

which is why we want to spread the word about how great they are, but it is important to remember that they need specialized care and it should be left to professionals to provide it."

*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).\**

# Jesus Hernandez



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## ISLAND SUN BUSINESS NEWSMAKERS

### Royal Shell Real Estate



McMurray and Members



Maureen Ahmed

The top producers for April at Royal Shell Real Estate were: McMurray & Members, top listing and top sales producers team; Maureen Ahmed, top listings producer individual/partners.\*

## Renew Vehicle Registrations On Saturday

To make it easier for Lee County residents to renew vehicle registrations, the Lee County Tax Collector has created two Single Payment Saturdays on May 16 and May 23 only for vehicle registration renewals at select service centers.

The Single Payment Saturdays will be offered from 9 a.m. to noon

at service centers located in South Fort Myers, downtown Fort Myers, Cape Coral, Bonita Springs, North Fort Myers and Lehigh Acres. No appointments are necessary, and transactions will be handled on a first-come basis.

"We understand this is a difficult time for everyone and we wanted to provide convenient ways to help Lee County residents," said Lee County Tax Collector Larry Hart. "We hope residents take advantage of these two Saturdays."

For more information, visit [www.leetc.com/saturday](http://www.leetc.com/saturday).\*

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 <b>FRIDAY</b> Mostly Cloudy High: 86 Low: 76	 <b>SATURDAY</b> Mostly Sunny High: 83 Low: 73	 <b>SUNDAY</b> Partly Cloudy High: 89 Low: 79	 <b>MONDAY</b> Sunny High: 87 Low: 77	 <b>TUESDAY</b> Mostly Sunny High: 89 Low: 75	 <b>WEDNESDAY</b> Mostly Sunny High: 88 Low: 78	 <b>THURSDAY</b> Mostly Cloudy High: 87 Low: 77
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	10:54 am	2:46 am	8:33 pm	3:06 pm
Sat	11:08 am	3:35 am	10:07 pm	4:22 pm
Sun	11:24 am	4:16 am	11:20 pm	5:14 pm
Mon	11:40 am	4:50 am	None	5:57 pm
Tue	12:21 am	5:19 am	11:54 am	6:34 pm
Wed	1:15 am	5:43 am	12:09 pm	7:09 pm
Thu	2:04 am	6:03 am	12:27 pm	7:43 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	9:59 am	2:48 am	7:38 pm	3:08 pm
Sat	10:13 am	3:37 am	9:12 pm	4:24 pm
Sun	10:29 am	4:18 am	10:25 pm	5:16 pm
Mon	10:45 am	4:52 am	11:26 pm	5:59 pm
Tue	10:59 am	5:21 am	None	6:36 pm
Wed	12:20 am	5:45 am	11:14 am	7:11 pm
Thu	1:09 am	6:05 am	11:32 am	7:45 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	9:28 am	2:55 am	8:39 pm	3:12 pm
Sat	10:14 am	3:43 am	9:40 pm	4:07 pm
Sun	10:55 am	4:25 am	10:42 pm	4:58 pm
Mon	11:29 am	5:04 am	11:40 pm	5:45 pm
Tue	11:58 am	5:41 am	None	6:28 pm
Wed	12:26 am	6:14 am	12:24 pm	7:08 pm
Thu	1:06 am	6:43 am	12:45 pm	7:47 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	1:04 pm	6:02 am	10:43 pm	6:22 pm
Sat	1:18 pm	6:51 am	None	7:38 pm
Sun	12:17 am	7:32 am	1:34 pm	8:30 pm
Mon	1:30 am	8:06 am	1:50 pm	9:13 pm
Tue	2:31 am	8:35 am	2:04 pm	9:50 pm
Wed	3:25 am	8:59 am	2:19 pm	10:25 pm
Thu	4:14 am	9:19 am	2:37 pm	10:59 pm

## My Stars ★★★★★

### FOR WEEK OF MAY 11, 2020

**Aries** (March 21 to April 19) A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.

**Taurus** (April 20 to May 20) You're attracted to a situation that appeals to your Bovine intellect. And that's good. But don't neglect your passionate side when romance comes calling later in the week.

**Gemini** (May 21 to June 20) That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly.

**Cancer** (June 21 to July 22) There could be some tensions in relationships – domestic or workaday. But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.

**Leo** (July 23 to August 22) It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.

**Virgo** (August 23 to September 22) Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.

**Libra** (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

**Scorpio** (October 23 to November

21) Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio senses should keep you alert to any such attempt.

**Sagittarius** (November 22 to December 21) Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.

**Capricorn** (December 22 to January 19) Anyone trying to bully the Sea Goat – whether it involves a personal or a professional matter – will learn a painful lesson. Others also will benefit from the Goat's strong example.

**Aquarius** (January 20 to February 18) Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games.

**Pisces** (February 19 to March 21) Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes.

**Born This Week:** Your flair for innovative art and design keeps you at least a step ahead of most everyone else.

### MOMENTS IN TIME

- On May 20, 1506, Italian explorer Christopher Columbus dies in Spain. Columbus, and most others, underestimated the world's size, calculating that East Asia must lie about where North America sits on the globe.

- On May 23, 1701, at London's Execution Dock, British privateer William Kidd, known as Captain Kidd, is hanged for piracy and murder. In 1695, Kidd was commissioned to defend English ships from pirates in the Red Sea. When

arrested with a shipload of treasure, Kidd's Whig sponsors failed to back his claims of legitimacy.

- On May 19, 1715, the colony of New York passes a law making it illegal to "gather, rake, take up, or bring to the market, any oysters whatsoever" between the months of May and September. The regulation was intended to help preserve certain species.

- On May 24, 1844, before members of Congress, American inventor Samuel FB Morse dispatches a telegraph message from the U.S. Capitol to a railroad station in Baltimore. The message – "What Hath God Wrought?" – was telegraphed back to the Capitol a moment later.

- On May 18, 1917, six weeks after the United States formally entered World War I, Congress passes the Selective Service Act, giving the president the power to draft soldiers. Of the almost 4.8 million Americans who served in the war, some 2.8 million were drafted.

- On May 21, 1901, Connecticut becomes the first state to limit the speed of motor vehicles to 12 mph in cities and 15 mph on country roads. As late as 1930, a dozen states had no speed limit, while 28 states did not even require a driver's license.

- On May 22, 1969, actor Paul Newman makes his onscreen racing debut in the film *Winning*. Newman played a struggling race car driver who must turn around his fortunes by winning the Indianapolis 500.

### NOW HERE'S A TIP

- "If you seal your jelly jars with wax, here's a good tip: Place a small piece of string into the wax before it hardens. Then, you'll be able to pull on the string to remove the wax when you are ready to enjoy your homemade goodies!" – UL in Maine

- Get your charcoal grill to light quickly by sacrificing a handful of Doritos in a paper bag. Light the bag and get ready to BBQ!

- "I had a pair of tights that had a run, so I was getting ready to toss them, but I cut off the leg and tied a travel size bar of soap in the middle, right about where the knee would be. I knotted it on either side so the soap would stay in place. I use it as a self-foaming back scrubber, and it really works well." – PB in North Dakota

- "If you have an item that must be cooked in the oven, see if there's any other foods you can prep cook with it. Better to have the oven on a couple days of the week instead of every day, and you can reheat a quick dinner another night." – BJ in Pennsylvania

- Use melted ice cream in place of cream in recipes for sweets. I use it as my own secret weapon when making frosting for cupcakes.

- "My husband just loves homemade meatballs, because they are juicier than bagged and frozen ones, which can turn out very dry. To hold the moisture, I use lightly ground oatmeal in place of breadcrumbs. I just toss a cup of oatmeal in the blender and give it a whirl. It doesn't need to be fine. The oatmeal really retains moisture and makes them so good!" – JJ in Florida

### STRANGE BUT TRUE

- Chickens can see and dream in full color. They also can taste saltiness, but not sweetness.

- Albino lobsters are the only variety that doesn't turn red when cooked. But don't count on testing this anytime soon, as the odds of catching one in the wild are estimated at one in 100 million.

- In 1834, American physician John Cooke Bennet added tomatoes to

continued on page 38

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






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dearPharmacist

## Saffron Helps Age-Related Eye Ailments



by Suzy Cohen, RPh

**D**ear Readers: If you've ever cooked using saffron spice, you know that this unique spice is flavorful and aromatic. For me, saffron is a must-have for dishes such as plain rice (or

paella), soups such as chicken soup or bouillabaisse and certain bread/pastries. The active medicinal compounds in saffron come from a tiny part of the flower, not from a bulb, or the leaves like other herbs. The painstaking labor required for harvesting it by hand makes the price of saffron extremely high. That's why it has not been studied for very many human diseases the way we study other less expensive herbs such as rosemary, turmeric, garlic or sage.

Specific components of saffron spice have demonstrated benefits in several eye ailments. These diseases include age-related macular degeneration (AMD), glaucoma, and cataracts. Let's focus on AMD today.

Age-related macular degeneration may lead to blindness, especially among those over age 65. The eye disease occurs gradually and with little to no warning. It begins with a loss of central vision and may eventually progress to total blindness. We know that breakdown of the macula occurs, but researchers are not sure why. The macula is next to the retina. Obviously, reversing the progressive condition would be the dream scenario, but halting it would suffice.

Recent research indicates that oxidative damage is a culprit in AMD. Studies on saffron suggest it offers protection against oxidative damage in patients with early AMD. First, it is essential to note that, to date, conventional medicine has found no way of restoring vision lost to AMD. Treatments such as prescription drugs and laser surgery may slow the progression of AMD.

So if an herb can augment your

current protocol, I'd have a conversation with your ophthalmologist about it. Here are three reasons why:

1. Saffron contains many different constituents including crocin and crocetin. These have shown neuroprotective properties for the eye in multiple double-blind, placebo-controlled studies.

2. Saffron contains potent antioxidant capabilities, meaning they neutralize those troublesome free radicals that attack the retina and the macula.

3. A double-blind, placebo-controlled trial offers unconscious bias information. Two of these types of studies have produced information about saffron that is impossible to ignore. In one trial (using their proprietary form of saffron from France), patients who supplemented for three months with low-dose saffron (20 mg/day) experienced improvements in retinal sensitivity, color perception and visual contrast. When the trial was extended over a year, the participants experienced even more benefit in terms of increased visual acuity! The data was published in *The Journal of Translational Medicine*.

We know saffron can improve a low mood, and now it appears that oral saffron supplementation may partially reversed the damage to visual perception. No one is claiming that saffron cures AMD, but the benefits are pretty crisp. Even a modest improvement in eyesight is a big deal to many people because it can greatly improve quality of life. Ask your doctor if it's right for you. You can cook with saffron as a spice. Saffron teas, supplements and extracts are available nationwide.

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

## Opiate Crisis

**S**tatistics show that opiates have destroyed over three quarter of a million lives since 1999. To learn more about the opiate crisis, visit [www.narconon-suncoast.org/blog/i-am-terrified-of-needles-but-i-have-plenty-of-tattoos-and-scars.html](http://www.narconon-suncoast.org/blog/i-am-terrified-of-needles-but-i-have-plenty-of-tattoos-and-scars.html).

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.\*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** Can you give some suggestions on how to boost my immune system during these stressful times?

**A:** There is a surge of searches from online to calling physicians

on how to boost one's immune system especially if the immune system is compromised. We do know that eating healthy, exercising and taking vitamin supplements all help strengthen the immune system. There is a very important factor that everyone needs to know. Back in 1975, the term psychoneuroimmunology (PNI) was coined.

Today, as more science and research has evolved, we have a better understanding between the central nervous system (CNS) and the immune system. We know now that both physical and emotional stress have a huge effect on your immune system.

Scientist and best-selling author Bruce Lipton, PhD, *The Biology of Belief*, (Watch his latest You Tube video on COVID-19) states that stress is responsible for up to 90 percent of illness, including cancer, diabetes and heart disease – considering that stress

sets off the body's natural defense by releasing stress hormones that shut down non-essential systems and the immune system to conserve the body's energy. As Dr. Lipton asserts, stress hormones like cortisol are so effective at compromising the immune system, and it's essential that we keep our stress levels in check and how do we do that?

First of all, know that the mind/body are connected. You have two different immune systems, the one you were born with, and your adaptive immune system, the one you are best able to control. Our immune system is adaptive. Breath is the essential part of life. Breathe, use this gift of breath (belly breathing) to be calm and centered. Close your eyes and be your breath. Notice how much calmer and de-stressed you feel. The negativity will dissipate. Breathe in deeply and out completely. I know we are hearing this incessantly, but wash your hands and avoid contact with your face. Stay as stress-free as possible and maintain your positive thoughts as fear and negativity compromise your immune system. If you can stay as stress-free as possible, your adaptive immune system can do its job. This is so right now and for the remainder of your life. When you eat well, stay active and positive, and relax/meditate, you will be giving your body its best chance to thrive, even during crises like what we are experiencing now.

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

## YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
- And many more!

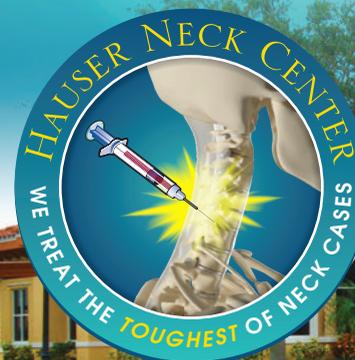
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Doctor and Dietician

# Stock Up Wisely For Homemade Meals



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

As you know from reading our column, we encourage everyone to embrace cooking your own food from scratch to ensure a healthier you. Lots of our recipes can be found on [www.hauserdiet.com](http://www.hauserdiet.com) if you are looking for some inspiration.

We like to keep our refrigerator, pantry and freezer stocked with items that allow us to whip up a great meal very easily. This takes planning and organization, but once you get the hang of it, you'll be making great dishes in no time.

What's in our kitchen? We try to purchase organic whenever possible. We stock canned San Marzano tomatoes, tomato paste and a variety of beans, such as black, pinto, garbanzo, cannellini and refried. We keep stock of fresh pastas from Bailey's in our freezer, as well as other gluten-free options such as Bonza chickpea pasta, Ancient Harvest quinoa pasta, and Tinkyada

rice pasta. We have plenty of olive and coconut oils, many many different herbs and spices, coconut milk, a variety of mustards and other condiments, honey, a variety of rices, quinoa, oats, cereals, and baking supplies. We love different kinds of vinegars such as the classic balsamic, as well as rice, wine, apple cider and a variety of other flavored options. We especially love these so we can make any kind of salad dressing at any time. We keep peanut and almond butter on hand, as well as soy sauce or tamari, Worcestershire, sesame oil and a variety of hot sauces.

We always keep our vegetable bins full and have a little fruit on hand, including dried fruits such as raisins, cranberries, figs and dates, and we always have lemons and limes. We keep a full supply of garlic, onions, potatoes, carrots, celery and squash. We regularly stock hummus, tofu, coconut yogurt, a variety of cheeses, olives, and meat, chicken and fish. We order gluten-free bread products from Sami's Bakery online and keep that in our freezer.

Stocking wisely makes cooking easier. Some favorite regular meals for us are lemon-garlic-herbed fish or chicken with pasta, Asian veggie-tofu with peanut sauce and rice, lots of salads with different dressings, grilled flank steak with roasted veggies, spaghetti or zoodles and marinara with meatballs, coconut milk curried veggies with rice, and cauliflower crust pizza.

Happy cooking! May this time bring inspiration and good eats.

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

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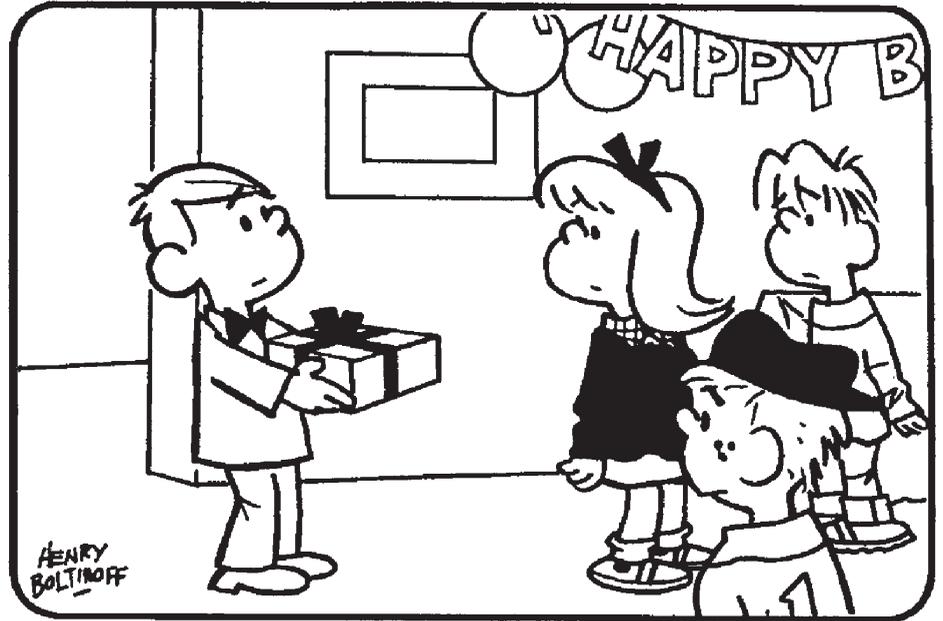
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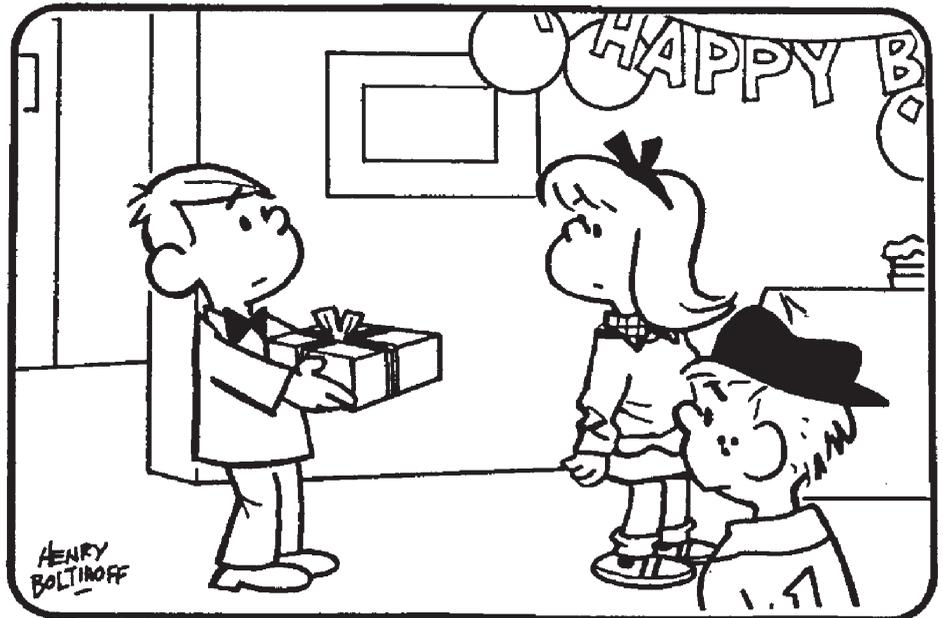
## PUZZLES

### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Door is added. 2. Balloon is added. 3. Girl's sweater is different. 4. Boy is missing. 5. Cake is added. 6. Gift box is different.



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# PUZZLES

Answers on pages 38 and 39



"You're lucky, I have to put up with him AND his \_\_\_\_\_!"

## 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!

Touch  
SCARES

Sharp  
LATER

Debris  
UFREES

Cosmos  
HEETR

**TODAY'S WORD**

## SUDOKU

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

**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.



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**Sanibel Police** ..... 472-3111  
**Lee County Sheriff's Office** ..... 477-1200  
**On Call Captiva Deputy** ..... 477-1000  
**Fire Department - Sanibel** ..... 472-5525  
**Fire Department - Captiva** ..... 472-9494  
**Florida Marine Patrol** ..... 332-6966  
**Florida Highway Patrol** ..... 278-7100  
**Poison Control** ..... 1-800-282-3171  
**Chamber of Commerce** ..... 472-1080  
**City of Sanibel** ..... 472-4135  
**Administrative Office** ..... 472-3700  
**Building Department** ..... 472-4555  
**Planning Department** ..... 472-4136  
**Library - Sanibel** ..... 472-2483  
**Library - Captiva** ..... 239-533-4890  
**Post Office - Sanibel** ..... 472-1573  
**Post Office - Sanibel (toll free)** ..... 800-275-8777  
**Post Office - Captiva** ..... 472-1674  
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**Center 4 Life - Senior Center** ..... 472-5743
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**Art League Of Fort Myers** ..... 275-3970  
**BIG ARTS - Barrier Island Group for the Arts** ..... 395-0900  
**Broadway Palm Dinner Theatre** ..... 278-4422  
**Fort Myers Symphonic Mastersingers** ..... 288-2535  
**Gulf Coast Symphony** ..... 277-1700  
**Lee County Alliance for the Arts** ..... 939-2787  
**Naples Philharmonic** ..... 597-1111  
**The Herb Strauss Schoolhouse Theater** ..... 472-6862  
**Sanibel Music Festival** ..... 336-7999  
**Sanibel-Captiva Art League** ..... sancapart.org  
**SW Florida Symphony** ..... 418-0996  
**Symphonic Chorale of SW Florida** ..... 560-5695
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**Audubon Society** ..... 472-3744  
**CHR Community Housing & Resources** ..... 472-1189  
**Community Foundation of Sanibel-Captiva** ..... 274-5900  
**COTI Committee of the Islands** ..... [coti@coti.org](mailto:coti@coti.org)  
**CROW - Clinic For The Rehabilitation of Wildlife** ..... 472-3644  
**Democratic Club of the Islands** ..... [Demclubislands@gmail.com](mailto:Demclubislands@gmail.com)  
**Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211** ..... 984-5920  
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**Horticultural Society of the Islands** ..... 472-6940  
**Horticulture and Tea Society of Sanibel and Captiva** ..... 472-8334  
**Kiwanis Club** ..... 677-7299  
**League of Women Voters** ..... [sanibelLWV@gmail.com](mailto:sanibelLWV@gmail.com)  
**Lions Club, Jeff MacDonald** ..... 302-521-1158  
**Master Gardeners of the Islands** ..... 472-6940  
**MOAA - Military Officers Assc. of America, Alex MacKenzie** . . . 395-9232  
**Newcomers** ..... 472-9332  
**Notre Dame Club of Southwest Florida** ..... 768-0417  
**Optimist Club** ..... 472-0836  
**PAWS - Protection of Animal Welfare Society** ..... 472-4823  
**Rotary Club** ..... 472-7257 or 472-0141  
**Sanibel Bike Club** ..... [sanibelbicycleclub.org](mailto:sanibelbicycleclub.org)  
**Sanibel Beautification Inc.** ..... 470-2866  
**Sanibel-Captiva Orchid Society** ..... 472-6940  
**Sanibel-Captiva Power Squadron** ..... [www.sancapboating.club](http://www.sancapboating.club)  
**Sanibel-Captiva Republican Caucus** ..... 395-0819  
**Sanibel-Captiva Shell Club** . . . [facebook.com/sancapshellclub](https://facebook.com/sancapshellclub) 267-7291  
**Sanibel Youth Soccer** ..... [www.sanibelsoccer.org](http://www.sanibelsoccer.org) . . . 395-2040  
**Shell Islands Garden Club** ..... 246-8875  
**United Way of Lee County** ..... 433-2000  
**United Way 211 Helpline 24 hour** ..... 211 or 433-3900  
**Zonta Club** ..... 728-1971
- ISLAND ATTRACTIONS**  
**Bailey-Matthews National Shell Museum** ..... 395-2233  
**JN "Ding" Darling National Wildlife Refuge** ..... 472-1100  
**Sanibel Historical Museum & Village** ..... 472-4648  
**SCCF Sanibel-Captiva Conservation Foundation** ..... 472-2329

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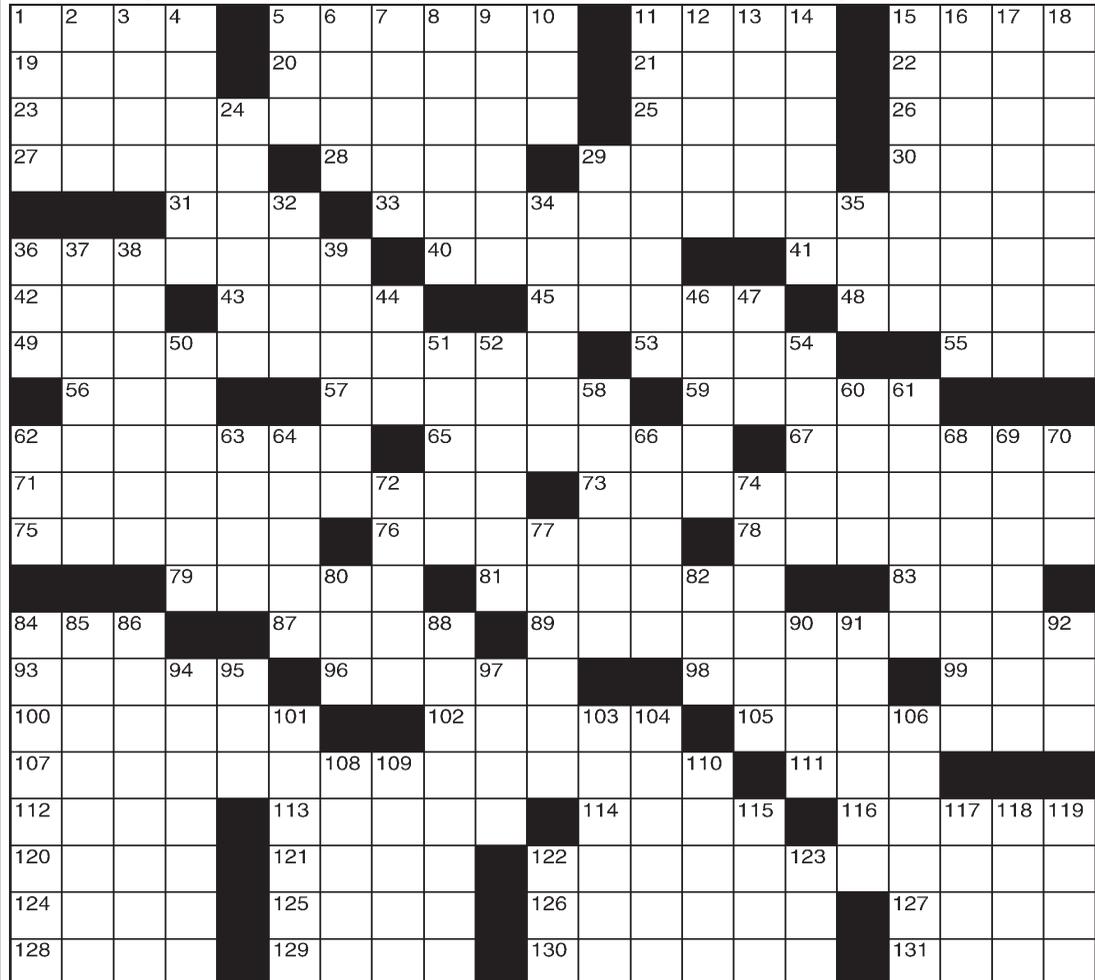
# PUZZLES

Answers on page 39

## Super Crossword

TWO-CHANNEL CONNECTION

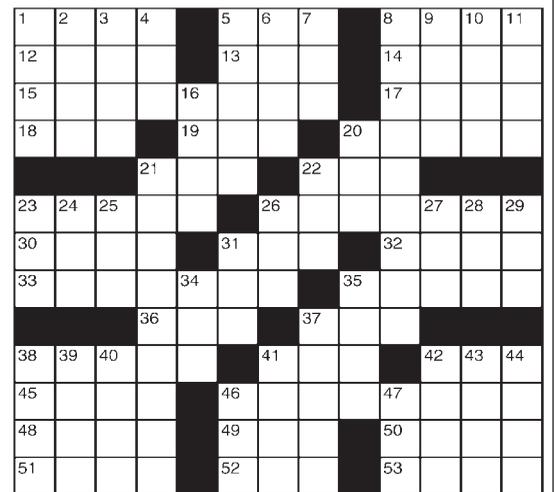
- ACROSS**
- 1 Old Glory, for one
  - 5 Up in smoke
  - 11 Refluxes of tides
  - 15 Ankle-knee connector
  - 19 I, to Greeks
  - 20 "Speak up!"
  - 21 Ark captain
  - 22 Chipotle item
  - 23 "Great job, play more!?"
  - 25 Be sweet on
  - 26 Wilson of film
  - 27 One half of a 45
  - 28 Eat
  - 29 Stingy type
  - 30 Get a B, e.g.
  - 31 Mauna —
  - 33 Sharp rise in new findings?
  - 36 Napoleon's birthplace
  - 40 Gem, e.g.
  - 41 Writer — Jackson Braun
  - 42 — out (supplement)
  - 43 Ice melter
  - 45 — word (coinage for one occasion)
  - 48 Throbs
  - 49 Perpetual pampering?
  - 53 Country singer Evans
  - 55 Born, to Gigi
  - 56 Gridiron gp.
  - 57 Repulsive
  - 59 Fiennes or Macchio
  - 62 Fishermen, often
  - 65 "Hear No Evil" star
  - 67 Really move on the dance floor
  - 71 Round of applause all for oneself?
  - 73 Company symbol on a container of breathing gas?
  - 75 Capital of Croatia
  - 76 Scrape the bottom of
  - 78 Flushes
  - 79 Antipasto bit
  - 81 Loved by
  - 83 "— Beso" (1962 hit)
  - 84 56-Across stats
  - 87 Old phone part
  - 89 Distinctive feature of blasting material?
  - 93 Is on hold, say
  - 96 Spanish for "silver"
  - 98 Draft-eligible
  - 99 Item in a pod
  - 100 Congenital
  - 102 Bands of three
  - 105 Most morose
  - 107 Quaint theater where everyone hung out?
  - 111 Post-it note abbr.
  - 112 Soccer immortal
  - 113 Change formally
  - 114 Slugger Willie
  - 116 Evade artfully
  - 120 "Woe is me"
  - 121 — de foie gras
  - 122 Alternate title for this puzzle
  - 124 Madison Avenue prize
  - 125 Hens and cows
  - 126 Bright-shining
  - 127 Appellation
  - 128 Composer Jerome
  - 129 Acoustic pair
  - 130 Pint-size
  - 131 Otherwise
- DOWN**
- 1 Small lies
  - 2 Actress Singer
  - 3 Just slightly
  - 4 Judges' mallets
  - 5 Bar drink
  - 6 Cherished
  - 7 Intelligent
  - 8 Hunky guy
  - 9 Most scant
  - 10 Before, to Kipling
  - 11 Spices up
  - 12 Idaho city
  - 13 Cake creator
  - 14 Singer Crow
  - 15 Cork up, as a bottle
  - 16 Maui native
  - 17 Emulate Tara Lipinski
  - 18 "Baloney!"
  - 24 Certain woodwind player
  - 29 Early hi-fi format
  - 32 Berry rich in antioxidants
  - 34 See eye to eye (with)
  - 35 Sis, say
  - 36 Frame of a cartoon
  - 37 Japanese island
  - 38 Calling the shots
  - 39 Nearly
  - 44 WJM anchor Baxter
  - 46 Pop singer Mariah
  - 47 Chunk of history
  - 50 Animal at "una corrida"
  - 51 East — (Asian nation)
  - 52 Spotted, as money
  - 54 Playwright Edward
  - 58 Ad catchphrase
  - 60 Little lake
  - 61 Texas — (poker game)
  - 62 Singer Scaggs
  - 63 Stunt legend Knievel
  - 64 Very zealous
  - 66 Put out
  - 68 Freaks out
  - 69 Tunes out
  - 70 Canon — Rebel
  - 72 Best possible
  - 74 Bad-pun responses
  - 77 Keep waiting
  - 80 Mr. Big
  - 82 However, briefly
  - 84 Pair of identical products sold as a unit
  - 85 Writer Steel
  - 86 "Babbitt" author Lewis
  - 88 White Rabbit's woe
  - 90 Tree flutterer
  - 91 New royal of 1981
  - 92 Kit —
  - 94 Confronts
  - 95 Canonized Fr. woman
  - 97 Walked (on)
  - 101 Slip away
  - 103 Electrical resistance measure
  - 104 Subject to legal action
  - 106 Singer Warwick
  - 108 Large city in Nebraska
  - 109 Ward off
  - 110 Ordinance
  - 115 Withered
  - 117 "You're on!"
  - 118 Mouth parts
  - 119 Lightish sword
  - 122 Salary ceiling
  - 123 Actor Bruce



## King Crossword

ACROSS

- 1 Kills, slangily
  - 5 Make up your mind
  - 8 Padlock fastener
  - 12 Polio vaccine pioneer
  - 13 Born
  - 14 Sheltered, at sea
  - 15 Reacted to sun glare
  - 17 Hot dog holder
  - 18 Sugar suffix
  - 19 Charged bit
  - 20 Chin indentation
  - 21 Kreskin's claim
  - 22 Montana or Namath
  - 23 Baghdad resident
  - 26 Feast
  - 30 Frill for Fonteyn
  - 31 Bear hair
  - 32 Radius neighbor
  - 33 In need of laundering
  - 35 Bishop's headdress
  - 36 Present
  - 37 Corral
  - 38 Engine
  - 41 Fish's flipper
  - 42 Fire residue
  - 45 Pinnacle
  - 46 Hotel chain
  - 48 Enticement
  - 9 Lotion additive
  - 10 Ego
  - 11 Hide
  - 16 Unless, in law
  - 20 Opposed
  - 21 They occur in March and September
  - 22 Pickle container
  - 23 "Monty Python" opener
  - 24 Trench
  - 25 — standstill
  - 26 Unopened flower
  - 27 Last: Abbr.
  - 28 Away from WSW
  - 29 Pitch
  - 31 Only a small number
  - 34 Neither mate
  - 35 Carte
  - 37 Fit of resentment
  - 38 Neighbor of Niger
  - 39 Piece of work
  - 40 Expression
  - 41 Notoriety
  - 42 Actress Paquin
  - 43 Dazzle
  - 44 Cronos
  - 46 Journey segment
  - 47 AOL, for instance
- DOWN**
- 1 — buco
  - 2 Webpage list, often
  - 3 Chimney channel
  - 4 Tackle the slopes
  - 5 Winning
  - 6 Hammerhead part
  - 7 Slugger Williams
  - 8 Buffoon



## MAGIC MAZE ● ALL —

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

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

- Aboard
- Day
- In all
- The rage
- At once
- Dressed up
- In one piece
- Together
- Bets off
- Due respect
- Night
- Told
- Clear
- Fours
- Over

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 Paul Zimmerman, Broker

From page 30

## Strange But True

ketchup, which previously consisted of fish or mushrooms. As tomatoes contain a healthy dose of vitamins and antioxidants, Bennet then branded his sauce as a cure for diarrhea, indigestion, jaundice and rheumatism.

- Japanese high schools often enforce strict conformance when it comes to hair. Half of Tokyo's schools require students whose locks aren't naturally black to prove it with baby pictures, while in 2017, a Japanese student sued her school after being forced to darken her hair with dye.

- Contrary to what you'd likely expect, this juicy citrus fruit wasn't named for its bright hue. Instead, the word "orange" came to us from a transliteration of the Sanskrit "naranga," which was in turn derived from the Tamil "naru," meaning "fragrant," which describes its blossoms.

- Singularity chess is played on a board that's distorted in the center, allowing for some pieces to make U-turns and attack the same square in a variety of ways, while bishops can change square colors.

- The first vending machine was invented by Greek mathematician Hero of Alexandria and dispensed holy water after a coin was inserted. Hero also came up with the first steam engine

and the first wind-powered machine – a whopping 2,000 years before the Industrial Revolution.

- Russian author Vladimir Nabokov composed most of his major novels on index cards, storing blank ones under his pillow in readiness for a visit from the muse.

### THOUGHT FOR THE DAY

"The most wasted of days is one without laughter." – EE Cummings

## Best Practices For Lawn Waste In Lee County

submitted by Sam Lucas

**D**ry season will soon be ending in Southwest Florida, meaning one thing: rain. With rain, comes great growth in our lawns and gardens. Yet many residents find that best practices for lawn waste disposal are not clear. We'd like to change that, and help our community become more sustainable so that it may continue to be vibrant for future generations.

Lawn waste consists of grass clippings, leaves, palm fronds, tree branches, dead plants, fruit, etc.

All lawn waste must be placed into a reusable bin or paper bag weighing



Lawn waste can be placed in a reusable bin to ensure that it is picked up and processed properly photo provided

50 pounds or less. It may also be tied into bundles that are no heavier than 50 pounds and no longer than six feet.

Lawn waste placed in plastic bags must be separated from other lawn waste, and disposed as trash. In 2018, the Lee County Solid Waste Division received 10,000 tons of yard waste in plastic bags, making the content unusable as mulch or compost.

Best ways to dispose of lawn waste: Reusable bins. They are long-lasting, durable and low-cost as they alleviate the need for repurchasing bags to store waste.

Paper bags. They are easy to obtain from local stores, are recyclable, biodegradable, and are able to be processed into mulch or compost.

Once it has been collected, lawn waste

has three potential pathways:

Mulch. It is shredded and distributed to five locations throughout the county, where it is available to the public.

Compost. It can go to the compost production facility. Here it becomes a component of OrganicLee compost. OrganicLee compost may be purchased at the solid waste division.

Trash. Items that cannot be converted into mulch or compost are sent to the waste-to-energy plant, where it is burned to generate electricity; this is the ultimate destination for garbage at our facilities.

For more information on the Lee County Solid Waste Division, visit [www.leegov.com/solidwaste](http://www.leegov.com/solidwaste).

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

### SCRAMBLERS

1. Caress; 2. Alert;
3. Refuse; 4. Ether

Today's Word  
**FATHER**

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6/21 \* TFN

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5/15 \* 5/22

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11/29 \* TFN

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5/15 \* TFN

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6/21 \* TFN

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1/31 \* TFN

### ANNUAL RENTAL

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5/15 \* 5/22

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1/25 \* TFN

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4/20 \* TFN

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5/15 \* 5/15

Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

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

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

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



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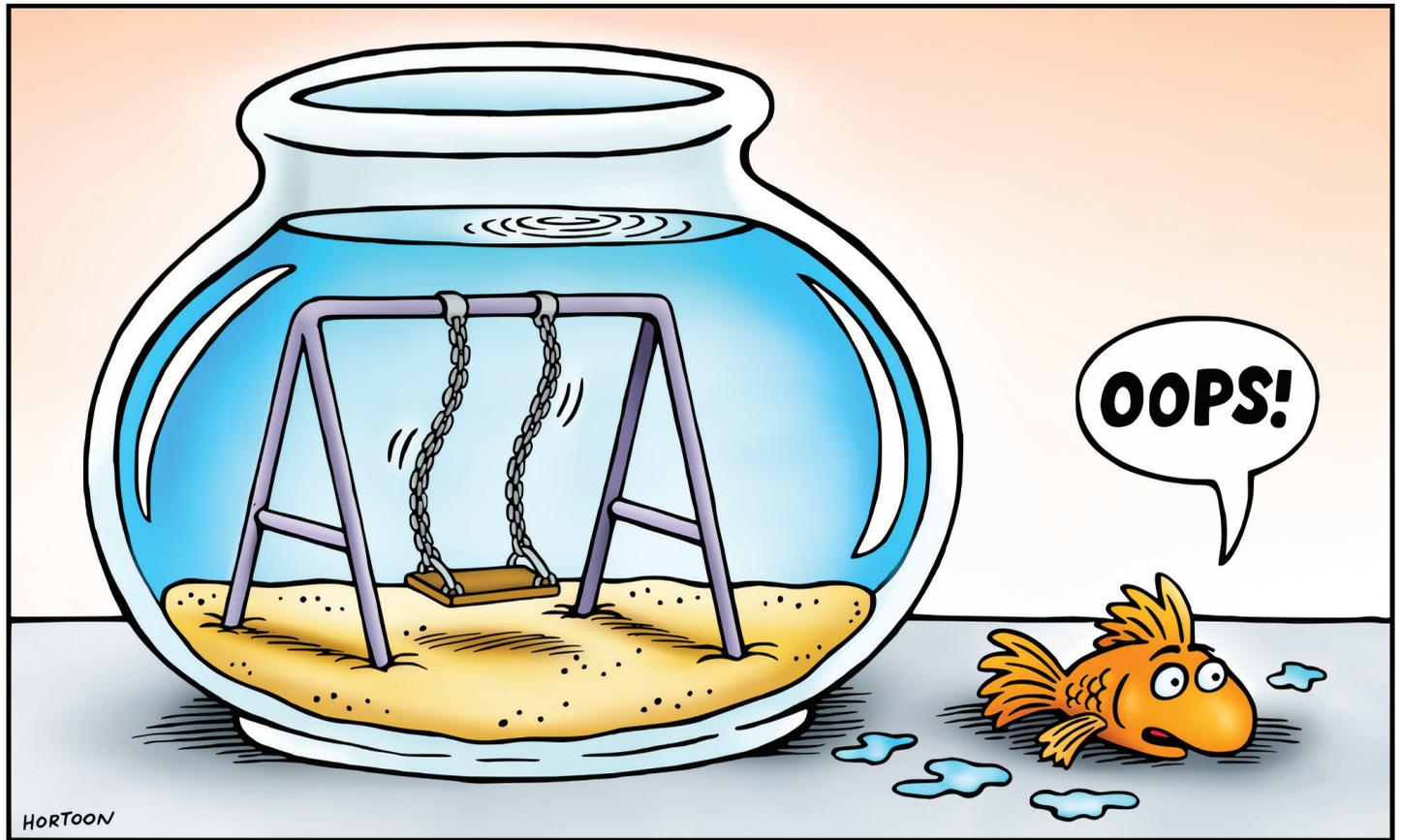
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1/26 \* TFN

**TRIVIA TEST**

- Geography:** Which is the only country to have three capital cities?
- Movies:** What year did the first Academy Awards ceremony take place?
- General Knowledge:** In police radio code, what does 10-31 mean?
- U.S. States:** What state would a Hoosier come from?
- Language:** What does the Latin phrase "carpe noctem" mean?
- Games:** What color property is Kentucky Avenue in the Monopoly board game?
- Animal Kingdom:** What do you call an animal that eats plants and meat?
- Science:** What is the study of mycology?
- Medical:** What is a more common name for varicella?
- Awards:** Which group has received the most Nobel Peace prizes?

**HORTOONS**



HORTOON

**TRIVIA ANSWERS**

- South Africa - Capetown (legislative), Bloemfontein (judicial) and Pretoria (administrative)
- 1929
- Crime in progress
- Indiana
- Seize the night
- Red
- Ant
- fungi
- Chickenpox
- The International Committee of the Red Cross, with three awards
10. The International Committee of the Red Cross, with three awards

**PUZZLE ANSWERS**

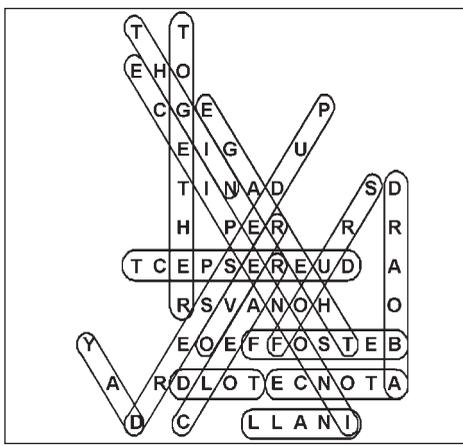
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F	L	A	G	A	F	L	A	M	E	E	B	B	S	S	H	I	N		
I	O	T	A	L	O	U	D	E	R	N	O	A	H	T	A	C	O		
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C	L	I	O	S	H	E	S	A	G	L	A	R	E	N	A	M	E		
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S	A	L	K	N	E	E	A	L	E	E	
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**MAGIC MAZE**



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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Palmetto Point	Fort Myers	2012	6,186	\$1,979,000	\$1,700,000	256
Laurel Oaks At West Bay Club	Estero	2013	3,403	\$1,359,000	\$1,275,000	62
Cape Coral	Cape Coral	1979	4,720	\$1,295,000	\$1,220,855	96
Caloosa Shores	Sanibel	1998	1,761	\$759,900	\$660,000	104
Cape Coral	Cape Coral	1987	3,112	\$729,900	\$710,000	393
East Rocks	Sanibel	1979	1,665	\$599,000	\$580,000	389
Cape Coral	Cape Coral	1990	3,021	\$599,000	\$588,325	56
Mcgregor Reserve	Fort Myers	2015	2,672	\$595,000	\$575,000	5
Cape Coral	Cape Coral	2020	2,381	\$569,900	\$550,000	17
Fort Myers Shores	Fort Myers	2018	2,734	\$550,000	\$415,000	450

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To learn more about our customer services and convenient locations, please visit [BankoftheIslands.com](http://BankoftheIslands.com) or call 239.472.7211.