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VOL. 28, NO. 2

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 10, 2020

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'Ding' Amateur Photography Contest To Open

July 15 marks the opening of the 28th annual "Ding" Darling Day Amateur Nature Photography Contest. Deadline for submission is September 15; all entries must be submitted electronically. Cash award prizes in honor of the refuge's 75th anniversary celebration this year are \$300 for first place, \$225 for second, \$175 for third and \$25 for honorable mention.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Day, October 18. Visit www.dingdarlingdays.com.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at "Ding" Darling Day.



Kent Jager of Sanibel won first place in 2019 for his *White-eyed Vireo* photo provided

Entries must be delivered by email to ddamateurphotocontest@gmail.com by September 15. For assistance,

call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the

"Ding" Darling Wildlife Society (P.O. Box 565, Sanibel FL 33957) with a memo "for photo contest" or online at www.dingdarlingsociety.org/donation with a note in "gift comments" designating the donation as photo contest fees.

In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

There is a \$25 per person entry fee that provides you with a membership to the society and is used to defray the cost of the contest. One fee covers two entries per person.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each person may enter up to two photos but is eligible to win only one award. Each photo must be a JPEG file
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Captiva Sees First Documented Leatherback Nest

On June 28, Sanibel-Captiva Conservation Foundation (SCCF) documented the hatching of a leatherback sea turtle nest on Captiva, a rare occurrence for the gulf coast of Florida.

SCCF Volunteer Permittee Kerry Salatino saw that the leatherback nest had hatched on the morning of June 26 and was able to photograph two hatchlings that were still making their way the sea. One of the small, black turtles, which are more than double the size of loggerhead hatchlings, fell into a hole that hadn't been filled in by beachgoers.

"Fortunately, Kerry was able to rescue it from the hole and help it get safely to sea," said SCCF Coastal Wildlife Director Kelly Sloan. "These hatchlings also crawled towards the dunes before turning towards the sea because of artificial lighting. This is a great example of why it's so important to fill in holes and turn off all lights visible from the beach."

The hatching marked the first time a leatherback nest has been documented on Captiva, which also surpassed its record for the most loggerhead nests ever recorded on June 26, with 196.

"The nest was being invaded by fire ants so we inventoried the nest immediately instead of waiting the standard three days.



Leatherback sea turtle hatchling

photo by Kerry Salatino

A total of 56 hatchlings made it to the Gulf of Mexico," said Sloan.

In August 2009, a leatherback nest hatched on Sanibel, which was a first for all of Lee and Collier counties. The largest of the seven species of sea turtles found worldwide, leatherback sea turtles rarely

nest on gulf coast beaches. In Florida, they normally nest on the Atlantic coast. Last year, about 1,100 leatherbacks nested in Florida, with most in Palm Beach and Martin counties, based on data from Florida Fish and Wildlife Conservation Commission (FWC).

The first evidence of a leatherback this season was no April Fool's joke as tracks were discovered on April 1 on Sanibel, before early morning beach monitoring began on April 15. Then, on May 10, the SCCF sea turtle team encountered a leatherback on Sanibel and named her Juniper.

"It has been really exciting to see such a giant and uncommon species on Sanibel," said SCCF Research Associate Andrew Glinsky.

The leatherback sea turtle is larger, dives deeper, travels farther and tolerates colder waters than any other sea turtle. Most leatherbacks average six feet in length and weigh from 500 to 1,500 pounds. At a little over five-feet-long, Juniper is an average-sized leatherback.

"While we don't have visual confirmation that the nest that hatched on Captiva was laid by Juniper, we are pretty confident these are Juniper's offspring," said Sloan, adding that the first documented leatherback nest was inundated by the tides and surf of Tropical Storm Cristobal and did not hatch.

Leatherbacks also look distinctively different from other sea turtles. Instead of a shell covered with scales or shields, leatherbacks are covered with a firm, leathery skin and have seven ridges running lengthwise down their backs.

In May, Sloan reached out to biologists with Florida Leatherbacks Inc. (FLI), a nonprofit dedicated to researching leatherback turtles that nest on the east

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PAID ADVERTISEMENT

Lily & Co.'s Sanibel Sunrise Collection Evokes Timeless Island Tradition

SANIBEL, Fla. (June 19, 2020) - Lily & Co. Jewelers, America's coolest jewelry store, unveiled the Sanibel Sunrise Collection to evoke the timeless ritual of island shelling at dawn. The pendant is available in three different sizes and can be accompanied with the matching ring and/or earrings.

Searching for shells at sunrise is a tradition on Sanibel as visitors and residents who greet the day are the more likely to discover the rare junonia and tulip shells most prized by collectors. In fact, Sanibel is considered the best shelling destination in North America.

"The Sanibel Sunrise pendant is a tribute to the shell lovers who flock to our islands from all over the world and rise at dawn to discover the tiny treasures that nature washed up on our shores each morning," says Dan Schuyler, co-owner of Lily & Co. Jewelers with Sanibel Realtor Karen Bell. "The pendant is unique just like each precious shell."

The Sanibel Sunrise pendant is an original creation set with 67 colored sapphires set in 14-karat rose and yellow gold. The shell's design inspires beach lovers to Sanibel's gifts at dawn and the rays of the early morning sun.

"When I envisioned the Sanibel Sunrise pendant, I wanted it to remind visitors of the spectacular sunrises and the delight they experienced discovering the world's most magical shells," says Schuyler. "Wearing this pendant will bring fond memories of toes in the sand, warm sunshine and miles of shell-covered beaches at the break of day."

The Sanibel Sunrise is the newest exclusive collection to Lily & Co. in addition to the Island Wave & Sunset Collection, unique handcrafted jewelry that visitors can only find at Lily & Co. on Sanibel. It's one of the reasons that jewelry industry trade magazine *INSTORE* judged Lily & Co. Jewelers as America's Coolest Jewelry Store in the Nation.

A winner of numerous national and regional awards, Lily & Co. Jewelers is located near the intersection of Tarpon Bay Road and Island Inn Road in a historic building on Sanibel that once housed a school and church. For more information, visit LilyJewelers.com or call 239-472-2888.

About Lily & Co. Jewelers

Lily & Co. Jewelers is Sanibel Island's only jewelry gallery, specializing in unique hand-crafted jewelry, fine art from local artists, engraving services, jewelry and watch repair, bead and pearl re-stringing, curbside pick and delivery, and appraisal services. The store is located at 520 Tarpon Bay Road on Sanibel and is open Monday through Saturday from 10 a.m. until 5 p.m. For more information, visit LilyJewelers.com or call 239-472-2888.

The Sanibel Sunrise pendant handcrafted by Lily & Co. Jewelers shines with 67 sapphires set in 14-karat rose & yellow gold.

SANIBEL Sunrise COLLECTION



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Morning Glories cottage

photos provided

A Popular Attraction At Historical Village

The Sanibel Historical Museum and Village has closed early for the off-season due to the coronavirus pandemic. The village will reopen on Tuesday, October 20 with the hours of 10 a.m. to 4 p.m. Tuesday through Saturday.

Almost 100 years ago, a charming cottage that came to be called Morning Glories was ordered from a Sears Roebuck catalog to be built on Sanibel on San Carlos Bay. Today that cottage resides in the Sanibel Historical Village and is a favorite among visitors.

Morning Glories was the Springwood model and cost \$2,211. It was milled in New Jersey in 1925 and came to Sanibel in kit form in 1926, purchased by Martin and Ada Mayer. It arrived in 30,000 pieces by rail and barge – everything from lumber to nails to lighting fixtures. Morning Glories was a sister home to Shore Haven, which now serves as the welcome center for the historical village. Shore Haven was built by Martin's brother Ross and his wife Daisy.

Starting in 1908, Sears featured

“Honor Bilt” homes in their *Modern Homes* catalogs. The homes were very popular with factory towns; a large company could order as many as needed for their employees and have them constructed in the same location. They were extremely well-built houses, available in three grades. Sanibel's two examples are of the middle grade.

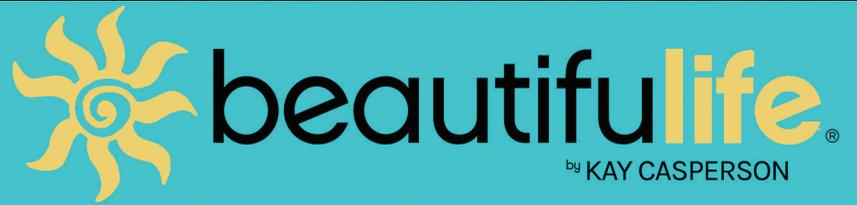
The three Mayer brothers from Erie, Pennsylvania (Ross, Martin and Joe) often vacationed on Sanibel. They were captivated by the island's charm and in the early 1920s decided to purchase land on the beach fronting San Carlos Bay, not far from the Sanibel Packing Company (later the Bailey Store). The packing house was a collection of buildings on Matthews Wharf. The daily steamer docked at the wharf, bringing whatever was needed; wagons from the hotels met guests, and gas pumps were located on the wharf to service the few automobiles that were transported to the island. Owning land and building a home in this busy and convenient stretch along the bay was considered a smart move.

When the 30,000 pieces arrived at Martin Mayer's bayfront property, it was constructed by carpenters and other skilled workers. The cottage was named Morning Glories after the spreading vines

continued on page 9



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Sanibel Historical Museum And Village

Landmark: Cooper House



Cooper homestead, circa 1891

photos courtesy
Sanibel Historical Museum and Village



The Cooper house is now a part of Olde Sanibel Shoppes on Tarpon Bay Road

Sanibel Historical Museum and Village.

The Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS, is closed for the off-season and will reopen on October 20.

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 or call 472-4648.*



The Cooper homestead, circa 1891, is included in the City of Sanibel register of historic landmarks. Today, the building at 630 Tarpon Bay Road is known as the anchor building of Olde Sanibel Shoppes. The Cooper family farmed and shipped tomatoes, peppers, eggplant and watermelon by building a road to Tarpon Bay and then constructing a packing house there. Capt. Cooper owned several shipping vessels, was Sanibel's first justice of the peace, and carried the U.S. mail from St. James City to his home, where it sat on his wife's sewing machine table for islanders to collect. The Cooper sewing machine table is now located at the

Read us online at IslandSunNews.com

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS (Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either www.batyam.org or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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

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

a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 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, 2050 Periwinkle Way, 472-0497.

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 6 p.m. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

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

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OBITUARY



SHEILA FRANCIS SMITH

Sheila Francis Smith, DDS, D.Ortho, MSc passed away peacefully on June 17, 2020 at age 58, following a courageous three-year battle with breast cancer. She had an amazing fighting spirit which her illness did not affect. She never complained and took every setback in stride. Sheila didn't let her disease define her and continued to travel, play golf and take advantage of 'life.' When her time came, Sheila got her final wish – passing away peacefully at home, in

her bedroom with her “bubble family” at her side.

Sheila will be lovingly remembered and missed by her father, Stuart Fraser (Oakville, Ontario, Canada) and her brother, Dr. Stuart John (London). Her mother, Audrey Smith, predeceased her. Although Sheila never married, she had a large extended family and was very devoted to her six godchildren: Christian and Noelle Selnes; Madison, Michael and Megan McNeivitts; and Madison McColl. Sheila was beloved by her many friends all over North America and the U.K. Her joy, positivity and happiness will also be missed greatly at her second home, Captiva Island, Florida.

Sheila went to St. Mildred's school for girls in Oakville and graduated “a Millie.” She then attended St. Michael's College at the University of Toronto, and was accepted early into the Dental Program at U of T, graduating in 1986. Her dedication to her patients and the children she treated extended from her pediatric dentistry residency at the Hospital for Sick Children, to a lifelong commitment to Bloorview-MacMillan Children's Rehabilitation Hospital for Cleft Lip and Craniofacial Care. In 1989, she graduated from the Graduate Orthodontics Program at U of T with a masters following in 1991. Sheila was a trailblazer; in a time where there were few female orthodontists, she entered private practice with a partner and over time, she became the sole owner and eventually moved her practice, becoming so successful she needed an

associate.

Sheila loved to teach, hence her over 20 years of teaching in the Graduate Pediatric program as well as the Graduate Orthodontics program at the University of Toronto. Loved by her residents for her kind and practical approach to patient care, and respected by her peers, she gave of herself to better the profession she loved.

In keeping with her style of giving to the profession, she also was actively involved in organized dentistry. Sheila was one of the first female presidents of the Ontario Association of Orthodontists and was also president-elect of the Canadian Association of Orthodontists.

Sheila loved to laugh and that laugh was contagious. She loved her Earl Grey tea with mostly milk and loathed salmon to the point she would avoid an invitation if it was on the menu. Sheila traveled the world and she loved to play golf. Golf was her passion. She played some of the world's greatest golf courses and was golf club captain at her home course at Rattlesnake, playing to a 10 handicap.

Sheila was a devoted daughter and sister, caring for her parents “Stu and Aud” selflessly and without hesitation. Sheila lived with her parents, traveled with them, and was often seen at the theater with them, making sure they were happy and had ice cream at intermission. That is the woman Sheila was, a kind, giving, eternally helpful and generous soul.

As Sheila always said, “It is what it

is... It's all good.”

The family would like to thank Dr. Brian Higgins and Dr. Marisa Finlay for their compassionate and exemplary care over the past three years at the Carlo Fidani Regional Cancer Centre (Trillium-Credit Valley Hospital). In addition, they would also like to recognize the very important contribution of the Oakville Palliative Care Team coordinated by Dr. Lynne Benjamin. Special thanks to Dr. Diane Donat (UHN Endocrinology) and the PSW's, Maureen Mitchell and Joule Johnson. They, together with Sheila's “covid bubble family” (Sue and Steve Harrigan; Marilyn, Mark and Madison McNeivitts) helped to make Sheila's last wish a reality.

A celebration of Sheila's life will be held when conditions permit.

In remembrance, memorial donations can be made to the Cure Foundation for Breast Cancer at <https://www.simplyk.io/donation/5eb56b736edc4600279ea2c1> or the Canadian Diabetes Association at www.diabetes.ca.*

Honor Society Inductee

Saint Anselm College student Lauren Lockard of Sanibel, elementary education major, class of 2020, has been inducted into the Tau Chapter of the Delta Epsilon Sigma National Scholastic Honor Society for the 2019-20 academic year.*

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OBITUARY



EMMA LOU DIETZ

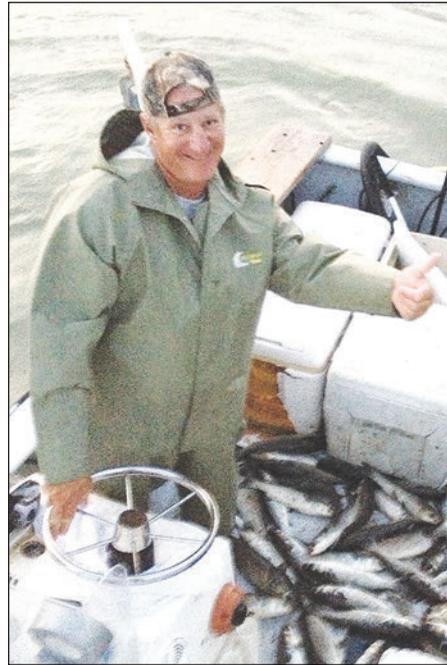
Emma Lou Dietz ("Emy" to her friends) of St. Petersburg, Florida, passed away on June 20, 2020 at the age of 92. She was born the only child of Bennett C. and Mabel (Barrett) Browning in Oklahoma City on September 26, 1927. After graduating from the University of Illinois with a masters degree, Emma Lou married her high school sweetheart, Carl H. Dietz, on June 11, 1950. They recently celebrated their 70th wedding anniversary together. They settled in McLeansboro, Illinois in 1950, where Emy and Carl raised a family. She was co-owner of the family oil well servicing business and also taught French and Spanish. In 1970, they moved to suburban St. Louis, where she taught

Spanish, French and German at the Parkway School District for many years. Emy and Carl retired to Lee County, Florida in 1986. They lived on Sanibel Island for 17 years and in South Fort Myers for another 16 years. During their retirement together, Emy and Carl were active in various organizations and events on Sanibel and in Fort Myers. They also traveled the world, visiting every continent except Antarctica. Emy was an active member of PEO for more than 60 years (a faith-based women's philanthropic organization focused on assisting women) and the local Delta Delta Delta sorority alumni group. Emy would light up a room. She will be remembered best for her devotion to her family and friends, her engaging smile and interest in others, and her zest for life. For every person she met, she somehow left them a better person.

Emy is survived by her husband of 70 years, Carl, and four children: Benny, Walterboro, South Carolina; Scott (Denise), Ballwin, Missouri; Mandy (Kim), St. Petersburg, Florida; and Seth (Emily), Miami, Florida. Grandchildren are Carl Dietz, Ryan (Julia) Dietz, Jennifer (Jeremy) Gawthorp, Christopher (Iveta) Dietz, Anthony Dietz, Madisen Dietz, and Hannah and Benjamin Dietz. Great-grandchildren are Taylor Ulm, Oliver Gawthorp, Emma and Isabelle Dietz, and Natalie Dietz.

A memorial service will be announced at a later date. In lieu of flowers, the family requests donations be made to PEO, Chapter FV, 10100 Cypress Cove Dr., #171, Ft. Myers, FL 33908.✽

CELEBRATION OF LIFE



Capt. Norman Lamar Williams II photo provided

A memorial will be held for Capt. Norman Lamar Williams II on Friday, July 10 at 6 p.m. on the Sanibel Causeway, Island A west side. Join friends and family in a celebration of his life. For more information, contact Stacey Grennell at 851-1998.✽

American Legion Post 123



American Legion Post 123 is serving barbecued ribs and chicken on Sunday, July 12 from noon to 8 p.m. Corned beef and cabbage will be served from noon to 8 p.m. on Sunday, July 19. The third Thursday of the month is Open Mic Night from 6 to 9 p.m. The 9 Ball pool tournament begins at 5 p.m. on Monday nights. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a eight-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. If you have a flag that needs to be retired, you can drop it off at Post 123. American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979. Post 123 is a non-smoking facility, with an outside area available for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.✽

Middle Schoolers Share Lunch And Craft Time

Sanibel Community Church Children's Ministry found a way to safely minister to island youth. On June 17, Holly Patton-Roark, director of children's ministry, met with a small group of fifth grade girls. She picked out the girls, who were ready for a day out. They decided on lunch at Doc Ford's on Sanibel as part of their outing. After lunch, they stopped by the church and created a Father's Day craft. For more information about the children's ministry, call Holly Patton-Roark at 472-2684. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).✽



From left, Abbie Wheeler, Yumi Bautista and Eva Anderson-Kilgore making a craft to celebrate Father's Day photo provided

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Loggerhead Nest Boil Captured On Video

Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan was on beach patrol on Captiva when she came upon the rare opportunity to see and film a loggerhead sea turtle nest just beginning to boil, or erupt, on June 24.

To view the video, go to www.youtube.com/watch?v=pvNSqjsAuJM&feature=youtu.be.

The screen on the nest is to protect the hatchlings, which have an estimated one in 1,000 chance of surviving to maturity. The size of the holes allows the hatchlings to climb through and then, traverse the sandy terrain as they scurry to the Gulf of Mexico.

"The screen on top of the nest is to discourage predation. They have been



Loggerhead sea turtle hatchlings emerging from the nest

photo by Kelly Sloan

very effective in lowering nest depredation rates on Sanibel and Captiva," said Sloan.

Inventory of the nest three days later showed that 90 hatchlings successfully

emerged.

Predation of sea turtles by crabs, birds, fish, sharks and mammals is a natural part of the food chain. However, predators

may sometimes become so proficient at finding and destroying nests that they threaten all the nests on a beach. Eggs and hatchlings on the beaches of Sanibel and Captiva are victims of coyotes, ghost crabs, fire ants and birds.

SCCF Sea Turtle Program staff and volunteers help to control mammalian predation by placing a self-releasing screen over threatened nests. The screens are large enough to keep predators out, yet allow hatchlings to escape from the nest without assistance.

Mammalian predation often increases where trash has accumulated on the beach. An easy way to avoid attracting predators is to keep beaches free of trash.

Follow SCCF on Facebook at www.facebook.com/pg/SanibelCaptivaConservationFoundation/ and @sccf_swfl on Instagram.

To report any issues with nests, nesting turtles, or hatchlings on Sanibel or Captiva, call SCCF's Sea Turtle Hotline at 978-728-3663.*

Anglers Sought For Lionfish Challenge

Registration is open for the 2020 Lionfish Challenge, an incentive program that rewards harvesters for their lionfish removals. With a tiered system, everybody can be a winner. The participant who harvests the most lionfish will be crowned the Lionfish King/Queen. Register online through September 7 at www.fwcreefrangers.com.

There are two categories: recreational (number of lionfish) and commercial (pounds of lionfish). Participants with an active saltwater products license and lionfish sales within the last year will automatically be included in the commercial category. The recreational category is open to all divers who do not have a saltwater products license.

The challenge has a tiered prize system that allows everyone to be rewarded for their removals. The more removals, the more prizes you win. To qualify for the challenge, harvesters must collect 20 lionfish (recreational) or 20 pounds of lionfish (commercial). Once those initial lionfish have been submitted, the



Lionfish on ice

photo provided

participant will receive a commemorative 2020 Lionfish Challenge coin and Dri-Fit long sleeve T-shirt. The prize tiers are as follows:

- 50 lionfish (100 pounds)
- 100 lionfish (200 pounds)
- 200 lionfish (400 pounds)
- 300 lionfish (600 pounds)
- 400 lionfish (800 pounds)

Recreational – the first 20 lionfish must be submitted to the FWC Lionfish Team via photo of all lionfish laid out so they can be counted. The photo must include the harvester's name, date of harvest (shown on phone or dive computer) and their signature. After the qualifying tier has been met, the harvester must submit their lionfish tails with their information (harvester name, date of harvest and signature) to a verified checkpoint. A 2020 FWC Lionfish Challenge Submission form must be filled out and sent to lionfish@myfwc.com.

Commercial – catches are submitted via electronic trip tickets. The trip tickets must include the harvester's name, date of harvest, amount harvested (pounds) and the harvester's signature.

Bi-weekly raffles will be held and all qualified participants will be eligible to win. A new component this year will be monthly mini-challenges. The winners will be announced each month and rewarded with substantial prizes.

The winners of the Lionfish Challenge will be announced at the Lionfish Removal and Awareness Festival September 11 to 13 at HarborWalk Village in Destin, Florida. For more information, visit www.fwcreefrangers.com/lionfish-challenge. Questions regarding the challenge can be sent to lionfish@myfwc.com.*

Mayor Extends Declared State Of Emergency

Sanibel Mayor Kevin Ruane has extended the declared state of emergency originally declared in response to COVID-19, until July 14, unless further extended. Additionally, Proclamation 20-041 raises the mandatory minimum age for children to wear facial coverings from 2 to 6 years old. On July 7, the Florida Department of Health announced one new confirmed COVID-19 case on Sanibel, bringing the total number of cases to 20.

The Florida Department of Health conducts all case and contact tracking, and provides no identifying information to the city such as name, age, gender or address of the persons who test positive. The official sites to monitor are:

City of Sanibel – www.mysanibel.com

Florida Department of Health – www.floridahealth.gov

Centers for Disease Control and Prevention – www.cdc.gov.*

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From page 3

Historical Village

of blue flowers that grew on the island. Many built-ins were upgrades at an additional cost.

Interior features from the catalog included built-in bookcases, buffet, china cupboards, dinette and fireplace (the holes for generations of children's Christmas stockings are still visible); kitchen cupboards, a slide-out cutting board and a hidden ironing board; surprisingly large closets; and a bathroom – a rare luxury on Sanibel at that time.

A generous porch was built across the back of the house in 1924. The Mayers originally enclosed this porch with sliding glass windows. These were removed when Morning Glories was moved to the historical village to restore the building to its original state. The side porch was enclosed to make a small sunroom, probably in the 1950s.

Morning Glories is a two-bedroom house. The parents' bedroom depicts a typical bedroom of the times for wealthy northern visitors. The second bedroom depicts a children's bedroom complete with small bed and toys. The walls in this bedroom display pictures of the Mayer family, as do some in the living room.

The electric lights and the bathroom were unusual on the island at that time. The brothers shared a generator with Shore Haven that allowed enough power for lights and plumbing pump, but not enough for a refrigerator.

Ross and Martin Mayer had children close to the same age and decided to



Kitchen photos provided

live side-by-side and share facilities. They both chose Sears Roebuck kit homes. Shore Haven and Morning Glories shared an artesian well, an electric generating plant and a bath house. The bath house had a porch and two rooms – one for the girls and one for the boys.

Ross Mayer's daughter, Grace Mayer Symroski, became the owner of Morning Glories and passed it on to her children, Barbara Mayer, Allison Weir and Ty Symroski. Ty, who as a youngster lived in Morning Glories for a number of years, tells stories of all the generations of children who were always running from the houses, across Bay Drive, a sandy



Children's bedroom

road, to swim in the bay or fish on the dock. "Pans of water were by the front doors in an attempt to keep sand out of the house," Ty recalled. "No running on the dock!" was regularly heard." Ty's bedroom was part of the back porch of Morning Glories. "That's where I read Hardy Boy books and *The Lion's Paw* purchased from Mr. MacIntosh," Ty added.

Eventually, Allison Weir became the sole owner. She and her family enjoyed many summers before selling the property to the Allen Larson family. The Larsons gave the Morning Glories cottage to the City of Sanibel with a sum

of money to move it to the grounds of the historical village.

Together, Morning Glories and Shore Haven illustrate the gradual transformation of Sanibel Island from an agricultural settlement populated primarily by hardy pioneers into a community serving tourists and "snowbirds," who had come to escape northern winters.

Sanibel Historical Museum and Village is located at 950 Dunlop Road on Sanibel, next to BIG ARTS. Admission is \$10 for adults over 18, no charge for members and children. Guided tours are offered and there is handicap access.*

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Plant Smart

Rosettes

by Gerri Reaves

A rosette is one of the most aesthetically pleasing of leaf arrangements at the base of a plant.

The name is inspired by the arrangement of rose petals that whorl or spiral, and often overlap. Rosettes are usually confined to the base of a plant but sometimes continuing upward.

Circular by definition, the rosette might be a hemispherical tuft or a flat whorl, usually densely packed.

Pictured here are native species notable for their swirling rosettes.

Spanish bayonet's (*Yucca aloifolia*) daunting rosette is armed with needle-sharp points at the leaf tips, a characteristic that makes it an excellent security or barrier plant.

This member of the agave family can grow to an imposing 25 feet tall, so it works well as an accent plant.

The narrow tapered leaves are evergreen, reach one to three feet long and overlap around a sturdy stem.

Ornamental and wildlife friendly, it produces a large candelabra of fragrant white bell-shaped flowers at the top of the foliage in spring to summer.

It is the larval host for the yucca and the cofaqui giant skipper butterflies and a nectar plant for several other species. Also, its sex life and survival are interdependent with that of the yucca moth.



Native Spanish bayonet's rosette is a whorl of leaves with needle-sharp tips extending up the stem photos by Gerri Reaves

Those two basal rosettes that look a bit like spiky cabbage leaves are characteristic of the genus *Cirsium*.

Thistles are members of the aster family and their stunning flowers are important nectar plants for butterflies. In addition, purple thistle (*C. horridulum*) is a host plant for the little metalmark butterfly.

Small birds eat thistle seeds, so think twice before eliminating them from your yard. They are usually considered weeds, but on the positive side, they are the epitome of low maintenance.

That pretty daisy-like flower is one of the state's most common wildflowers, oakleaf fleabane (*Erigeron quercifolius*). The leaves in the basal rosette are broader at the base and deeply notched.

Their shape resembles that of an oak tree, thus the common name. In



Thistles in the *Cirsium* genus typically have spiny whorls of basal leaves



Oakleaf fleabane gets its common name from the shape of the leaves in the basal rosette

fact, *Quercifolius* is Latin for "oak-like foliage."

This member of the aster family is also commonly treated as a weed. It pops up just about anywhere, including yards and along roadsides, and in

pinelands, fields and undeveloped areas.

It usually grows to less than two feet tall, dotting the land with numerous delicate "daisies." The leaves lack spikes or thorns, so there's little cause for eliminating it.

The flowers attract a wide variety of pollinators, another reason to rethink eliminating from the yard.

Plant Smart explores the diverse flora of South Florida.✧



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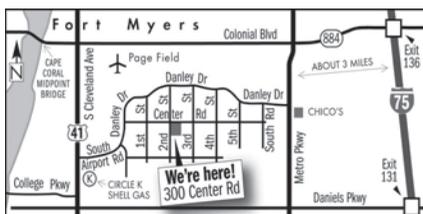


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Top 10 Books On The Island

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 2. *Lady Clementine* by Marie Benedict
 3. *American Dirt* by Jeanine Cummins
 4. *Vanishing Half* by Brit Bennett
 5. *Jane Austen Society* by Natalie Jenner
 6. *Dear Edward* by Ann Napolitano
 7. *Last Train to Key West* by Chanel Cleeton
 8. *Camino Winds* by John Grisham
 9. *On Ocean Boulevard* by Mary Alice Monroe
 10. *Walk the Wire* by David Baldacci
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Go Deep In Hot Water Conditions



by Capt. Matt Mitchell

As we move into July, I just don't recall our water temperature being so extremely hot this early in the summer as it's at a bath-like 90 degrees plus. We need our normal summer afternoon rain pattern to get into full swing to help cool things off. Getting out early before the heat of the day, anglers will find the best action in the first few hours after sunrise.

Deeper water in and around the passes is a little cooler as it does not get as hot as the shallow flats. This week, I spent most of my time fishing the western side of the

sound around the passes and out along the beaches. Sight-fishing snook and trout on any kind of down structure along the beaches was great morning action. These beaches offer some nonstop action all summer long during periods of east winds or light winds.

Keeping bait fish alive all day has been tough going as surface water temperature has to be reaching into the mid 90s by mid afternoon. On days we have been running doubles, we have begun keeping back-up bait in holding pens sunk in deeper water to keep it lively for our afternoon trips. Keeping cut bait onboard is also a good call to give you an option if everything poaches and goes belly up in the livewell.

Drifting the passes has been the best action for me this week with the outgoing tide bite being on fire at times. When there are 20-plus boats drifting the pass it looks out of control at times. But, if everybody follows the program, you will see everyone catch fish. All it takes is one boat doing it differently, and it messes it up for everyone. Don't be that guy! Often, there is only one hot section of the drift where the fish are biting. Making the full drift is the correct way to do it while taking your place in line. Use live pinfish and grunts with enough weight to hit the bottom and hold on tight.

Tarpon continues to be in better numbers at the northern end of the sound. Fosters Point on North Captiva was one of the hot spots this week. Getting there early and being able to pitch live baits at these fish has paid off. Do it before it is overrun with boats spooking the fish. Crabs, pinfish and threadfin herring have been the baits of choice. Often, it's just getting a bait to these fish to get that hook-up.

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.*



Vince Nowell of Sanibel with a redfish he caught with Capt. Matt Mitchell this week

photo provided

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CROW Case Of The Week:

Loggerhead Shrike



by Bob Petcher

The loggerhead shrike (*Lanius ludovicianus*) is no sea turtle. Despite its small size and perching bird status, it has more characteristics of a hawk.

The thick, large-headed songbird has a gray head, black mask, hooked bill, white breast feathers and white coloring in its black wings that match its tail feathers. This species of shrike is so-named due to the size of its head in relation to its body. The word loggerhead is a synonym and slang term for blockhead.

While a loggerhead shrike is literally a songbird, it has a raptor's mentality. It has the ability to attack its prey at the nape then skewer its victims on thorns or barbed wire while squeezing its kills into tight places for effortless dining.

While it lacks a raptor's talons, the loggerhead shrike still possesses the habits of a bird of prey. It can kill and carry an animal of the same size, and transport larger prey in its feet or smaller victims in its beak. That hooked bill features a pair of built-in pointy projections, aptly named "tomial teeth" that can paralyze



Patient #20-3073 is now outdoors and practicing flight after suffering a keel (sternum) fracture
photo by Missy Fox

an animal with a jab to the spinal cord.

At CROW, a loggerhead shrike was admitted after flying into a car and being unable to fly afterwards. When it arrived at the clinic, it was observed to have a beak tip fracture, a keel fracture and other abrasions.

After full radiographs were taken the next day, the keel fracture was confirmed. Dr. Robin Bast, CROW staff veterinarian, stressed less emphasis on the beak and abrasions.

"There was a small portion – only

millimeters – of the tip of the beak fractured off, and it was not actively bleeding. It was not severe enough to prevent the bird from being able to grab and eat food normally," she said. "The site will be monitored closely for any signs of infection as it heals.

"The abrasions are minor wounds that were cleaned and scabbed over/healed quickly without requiring bandaging."

Surgery for the keel fracture was reportedly not needed. The shrike was treated with medication for pain and

swelling. It is being closely monitored.

"Surgery was not required to stabilize this fracture," said Dr. Bast. "The patient was on strict cage rest to allow the bone to heal – this is important since the keel bone serves as the attachment for many muscles required for normal flight."

The patient is expected to make a strong recovery without a long rehabilitation period.

"Even with significant injuries such as this one, small songbirds can heal remarkably fast," said Dr. Bast. "After a week and a half of strict cage rest, this bird has been moved to a small outdoor enclosure and is already starting to make short distance flights. It will take another two weeks of healing before this bird has built back enough flight strength to be released."

CROW officials call the loggerhead shrike "the butcher bird" because of its impaling techniques and survival instincts.

"Nature's critters are smart when it comes to finding ways to survive. Loggerhead shrikes use their beak to impale insects and other small prey items on sharp plant stems, then save those food items for later," said Dr. Bast. "Just another unique animal adaptation for survival in our environment."

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

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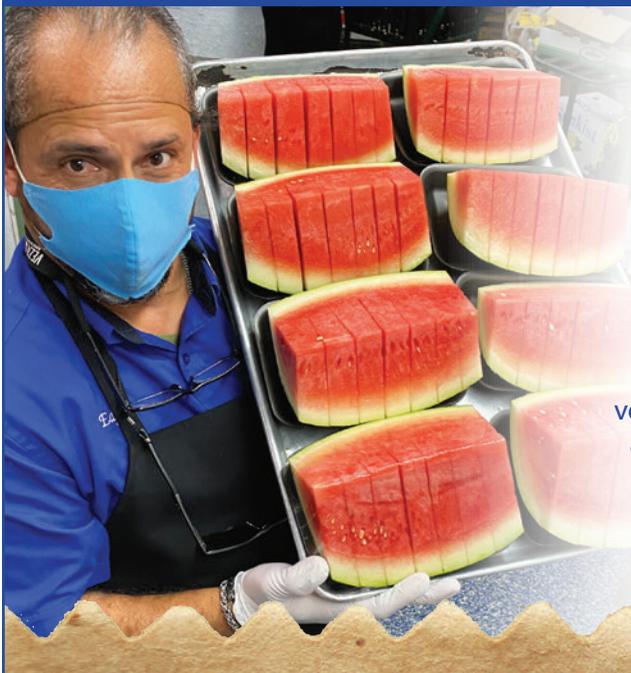
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Shell Of The Week

Lunate Crassinella



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

Giving continuity to our discussions on small local bivalves, I want to introduce

one of the most distinctive species in that category: *Crassinella lunulata* (Conrad, 1834). Measuring at most 8 mm (about 0.32 inch), the Lunate Crassinella has an almost-triangular, flattish shell marked by 15 to 17 very distinctive, coarse, commarginal (“concentric”) ridges. The shell color shows variations of brownish to reddish-brown spots and rays, and the shell interior is usually brown. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

Your gift helps ensure that our staff and animals remain healthy. To



The Lunate Crassinella, *Crassinella lunulata*, from Sanibel

photo by José H. Leal

make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell

Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✪

Community House Art Class, Shredding Day

On Tuesdays, July 14, 21 and 28, Anita Force Marshall will hold a class called Letting Loose with Watercolor from 9:30 to 11:30 a.m. Through ink and watercolor, participants can create an original 5x7-inch sand dollar. Bring your own watercolors or buy a kit for \$10. Cost is \$30 for members and \$35 for guests.

A shredding day will be held on Saturday, July 18 from 9 a.m. to noon. Bring all your documents that include personal information to be shredded by Secure Shredding. The truck will be located in the north lot located across from The Community House. Cost is \$5 per box or bag.

Camp to Go Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters for you to assemble. Cost is \$20 per kit; shipping is \$8 additional.

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Sharpie and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✪

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A sea turtle makes its way to the gulf

photo provided

Keep Beaches Dark And Clean For Sea Turtles

Florida's beaches are a go-to destination for summer fun and for sea turtles to lay eggs. It's sea turtle nesting season once again, and the Florida Fish and Wildlife Conservation Commission (FWC) is reminding beachgoers to take precautions that can help protect these federally threatened and endangered marine reptiles.

Most sea turtles in Florida nest at night and keeping beaches dark will help ensure their nesting success. Bright artificial lighting can misdirect and disturb nesting sea turtles and their hatchlings, leading them away from the ocean and toward potential danger, so beachgoers should avoid using flashlights or cellphones at night.

For beachfront property owners and those visiting beachfront properties, turning out lights or closing curtains after dark will ensure nesting turtles are not disturbed as they come ashore and hatchlings will not become disoriented when they emerge from their nests. If lighting is still visible from the beach, be sure it is long, low and shielded.

It's also important to make sure that sea turtles have a clear path to and from the ocean. Before you leave the beach, you can help by properly disposing of all trash,

filling in holes in the sand, and putting away boats, beach toys and furniture. If these obstacles are left behind, turtles can become trapped.

If your trip to the beach includes fishing, you can help beach wildlife by making sure to properly dispose of your line. Discarded line can be deadly to sea turtles, shorebirds and other animals. To find a monofilament recycling station near you, visit mrrp.myfwc.com.

While most Florida beaches are open, some have restrictions. People accessing open public beaches should follow CDC guidance by limiting their gatherings to no more than 10 people and distancing themselves from other parties by at least six feet.

"The actions we take when visiting the beach can make a big difference for sea turtles," said Dr. Robbin Trindell, head of the FWC sea turtle management program. "By keeping beaches dark and clearing the way at the end of the day, we can help ensure that these amazing animals are here for future generations to enjoy."

Other ways to help sea turtles include reporting those that are sick, injured, entangled or dead to the FWC's Wildlife Alert Hotline at 1-888-404-3922.

Purchasing a "Helping Sea Turtles Survive" Florida license plate contributes to sea turtle research, rescue and conservation efforts. People also can donate \$5 and receive an FWC sea turtle decal.

For more information, visit www.myfwc.com/seaturtle.

From page 1

Photo Contest

of at least 3000 x 2400 or 4 megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity
- 3) Interest
- 4) Ability to be reproduced for publication

Only limited image modifications

are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day celebration in October. There will be three judges: a refuge staff member, a professional photographer and a member of the Sanibel community.✪

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Youth Group On A Mission To Help

submitted by Jamie Senkeleski

The Sanibel Community Church H2O youth group participated in a short-term local mission trip June 14 to 19. For five straight days, these teens worked on outside and inside projects for the Sanibel and Fort Myers communities.

On day one, the teens dug in at FISH of SanCap on Sanibel and pulled out a dumpster load of air potatoes, an evasive weed found strangling beautiful flowers and palms. The same day, the teens traveled to Hands of Hope Helps Ministry, where they taped and painted the inside of a new building recently acquired by Permon Thomas. While students painted on the inside, some teens ventured outside to disperse a truckload of mulch. In 90-degree temps, these missionaries persevered and beautifully landscaped the grounds of the new building.

Day two had an early start as the group of 30 teens and leaders headed for the Fort Myers Rescue Mission. The entire group washed windows to provide a sparkly brand-new appearance to the buildings that allow men, who struggle with all types of addictions, to live a life following after God. After a short break, they headed to the Harry Chapin Food Bank in Fort Myers. The kids worked for three hours packing zucchinis, checking expiration dates, sorting meat and



Teens ready for some hard work of weeding, sorting and folding clothing donations at One More Child, a Christian focused charity organization for foster children

photo provided

making bags.

Day three was a special day, where the teens were divided up into teams and worked with widows from Sanibel Community Church, who had various projects that they needed help with. Our own H2O kids worked diligently on garage cleanups, yard work, planting shrubs, furniture cleaning, shed cleanouts

and lawn mowing. The teens were so excited to share their stories about their projects and how wonderful it felt to help people in need from their own church.

After a short lunch break, the mission team headed to One More Child, where they helped a foster dad that lives on site with some yard work of pulling weeds (a lot of weeds). Another group sorted and folded recent clothing donations that will be used for foster children. Wednesday night ended with a special party celebration with gulf swimming, friend time and dinner on the beach.

On Thursday, the team headed out early and had the privilege of serving at the Riverside Camp and Retreat Center where Trailways Camp is held each year. The teens were divided into three groups: stain fishing pier, tape and paint a huge hallway and kitchen in the chapel building, and paint the bathhouses. From 9:30 a.m. to 4:30 p.m., with a short canoe break, the H2O mission team completed the required projects. Our group was very thankful for the pizza delivery, compliments of Sanibel Community Church women's ministry.

On Friday, one would think no one would show up. Bodies were tired, aches and pains began to show up from the hard work, but we had our highest attendance that day with over 40 people. The mission team headed to the Gabriel House for a full day of yard work, fire pit building and weed whacking. The teens prevailed through the blazing sun and finished the required projects before the thunderstorms blew in.

As we loaded into the cars on Friday to head home, various comments were heard: "This trip was the best trip ever," "I am so sad this is over," "Can we do this again?"

The leaders and teens were stretched this week. They all worked hard and always with a smile. There was no glamour or big amusement park reward. H2O teens and their leaders demonstrated servant hearts and in return gave God all the glory. "Well done my good and faithful servants" was echoed throughout the heavens during that week.

Sanibel and Fort Myers were blessed by some amazing teens, who definitely have a heart for helping people.✪



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FWC Holding Virtual Meeting

The Florida Fish and Wildlife Conservation Commission (FWC) will meet virtually on Wednesday and Thursday, July 22 and 23 beginning at 9 a.m. each day. This meeting is being held by communications media technology, specifically using Adobe Connect with a telephone conference line for accepting public comments during the meeting. The Florida Channel will be broadcasting live video coverage at www.thefloridachannel.org and participants watching via the Florida Channel can utilize the telephone conference line to call in for public comment.

To accommodate as much public input as possible from those participating in the meeting, the chairman reserves the right to designate the amount of time given to a topic or speaker, including time donation to other speakers. Because this meeting is being held by video conference and a telephone conference line, the commission is limiting public comment for each agenda item. Public comment will be taken by telephone conference line on a first call basis.

For the full agenda, links to background reports and ways to participate, visit www.myfwc.com/about and click on "The Commission" and "Commission Meetings."

Updates will be provided at twitter.com/myfwc and you can sign up for news releases at www.myfwc.com.✪

Summer Campers Playing It Safe With Friends

The Children's Education Center of the Islands (CECI) has had a great first four weeks of summer camp. Thanks to scholarships funded by The Sanctuary Golf Club Foundation and FISH of SanCap, CECI's summer camp program is full and flourishing.

Although COVID-19 has played a major part in CECI's daily routines, children are still experiencing an educational, safe and fun summer. According to experts, being outdoors is a lower risk for coronavirus than indoors. CECI's nature-based philosophy and approach to early childhood education is beneficial to this research.

Children have had hands-on experiences with the natural world throughout the weeks with special themes. During the first week of camp, themed Doodlebugs, campers were inspired daily by the beautiful and interesting aspects of wildlife. During Hands on Habitat week, children created insect hotels and investigated different environments where animals live on the school campus. Critter Camp brought a variety of animals for children to investigate and observe during the week. The Mollusks on the Move, offered by Bailey-Matthews National Shell Museum, paid a visit during Water, Water Everywhere week.



Summer campers hanging out photos provided

Children were able to touch and learn all about mollusks.

CECI is looking forward to the remainder of camp with new themes: Sensing Nature, Cooking With Nature, Argh! Pirates! and Puddle Stompers. Although summer camp registration is closed, school registration is open. Visit www.childrenseducationcenter.com or call 472-4538 for more information. Scholarships are available for the school year as well.

The Children's Education Center of the Islands is located at 350 Casa Ybel Road on Sanibel.✪



There has been lots of playground fun



A student listens for the sound of the ocean



Preschoolers got an up-close look at live mollusks, thanks to Leigh Gay from the Bailey-Matthews National Shell Museum



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Be Prepared This Hurricane Season

The City of Sanibel reminds residents that hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) runs June 1 through November 30. A storm can occur anytime, however, the busiest period is mid-August to mid-October.

AlertLee is the new emergency notification system replacing CodeRed. Both the city and county use this popular tool to send targeted emergency alerts. You can receive alerts on multiple devices in your home and/or on your cell phone. Even if you were enrolled in the old system, to continue receiving alerts, you must sign up for alertLee. You can do so on the city website at www.mysanibel.com.

The City of Sanibel reentry pass easily identifies who and when persons are authorized to return after an evacuation. The reentry pass program is all about safety and security, therefore getting a pass requires a short application and specific documentation. The passes are issued all year-long: do not wait until a storm threatens to get yours. Go to www.mysanibel.com/emergency-management.

The city is still using the purple (residential) and tan (commercial) 2016

passes for 2020. People already issued those passes do not need to apply.

Complete a pre-formatted family emergency plan. Following it will provide safety and improve your quality-of-life during the event. The plan is available on the county website at www.leeec.com.

There is a special needs program that provides shelter from a tropical storm or hurricane for those who live in a home and/or area that is not safe from storm surge or wind, and who have no other safe place to go. It also provides transportation to a shelter for those who do not have a way to get there. The program is available to Lee County residents at no cost, but you must pre-register every year. Application processing stops when the county enters the five-day forecast cone of a storm, so submit your application early. Sanibel and Captiva residents should contact FISH of SanCap at 472-4775, or you can register directly with the county at www.leeec.com.

A great resource for a variety of topics like preparations, shelters and contacts is the *All Hazards Guide*, available on the county website at www.leeec.com. You can also pick one up from the Sanibel Police Department lobby, located at 800 Dunlop Road.

The Federal Emergency Management Agency (FEMA) lists the entire City of

Sanibel as a Special Flood Hazard Area. Floods kill almost 200 people a year in the U.S. and 50 percent of those are vehicle related.

For information, visit www.mysanibel.com/emergency-management.

Read us online at www.islandsunnews.com



Alligator Bangers and Mash with Blackened Okra

- 1 pound alligator sausage
- 1 pound potatoes, roughly chopped
- 1/2 pound okra, sliced in half
- 1 cup milk
- 3-4 tablespoons unsalted butter, room temperature
- Oil for cooking
- Sea salt and fresh ground pepper, to taste

Fill a large pot with water and add potatoes. Bring to a boil until potatoes are fork-tender. While the potatoes are cooking, cook alligator sausage in a large skillet on medium-high heat until golden brown. Remove from heat and set aside. In same pan add enough oil to coat and sear okra on medium-high



Alligator Bangers and Mash with Blackened Okra photo courtesy Fresh From Florida
heat until charred. Season with salt and pepper. When potatoes are fork-tender, drain and return potatoes to warm pot. Add butter and milk and mash until desired consistency is reached. Season with salt and pepper.*

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Ian Wainwright demonstrates the Tech It Out laptop kiosk

photos provided

Library Offers Inside Service Or Cubside Pickup

Sanibel Public Library Youth Services Librarian Deanna Evans reminds families with children that it's not too late to register online for the 2020 Summer Reading Program. Nearly 150 children, ages baby to teen, have registered this summer. Everyone must sign up on Beanstack at www.sanilib.beanstack.org/reader365. Participants may come in to pick up their registration

gift, add their name to the bricks on the "castle wall," and choose books earned at the library.

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



Ethan and Ella Lian with their summer reading completion certificates

established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Deanna Evans sings, tells silly jokes and reads stories aloud in her online storytime videos on the library's Children's page. Miss Deanna's Baby Bounce Time videos are a fun session to help to build literacy skills through stories, song and movement. Page Turner Adventures present virtual programming for children every weekday afternoon from 1 to 4 p.m. The videos include comedy story theater shows, crafts, recipes, author interviews, guest

performers, contests and games. Videos are being added daily on the Children's page.

The library is open, and precautions are in place to help protect staff and patrons from COVID-19. Staff members are implementing safety and sanitation procedures consistent with the City of Sanibel mandates and Florida Department of Health guidelines. Signs are posted to remind everyone ages 2 and older to wear face coverings, practice social distancing, wash hands and stay home if sick.

The library is open on its normal

continued on page 20



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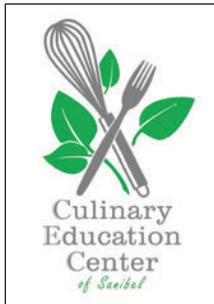
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The Community House

Basil



by Resident Chef Jarred Harris

Basil is one of the most popular herbs in the world. Not only can it be used in pesto, tomato sauce, salad dressings, smoothies and desserts, but basil is used in folk medicine to treat fever, upset stomach, anxiety and depression. Native to central Africa and Asia, basil is a member of the mint family and has been cultivated for over 5,000 years. The term basil originates from the Greek word "Basileus," which means "king."

Basil has been found in mummies in Egypt. The herb was used in embalming by ancient Egyptians. The ancient Greeks and Romans were very superstitious about basil. They believed the herb would only grow if you screamed and shouted while sowing the seeds. They also believed if a basil leaf was left under a pot, it would turn into a scorpion. During British Colonial rule in India, magistrates would make defendants swear on basil leaves, because the herb was considered holy. It was also used as an antidote for snake bites and was

believed to give strength during religious ceremonies.

Basil contains high levels of vitamin K, manganese, iron, magnesium, vitamins A, C and B6. It contains anti-inflammatory and antibacterial properties and also acts as a natural adaptogen. In addition to its culinary and medicinal purposes, basil is used in the production of shampoos, soaps, perfumes and dental products.

Basil contains chemicals that repel insects. In fact, basil is toxic to mosquitos. There are many varieties of basil and they are often named after their scent, or physical characteristics. The most common variety is sweet basil.

Here is an interesting recipe to try:

Easy Basil Pesto

- 2 cups of packed basil leaves (stems removed)
 - 1/2 cup of pinenuts (walnuts, almonds or pecans are good substitute)
 - 1/2 cup Parmesan cheese (grated)
 - 1/2 cup extra virgin olive oil
 - 6 garlic cloves (peeled)
 - Zest and juice of 1/2 lemon
 - 1/2 tsp. salt
- Method

Put all the ingredients into a food processor or blender and blend for 2 minutes. Taste and season accordingly.

Remove and store in an airtight container in the refrigerator for up to two weeks.

*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 or call 472-2155.**

From page 19

Library

summer schedule: Monday and Thursday from 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m.; and Saturday (through August) from 9 a.m. to 1 p.m.

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

The library also has IRS 1040 and 1040-SR booklets available. Many IRS forms can be photocopied at the library, or printed from the www.irs.gov website. Use a computer at the library to print or submit forms. You can also complete the census form online using a library computer. No library card is required to use computers. If you need help, ask staff for assistance.

The Tech IT Out service offers library cardholders an easy way to borrow a Dell laptop or MacBook Air for use anywhere inside the building. Tech IT Out was a pilot project funded in part by the Sanibel Public Library Foundation several years ago, as part of its investment in innovative technology. The Tech IT Out kiosk offers a choice of six Dell laptops and six MacBook laptops. To make social distancing easier, patrons can sit at any table or chair in the library, and use the laptop for up to three hours. The Macs

offer apps like Keynote, Google Chrome, FaceTime, and GarageBand. The Dells have PowerPoint, Excel, Word, and even games like Mahjong.

Patrons who want to social distance are also encouraged to try the library's meeScan app. MeeScan is a self-checkout service that works with a smartphone with the library's WiFi. Using meeScan, patrons can check out their items from anywhere in the library. Patrons who don't want to use meeScan on smartphones to borrow items, can use self-checkout stations located at the service desks. In addition to a quicker and more private experience, meeScan will help patrons keep track of their checkouts by sending them an email with their list of items borrowed. Staff is available to help patrons find and check out books or other material.

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

The buy one, get one free paperback sale is still going on. Currently on display are lighthouse models, postcards and other memorabilia.

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

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Sanibel Sea School Offering Limited Programs

submitted by Nicole Finnicum

Sanibel Sea School opened on June 29 for limited, in-person programs. Marine science educators will offer half-day classes, family private programs and private stand-up paddleboarding programs.

With the rise in COVID-19 cases in the state of Florida, Sanibel Sea School canceled its week-long summer camps, but will still be offering limited programs for the rest of the summer.

Half-day classes will be offered at Sanibel Sea School's flagship campus on Periwinkle, as well as at Sundial Beach Resort & Spa through the satellite campus. Classes will be limited to nine participants to keep group sizes small.

Classes will be available throughout the week for children ages 6 to 13, and for children ages 4 to 6, once weekly at each campus location.

Themed classes offered during the first week included dolphins, pelicans, fish and crabs. Sanibel Sea School's marine science educators are utilizing the beach and outdoor space as much as possible and are limiting time indoors. Students are still able to use seine and dip nets, birdwatch and search the intertidal zones for invertebrates.



Seining is a great socially distanced activity that participants will be doing in classes this summer photo provided

The organization's marine science educators will also be offering family private programs. These are two-hour sessions that can be tailored to the group's interests, age and existing level of knowledge. These sessions are scheduled by appointment.

"Family private sessions are a great way for multi-generational families to explore the ocean together," said Education Programs Manager Shannon

Stainken. "Especially in light of the pandemic, we are seeing more requests for family private sessions so that families can stay together and engage

in outdoor activities."

Private paddleboarding programs are also being offered in small groups. Paddling sessions offer introductory paddling skills, as well as marine science education, on the water.

To register for half-day programs or schedule a private session, email info@sanibelseaschool.org or call 472-8585.*

Lee Graduation Ceremonies Canceled

The School District of Lee County has canceled in-person graduations for the Class of 2020, scheduled for this month. The decision was made with the Florida Department of Health-Lee County and Hertz Arena.

Following the sharp rise in COVID-19 cases in the community and the health risk associated with large events, school officials believe this is in the best interest of the graduates and families. They are working on developing a drive-through ceremony at each high school where the graduates can wear their cap and gown and pick up their diplomas.*



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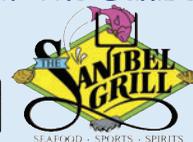
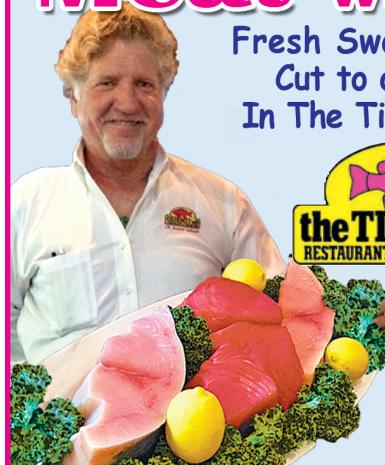
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Book Review

The Last Trial

by Di Saggau



Several months ago, I read that Scott Turow would soon treat us to a new legal thriller, *The Last Trial*. I immediately pre-ordered the book and can now happily say that

I have read it and found it to be an excellent page-turner that I know I will read again.

Turow puts his authentic trial expertise to use, giving us a book that puts us right in the courtroom for a brilliant chess match between Alejandro “Sandy” Stern, an aging criminal defense lawyer, and the prosecution of his lifelong friend, Dr. Kiril Pafko, a former Nobel Prize winner who faces some very serious charges. Stern is surprised by the charges facing Dr. Pafko, which include insider trader and fraud along with murder. Thus, he puts his entire life’s work in jeopardy. Stern, who is 85 years old, decides to take on one last trial, and it’s a masterful experience to read.

Dr. Pafko’s company has developed a drug called g-Livia. It was designated as a breakthrough therapy, meaning the FDA agreed to an established process to expedite the development and review of

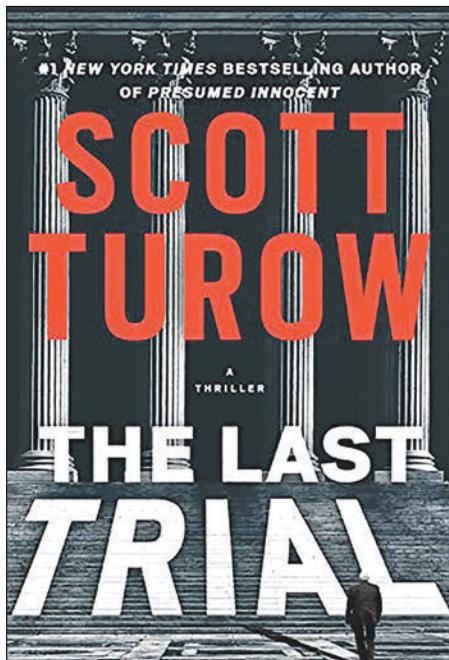


image provided

the medication. This drug saved Stern’s life but has led to the deaths of others. Now it is his duty to defend his client in a trial where the evidence and reality sometimes seem worlds apart.

The 78-year-old Dr. Pafko is an adulterer many times over, and his former and current lovers have strong ties to his case. He mistreats his son, and his wife stays with him for one reason only. He is not an easy person to like. Meanwhile, Stern is someone we root for as he works the case worrying about his “senior moments.” His

daughter and granddaughter are at his side to help, and they are memorable characters. As the judge in the case, Sonya “Sonny” Klonsky is a longtime friend of Stern’s.

This is about a case with huge moral issues brought about by a drug that, while it could extend a cancer sufferer’s

life expectancy, it could also suddenly end it. Stern’s closing arguments alone are worth the read. *The Last Trial* is a gripping sendoff for Stern, a Turow favorite nearly 35 years after his last appearance in *Presumed Innocent*. I suggest you pick this one up, if you haven’t already.*

School Smart



by Shelley M. Greggs, NCSPP

Dear Readers, Last week I shared with you what kindergarten readiness means. Readiness indicates that your child is prepared cognitively, emotionally, socially,

physically and is age appropriate to begin kindergarten. Below I have listed skills that indicate that your child is developmentally ready for school. These skills are based on what the average kindergarten child is able to do. Remember that each child grows at his/her own pace. You know your child best. If you feel that your child may have some delays in his development, it is important to speak to your child’s pediatrician or school personnel about your concerns.

Cognitive Skills:

Child is able to use five to eight words in a sentence;

Knows basic colors like green, yellow, red, blue, orange;

Child is able to memorize address and phone number;

Identifies some letters of the alphabet and a few numbers (if taught);

Child is able to count up to 10 objects.

Language Skills:

Child is able to say both first and last names;

Child is able to follow a two-step simple direction;

Child is able to ask and answer

questions correctly;

Child is able to take turns when talking with others;

Speaks fluently and correctly using plurals, pronouns and tenses.

Gross Motor Skills:

Child runs in a controlled manner, able to start, stop and turn;

Is able to walk on tiptoes;

Has experience with jumping, skipping, hopping and swinging;

Uses a fork and knife well;

Can throw and catch a bounced ball.

Fine Motor Skills:

May be able to copy simple shapes and designs;

Able to cut with scissors;

Child has hand preference established;

Child is able to dress self with little assistance.

Social/Emotional Skills:

Child organizes other children and toys for pretend play, but may confuse fantasy and reality at times;

Is able to distinguish right from wrong;

Can take turns and share, but doesn’t always want to;

Child may want to do things on their own, but still have fears of things like loud noises, the dark, animals and some people;

Child is starting to name feelings, but may still act them out.

*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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Lee Virtual School Enrollment Open

Lee Virtual School (LVS) is accepting applications until Monday, August 3 for the fall semester. Students who enroll full time in Lee Virtual can keep their current school choice for the spring semester if they wish to return to campus in January.

Lee Virtual School is one of Florida’s top-ranked virtual schools and the only kindergarten through 12th grade accredited online public school in the area. The challenging online learning program follows the school district calendar. Students have access to many of the same courses as they would in a traditional school including advanced placement (AP) and dual enrollment (FGCU, FSW, FMTC and CCTC) along with schedule flexibility. Students completing virtual courses receive the same accredited diploma as any other public school.

The process to enroll as a full-time LVS student consists of:

Submitting an application;
Verification of residency/grade level/instructional needs;

Student and parent attending a live online orientation session for their grade level;

Attendance to online onboarding during the first week of school.

All of these steps are currently being conducted remotely to comply with safety concerns. A student’s enrollment in LVS is not final until all steps are complete. To begin the enrollment process, fill out the forms online at <https://forms.gle/UW2VyKw5VLdq3HqT6>.

Families and students interested in more in-depth information are invited to attend one of four scheduled information sessions. These sessions are accessed from the school website at <http://lvip.leeschools.net> and are held online via zoom during the following dates and times: July 16 at 2 p.m.; July 16 at 6 p.m.; July 21 at 2 p.m.; and July 21 at 6 p.m.

Enrollment in LVS is expected to be a complete semester in order for students to receive credit.*



RS Walsh Landscaping staff installs grasses for the San-Cap Road Beach Protection Project photo provided

Landscaper Donates Plantings For Beach Project

RS Walsh Landscaping donated and installed 250 native seashore paspalum grasses, 70 seacoast marsh elders and 250 sea purslane to help protect and enhance the beach at the end of Sanibel-Captiva Road, near Blind Pass. The grasses will help prevent erosion and improve water quality at the newly-installed San-Cap Road Beach Protection Project conducted by the City of Sanibel.

"We are proud to help enhance this project, and the city has done an excellent job of executing the project in a fast-tracked manner to protect the roadway," said Jeremy Walsh, RS Walsh project manager. "With the current city budget constraints, we felt this was a way for us to lend our assistance and provide a level of environmental stewardship that we strive for when working on the islands."

In addition to these donated grasses, RS Walsh has also completed Section 1 of the San-Cap Protective Vegetation Plantings located at the same beach location. The primary goal of this project is to stabilize the sand, prevent erosion and possible washouts of the roadway.✱

Business Rehire Program Begins

Businesses have an opportunity to apply for help through the LeeCARES Business Rehire grant program, which began on July 6.

Assistance is available to eligible businesses (and some nonprofits) that are rehiring employees laid off or furloughed due to the COVID-19 pandemic.

Grants of \$5,000 are available for each full-time employee (or FTE equivalent) rehired. Funds can only be used for operating expenses not covered by other resources. Businesses receiving the federal Paycheck Protection Program (PPP) may be eligible if their covered loan period has expired.

Businesses must have 250 or fewer employees, and the business owner must be a Lee County resident.

The program will:

Provide grant funding to eligible small businesses for rehiring full-time equivalent (FTE) positions that were on the payroll as of March 1, 2020. Eligible positions must be rehired on or after July 6, 2020.

Provide grants of \$5,000 per full-time equivalent positions rehired, up to \$10,000 for businesses with 10 or fewer employees or up to \$20,000 for larger qualified businesses with fewer than 250 employees. Note: all 501(c)3 and 501(c)19 organizations are eligible.

Allows grants to be used for operating

expenses not covered by other resources, including working capital, professional services or employee training.

\$2,000 of each job grant may be accessed once the FTE position is back on the payroll on July 6 or afterwards. The other \$3,000 of each job grant may be accessed once the FTE position has been retained for 60 days.

Applications and eligibility requirements are available online at www.leafcares.com or by appointment by calling 533-2273.

The program is part of the Lee Board of County Commissioners plans to allocate about \$134.5 million from the federal Coronavirus Aid, Relief and Economic Security (CARES) Act. The funding includes: \$45 million to human services programs including the individual assistance; \$25 million to Business Relaunch and Rehire programs and PPE; \$23,950,000 for public safety and medical expenses, including contact tracing, EMS transport, quarantine housing, etc.; \$20 million for governmental COVID-19 direct expenses for Lee County and constitutional offices, including PPE, facility safety, public education and messaging, data collection, elections, telework, etc.; \$20.5 million for general reserves for COVID-19 costs.

A dashboard that shows assistance statistics is available at www.leafcares.com/transparency. Instructions also are available in Spanish by calling 533-2273 (or 239-LEE-CARES); applicants without Internet access can also call the number. Hours are 8 a.m. to 5 p.m. weekdays.✱



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Sanibel Church Honors Seniors

The H2O Youth Ministry program at Sanibel Community Church congratulates its 2020 high school graduates. They are: Nickolas Condosta, Knox Deal (not pictured), Emily Ibarra, Cassidy Kerkesher (not pictured), Alec Koontz, Geovanny Marquez, Savannah Nippa, John Peterson, Caitlin Ross, Carley Ross, Isabella Sbarra, Daniel Shuster, Will Strange, Tyler Ulrich, Allison Van Olst, Brooke Yelenich and Peyton Yelenich.

Graduates will be honored with a ceremony and banquet during morning church services on Sunday, August 2.✽



Nickolas Condosta photos provided



Emily Ibarra



Alec Koontz



Geovanny Marquez



Savannah Nippa



John Peterson



Caitlin Ross



Carley Ross



Isabella Sbarra



Daniel Shuster



Will Strange



Tyler Ulrich



Allison Van Olst



Brooke Yelenich



Peyton Yelenich



Brian Mast photo provided

Chamber Hosts Power Hour On Water Quality

Florida Congressman Brian Mast has been instrumental in moderating Lake Okeechobee levels and discharges by showing up uninvited and asking questions, he told Sanibel & Captiva Islands Chamber of Commerce members during a virtual Power Hour meeting on July 1. He advised the 130 meeting attendees to do the same to keep water quality issues in the foreground even while the situation appears to have improved.

"I actually met Congressman Mast, he showed up uninvited to a press conference we were having in Tallahassee," said Capt. Daniel Andrews, co-founder and executive director of Captains for Clean Water, which sponsored the meeting. "It's pretty rare that you will get a politician, especially a congressman, that will just show up to show support on an issue... I don't think there's been anyone else I've met in the last four years that's been as hard of a fighter," he added while introducing the speaker, referencing Mast's career in the U.S. Army's elite Joint Special Operations Command, which resulted in the loss of both legs in Afghanistan.

"One of the biggest things he's fought for, we can already thank him for now... in addition to all the Everglades restoration stuff, is the way that we manage Lake Okeechobee, fighting to keep those lake levels lower during the dry season, so when it rains we don't have discharges," said Andrews. "He's been by far the leader on that issue. Last year, we saw a significant change in our water quality and in my opinion, it was largely due to those efforts."

The questions Mast started asking pertained first to the toxicity levels of water being released, which resulted in the United States Environmental

Protection Agency's release of standards and admission by the Army Corps of Engineers as to the high levels of toxicity being released into the Caloosahatchee and St. Lucie River, which flows into Mast's district on the east coast.

"Where are they going to draw the line for not allowing people to be poisoned?" asked Mast, who serves on the federal transportation and infrastructure committee that addresses water quality issues. "What are they going to do about that?" and that is the question we need to be begging them."

Mast also questioned why Lake Okeechobee levels were allowed to rise so high each year when the results predictably mean the dumping of water into the rivers in summer when it's most toxic. "Isn't that negligent? Isn't that naïve to allow that to happen year after year after year?" he asked. "Why let it go to that level? How low can you bring those levels of Lake Okeechobee and still give everybody the water supply they need?"

His committee supports the Water Resources Development Act currently before the federal legislature, which would regulate Lake Okeechobee levels so that west coast estuaries would still get the water it needs in winter and would send water south in the summer instead of discharging into the two rivers.

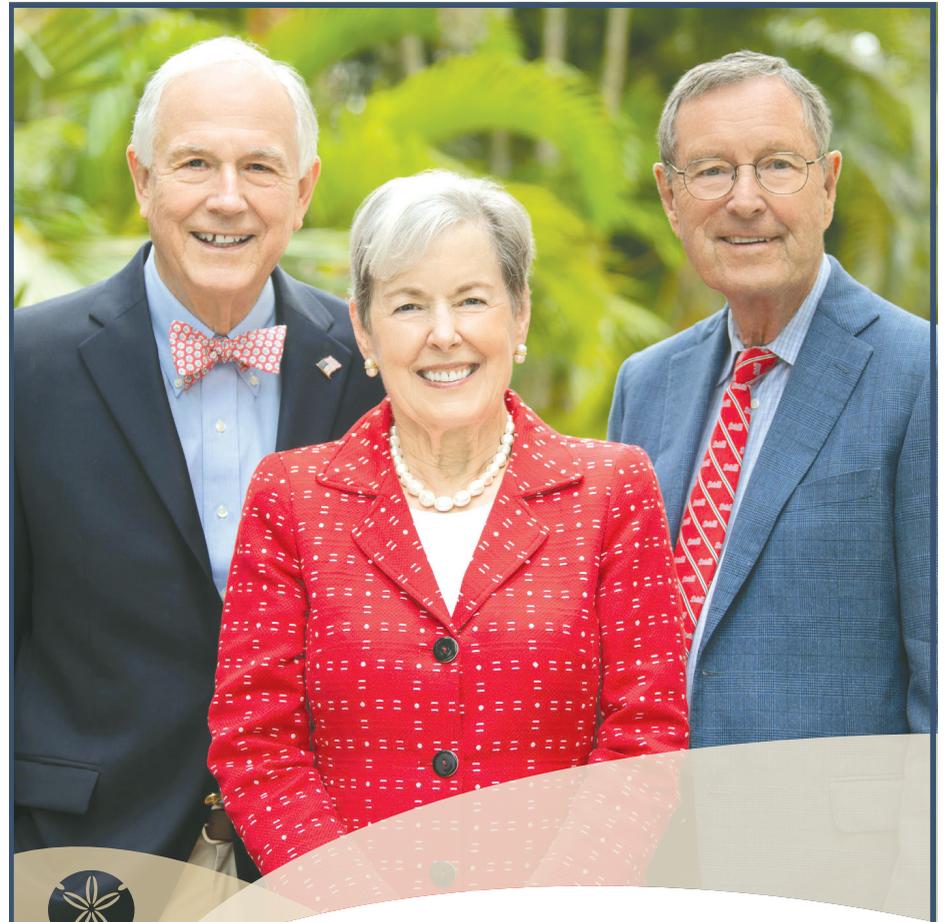
"We can't allow others to get what they want and step on our communities to get it," said Mast. "There's a pretty balanced fight for and against this. We will be seeing it play out in the next couple of weeks."

Andrews, a full-time fishing guide who grew up in this area, urged meeting attendees, "Don't forget about our water quality when it looks good. It's going to take all of us focusing on this 100 percent all the time from here on out." He thanked the chamber of commerce for its leadership in bringing these issues to Washington and keeping them front and center. "This is what's moving the needle right now," he said.

"One thing we tend to do is get complacent," said John Lai, chamber president and chief executive officer. "We need to continue to keep our foot on the gas." He thanked Rep. Mast and Captains for Clean Water for their collaboration on keeping the business community focused.

Captains for Clean Water, a grassroots nonprofit organization formed by Andrews and Chris Wittman in 2016, advocates for the elimination of harmful, large-scale Lake Okeechobee discharges into the Caloosahatchee and St. Lucie river estuaries by restoring the natural flow of the lake south into the Everglades and Florida Bay.

"I can't emphasize that enough. The clean water is essential to businesses and businesses are essential to the fight," said Andrews. "We need to continue this fight year in and out, regardless of what we're seeing. It takes that continuous pressure."**



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Rick Wagner photo provided

Lions Club Names Member Of The Year

The Sanibel Captiva Lions Club named Rick Wagner as Lion of the Year for 2019-20. During the past year, Wagner served as a member of the

board of directors, treasurer, webmaster, chair of the Christmas tree sales, co-chair of eyeglasses collection, on the arts and crafts fair committee, as volunteer at Trailways Camp, volunteer at Night to Shine and parking of cars at a number of events. His untiring spirit exemplifies what it means to be a Lion and to live the Lion's motto of "We Serve." The Sanibel Lions Club thanks Wagner for his contributions to the Lions Club and the Sanibel-Captiva community.

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

The Sanibel Captiva Lions Club holds dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Lion Steven Schulz at Sanibel Captiva Lions Club, P.O. Box 391, Sanibel, FL 33957, call 233-6261, or visit www.sanibelcaptivalionsclub.org.



One of the hatchlings making its way to the gulf photos by Kerry Salatino

From page 1

Leatherback Nest

coast of Florida. Chris Johnson and Kelly Martin of FLI successfully placed a satellite tracking device on Juniper while she was nesting on Sanibel on May 19.

"This was an amazing opportunity to track a leatherback from a location never before tracked, and gain valuable research data about her behavior and movements in the Gulf of Mexico," said Martin.

Based on timing between nests, FLI biologists believe that Juniper may have laid nine nests this season. Their tracking



This hatchling had to be rescued after falling into a hole left by beachgoers

shows that she swam as far north as Sarasota and out into depths of nearly 200 feet in the gulf in between nesting events.

Leatherbacks are listed as endangered in the U.S. Only an estimated one in 1,000 sea turtle hatchlings will make it to adulthood.

"Thanks to all of you who help protect our hatchlings by turning off all lights visible from the beach, removing beach furniture, filling in holes and keeping our beaches free of litter," said Sloan.

To learn more about SCCF's sea turtle monitoring program, visit www.sccf.org/our-work/sea-turtles. To track Juniper, visit www.trackturtles.com/juniper.

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Islanders Count On FISH During Tough Times

As the world continues to battle the COVID-19 health crisis and policy adjustments are made accordingly, many islanders remain in limbo with work and childcare. FISH of SanCap is working through its array of social services to help island families make ends meet during this difficult time.



"The pandemic is a crisis that we're battling on all fronts – we're concerned with our neighbors' physical health and mental wellbeing and simultaneously working to provide them the basics to keep their households afloat financially," said Alicia Tighe, FISH executive director. "We also hope that by assisting those working on Sanibel and Captiva that it will alleviate, in some way, turnover and staffing pressures that our small businesses are feeling right now. The uncertainty is difficult for everyone."

Kathy and Joe, whose names have been changed for client privacy, are a young couple working in the restaurant industry on Sanibel. They sought help through FISH once before and, with nowhere else to turn, re-engaged the organization with a request for assistance. Here is Kathy and Joe's story:

"My husband and I both lost our jobs within the same week due to COVID-19. Working on the islands during red tide, we knew how quickly business could change on Sanibel, but we have never been in a situation with both of us out of work. Our 10-year-old son was out of school and we could see the anxiety building inside of him – worried about the virus, becoming frustrated with virtual school, and wondering how we would be paying our bills if both Joe and I were home.

"Joe and I have lived and worked Sanibel Island for over 20 years. We remembered that FISH helped us years ago when we were pregnant and it was off-season. They provided us with diapers and all kinds of other stuff to help. For us island workers off-season can really be a trying time financially, however, FISH saw us through that difficult time. We hoped they might help us through this as well.

"We contacted FISH and were put in touch with Nitza. She was incredibly patient and understanding with what we needed to do to receive the help they provide. Within a week's time, they had covered two months of rent as we were already a month behind when we called, and the next month was quickly coming due. The two hardest months to get through in a normal year, mind you, but with COVID going on, it's like a double whammy. They also helped us with food for our family and put our son on the food backpack program. It has really brightened his week to get his own bag of fun snacks and food that is just for him each time we pick it up with our regular groceries. Without the help of FISH we most definitely would be in a much

different situation right now. The peace of mind their help gave us was priceless."

Kathy and Joe will continue to search for as many work hours as they can get between the two of them while looking after their son during the school summer break. They will also make use of the food pantry to help keep grocery costs down. "If we tag team it, even if one of us has to work a few jobs or double shifts, I think we can make this work," said Kathy.

The FISH Walk-In Center and Food Pantry hours are Monday through Friday from 10 a.m. to 4 p.m. If you have any questions or concerns, or if you need assistance, contact Alicia Tighe at 472-4775 or by email at alicia@fishofsancap.org.

Captiva Community Panel Meeting

The next meeting of the Captiva Community Panel will be held as a Zoom webinar on Tuesday, July 14 beginning at 9 a.m. The public will be able to hear and see all the discussion and ask questions in writing via the Q&A feature, but you will be muted unless unmuted by the host.

This meeting is open to all interested islanders and the public. Information and background documents will be available online at www.captivacommunitypanel.com.

The link to join the webinar:
<https://zoom.us/j/97594043720?pwd=WjJIN09vRkdacE1CT2lPd1BNNW15QT09>

Password: 470253
Telephone: 312-626-6799 or 929-436-2866
Webinar ID: 975 9404 3720
Password: 470253

The next meeting of the Captiva Erosion Prevention District will be held online on Monday, July 13 beginning at 1 p.m. To attend using any computer device or phone type, look for instructions online at www.mycepd.com, or use the following link: <https://us02web.zoom.us/j/83375906597?pwd=eU9CVWY5MXdiRWdHdU10GRneXRWUT09>.

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Health First

Wearing A Mask Is A Sign Of Patriotism



by Julie Rosenberg, MD

Patriotism is love of country. It is the celebration and reaffirmation of our founding ideas. Patriotism underlies America's vitality as a nation.

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection (aka COVID-19) now threatens the vitality of our nation. COVID-19 has affected over 2.6 million individuals in America and is causative in over 127,000 deaths. This virus is moving through the country at a

record pace, overwhelming healthcare systems. Currently, the number of new cases hovers around 40,000 per day. However, if the current trajectory of the outbreak does not change, Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, warns that the United States may soon record as many as 100,000 new cases of COVID-19 per day.

Throughout my medical career, I have been dedicated to the pursuit of scientific evidence and reason. I therefore encourage all individuals to consider the evidence supporting facial mask use in public places based on the sum of scientific data. The wearing of masks is not a matter of politics nor is it a violation of personal rights. Masks are now a potentially life-saving health prevention practice; a practice that not only supports your own health and wellbeing, but that of others.

The data show that COVID-19 is transmitted by person-to-person contact primarily through the respiratory system. Respiratory transmission is not only

by infected droplets released when an affected individual coughs or sneezes but also through exhaled air that is produced by an affected individual who is talking or simply breathing. The latter is particularly concerning, as over 45 percent of individuals with COVID-19 are asymptomatic and could be spreading the virus as they go about their daily activities without any knowledge of doing so. In fact, the viral load in an asymptomatic patient has been found to be similar to that found in symptomatic patients.

Face masks covering the nose and mouth are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, or speaks. This is called source control. The universal wearing of masks, along with social distancing and good hand hygiene, if employed by all Americans, will help to slow down the exponential growth of COVID-19. If all Americans wear face masks in public places, they will collectively protect against cross-transmission through person-to-person contact. Exceptions to this universal recommendation include children less than 2 years of age, those with trouble breathing and individuals who are incapacitated.

While this solution seems relatively straightforward, the seemingly simple habit of wearing a mask while in public has been controversial. Some individuals refuse to wear a mask for reasons of vanity. Others have suggested that wearing a mask is a violation of their constitutional rights – it's not. Constitutional lawyers who have been queried about the matter advise that the requirement to wear a mask is not much different than the classic requirement for service at most restaurants: "No Shoes, No Shirt, No Service."

I encourage everyone who is in any way challenged by wearing masks in public to reframe the issue. Consider President John F. Kennedy's historic words, "Ask not what your country can do for you – ask what you can do for your country." In this time of national crisis, we need every American to contribute to the common good of the country. In fact, the preservation of all of the fundamental values of America – common good, justice, liberty, life, equality, diversity, pursuit of happiness, truth, patriotism and rule of law – ultimately depends on effective leadership, and we, the people.

In times of crisis, patriotism has united

America. So, I challenge each individual to rise up as a leader in the fight against COVID-19. Show patriotism for our great country by wearing a mask. The health and vitality of our nation depends on each citizen "doing the right thing," not only for their own benefit but for the benefit of all.

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

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Bob Hodosky

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How To Choose The Right Lighting For Your Entryway

by Katie Frederick



With more free time to focus on menial tasks, home projects, and responsibilities, now's a great opportunity to consider rejuvenating a living space like

the entryway. Beyond decorations, accessories and furniture, focusing on the lighting aspect of this room can take an area that is often overlooked to the next level.

From details on which lighting fixtures to choose, to whether you should use window treatments or focus on certain colors in your decor and design scheme, we can offer perspective on entryway lighting with the best lighting options to consider.

If you want to make a move that not only looks stylish but is also functional, consider selecting sconces for your lighting. Sconces are fabulous wall fixtures that allow you to put the light where the people are – versus a chandelier which may be too high up to adequately light the space – without

the more intense light of an overhead fixture. Perhaps the ceiling may be too low to put a chandelier at all. Dimmers are also an excellent idea on all fixtures, as they can help transform the room when the mood needs to be adjusted.

Take advantage of the natural lighting passing through windows. When deciding on window treatments in the entryway, the choice should be made on functional requirements first then the decorative solution follows. Is privacy an issue, such as with a large glass door that might be allowing a clear view into your home? Or is it the door glass with sidelights that is letting in damaging sunlight? Solutions depend on the interior and exterior style of your home, and there are plenty of options to choose from. Fabric curtains, shades, woven wood shades, UV blocking designer screen shades, shutters, horizontal blinds, cellular or other shading systems or vision-obscuring film are among the available options.

Painting the entry with lighter shades can impact the natural lighting in your living space, but this doesn't necessarily work for everyone's style. Make the color call based on the look you want for your entryway. Artificial lighting can be a big help in a dark space, and paint colors with high light reflectance values can help, but the decision is best made when you consider what the overall look is that you are trying to achieve.

Whether you are interested in rejuvenating your current lighting arrangement in the entryway or you want to redecorate or design another

room, home renovations are a great way to be productive while we are spending more time at home. Take a look around your home environment and see what areas could use a refresh.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecen.com.**

LCEC To Resume Normal Collection

After taking measures to try to ease the financial burden on customers after COVID-19 struck, Lee County Electric Cooperative (LCEC) will begin normal collection activities in July. When COVID-19 surfaced, LCEC suspended disconnection for non-payment, waiving late fees, returning \$12 million in equity to active and inactive members, and contributing funds to the Power to Share Program for energy assistance. Many utilities throughout the state of Florida have already resumed the collection process or will restart disconnection protocol in July.

"This decision is tough and does not come lightly. It is based on helping customers avoid building up a large balance and having an impact on all customers through accumulated bad debt for the cooperative," said CEO Denise Vidal. Close to \$1 million in LCEC late fees have been waived since the pandemic impacted Southwest Florida.

LCEC customers are encouraged to enroll in SmartHub now to request payment extensions, or call the contact center at 656-2300 for assistance or to set up payment arrangements. Customers are also urged to seek financial assistance while it's still available through state and local financial assistance programs. "Customers should know that we will find solutions to help them meet their personal responsibility to LCEC so that we can fulfill our financial requirements with our power supplier and lenders," said LCEC Public Relations Manager Karen Ryan.

LCEC takes pride in helping those in need throughout the communities it serves. Corporate stewardship has been part of the not-for-profit electric cooperative culture since establishment in 1940. LCEC is only in business to serve its members daily, and in times of crisis. "We sincerely thank our customers for their continued support, understanding and patience as we navigate through these uncertain times together," said Vidal.*

Home And Garden Show Coming This Fall

The 2020 semi-annual Home and Garden Show will be the first public event to be held at the new Caloosa Sound Convention Center & Amphitheater on Saturday and Sunday, September 19 and 20 from 10 a.m. to 4 p.m.

Now in its 24th year, the show features more than 130 local and regional companies that display and present products and services to homeowners.

Jim Parks from HGTV will serve as celebrity guest and will give three entertaining and educational seminars each day featuring Update your Kitchen and Bathroom, I Need Curb Appeal and Change My Living Space.

Attendees can experience the newest in-home improvement products and services inside and out from furnishings, accessories, decorating and remodeling ideas to landscaping. Hourly drawings and door prizes will also be given away.

The Caloosa Sound Convention Center & Amphitheater is located at 1375 Monroe Street in downtown Fort Myers. For more information, visit www.expomanagementinc.com or contact Bill Anderson of Expo Management at 855-321-2111, ext. 20 or bill@expomanagementinc.com.*

Treatment For Drug Addiction

Narconon officials remind families that an addict typically does not like being an addict. After a while, the lifestyle they live while being addicted to drugs and alcohol gets old.

So, why don't they just stop? It is confusing for people who don't understand addiction. The drugs have become a solution to a life problem. This can only be handled by going to treatment. Don't just assume it's a phase, it will end, or they will get tired of it eventually. You could be left to deal with tragic consequences.

For more information on how to handle addiction, visit www.narconon-suncoast.org/blog/why-cant-they-just-stop.html. Call 1-877-841-5509 for a no cost screening or referral.*

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16500 CAPTIVA DRIVE



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 - 6BD/6.5BA, Private elevator, Art Studio, large Pool
 - Exclusive Location, Gorgeous Landscaping & Setting on Over One Acre
- \$6,889,000**

6418 PINE AVENUE



CAPTIVA VILLAGE SANIBEL WATERFRONT

- 3 BR, 3 BA, Two Master Suites. Open Concept, 3,930 + SF
 - Huge Lanai & Balconies for entertaining, Pool/ Spa
 - Perfect Investment w/Short walk to Beach or West End Village
- \$1,849,000**

WEST GULF DRIVE SANIBEL



104 FEET OF BEACHFRONT PROPERTY

- 1 Out of 3 lots available of Beachfront or purchase together
 - Large, Peaceful lot in Private Setting, Beach is your front yard
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1226 ISABEL DRIVE SANIBEL



BAY FRONT WITH BOAT DOCK

- Direct Bayfront Parcel w/Stunning Views
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 - Option to Purchase Protected Boat Dock
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11544 WIGHTMAN LANE



CAPTIVA ISLAND GETAWAY

- 4 BR, 6 BA, Updated Kitchen, Two Master Suites, 2,866 SF
 - Two floors of balcony/lanai space, pool area for entertaining
 - Two houses from the Beach! Perfect Income Opportunity!
- \$2,395,000**

16611 CAPTIVA DRIVE



ROOSEVELT CHANNEL ESTATE

- Luxury 6 BR, 6 BA, Authentic Architectural home w/ Cypress Beams
 - Guest House, Deeded beach access, lush landscape
 - Three Separate docks & lifts 60K combined weight/ Pool Cabana Outdoor Fireplace
- \$4,889,000**

15138 WILES DRIVE



CAPTIVA BEACH FRONT ESTATE

- 102 Feet of Premier Gulf Frontage
 - Comfort Meets Luxury w/ 6 BR, 5.5 BA, 4611 SQFT
 - Great Rental Income, Pool, Putting Green
- \$6,495,000**



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Rotary Happenings

submitted by Cindy Carter

This past week, the Sanibel-Captiva Rotary welcomed our new president, Richard Green. And while Sanibel did not have its usual 4th of July parade, Green did present a moving video recalling memories of past parades that the Rotary participated in. Hopefully, by this time next year, our parade will be bigger and better than ever, and our Independence Day celebrations will be even more appreciated.



This week's speaker was Eliga Gould, professor of history, specializing in American history, the American Revolution and Britain, from the University of New Hampshire. He spoke to our club, appropriately on the 3rd of July, about the Declaration of Independence.

The Declaration of Independence was actually voted on by Congress on July 2 and sent to the printer to be published on July 4, 1776, which then became the day we celebrate our independence. The actual handwritten document was not completed until sometime in August, which is when the actual signing took place.

Most Americans are more familiar with the second paragraph, stating "We hold these truths to be self-evident, all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." But at the time of the creation of the Declaration of Independence, the first paragraph



Eliga Gould photo provided

stating, "When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them a decent respect to the opinions of mankind requires that they should declare the causes which should impel them to the separation" was the paragraph that Congress cared most about. The first paragraph is where Congress declared Independence. The things you never knew. Just a little tidbit for our Fourth of July knowledge bank.

*The Sanibel-Captiva Rotary Club will continue to meet by Zoom meetings until further notice on Friday mornings at 7:30 a.m.; you may arrive as early as 7 a.m. to chat with other members. To be included, call Rotary at 472-7257.**

Transportation Corridor Featured In Online Program

The 2020 Florida Legislative Review and latest report on the M-CORES Southwest – Central Florida transportation corridor will be featured in a special, live online program by the Real Estate Investment Society (REIS) on Tuesday, July 14 at noon. The program is sponsored by Midland Trust.

State Representative Dane Eagle will review the recent Florida Legislative Session with a focus on bills and budget issues of interest to the real estate and business community in Southwest Florida. Eagle is a commercial real estate broker and has represented Southwest Florida in the State House of Representatives since 2012.

M-CORES Task Force member Matt Caldwell will deliver an update on the proposed Southwest – Central Florida connector, a multi-use corridor to extend from Collier County to Polk County. The Multi-use Corridors of Regional Economic Significance (M-CORES) program is intended to revitalize rural communities and improve regional connectivity. Caldwell is a real estate appraiser and former state representative.

There is no charge for the presentation, but registration is required at <https://app.livestorm.co/midland-trust/reis-virtual-lunch-meeting>. Registrants will receive a link to the program via email, one hour prior to the presentation.*

Hope Hospice Extends Program For Chronic Illness

With a year-long extension of its Hope Choices program, Hope Hospice will be able to continue offering special access to additional, personalized care for Medicare participants receiving curative treatment for chronic illness – along with counseling, education, family support and respite to ensure their caregivers

and loved ones also receive help. In 2018, Hope was among a select number of hospices in the country chosen by the Centers for Medicare & Medicaid Services to offer the Medicare Care Choices Model (MCCM). Through the recent MCCM extension, Hope Choices will continue allowing more Medicare beneficiaries to receive supportive care.

For people with cancer, congestive heart failure, chronic obstructive pulmonary disease, or human immunodeficiency virus, Hope develops a specialized plan with their physician and coordinates care through a combination of in-person visits and 24/7 telephone access. The program is a step forward for Medicare, and an option already available for many people with private insurance.

"With Hope Choices, people can receive special care and support earlier, while still pursuing treatments," said Samira K. Beckwith, president and CEO of Hope Healthcare. "We are happy to have the opportunity to continue adding more hope and quality of life to every day."

Hope Choices is available at no cost; all services are covered for Medicare beneficiaries.

To learn more about the program, call 482-4673.*

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



KC Cuscaden



Mary Bondurant

The top producers for June at Kingfisher Real Estate were: KC Cuscaden, top listing agent; and Mary Bondurant, top selling agent.*

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SANIBEL ISLAND



1558 SAN CARLOS BAY DR., SANIBEL
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 • Wood Beamed Ceilings, Picture Windows
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 • Beautifully Decorated 2 BR, 2 BA
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 Trevor Nette 239.281.4435

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1501 MIDDLE GULF DR. #F108, SANIBEL
 • Large 1 Bedroom, 1 Bath
 • Beautifully Maintained Property
\$475,000 MLS 220009087
 Brian Murty 239.565.1272

MAJESTIC PALMS



11620 NAVARRO WAY #2404, FT. MYERS
 • Move-In Ready 3 BR, 2 BA, 1 Car Garage
 • 10 Minutes to Sanibel, Low HOA Fees
\$215,000 MLS 220011297
 Sally Davies 239.691.3319

Will Power

When You Don't Avoid Probate With A Trust



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

A couple of years ago, a very nice couple visited with me in my office. They had moved from Wisconsin, where their attorney was also licensed in Florida, and had just completed a revision of their revocable trusts and related pour-over will, durable powers of attorney, health care surrogates and living wills.

They wanted me to represent them now that they had become permanent Florida residents, but they were quick to say that they had the utmost of confidence in their Wisconsin attorney, who they assured me had taken the necessary steps to update their documents to Florida law. This couple merely wanted to meet with me and to seek my assistance when something happened to either of them.

"Normally, I would review your documents and your assets to ensure that your plan is up-to-date and congruent with your intent now that you live here," I said.

"No, thank you. We'll call you when we need you," the husband replied.

That was the last I heard until recently, when the wife called to tell me of her husband's passing. I asked her to provide me current deeds and financial statements so that we could implement the testamentary trusts found within their revocable trusts.

That's when we discovered that nothing had ever actually been transferred into either her trust or his trust. "The assets in your husband's name alone will be subject to a probate proceeding in order to get them into the trust for you," I advised.

"But we were told that our trust avoids the probate process," she said.

"It does. But only when the accounts and properties are actually titled into the trust name," I continued. "Here, there are accounts in your husband's name. So his pour-over will catches those assets and deposits them into his revocable trust, but only through a probate process."

Looking through the trust instrument carefully, I noticed another problem. "The disposition of your home inside of your husband's trust is an invalid devise," I counseled.

"What does that mean?" wife asked.

"Well, Florida law contains unique and peculiar homestead provisions. This doesn't really have anything to do with your homestead property tax exemption nor your 'Save Our Homes' property tax assessment cap. Instead, the law centers on to whom you can leave your primary residence. When you are survived by a spouse, you need to leave it outright to him or her, or else you have an invalid devise."

"Well, isn't his trust mine now?"

How's The Market? Ask Ann

My goal is to present Sanibel MLS statistics that are giving you actual sales (CLOSINGS) data, giving you information to make an informed buying and selling decision on Sanibel.

Keep in mind, the averages we report are AVERAGES. Recent price negotiations are approximately 6%. A well priced, "WOW" listing could very well sell at full price. An overpriced, needs updating, been with two or more listing agents may well sell at 15% off the list price.

Each sale has its own story.

June's Real Estate Activity

We continue to have newly reported pending sales in June. Going back 7 days, 12 "pending sales" were reported. Actual Closings in June 2020 (18) are starting to catch up to June 2019 Closings (24). Price negotiation both years was in the 6% range. It took about 50 days longer to sell a condo than a home. Approximately 75% of the closings were sales between two Real Estate Agencies. The median sales prices in June were down about 10%... more buyers in the lower price ranges.

Thinking about selling and want to sell your home in the next 4-6 months? Do your homework. Get a Zillow estimate online and look at your Lee County Tax Assessors' value of your property... add 20% to that value. This should give you a "rule of thumb" value to your property. Pick out 3 Sanibel Realtors that have a good reputation. Pose the following question to each agent: "I would like to sell my property within 4 months, at what price do you think my condo/house will actually sell? Please be "frank" with me. If I were selling, I would put more weight on the lowest estimate as opposed to the highest. Select an agent you trust, work with a six months listing agreement, make sure your home shows well and make it easy to show. I hope you would consider me as one of the 3 agents you interview.

That's it for June. With the increase in Coronavirus cases, it will be interesting to follow July's activity.

Thank you for reading my newsletter.



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"Yes and no. You are the trustee of his trust and you are the primary beneficiary of the credit-shelter trust created for estate tax purposes. But despite these facts, the home as a part of his trust creates an invalid devise."

"So, what happens?" she asked.

"Well, you get to share the home with the children. You can either choose a one-half interest in the home or you could choose a life estate and they would get a current vested remainder interest," I said.

"That doesn't sound so bad," she said.

"It might not be, unless you go to sell the home and you need the children's permission, their agreement on the sales price, and they get a portion of the sales proceeds. Hopefully, none of the children have any divorces or creditor problems going on now as that might affect the title as well."

Needless to say, the wife wasn't very happy with all of the obstacles that appeared before her in a most difficult time – after the loss of her husband. All of these problems could have been avoided with a review of the trust and the assets and corresponding action taken before anything happened to the husband.

While you might point out that the Wisconsin attorney could have done more, one doesn't know the extent and scope of his representation. Perhaps he wasn't engaged to also help transfer the assets to the trusts that he created. As far as the homestead laws, those are very particular to Florida. While the Wisconsin attorney indicated that he was licensed to practice law in Florida, he may not have had many clients here and may have been unaware as to the issues involved in the disposition of Florida homestead. Or it could have been that the clients assured him that the home was owned differently than it really was. It all could have been an innocent misunderstanding, or a lack of depth of the engagement itself.

In any event, the moral of the story is clear. Even if you have a trust, you might not avoid the probate process if all of your assets were never actually transferred into the trust, and when moving to a new state, beware of how your new home state's laws affect your estate planning.

The Sheppard Law Firm is located in Fort Myers and Naples by appointment.

©2020 Craig R. Hersch. Learn more at www.sbslaw.com.*

Electric Cooperative Hires Risk Officer

Lee County Electric Cooperative (LCEC) recently hired Eric Scott as its new director of governance risk and compliance chief risk/compliance officer.

In this role, Scott will serve as a strategic partner and advisor to the CEO, senior leadership team and the LCEC Board of Directors on matters pertaining



Eric Scott

to governance, risk and compliance for the cooperative. Additionally, Scott will provide leadership in key fundamental areas such as regulatory; policy development, management and administration; business continuity in all industry and environmental conditions; compliance and controls; insurance programs and claims; internal audit; and power supply. Scott's 21 years of utility experience include working for the Ameren Corporation as the director of reliability standards and compliance oversight since 2008.

Prior to that, Scott worked for nine years with Associated Electric Cooperative. He has a bachelor of science degree in both finance and accounting and a master of business administration degree in computer information systems from Missouri State University.*

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2. Gulf front Penthouse Plantation Village-Sanibel

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- **\$2,795,000** Euro 2,501,868

3. Shell Harbor Direct Access Lot – Sanibel

- Build your dream home on Sanibel's East End. This corner lot with boat dock & lift offers direct access and can accommodate a large boat or sailboat.
- **\$1,345,000** Euro 1,245,064

4. Canal Home on Quiet Cul-De-Sac – Sanibel

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

5. Lake & Golf Course Views – Sanibel

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

6. Gulf Pines with Lake Views – Sanibel

- 3 BR/3 BA home close to the beach path
- Community amenities include pool & tennis courts
- **\$795,000** Euro 717,347



4



5



6



7



8



9

7. 4 Bedroom home on Intersecting Canal -Sanibel

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

8. Remodeled at Sanibel Arms West – Sanibel

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

9. Direct Access Canal Home with Private Dock – Sanibel

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

10. Privacy Meets Paradise in the Dunes – Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool & lanai, new roof, & whole house generator
- **\$899,000** Euro 800,484

11. Gulf front Penthouse at Loggerhead Cay – Sanibel

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

12. 100ft of canal frontage with Boat Dock & Lift – Sanibel

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



10



11



12

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Frankly Speaking

by Howard Prager



I still am amazed there are so many team sports stories to share with so few teams playing, but a lot are now preparing in a renewed spring (and summer) training. This is just an indicator of how

wrapped up we all are with not just playing the games but everything around sports from the rules, drafts, players and even mascots.

However, even restarting sports is an ongoing saga. *The Athletic* just reported that the majority of Ivy League coaches want to move their football season, and all sports, to spring 2021. The vote was taking place this past Wednesday (but after my deadline). This could cause a reverberation around college sports. More on that next week.

For now, let's look at what's in a name and mascot? From the attention raised today on social justice, it is time teams take a serious look at their names and caricatures representing Native Americans. Thus far, two major league teams are seriously looking at that – the Cleveland Indians and the Washington Redskins.

Cleveland receives much attention due to the caricature of its mascot, Chief Wahoo. Last year, Cleveland did away with the patch of Chief Wahoo. They were supposed to make a change this year but haven't yet. While the origin of the Indians name is sometimes attributed to a member of the Penobscot tribe having played for the team, evidence does not support this. Cleveland hasn't always been the Indians. At one time they were the Naps, not the sleepy ones we like to take when we can, but after Nap Lajoie who spent much of his storied career with Cleveland and was the American League's first true superstar. His star power was such that the Cleveland team was named the Naps before changing to the Indians. It would indeed be

a nod to franchise history to change the name back to the "Naps." Other names being considered includes the Cleveland Spiders after the 19th century National League team that played in Cleveland, the Cleveland Fellers after Hall of Fame pitcher Bob Feller, the Cleveland Rockers after the Rock and Roll Hall of Fame, and the Cleveland Crows after the common bird. Also being discussed are the Cleveland Blue Sox, the Cleveland Cuyahogas, after the river, the Cleveland Great Lakers or the Cleveland Eries after the lake. I'm sure your ideas will start flowing after these last few suggestions.

The Washington Redskins have also talked about changing their name for years, despite owner Dan Snyder's resistance. Fred Smith, a minority owner of the team and chair of FedEx, which has naming rights to the stadium, asked for the change and, without any progress being made, wants to sell his minority ownership along with several others. Nike immediately stopped selling Washington gear. What names have been considered? The Washington Redtails started gaining traction this month. "The Redtails celebrates the WWII Tuskegee Airmen, who were the first African-American military aviators in the U.S. Armed Forces. The nickname Redtails comes from their planes, which had a distinct crimson tail." The Washington Warriors is another choice, although it also draws some controversy. On one hand, it continues to keep Native Americans in mind while removing the term "Redskins." But on the other hand, many people have an issue with Native Americans being used as a mascot at all. Then there's the Washington Hogs/Washington Red Hogs. The Hogs were the nickname for the Washington offensive line that helped the franchise win three Super Bowl titles during the 1980s and early 1990s. Owner Dan Snyder has said he wants to honor the "proud tradition and history of the franchise," so what better way to do that than to name the team after the group that helped win Super Bowls? Washington Redhawks is another possibility. Miami (Ohio) University changed their name from to the Redskins to Redhawks back in the 1997-98 season.

There are many college teams that have successfully changed their names, including Marquette (Golden Warriors to Golden Eagles), Alcorn State University and University of North Carolina Pembroke (Braves to Bravehawks), and several schools now known simply as the Warriors – Lycoming College, Winona State University, Eastern Connecticut State University, East Stroudsburg University of Pennsylvania, Merrimack College and Wisconsin Lutheran College.

I know some of you may be asking about the Florida State Seminoles. Several schools were granted waivers to retain their nicknames after gaining support from their respective tribes: Florida State (Seminoles), Catawba College (Indians), Central Michigan University (Chippewas) and Mississippi College (Choctaws). I support those agreements as long as any cartoonish logos or mascots are not used. The University of Illinois Fighting Illini went through that struggle too and kept the nickname, but Chief Illiniwek, who used to dance during every game, was removed back in 2007. And just this year the student government in an advisory vote recommended changing the mascot to the belted kingfisher, a bird with orange and blue coloring (the school's colors) and

found in Illinois.

The good news story of the week is from the Challenged Athletes Foundation (CAF) – check them out – and their 2020 heroes award. It starts with 16-year old high school football quarterback Alex Ruiz, whose leg was so damaged in a tackle it was amputated. He came back to play the last game of his senior year on his artificial leg, and immediately threw a touchdown. But it doesn't stop there. Alex reached out to another challenged athlete, Calder Hodge, who was born without his tibia bones and lost both his legs when he was age 2. He is now 15 and his goal is to be the first double amputee NFL quarterback. He started playing tackle football in fifth grade. Once people got used to him, they treated him just like another player. It's a long way to the NFL but, in the meantime, Saints QB Drew Brees reached out to support him. The stories of outreach, caring and giving back are what makes these challenging times so remarkable.

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.*

Red Snapper Season Open

The recreational red snapper season has started in gulf state and federal waters and will remain open through July 25, closing July 26.

"Red snapper season is one of the most anticipated and exciting saltwater fishing seasons that contribute to Florida being the Fishing Capital of the World," said Eric Sutton, Florida Fish and Wildlife Conservation Commission (FWC) executive director.

For-hire operations that do not have a federal reef fish permit may also participate in the season but are limited to fishing for red snapper in gulf state waters only.

If you plan to fish for red snapper in gulf state or federal waters (excluding Monroe County) from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a gulf reef fish angler or state reef fish angler when signing up after July 1 (annual renewal required).

The gulf reef fish angler designation has been expanded statewide and renamed state reef fish angler. To learn more, visit www.myfwc.com/marine and click on "Recreational Regulations" then "Gulf Reef Fish Survey" or "State Reef Fish Survey" under "Reef Fish" tab. Sign up at www.gooutdoorsflorida.com.

When catching red snapper and other deep-water fish, watch for symptoms of barotrauma (injuries caused by a change in pressure) such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. Learn more about fish handling at www.myfwc.com/fishhandling.

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Snappers," which is under the "Regulations by Species – Reef Fish" tab.

The federal gulf season for for-hire operations with federal reef fish permits is June 1 through August 1.*

SPORTS QUIZ

1. What 1982 AL Cy Young Award winner portrayed fictional New York Yankees slugger Clu Haywood in the 1989 baseball comedy film "Major League"?
2. What player, selected fourth overall in the 1978 NBA Draft by the New York Knicks, was handed a lifetime ban from the league in 1986 for a third drug policy violation?
3. The Golf Channel, one of the first TV networks dedicated to a single sport, was co-founded by media entrepreneur Joseph E. Gibbs and what golf legend?
4. What ice hockey invitational tournament, first held in 1923, is played each year in Davos, Switzerland?
5. What team won the inaugural NCAA Division I women's beach volleyball championship in 2016?
6. What former NBA player, whose birth name was Brian Carson Williams, went missing in the South Pacific in 2002 and is presumed dead?
7. What two running backs made up the "Thunder and Lightning" tandem during the 2000 New York Giants NFC championship season?

ANSWERS

1. Pete Vuckovich. 2. Michael Ray Richardson. 3. Arnold Palmer. 4. The Spengler Cup. 5. The USC Trojans. 6. Bison Dele. 7. Ron Dayne and Tiki Barber, respectively.

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Beautifulife:

Make Your Bed

by Kay Casperson



At a very young age, I learned that being organized can make a huge difference in your success, your accomplishments and your ultimate quality of life.

You need to be particular about your home life, work life, and even your social life. I also learned that it is essential to start with making your bed every day.

Making your bed might seem like a natural thing for some of you to do first thing in the morning, but others put it off because the morning routine can be quite hectic and hurried. I completely understand as mine is running between getting my dogs out and exercising, having my own workout, organizing my kids and husband, and everything in between. But, I never go a day without making my bed. When my kids were younger, I made every bed in the house so that all would feel good coming into their room as a safe haven, an escape and something comfortable to go home to.

My kids learned at an early age how important it is to make your bed. Now they also take pride in making their beds every morning and understand how important it is to come back to an organized and neat room.

These are the reasons I feel it is

essential to make your bed every day:

Making your bed every day will give you a sense of accomplishment. This simple task completed will encourage you to complete other tasks that will provide you with an even greater sense of satisfaction.

Making your bed helps you feel a sense of organization. You will see a clean and put-together room instead of seeing an unorganized mess. This will give you a feeling of peace and comfort instead of chaos and disorder.

Making your bed will set the stage for good habits in your life – habits such as staying clean and organized in other places in your house. Your closet, cabinets, car and other areas will benefit from the simple little step of starting with your bed.

Making your bed will keep respect and self-esteem at the top of your list of importance, because it all starts with how you take care of your own personal space and your own environment.

To sum it all up, making your bed every day will keep you living your most balanced and beautiful life, and I know that is what we all strive for every day.

My affirmation for you this week is: "I understand how important the small, simple tasks are that lead to my ultimate dreams and goals."

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

Donations Needed For School Supplies

The Heights Foundation/The Heights Center is seeking individuals, businesses, churches and organizations to provide school supplies and monetary donations for The Heights Center's annual outreach program. The event will be held at The Heights Center on Saturday, July 25. It will provide backpacks and school supplies for 580 low-income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, president and CEO of The Heights Foundation. "The poverty rate for children in Harlem Heights is more than twice the county average. Parents are out of work due to the COVID-19 crisis and cannot provide all the things their student will need. We want to send our students back to school, ready to learn."

The center has a wish list that includes new and durable backpacks, 8 to 16 GB USB flash drives, three-ring binders, basic and scientific calculators, colored pencils, composition books,

crayons, dictionaries, dividers, earbuds/headphones, cap and block erasers, filler paper, folders, glue bottles and sticks, highlighters, index cards, markers, notebooks, pencil cases, pencil sharpeners, pencils, pens, rulers and scissors.

"We are looking for organizations whose members can band together to meet the need," said Melissa Barlow, The Heights Center's outreach coordinator. "The 500 backpacks are the largest investment, costing more than \$7,000 and supplies for each student cost \$50. A business may be able to sponsor the backpacks, a church or philanthropic organization could sponsor crayons, markers or notebooks. Because of COVID-19, we appreciate monetary donations more than ever. We can order in bulk and stretch the dollars even further."

Donations can be dropped off Monday through Friday from 8 a.m. to 5 p.m. until Thursday, July 23 at The Heights Center, 15570 Hagie Drive, in Fort Myers.

Individuals, businesses, churches or organizations interested in donating can contact Barlow at 482-7706 or melissa@heightsfoundation.org. All donations are tax-deductible. Monetary donations can be made on the web at www.heightsfoundation.org/donate or mailed to The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908.✪



Noelle Branning



Jerry Elliott



Cora Molloy



Andrea McNiff Kershaw

United Way Elects New Officers And Board Members

New officers and four new board members were elected at the recent annual meeting of the United Way of Lee, Hendry, Glades and Okeechobee. Officers and executive committee members for 2020-21 are:

Board Chair – Robert Shearman, Henderson, Franklin, Starnes, & Holt, PA

Vice Chair – Roger Desjarlais, Lee Board of County Commissioners

Treasurer – Cynthia Hawkins, Wiltshire Whitley Richardson & English, PA

Assistant Treasurer – Craig Folk, Miller, Helms & Folk, PA

Secretary – Mary Vlasak Snell, Pavese Law Firm

Immediate Past Chair – Beth Hendry, IberiaBank

Joining the United Way Board of Directors are:

Noelle Branning, Lee County Tax Collector

Jerry Elliott, McGriff Insurance Services

Cora Molloy, Morgan & Morgan
Andrea McNiff Kershaw, Enterprise Holdings

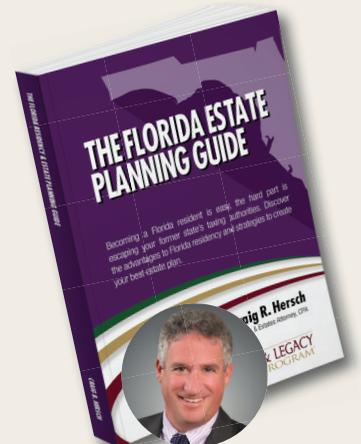
All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Harry Chapin Food Bank, ACT, LARC and United Way 211 serve a diverse range of needs in the community.

The United Way of Lee, Hendry, Glades and Okeechobee has raised and distributed over \$188 million since it was established in 1957. For more information, call 433-2000 or visit www.unitedwaylee.org.✪

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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
Trusts & Estates Attorney, CPA &
Island Sun Columnist

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 FRIDAY Cloudy High: 86 Low: 82	 SATURDAY Few Showers High: 88 Low: 84	 SUNDAY Cloudy High: 90 Low: 82	 MONDAY Mostly Cloudy High: 89 Low: 85	 TUESDAY Cloudy High: 91 Low: 83	 WEDNESDAY Partly Cloudy High: 93 Low: 89	 THURSDAY Few Showers High: 91 Low: 84
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:30 am	10:37 am	4:51 pm	11:56 pm
Sat	6:58 am	11:57 am	5:54 pm	None
Sun	7:30 am	12:32 am	7:14 pm	1:21 pm
Mon	8:03 am	1:08 am	8:52 pm	2:41 pm
Tue	8:38 am	1:46 am	10:38 pm	3:52 pm
Wed	9:16 am	2:23 am	None	4:53 pm
Thu	12:14 am	3:00 am	9:55 am	5:45 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:35 am	10:39 am	3:56 pm	11:58 pm
Sat	6:03 am	11:59 am	4:59 pm	None
Sun	6:35 am	12:34 am	6:19 pm	1:23 pm
Mon	7:08 am	1:10 am	7:57 pm	2:43 pm
Tue	7:43 am	1:48 am	9:43 pm	3:54 pm
Wed	8:21 am	2:25 am	11:19 pm	4:55 pm
Thu	9:00 am	3:02 am	None	5:47 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:14 am	11:37 am	5:40 pm	None
Sat	6:45 am	12:14 am	6:24 pm	12:25 pm
Sun	7:15 am	12:47 am	7:11 pm	1:24 pm
Mon	7:42 am	1:16 am	7:59 pm	2:21 pm
Tue	8:06 am	1:40 am	8:48 pm	3:13 pm
Wed	8:24 am	1:56 am	9:45 pm	4:04 pm
Thu	8:45 am	2:13 am	11:05 pm	5:03 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:40 am	2:36 am	7:01 pm	1:53 pm
Sat	9:08 am	3:12 am	8:04 pm	3:13 pm
Sun	9:40 am	3:48 am	9:24 pm	4:37 pm
Mon	10:13 am	4:24 am	11:02 pm	5:57 pm
Tue	10:48 am	5:02 am	None	7:08 pm
Wed	12:48 am	5:39 am	11:26 am	8:09 pm
Thu	2:24 am	6:16 am	12:05 pm	9:01 pm

My Stars ★★★★★

FOR WEEK OF JULY 6, 2020

Aries (March 21 to April 19)

Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

Taurus (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

Gemini (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact loved ones with whom you've lost touch.

Cancer (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

Leo (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

Virgo (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

Libra (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

Scorpio (October 23 to November 21) This is a good time to consider

mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

Sagittarius (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

Capricorn (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

Aquarius (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

Pisces (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

Born This Week: You are a romantic at heart, although you can be amazingly practical when you need to be.

MOMENTS IN TIME

- On July 14, 1798, Congress passes the Sedition Act. The act permitted the prosecution of individuals who voiced or printed what the government deemed to be malicious remarks about the president or the U.S. government.

- On July 19, 1879, Doc Holliday commits his first murder, killing a man for shooting up his saloon. Despite his reputation as a deadly gunslinger, Doc Holliday engaged in just eight shootouts during his life, and killed only two men.
- On July 17, 1920, Nils Bohlin,

the Swedish engineer and inventor responsible for the three-point lap and shoulder seatbelt, is born. Before 1959, only two-point lap belts were available in automobiles.

- On July 18, 1969, after leaving a party on Chappaquiddick Island, Sen. Edward "Ted" Kennedy of Massachusetts drives an Oldsmobile off a bridge into a tide-swept pond. Kennedy escaped the submerged car, but his passenger, 28-year-old Mary Jo Kopechne, did not. The senator did not report the fatal car accident for 10 hours.

- On July 13, 1985, at Wembley Stadium in London, Prince Charles and Princess Diana officially open Live Aid, a worldwide rock concert organized to raise money for the relief of famine-stricken Africans. The 16-hour "superconcert" was globally linked by satellite to more than a billion viewers in 110 nations.

- On July 16, 1995, Amazon officially opens for business as an online bookseller, eventually selling everything from groceries to furniture. Founder Jeff Bezos initially dubbed the business Cadabra (as in abracadabra), but after someone misheard the name as "cadaver," he switched to Amazon.

- On July 15, 2006, San Francisco-based podcasting company Odeo officially releases Twtrr – later changed to Twitter – its short messaging service (SMS) to the public. The free application allowed users to share status updates by sending one text message to a single number ("40404"). During development, one engineer suggested calling it FriendStalker.

NOW HERE'S A TIP

- Items in the freezer are more likely to get freezer burn if there's water present, so make sure you pat down or otherwise carefully drain meats, fruits

and veggies before popping them in the freezer.

- "Nothing is more soothing – and delicious – than plain yogurt on a sunburn. Slather it on thickly to sunburned skin, wait for about 15 minutes, and rinse off in room-temperature water. It feels much better afterward, and it gives immediate relief when it goes on cold." – CL in Texas

- Save your tuna cans. You can use them to cook an egg over a campfire, or you can put one under the legs of your camp table and add water. Ants won't be able to climb up the legs of the table to get to your food.

- "If you've never used Skin-So-Soft to repel mosquitoes, you should. It does an excellent job at that task and smells so good my whole family uses it. I also use it to wipe down the outside of my door to keep bugs from buzzing all over the entrance." – AA in Florida

- If barbecue is on the menu, try putting out a few small bowls of water with a lemon slice. You can use it to rinse off your fingers as you eat or when you are done eating. It leaves hands with a nice smell, not a sticky smoky mess.

- "I love to spice up a simple dip by serving it in a green pepper. I just wash it and cut off the top. Then, I core it and spoon in the dip. The top can be set next to it and filled with extra dip, or just used as a garnish. It's fun and makes an attractive presentation." – JL in New Mexico

STRANGE BUT TRUE

- Artist Salvador Dali believed he was the reincarnation of his dead brother, also named Salvador, who died almost 9 months to the day before Dali was born.

- Forget flowers and candy – in Fiji, a tradition known as "tabuas" is the

continued on page 46

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






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dearRPharmacist

The Four Best Natural Antihistamines



by Suzy Cohen, RPh

Dear Readers: This time of year causes a lot of grief for people who have allergies. Of course, we have terrific antihistamines now, and you can buy nationwide. I am

not opposed to the antihistamines though, if you take them in moderation. But you should also lower your histamine burden through diet. Did you know you could do that?

Many people do not realize that the foods they're eating contribute to the histamine they liberate in their body. It can ultimately cause or contribute to an existing autoimmune condition. For a free food guide on histamine, visit www.suzycohen.com/hashi.

Here are the four best natural antihistamines:

Ginger – This is not only a histamine blocker, but is also great for your levels of cytokines, and immune function. Ginger is probably best known for its ability to ward off nausea and soothe stomach aches, however, another important medicinal component of ginger fights inflammation in the bones and joints. Ginger is easy to use and fast-acting. Shave off the skin of a piece of raw ginger root. Cut a half-inch piece off and slice it, then simmer in 3 to 4 cups of water for about 15 minutes. Adding lemon will boost antioxidant power.

Vitamin C – This is a natural immune supplement, and deficiencies are known to increase risk of allergies. It can also make collagen which is needed for a healthy immune response, and shortening the duration and/or severity of discomfort. You'll find vitamin C naturally in citrus fruits, kiwi, bell peppers and squash. As for the type of Vitamin C, if you're using more than say, 100 milligrams per day of C, I'd recommend a naturally derived type of supplement with citrus bioflavonoids that would offer the C from a food or fruit (like an orange, cherries or lemons). Synthesized C from corn is shown on

labels as "ascorbic acid."

Quercetin – This is a naturally-occurring antioxidant found in many fruits, grapes, tea and especially capers. A lot of scientific research suggests that having quercetin in your diet relieves allergy symptoms because this compound stabilizes mast cells. As a perk, quercetin can improve mood due to the gentle lift in your dopamine and downline catecholamine neurotransmitters. Do not take more than your supplement label advises because toxic amounts of quercetin can lead to temporary neuropathy and headaches. DHQ is short for dihydroquercetin and is a biologically available antioxidant very similar to quercetin.

Thyme – This fresh-tasting herb contains a lot of vitamin C as well as thymol, its major active medicinal component. Thymol has properties that block histamine release from mast cells, and can block it at the receptor site. Buy fresh sprigs of thyme at the grocery store, and include a few leaves in your recipes from now on. You can also buy pure essential oil of thyme and have them apply it to your pedicure oil during massage, or you can diffuse it in the air. Some high-quality brands can be taken internally in a capsule. If you are allergic to oregano, you may also be cross-sensitive to thyme.

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. ✨

Chronic Disease Program

Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a chronic disease self-management program on Tuesdays beginning August 4 from 1 to 3:30 p.m.

The free research-based program, originally developed at Stanford University Patient Education Research Center, is a virtual workshop that is 2.5 hours once a week for six weeks. It is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions. For more information or to register, call 343-9264. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: How does one become a stress-resistant person?

A: Stress resistant people have resilience. They are able to bounce back from any adversity and be stress hardy. They are

solution-oriented and see ways to resolve problems. They are generally positive people who are motivated and tackle issues head on without fear. They see the glass half full and challenge themselves to get to the heart of the matter and end up with resolution, usually with a positive outcome.

It's not that stress resistant people don't get stressed, it's how they cope with their stress that makes them resistant to it.

Healthy coping techniques such as practicing balance in mind, body, emotions and spirit will help them feel and be whole and healthy in all of those areas of their lives. They use their left and right hemispheres of their brain to be whole. They can handle and resolve crises in a calm and rational manner.

Stress resistant people tend to be risk takers, and they grow from taking these calculated risks. They carefully look at the options, and choose what they believe to be the best and most level-headed approach.

One can begin to change one's thoughts and behavior patterns to begin to adopt stress resistant patterns that work well for them.

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

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 17 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Screenings are conducted by Golisano Children's Hospital of Southwest Florida and are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838. ✨

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

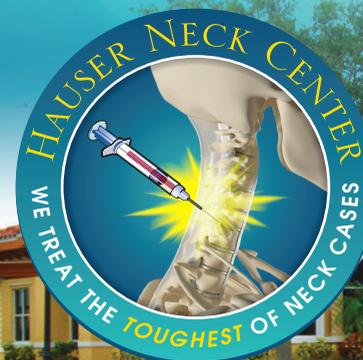
- Balance problems
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- Swallowing or speaking difficulties
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Doctor and Dietician

Berry Chia Pudding Cake



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

It is sometimes difficult to come up with healthier dessert recipes when trying to avoid excess sugar and white flour. We tried this chia pudding cake and it was a big hit with our small church group. Feel free to use whatever kind of berries you like.

Filling – 2 cups berries, 1/3 cup honey, 2 tsp. agar agar, 1 cup almond milk, 5 tbsp. chia seeds, 1 1/3 cups Greek or vegan yogurt.

Base – 1 cup almonds, 1/3 cup oats, 1/3 cup cocoa powder, 12 dates, 3 tbsp. peanut butter, 1 tsp. vanilla.

Directions – Mix the almond milk and chia seeds in a bowl and let sit for 10 minutes while preparing berries. Place berries in a saucepan, simmer on low heat until melted. Mash with a fork and add honey and agar agar. Stir and simmer for two additional minutes. May need additional honey if you like

it sweeter. Fold yogurt into almond milk chia mixture, followed by berry mixture. For the base: Process the almonds and oats in a food processor to produce coarse flour texture. Add remaining ingredients and process to a wet sand consistency. Add a little water if you need to get it to come together. Line the bottom of a springform pan with parchment paper. Press the base mixture into the bottom. Add the filling and smooth out the top. Refrigerate for at least 4 hours. Optional: We added some lime juice and lime zest as well to the mix. Top with coconut whip and more berries.

You may wonder what agar agar is? It is a vegetarian gelatin produced from seaweed, also known as Japanese kanten or China grass, and is used as a thickening agent for custards, puddings, sauces and desserts. It has no flavor, odor, or color. It absorbs glucose in the stomach and passes through the digestive system quickly, thus it may help with reducing fat accumulation in the body.

This recipe is nutrient-dense with essential fatty acids and protein from the nuts, seeds and yogurt, as well as water-soluble vitamins and antioxidants from the berries and cocoa. Cheers to a healthier you!

*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.**

Plasma Donors Needed To Help Refill Supply

Lee Health is in urgent need of convalescent plasma donations to help refill supply levels. As a registered participating site in Mayo Clinic's COVID-19 Convalescent Plasma Study, it is vital that Lee Health's supply remains stocked to continue to make progress in the fight against the coronavirus.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19 or had an asymptomatic infection. That plasma is then used to treat others with advanced illness as part of the clinical trial. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19) and be otherwise eligible to donate blood. After donation, the blood is processed in the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains antibodies that may attack the virus and may help the patient

recover more rapidly.

"Because there is no known safe and effective treatment for COVID-19, we want to be able to offer our patients the opportunity to enroll in a convalescent plasma clinical trial to treat their COVID-19," said Doug Brust, MD, an infectious diseases physician with Lee Physician Group and the principal investigator of the trial at Lee Health. "For that to happen, we urgently need community members who had a positive test and have either recovered or had asymptomatic infections to contact us to donate blood"

Here's how the donation program works at Lee Health:

Individuals who have previously tested positive for COVID-19 whose symptoms

have resolved or had asymptomatic infection can volunteer to donate blood.

Donors are screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email covid.plasma@leehealth.org (e-mail preferred).

Documented routine blood donation consent is required; forms provided by Lee Health.

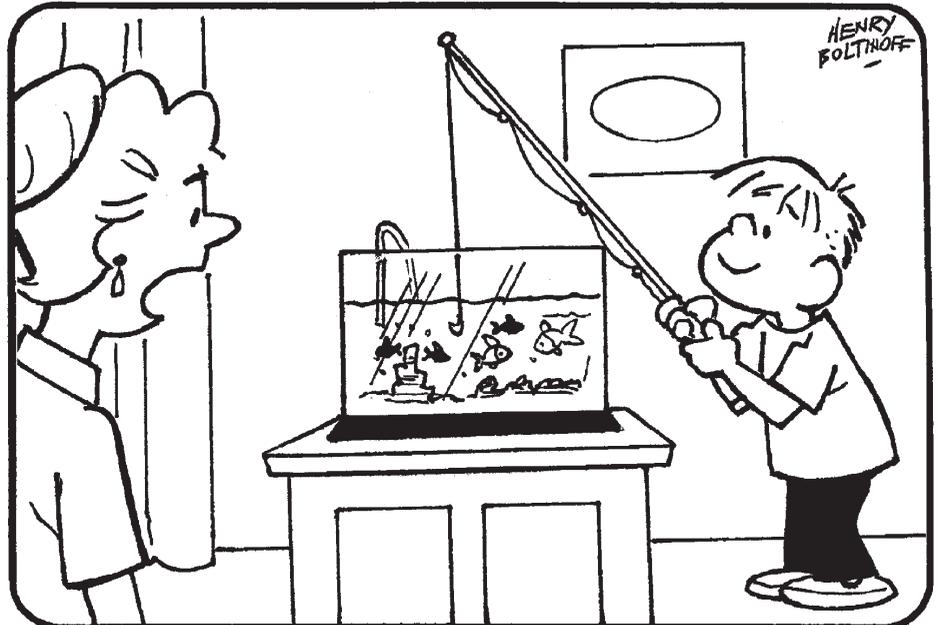
If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health stay in our community and are used exclusively for Lee Health patients.*

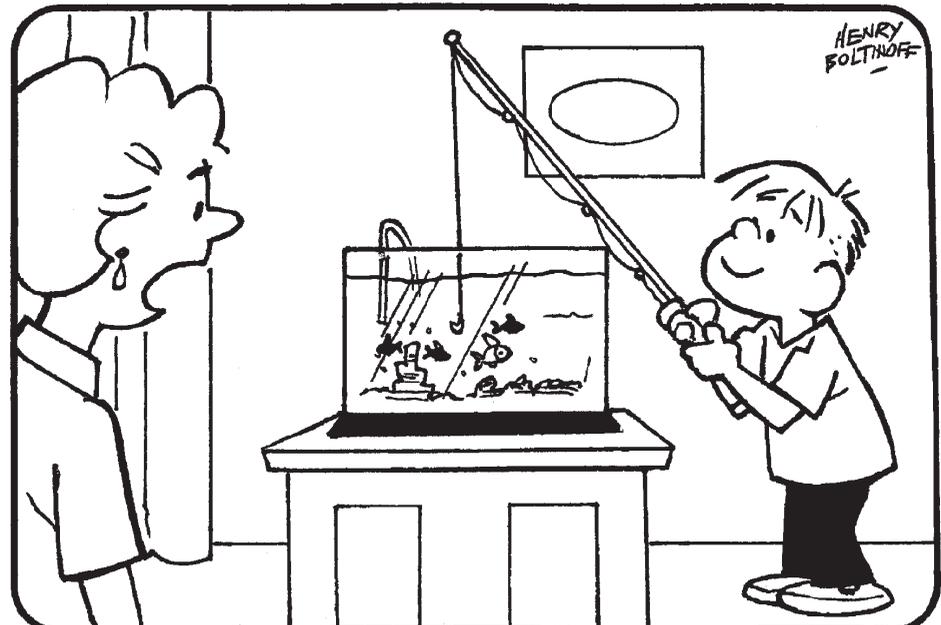
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Table is different 2. Picture has moved. 3. Fish is missing. 4. Water level is higher. 5. Woman's hair has changed. 6. Boy's necktie is different.

Help SCCF Bring Back the Barn Owls

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- bromailone
- difenacoum
- difethialone

SCCF
472-2329
sccf.org



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

PUZZLES

Answers on page 47



"It's to tide me over until I can find the secret compartment in my husband's new _____."

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!

Award

OWNED

Portend

DELHAR

Graft

ECLIPS

Shake

LATTER

TODAY'S WORD

SUDOKU

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

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



- Emergency 911
- Sanibel Police, 472-3111
- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
- Chamber of Commerce 472-1080
- City Council 472-4135
- City Building Department 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva 472-1674
- Sanibel Community House 472-2155
- Center 4 Life, Senior Center 472-5743
- ARTS**
- Arcade Theater 332-4488
- Art League Of Fort Myers 275-3970
- BIG ARTS 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony 277-1700
- Herb Strauss Schoolhouse Theater 472-6862
- Lee County Alliance for the Arts 939-2787
- Naples Philharmonic 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA <http://abwasanibelcaptiva.org>
- American Legion Post 123 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL <https://www.audubonswfl.org/>
- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211 984-5920
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service 472-0404
- Horticultural Society of the Islands 472-6940
- Horticulture and Tea Society of Sanibel and Captiva 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald 302-521-1158
- Master Gardeners of the Islands 472-6940
- MOAA, Military Officers Assc. of America, Alex MacKenzie 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club 472-0836
- PAWS, Protection of Animal Welfare Society 472-4823
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society 472-6940
- Sanibel-Captiva Power Squadron www.sancapboating.club
- Sanibel-Captiva Republican Caucus 395-0819
- Sanibel-Captiva Shell Club 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club 472-8994
- Sanibel Youth Soccer 395-2040
- SCCF Sanibel-Captiva Conservation Foundation 472-2329
- SCCF Sea Turtle Hotline 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

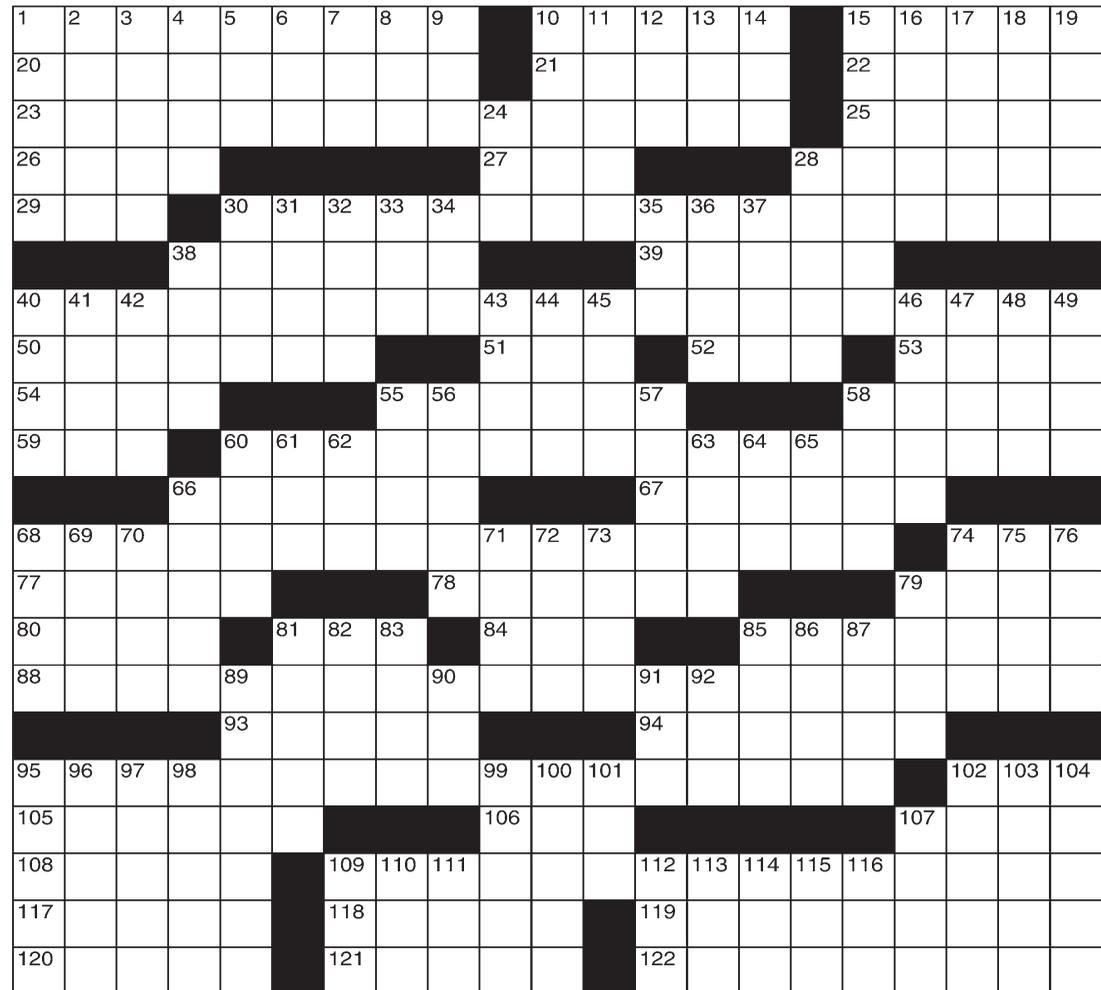
To be listed in calling card email your information to: press@islandnews.com

PUZZLES

Answers on page 47

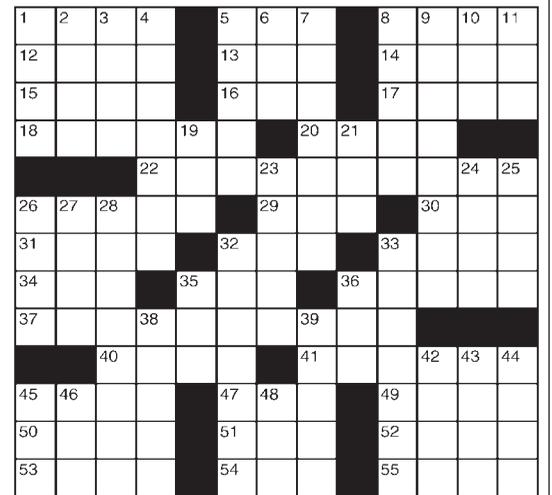
Super Crossword THE OSLO CHORDS

- ACROSS**
- 1 Bus or train schedule
 - 10 Marveled vocally
 - 15 Cowboy rope
 - 20 Like political cartoons
 - 21 Liltng song syllables
 - 22 Sigmoid curves
 - 23 Start of a riddle
 - 25 Michigan city
 - 26 Scotland's — Ness
 - 27 Address on the net
 - 28 Opening part of an email
 - 29 Munched on
 - 30 Riddle, part 2
 - 38 Melodious passage
 - 39 Wipe out
 - 40 Riddle, part 3
 - 50 Guevara called "Che"
 - 51 Tillage tool
 - 52 Cut short
 - 53 In — (lined up)
 - 54 French lady friend
 - 55 Treating unkindly
 - 58 Big like Santa
 - 59 Sitting spot on Santa
 - 60 Riddle, part 4
 - 66 How-to book
 - 67 Unspecified travel destination
 - 68 Riddle, part 5
 - 74 Install, as tile
 - 77 "— Doone" (1869 novel)
 - 78 Defiant types
 - 79 Pill bottle info
 - 80 Campus VIP
 - 81 Feel unwell
 - 84 Egypt, before 1971: Abbr.
 - 85 Clings
 - 88 Riddle, part 6
 - 93 10th-century Holy Roman emperor
 - 94 Gremlins' kin
 - 95 End of the riddle
 - 102 Letter before sigma
 - 105 One ruining something
 - 106 Porto Rico, par exemple
 - 107 Buy stuff
 - 108 Figure skater Slutskaya
 - 109 Riddle's answer
 - 117 Material for jeans
 - 118 Pig
 - 119 Talked into
 - 120 "Alive" actor Vincent
 - 121 Certain eel
 - 122 Big names in daytime dramas
 - DOWN**
 - 1 Elon Musk's car company
 - 2 — box (TV)
 - 3 Chop finely
 - 4 Write deeply
 - 5 Bodily digit
 - 6 Onassis' nickname
 - 7 Drill addition
 - 8 Chou En- —
 - 9 Ernie of golf
 - 10 Cheri of comedy
 - 11 Brand of toothbrushes
 - 12 Bit of a laugh
 - 13 Pipe bend
 - 14 Night's counterpart
 - 15 Match official
 - 16 Mullah's faith
 - 17 Off the direct course
 - 18 Core belief
 - 19 Houston baseballer
 - 24 Letters before xis
 - 28 Sprayed, with "down"
 - 30 Spring flower
 - 31 Coin maker
 - 32 Jumping stick
 - 33 Sch. in Columbus
 - 34 "... or — thought!"
 - 35 Ang of film
 - 36 Art Deco illustrator
 - 37 Young deer
 - 38 To — (perfectly)
 - 40 Good buy
 - 41 "— la Douce"
 - 42 Cut short
 - 43 Rug type
 - 44 Daughter in "Hägar the Horrible"
 - 45 Software testing phase
 - 46 Mogul
 - 47 Mined metals
 - 48 Part of ENT
 - 49 Jug type
 - 55 Sound of an air kiss
 - 56 Caught fish with pots
 - 57 Comparable (with)
 - 58 — -Free (contact lens solution)
 - 60 Mama's ma
 - 61 Yoko of art and music
 - 62 Beaten track
 - 63 Foldout beds
 - 64 Suffix with meteor
 - 65 L-P link
 - 66 Miracle food
 - 68 Alan of "The Aviator"
 - 69 Caroling tune
 - 70 Be a lure to
 - 71 Castro of Cuba
 - 72 Bundle up
 - 73 In this spot
 - 74 Petty of films
 - 75 On the ocean
 - 76 Rural assent to a lady
 - 79 Meanings in dict.
 - 81 Moving around
 - 82 "Suffice — say ..."
 - 83 Boxer Spinks
 - 85 Oodles
 - 86 Salami shop
 - 87 Sword part
 - 89 Spanish for "I love you"
 - 90 Untruth
 - 91 Siouan tribe
 - 92 Aetna rival, for short
 - 95 Lumps of chewing tobacco
 - 96 Certain intl. delegate
 - 97 Minneapolis neighbor
 - 98 — -law (non-blood relative)
 - 99 Ross or Rigg
 - 100 Bowling lane
 - 101 — canto
 - 102 1970s sitcom
 - 103 "Iliad" writer
 - 104 Newspaper think pieces
 - 107 ESPN no.
 - 109 Suffix with hero
 - 110 Four halves
 - 111 Title for Elton John
 - 112 Auto navig. aid
 - 113 Rock's — Speedwagon
 - 114 Lyricist Gershwin
 - 115 Supposed psychic gift
 - 116 Gloomy —



King Crossword

- ACROSS**
- 1 — and call
 - 5 Promptly
 - 8 Despot
 - 12 Verve
 - 13 Rd.
 - 14 Regulation
 - 15 Not yet final, in law
 - 16 — -relief
 - 17 Blind as —
 - 18 Body art
 - 20 Pack down
 - 22 Half a fluid ounce
 - 26 Short
 - 29 Swiss canton
 - 30 Tokyo, once
 - 31 Bergman, in "Casablanca"
 - 32 Action star Diesel
 - 33 One
 - 34 Mel of Cooperstown
 - 35 Programmer's woe
 - 36 Foolish
 - 37 Skiers' carriages
 - 40 Summertime pest
 - 41 Starry
 - 45 Honeycomb compartment
 - 47 Web address
 - 49 Wander
 - 50 Met melody
 - 51 Dos' neighbors
 - 52 Yemeni port
 - 53 Helen's home
 - 54 Previous night
 - 55 Saucy
 - DOWN**
 - 1 Crooked
 - 2 Director Kazan
 - 3 Group of actors
 - 4 Made a sweater, maybe
 - 5 Biz big shot
 - 6 Eggs
 - 7 Oater
 - 8 Chaplin persona
 - 9 Court sum-
 - 10 — carte
 - 11 Pensioned (Abbr.)
 - 19 Lummock
 - 21 "— was saying ..."
 - 23 Playwright Pirandello
 - 24 Valhalla VIP
 - 25 Memo
 - 26 United nations
 - 27 Naomi's daughter-in-law
 - 28 Incised printing method
 - 32 Predatory sort
 - 33 Remove a seat belt
 - 35 Underwear with underwire
 - 36 "Monty Python" opener
 - 38 Dental filling
 - 39 Untrue
 - 42 Took the bus
 - 43 State with certainty
 - 44 Gave temporarily
 - 45 Garfield or Heathcliff
 - 46 Blunder
 - 48 Gun the engine



MAGIC MAZE ● — BED

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A PULL-DOWN BED

- Asparagus
- Feather
- Platform
- Sofa
- Baby
- Four-poster
- Railway
- Test
- Bunk
- Hospital
- River
- Trundle
- Creek
- Oyster
- Rose

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Joey photo provided

Hope For Pets

Joey Needs A New Home

Are you looking for a loving feline companion? Joey is a 7-year-old orange cat that is looking for a new home.

Edward and Eleanor rescued him when he was only a year old, but they believe he would be happier as an "only child" where he won't need to compete for attention. As an indoor cat, Joey is

used to being in a quiet home, sitting in an enclosed lanai, and getting frequent pettings. He's healthy and up-to-date on his vaccinations.

Eleanor is available to talk with any interested adopters to see if Joey is a good match. Hope for Pets can provide startup supplies and support.

If you are interested in adopting Joey, call Colette at 985-7728 or email Colette at colette.johns@hopehcs.org.

Hope for Pets is a Hope program designed to provide assistance to Hope Hospice patients and their pets.*

July Pet Adoption Discounts

Lee County Domestic Animal Services encourages you to celebrate Independence Day all month by allowing a new pet to enjoy the freedom of a forever home.

Adoption fees will be reduced for the entire month of July. All dogs more than 30 pounds will be \$30 and adult cats only \$10. In addition, the cats and kittens are two-for-one; adopt one, and you can take home a feline friend at no additional charge.

The county's adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. The adoption center is open by appointment only from 10 a.m. to 4 p.m. Monday through Friday. Schedule an appointment by calling 533-7387.

Visit www.leelostpets.com to complete an online application.*

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7/10 * T/31

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7/10 * 7/31

HELP WANTED

ELDER CARE LIVE-IN FORT MYERS

Live-In, elder care for a vibrant woman 80 yrs, in a private community Fort Myers area. Candidate will have own bedroom, pvt bath, food, utilities, wi-fi. Speak english, have own car, Covid-19 non exposure. Solid references. Cheerful personality, monitoring of daily meds, meal prep., assist with showering/dressing, laundry, collecting mail, and tidy housekeeping. Salary payment negotiable upon initial meeting. Privileges extended from the private community include use of pool, jacuzzi & gym. Serious inquiries only,
Chris 917-770-5747
7/10 * 7/17

HELP WANTED

CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND

Take care of elderly woman 100 years old.
Contact Alan at 732-259-6629 or Patricia at 732-259-6631.
7/10 * TFN

OPERATIONS ASSOCIATE JOB POSTING

Company Description:

The Sanibel Captiva Trust Company is a highly-regarded, privately-held independent trust company chartered in the state of Florida in 2001, currently with over \$2.3 billion of assets under management across approximately 400 families. The firm specializes in family office and wealth management services encompassing investment management and trust administration for high net worth families, business owners, nonprofits, foundations and endowments. The firm is comprised of a highly experienced team that works within a professional and collegiate environment. Offices are located in Sanibel-Captiva, Naples, Tampa Bay, Belleair-Clearwater and Tarpon Springs.

Job Description:

The Operations Associate is a full-time position supporting the Director of Client Services and Trust Operations by performing an array of client administrative and operational duties; supporting the Client Services Associates by demonstrating industry knowledge, experience and teamwork.

Job Responsibilities:

- Ability to open new accounts, set up remittances and disbursements, cash management, transaction monitoring and tracking.
- Aptitude for adhering to strict cash procedures.
- Capability of professionally interacting with clients and their other professional advisors.
- Review of daily account reports, cash movement and overdrafts and related tasks.
- Assist with various trust administration services based on client needs and account types.
- Assist with all internal and external regulatory audits throughout the year.
- Skills and Qualifications:
 - The Operations Associate position requires attention to detail, accuracy, efficient time management, professional interpersonal skills and a team attitude.
 - Must be proficient at related computer and programs to properly function and execute within the position.
 - Bachelor's Degree (BA) from a 4-year college or university; and 4-6 years related experience and/or training; or equivalent combination of education and experience.

Benefits:

The Sanibel Captiva Trust Company offers full-time employees health insurance, a retirement plan, participation in a corporate ESOP (Employee Stock Ownership Plan) and may offer additional benefits. Competitive compensation is commensurate with education, expertise and length of experience in the industry. For an expanded description of this job post, contact Lori Mobley, Director of Human Resources at lmobley@sancaptrustco.com
7/10 * 7/10

LEGAL NOTICE

NOTICE OF PENDENCY OF ACTION

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

LOST/FOUND

LOST CAT

Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy." East End of Island. Reward. If seen, please Call 239-277-0058.
7/10 * TFN

PETS OF THE WEEK

Lee County Domestic Animal Services

Bo And Trina

Hello, my name is Bo. I am a 2-year-old male domestic shorthair who is very affectionate and loves to be next to you. I also would prefer to be the king of my castle and be the only cat. With my stunning good looks, why would you need more? My adoption fee is \$10.



Bo ID#A821162



Trina ID#A821595

Hi, I'm Trina. I am a 2-year-old female terrier mix who is a perfect mid-sized cutie, weighing just 37 pounds. I am very well-mannered and know several commands. My white spotted paws and feathered tail are a unique combination. I am a definite beauty with a curious personality that will keep you entertained for hours. My adoption fee is \$30.

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to

calling 533-7387 to make an appointment. Adoption fees will be reduced for the entire month of July. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge. The adoption center is located at 5600 Banner Drive in Fort Myers. ✨

From page 38

Strange But True

practice of giving a woman a tooth from a sperm whale as the ultimate token of love and commitment.

• Inventor Nikola Tesla was a genius, but he was also dirt-poor. When faced with an overdue hotel bill, he responded by giving the employees a "death beam" in a box. He told employees not to open the box due to the danger, so it was forgotten about. When it was eventually rediscovered and opened, it was found to contain only old, harmless electrical parts.

• On average, a person accidentally eats about 430 bugs in each year of his or her life.
• In order to take the slick factory sheen off and allow pitchers to get a better grip, Major League Baseball wipes down each baseball with mud from an undisclosed location on the Delaware River.

• Denise Mueller-Korenek clocked the fastest speed ever by a cyclist in 2018, setting a new world record of 183.932 mph.
• Are you afflicted with nomophobia? That's the term for a fear of being without mobile phone coverage. Surveys have indicated that more than half of U.K. residents suffer from it. This phobia is triggered by the fear of losing signal, running out of battery or even losing sight of a mobile phone.

• Queen lead singer Freddy Mercury had a degree in graphic design and came up with the logo for his band himself. It consisted of the zodiac symbols for the four band members.
• Mercury also liked to call his cats while he was on tour – "to chat."

• Only 0.006 percent of the Korean population have the ABCC11 gene, which is the cause of armpit odor. As a result, deodorant is rarely sold in Korea.

THOUGHT FOR THE DAY

"A room without books is like a body without a soul." – Marcus Tullius Cicero

TRIVIA TEST

1. **Geography:** What was the former name of the Hawaiian Islands?
2. **Movies** Which Elvis Presley movie features the theme

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