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VOL. 28, NO. 4

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 24, 2020

JULY SUNRISE/SUNSET: 24 6:50 • 8:20 25 6:50 • 8:20 26 6:51 • 8:19 27 6:51 • 8:19 28 6:52 • 8:18 29 6:52 • 8:18 30 6:53 • 8:17

FISH Of SanCap Earns Top-Rated Nonprofit Award

FISH of SanCap has been named a 2020 Top-Rated Nonprofit by GreatNonprofits, the leading provider of user reviews of charities and nonprofits.

FISH provides services to residents, workers and visitors of Sanibel and Captiva as the only wrap-around social service agency provider. Its vision is to enrich the lives of everyone on Sanibel and Captiva islands through an array of food programs, island based workshops, social services and helping hands. "We are honored to be named a 2020 Top Rated Nonprofit," said Alicia Tighe, executive director of FISH. "We are proud of our accomplishments but are especially proud that this distinction is awarded by community recognition of the work of our incredible staff, volunteers and gracious donors."

FISH has been a "neighbors helping neighbors" organization on Sanibel



Alicia Tighe photo provided

and Captiva for over 38 years. The organization started in island residents' kitchens and out of their cars, but FISH has continued to grow to meet the demands of the community, thanks to the generosity of donors and volunteers. FISH maximizes all contributions; 92 percent

continued on page 17

Record Number Of Loggerhead Nests On Captiva

Captiva has shattered its nest record with 240 loggerhead nests laid so far this season based on counts as of July 20. The previous record was set in 2016 with 194 nests.

Sanibel is having a strong season with 598 nests, but may not surpass the record of 650 set in 2017.

"We are entering the final weeks of nesting and the daily nest counts are beginning to slowly taper off, so we will see," said Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan.

As of this week, 146 nests have hatched on local beaches and more than 8,000 hatchlings have reached the sea already this year. Hatching will continue through October. Last year set a new record for the number of hatchlings, with more than 48,400 making it to sea.

"We are also excited to share that we



Loggerhead sea turtle hatchling photo by Stefanie Plein

have placed a third satellite transmitter on a loggerhead sea turtle this season," said Sloan. "This turtle is named Periwinkle and she had been previously encountered

continued on page 36



Adult snowy plovers molting out of breeding plumage photo by Audrey Albrecht

Five Snowy Plover Chicks Take Flight This Season

It appears shorebird nesting season is winding down on Sanibel.

"On July 17, our last snowy plover fledgling took flight," said Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht. "In total, we have had six nest attempts from five nesting pairs and five chicks that survived to



Audrey Albrecht, right, hands volunteer Susan Beittel a chick to release after banding. Birds are handled according to state and federal permits. photo by Jean Hall

fledgling."

Last year, four chicks survived to fledgling from four nesting pairs.

"The success rate of one fledge per pair remains the same," Albrecht said.

Plovers are now gathering in small groups and resting on the beaches, which typically indicates the end of the nesting season.

"Breeding birds tend to be much more

territorial," she said. Please watch your step when you are out walking, as they are very well camouflaged and like to rest in the wrack line, or in footprints in the sand."

Unfortunately, Wilson's plovers and least terns were unable to successfully fledge any young on Sanibel this year.

SCCF is working closely with partner agencies, including the City of Sanibel Natural Resources Department and Florida



Snowy plover hiding in a footprint on the east end photo by Audrey Albrecht

Fish and Wildlife Conservation Commission (FWC) to assess predation issues and to plan ahead to improve success in 2021.

"Last year, our least tern colony failed due to predation as well, but the Wilson's plovers did manage to fledge four chicks," said Albrecht. "Though we did not fledge any least terns on Sanibel, they can be seen frequently on our beaches right now as they begin staging for migration."

As migratory shorebirds return, keep an eye out for banded birds. If you see one, or have any shorebird questions, email shorebirds@sccf.org.*

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Department Of Health Update On COVID-19

Confirmed COVID-19 Cases in The City of Sanibel as Reported by FLDOH

Case	Date Reported
30 & 31	July 16, 2020
27, 28 & 29	July 13, 2020
26	July 11, 2020
25	July 10, 2020
23 & 24	July 9, 2020
21 & 22	July 8, 2020
20	July 6, 2020
18 & 19	July 4, 2020
17	June 29, 2020
14, 15 & 16	June 26, 2020
13	June 13, 2020
12	June 5, 2020
11	May 7, 2020
10	May 4, 2020
9	May 1, 2020
8	April 28, 2020
7	April 23, 2020
6	April 8, 2020
5	April 6, 2020
4	April 3, 2020
3	March 31, 2020
1 & 2	March 26, 2020*

Two additional cases have been confirmed since the release of this report
image provided

The Florida Department of Health has confirmed a total of 33 COVID-19 positive cases on Sanibel as of July 21. The graph above shows dates for COVID-19 positive cases within the 33957 zip code as reported by the Florida Department of Health, effective March 26 through July 16. There have been two additional cases since then; one on July 18 and one on July 21.

There are three confirmed COVID-19 positive cases on Captiva.

The Florida Department of Health conducts all case and contact tracking; it does not provide any additional information than what appears on these reports such as name, age, gender or address of the persons who test positive.

The official sites to monitor for the most current information and to which you may access through direct links are:
City of Sanibel – www.mysanibel.com

Florida Department of Health – www.FloridaHealth.gov
Centers for Disease Control and Prevention – www.cdc.gov

The City of Sanibel issued a proclamation at an emergency meeting on June 30 mandating that staff and customers wear masks while indoors at public places on Sanibel. The mandate is still in effect.

Sanibel Mayor Kevin Ruane issued a proclamation to extend the declared state of emergency due to COVID-19 until July 28, unless further extended.*



Kids Cooking Camp with Chef Jarred Harris returns August 3

photo provided

Community House Events

On Tuesday, July 28, Anita Force Marshall will teach a Letting Loose with Watercolor class from 9:30 to 11:30 a.m. Through ink and watercolor, participants can create an original 5- by 7-inch sand dollar. Bring your own watercolors or buy a kit for \$10. Cost is \$30 for members and \$35 for guests.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

Chef Jarred Harris will teach Kids Cooking Camp Monday through Friday, August 3 to 7 from 10 a.m. to noon.

Plant based meals, "celiac power" gluten free meals, vegetarian varieties, vegan snacks, and gluten free and dairy free desserts will be offered. Physical distancing will be observed and there will be no shared food. Masks required in common areas. Cost is \$30 per day. Private lessons are also available.

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.✪

The Legacy Of Elisabeth Kubler-Ross

submitted by Tanya Hochschild

On July 15, a well-attended Bat Yam Temple of the Islands webinar led by Ken Ross, Elisabeth Kubler-Ross' son, took place. Elisabeth Kubler-Ross' groundbreaking book *Death and Dying* came out in 1969. Ironically, *Life Magazine* was the first nationally known publication to review *Death and Dying*. It was Kubler-Ross' first book. She wrote 24 in all. It has been translated into 27 languages, soon to be 29 after Mongolian and Arabic editions come out.

Last year was the 50th anniversary of the book's publication. The EKR Foundation donated all the archives from Kubler-Ross' works to Stanford University. The Stanford School of Medicine presented an entire seminar on her legacy.

Kubler-Ross was a triplet and a twin. This was an important experience for her as she grew up, having to establish her own voice, as the sisters were often confused with each other – teachers and

even their parents sometimes did not know which girl they were talking to. Later, when Kubler-Ross worked with patients, she fought for their right to have a voice. She emphasized how important it was to listen to patients.

After graduating as a medical doctor from the University of Zurich, she came to America where she learned "nobody was dying in America." Death was a taboo subject. She set out to change this concept. The world today is very familiar with her now-famous five stages of death: denial, anger, bargaining, depression and acceptance. Kubler-Ross did not encourage people to get hung up on the stages; she emphasized there were more than five stages and, in any case, the patient should lead the discussion because she said, it is the patients who teach doctors, nurses and clergy.

Her innovative philosophy about death and dying, and her hospice work made such an impact, that often, other issues she was as passionate about were overlooked. She was one of the first people in America to speak out about AIDS. Her life was motivated by her conscience and an innate sense of compassion. In her death, she still seems to be directing our conversations about grief and loss, especially in the healthcare industry.✪

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Matthews Wharf
Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

Landmark: Matthews Wharf

This week's image shows Matthews Wharf, where Bailey's General Store started business in 1899 as Sanibel Packing Company. It was a wharf store that extended from the end of Bailey Road.



The storm of 1926 completely demolished the store, and the only surviving artifact was a large safe that was salvaged from the bay waters. The next Bailey's Store was built nearby

and opened in 1927, complete with the safe, which has never been opened. The safe and sturdy vintage store were moved in 1991 and are part of the Sanibel Historical Museum and Village.

Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. It 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.*

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.

*Email changes to press@islandsunnews.com or call 395-1213.**



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OBITUARY



BRENDA LEE KINNAMAN

Brenda Lee Kinnaman, 62, passed away July 9, 2020 at Lee Health in Fort Myers, Florida. Brenda was born on October 1, 1957 in Evansville, Indiana.

She was preceded in death by her mother, Phyllis Kinnaman (Burge), and niece, Emily Wasson. Brenda is survived by her partner, Steve Brown, his daughters, Mallory Brown Antel, Melanie Brown Davis and son, Conner Brown; father, Jack Kinnaman and his wife, Margie Kinnaman; sisters, Lynne Wasson and her husband Tommy, and Anne Woker; brother, Art Kinnaman and his wife Kim; nieces and nephews, Thomas Wasson and his wife Sara, Jennie Self and her husband Codey, Courtney, Payton and Sydney

Kinnaman; great nieces and nephews, Madilynne and Kate Wasson, Hunter Wasson and Harlon Self.

Brenda graduated from Little Rock Hall High School. Her post graduate degrees include a degree in political science from Washington University in St. Louis, Missouri and an administration degree from St. Louis University.

At a time like this, one feels totally inadequate to express in mere words the beauty and significance of the life lived by Brenda. To those who knew her well, she was known as "BB." BB was a force to be reckoned with. She was known for being a powerhouse in the political campaign world.

She started her own company 36 years ago, Kinnaman Consulting, and went on to work on many well-known campaigns such as Hillary Clinton's first senatorial campaign, as well as Senator Barack Obama's bid for the presidency. One of her most well-known campaigns was Freeman Bosley Jr.'s St. Louis mayoral campaign of 1993, where he would become the first African American to be elected to that office. BB also played a vital role in seating the first African American judge, George Howard Jr., to the Arkansas bench.

Sanibel Island, Florida was her home. When BB wasn't working, you could find her and Steve enjoying the local music scene on the island. Some of her favorites were Chris Workman, John McClain and Danny Morgan. She enjoyed watching sunsets at Blind Pass

Beach, or a local favorite, The Mucky Duck, West Wind Inn, Key Lime Bistro, or "Tweenies" (Tween Waters Resort) were places she'd go to enjoy a fine meal with good company.

BB loved her adorable dog, Theodora Roosevelt, whom she referred to as "Teddy" and was a huge fan of the St. Louis Cardinals. BB had a way

of making everyone feel like family. She had an infectious laugh and would light up the room wherever she went.

Services will be held at a later date. BB had a love for education and reading, so in lieu of flowers, the family asks for donations to the Sanibel Public Library in Florida or Puxico Public Library in Missouri.✧

First Sermon From New Senior Pastor This Sunday

Sanibel Community Church has a new senior pastor, Jeramie Rinne. Rinne and his wife, Jennifer, have four children ranging in age from 15 to 23.

Rinne will share his first sermon at the church on Sunday, July 26 at the 9 and 11 a.m. services in the main sanctuary. Masks are requested but not required. A masks only livestream will be available in Fellowship Hall or online at www.sanibelchurch.com.

Rinne's most recent roll was senior pastor at Evangelical Community Church of Abu Dhabi UAE since 2016. Prior to that, he served as senior pastor at South Shore Baptist Church in Hingham, Massachusetts from 1997 to 2016.

Sanibel Community Church is an evangelical, multi-denominational congregation, located at 1740



Jeramie Rinne photo provided
Periwinkle Way (next to Jerry's Market).
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Highlights From Bat Yam Temple Speaker Series

submitted by Tanya Hochschild

The first webinar for Bat Yam Temple of the Islands Summer Speaker Series took place on July 9. The subject was Surviving the Pandemic Mentally and Spiritually. The speakers were Rabbi Stephen Fuchs, Sanibel psychologist Matt Zilboorg and licensed clinical social worker Kat Zilboorg. Judy Adler moderated. The well attended Zoom meeting provided valuable insights and practical recommendations to live well during the COVID-19 pandemic.

Rabbi Fuchs began the session by talking of the word crisis, which means "turning point." He encouraged us to embrace the reality that even when the pandemic is over, things will be different. He offered the following thoughts on how to get through this time spiritually. Focus on blessings that are here: the environment has recovered; many birds and fish are being drawn to the unpolluted water. The second blessing is the relief from the uber-busyness that characterizes much of our lives. We now can embrace time for self-reflection and meditation. It is a blessing that technology keeps us connected through Zoom, texting and video chats.

Rabbi Fuchs indicated we need to learn from history and cited the

destruction of Solomon's Temple, which seemingly was a tragedy. But as a result, Judaism was reformed. There was no longer animal sacrifice, the temple was lost as God's central shrine, as was the system of a hereditary priesthood which was, in essence, an oligarchy. In their place, three new pillars were raised: study, prayer, and deeds of kindness and compassion. The lesson from this is we can plan a future looking ahead, with different institutions from the ones we have now.

The rabbi stated that a common theme throughout history is to cling to hope that things will get better. Israel's national anthem is *Hatikvah* – the hope. These were the spiritual tools Rabbi Fuchs offered as a way to a calmer, gentler world beyond this dark cloud under which we are now living.

Matt Zilboorg, expert in post-traumatic stress disorder, began by saying it is a difficult topic because a lot is not known. He spoke as a father, a husband and a health specialist. He said when dealing with traumatic experiences, we must engage in ritual/schedule in order to create meaning. Isolation has created a situation referred to as the "new normal." He does not agree; that it is a transitional period. He feels this is just today. Try to live each day to the best of your ability. We are experiencing a sustained traumatic time for everyone.

What is trauma? Trauma is usually physical, sexual or emotional. It has four specific elements: victim loses control; that loss of control leads to loss of connection, which results in an

inability to establish meaning, (there is no meaning, only the meaning we put on something) culminating in a real or imagined threat to one's life. During trauma, we experience changes. We become fearful, hyper tense, we deny and repress certain things. Memory and coding change making us unable to establish meaning. We give too much power to the perpetrator (in this case, a natural disaster like COVID-19). Also associated with trauma are feelings of violations of boundaries, inexpressible rage and powerlessness. There could be changes in dreams, actions, perceptions. People choose to isolate or withdraw.

Meditation is a powerful antidote, especially if you can schedule it for the same time every day, as a way to structure and reconnect. Prayer is powerful. Actively cultivate gratitude. Journaling is an important thing to do – we tend to create meaning for ourselves and remain optimistic. Breathe consciously. Take care of your body. We tend to heal through the physical self.

Kat Zilboorg began with the words, "We had no plans to be born into a pandemic." Now we are dealing with a lot of information and disinformation. The result of this is stress. We become overwhelmed by conflicting feelings. When we are repeatedly exposed to things that are not resolving, we lose our sense of security. It is hard to make sense of a pandemic that is affecting the entire world. Stress overwhelms our nervous system. We feel tired and emotionally drained. We also find it difficult to focus. Sleep patterns get disrupted. Our emotions spiral out of balance. Problems become exacerbated. We must accept that our reactions are normal in an abnormal situation. Anger and worry, self-pity, inability to see kids and grandkids – we feel bad about all that. Depression is a common response to stress. There is anxiety and/or loss or increase in appetite.

So, what can you do to ground yourself? Follow schedules. We need to do something with the hours in the day. Our bodies have rituals, we get up at certain times, eat at certain times. Our bodies need exercise – very important to mental health. Have goals, but pace yourself, e.g. clearing out shelves. Listen to the experts; obtain information from reliable sources, walk outside, explore a hobby, listen to music. Being creative is part of what keeps us connected. Think

of your five senses when you journal. People love to get mail, especially kids. All these are ways to stay connected. Most of all, talk with each other, especially about your feelings.

The moderator, Judy Adler, opened the discussion for questions and audience participation. The Rev. Dr. John Danner of Sanibel Congregational United Church of Christ was invited to share where he turns for solace. He has a daily discipline, looking for comfort in poetry. He said recognizing profound truths captured by poets is a great source of inspiration for him. The meeting ended with many attendees feeling there was a congruence from the spiritual and the physical, and many expressed appreciation for hearing tips on how to cope during these months of uncertainty. Matt Zilboorg had the last word, basically saying that everyone must make their own decisions based on circumstances. We don't know when it will end but it will end, and we will move on. Final lesson: Don't be a bystander, take action.

The Summer Speaker Series continues on Wednesday, July 29 from 11 a.m. to noon, with the topic The Importance of Art as Social Commentary. Speakers will be artist and social activist Myra Roberts, and editorial cartoonist Walt Handelsman.

On Thursday, July 30, as part of the Racial Justice Forum, the speaker will be Rabbi Capers Funnye of Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation of Illinois.

For more information, email batyamsanibel@gmail.com.✪

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 4. *The Last Train to Key West* by Chanel Cleeton
 5. *Girl, Woman, Other* by Bernardine Evaristo
 6. *Camino Winds* by John Grisham
 7. *Beach Read* by Emily Henry
 8. *White Fragility* by Robin DiAngelo
 9. *The Book of Lost Names* by Kristin Harmel
 10. *Friends and Strangers* by J. Courtney Sullivan
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Educational And Workforce Study Released

The 8th annual Southwest Florida regional educational and workforce outcomes study has been released and provides key information about demographics, education, occupations, employments gaps and projected job growth. For the first time, the FutureMakers Coalition and Workforce Now have combined their annual outcomes reports as an example of collective leadership and partnership.

The studies are conducted annually by Workforce Now, a research initiative that studies the regional workforce and is comprised of researchers from Florida Gulf Coast University, Hodges University, Florida SouthWestern State College and the FutureMakers Coalition. The FutureMakers Coalition is a cross-sector coalition from Hendry, Glades, Collier, Lee and Charlotte counties with the shared goal of closing the higher education gap and, more importantly, retaining those high-skilled Southwest Floridians in jobs within the region.

The available outcomes data indicate that Southwest Florida is making positive progress towards achieving a goal of increasing the proportion of skilled working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent with an increase from 39 percent in 2013 to 41.2 percent skilled workers among working age adults in 2018.

The study is divided into three major sections including demographics, educational outcomes and workforce overview. Each of the three educational outcomes – aspiration and preparation, access and entry, and persistence and completion – begin with a “report card” of their respective indicators, along with an overview of the changes from last year’s report. The report also indicates the top growth occupations by major occupational group, level of education and their median hourly wages.

Demographics show that Southwest Florida population is growing and at a faster rate than the State of Florida with primary growth occurring in the coastal

counties of Southwest Florida. In 2018, there were 605,015 working age (25 to 64) adults (an increase of 6.8 percent since 2014) and 249,486 in the skilled workforce (an increase of 6.9 percent since 2014). Meeting the 55 percent goal would have required 332,758 working age adults in the skilled workforce, or approximately 83,000 more skilled working age adults in 2018 (requiring a 42.5 percent increase in the skilled workforce between 2014 and 2018). The rate of growth in the Southwest Florida skilled workforce must significantly outpace the rate of growth in the region’s working age population, suggesting that the FutureMakers Coalition and its network partners must not only maintain, but expand, their efforts to identify opportunities and to foster outcomes to achieve the goal of 55 percent in skilled working age adults in support of a diversified and resilient economy.

Educational outcomes indicate general positive progress in aspiration and preparation, access and entry, persistence and completion measures. Third grade reading, high school graduation rates, post-secondary fall enrollment and technical education fall enrollment have trended upward in Southwest Florida. Kindergarten readiness, FAFSA completion rate, retention and on-time completion have trended downward. Selected outcomes are presented by race and ethnicity, and by gender. In general, the races and ethnicities represented by Southwest Florida’s minority residents achieved worse educational outcomes, possibly suggesting that the discrepancies in attaining better outcomes may be the result of long-standing systemic barriers that still exist for the populations with lower attainment.

The workforce report indicates that of the 407,258 average monthly workers, the retail trade, accommodation and food services, healthcare and social assistance, and construction industries comprise the majority (approximately 60 percent) of total employment in Southwest Florida. Those four industries also have the highest projected average annual growth comprising approximately 50 percent of additional jobs. The average annual wage for all industries is approximately \$44,000.

Additional findings of the study include:

Southwest Florida’s population increased to 1,346,865 in 2019, up 2.7

percent from the previous year, and up 16.9 percent from 2010. The region’s population growth has exceeded the state growth since 2010. Ninety-six percent of the region’s population lives in coastal Lee, Collier and Charlotte counties.

Southwest Florida’s working age residents percentage is below the state average and has declined each year since 2014.

The skilled workforce in Southwest Florida has grown each year since 2014 with Lee County having the largest skilled workforce in the region. All five Southwest Florida counties had a lower percentage of skilled workforce than the State of Florida.

Among the three, aspiration and preparation indicators, third grade reading proficiency and high school graduation rates in the Southwest Florida region improved from last year’s report. Kindergarten readiness declined slightly from last year’s report while the State of Florida observed a slight increase in kindergarten readiness in 2019.

Among the three access and entry indicators, post-secondary fall enrollment and technical college fall enrollment in the Southwest Florida region improved from last year’s report. Fall enrollment in the region has steadily increased since 2014, with only one decline in 2017 (Southwest Florida was significantly impacted by Hurricane Irma in 2017, which may have played a role in the decreased enrollment numbers). While fall enrollment increased in Southwest Florida, both the state and the nation each had a fall in post-secondary fall enrollment in 2018.

During the 2018-19 academic year, the region’s FAFSA completion rate declined from the previous year. FAFSA completion rates in the State of Florida also decreased between these two academic years.

Among the six persistence and completion indicators, business partnerships, returning adults, living wage and local jobs post-secondary in the Southwest Florida region increased from last year’s report.

Southwest Florida has a higher percentage of employees in retail trade, accommodation and food services, construction, arts, entertainment and recreation, real estate and rental and leasing, agriculture, forestry, fishing and hunting, and mining, quarrying, and oil and gas extraction, when compared to the State of Florida.

Southwest Florida’s economic growth

continued to strengthen from 2014 to 2018. During the time period, the region has experienced an increase of 54,948 employees.

While the construction industry continues to recover from the recession, both the accommodation and food services and retail trade have grown immensely since 2011.

Healthcare and social assistance is projected to be the fastest-growing industry in Southwest Florida, adding an average of 1,558 employees each year from 2018 to 2026. Construction is projected to add the second largest number of employees, adding 927 per year.

The top 10 employment gaps were for retail salespersons, first-line supervisors of retail sales, stock clerks and order fillers, customer service representatives, first-line supervisors of food preparation and service, maintenance and repair workers, first-line supervisors of office and administrative support workers, cashiers, sales representatives (all other services), and food preparation and serving workers.

The top 10 employment growth occupations are retail salespersons, landscaping and groundskeeping workers, registered nurses, food preparation and serving workers, waiters and waitresses, construction laborers, nursing assistants, carpenters, customer service representatives, and janitors and cleaners.

The expected top 10 long-run growth occupations requiring a minimum of post-secondary adult vocational training are nursing assistants, carpenters, customer service representatives, restaurant cooks, medical assistants, first-line supervisors of retail sales, personal care aides, home health aides, maintenance and repair workers, and licensed practical and vocational nurses.

The forecast top 10 occupations for growth from 2018 to 2026 requiring at least an associate’s degree are registered nurses, first-line supervisors of construction workers, general and operations managers, business operation specialists, first-line supervisors of office and administrative support workers, construction managers, property and real estate managers, bookkeeping, accounting and auditing clerks, software developers, and postsecondary teachers (all other).

The forecast top 10 occupations for growth from 2018 to 2026 requiring a bachelor’s degree include elementary

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Things To Know About Plastic Made From Plants

submitted by Sam Lucas

Bioplastics, often referred to as bio-based plastics, are created from plants or other biological materials instead of petroleum. Most associate bioplastics with the terms “biodegradable” and “compostable.” Unfortunately, this cannot always be assumed. Bioplastics can be manufactured to be structurally identical to petroleum-based plastics, meaning that they will persist in the environment as long as petroleum-based plastics do.

Biodegradable plastics, under correct conditions, are broken down by microorganisms into natural compounds within one year. Compostable plastics are broken down into compost – water, carbon dioxide, biomass and other inorganic compounds. This process also occurs because of microorganisms, but heat and humidity play a large role. All compostable plastics are biodegradable, but not all biodegradable plastics are able to be composted.

Depending on the composition of bioplastic, it must be sent to a landfill, compost facility or recycled. Surprisingly, the majority of compostable bioplastic is not suited for home composting. Unless otherwise specified, it must be sent to an industrial or commercial composting facility. These facilities are able to heat the bioplastic to a high enough



It is important to understand the difference between compostable and biodegradable plastics to ensure they are processed correctly photo provided

temperature, allowing microbes to break it down. Without this, the bioplastic will not break down in a short timeframe and will be comparative to the detrimental effects of traditional plastics if it enters the environment.

The chemical structure of bioplastics determines if it can be recycled along with petroleum-based plastics – some plastics are not compatible with one another. If discarded improperly, bioplastic can contaminate recycled plastic and potentially cause it to be rejected and discarded as trash. Please always review the product’s label to determine the proper method of disposal.

There are pros and cons to bioplastics, and whether it is truly better for the

environment than traditional plastics is still up for debate. We encourage you to refuse single-use plastics when possible and opt for reusable, environmentally friendly alternatives.

To learn more about bioplastics, visit www.epa.gov/trash-free-waters/frequently-asked-questions-about-plastic-recycling-and-composting.

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

Last Day For Recreational Red Snapper Is July 25

The last day to harvest red snapper in gulf state and federal waters for private recreational anglers is Saturday, July 25.

The current season also applies to for-hire operations that do not have a federal reef fish permit but they are limited to fishing for red snapper in gulf state waters only.

To learn more about the recreational red snapper season in gulf state and federal waters, including 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.

If you plan to fish for red snapper in state or federal waters from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a State Reef Fish Angler (annual renewal required). If you already have a valid Gulf Reef Fish Angler designation on your license, this will meet the statewide requirement until your designation expires. To learn more, visit www.myfwc.com/srfs. Sign up at www.gooutdoorsflorida.com.

State Reef Fish Anglers might receive a questionnaire in the mail regarding their reef fish trips as part of Florida’s State Reef Fish Survey. These surveys were developed specifically to provide more robust data for management of red

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Plant Smart

Avocado

by Gerri Reaves

Most people are familiar with the California- or Mexico-grown avocados readily in grocery stores. Small with bumpy or “warty” skin, they are the preferred type for making guacamole.

But there’s a Florida-grown avocado too, called the Florida or West Indian avocado (*Persea americana*). Larger and more smooth-skinned, it has moister “meat.”

Like the mango, it has long been an important agricultural crop in South Florida, but neither are native to the state.

It is believed that this species has been cultivated since 8,000 BC and, before that, was eaten from the wild.

Thought to be native to Mexico and Central America, archaeological records date it to 10,000 BC in Coxcatlan, Mexico.

A member of the laurel family, it is in the same genus as native red bay (*Persea borbonia*). At least three “races” of this species exist, but further research is needed to fully understand the classifications.

Fast-growing Florida avocado takes shrub or tree form and can live as long as 50 years. It can grow as tall as 60 feet but usually no more than 40 in South Florida. It has a rounded symmetrical crown and can be used as a shade tree.

The aromatic leaves are alternate and four to eight inches long. Leathery in texture, they have long stems and are dull green on the upper side and paler



Avocado trees are not native to Florida but are valued for their delicious and nutritious fruit, and the shade they provide

photos by Gerri Reaves

underneath. Clusters of small greenish white flowers appear at the branch ends.

Interestingly, a tree produces both male and female flowers, but they mature at different rates to minimize self-fertilization. If you hope to cultivate avocados, plant more than a single tree.

The skin of the large pear-shaped varies from dull green to purplish and can be rough or bright green and shiny.

The oily and nutritious fruit contains a single large seed encased in the green to yellow buttery flesh.

The fruit’s weight varies with type but



Avocado trees usually reach no more than 40 feet tall in South Florida

can be as much as three pounds.

Give this tree deep well-drained soil in sun to partial shade. It is subject to various pests and diseases, and the wood is prone to breakage, so keep it away from the house.

It is moderately drought tolerant but not salt tolerant. Many varieties have been developed in Florida, including one that does well as a container plant.

The seed’s base can be suspended in a glass of water, often with toothpicks, to sprout it and start a new plant.

Take care with avocado, for the fruits, leaves, stems and seeds are toxic to many animals and birds. Some people are allergic to the fruit.

The plant has several medicinal uses, including the treatment of malaria.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehen; *Florida, My Eden* by Frederic B. Stresau; <https://hort.ifas.ufl.edu>; and www.plantsoftheworldonline.org.

Plant Smart explores the diverse flora of South Florida.✧

From page 8

Workforce Study

school teachers, management analysts, accountants and auditors, secondary school teachers, middle school teachers, financial managers, market research analysts, human resource specialists, teachers and instructors (all other), and physician assistants.

“A driving force behind the FutureMaker Coalition’s efforts is to ensure that everyone – no matter where you come from, what you look like, or how much money your family has – has access to genuine educational and career development opportunities along the cradle-to-career pathway and to flourish in Southwest Florida’s growing economy,” said Tessa LeSage, director of FutureMakers Coalition. “The outcomes presented in this report, however, paint a different picture; opportunities are not equally realized among the region’s minority populations.”

The FutureMakers Coalition aims to transform Southwest Florida’s workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee and Charlotte counties. Southwest Florida has been designated a Talent Hub by the Lumina Foundation in partnership with The Kresge Foundation and received a \$125,000 award to support local efforts to increase educational attainment.

The FutureMakers Coalition encourages businesses to join and contribute to sustaining this community-changing initiative by visiting www.futuremakerscoalition.com or emailing Tessa LeSage at tlesage@floridacommunity.com.

The full study can be downloaded from the FutureMakers Coalition site at www.futuremakerscoalition.com/reports.✧



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Find The Fry Bait And You Find The Fish



by Capt. Matt Mitchell

For the past few weeks throughout the sound and the passes, there is a massive amount of what I like to call fry bait. This small bait is around all summer and is a mix of shiners, glass minnows and threadfin herring. What this bait lacks in size it make up for by covering huge areas that has to number in the millions.

Once you locate this bait, it's just a matter of making a few throws of a small mesh cast net and it's time to go catching. I've been catching this bait up on top of shallow grass flats all through

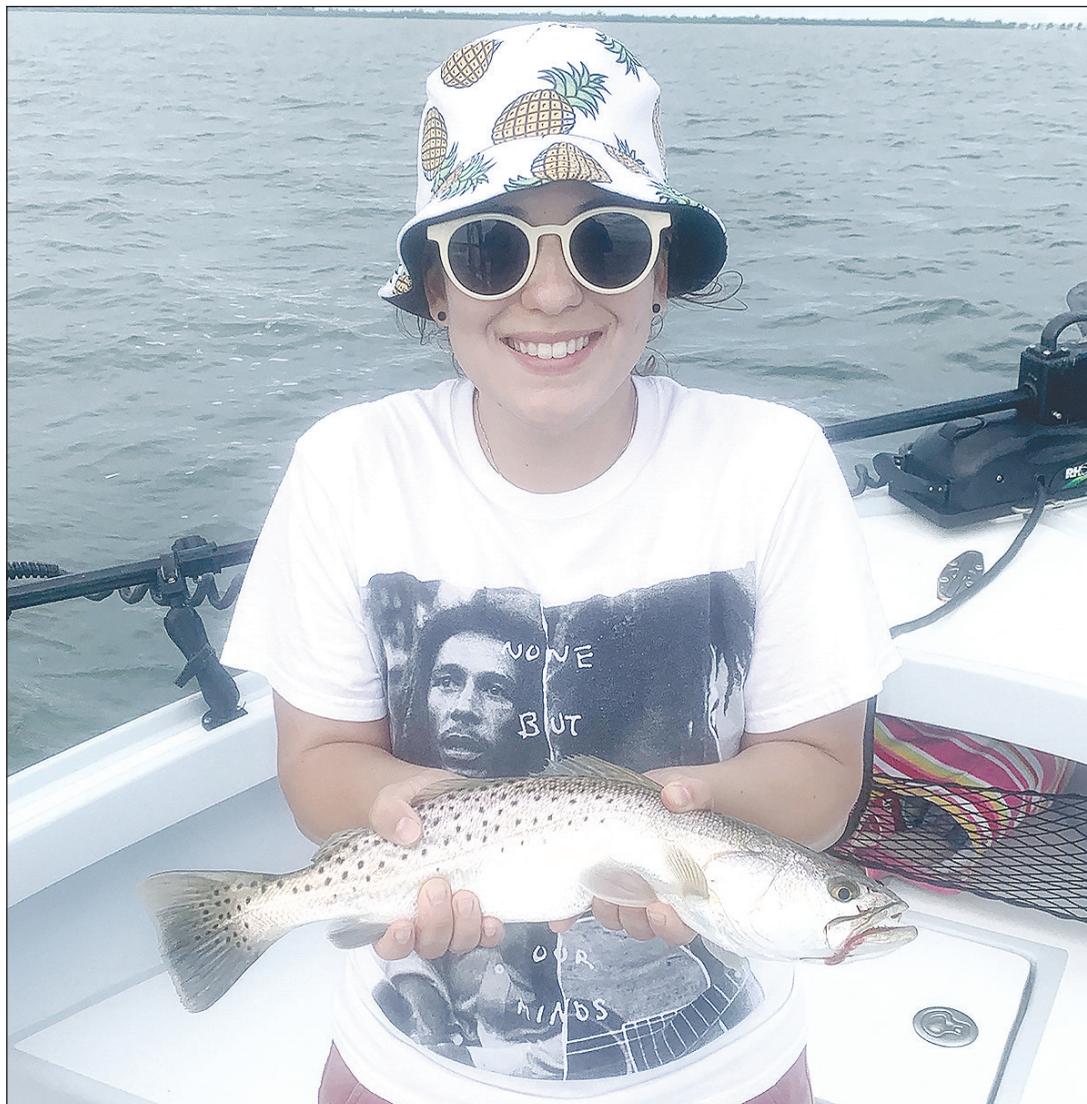
the sound. Then, move out to the deeper water and flats in the five- to seven-foot depth range, anchor up and start chumming. My go-to rig has been a small 1/0 light wire circle hook, a piece of 20-pound leader and a popping cork.

The amount of trout we are catching has to be experienced to be believed – with quite a few going over 20 inches. Along with the trout, mangrove snapper, ladyfish, mackerel and small blacktip sharks have all been keeping the rods bent. Once you get this bite started, it's been almost nonstop action. Some of the most productive places for me this week have been between Chino Island and Red Light Shoals, Captiva Rocks and the outside of Wulfert Keys.

The one drawback of this small fry bait is that, with such hot water temperatures, it only lives for a few hours in the live well. I've been starting off my trips with this type of fast-paced fishing then, by mid morning, I'm switching it up for snook and redfish. After catching big numbers of fish out on the flats, I have either been heading to the passes or going mangrove fishing.

During the lower tides, I've been drifting the passes with the pinfish and grunts that outlive the fry bait. Then, during the higher tides, I've been taking the ladyfish that where caught on the flats with the fry bait, and pitching chunks of it up under the trees. Bait management during these hotter summer months is key to catching fish all day.

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.



Big trout have become more and more common over the past few weeks

photo provided

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CROW Case Of The Week:

Eastern Meadowlark



by Bob Petcher

The eastern meadowlark (*Sturnella magna*) is mainly known for its flute-like whistle and not so much for its ability to be a ground nester. Strangely, this songbird is not in the lark family,

but rather it's a member of the blackbird family, which includes orioles.

At CROW, a fledgling eastern meadowlark was admitted from Cape Coral after being found in the middle of the street. Due to its land preference, a juvenile meadowlark can be confused with a young bird that has fallen from a tree.

"Meadowlarks are different from other birds because they do not nest in trees. Instead, they form woven nests with grass growing from the ground," said CROW Wildlife/Admissions Specialist Morgan Hester. "Some nests can even have roofs and tunnels – they can be quite elaborate. A female may even find a hoof print that she uses as the nest which has good foliage coverage around it."

While there were no reported significant injuries, it was noted that the bird was open mouth breathing without wheezing or crackling in the lungs, likely from the



Patient #20-3316 is doing better and less stressed

photo by Breanna Frankel

stress of being captured and handled. The bird was placed into an oxygen chamber for a single day to help with its breathing patterns.

"Sometimes the stress of being caught or chased can lead to increased respiratory effort," said CROW Rehabilitation Manager Breanna Frankel. "(The patient) settled down relatively quickly and began to eat almost instantaneously. We introduced natural grasses to its cage when admitted, to provide a natural environment, and he/she has been playing with the provided grasses ever since."

Rehabilitation staff continue to monitor the patient, feeding it nine times a day

every one and a half hours. Once old enough and able to fly, the bird will be released.

"The young begin to leave their nest just 12 days after hatching, and the parents follow them around supplement feeding them until they are able to find enough food on their own. At this young age, they are primarily eating insects," said Hester. "Due to being raised partially in captivity, it will take longer for this one to become independent since we can't actively teach it how to be a meadowlark like the parents can."

Frankel said the eastern meadowlark is an infrequent patient at the clinic with

seven so far in 2020, only three last year and zero in 2018.

"(While) they are commonly seen in Southwest Florida, our clinic just doesn't get many admitted," she said.

While a finder believes he/she is doing the right thing, a phone call should be made before other action.

"If you encounter a bird that nests on the ground, it should be in the nest until it is able to hop around quite easily. If you are unsure whether a baby is in trouble, please call your local rehab center and confirm it needs medical attention," said Hester. "A majority of the babies that are found on the ground are supposed to be there, based on their development. Be cautious when approaching any animal nest, as female meadowlarks may actually abandon the nest if forced off."

Meanwhile, this CROW patient appears to be feeling better.

"We are offering about eight supplement feeds a day, and it enjoys eating worms," said Frankel. "He/she has started making short flights in the indoor cage it lives in. Once it's off supplemental feeds, it will be moved outside for some flight conditioning. It will be released back into an area with a good meadowlark population."

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

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Shell Of The Week

The Santo Domingo Carditid



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

Glans domingensis (d'Orbigny, 1853) is a small clam that grows to about 6 mm

(0.24 inch). The shell is squarish, with sharp, beaded radial ribs, and the shell margin is strongly notched, *crenulated*. The shell color is white with small, faint pink or orange spots. Do not confuse this species with the juveniles of its more common relative, the broad-ribbed Carditid, *Cardites floridanus*. These latter are narrower, with the shell "beak" displaced to one of the sides. (In the figure, the inside of the valves may look "dirty," and viewers may think that curatorial staff at the National Shell Museum didn't care to clean the shell prior to photography. The dried "dirt," however, are residues of the mollusk soft parts that may yield genetic information in the future, so it stays.) Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell



BMSM 5476
Glans domingensis
Sanibel, Florida, USA

The Santo Domingo Carditid, *Glans domingensis*, from Sanibel, Florida

photo by James F. Kelly

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

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.*

American Legion Post 123 Closed Temporarily

American Legion Post 123 is closed until further notice due to state mandates pertaining to the coronavirus.



Member eligibility dates are November 11, 1918 through present. All veterans are welcome to join.

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

Sand Sculpting Championship May Go Virtual

The 34th annual American Sand Sculpting Championship on Fort Myers Beach has been postponed. Coordinators said it has been difficult to move forward with plans for the annual November event given the uncertainty that is currently surrounding outdoor events and festivals.

"We are extremely disappointed to be making this announcement," said Fort Myers Beach Chamber of Commerce Executive Director Jacki Liszak. "The popularity of this event and the growing interest in it has made this decision very difficult to make."

"Planning and running this event takes a year of preparation and teamwork from all of the event partners. Given the current challenges with COVID-19, we feel that postponing the event and looking forward to 2021 is in the best interest of everyone involved."

Plans are under way for a potential virtual event that will give fans an opportunity to watch the sculptors at work in a live remote feed via Facebook. More details will be announced as plans continue to evolve.

For updated information, visit www.frmsandsculpting.com or [Facebook.com/americansandsculpting](https://www.facebook.com/americansandsculpting).*

From page 9

Red Snapper

snapper and other important reef fish, and have allowed Florida Fish and Wildlife Conservation Commission (FWC) the unprecedented opportunity to manage gulf red snapper in state and federal waters. If you receive a survey in the mail, responses are needed, whether you fished this season or not.

When catching red snapper and other deep-water fish, look out 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.*

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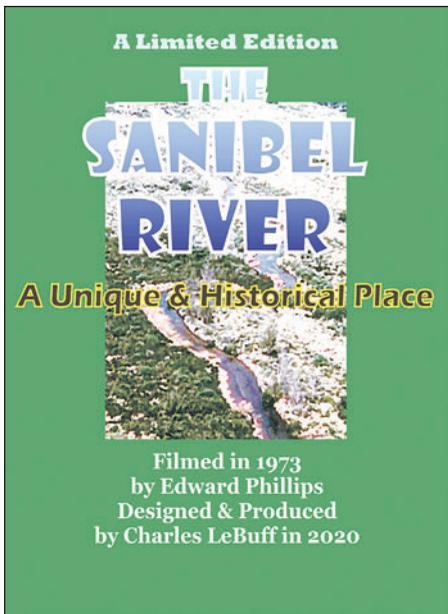


image provided

Noted Author Produces Limited Edition Video

Local author Charles LeBuff has completed a video, entitled *The Sanibel River*. He has written many books about the islands, but this is his first video production. He rose to the occasion to help fulfill the hopes of an ailing old friend. LeBuff considers *The Sanibel River* to be a short-run limited edition DVD. Publicly available copies will soon be available for loan at the Sanibel Public Library (and Captiva Memorial Library when it reopens).

The movie on which this DVD is primarily based was filmed on Sanibel in 1973-74 by Ed Phillips. Now 92 years old, Phillips, a former Massachusetts schoolteacher, shot the 16mm movie when he spent summers on the island and elsewhere in South Florida while working in the field of sea turtle conservation with Sanibel-based Caretta Research, Inc. The film was somehow misplaced years ago and was rediscovered in April of this year.

The title, *The Sanibel River*, is based on the common name of the Sanibel Slough. Both names date back to the late 19th century after homesteaders first arrived on the barrier islands. The slough is the huge system of freshwater wetlands at the island's center. Originally a vast prairie-like *Spartina* marsh, the wetlands were ditched as part of a massive mosquito control program between 1958 and 1965.

Until 1959, there was no way to manage water produced by an overflowing Sanibel Slough. LeBuff remembers after one rain event that year, there was nearly 18 inches of rain water flooding Island Inn Road, a centrally located island roadway. The Lee County Mosquito Control District built a large water control structure that same year. Their management plan called for the water in the slough to be held as high as island residents would tolerate. Higher water meant fewer mosquitoes and most islanders of the day would rather wade around their

yards than be covered by mosquitoes. Excess water flowed over the structure to reach Tarpon Bay.

This policy ended in 1974 when the new City of Sanibel assumed water management in the slough. Their consulting engineers recommended lowering the preferred level maintained by the Mosquito Control District. Longtime islanders said the new strain of residents would complain if the soles of their footwear got damp. That action eventually opened an entirely new can of worms for land managers.

Before 1958, when the rain water stored in the basin crested during these flood stages, it would turn into a miniature wild river on Sanibel's eastern end. As precipitation continued, water would reach an extreme level in the slough and when it attained an adequate elevation, one higher than sea level, an overflow occurred. A trickling rill of freshwater first formed and soon spanned the low dune. This quickly widened and deepened until a full breach of the beach was the result. The river historically broke through the beach dune near what is now The Colony Resort. Once the freshwater head fell below sea level, the beach sand accreted and over time plugged the opening. The slough would fill with rainwater again between October and the following September, and repeat the cycle annually. Only minimal rain fell on the islands in the winter and spring. By early May, the barrier islands were parched. Then, usually in September, unless an earlier hurricane filled the Sanibel River basin, the river would break-out and flow again.

Once the slough dried up, saltmarsh mosquitoes deposited millions of eggs on the dry bottoms. When the rainy season started again in June, the water levels rose and the dormant mosquito eggs hatched. The nuisances preyed on humans, wildlife populations and pets. The wind transported Sanibel mosquitoes considerable distances and they impacted communities 50 miles away on coastal islands and the mainland. Sanibel Island quickly attained notoriety as the saltmarsh mosquito capitol of North America. A New Jersey Light Trap caught over 365,000 of them near the Sanibel Lighthouse in 1950. The work of the Lee County Mosquito Control District made the islands more inhabitable and change followed.

Once he had a handle on costs, LeBuff started a GoFundMe account to finance the expensive conversion of the film into a digital file. He was astonished by how quickly the fund reached its goal. Next, for his personal satisfaction, 84-year-old LeBuff tackled the design and production of this DVD. In the coming days, donors who contributed funds which led to the creation of this DVD will be receiving their copies in the mail. LeBuff added that the disc contains a bonus movie related to Sanibel, but won't say anything further about it.

Islanders Betty Anholt and Ralph Woodring are featured in the production as well as Chris Lechowicz of the Sanibel-Captiva Conservation Foundation (SCCF).✱

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Teens Go To Work To Improve Their Community

submitted by Jamie Senkeleski

On June 15, the Sanibel Community Church H2O Youth Group served the Sanibel and Fort Myers communities.

In the morning, the teens went to FISH of SanCap to begin some yard cleanup. Maggi Feiner, CEO and president of FISH, gave a brief update on what the FISH program provides to the residents of Sanibel and Captiva. After the quick synopsis and answering questions, she explained to the teens that their project was to pick air potatoes, an evasive vine that smothers Florida's tropical plants.

The teens split up into small groups and attacked the perimeter searching for the heart-shaped leaf. Two hours later, the dumpster was overflowing with the dreaded vines. FISH rewarded the teens with a pizza lunch and gave a tour of the facility in small groups.

The group loaded back into the vehicles and headed to Fort Myers for their next service project at Hands of Hope Helps Ministries. Permon Thomas introduced everyone to his team and gave a brief description on how God is using him and his team to further God's Kingdom. Permon's group ministers to people in prison, provides education and training skills for job development, offers Bible study with fellowship, and provides basic necessities for families.

The H2O team was split into two groups. One group helped paint a newly acquired 2,500-square-foot building to be used for fellowship, Bible studies and education purposes. The second group distributed huge piles of mulch to various garden and flower beds.

The mission team laughed and worked together. Their servant hearts were evident inside and outside the building. There was a sweet ending to the day with some praise and worship music.

It was a quiet ride home as everyone



From left, Kristian Schafer, Tyler Ulrich and Rick Zurbriggen (leader) photos provided



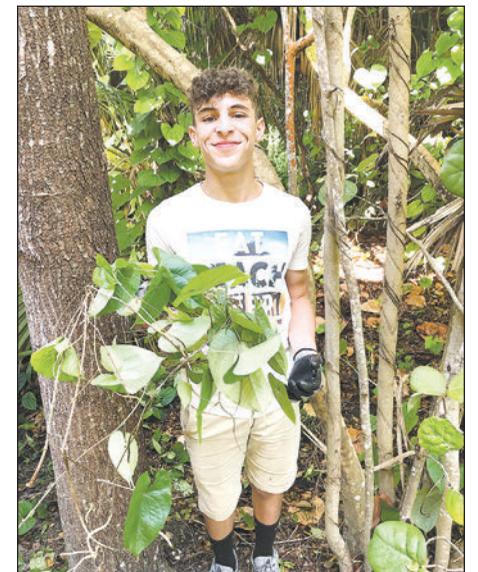
Casey Sackman and Caroline Muddell pulling air potatoes at FISH of SanCap



Chase Nave went deep into the brush to clear air potatoes



From left, Jacob Paquin, Jordan McKee and Mara Lodwick had their hands full



Santiago Falkenhagen with a batch of air potatoes

was exhausted from the day. But as they departed, you could hear them say, "See you tomorrow. Can't wait to do this again!"

H2O Student Ministries is a program for sixth through 12th grade young men and women. Due to the coronavirus,

regularly scheduled meetings at Sanibel Community Church are temporarily suspended. Typically, H2O meets on Wednesday evenings from 5 to 7 p.m. for middle school students, 6 to 8 p.m. for high school students and on Sunday mornings from 10:45 to 11:45 a.m. All

students on the island and surrounding communities are welcome to attend when normal activities resume.

Sanibel Community Church is an evangelical, non-denominational congregation located at 1740 Periwinkle Way (next to Jerry's Market).✪✪



Brent Patton-Roark and Case Vandevelde set out to fill their bag with air potatoes



David Baker and Karsten Schafer painting at Hands of Hope Helps Ministries



From left, Audrey Mulka, Rick Zurbriggen (leader), Sofi Lee Varmuza, Lenka Franova, Anna Anderson-Kilgore, Ava Selby, Julia Senkeleski (leader) and Siena Lodwick in the field

Sea School Helps Out At Rec Center

Sanibel Sea School has partnered again with the Sanibel Recreation Center to offer children's programming this summer.

"We are excited to work with the local kids in the community, providing much-needed engagement after a long couple of months," said Sanibel Sea School Director Nicole Finnicum.

Marine science educators are offering activities twice weekly during the City of Sanibel's Sanibel Recreation Center's annual summer camp, free of charge.

On Mondays and Tuesdays for six weeks this summer, educators drop in to the recreation center's summer camps to offer a morning or afternoon of activities.

In previous years, Sanibel Sea School has taught summertime snorkeling at the summer camps but this year activities were modified due to the pandemic.

During the two-hour sessions, educators are offering nature-inspired arts and crafts as well as ocean-themed outdoor games.

Some of the crafts that have been offered include mobiles and mosaics using sticks, shells and leaves. Participants also got creative and created alligators using the base of dried palm fronds.

"It's been fun to engage with a new group of kids as they use their imaginations to make crafts out of natural materials," said Marine Science Educator Sam Lucas. "They are all so creative."

Programming with the Sanibel Recreation Center will continue through the week of July 20.*



Participants made shell mobiles using natural materials photo provided

From page 1

Nonprofit Award

of every dollar donated goes directly to its programs and services. Last year, 20,885 service requests were answered by FISH for 5,544 individuals. The FISH Food Pantry, one of the most utilized programs of the agency, had 8,364 visits and 247,903 pounds of food distributed in 2019. Other services included 3,260 meals delivered to islanders; 332 instances of emergency financial assistance; and assembly and delivery of 1,160 food backpacks for children.

The Top Rated Nonprofit award is based on outstanding online reviews from clients served, community members, volunteers and/or board members. As one client wrote, "Back in December, my income changed drastically without notice. I looked to FISH for help with my electric bill. Upon meeting Nitza (Lopez), she was so understanding and compassionate. I had never needed help before and didn't know where to turn. Not only did FISH help with my electric, but they also helped with my rent and gifts for my kids for Christmas. That was very unexpected and thoughtful. All the employees there are so kind. Every week, they give a bag of food for



image provided

each kid along with other food from the pantry. During this pandemic they have been such a helping hand. Thanks so much!" Additional reviews may be read at <https://greatnonprofits.org/f-i-s-h-of-sanibel-captiva-inc>.

"FISH is a great example of a nonprofit making a real difference in their community," said Perla Ni, CEO of GreatNonprofits. "Their award is well deserved recognition not only of their work, but the tremendous support they receive, as shown by the many outstanding reviews they have received from people who have direct experience working with FISH."

For more information on FISH of SanCap programs and services, contact Alicia Tighe at 472-4775 or visit www.fishofsanincap.org.*

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Fruit Salad with Lime and Honey

photo courtesy Fresh From Florida

Fruit Salad with Lime and Honey

1/4 seedless watermelon (depending on size), peeled and diced large
 2 mangoes, peeled and diced large
 1 pint blueberries, rinsed
 2 tablespoons honey
 1/4 cup fresh mint, hand torn
 2 limes, juiced
 Fresh citrus for garnish, sliced
 1 small pinch sea salt
 In a medium-sized mixing bowl add lime juice, honey, and salt. Stir the lime juice mixture to get the flavors working together. Add all of the rest of the ingredients, and gently stir to combine. Keep fruit salad refrigerated until ready to eat. This dish can be made a day ahead. Garnish fruit salad with fresh sliced citrus.*

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Python Tracking Under Way In Southern Florida

The U.S. Geological Survey (USGS), U.S. National Park Service (NPS), U.S. Fish and Wildlife Service (FWS) and Conservancy of Southwest Florida have teamed up to radio-track Burmese pythons in Big Cypress National Preserve, Crocodile Lake National Wildlife Refuge and other areas of Southwest Florida. This new effort marks the first time pythons are being tracked in so many different habitats to better understand python biology across the region and ultimately find ways to more effectively control this invasive species.

"Our experts are committed to using innovative methods and technologies to track invasive pythons," said U.S. Secretary of the Interior David L. Bernhardt. "This partnership will further aid in our efforts to eliminate this growing threat to South Florida's ecosystem and biodiversity."

Invasive Burmese pythons are established throughout South Florida, but they are extremely secretive and difficult to find, even though they can reach 18 feet in length. Individual agencies and organizations have used radiotelemetry since 2006 to locate, remove and study Burmese pythons, but those efforts have typically been intermittent and local. The year-round data acquired through these new unified efforts will help land and resource managers improve python management.



Biologists remove a large Burmese python from the wild

photo provided

"Burmese pythons have established themselves as an apex predator throughout the Greater Everglades Ecosystem, and they literally are eating their way through native wildlife," said Rob Moher, president and CEO of the Conservancy of Southwest Florida. "We have to stop their population growth and protect native animals before it's too late, but I'm encouraged that our research team and partners have identified a viable way to reduce the number of adult Burmese pythons in critical areas."

The Burmese python is now estimated to have a breeding population in Florida in the tens of thousands. These fast-breeding and long-lived constrictor snakes are highly adaptable to new environments and

have already done tremendous ecological damage in the state of Florida, where they consume a wide variety of prey including mammals, amphibians, lizards, and threatened and endangered bird species. In one study, scientists collected more than 300 Burmese pythons in Everglades National Park and found that birds, from the five-inch-long house wren to the four-foot-long great blue heron, accounted for 25 percent of the python's diet in the Everglades.

Department of the Interior researchers, with the help of many partners, implant pythons with radio transmitters and then track them to understand python movements, breeding behaviors and other

characteristics. Adult male "scout" pythons are especially useful, as tracking males during the winter breeding season can lead biologists to breeding aggregations consisting of multiple males and a single large female that would otherwise be nearly impossible to find.

This technique may improve removal rates of large breeding females, which are the most important individuals to target for population reduction. During the 2019-20 breeding season, scout python tracking efforts resulted in the removal of 86 adult pythons that together weighed approximately 5,000 pounds, including 53 reproductive females with more than 2,500 developing eggs.

This effort complements federal and state programs that use volunteer agents and paid contractors to remove pythons. Most pythons removed by agents and contractors are close to roads and levees. Scout snakes help locate pythons in remote areas that can be difficult to access, requiring researchers to trek long distances in the backcountry to remove breeding aggregations. Using a combination of methods widens the area where pythons are being located and removed.

To distinguish valuable scout snakes from those without transmitters, fluorescent orange tags and highly visible scale marks are placed on each animal. If anyone finds a python with any of these marks, they should take a photo, leave the snake where they found it, and report the sighting location to the email address printed on the orange tag. In fiscal year 2020, the Department of the Interior is investing more than \$142 million in

continued on page 20

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The Community House

Watermelon



by Resident Chef Jarred Harris

Summertime is watermelon season and the delicious fruit will be available until the end of September. Watermelon is the perfect summer fruit because it contains 92 percent water and is very refreshing.

I enjoy using watermelon in recipes because the whole fruit is edible. Watermelon rind can be pickled or peeled and used in stir fry dishes, and watermelon seeds can be dried and eaten like pumpkin seeds.

Did you know that the watermelon is actually a vegetable? Watermelons are classified as part of a botanical family of gourds that includes pumpkin, squash and cucumber. In fact, Oklahoma made the watermelon its state vegetable in 2007.

The watermelon originated in the Kalahari Desert over 5,000 years ago. The first recorded watermelon harvest was depicted in Egyptian hieroglyphics, found on the walls inside ancient buildings. Watermelons were placed in the burial

tombs of kings to give them nourishment in the afterlife.

Watermelons were first documented in China around the 10th century and in Europe around the 13th century. The fruit found its way to the United States with African slaves around the 16th century.

There are many different varieties of watermelon and they can be found in different colors, shapes and sizes. The Japanese grow square watermelons. They place the fruit in square glass boxes and the fruit becomes square as it grows.

Watermelons are a great source of lycopene, vitamin C, potassium and dietary fiber, and the seeds contain high levels of protein, magnesium and zinc.

Here is a simple recipe to try:

Watermelon Salsa

32 oz. seedless watermelon (cut into small cubes)

1 sm. red onion (finely diced)

1 red pepper (finely diced)

1 tbsp. jalapeno pepper (seeds removed and finely chopped)

1 tbsp. cilantro (finely chopped)

Zest and juice of 1 lime

1 tbsp. honey

1 tsp. cider vinegar

Method

In a large mixing bowl, add all the ingredients and mix thoroughly.

Store in an airtight container for up to two days.

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

Python Tracking

invasive species management activities, including prevention, early detection and rapid response, control and research. The USGS, FWS and NPS are working together to conserve and protect the nation's natural heritage for the continuing benefit of the American people. Collectively, the agencies are committed to a collaborative approach to developing and testing novel control tools and technologies to prevent the establishment and further spread of other invasive species, including Asian carps and zebra mussels. This collaboration has also provided forecasting and early detection tools for bio-surveillance of numerous invasive species nationwide.

These efforts are representative of those more broadly taken by the Department of the Interior with nonfederal partners to protect human health, local economies and ecosystems from the harm caused by invasive species. Great strides have been made by the Trump Administration to reduce and overcome the ongoing threat of the spread of invasive species to the native biodiversity, specifically:

Under this administration, Interior officials took unprecedented steps to advance coordination among bureaus through establishing unified regions to more effectively address interjurisdictional issues such as invasive species.

After 20 years without a clear and achievable sense of direction, Interior officials worked on an interdepartmental

basis through the National Invasive Species Council, which Interior officials co-chair with the U.S. Departments of Agriculture and Commerce, to set annual shared priorities for the federal government to make real and measurable progress on common invasive species challenges.

Through coordination efforts such as its Safeguarding the West initiative, Interior officials enhanced collaborative efforts with states and sister federal agencies to prevent, contain and control quagga and zebra mussels that threaten western hydropower, irrigation systems, municipal water supply, recreation and aquatic ecosystems.

Interior officials are also accelerating efforts to protect the environment from invasive species by streamlining environmental compliance for invasive species control projects.

In addition, numerous projects and projects are under way to restore, conserve and enhance the vitality of the Everglades. For example:

More than \$20 billion has been authorized to restore the South Florida ecosystem;

The Department of the Interior has directly invested more than \$258 million in addition to other indirect support;

\$100 million has been invested to fight back against red tide toxic algae;

The Central Everglades Planning Project is under way at an estimated cost of \$5 billion; and

More than \$514 million has been allocated to accelerate rehabilitation of the Herbert Hoover Dike.✪

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Business Owner Closing Up Shop After 25 Years

by Wendy McMullen

For 25 years, Rinaldi Fashion Shoes has been a fixture on Palm Ridge Road on Sanibel.

Now the store is closing at the end of July and owner Tony Rinaldi is selling his entire stock of fine Italian shoes at bargain prices to thank his many loyal customers over the years. High quality comfort brands such as Anatomic Flexus, La Plume and Easy Spirit are all on sale with 50 percent off.

Rinaldi and his wife, Frankette, came to Sanibel for vacation in 1980 from Rutherford, New Jersey. They both loved the island and returned a few years later, bought a house and set up shop on Palm Ridge Road. His children, Nicolas, a landscaper, and Christine, now interning as an MD, were both brought up on Sanibel and attended The Sanibel School.

Shoes were in Rinaldi's blood. His parents had shoe stores and he sold his first pair at the age of 5.

"I was in the store and I told a lady her shoes were ugly," he recalled. "She laughed and bought a new pair."

Focusing on Italian shoes for men, women and children created a good living over the years, although recent years had seen a decrease and Rinaldi turned to a new love; painting. His collection of seascapes in acrylics are all island



Tony Rinaldi in his shoe store on Palm Ridge Road

photo by Wendy McMullen

based and popular with tourists. So are his handpainted coconuts, which can be individualized for the buyer. Rinaldi has discounted all of his original paintings in the shop by 50 percent.

Rinaldi is also selling his collection of vintage cars. The cream colored MGB sports car stands proudly outside the store and he is currently working on a 1954 MGTF.

Although Rinaldi is closing his store,

he and his wife are staying on island and he is now looking forward to painting full-time. His paintings are exhibited at Sanybel's Finest in Jerry's Shopping Center.

Rinaldi Fashion Shoes is located in Palm Ridge Place shopping center. Hours are 9:30 a.m. to 5 p.m. Monday through Saturday. Appointments are available by calling 464-8146.*

Preparing Your Home For A Storm

Storm season is in full swing so if your home is not storm-ready, now is the time to prepare. The most important precaution you can take to reduce damage to your home and property is to protect the areas where wind can enter.

Following are some tips to help you storm-harden your home:

Protect your windows with hurricane shutters or plywood;

Trim dead branches from trees and shrubs around your home, avoiding those close to power lines;

Clear your patio and yard of furniture, potted plants, toys and other debris;

Anchor items that cannot be taken inside;

Turn off and unplug the TV before lowering an antenna or satellite dish;

Protect your electronics with surge protection devices;

Reinforce your garage door at its weakest points;

Inspect doors and add extra locks or slide bolts; and

Inspect and secure mobile home tie downs.

In addition to preparing your home for a storm, it is essential to have your family's disaster plan and kit ready.

For all you need to know about before, during and after a storm, download the Lee County Electric Cooperative (LCEC) Hurricane Guide at www.lcec.net.*



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Book Review

The Vanishing Half

by Di Saggau



The *Vanishing Half* by Brit Bennett is breathtaking. A small southern community called Mallard was founded to be a town of light-skinned black people. They work hard to keep

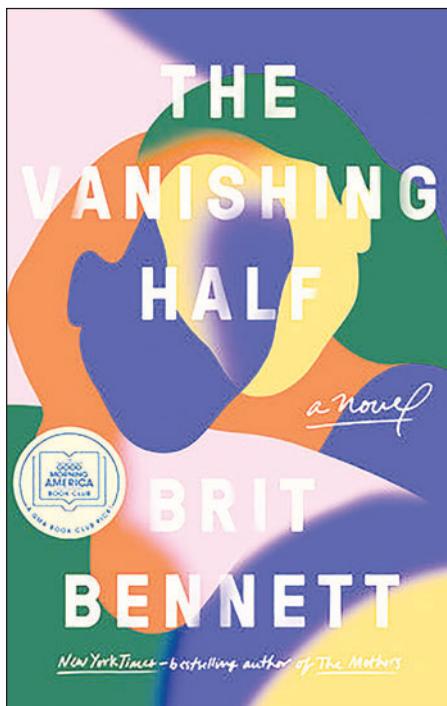


image provided

help Jude endure malicious comments from her classmates, Stella is dreading the fact that a black family is moving across the street. She's afraid they will see her for what she is. They move in and, at first, she tries to befriend the wife and later she reverses her decision.

When Stella is found out, it's not by another black family in her neighborhood. Jude, a student at UCLA, has met Kennedy and she discovers her mother's missing half when she attends a function

also attended by Stella. As the daughters' lives intersect, the story grows very interesting.

There are some wonderful characters playing a major part, and we get to know all of them. Bennett weaves together multiple strands and generations, from the Deep South to California, from the 1950s to the 1990s. *The Vanishing Half* is a riveting, emotional family story and a brilliant exploration of race, gender and identity. One of the best summaries

comes from author Bernardine Evaristo, who said, "*The Vanishing Half* is an utterly mesmerizing novel, which gripped me from the first word to the last. It seduces with its literary flair, surprises with its breathtaking plot twists, delights with its psychological insights and challenges us to consider the corrupting consequences of racism on different communities and individual lives. I absolutely loved this book." Her words, and I agree with them all.✧

it that way. The Vignes sisters, Stella and Desiree, are identical twins and extremely close. They are the daughters of a lynched man. Running away from home at age 16, their lives eventually take separate paths. We learn early on about their lives. Desiree, who is "the color of sand barely wet," marries "the darkest man she could find." Meanwhile, Stella runs away from Desiree and begins passing for white. She marries a wealthy white man in a gated community in Los Angeles. Their daughter, Kennedy, is a blonde with violet blue eyes.

Meanwhile, Desiree has a child named Jude who is "blueback, like she flown direct from Africa." Her husband is abusive so she leaves him and goes back home to Mallard to raise her daughter. Desiree has no way to reach Stella, but she still holds out hope that one day she will hear from her. While Desiree tries to

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, I'm not sure yet if I will send my kids to school or do home schooling with them, or some other combination for the next school

year. In any case, I know we tend to become very disorganized almost immediately after school begins. It happens every year even though we try to stay organized. Do you have any strategies to help with organization for kids and parents?

Erin P, Fort Myers Beach

Erin,

With our busy lives, it is difficult to stay organized but there are strategies that both you and your kids can use to keep track of things from class work to sports gear. One easy way to keep track of things is through the use of color-coding. Color-coding is a system for displaying information by using different colors. You then can assign each family member/subject/activity its own color and quickly see the who and what of your stuff. Here are some suggestions.

Color-code the family calendar – Consider investing in a giant wall calendar. You can use a different color for each family member as you write in events. For example, one child's lessons and appointments could be marked in green and another child's in purple. Your own meetings and classes might be red, and so forth. This can make it easier for your child to focus on what their own commitments are and to learn to keep their schedules straight. And use color-coded round stickers to highlight the dates of tests and due dates for assignments on a wall calendar. If your family uses a joint digital calendar, you can also assign colors to events. Check under "settings" to learn how to assign colors.

Use different-colored supplies for each school subject – When each class has its own color, it can make it easier for your children to see if they have everything they need in their backpack. Use red, for example for reading folders, textbook cover and notebook. Blue could be for math, and so on. Older kids can also use color-coding on digital folders on their computers.

Encourage your children to take notes in "home" and "school" colors – Some kids find it helpful to distinguish what

they learned in class from the teacher from what they learned studying at home. Whether your children take notes by hand or on the computer, suggest that they use different colors. For example, they could use a black pen or font for class notes and blue for notes taken at home. That way if your kids have a question about something in their notes, they know where they learned it.

Create a highlighter or color-coded underlining system for note-taking – When each color has a specific purpose, your children can scan a page and know where to look for what they need. For example, they can mark all new terms or vocabulary words in yellow, the main topic in green and each subtopic in pink. This works whether they're studying textbooks, handwritten notes or printed-out notes. This approach tends to work best for shorter assignments. It could be visually overwhelming to do this throughout big chunks of text. Most word-processing software has highlighter functions, so they can use this technique on the computer, too.

Other ways to use color coding for learning – If your kids don't want to have a notebook for each subject, they can use color-coded tabs in one notebook to keep their notes for each subject separate. They may also want to keep their work for each class in its own color-coded folder. Using colored sticky flags to mark the beginning and end of reading assignments helps kids understand the scope of their work.

Use different-colored bags for different kinds of gear – Try organizing your kids' activities by color. Use large washable sacks in different colors. For example, you can keep all soccer supplies in a yellow bag, the ballet gear in a red one, and so on. To make the contents even more recognizable, you can customize each bag with the name of its sport or activity. This makes it even easier for your child to know she's grabbing the right one on her way to practice.

Setting up all these color-coding strategies will take some time. So now before school actually begins and you have some extra moments, it is a great time to implement these processes. The results will be worth it.

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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Deanna Evans is giving out sculpture-to-go craft kits photos provided



Green bags are labeled in alphabetical order for curbside pickup



Doug MacGregor has a video online showing how to draw cartoon faces

Crafts, Book Sale And Curbside Services At Library

Sanibel Public Library's Fill-A-Bag for A Dollar book sale will continue until inventory is depleted. The books will be restocked daily, and can be found in the puzzle area as well as main entrance areas.

Sanibel Public Library Youth Services Librarian Deanna Evans invites families with children to register online for the

2020 Summer Reading Program. More than 170 children, from babies to teens, have been registered this summer, logging over a thousand hours of reading. Sign up on Beanstack at <https://sanlib.beanstack.org/reader365>. Participants may come in to the library 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. The program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The Children's Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Hear Deanna Evans sing and read stories aloud in her online storytime videos on the children's webpage at www.sanlib.org. Miss Deanna's Baby Bounce Time videos are a fun session to help to build motor and literacy skills through stories, song and movement. Evans is giving out sculpture-to-go bags

with supplies for children to decorate a creature. There is a how-to video to accompany the craft kit, featuring DeVitto Kelly, on the website.

New Page Turner Adventure programs are up on the website daily, Monday through Friday. Learn to draw facial expressions with cartoonist Doug MacGregor. Visit the children's webpage for his video.

The library is open for normal hours and precautions are in place to help protect staff and patrons from COVID-19. Safety and sanitation procedures are consistent with the City of continued on page 28

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Options For Reopening Lee County Schools

submitted by
Chris Patricca



I have been so grateful for the outpouring of communication from all stakeholders since the School District of Lee County announced its plan for reopening schools.

Families have four options:

- Full time, face-to-face instruction;
- Lee Home Connect – live, synchronous virtual instruction;
- Lee Virtual School – module based, self-paced virtual instruction;
- Homeschooling.

Hundreds of families and district employees have asked questions about safety measures, working conditions, the specifics of the educational options, training, pay, budgeting, contact tracing, quarantine requirements and classroom or school closures. Our community is to be commended for its positive, thoughtful participation in this process.

Rest assured that the district is hard at work, rolling out a communication plan that will address these questions and concerns. Short videos, Facebook live events, one pagers, podcasts and radio

communications are just a few of the mediums that will be used to disseminate information.

A central theme will be agility, which will be the primary focus of all considerations for reopening schools. We will continue to work closely with Lee Health and the Lee County Department of Health. The district is continuously communicating with them, discussing the impact of changing COVID-19 conditions so that we can make the safest decisions.

At the same time, agility is key to reopening successfully. We must ensure that we have the appropriate safety measures, equipment and supplies in place; that teachers and staff are properly trained; and that parents and students are properly prepared for whichever educational option they choose. This will take time.

Although we are confident that we can complete this by our scheduled August 10 opening, we are also flexible enough to recognize that the opening date may be pushed back. Staff is working on alternative plans to push back our reopening date, in the event that becomes necessary.

Unexpected contingencies have become a way of life. We experience them every day in our homes, at our jobs and in our lives. Something new seems to come our way every day that requires us to change the way we shop or travel or go to church. Returning to school will require the same types of adjustments.

Whether you choose face-to-face or Lee Home Connect, teaching and learning will be different this school year. Whether you ride the bus or join the parent pickup

line, school will not be the same. One thing is quite certain, though. The district will provide safe, rigorous, comprehensive educational programs to our students. Together, with our community's support

and participation, we will have a great, albeit different, school year.

*Chris Patricca is a member of the Lee County School Board, representing District 3.**

Cash In Coins To Help With National Shortage

Due to a national coin shortage caused by the coronavirus pandemic, Sanibel Captiva Community Bank is asking consumers to turn in their coins for cash dollars. Existing customers also have the option to direct deposit the funds into their accounts. Coins do not need to be rolled in order to be turned in.

Prolonged business closures and a reduction in coin production and circulation associated with the COVID-19 pandemic is resulting in a limited availability of coins required by banks to serve customers. The shortage is affecting local restaurants and businesses that accept and provide change in cash.

"Coin counting for paper currency or direct deposit is always free for our customers, and we are asking for their assistance in helping us increase coin circulation," said Lana Hollier, senior vice president and director of deposit operations at Sanibel Captiva Community Bank. "Coin-counting allows us to assist both individuals who would like to turn in their coins and local businesses that in need of getting more coins into circulation



Turn your coins in for cash dollars photo provided

to complete transactions." Consumers interested in having coins counted and exchanged can visit the following Sanibel Captiva Community Bank branches: 2475 Library Way on Sanibel, and 7040 Winkler Road, 15975 McGregor Boulevard, 11691 Gateway Boulevard and 9311 College Parkway in Fort Myers. Bank lobbies and branches are currently open with social distancing and safety measures in place. For more information, call 472-6100.*



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FOOD   

Jean Le Boeuf, News-Press

Commissioner Shares Thoughts On Agriculture

Nikki Fried, Florida's 12th Commissioner of Agriculture and Consumer Services, told Sanibel and Captiva Islands Chamber of Commerce members that Florida farmers are making strides to become more conservation-friendly and have many of the same goals as the state's environmentalists. She spoke on July 16 at the chamber's Virtual Power Hour, sponsored by the Sanibel-Captiva Conservation Foundation (SCCF).

"I don't come from agriculture," said the Miami native. "So I spend a lot of time listening and learning and hearing from (the farmers') perspective. At the end of day, if they don't have the quality of the land, they can't be successful either... The passion they have for their land is the same passion I see in the environmentalists. Keep the communication lines open. They need their land to be there for generations, and we want their land to be there for generations."

Fried outlined the wide oversee of her agency, but concentrated on new legislation, new technology and crops to make farms more environmentally sound, clean energy and clean water.

She underlined the importance of farming to Florida, where COVID-19's impact on tourism has moved agriculture from the number two state economic driver to number one. She foresees one good that will come from the pandemic



Nikki Fried photo provided
is more awareness for supporting local farmers.

"I'm very excited about having hemp growing in the state," she said, referring to the result of one new piece of legislation regarding CBD regulations during this year's session. "It gives so many of our farmers another opportunity for another commodity to grow. It uses less water, it needs less nutrients, in fact, it cleans the waterways... another opportunity to do great things for the environment."

The commissioner talked about traveling to Israel with one her innovations committees to research new agricultural technology that Florida farmers can put to use to stem the flow of nutrients into waterways. "Farmers want to be stewards

of the land," she said. "Now I have the goal of creating that the State of Florida is going to be the Silicon Valley of the East Coast for agriculture."

Fried voiced concerns on the environmental impact of a planned 340-mile expressway through Florida, fearing it will place unnecessary strain during the economic challenges of COVID-19 besides ruining millions of dollars of agricultural and conservation lands.

"It will destroy the fiber of what makes Florida Florida," she said, listing wildlife, small farms and drinking water as victims. "It will threaten the unique character of so much of our rural land. I agree with economic development, but it should not come at the price of our rich cultural heritage."

In response to a question from meeting moderator and SCCF CEO Ryan Orgera about bridging the gap between environmentalists and farmers, she urged conversation to end "a battle that has gone on for so long."

"If we don't conserve that (farm) land, where does that land go? To developers, and that doesn't help us either," said Fried, who, before being elected to her commissioner post, worked as an attorney in the Alachua County Public Defender's Office, in private practice in South Florida, and as a government consultant for law firms.

"Thanks to Ryan and his team for bringing Commissioner Fried's voice and expertise to our membership with some extremely relevant information," said John Lai, chamber president and chief executive officer.

The chamber has hosted a series of Zoom meetings since pandemic guidelines began restricting in-person gatherings. The next chamber virtual meeting will be held on Thursday, September 17, featuring guest speaker Dana Young, CEO of Visit Florida.

For more information, visit www.sanibel-captiva.org, call Ashley Pignato, member services manager, at 472-8255, or email ashley@sanibel-captiva.org.

Video On Voting By Mail

The Lee County Supervisor of Elections hosted a 33-minute Vote-by-Mail Q&A video presentation on June 25. Visit www.facebook.com/watch/live/?v=2717168138566270&ref=watch_permalink to view the presentation.

The website for Lee County Supervisor of Elections is www.lee.vote. For more information, visit www.lee.vote or call 533-8683.*



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Superior Interiors

How To Achieve Simple Elegance



by Marcia Feeney

Simple elegance in home design is all about understanding how less is more. The right mixture of clean lines, soft hues and organization make the vibe of a room feel pure and straightforward.

Without going over the top, elegant design shows serenity and sophistication, while bringing joy and comfort to a living space that all can appreciate.

Having a high-end looking home isn't as difficult as you'd think. A combination of simple solutions can transform your living room, foyer and any other space in your house with ease. Achieving this timeless look can be accomplished with a few relatively simple steps.

The right color can bring complete elegance to any room in your home. Plus, a fresh coat of paint adds instant energy to what was once a dull living space. Shades of white make the perfect choice when creating clean, fine lines. You can also accent with black to create an ideal focal point and set off a lavish feel.

There's something oh-so opulent and stately about a bed that's loaded with pillows. It's reminiscent of the vibe

you catch on a weekend getaway in a lofted hotel in the big city. Fill your own bedroom as well as the guest room with enough pillows to wow your loved ones. The sofa can benefit from dozens of throw pillows as well; this adds another layer of style and comfort to a high traffic living space.

Carpeting may add an extra layer of comfort to a living space, but hardwood flooring gives off an elegant vibe that you can't pass up. Choose a dark color to exude luxury from one room to the next.

You don't have to ditch the look and feel of carpeting altogether. Instead, invest in soft area rugs to disperse throughout your home. This simple piece of decor can make a huge statement and control the entire vibe of a living space. Choose exhilarating fabric like faux fur to wow and comfort your guests.

Standard sconces won't do your home any justice if you're trying to achieve elegant design. Modern chandeliers can add charm without going overboard. Choose table and floor lamps that compliment your main lighting fixtures to bring the rooms together in addition to adding a degree of ambiance when desired.

If you want to enjoy the beautiful scenery through your windows and privacy isn't an issue, forgo the window treatments. If, however, you want to take in the great outdoors and filter the natural light in, use sheer drapery that allows the soft, bright hues of the room to take center stage without artificial illumination.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com. ✨

Exhibitions At Centers For The Arts Bonita

The Centers for the Arts Bonita Springs (CFABS) currently has two unique art exhibitions, Corona Contemplation and Celebrate Our Students, on display through July 30.

These art exhibitions highlight the centers' goals and values, in that art is therapeutic, encourages positive attitudes and helps individuals cope with change. According to CFABS President Susan Bridges, "Now more than ever, the centers hopes to meet those needs and brighten the world of our patrons, members and artists."

The Corona Contemplation art exhibition showcases art created in the time of the coronavirus. Exhibiting artists were challenged to visually express their experience and that of others due to the coronavirus. "Themes range from hope and trust, or a call to action, anger and despair. These artists are doing their best to help themselves and us cope with what's happening to us and around us," said Bridges.

- Exhibition winners include:
- Best of Show – *I Am Okay* by Gilberto M. Sanchez
 - First Place – *Ode To Joy* by Janis McCracken
 - Second Place – *Cloud Control 17* by Steve Johnson
 - Third Place – *A Question of Balance*

- by Joel Shapses
- Fourth Place – *Caged* by Loretta Miller
- Fifth Place – *Nesting Catbird* by Tammy Cox

This exhibition is free to the public and is on display in the main gallery at the Center for Visual Arts.

The Celebrate Our Students is an annual exhibition and showcases three local high school art students' works. Scholarships were awarded to these graduating students who chose to pursue a degree in the arts. "The centers and our generous donors are pleased to present these exceptional works and recognize these local students who, even in these very difficult times, wrote us, shared their portfolios and career aspirations. We're very proud of our local talents," said Bridges.

Scholarship recipients for 2020 include:

- President's Scholarship – Madelyn Kellum
- Loretta Sturgis Memorial Scholarship – Kimberly Sarabia
- Maxine Carter/Faculty Scholarship – Maggie Chiu

This exhibition is free to the public and is on display in the Tranovich Gallery at the Center for Visual Arts. Based on current conditions, all attendees are asked to wear masks and practice safe, social distancing.

The Centers for Visual Arts campus is located at 26100 Old 41 Road in Bonita Springs. For more information, call 495-8989 or visit www.artcenterbonita.org/exhibitions. ✨

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Mariner Pointe is a mini-resort with dockage, private fishing pier, 2 pools, tennis/pickleball, shuffleboard, canoe/kayak & bike racks, BBQ areas, & beach access path. #522 is 2nd floor remodeled 2 bedroom. \$499,000 furnished



East-end income-producer at Sandalfoot. #2D2 is updated 2nd floor 2-bedroom end-unit with view of gulf & benefit of easy on-site rental office. \$659,000 furnished & with long-term long-time winter tenant booked



Lot for single-family Sanibel Bayous home at 4566 Buck Key Rd. Tropical parcel facing south, ~105' x 139'. Construct a near-beach property handy to bike path, school, rec center, & wildlife refuge. \$149,000



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Top-floor corner-unit at Tarpon Beach #207 with covered parking below & 2 exterior storerooms. Beach-facing 2 bedroom with new kitchen & baths, high ceilings, & extra natural light from side windows. \$999,000



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Rotary Happenings

submitted by Cindy Carter

This week's speaker at the Rotary Zoom meeting was Julie Rosenberg, MD, who spoke to us on COVID-19, Truths and Best Practices. Dr. Rosenberg relocated to Sanibel from Connecticut in July 2019. She is presently advising leaders and organizations on how to maintain personal and organizational health through the COVID-19 pandemic.



Julie Rosenberg, MD photo provided supplements.

Dr. Rosenberg is a global healthcare leader who presently serves as a senior consultant in the pharmaceutical industry. She is an expert in oncology drug development. She is delighted to share her passions for healthy lifestyles and wellbeing with individuals and businesses on Sanibel and Captiva.

Look for Dr. Rosenberg's new column, *Health First*, in the *Island Sun* and *The River Weekly News*.

*The Sanibel-Captiva Rotary 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.**

Lions Club Awards Francis Bailey Scholarships

submitted by Bill Sartoris

Francis Bailey was one of the founders of the Sanibel Captiva Lions Club. He initiated an endowment fund to provide scholarships for post-secondary education for students who live or work on Sanibel or have who parents work on island.

The Lions are proud to announce that the winners of Francis Bailey Scholarships for the 2020-21 school year are Daisy Arensman, Suzanna DeCosta and Zachary Farst. Arensman, a graduate of Fort Myers High School, will be a freshman at the University of Florida and plans to major in biology. DeCosta will be a junior at Rollins College where she is pursuing a degree in English. Farst, a graduate of Cypress Lake High School, will be freshman at Niagara University and plans to major in criminal justice.

Members of the Lions Club are pleased to provide some financial assistance to these outstanding students. We wish all three success in their education and future careers.

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 efforts to eliminate preventable



Daisy Arensman



Suzanna DeCosta

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.



Zachary Farst

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

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From page 23

Library

Sanibel mandates and Florida Department of Health guidelines. Signs are posted to remind everyone age 2 and older to wear face coverings, practice social distancing, wash hands and stay home if sick.

The library is open Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m., and on Saturday during the summer from 9 a.m. to 1 p.m.

Stop by the main entrance lobby for voter registration forms and applications for mail-in ballots in English and Spanish.

Patrons can use a library computer to complete the 2020 census. No library card is required to use computers. If you need help, ask staff for assistance.

Patrons have access to the library's full collection of books, DVDs, and newspapers, as well as high speed WiFi and public use computers. The popular contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. A handout with staff book reviews can be found in the bag. Call or go online to place a hold; you will be notified when your items are ready for pickup. At this time, there will be no overdue fines assessed.

Lighthouse models, postcards and other lighthouse memorabilia are currently on display.

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



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1226 ISABEL DRIVE SANIBEL



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Retirement Accounts And COVID-19



by Cherry W. Smith, Wealth Services

Since Congress created the Individual Retirement Account (IRA) in the 1974 Employee Retirement Income Security Act (ERISA), it

has constantly tinkered with the law's provisions to adapt to both economic and wage/salary conditions over the past 46 years. The first IRAs, for example, only allowed \$1,500 yearly

contributions, and workers could buy mostly bonds or annuities with their contributions.

Likewise, the legislation that enacted ROTH IRAs – the Taxpayer Relief Act of 1997 – has changed significantly with the times.

These IRAs, of course, became instantly popular, garnering contributions of \$1.4 billion in the very first year. Contributions continued to rise steadily over the years, and as of 2018, nearly one-third of American households owned IRAs (more than 42 million households) with a value of approximately \$9 trillion. Of that amount, about \$800 billion was held in Roth IRAs and the balance in traditional IRAs.

There have been many changes to IRAs over the years, and one impactful change for clients occurred in 2006 with the passage of the Pension Protection Act. This established the Qualified Charitable Distribution

(QCD) that enabled an IRA owner to contribute directly to a charity from an IRA without having to pay income tax on the withdrawal. The charitable distribution was limited to \$100,000 and required debate and yearly renewal by Congress. Members finally made the provision permanent in 2018.

Another round of sweeping changes has occurred in recent months, first under the 2019 Setting Every Community Up for Retirement Enhancement (SECURE) Act. Provisions include, among others:

Required Minimum Distributions (RMDs) are now required to begin in the year the IRA owner becomes 72 (previously it was age 70 1/2).

IRA owners can continue to contribute to their IRA at ANY age, as long as they have earned income (previously you couldn't contribute past age 70 1/2).

For most inherited IRAs, the stretch provision has been curtailed. Your spouse can still roll the IRA to his/her IRA and take the RMD over his/her lifetime, but inherited IRAs for non-spouses (for the most part) now must be distributed within 10 years (previously it was over the lifetime of the nonspouse beneficiary).

More recently, the Coronavirus Aid, Relief and Economic Security (CARES) Act of March 27, 2020 enacted the following changes:

Required Minimum Distributions (RMDs) from IRAs have temporarily been waived for 2020.

As of June 23, 2020, the IRS issued Notice 2020-51, which allows you to redeposit to your IRA any withdrawals made after 1/1/2020. The rollover back to your IRA must occur before August 31, 2020.

The deadline for making contributions to an IRA, ROTH or SEP was extended to July 15, 2020.

The 10 percent penalty for an early withdrawal has been waived for 2020, limited to \$100,000, if the person (or family) has been infected with

COVID-19 or is economically harmed by COVID-19. We recommend you consult with your tax advisor if any of the exceptions in this section are of interest to you.

Due to the ongoing retirement of baby boomers, the transfer of IRA wealth from one generation to the next has been made more significant by these two acts of Congress, as many of our clients have amassed great wealth in their IRAs. The major changes in the stretch provisions mean you may need to revisit your estate plan. We're happy to assist with those discussions.

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

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ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Susan Dunn



Becky Mulka

The top producers for June at VIP Realty Group were: Susan Dunn, top sales; and Becky Mulka, top listings and top producer.*

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Will Power

What To Do With The Black Sheep Beneficiary



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

Most families have black sheep. You know what I'm talking about. There might be three siblings but one of them doesn't play well with the other two. It's been that way since they were in elementary school, but the strain in the relationships lasted, if not became amplified, well into adulthood.

A parent may love all her children equally and want to treat all the same in the estate plan. But is this wise? Another issue is what to do about the black sheep who estranged himself from everyone in the family, including the parents? Should the parents continue to include that beneficiary in the estate plan?

Let's first examine more deeply the first issue, where we have a parent who loves all her children, but they don't get along. Commonly, my clients express a desire to name all their children together to act as successor trustee, personal representative (executor) and health care surrogate. When you have children who don't get along, this could be a huge mistake.

Keep in mind that when a parent falling critically ill or even dying may create an emotionally charged situation. Sibling grievances long suppressed tend to bubble to the surface. Add into the situation that many crucial decisions must be made, and you have a recipe for disaster.

Consequently, when dealing with financial issues, such as wills and trusts, it is prudent to carefully consider who you'll name as your successor trustee and personal representative. I've seen situations in the past where one of the children is named as the financial trustee, and who works diligently, spending many hours taking care of her parents' affairs, only to be accused of swindling or wasting money.

The adult children who are not involved in the day-to-day financial decisions don't commonly understand the burden, nor do they understand the costs of critical care, particularly nursing home care at the end of a parent's life. What was once a large estate could dwindle in the face of those expenses.

One potential solution is to name a corporate trustee or co-trustee with one of the children. Having a bank or trust company serving as trustee adds a layer of assurance that the trust terms are adhered to and that no trustee is improperly taking assets for his or her personal benefit.

Upon the parent's death, there are more complex administrative matters to consider. Having a corporate trustee present to help with the "heavy lifting" oftentimes takes

a burden off an already stressed adult child. Another option is to engage a good estate attorney who is well versed in the various duties and laws associated with the responsibility of administering an estate and that has the manpower to deal with the daily issues that arise.

What to do about our second issue – the black sheep that has estranged himself from the family? Oftentimes, clients will ask me whether it would be best to disinherit that beneficiary, leave him a fixed dollar amount, or a smaller percentage of the estate.

The answer is – it depends. If you feel that the adult child should receive some portion of the estate, a fixed dollar amount is easier to deal with from an administrative standpoint than is a percentage of the estate. Once the fixed dollar amount has been distributed, the beneficiary is not entitled to any accountings. A beneficiary entitled to a percentage of the estate, even a de minimis percentage such as 2 percent, is entitled to all the documents and accountings that a beneficiary with a significant interest is entitled to.

Keep in mind, however, that a bequest of a fixed dollar amount usually has priority and is paid out first before the percentage beneficiaries. In other words, if you leave \$100,000 to Beneficiary A, and then 50 percent of the remainder to Beneficiary B and 50 percent to Beneficiary C, if all you have left in the estate is \$200,000 at your death, Beneficiary A gets his \$100,000, but Beneficiary B and C will only receive \$50,000 each. If you want to limit the amount of the specific bequest to a percentage of the estate, you can do so without giving that beneficiary access to the accountings and documents.

If you feel that you would rather disinherit the black sheep beneficiary, it is better to completely disinherit him as opposed to leaving a stated dollar amount such as \$1, it is always best to simply disinherit completely. Even bequeathing a small amount gives the beneficiary legal rights that he otherwise would not have had.

Black sheep beneficiaries are never easy to deal with. Nevertheless, when they exist, it's always a good idea to limit the damage that they can do within any administration.

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Lee Coalition Releases Data On Homelessness

The Lee County Homeless Coalition, an advocacy group made up of individual stakeholders and agencies who are engaged to ensure that homelessness is rare, brief and one-time, recently reported its annual Point in Time (PIT) census to count the homeless and provide data to the U.S. Department of Housing and Urban Development (HUD).

The PIT count is also used to gather information that allows local service providers to target services to meet the specific needs of the homeless in local communities. The coalition represents the Continuum of Care, a local planning body that coordinates housing and human services funding for homeless families and individuals.

The PIT count, which asked people where they slept the night of January 21, 2020, included both sheltered and unsheltered homeless individuals and families. The PIT count documented 444 homeless persons, of whom 93 (20.94 percent) were chronically homeless according to the HUD definition. HUD defines chronic homelessness as "an unaccompanied adult homeless individual with a disabling condition who has either continuously been homeless for a year or more or has had at least four episodes of homelessness in the past three years."

Among the 444 persons surveyed, 39.41 percent reported having a disabling condition. Also, among the 444 were 34 families with 76 children. Veterans made up 3.82 percent of those surveyed. Data obtained through the Lee County Homeless Management Information System (HMIS) and PIT count found that during the year, there were an estimated

continued on page 39

How's The Market? Ask Ann

Every week, I make a point of tracking newly reported "pending" sales transactions on Sanibel. In my view, this "stat" is a great leading indicator of our real estate market. Last week, we had a slight decrease. This week (going back 7 days), we had 6 new pending sales; 3 homes and 3 condos representing a decrease in new pending sales. Let's take a careful look over the next two weeks on pending sales and see if this is a legitimate decrease. There are currently 136 homes for sale and 122 condos for sale. As a point of interest, Median Sales prices are down in 2020 compared to 2019. Median Sales price on a home in 2019 was \$845,000 and in 2020 \$750,000. Condos 2019 Median Price was \$639,000 and in 2020 \$580,000.

If you are buying or selling, what do you do? Buy now, sell now, or wait? Buy now? Do it if the property is "just what you want" and properly priced. If you don't, odds are someone else will buy it and you will regret your indecisiveness. Should you wait? Yes... allow me to put you on our automatic update from our MLS listing service. For example, I can program it so that you would receive all new single family homes on Sanibel between \$500,000 and \$700,000 as they come on the market on a daily basis. I will also be happy to personally make an appointment to see a property if I have not already viewed it and report back to you with my opinion. If a new listing looks "perfect" for you, we can use an "As Is" contract that would benefit you. Call me for details.

SHOULD I SELL NOW? Tough one to answer, isn't it? Single family home prices, in my opinion, are increasing as we speak. However, uncertainty is also influenced by both the increase of coronavirus and our current political climate. Your call! Talk to financial people you trust.

We just sold a Sanibel property and may have left some money on the table but were willing to take the risk. Aside from that, we really like the couple that bought our home.

Sanibel... small town, 65% under conservation, beautiful "beaches" sensitive to the environment, three golf courses, 22 miles of bike trails, lots of good restaurants. What's not to like? Stay safe and again, thank you for reading my column.



Ann Gee
Broker/Owner



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1



2



3

1. Magazine Ready Home in the Sanctuary – Sanibel

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

2. Ground Level Home in Shell Harbor – Sanibel

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

3. 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

4. Remodeled at Surfside 12 – Sanibel

- 3 BR/2 BA top floor condo with soaring ceilings and view of the Gulf
- Remodeled kitchen & baths, community offers beach access, pool, & tennis
- **\$849,000** Euro 742,850

5. 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

6. Desirable Lot off West Gulf Drive – Sanibel

- Lot is cleared and ready to accommodate a brand new home with long lake views. An ideal location towards the entrance of the community offering a short walk to the beach access.
- **\$449,000** Euro 393,398

NEW LISTING



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. Updated Tropical Beach Condo at Loggerhead Cay – Sanibel

- 2 BR/2 BA remodeled kitchen, French doors, plantation shutters, & Gulf views from lanai
- Large pool, pet friendly & weekly rentals make this a great option for families & investors
- **\$699,000** Euro 611,765

10. Amazing canal frontage with Boat Dock & Lift – Sanibel

- 3 BR/ 3BA home located on almost 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
- **\$995,000** Euro 870,824

11. 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

12. Your own Private Retreat – Crescent Island

- 4 acre private island located just off the shorts of Sanibel & Fort Myers. Offering deep water dockage in San Carlos Bay, private beach, & Key West inspired home with 3 bedrooms, 2 bathrooms, elevated pool, and beachy décor. Established rental history
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10



11



12

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Residents At Shell Point Distribute School Supplies

Dozens of residents at Shell Point Retirement Community in Fort Myers recently came together to assemble and distribute school supplies to hundreds of children and grandchildren of Shell Point employees.

Over a three-day period, resident volunteers assembled 725 bags of school supplies, brimming with 24 essential items including spiral notebooks, pocket folders, pencil bag, pencils, pens, colored pencils, erasers, pencil sharpener, scissors, ruler, glue sticks and, due to the current pandemic, a face mask. Volunteers handed out school supplies to Shell Point staff via drive-through pickup.

Shell Point residents have donated school supplies to the families of Shell Point employees each summer for the past 15 years. Shell Point resident volunteers David and Carol Krafft have led the program for the last three or four years, and despite the current pandemic and the uncertainty of what the upcoming school year would bring, residents once again provided this generous gift.

"The employees do so much for us. This is a wonderful way for all of us to show the employees how much we care about them and their families," said David Krafft. "Shell Point residents donate money toward the purchase of the school supplies and then a team of volunteers assembles the bags, which are distributed to all employees who have children or grandchildren in kindergarten through fifth grade."

"Shell Point is home to approximately 2,500 residents and employs more than 1,100 employees," said Jim Clark, director of employee ministry for Shell Point. "We know that residents want to show employees how much they care in a tangible way. These bags provide a helpful back-to-school boost for the children and grandchildren of Shell Point employees. I know the employees who receive them are incredibly grateful." ❄️



Carol and David Krafft, event organizers
photos provided



Pavilion staff members Louise Axy and Jackie Duncan pick up supplies



Pedro Santiago Martinez



Bonnie Aspinwall



Renee Maxwell and Mike Coler



Drive-through pickup



From left, Dorothy Zablotzky and Alma Labour with a Shell Point staff member

Health First

Six Strategies To Improve Your Mindset



by Julie Rosenberg, MD

The COVID-19 pandemic has brought significant changes to the way in which most of us live our lives. We face uncertainty, altered daily routines, financial pressures

and social isolation. We are fearful of getting sick. We are overwhelmed with information – some of which is actually rumor or misinformation. Our lives may feel out of control.

Everyone reacts differently to difficult situations. Being aware of your mindset allows you to take better control of your life, especially during challenging circumstances. Your mindset refers to the attitude you have about your life in general. Your attitude has a huge impact on how well you deal with things. A positive mindset attracts positive energy that helps to create a calm and peaceful environment for you and those around you. On the other hand, a negative mindset draws in negative energy that prevents you from truly enjoying life.

Here are six ways to improve your mindset and your life.

Set an intention for the day. Shortly after you awaken each morning, set an intention as to how you want the day to end. This doesn't have to take a lot of effort. Think of one thing you can do during the day that will make you feel good at the end of the day. Revisit your intention throughout the day. Reminding yourself of what you want will actually help you reach your goal.

Practice positive self-talk. Pay attention to the things you tell yourself. Are they positive or negative? When you find yourself in a negative thought spiral, practice reframing your negative thoughts in a more positive way. For example, instead of saying, "I messed up," reframe your thoughts and tell yourself, "that was challenging. I know I will do better next time." Studies have shown that even a small shift in the way you talk to yourself can enhance your ability to regulate your feelings, thoughts and behavior during times of stress.

Practice gratitude. There is always something to be grateful for such as a loving family, a nice home, a new puppy, or even smaller things like a walk in the woods or eating your favorite flavor of ice cream. When negative feelings start to take over your thoughts, you can shift to a more positive mindset by thinking about the things in your life for which you are grateful. I suggest that you keep a small notepad by your bed and write down three things for which you are grateful each night before going to sleep. The goal of this simple practice is to remember a good experience, person or thing in your life – no matter how small – then enjoy

the good emotions that come with it. Over time, you will create a long list that will help put bad things in perspective and thus help you sustain a positive mindset.

Do something good for others. Giving of ourselves to others activates the areas of our brain associated with pleasure, social connection and trust. Altruistic behavior releases endorphins (feel good hormones) and boosts our own happiness. Take time each day to support others. Not only will they feel good about your gesture – you will too.

Engage in stimulating conversation. During this time of social distancing and meetings on virtual platforms, engaging in stimulating conversations with family, friends or co-workers can turn a negative attitude into a positive one. Set ground

rules for the conversation – keep the discussion focused on things that make you happy and that bring joy and meaning to your life. These types of conversations help to support a more positive outlook and optimistic attitude.

Relax and recharge. Set aside time for yourself each day. Even a few minutes of quiet time can be refreshing and help to quiet your mind and renew your energy. I often suggest practices such as deep breathing, yoga or meditation. These practices can be short – as little as 15 minutes – with good benefit. Other things that may help you relax and recharge include taking a bubble bath, listening to music or reading a good book. Choose a technique that works for you and practice it regularly. Taking care of yourself in this

way will support a positive mindset.

In conclusion, being aware of your mindset allows you to intentionally choose how you want to live instead of just moving through the motions of life. When you feel negativity creeping in, take a few minutes to pause and reset in order to replace those thoughts with positive ones. These efforts will help you feel better about yourself and your life in any circumstance.

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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Lending Team – From left back row: Geoffrey Roepstorff, CEO; John Ammons, Vice President, Cleveland Avenue Office Manager; Liz Aurensan, Vice President, Lending; Robbie Roepstorff, President. From left middle row: Darrin Grotrian, Asst. Vice President, Lending, Sanibel-Captiva Asst. Office Manager; Kim Nyberg, Vice President, Professional & Executive Banking; Greg Blurton, Vice President, Sr. Commercial Loan Officer. From left front row: Leah Kirby, Vice President, River District Office Manager; Willy Ocasio, Vice President, Sanibel-Captiva Office Manager; Pam Edwards, Vice President, Lending.

Now more than ever, relationships matter.

As Lee County's oldest community bank, we've spent nearly 25 years building relationships with customers and giving back to our local community. During this time of uncertainty, we're working diligently to do our part, serving as the trusted and responsive banking partner that customers need and showing our heartfelt dedication to protecting and empowering those we hold dear. Discover the difference a local banking relationship can make at Bank of the Islands. We continue to stand strong together and make banking about YOU.



To learn more about our customer services and convenient locations, please visit Bankoftheislands.com or call 239.472.7211.

Frankly Speaking

by Howard Prager



Play ball! By the time you're reading this column, Major League Baseball will have officially started. The National Basketball Association begins games the following week, and National

(such as holding concerts and events at the park that may be hard on the field), we don't do it. I copied the lessons I learned from the Eagles and their owner, Jeff Lurie. When you have alignment, both sides respect each other and work together."

What's been the highlight of your career? "I've been president or GM in charge of the entire operation for 17 seasons and won three championships. Only two of us have won MLS cups for two different teams. It is so difficult to win the big ones. I feel I've failed 14 times. That drives me. Fear of losing is what drives me. I expect to win."

What's the atmosphere in today's front office? "Sports has been prospering. It's a global business now. More networking, more going across leagues. We watch what's happening in Europe and around the world, constantly learning and benchmarking from each other. Sports is now an industry itself."

How is the bubble working for MLS? (The bubble is where players and teams stay separately away from others.) "MLS has done a very good job in challenging circumstances. There was lots of anxiety at first, and MLS lost two teams in the tournament because of COVID-19. After the first few days, everyone has settled in and all see that safety is top priority. Each team has a whole floor of the hotel. We're in game mode now. Like training camp, it's very structured with practice time, therapy time, team time, etc. Not a lot of down time. One of the guys plays guitar, one reads a lot, they play video games and such. Everything is scheduled. I have called and spoken to our players. We created an environment where they all are in communication with each other. Right now, we're coming off a big victory (over Montreal) so everyone is feeling good about themselves."

What is MLS and Toronto doing about racial equity and social justice? "Justin Morrow, one of our players, is director of Black Players for Change in MLS. That's very good to see. Our GM also participates in that. I am very

Football League practice is supposed to start then as well, although there is still a lot left on the table for them to negotiate with the players union on safety and preseason games. We will see how it all progresses and how far we get. Then, there's Major League Soccer (MLS), the first men's league to have their tournament under the "Disney bubble."

I had the chance to talk with Bill Manning, president of both MLS' Toronto FC and the Toronto Argonauts of the Canadian Football League. He has spent his career in sports management and was with the Philadelphia Eagles from 2004 to 2008, including the 2004 Super Bowl. When we spoke, he recently celebrated the third hat trick in MLS history by a player under 21, 20-year old Toronto player Ayo Akinola who grew up just outside Toronto. I asked Manning what is his goal and more importantly, how do they get there? I hadn't thought about the different "sides" of sports. "Our goal is to win. The biggest key to that is having everyone aligned. The team president, GM and coach have to be aligned. The sporting side and business side must be aligned. Frequently, I see silos where one side doesn't respect the other. The business side is about making money. Selling more tickets. Having more advertisers. Getting more sponsorships. When we do this, the sports side can do things such as purchasing more free agents. If something on the business side takes away from the team winning

supportive and think it's important that these voices are heard. Our organizations must be supportive. We are hiring a senior vice president of diversity to develop as a company with all our Toronto teams, which includes the NHL Maple Leafs and NBA Champion Raptors. Sports is all about winning, and through that you see diversity and everyone coming together. As a former athlete it's a good thing to see."

However, business sides don't always do the right thing. *The Washington Post* reported that the former Washington Redskins has more to change than their name. Fifteen women have stepped forward to accuse the team leadership of sexual harassment and mistreatment. Acting tough and macho on the football field is one thing but it's not acceptable in the office. As the team goes through identifying a new name, let's hope they take a hard look at their culture and environment and make the needed changes there as well.

Let's conclude today with some positive recognition. In an earlier column, I wrote that Nelson Cruz of the Twins won an ESPY award. The (Los Angeles) Dodgers Foundation won the 2020 Sports Humanitarian Team of the Year ESPY award for their tireless efforts to address the most pressing issues facing the Los Angeles community. The foundation has donated 279,280 meals and \$659,227 of in-kind donations to help vulnerable populations facing homelessness, food insecurity, lack of basic needs and significant anxiety due to the pandemic. So nice to

see that happening. We all need to help and watch out for each other. Stay safe as you do so.

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. ✨

From page 1

Loggerhead Nests

on Sanibel in 2016 and 2018." Since Periwinkle was nesting during the 2018 red tide bloom, the data will also contribute to a research project investigating the long-term impacts of red tide events on the health and reproductive success of nesting sea turtles (Funded by the Florida RESTORE Act Centers of Excellence). Additionally, tracking Periwinkle will help researchers learn more about the post-nesting movements, migratory pathways and foraging grounds of loggerhead sea turtles that nest on the gulf coast of Florida.

"So far, over the course of six days, Periwinkle has maintained a southern trajectory and traveled over 100 miles towards the Florida Keys," said Sloan. "We are excited to see where she will go and look forward to tracking her."

Earlier in the season, SCCF's sea turtle team placed satellite transmitters on two other loggerheads, named Junonia and Pepper.

To track these turtles, visit <https://www.trackturtles.com>. ✨

SPORTS QUIZ

1. The Washington Kastles, San Diego Aviators, Philadelphia Freedoms and Springfield Lasers are teams competing in what pro sports league?
2. Two Denver Nuggets players led the NBA in points per game for the 1982-83 season. Who were they?
3. NFL quarterback Tom Brady was selected in the 18th round of the 1995 Major League Baseball Draft by what team?
4. The likeness of golf great Chi Chi Rodriguez appeared on the cover of the 1978 single "Be Stiff" by what American new wave band?
5. What barnstorming basketball team was founded in 1952 by Louis "Red" Klotz?
6. What two NHL players scored the first playoff hat tricks of their careers in Game 2 of the 2009 Eastern Conference Semifinals?
7. In the lyrics to "The Super Bowl Shuffle," which member of the Chicago Bears Shufflin' Crew professed to "run like lightning, pass like thunder"?

ANSWERS

1. World Team Tennis. 2. Alex English (No. 1) and Kiki Vandeweghe. 3. The Montreal Expos. 4. Devo. 5. The Washington Generals. 6. Alex Ovechkin and Sidney Crosby. 7. Steve Fuller.

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Beautifulife:

Faith, Not Fear

by Kay Casperson



Faith is the opposite of fear. You cannot have both at the same time as one will overshadow the other. Grasping this truth is essential and will significantly impact the path to living your most

balanced and beautiful life.

Many of you have a strong faith and understand this message clearly, but it is not always easy to stand firm in your faith when faced with specific challenges that life tends to throw out into our paths. With every situation that arises, we should address them first and foremost with the faith that everything will be alright, and that faith will overshadow the fear of not knowing the outcome.

I have come up with a few suggestions for you to hang on to when life gets tough, and things just are not going the way you intended them to be. Or, you may be making some decisions that are life-changing and need to stay true to what is in your heart.

Focus on what you trust and believe in, then visualize it happening and be thankful for it before you can even see it.

Don't allow fear to obstruct your ability to make the right decisions in life but instead trust your heart.

Stay clear of worry and doubt, which can obstruct your ability to have faith and allow fear into your life.

When fear starts to creep in, close your eyes, and say these affirmations, "I have faith that all will be well, and I am fearless."

Have the confidence to know and understand that you will not fail at anything as long as you have tried your best.

Having faith that everything will work out, even amid the chaos, disappointment and major setbacks is not easy, but it is the only answer to moving forward and getting through these crazy times. Faith is not something that you can see and feel. It is believing so profoundly and then letting go, knowing that all will be OK, even when you don't experience the positive results or see the answers that you need.

Let faith lead and guide you into making the best choices and decisions in your life without fear of what others think, feel, or what the outcome will be. Know that what is in your heart is the best and most trusted source to guide you. Allow yourself to remain steadfast in your faith by casting out your fear and moving through life with a calm and peaceful feeling that all will be well.

My affirmation for you this week is:

"I am casting all my fears aside. I have faith in my decisions, choices and plans for my life and the world that I am building around me."

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.✪

Nonstop Flights To West Coast Coming This Fall

The Lee County Port Authority announced that Alaska Airlines will begin service to Fort Myers in November. Alaska Airlines will bring the first nonstop service from Los Angeles International Airport (LAX) and Seattle-Tacoma International Airport (SEA) to Southwest Florida International Airport (RSW) on November 20. Both flights to LAX and SEA will operate four times

weekly on a 737 aircraft.

"We will be extremely pleased to welcome Alaska Airlines to Southwest Florida International Airport this fall. Not only is it exciting to have a new air carrier in our market, but they will offer flights for the first time from RSW to Los Angeles and Seattle," said Ben Siegel, acting executive director for the Lee County Port Authority. "These flights give our community something they have wanted for a long time, nonstop service to the west coast of the United States."

For flight reservations, visit www.alaskaair.com. For more information about Southwest Florida International Airport, visit www.flylcpa.com.✪

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Sanibel Captiva Community Bank Bridge Branch team from left, Barbara Cilibrasi, Ken Segura and Diane Jefferson

photo provided

Bank Completes Renovation, Opens Branch

Sanibel Captiva Community Bank has opened its eighth location, the Bridge Branch, at 9311 College Parkway in Fort Myers. Located at the corner of College Parkway and McGregor Boulevard, the \$5 million newly renovated building is the bank's largest branch in Lee County and one of six that are located off Sanibel.

"On behalf of our employees, board of

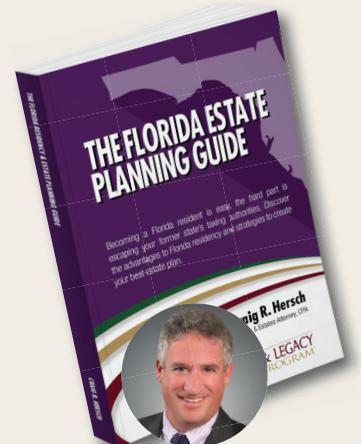
directors and shareholders, we're thrilled to introduce our Bridge Branch to the community," said Craig Albert, president and chief executive officer of Sanibel Captiva Community Bank. "With our continued expansion, we look forward to serving even more Southwest Florida residents and businesses."

Sanibel Captiva Community Bank's 16,000-square-foot building features two drive-through lanes, a drive-up ATM, night drop and safe deposit boxes. It also houses the bank's operations center and over 40 employees, including training facilities and multiple conference rooms.✪

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by **Craig R. Hersch**
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 FRIDAY Mostly Sunny High: 91 Low: 81	 SATURDAY Mostly Cloudy High: 88 Low: 78	 SUNDAY Cloudy High: 90 Low: 76	 MONDAY Sunny High: 88 Low: 78	 TUESDAY Mostly Sunny High: 87 Low: 77	 WEDNESDAY Cloudy High: 88 Low: 78	 THURSDAY Cloudy High: 85 Low: 75
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	5:25 am	9:35 am	4:13 pm	11:14 pm
Sat	5:55 am	10:51 am	5:18 pm	11:52 pm
Sun	6:28 am	12:15 pm	6:36 pm	None
Mon	7:06 am	12:29 am	8:17 pm	1:45 pm
Tue	7:50 am	1:05 am	10:22 pm	3:13 pm
Wed	8:40 am	1:41 am	None	4:32 pm
Thu	12:23 am	2:19 am	9:35 am	5:38 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	4:30 am	9:37 am	3:18 pm	11:16 pm
Sat	5:00 am	10:53 am	4:23 pm	11:54 pm
Sun	5:33 am	12:17 pm	5:41 pm	None
Mon	6:11 am	12:31 am	7:22 pm	1:47 pm
Tue	6:55 am	1:07 am	9:27 pm	3:15 pm
Wed	7:45 am	1:43 am	11:28 pm	4:34 pm
Thu	8:40 am	2:21 am	None	5:40 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:29 am	10:50 am	5:06 pm	11:35 pm
Sat	5:59 am	11:38 am	5:59 pm	None
Sun	6:27 am	12:11 am	6:53 pm	12:32 pm
Mon	6:56 am	12:49 am	7:49 pm	1:35 pm
Tue	7:25 am	1:31 am	8:46 pm	2:38 pm
Wed	7:55 am	2:14 am	9:50 pm	3:37 pm
Thu	8:32 am	2:55 am	11:20 pm	4:41 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	7:35 am	1:51 am	6:23 pm	12:51 pm
Sat	8:05 am	2:30 am	7:28 pm	2:07 pm
Sun	8:38 am	3:08 am	8:46 pm	3:31 pm
Mon	9:16 am	3:45 am	10:27 pm	5:01 pm
Tue	10:00 am	4:21 am	None	6:29 pm
Wed	12:32 am	4:57 am	10:50 am	7:48 pm
Thu	2:33 am	5:35 am	11:45 am	8:54 pm

My Stars ★★★★★

FOR WEEK OF JULY 20, 2020

Aries (March 21 to April 19) Starting something new is always exciting for the adventurous Aries. And here's the good news: This time you might be able to get some assistance in helping you finish what you've started.

Taurus (April 20 to May 20) Put your daydreaming penchant on hold for now, and face the facts as they are, not as you'd like them to be. Your customary hardheaded approach to "deals," etc., is called for.

Gemini (May 21 to June 20) Problems beyond your control might delay some of your plans. But things should start to get back to normal by midweek. The weekend could bring an unexpected (but welcome) visitor.

Cancer (June 21 to July 22) It's a good time to buckle down and tackle those unfinished tasks so you'll be ready to take on other projects. The week's end could bring an invitation from a most surprising source.

Leo (July 23 to August 22) Mixed signals could create a few stressful moments for the Lion. But by midweek, explanations should help ease the tension. The weekend is party time! Share it with someone special.

Virgo (August 23 to September 22) This is a good "catching up" week for finishing tasks, calling old friends and maybe reading that book you haven't opened yet or renting that movie you wanted to see again.

Libra (September 23 to October 22) Money matters should be worked out, even if it takes time away from a more romantic situation. Better to settle things before feelings turn hard and angry on all sides.

Scorpio (October 23 to November 21) A job-related problem could turn out to be less troublesome than it seemed at first. Just a few moments of talk 'twixt the parties resolves everything to everyone's satisfaction.

Sagittarius (November 22 to December 21) The Sagittarian Archer takes aim at health and fitness issues this week. Watch your diet, and try to put more exercise time into your typically busy schedule.

Capricorn (December 22 to January 19) As you continue to focus on a career or job change, it's a good time to look over some of your rarely used skills and see where they can fit into your future workplace plans.

Aquarius (January 20 to February 18) A loved one's health might be worrisome, but there's good news by midweek. Expect people who share your ideas and your goals to try to contact you by the week's end.

Pisces (February 19 to March 20) A colleague's request that makes the typically perceptive Pisces feel uncomfortable is a request you probably will want to turn down. The weekend favors family get-togethers.

Born This Week: You have a gift for making others feel warm and wanted. Even newcomers will feel like old friends.

MOMENTS IN TIME

• On Aug. 2, 1876, "Wild Bill" Hickok, one of the greatest gunfighters of the American West, is murdered in Deadwood, South Dakota. Hickok was playing cards with his back to the saloon door when a young gunslinger named Jack McCall shot him in the back of the head.

• On July 31, 1916, future racing legend Louise Smith, the first woman inducted into the International

Motorsports Hall of Fame, is born in Barnesville, Georgia. In her first race, unaware that a checkered flag meant the finish line, Smith kept going until someone threw out a red flag.

• On July 28, 1945, an American B-25 Mitchell bomber crashes into the Empire State Building, killing 14 people. The freak accident was caused by heavy fog. When the plane swerved to avoid the Chrysler Building, it flew straight into the north side of the Empire State Building, near the 79th floor.

• On July 29, 1958, the U.S. Congress passes legislation establishing NASA, a civilian agency responsible for coordinating America's activities in space.

• On Aug. 1, 1961, Six Flags Over Texas opens. The park was the first to feature log flume, 360-degree looping roller coaster and modern parachute drop. The park also pioneered the concept of an all-inclusive admission price.

• On July 27, 1974, the House Judiciary Committee recommends that President Richard Nixon be impeached and removed from office. The impeachment proceedings resulted from a break-in at the Democratic Party's national headquarters in the Watergate apartment-hotel complex in Washington, D.C.

• On July 30, 1999, *The Blair Witch Project*, a low-budget, independent horror film that will become a cult hit, is released in theaters. Shot with shaky, handheld cameras, the documentary-style movie told the story of three student filmmakers who disappeared into the woods and were never heard from again. The story was entirely fake.

NOW HERE'S A TIP

• If you go to a yard sale and an item catches your eye, don't be afraid to

haggle. If the owner can't agree to your price, give him your name and phone number. If it doesn't sell, he might be ready to accept a lower price.

• "You can sprinkle a bit of baking soda on your porcelain sinks for a non-harsh scrub. It serves a double purpose, because it will also freshen and absorb odors, then get washed right down the drain!" – MM in Texas

• Wash and save yogurt cups for kids to use for painting. You can set several in a jelly roll pan to keep them together and upright.

• "I have a beautiful glass window in my front door. Unfortunately, once a day, the sun comes streaming through it and seems to magnify. I have a couple of hooks that are backed by suction cups. I can hang a garden flag from the hooks to cover the window. Sometimes I even use it at night for privacy. It still looks pretty from the other side if I don't take it down, and it didn't involve any holes in my door!" – WD in Kentucky

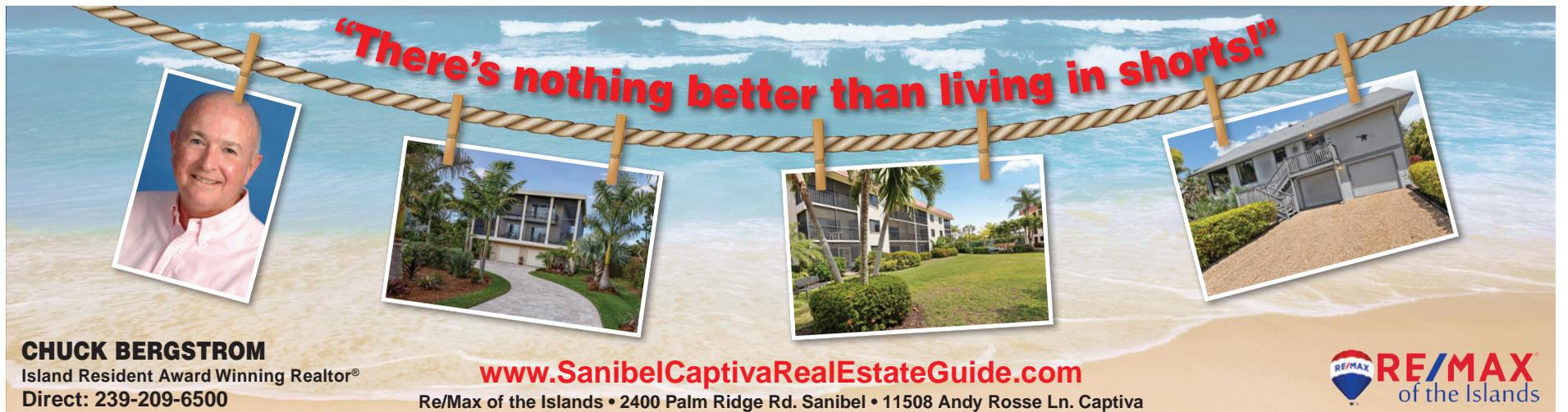
• Make-up bags make the perfect place to stash extra cords and accessories for your computer or other devices. Put them in a basket and all your tech will stay orderly.

• Car Wash Tips: Use a soap that's made for vehicles, because it's less likely to strip the protective coating off your paint. Don't wash in full sun if possible. If you must, then work in small sections to keep soap from drying on the car. Rinse off your sponge regularly – the dirt and grime can scratch the surface. Use a microfiber cloth to dry.

STRANGE BUT TRUE

• Sir Cecil Chubb, a wealthy and highly respected barrister, really raised the bar for birthday gifts when he purchased Stonehenge (yes, you read that right) for

continued on page 46



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dearRPharmacist

Black Currants Help With Night Vision



by Suzy Cohen, RPh

Dear Readers: The retina is a delicate tissue that surrounds the back part of your eye, and it is easily harmed. Taking care of the retina is important for vision,

and black currants are rich in compounds that neutralize free radicals which would otherwise assault and destroy your retina. Then, you wouldn't be able to see. There's this compound called "rhodopsin." Have you heard of it?

Rhodopsin is imperative for light adaptation, so you need it to see in the dark. Black currant supplements are quite popular for this purpose.

Specifically, free radicals are neutralized in the presence of certain pigments (aka dyes) that are naturally found in colorful fruits. Black currants should be thought of as eye food. These can be eaten dried, raw, as jelly or in tea/supplements.

When you think of healthy fruits, you think of the darkest ones like blueberries, blackberries and black currants. These are often made into jams and preserves, which are truly delicious. But as you know, they can all be eaten raw in your cereal or fruit salad. You can bake with them too. It's the anthocyanins (a dark bluish black pigment) that impart the health benefits.

Black currant has been studied for its

anti-viral properties, and it's been found to have a good effect on dry eyes. They also stimulate T helper cell activity, which is a great side benefit now that we're interested in our immune function.

Eating foods with black currants, or supplementing with an extract of it helps with dryness in the eye, as well as intraocular pressure. A study from a few years ago discovered how black currants increase blood flow to the optic nerve that enables vision.

In various studies, black currant anthocyanins were shown to increase nourishing blood flow to the eyes in patients with glaucoma, reduce intraocular pressure in the eye and slow down visual field deterioration. Anthocyanins (again, dark fruits contain this dark pigment), have a relaxing effect on myopia. According to research, the compounds can read the blood-retinal barrier and have a relaxing effect on it. This can help treat myopia and glaucoma.

Please don't misconstrue this as a reason to stop your Xalatan, Vyzulta, Zioptan, Travatan or Lumigan. Those are brand names of prescription eye drops. But if you do take them, ask your doctor if black currants are good for you, and you can try an oral dietary supplement for your eyes that includes them, or eat them. I can't think of a reason why not, however, I'm not able to advise you on this. Like all supplements, there are pros and cons, just like with all medications. But I can't think of a reason as I write this, why it would be bad, unless you're allergic to them. I have a longer version of this article posted at my website if you're interested at www.suzycohen.com.

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

From page 32

Lee Coalition

2,714 people experiencing homelessness in Lee County.

Housing and service programs for the homeless are provided in part through Continuum of Care funds from HUD. The 2019 Continuum of Care funding announcements were made in March 2020. Lee County was awarded funding to sustain existing programs and begin new programs

that provide housing and services to persons experiencing homelessness. These programs are operated by Lee County Human and Veterans Services, Community Assisted and Supported Living, Lee County Housing Development Corporation, Jewish Family and Children Services, Saint Vincent de Paul, Goodwill Industries of SWFL and The Salvation Army. The total awarded amount was \$1,825,537.

The Lee County Homeless Coalition thanks the volunteers who assisted with this year's PIT count.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What is the best way to reframe a situation?

A: Redirecting ones thoughts is the start of reframing a situation. Generally, it's best to reframe thoughts to an optimistic belief

system.

To begin with, gain an awareness of your thoughts and feelings. When you find yourself in a problematic situation, begin to ask yourself how you feel and why you feel this way (Emotions on the Mandala of wholeness). Once you begin to gain this awareness of your perceptions and pattern of your feelings, the next step is to take your negative feelings and match them with positive feelings. See if you can find something positive in the negative situation and turn it around. Remember that there is always something positive in every negative situation. Think of the lessons you can experience from every negative situation. Know that something good will come out of this.

Another step to reframe thoughts is to take an inventory of your personal strengths. By doing this, you begin to focus on your positive strengths and

attributes rather than focusing on what isn't right. Always shift your attention to what is right. What are the goodies?

It's known as the universal law of attraction, or self-fulfilling prophecy. What you focus on, you will attract. You will attract more into your life of what you think about the most.

Always ask yourself what can be reframed and learned from a situation you are in. Always focus on at least three to five positive strengths and attributes you have and be grateful for them. Examples may include resilience, honesty, humor, positive outlook.

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.*

Heed Signs To Help An Addict

Narconon warns friends and families that the window period of desperation when an addict reaches for help is short-lived. Knowing this is important when dealing with an addict needing treatment. It is a life or death situation and the next pill, hit, shot or drink could very well be their last.

For more information, visit www.narconon-suncoast.org/blog/time-kills-addicts.html. Call 1-877-841-5509 for a no cost screening or referral.*

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

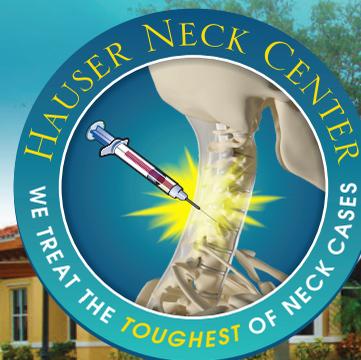
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Doctor and Dietician

Health Benefits Of Mango



in iron absorption and help the body repair injured tissues such as those pain conditions we see at Caring Medical. Mangoes are considered super antioxidants because they contain polyphenols (plant-based antioxidants), which are important in protecting our good cells against free radical damage that can lead to chronic disease, accelerated aging if not controlled.

Mangiferin (cool name, eh?) is the unique antioxidant contained in mangoes. Studies have shown that mangiferin may protect heart cells against inflammation, oxidative stress, and apoptosis (cell death.) More studies need to be done to confirm this. Mangoes are high in potassium and magnesium too.

One of the age-old questions is “how do I cut a mango?” We find the best way is to cut long vertical slices down the perimeter of the mango. But others like to cut the mango into a grid-like pattern and scoop it out. Either way, let the mango mania begin.

Here are some ideas for enjoying your mango crop: make mango salsa (our No. 1 favorite) – chopped mango, tomato, yellow/orange pepper, onion, garlic, cilantro, lime juice, salt/pepper and a few dashes of Mexican seasoning. Yum! You may also want to add mango to cooked chicken or fish, slice it into a fruit salad, or make into a salad of mango/avocado/onion and lime juice. It’s also tasty mixed into brown or black rice or quinoa, added to green salads, and used in smoothies and “faux-ice cream.” All so delicious! Okay, you

want to know about the ice cream. Frozen banana and mango, blend with your milk of choice, add a touch of vanilla and lime zest/juice. Freeze. Yum! Let’s get out there and pick those delicious, nutritious mangoes. Cheers!

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.**

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

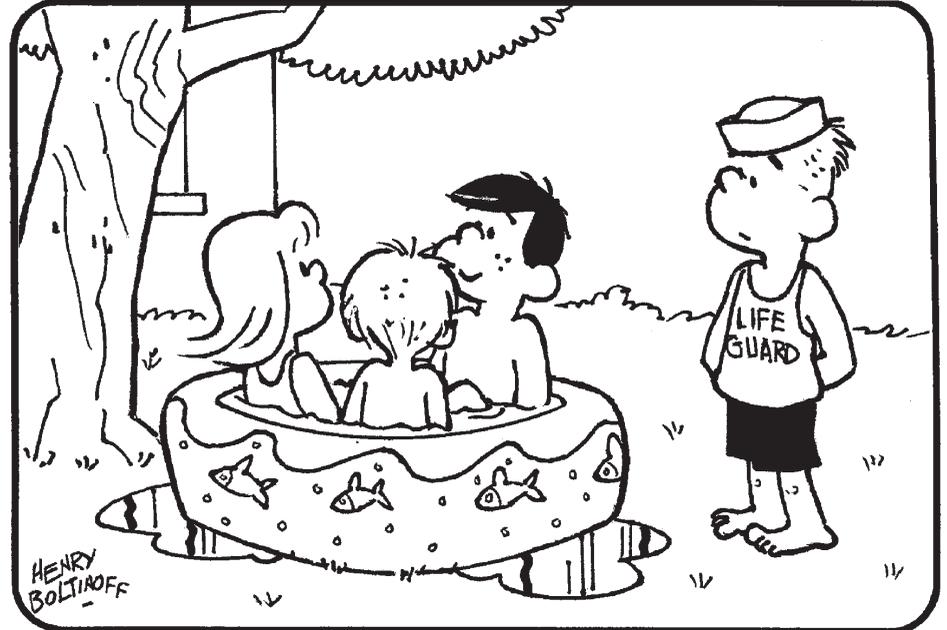
It is mango season in Southwest Florida. We are blessed with a mango-producing tree in our yard. Yes, we have a 20-foot extension mango picker too. Many misconceptions exist about mangoes, such as “They are high in sugar” (not compared to a piece of chocolate cake!); “They make you poop” (you probably needed help anyway!); and “They cause your blood sugar to spike” (versus a donut?)

Mangoes are not only delicious, but they are loaded with nutrients and health benefits. Why not take advantage of these beautiful fruits that grow so abundantly on our trees? Mangoes are low in calories and full of immune-boosting nutrients, including vitamin C and fiber, which help strengthen immune function, aid

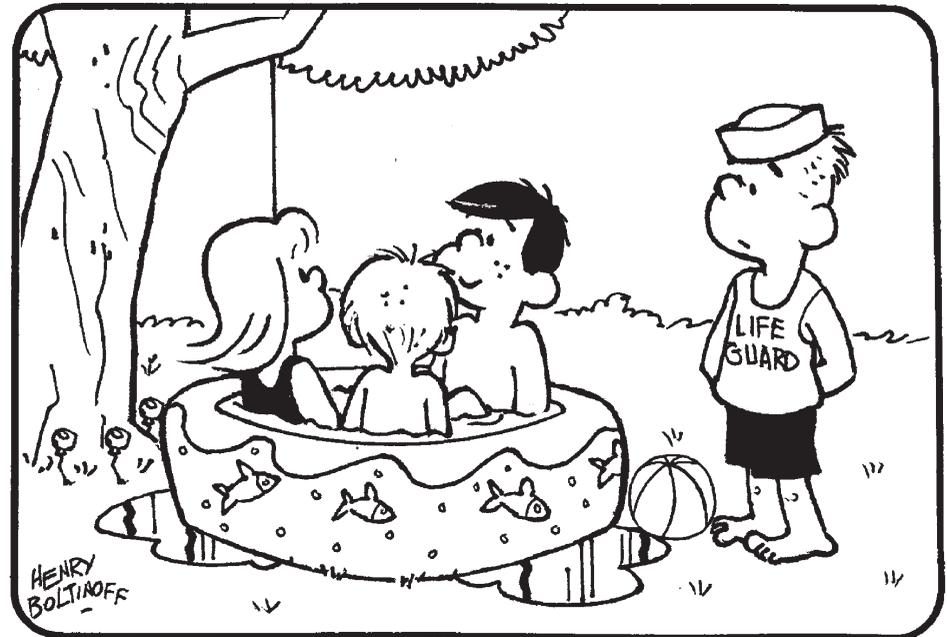
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is gone. 2. Girl's swimsuit is different. 3. Ball has been added. 4. Fish have changed direction. 5. Lifeguard's shirt is different. 6. Flowers have been added.

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



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PUZZLES

Answers on page 47



"Sidney is very _____ every night he's going bowling or going out to the fights ..."

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!

Blend
LEMING

Band
GREAHT

Avoid
REGION

Facade
TEDIOUS

TODAY'S WORD

SUDOKU

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

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



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- On Call Captiva Deputy 477-1000
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- 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
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- 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
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- Progressive Club of the Islands pcisancap@gmail.com
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- Sanibel Beautification Inc. 470-2866
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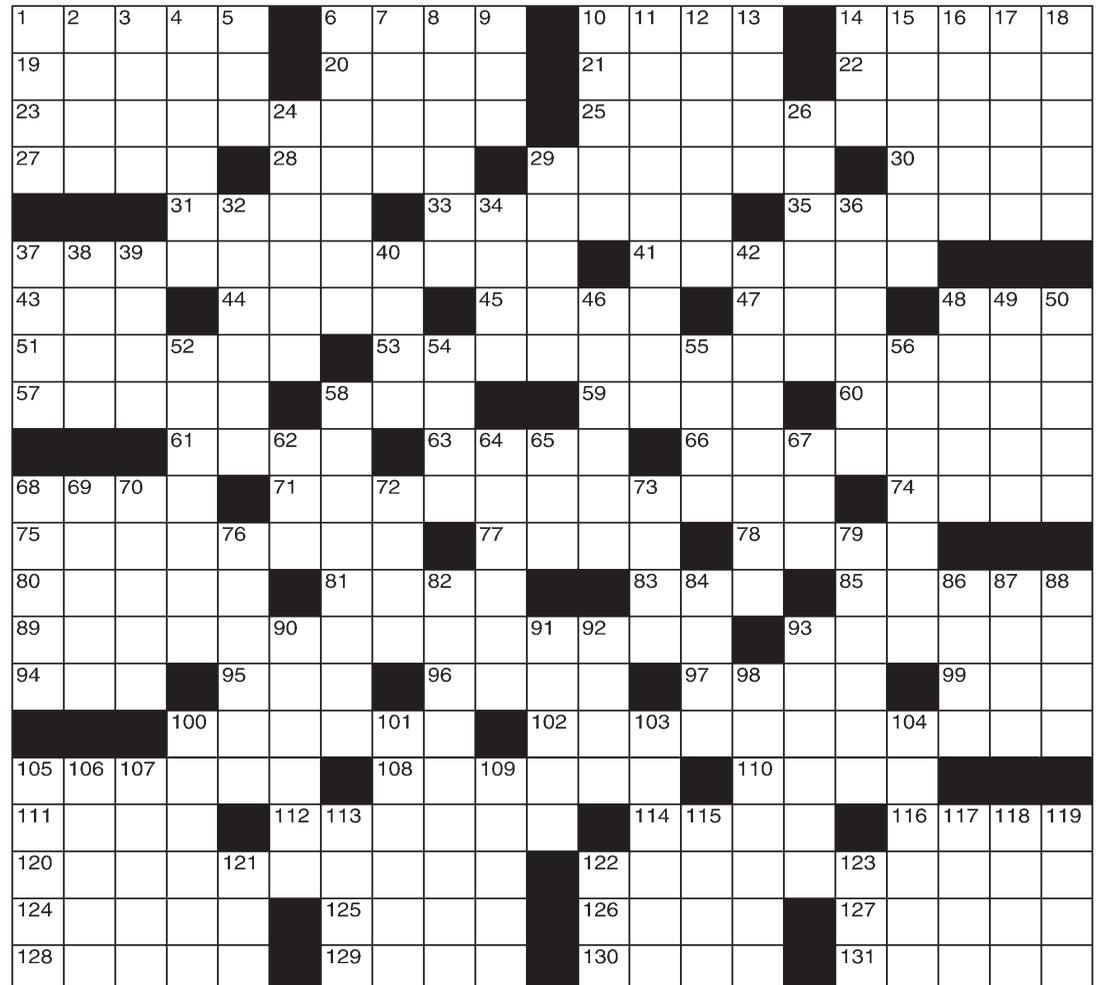
PUZZLES

Answers on page 47

Super Crossword

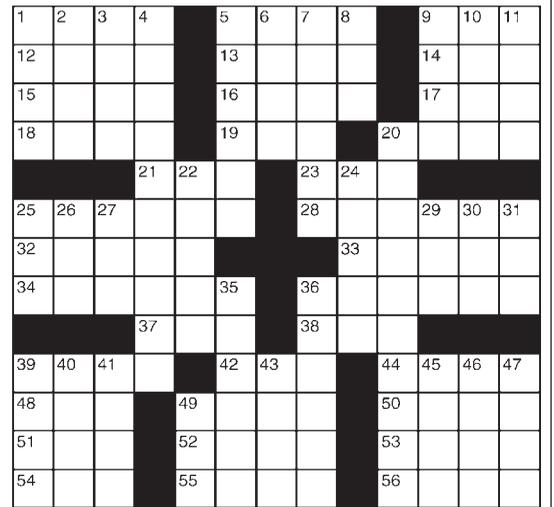
INITIALLY
ADORED

- ACROSS**
- 1 Classic arcade name
 - 6 Subdivision of a religion
 - 10 Low-pitched
 - 14 Southern speech trait
 - 19 Bits of viral web content
 - 20 Spencer of TV news
 - 21 Trade show
 - 22 "Tiny Bubbles" crooner
 - 23 Chris Evert beat her at the 1978 U.S. Open
 - 25 "Poetry Man" singer
 - 27 Fruit related to a 37-Down
 - 28 Paper opinion piece
 - 29 Michigan's Grosse —
 - 30 "The Jerk" director
 - 31 Reiner
 - 31 Genie holder
 - 33 "It's enough to survive on"
 - 35 "How I wish!"
 - 37 "Wall of Sound" record producer
 - 41 Saturate
 - 43 High throw
 - 44 Word sung after "que"
 - 45 Not messy
 - 47 See
 - 57-Across
 - 48 High mount
 - 51 Web handle
 - 53 "The Lady Eve" director
 - 57 With
 - 47-Across, allots
 - 58 "That stinks!"
 - 59 Miners' finds
 - 60 How oboes sound
 - 61 Casino pair
 - 63 Actor Mark — -Baker
 - 66 Enter on a vehicle
 - 68 Pack in
 - 71 David Letterman's music director
 - 74 "Halt!"
 - 75 Deodorant target
 - 77 Pueblo pot
 - 78 Bros, e.g.
 - 80 Jason's vengeful wife
 - 81 E-garbage
 - 83 Garbage
 - 85 Irish coins
 - 89 He played Captain Picard
 - 93 Louisiana cooking style
 - 94 — -Blo (fuse type)
 - 95 Frat letter
 - 96 H.S. math
 - 97 "It's a possibility for me"
 - 99 — Lingus
 - 100 Mambo music's Tito
 - 102 "Take Time to Know Her" singer
 - 105 Beachward
 - 108 Exist naturally (in)
 - 110 Put in danger
 - 111 Baseball card no.
 - 112 Smoothed, as wood
 - 114 Ltr. heads-up
 - 116 Spill secrets
 - 120 "Turn! Turn! Turn!" songwriter
 - 122 1964 Beatles hit ... or what an adoring fan of any of eight celebrities in this puzzle might say?
 - 124 Occasion
 - 125 Margarine
 - 126 Completed
 - 127 Literary twist style
 - 128 Bird homes
 - 129 Scottish loch
 - 130 Picnic pests
 - 131 De Mille the dancer
 - 34 Out of sight
 - 36 Coming time
 - 37 It may become a prune
 - 38 Wash (down)
 - 39 "Yeah, sure!"
 - 40 Mafia title
 - 42 Most domineering
 - 46 Not written in any key
 - 48 Liaison
 - 49 Occasioned
 - 50 CIA mind-game initiative
 - 52 It's similar to a wapiti
 - 54 Wheel action
 - 55 Spongy ball brand
 - 56 New printing
 - 58 Grizzly rug, maybe
 - 62 Tax pro
 - 64 Chemical "twin"
 - 65 Capitals' gp.
 - 67 Soft & —
 - 68 Globbs
 - 69 Ryan of film
 - 70 Supplement
 - 72 Refs' kin
 - 73 Actor Jamie
 - 76 City in central India
 - 79 Green gems
 - 82 People present
 - 84 Of the ear
 - 86 Pothole site
 - 87 Cassini of couture
 - 88 Parched
 - 90 Havarti, e.g.
 - 91 Really tired
 - 92 Antiquing substance
 - 93 Slots site
 - 98 Aromatic shrubs of Europe
 - 100 Strong
 - 101 Feel a prickly sensation
 - 103 Rationale
 - 104 Anita of "La Dolce Vita"
 - 105 Quaking tree
 - 106 Actor Carell
 - 107 Abhors
 - 109 Hoagies
 - 113 Years on end
 - 115 Color variety
 - 117 Actress Sue
 - 118 Top-tier
 - 119 Pays for
 - 121 Rd.
 - 122 Hi-tech crossers
 - 122 Hi-tech "appt. book"
 - 123 By way of



King Crossword

- ACROSS**
- 1 Give a darn
 - 5 IOU, e.g.
 - 9 Trip to Mecca (Var.)
 - 12 Like 28-Across
 - 13 Top-notch
 - 14 Chicken-king link
 - 15 The Swedish Nightingale
 - 16 Hold sway
 - 17 Cartoonist
 - 18 Chaste
 - 18 Creche trio
 - 19 Auto grille cover
 - 20 "For cryin' out loud!"
 - 21 Id counterpart
 - 23 Personal question
 - 25 Beckon
 - 28 Vast sandy expanse
 - 32 Leafy shelter
 - 33 Release a deadbolt
 - 34 Trolley sounds
 - 36 Present from birth
 - 37 Common Mkt.
 - 38 Pigpen
 - 39 Pre-swan
 - 42 Puncturing device
 - 44 It gets in the whey
 - 48 Seek restitution
 - 49 Neighborhood
 - 50 Quite eager
 - 51 Historic time
 - 52 Read bar codes
 - 53 — good example
 - 54 Press for payment
 - 55 Cattle group
 - 56 A bit unclear
 - 4 "Two Tickets to Paradise"
 - 5 Diamonds, essentially
 - 6 Session with a shrink
 - 7 Extended family
 - 8 Shirt shape
 - 9 Tortoise's opponent
 - 10 Lotion additive
 - 11 Satchmo's genre
 - 20 "I Walk the Line" singer
 - 22 Canyon
 - 24 Obsess
 - 25 Pouch
 - 26 Surfer's destination
 - 27 Biz deg.
 - 29 Lawyers' org.
 - 30 Snitch
 - 31 Exist
 - 35 Hard to find
 - 36 Gilligan's home
 - 39 Secondhand
 - 40 Mentor
 - 41 Slender
 - 43 Sport
 - 45 Eye layer
 - 46 "Puttin' on the —"
 - 47 Crucial time
 - 49 Blond shade
- DOWN**
- 1 Tranquil
 - 2 Bocelli solo
 - 3 Peel



MAGIC MAZE • NUTTY WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: PLEASE WAIT JUST A —

- | | | | |
|-----------|------------|----------|-----------|
| Butternut | Diminutive | Nuthatch | Tenuto |
| Canute | Doughnut | Nutmeg | Thumb nut |
| Chestnut | Locknut | Nutrient | Wing nut |
| Coconut | Minutiae | Nutshell | |

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Health System Reports Millions In Benefit Increase

Lee Health's annual Statement of Community Benefit for fiscal year 2019 was recently published, revealing \$531.6 million in community benefits by the health system – a benefit increase of more than \$61.5 million over 2018. The report is a national standard of measurement that determines a monetary value for the health system's community commitment and the financial investments it makes to help strengthen health and human services. The increase was attributed to higher costs of charity care for low-income patients, unpaid Medicare, Medicaid, other government-sponsored programs and providing community benefit outreach.

"As one of the largest public health systems in the country, Lee Health continues to provide healthcare services without any direct community tax support," said Larry Antonucci, MD,

president of Lee Health. "Our presence also goes well beyond medical care. We contribute greatly through educational programs and local partnerships with a variety of organizations for the betterment of the entire community."

Contributions include charity care and discounted care for the poor and uninsured, wellness programs, education, community health programs, unpaid Medicare and Medicaid, as well as the cost of providing special programs throughout the community.

As one of its many partnerships, Lee Health collaborates with United Way in the Dunbar, North Fort Myers and Cape Coral offices of Lee Community Healthcare, which are available to low-income and underinsured families, providing much needed access to primary care within the community. Golisano Children's Hospital of Southwest Florida, the only acute care children's hospital between Tampa and Miami, has provided support and education through the Child Advocacy Program to more than 106,000 people in Lee and Collier counties, including unintentional injury prevention and health education ranging from correct

installation of child safety seats to classes to help parents learn and implement "building blocks" for strong child development.

Lee Health initiatives are also helping to bring a culture of wellness through various means such as free health fairs held in local schools, shopping centers, businesses and festivals; reaching people in the places where they live, work and play. The Healthy Life Centers at Coconut Point, Babcock Ranch, Cape Coral and Fort Myers offer services and education to support healthy lifestyles, early detection of disease and chronic disease management. They offer screenings, classes, workshops and seminars on a variety of wellness topics, and are staffed by personal health advocates and health guides who assist individuals in person to help navigate their health care needs.

More than 40 physicians and health professionals donate their time to Lee Health's Speakers' Bureau, connecting directly with patients through question-and-answer sessions held at local venues. Lee Health employees also donate thousands of hours each year through leadership roles on various boards of

directors, chambers of commerce, social services agencies and organizations.

Community benefit calculations are over and above the economic value that organizations like the health system provide each and every year through jobs and benefits, and reinvestment into facilities, technologies, clinical programs and services. The methodology for calculating is used nationally.

Lee Health continues to provide benefits to the community well in excess of the value of its tax exempt status. As a public, not-for-profit entity, the health system was exempted from paying approximately \$76 million in taxes for fiscal year 2019, an amount that is overwhelmingly outweighed by the \$531 million the health system provided in net benefits given back to the community.

Not-for-profit hospitals and health systems are required to provide community benefit reports annually and to research community health needs every three years. Lee Health has been doing this for many years prior to such a requirement. Visit www.tinyurl.com/communitybenefit2019 to view the full report.*

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PETS OF THE WEEK

Lee County Domestic Animal Services

Asia And Nikko



Asia ID# A822224



Nikko ID# A820503

Hello, my name is Asia. I am a 4-year-old female domestic shorthair who has become somewhat of the office cat at Lee County Domestic Animal Services (LCDAS). They allow me to have free roam of the back office area, and I am the queen in charge. I am quite the curious cat with the classic head tilt that will have you wrapped around my paw in no time.

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

Hi, I'm Nikko. I am a 1-year-old male pit bull mix who has been with LCDAS for a couple of months – and staff members have quickly fallen in love with this handsome guy. But, I long for a family to call his own. I have gone on several field trips and am a great co-captain in the car. I play well with others and will be here waiting for you, so just set up an appointment to meet me.

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. LCDAS is open Monday through Friday from 10 a.m. to 4 p.m. 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 shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*

Hope For Pets

Joey Needs A New Family

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



Joey photo provided

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 at colette.johns@hopehcs.org.

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

From page 40

Strange But True

his wife after World War I. But was she suitably impressed? Apparently not – what she actually wanted that year was curtains.

- Caffeine doesn't just help you stay awake. It also serves the function of a pesticide in the coffee plant.

- Due to the humid and moist conditions that a sloth lives in, moss and other similar plants will sometimes grow in its hair. Sloths also have very poor eyesight. Those two factors can sometimes culminate in a sloth grabbing its own arm, thinking it's a branch, and falling to its death.

- During the Elizabethan era, coal tar was used as mascara, eyebrow pencil and eyeliner... despite the fact it's flammable, has a bad smell and caused blindness.

- Until 1925, the NCAA required college football players to study during halftime.

- A reporter, commenting to Gene Roddenberry on the casting of Patrick Stewart in *Star Trek: The Next Generation*, said, "Surely by the 24th

century, they would have found a cure for male pattern baldness." Replied Roddenberry: "No, by the 24th century, no one will care."

- High-frequency sounds enhance the sweetness in food, while low frequencies bring out the bitterness.

- Only one McDonald's in the world has turquoise arches. Government officials in Sedona, Arizona, thought the yellow would look bad with the natural red rock of the city.

- In 1910, Virginia Woolf and her friends donned costumes and fake beards in order to convince the Royal Navy they were a group of Abyssinian princes, pulling off what became known as the "Dreadnought Hoax" and earning a 40-minute guided tour of the ship.

THOUGHT FOR THE DAY

"If opportunity doesn't knock, build a door." – Milton Berle

TRIVIA TEST

1. **Television:** In which 1980s-90s sitcom did a waitress named Carla Tortelli appear?
2. **Literature:** What are the tree-like beings called in *The Lord of the Rings*?
3. **General Knowledge:** What is the rallying cry for the shape-changing Transformers?
4. **U.S. States:** Which state would a Jayhawker hail from?
5. **Movies:** Which movie featured the line, "Life is a banquet, and most poor suckers are starving to death!"?
6. **Anatomy:** Which part of the human body is affected by surgery called rhinoplasty?

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1/4 * TFN

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6/21 * TFN

RENTAL WANTED

WANTED – ANNUAL RENTAL

Seeking 3-bedroom, 2-bath annual rental for family with two dogs. Two-year lease preferred. Please call Chuck, 239-209-6500.

7/10 * 7/31

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4/20 * TFN

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

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6/5 * TFN

LONG TERM RENTAL

Female looking to rent Oct-May. Master gardener/landscaper able to do yard work or pet sit if needed. Will consider all types of rentals: house, apt, boat etc. Debbie 815-302-7668

7/24 * 8/7

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1/25 * TFN

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7/17 * 7/24

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11/29 * TFN

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7/10 * 7/31

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

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