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VOL. 28, NO. 46

SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 14, 2021

MAY SUNRISE/SUNSET: 14 6:42 • 8:07 15 6:42 • 8:08 16 6:41 • 8:08 17 6:41 • 8:09 18 6:40 • 8:10 19 6:40 • 8:10 20 6:39 • 8:11

Pair Of Juvenile Bald Eagles Released

The Clinic for the Rehabilitation for Wildlife (CROW) released a pair of juvenile bald eagles in Cape Coral on May 7 after they recovered from wing injuries.

The first eagle was rescued on March 13 after it fell from its nest in Bokeelia. The nestling was underweight and had a heavy parasite load of feather lice. Radiographs revealed a fracture of its major metacarpal bone in the right wing that was well-aligned. Ten days later on March 23, another nestling bald eagle was admitted after falling from the same nest. It was reported that the nest was falling apart and no adult eagles had been observed in the area for some time. The second nestling was severely emaciated and also had a feather lice infestation. Its radiographs showed fractures of both the major and minor metacarpal bones in its



CROW Executive Director Alison Charney Hussey assisted with the release photo provided

left wing.

“Thankfully, the injuries to the wings required minimal help to heal,” said Dr. Sasha Troiano, veterinary intern at continued on page 34

City Manager To Retire In September

by Wendy McMullen

Longtime Sanibel City Manager Judie Zimomra announced on Monday – just hours after her 20th anniversary with the city – that she is retiring her position as of September 24.

Zimomra has steered the city through hurricanes Charley and Irma, economic crises, blue-green algae and red tide events and the year-long COVID-19 pandemic. She said it is this last event which lasted so long and involved so much extra work that made her reflect on what’s really important in life.

Since March 2020, Zimomra said she has worked every single day, including holidays because of the upheaval caused by COVID and the associated budget cuts that resulted in city staff being furloughed or terminated. Some days, the city was



Judie Zimomra photo provided fielding 300 telephone calls a day just on COVID, she said.

“It was time,” she said of her retirement decision, adding that she knows many people who left retirement too late to do the things they enjoy.

“I’ve seen so many excellent role continued on page 38



From left, SCCF volunteers Michael Galloway, Lynn Meline and Irene Nolan marked the first nest of the season on the east end of Sanibel photos provided

Nesting Season Is Under Way On The Islands

Sanibel-Captiva Conservation Foundation (SCCF) sea turtle teams have been busy locating and documenting sea turtle nests on Sanibel and Captiva. Six nests were documented on Sanibel and Captiva as of May 5,

marking the official start to loggerhead sea turtle nesting season.

Volunteers Michael Galloway, Lynn Meline and Irene Nolan marked the first nest of the season on Sanibel’s east end on April 27. Volunteer Rachel Walsh found the first loggerhead nest of the season on Captiva on May 2 and volunteer Nancy Riley found the second loggerhead nest on Captiva on May 3. The tracks from a crawl tipped her off. Volunteers also noted the return of a



Volunteer Rachel Walsh found the first loggerhead nest of the season on Captiva

loggerhead, dubbed Cookie Dough, that nested on the beaches in 2017 and 2019. Volunteers Diane Clark and Irene Nolan marked off her nest on the west end of Sanibel on May 3.

Night surveys began on May 1, which present an excellent opportunity to identify individual females. These encounters can lead to important insights into the behavior of the turtles that nest in the area.

SCCF first encountered the loggerhead

named Oatmeal Cookie in 2017. This turtle was observed three times in 2017 and twice in 2020, and has grown two centimeters since the first encounter. Oatmeal Cookie was spotted on April 25 by Florida State University staff 28 miles off the coast of Don Pedro Island in Charlotte County.

SCCF Coastal Wildlife Director Kelly Sloan said, “Understanding the locations of foraging grounds and migratory

continued on page 30

FISH gives us all a better shot at PROTECTING OUR NEIGHBORS

FISH has been assisted by other island partners such as the Rotary Club of Sanibel-Captiva, the City of Sanibel Police Department, Sanibel Fire Department, Parish Nurses, Medical Offices, Pharmacies, City of Sanibel Officials and FISH volunteers—Thank you!

WITH COVID-19 VACCINATIONS

FISH knows the needs of our island neighbors. *One of this year's greatest needs is the opportunity for COVID-19 vaccines close to home.* FISH has been working hard with Governor Ron DeSantis and local elected officials to secure several 'pop-up' vaccination sites, with the Department of Health administering vaccines for our neighbors. We will continue working together to ensure that anyone living or working on Sanibel and Captiva islands that wants the COVID-19 vaccination has the opportunity to do so in their own backyard.

Call FISH at 239.472.4775 for more information!



"FISH does a lot for me. I have a bad hip and knee and that means mobility issues to go off and on island. So hearing I could just go down the road was great news. I trusted FISH and it has been so convenient. It's just fantastic!"

—John Quillin



"Very excited to get my second vaccine. Our employees from Billy's Bike Rental had the vaccine available to them as well as my 90 year old father-in-law. It's taken all the stress away for my wife and me because the whole process has been a lot easier. It's been very convenient not having to stand in a long line."

—Billy Kirkland



"As a retired nurse, I love volunteering for FISH... it's like my second home!"

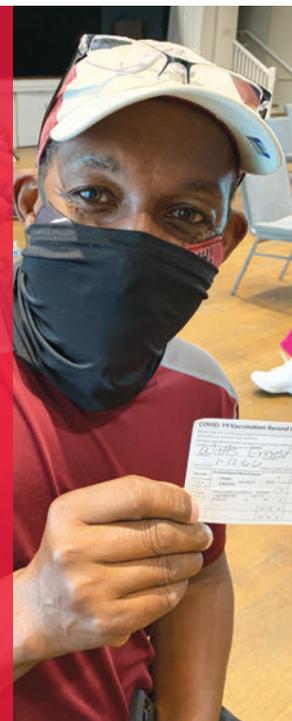
—Mary Holden

"I'm a long time Sanibel resident. Finally someone had the good sense to bring it here! I'm glad FISH figured it out, thank you!"

—Charlie Morgan

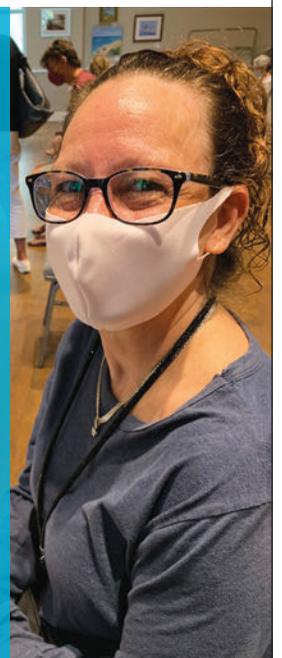
"I had no luck trying to get a vaccine online and had given up trying. I thought it just must not be meant to be. But then, someone I work for told me about the vaccines through FISH. Shortly after that I got my appointment pretty fast. I'm relieved."

—Ernest Watts



"Truly blessed that FISH has stepped up and coordinated all of this... they contacted us at Sanibel Captiva Community Bank and told us the vaccine was available to all bank employees. It was great and the process has been so very simple!"

—Sheri Prange



"It's so important for Essential workers to receive the COVID-19 vaccine. Bailey's staff are in contact with so many people, we are encouraging our employees to take advantage of this vaccine opportunity on island."

—Baillie Johnson



2430-B Periwinkle Way, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org



Water Quality Good For Now

by Wendy McMullen

Water quality in the Gulf of Mexico around Lee County is currently good but high water levels in Lake Okeechobee may bring algae and red tide blooms later in the summer, Sanibel's Natural Resources Director Holly Milbrandt told city council at the May 4 meeting.

Water levels in Lake Okeechobee are 2.5 feet higher than in May 2020 and also in May 2019 when water releases from the lake containing high levels of pollutants were believed to have caused catastrophic levels of blue-green algae and red tide on Sanibel.

"The lake fills up much quicker than it can be released," said Milbrandt, mentioning that the U.S. Army Corps of Engineers has permission to increase current water releases from the lake. NOAA, the national weather service, has predicted rainfalls 33 to 44 percent above normal for May this year.

Forty percent of the water from Lake Okeechobee is released west toward Sanibel, 58 percent goes south and just three percent goes to St. Lucie on the east coast. Milbrandt said that releases toward the west have increased and releases going east and south have remained the same.

Patchy blooms of red tide have been observed in Southwest Florida, with low levels in Lee County, but medium to high levels in Collier and Charlotte counties.

Visible algae has also been seen in Lake Okeechobee and in surrounding water. The Florida Department of Health issued a health alert for the Franklin Lock some 40 miles from Sanibel because of algae blooms there last month.

"It certainly seems that conditions are ripe for algae blooms," Milbrandt said. "With the current state of the lake, that is not ideal." ❄️

Entertainment License On Hold

by Wendy McMullen

An entertainment license for the Topsy Turtle is on hold pending a report from the proprietor on ways to deal with problems of intoxication at the popular bar, council decided on May 4.

Sanibel police have been called to the Topsy Turtle 17 times since it opened, mostly for mask violations and noise violations. However, Police Chief William Dalton reported more severe effects of uncontrolled intoxication at the bar. Dalton said several accidents had occurred in the parking lot of the Topsy Turtle and on Donax Street and Sanibel-Captiva Road, all of which involved people who had been drinking at the Topsy Turtle. He also reported an intoxicated woman in her late 20s passed out on the bike path.

"It's up to the staff of bars to make sure that people don't walk out of the door intoxicated," said Councilman Dr. Scott Crater.

"We want to see a solid plan for them to deal with the past instances that they've had," said Vice Mayor Richard Johnson. "Safety and protection of our residents

and those that visit us is a primary responsibility. This is an issue that needs to be dealt with and dealt with at a business level. The issue of making sure that their patrons don't leave intoxicated is the management's responsibility."

"We will do whatever it takes to get it where you guys want it," responded Sean Donnelly, representing the Topsy Turtle. "I love my bar and want to make it the best it can be."

The Topsy Turtle is the only bar with live late night entertainment for visitors and residents. Donnelly said many people come there after eating at other restaurants or for a late night snack. It is also popular with island workers.

The proposed license limited entertainment to 7 p.m. to midnight with no more than four musicians performing inside the establishment.

The city will reconsider the entertainment license after the management submits a proposal to deal with the problem of people leaving the bar intoxicated. ❄️

Mask Signage To Remain In Place

by Wendy McMullen

The signs requesting people coming on to the island to wear masks will remain for the moment but Sanibel City Council decided on May 4 to revisit the issue again at its next meeting.

City Attorney John Agnew confirmed that the signs did not contravene Florida Gov. Ron Desantis' order that wearing masks cannot be mandated by any municipality. Private property owners, however, can mandate masks in their establishments and many stores are continuing to do so.

"We put the decision back into the hands of the business owners and they can use a little bit of help if they want people to wear masks," said Vice Mayor Richard Johnson.

City council decided to retain mask requirements on city property and allow the organizers of the Farmers Market, which takes place outside on city hall grounds, to decide whether to mandate masks for their Sunday markets.

Seating in MacKenzie Hall will remain distanced with 50 percent of the seats available for audience members. ❄️

Outdoor Dining Considerations

by Wendy McMullen

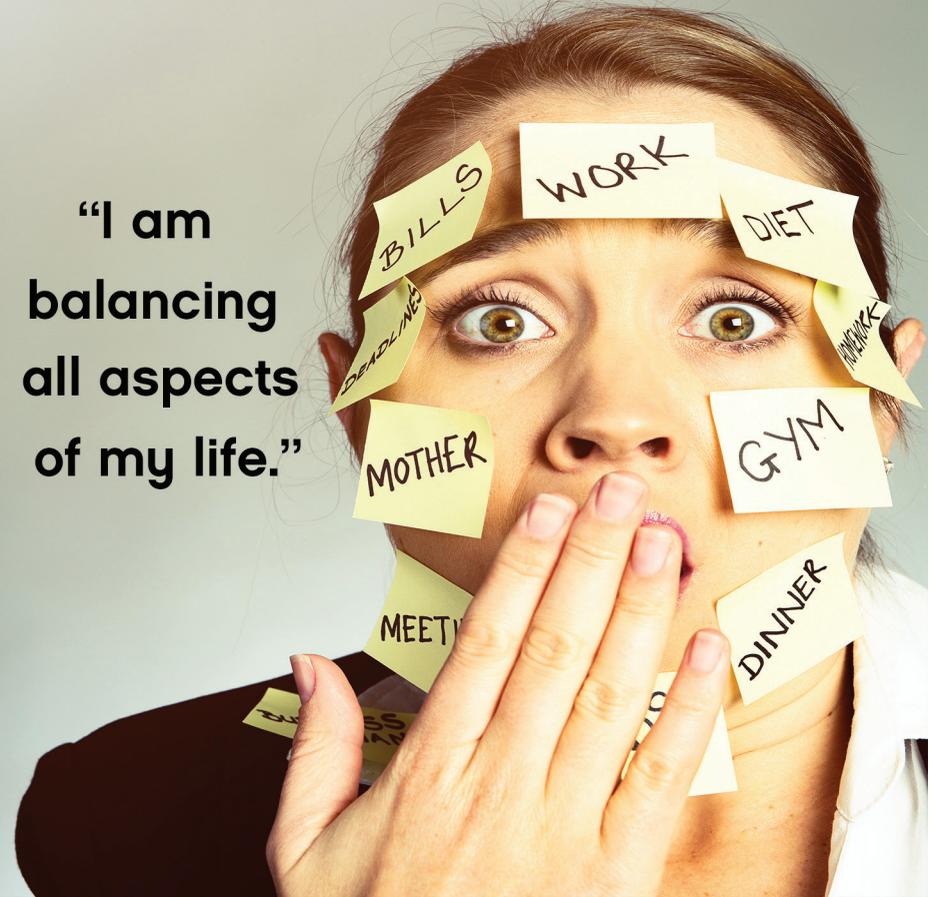
Recognizing the popularity and benefits of outdoor dining, the city is to consider ways of permanently permitting more outdoor dining on Sanibel. The plan will involve changes to Sanibel's Land Development Code which limits the number of seats in a restaurant according to, among other things, the number of parking spaces available.

Meanwhile, the temporary outdoor dining permitted because of the pandemic will be allowed to continue while city council looks into making the changes permanent. ❄️

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by KAY CASPERSON

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Thistle Lodge at Casa Ybel
Sanibel Historical Museum And Village
Looking Back:
Thistle Lodge

Thistle Lodge at Casa Ybel was built by Edward M. Duncan when he and Georgia Barnes married. Barnes, the daughter of the Rev. George and Jean Barnes, had homesteaded on Sanibel along with her sister, brother and parents. In November 1896, the Fort Myers Press indicated the Hon. E. M. Duncan's



photo courtesy Historical Museum of Southern Florida

"palatial residence on the Grand Boulevard is nearing completion." It described the Grand Boulevard on Sunday afternoons as a parade ground with "handsome turnouts, spirited horses, and beautiful ladies."

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required. For more information, visit www.sanibelmuseum.org or call 472-4648.✳

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Complete Shabbat Worship Service including Torah reading Zoomed from Fellowship Hall at SCUCC every Friday night at 7 p.m. For Zoom link email batyamsanibel@gmail.com. Rabbi Stephen Fuchs, Cantor Murray Simon, President Alan Lessack, www.batyam.org, 2050 Periwinkle Way, 773-251-8862.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on Chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane Captiva, 472-1646.

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

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 www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. 7:45 a.m. Chapel Service, 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. In-person services resume with limited seating, masks and reservations required. In-person limited seating services requiring reservations and masks are on Saturdays at 5 p.m., and Sundays at 8 a.m. and 10:30 a.m. Reservations can be made on our website and go live every Tuesday at noon. The 10:30 a.m. Sunday service will also be livestreamed. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the third 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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The Community House

Community House Events

The Sanibel Party Bridge Club meets on Tuesdays at 1 p.m. All are welcome. Bringing a partner is preferred. Cost is \$5 suggested donation.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring your own supplies to paint with fellow artists; no instruction. Cost is \$10 per session.

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

photo by Logan Hart

and globally. Suggested donation is \$5. Masks and social distancing required.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays at 1 p.m.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested donation.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome, \$5 suggested donation.

Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters 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. Marker 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.*

City To Hear Discussion About Gas Leaf Blowers

by Wendy McMullen

Sanibel City Council will discuss an ordinance designed to ban excessively noisy gas powered leaf blowers at its next meeting.

"It is time to take action and set in advance to give people time to prepare," said Councilman John Henshaw at the May 4 meeting.

"The people who are suffering most from these gas powered leaf blowers are the workers," commented resident Barbara Joy Cooley, a longtime proponent of banning the gas powered blowers. "It's not about disturbing someone's morning coffee. It is a serious problem to their health."

The draft ordinance banning gas powered leaf blowers will be discussed at the next city council meeting in June.*

Independence Day Parade Canceled

The committee charged with organizing Sanibel-Captiva's annual Fourth of July Parade has decided the longstanding community event will, out of an abundance of caution, be canceled again this summer.

The decision followed a meeting of the parade committee members and sponsors of the event. The primary focus was to determine the best way to follow the CDC's guidelines for keeping participants, spectators and volunteers safe.

"Our overwhelming concern was ensuring the safety and wellbeing of everyone involved," said Friends of Don Committee Co-chair Trish Phillips. "After a thoughtful and expansive review of the current pandemic conditions, we felt there was no safe alternative but to cancel the parade again this year. We remain optimistic that, with more vaccines in arms and reaching herd immunity becoming a hoped-for reality, the 2022 Sanibel-Captiva Independence Day Parade will return next summer for families and friends to gather and celebrate island style."

The Friends of Don Committee was created in memory of Don Bissell in 1994 as a way to carry on the parade he helped make such a beloved annual gathering.*

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City Employee Dependents Earn Scholarships

Following Hurricane Charley in 2004, an endowment fund was established with the Southwest Florida Community Foundation to provide scholarships for dependents of City of Sanibel employees. This year, there are multiple sources contributing to the city's employee dependent scholarship program; Charitable Foundation of the Islands, Southwest Florida Community Foundation endowment, Sanibel-Captiva Kiwanis Club as well as proceeds from various city vending machines.

In announcing continued support of the City of Sanibel Employee Dependent Scholarship Program, Chip Roach, co-chair of the board, said, "Virginia Stringer and I, as co-chairs of the board for the Charitable Foundation of the Islands, are pleased to continue a decade-long collaboration with these other local participant organizations. The scholars are inspirations to others in our community for their achievements and the aspirations for themselves."

The following dependents of city employees will each be awarded a \$2,000 scholarship:

Mason Eicher – A sophomore at Kent State Tuscarawas and a 2016 graduate of Mariner High School, Mason is pursuing a bachelor's degree in criminal justice with plans to relocate in Florida where he will pursue a job in law enforcement.

This is Mason's second year at Kent State Tuscarawas, where he made the Dean's List and plays baseball. He led the team with a .370 batting average and contributed to 16 runs in the season. Mason is the son of John Eicher, detective, Sanibel Police Department, who has been employed by the city for nine years.

Kylie Sutton – A rising junior at Florida State University and a 2019 graduate of Ida S. Baker High School, Kylie is pursuing her undergraduate degree in health science. Following



From left, Councilman John Henshaw, Virginia Stringer, Mayor Holly Smith and Chip Roach presenting the check from the Charitable Foundation of the Islands to the City of Sanibel photos provided



Mason Eicher



Kylie Sutton



Amber Schweitzer



Hailey Upchurch

completion of her undergraduate degree, Kylie plans to enroll in the Physician's Assistant Program at Florida Gulf Coast University to pursue her goal of becoming a physician's assistant in obstetrics and gynecology.

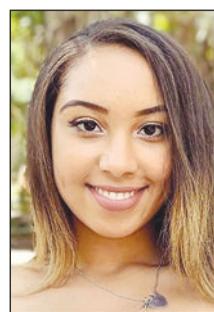
This is Kylie's second year in the scholarship program. Kylie is the daughter of Sgt. Kenneth Sutton, Sanibel Police Department, who has been employed by the city for nearly 18 years.

Amber Schweitzer – A rising senior at Florida Gulf Coast University and a 2018 graduate of Ida S. Baker High School, Amber is pursuing a bachelor's degree in elementary education at FGCU with plans to relocate to Illinois where she will then pursue her master's

degree and begin her career in teaching.

This is Amber's fourth year in the scholarship program. Amber is the daughter of Stephen Schweitzer, tradesworker II, public works operations, community services department, who has been employed by the city for nearly six years.

Hailey Upchurch – A senior at University of Central Florida and a 2018 graduate of Mariner High School,



Alyssa Vetter

Hailey is pursuing a bachelor's degree in health sciences on a pre-clinical track, the first step in reaching her goal of attending graduate school. This past academic year, Hailey became sergeant at arms director of the Pre-Dental Student Association, and earned a spot on the Dean's List as of Fall 2020.

This is Hailey's fourth year in the scholarship program. Hailey is the daughter of Jocelyn Upchurch-Hawkins, accounting operations manager, finance department, who has been employed by the city for eight years.

Alyssa Vetter – A senior at Florida Gulf Coast University and a 2017 graduate of Cypress Lake High School, Alyssa is pursuing a bachelor's degree with a dual major in supply chain management and finance. Following graduation, Alyssa plans to provide services to the many individuals and small businesses affected by the pandemic with a future goal of creating her own business that combines the use of supply chain management and finance.

Alyssa is a fifth-year recipient of the scholarship award. She is the daughter of Holly Vetter, senior permit technician, building branch, community services department, who has been employed by the city for 27 years.*

Notice From City

The flooring in the finance department at city hall is being repaired and the department is not accessible for public walk-ins. The project is expected to be completed in two weeks. During this period, the department is temporarily processing payments by credit card (Mastercard and Visa) via phone by calling 472-9615.

Payments may also be made by utilizing the drop off box, located in front of city hall or by mailing a check to the City of Sanibel Finance Department at 800 Dunlop Road, Sanibel, FL 33957.

Utility payments can be made online at www.mysanibel.com and selecting Sanibel Online Bill Pay. If you have questions, call 472-9615 or email steve.chaipel@mysanibel.com.*

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Transporting the loggerhead were, from left, Shelli Albright, Haillie Mesics, Rachel Taylor and Dr. Sasha Troiano (behind Taylor) photos provided

Loggerhead Released After Stay At CROW

An adult female loggerhead sea turtle, the largest of the hard-shelled turtles and frequent nester on Southwest Florida beaches, was released from the Clinic for the Rehabilitation of Wildlife (CROW) on May 4 after being treated for brevetoxicosis, also known as red tide poisoning.

The turtle was rescued on March 17 after it stranded on the beach on Don Pedro Island in Charlotte County. It was transported to CROW, where veterinarians found it to be very weak, thin and covered in barnacles, but no other signs of trauma such as a boat strike. The turtle's condition led veterinarians to suspect it was suffering from brevetoxicosis, also known as red tide poisoning.

After the initial exam, the veterinary staff started the turtle on an intravenous lipid emulsion therapy to help combat



Beachgoers watched as the loggerhead made its way to the gulf

the toxins in its body. They also began a course of antibiotics to treat any possible infection as a secondary result of gastrointestinal issues that are commonly associated with red tide poisoning.

The following day, the turtle was placed in a shallow freshwater tank to help with hydration and kill the barnacles and other organisms growing on its shell. As its condition improved, rehabilitation staff increased the water depth and salinity in the tank.

Over the next few weeks, the turtle improved greatly and it began eating a healthy amount of squid and fish. A loggerhead turtle will eat two to three

percent of its body weight in squid and fish each day. For a turtle weighing over 170 pounds, that's a lot of food. After nearly seven weeks in recovery, the turtle was consistently gaining back weight and veterinarians cleared it for release.

In accordance with marine turtle permits, the loggerhead turtle was tagged with a flipper tag and passive integrated transponder (PIT) prior to release. It was released on the beach on Sanibel in front of West Wind Inn just in time for the start of sea turtle nesting season.

Sea turtle nesting season runs from May 1 through October and during that

continued on page 12

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LET THE SUN SHINE BRIGHTLY

The purpose of these ads is not to diminish the Island Seniors in any way. This club has provided vital social, emotional and physical fitness opportunities to this island for decades, and has done so in an exemplary manner.

In fact, we believe the very capable Island Seniors Board of Directors should be solely responsible for their operations, activities and employees, with financial support from the City.

The existing facility should reopen as soon as possible

At the City Council meeting on May 4, it was reported that the annual cost of the Center 4 Life is \$250,000. Historically, the City has judged that this subsidy is a good use of taxpayer money, and we agree. The City should lease the current facility to the Island Seniors for a minimal amount (e.g. \$1/year) in perpetuity and then act as landlord in maintaining the building.

Our only objection is the expenditure of over \$5 million (sure to escalate in today's building cost environment) for the purchase and remodeling of the former SanCap Bank building and the related debt service and perpetual cost to own and operate it.

If there is a good alternate public use for the bank building, so be it. If not, the building should be sold.

This is what sunshine and fiscal responsibility should look like.

Plant Smart

Queen's Delight

by Gerri Reaves

Queen's delight (*Stillingia sylvatica*) is a member of the spurge (Euphorbiaceae) family that grows throughout the state in dry habitats such as pinelands, flatwoods and sandhills, as well as hammocks, fields and open woodlands.

In South Florida, it is typically evergreen and shrubby.

The Institute for Regional Conservation lists this native's status as "rare."

The alternate leaves are one to three inches long and quite narrow with finely toothed edges and prominent midveins.

The erect terminal flower spikes bloom all year long on stalks up to four feet tall.

Each yellowish or reddish spike contains both male and female flowers, the male on the upper portion and the female on the lower. Both flowers are petal-less.

The male flowers have two conspicuous stamens, and the female flowers are three-lobed.

The flowers' large nectar glands attract a variety of insects. Browsing wildlife, such as rabbits and white-tailed deer, eat the foliage.

When broken, plant parts exude a milky sap, or latex, that is typical of euphorbias and irritating to the mouth and eyes.

This species prefers dry sandy soil in full sun to light shade.



Native queen's delight's male and female petal-less flowers appear on the same spike photo by Gerri Reaves

Propagate it by division or with the seeds. It will sometimes self-sow near the parent plant.

Although not usually sold as a landscape plant, it is appreciated by native plant enthusiasts and works well in a natural landscape or wildflower garden.

Check with a native plant nursery if you'd like to try this easy-to-grow resilient plant.

Plant in groups for a low-maintenance groundcover. It has a moderate growth rate and low salt tolerance and will grow in nutrient-poor soil.

Winning attributes include pest

resistance and high drought tolerance.

The plant was once used to treat a variety of illnesses, including syphilis, and gallbladder and liver conditions. Ingesting it causes vomiting and purging. Despite medical warnings, it is still sometimes used.

Sources: *Complete Guide to Florida Wildflowers and Everglades Wildflowers*

by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, <http://floranorthamerica.org>, <http://hawthornhillwildflowers.blogspot.com>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*

New Interactive Map To Find Fishing Piers

The Florida Fish and Wildlife Conservation Commission's (FWC) has a Florida Fishing Pier Finder, an interactive map that allows anglers to find publicly accessed fishing piers, jetties and fishing-specific bridges in freshwater and saltwater locations throughout the state. It is best viewed using a computer or tablet with a larger screen.

Visit www.myfwc.com/pierfinder to search for a location by county, city, feature name and type of feature (such as a bridge or pier). These structures give anglers who enjoy fishing from shore or do not have a boat an opportunity to catch a variety of species. Some fishable structures extend a few feet into the water, while others extend 2,000 or more feet into the Gulf of Mexico or Atlantic Ocean. A majority of these structures are free to use. For those fishing piers where a fee is required, almost all have a pier license that covers anglers, resident and non-resident, that fish on the pier.

"I am thrilled with the FWC's new Florida Fishing Pier Finder. This innovative platform helps anglers find areas where they can enjoy the diverse fishing opportunities found here in Florida, the fishing capital of the world," said FWC Commissioner Gary Lester. "Providing shore-based anglers with easy-to-use location information for fishing piers, bridges and jetties increases access options and possibilities for new and experienced

anglers."

The Florida Fishing Pier Finder was created through funding from the federal sport fish restoration program, which collects taxes from purchases of fishing equipment and motorboat fuel to fund projects that provide enhanced fishing opportunities. Learn more at www.myfwc.com/sfr.

For more information about how to fish in Florida, visit www.myfwc.com/fishing and click "Learn to Fish" or email marine@myfwc.com.*

From page 10

Loggerhead

time, hundreds of loggerhead sea turtles like this one will come ashore to lay their eggs. It is important for beachgoers to remember that they can be a life saver and give nesting turtles and hatchlings a greater chance of survival by following a few simple tips:

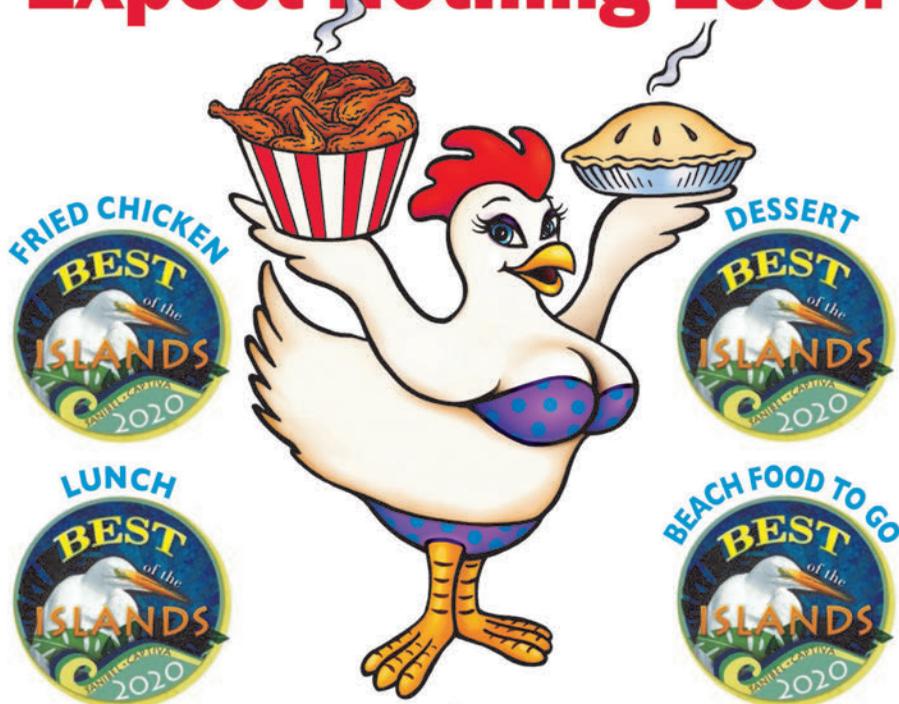
Only use sea turtle-friendly lighting on the beach at night so that turtles do not get disoriented;

Fill in holes made while visiting the beach and remove all trash or belongings that can become obstacles for turtles;

Do not disturb nesting sea turtles or sea turtle nests; if you see a turtle nesting or hatchlings emerging, observe from a safe distance.

If you find a turtle that is sick or injured, call CROW at 472-3644, the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Hotline at 978-728-3663 or Florida Fish and Wildlife (FWC) at 888-404-FWCC (3922). Visit <https://sancaplifesavers.org/sea-turtles/>.*

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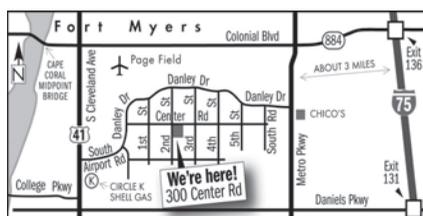
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Grow Stevia, Nature's Sweetener

by Melinda Myers

Sweeten your meals by growing your own sugar substitute in gardens or containers. Stevia is nature's own sweetener that can be snacked upon fresh or added to soups, sauces or beverages.

Start plants from seed, cuttings or transplants. Seeds are difficult to find and even more difficult to sprout. Use this method if you like a gardening challenge.

Reduce your effort and increase success by starting with transplants. Check garden centers and mail order catalogs for plants. Place stevia plants 12 inches apart in full sun or light shade with moist, well-drained soils. You will get the best growth and most leaves during the long warm days of summer. Incorporate a low nitrogen slow-release fertilizer in the soil or potting mix at planting.

Water new plantings often enough to keep the roots and surrounding soil slightly moist. Gradually extend the time between watering. Thoroughly water whenever the top few inches of soil are crumbly and slightly moist. Spread a layer of organic matter over the soil surface. Mulching helps conserve moisture, suppress weeds, and improve the soil, reducing your time weeding and watering.

Harvest leaves as needed for sweetening your dishes. Munching on a single leaf can help suppress a sweet craving. You may be able to pass on a



Stevia can be grown indoors or out as long as the plants receive proper care

photo courtesy MelindaMyers.com

candy bar and go for a healthier option.

Dried leaves stored in an airtight jar will last for several years.

You can grow stevia indoors in a bright sunny window or under artificial lights. Growing stevia indoors or out can add flavor to your beverages and meals and fun to your gardening experience.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is www.MelindaMyers.com.✱

City Reminders On Upcoming Hurricane Season

The City of Sanibel reminds residents that hurricane season begins June 1. The city is still using the 2016 purple (residential) and 2016 tan (commercial) Hurricane Re-entry Passes for 2021. People already issued these passes from 2016 forward do not need to re-apply.

The reentry pass identifies who is authorized to return after an evacuation. The reentry pass program is about safety and security, therefore, getting a pass requires a short application and specific documentation. The passes are issued all year long. Do not wait until a storm threatens. Visit www.mysanibel.com/emergency-management.

Make a family emergency plan. Complete the pre-formatted emergency plan on the county website at www.leeec.com.

The emergency notification system alertLee replaced CodeRed in July 2019. Both the city and county use this tool to send targeted emergency alerts. You can receive alerts on multiple devices in your home and/or on your

cell phone. To continue receiving alerts, you must sign up for alertLee. Go to www.mysanibel.com (in the Quick Links on the right side).

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

The All Hazards Guide provides additional information and tips and is a great resource for a variety of topics like preparations, shelters and contacts. Go to the All Hazards Guide page on the county website at www.leeec.com.

The Federal Emergency Management Agency lists the entire City of Sanibel as a Special Flood Hazard Area. Floods kill almost 200 people a year in the U.S. and 50 percent of those are vehicle related.✱

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Closing The Deal Isn't Easy



by Capt. Matt Mitchell

We had great success chasing tarpon this week and getting that bite most days. Getting a fish to the boat for a release though was a different matter. On our best morning, my clients had four fish hooked up and we still just could not get that face grab. No matter how much you explain the importance of bowing to a jumping tarpon, it's just not a natural response for most anglers. Once that 100-pound fish goes airborne, all pre-bite direction is often forgotten. Your heart sinks when you watch a client pull against the jumping fish because you know it's probably going to be all over.

The first 30 seconds to a minute of a tarpon fight is wild, crazy and unpredictable. Multiple jumps, fast changes of direction and powerful runs make keeping an angry charging tarpon hooked up tough. If you can make it through this first part of the battle, your odds have greatly increased. Even after the fish begins to settle down, they still have moves that can break your heart more than a half hour in. We had one such fish on for 10 minutes this week and chased it trying to put line back on the spool. While still out over 100 yards, this fish came right at the boat. While reeling as fast as possible, we began to think we had lost the fish until the line came tight right at the bow and the fish started jumping again. This was a game-over move.

Having lots of shots at rolling and laid-up fish with very few bites was the other way our tarpon trips seemed to play out. During one memorable morning this week while on the flats skiff, I followed a pod of hundreds of tarpon across the intercoastal. During the slick calm conditions, you would pitch a bait at what you thought was the lead fish of the chain only to spook another group of tarpon you did not know were there. This massive amount of tarpon that we had fished for a few days simply picked up and moved down the sound. It was wild.

We had multiple shots at these fish. At times, chains of 30 or more fish would push right next to the boat. Seeing these fish laid up with fins above the slick water is an amazing thing. We casted live baits on floats to the outside edges of these fish. We did have one fish inhale the bait, but after one jump going away, it changed direction and came right towards the boat. It was impossible to stay tight as we stared down its throat as it jumped right towards us before throwing the hook.

Over the past week, it seemed most of the large groups of tarpon were located in the southern sound. Even during windy conditions these fish just stayed put. Then a small cold front and northerly winds happened over the weekend, and there were very few tarpon to be found. Tarpon do not like north wind. The hunt began again today with only a few fish showing here and there. As conditions improve and get back to warm sticky humid mornings, these fish will reappear.

When it comes right down to it, tarpon can be extremely frustrating and hard to catch. It's the challenge of these fish that makes releasing one such an accomplishment. Every tarpon battle is different and stays fresh in your mind until you manage to land that next fish.

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.



Wave goodbye on this last tarpon jump of the battle photo provided

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CROW Case Of The Week:

Anhinga

by Bob Petcher



The anhinga (*anhinga anhinga*) is a large water bird with an S-shaped neck and a long tail that fans out to resemble a turkey's tail. In fact, this bird has picked up the nickname "water turkey" due to this rear appendage. It is also called "snake bird" because it can be seen slithering through the water with only its snakelike head protruding

the water surface.

Anhingas differ from other water birds as they do not possess oil glands to waterproof their feathers. These wet feathers, along with dense bones, are helpful in allowing anhingas to slowly submerge their bodies under water so that they can cleverly stalk fish. On the flip side, since they do not have water resistant feathers, anhingas must air dry after each submersion. That is why you usually see these birds standing on a rock with their wings spread out wide.

Another bird – the cormorant – shares similar characteristics with the anhinga, like the lack of oil glands, S-shape neck and inclination to perch along waterfronts. They differ from the shape of their bills (cormorant has a curved, hook bill while the anhinga has a straight dagger-like bill) and their preference for water body type (cormorants prefer salt water while anhingas favor fresh water). They do cohabitate in brackish waters sometimes.

While it is a water bird, the anhinga has a great ability to soar through the sky, usually at great heights and leaving behind a distinctive cross-shaped silhouette. Although they do not migrate, they are known to travel



Patient #21-2274 is recovering nicely from its collision with a sliding glass door photo by Haillie Mesics

some distances through the air.

At CROW, a juvenile anhinga was admitted after it was found in Lehigh Acres. The young bird was having

trouble flying and, reportedly, flew into a sliding glass door.

Upon presentation, the patient was emaciated and missing some head feathers. Veterinarians placed the bird in a cage for monitoring to see if its mentation improved. The cause for its mental condition was unclear.

"We do not know why for sure, but it is possible the bird got into some form of toxin – cyanobacteria or brevetoxin – or it may have flown into something and had some disorientation due to mild head trauma," said Dr. Sasha Troiano, CROW veterinary intern, when asked why the anhinga lost mental activity.

The day after intake, the patient had blood drawn and was anesthetized for full radiographs. After hours in the clinic's care, the bird's status was upgraded.

"The patient's mentation has improved significantly," said Dr. Troiano. "The blood test and complete blood count was within normal limits. The x-rays showed no obvious abnormalities."

The anhinga continues to receive supportive care and remains under close monitoring.

"The bird is receiving force feeds to ensure it does not lose weight, oral fluids to maintain hydration and tub time," said Dr. Troiano.

After a few more days at the clinic, the patient is close to being ready to return to its freshwater habitat.

"The patient is steadily improving," said Dr. Troiano. "Hopefully, we will be able to move it to an outdoor enclosure in the next couple of days. Once the bird is eating and flying on its own, it will be ready for release."

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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Sanibel Task Force Planning Prescribed Burns

The Sanibel Prescribed Fire Task Force is planning prescribed burns this spring and summer on the following conservation lands: SCCF/City of Sanibel Erick A. Lindblad Preserve; USFWS JN "Ding" Darling National Wildlife Refuge Legion Curve, Botanical Site and Bailey Tract.

When forecasted conditions are favorable, the Sanibel Prescribed Fire Task Force will issue further notification that a prescribed burn is imminent and identify the specific location of the burn. All prescribed fires must be authorized by the Florida Forest Service on the morning of the scheduled burn. A change in the forecast conditions may result in cancellation of the planned burn. A prescribed fire will not be conducted if the prescription conditions cannot be met prior to ignition.

A burn plan, or "prescription," has been established for the priority areas within these conservation lands. The prescription details the required conditions that must exist in order for a prescribed burn to take place. These include environmental conditions such as soil moisture, fuel conditions and recent rainfall, as well as forecasted and actual weather conditions including temperature, relative humidity, wind speed and wind direction. Following a predefined prescription allows fire management



Trained and experienced fire personnel plan and carefully conduct prescribed fires
photo courtesy U.S. Fish & Wildlife Service

officers to establish the desired fire behavior (intensity, flame length, direction of fire spread and smoke). The prescription also identifies the number of qualified fire personnel needed to conduct the burn as well as the types and number of equipment required to safely complete the burn.

Fire is a natural part of Florida's ecosystem, historically set by lightning. Because of this history of periodic fires, many of Florida's natural communities are adapted to burning. Fire removes old vegetation, promotes new growth of native vegetation, and suppresses the growth of non-native invasive plants. In the absence of fire, many plant communities are displaced by dense, woody vegetation which can reduce plant diversity and

eliminate foraging opportunities for the island's wildlife. Species such as the gopher tortoise, eastern indigo snake, and Sanibel rice rat all depend on a fire-maintained ecosystem. In addition to the natural benefits of fire, carefully planning and conducting prescribed burns can reduce the likelihood of catastrophic wildfires by reducing the amount of vegetation – or "fuel" – that would be available in the event of a wildfire.

The window of opportunity for conducting prescribed burns in Southwest Florida is very narrow, and may vary from year to year. By mid to late spring, soils and fuels are often too dry and prescribed fires may be prohibited by state authorities. By mid- to late summer, soils on Sanibel

are often too wet, humidity is high, and afternoon thunderstorms render wind conditions unsuitable. On any given day, all the conditions detailed in the prescription must be met, and personnel and resources must be available to conduct the burn. To maximize opportunities for conducting prescribed fires, the Sanibel Prescribed Fire Task Force has identified a number of priority burn sites for 2021. Because the prescription requirements for each site are different, this provides flexibility to determine if the forecast conditions will meet the prescription requirements for any of the priority burn sites and then to schedule the prescribed fire accordingly.

Depending on the wind direction and strength, it may be possible to see or smell smoke. The fire prescription identifies the specific wind conditions necessary to achieve the burn objectives while minimizing smoke impacts to roads and communities. However, smoke and ash associated with a prescribed burn cannot be prevented. Smoke sensitive individuals should keep their windows closed and avoid outdoor activities in the affected areas. If you would like to be registered on the city's list of smoke sensitive individuals, contact Joel Caouette in the natural resources department at 472-3700. Once registered, the city will notify you in advance of any prescribed burn on Sanibel.

During the prescribed burn operations, residents and visitors are encouraged to: close windows; cover pools; move cars and furniture indoors; stay indoors to minimize the impacts from smoke; visit other areas of the island away from the burn site; and abide by all signs, road closures and

continued on page 22

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Shell Of The Week

The McGinty Cyphoma



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

Cyphoma mcgintyi Pilsbry, 1939 live in association with sea whips and sea fans, and can be found on the East

Coast of Florida, the Caribbean, and parts of the Gulf of Mexico. The glossy, smooth nature of the shell results from the animal being able to completely envelop the shell with the soft mantle when active. The shell typically has faint tints of lilac or pink color. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. 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.✧



BMSM 34689
Cyphoma mcgintyi
Sanibel, Florida, USA

McGinty Cyphoma, *Cyphoma mcgintyi*, from Sanibel

photo by James F. Kelly

Email your editorial copy to:
press@islandsunnews.com

American Legion Post 123



American Legion Post 123 is serving homemade chicken pot pie from noon to 8 p.m. this Sunday, May 16. Barbecued ribs and chicken are on the menu for Sunday, May 23. All are welcome.

On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. There are two tables in play. Come out and watch the action.

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

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

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

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There will be a live demonstration on zero-emission landscape equipment photos provided

Free Workshop On Sustainable Landscaping

Sanibel-Captiva Conservation Foundation (SCCF) and Committee of the Islands (COTI) are offering landscape companies the island's first sustainable land care workshop presented by the American Green Zone Alliance.

Titled Revolution in Sustainable Landscape Maintenance, the workshop will take place on Thursday, June 3 from 11 a.m. to 1 p.m. at SCCF's Bailey Homestead, located at 1300 Periwinkle Way. The entire event is free to landscapers, including a free lunch. A Spanish interpreter will be part of the presenting panel.

The focus of the workshop is to provide local landscaping companies with the knowledge and resources they need to make the transition away from fuel-powered landscape equipment to zero-emission, battery-powered electric equipment. Local landscaping company

owners and their staff are invited to attend this free educational workshop and live demonstration of zero-emission landscape equipment.

The announcement of the workshop comes at a great time for Sanibel since the city is now poised to require zero-emission, battery-powered leaf blowers by January 1, 2023. Inspired by the recent ordinance passed by the city of Naples to ban gas-powered leaf blowers, Sanibel City Council members asked the city attorney to draft an ordinance banning them here as well at their May 4 meeting.

The workshop will provide an informative blueprint demonstrating how entire communities can transition away from fossil fuels by transitioning to battery electric equipment and people-powered tool options.

These changes will result in substantial reductions in harmful emissions, noise pollution, fuel spillage, chemical and solid waste, and improve worker and public health.

To RSVP for the workshop, contact Luke Miller at lmiller@sccf.org or 941-777-4803.*



The workshop is presented by American Green Zone Alliance



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Part IV

Dogs At Work



by Allison Havill Todd

Upon entering the local Watson MacRae Gallery, I was cheerfully greeted by a very special member of the staff. This charming brunette quietly approached

me to see if I was a “dog person.” After a brief sniff of my shoes, I met with her approval as demonstrated by her rapidly wagging nub of a tail and wiggling hind quarters.

Gracie is a 7-year-old field spaniel, a cross between an English springer spaniel and an English cocker spaniel, who has played a very special role as a comfort animal companion. She was selected as a personal pet from a breeder in North Carolina by gallery owners Maureen Watson and her late partner Hollis Jeffcoat, though it wasn't long before she attached herself to Jeffcoat.

Before becoming a regular presence at the gallery, Gracie would accompany Jeffcoat to her studio every day to watch her paint her genius works of art. In fact, Gracie is the only being who was ever allowed to watch Jeffcoat while she was in the process of painting one of her famous creations. She would watch



Maureen Watson with her beloved Gracie photos by Allison Havill Todd

patiently with her deep brown eyes, never offering any criticism and always providing great comfort to her human. She never left Jeffcoat's side and followed her wherever she went. The two were inseparable.

Sadly, Jeffcoat passed away three years ago and Gracie, along with Watson, was left feeling lost and bereft. Watson shared that Gracie's grief was so deep and so enduring that she seemed to be losing her zest for life. Watson reached out to a local holistic veterinarian seeking advice on what to do for her despondent dog companion. What happened next



Gracie with her bells on greeting gallery visitors

seems nothing short of a miracle; after the veterinarian provided Gracie with a special tincture, she seemed to bounce back to her old happy, alert and friendly persona.

Watson decided to slowly introduce Gracie to life at the art gallery and would bring her to work a couple days a week to help her get accustomed to the new environment. Gracie learned quickly that when her dog mom put her bells on her collar, it was time to go to work, and she would race out the door with Watson ready for a day at the office. This change of routine proved to be very therapeutic for Gracie and Watson alike. Watson describes Gracie's presence as being comforting and healing as they both dealt with the great loss of a loved one. This sweet, affectionate and calm canine also has a flair for giving a lift to customers who visit the shop and offers herself as a surrogate pet for vacationers who may be missing a dog that was not able to travel with them. She provides patrons with their dog fix, even if for just a short time while they are in the gallery perusing the

beautiful works of art.

Gracie loves to wear her bells to work and trots around proudly with her tufted toes, living up to her formally registered AKC name, Caloosa Princess Grace. Visitors will be greeted by this beloved animal at Watson MacRae Gallery (2340 Periwinkle Way, in The Village Shops) most weekdays except Fridays, when she needs a rest from all the social interaction. While there are many beautiful and priceless works of art in the gallery, Gracie is the only one that is not for sale!

This is part of a series of articles highlighting the benefits of bringing a canine or feline companion to work. If you have a furry friend who joins you at work, feel free to let us know.

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

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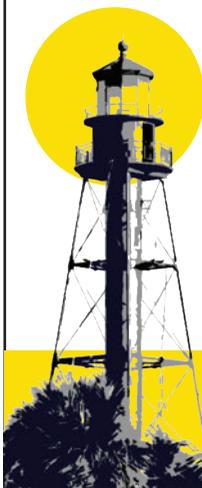
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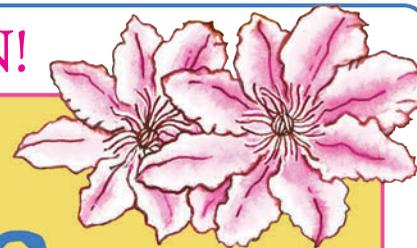
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Share The Shore With Wildlife On The Islands

The City of Sanibel Natural Resources Department reminds residents and visitors to "Share the shore" with nesting shorebirds and sea turtles. Shorebirds nest on Sanibel from February through August, while sea turtle nesting season begins in mid-April and continues through the end of October.

Visit <https://www.youtube.com/watch?v=eS6EWByVphs> to watch the shorebird conservation video.

The short video highlights the threats Sanibel shorebirds face every day and provides simple ways you can help shorebirds thrive on Sanibel. The video was created by the City of Sanibel, Sanibel-Captiva Conservation Foundation (SCCF), "Ding" Darling Wildlife Society, and Sanibel-Captiva Audubon Society.

Give wildlife space. Stay out of posted nesting areas and keep your distance from nesting shorebirds and other protected wildlife areas.

Keep your dog on a leash and away from posted nesting areas. Unleashed



Siena Young, sixth grade, created this conservation poster during spring break at the Sanibel Recreation Center image provided

dogs may cause harm to vulnerable shorebird chicks. The Sanibel leash law requires dogs on the beach to be on a

leash no longer than eight-feet in length. Never chase wildlife. Forcing birds to fly wastes energy reserves needed for

nesting and migration. Flushing birds may also lead to nest abandonment and leave flightless young vulnerable to predators and the hot Florida sun.

Do not feed wildlife. Food scraps attract predators such as crows and gulls to the area, which prey on shorebirds and their hatchlings.

Mind your line and secure trash that may injure or entrap wildlife. Visit www.mindyourline.org to learn how to best unhook an entangled bird.

Remove all beach furniture and equipment from the beach by 9 p.m. to avoid nesting obstacles or wildlife entrapments.

Fill holes/level sandcastles after your beach day. Flightless chicks and sea turtle hatchlings may fall into holes and become trapped.

Leave the shoreline and the wrack line undisturbed to provide shorebirds food and critical habitat.

Keep off the dune vegetation. Beach vegetation protects wildlife and their homes from coastal erosion.

Teach visitors, neighbors and children these conservation tips.

Violations of wildlife ordinances may be subject to city, state, and/or federal fines and penalties. Violations should be reported to the Sanibel Police Department at 472-3111.*

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The Community House

Kale



varieties prefer colder climates, however, there are varieties that are grown in warm climates such as Florida and California. California is the largest producer of kale in North America.

Love it, or hate it, kale is really good for you. Kale has over 15 percent of your recommended daily allowance of calcium, (that's more than a glass of milk), almost 700 percent of vitamin A, 900 percent of vitamin K and more vitamin C than an orange. Cooking doesn't diminish most of the nutritional value of kale and that makes it a wonderful addition to your diet.

Here is a simple recipe to try:
Kale and Mushroom Lasagna

Ingredients
12 ozs. curly kale or cavolo nero
2 tblsp. butter
1 pound of crimini mushrooms (sliced thin)

2 cloves garlic (minced)
3 sprigs of thyme
1 box of lasagna noodles
2 tblsp. parmesan cheese
1 cup of low fat ricotta
6 ozs. low fat mozzarella cheese
1 egg
Sea salt

For the Sauce:
3 cups milk
1 bay leaf
1 onion (roughly chopped)
1 stalk of celery (roughly chopped)
Black peppercorns
¼ cup butter
¼ cup flour
2 tsp. Dijon
Pinch of nutmeg
Method
Preheat oven to 375F

Cut kale into small pieces and blanch until tender, then cool.

Place the butter in a saucepan on low heat, add mushrooms, garlic and thyme. Cook until mushrooms release all their liquid, and set aside.

Cook lasagna noodles in boiling salted water until al dente, then chill in ice water and pat dry with a paper towel.

Place the ricotta, mozzarella and egg in a mixing bowl. Blend until smooth, then set aside.

In a saucepan over medium heat, add the milk, bay leaf, onion, celery and peppercorns. Bring milk to a boil, then reduce heat and simmer for 3 minutes. In a separate pan on low heat, melt the butter until it starts to brown. Add the flour and stir for 3 minutes. Add the flour mixture to the milk and simmer until the

liquid begins to thicken.

Remove from heat and season with Dijon and nutmeg.

Place a lasagna noodle flat on a cutting board. Spread the cheese mixture on the noodle, followed by the kale and then mushrooms. Gently roll the noodle and place in a baking tray. Continue the same process until all noodles are used.

Pour the sauce over the lasagna noodles and bake for 35-40 minutes.

Remove from oven and cool slightly. Serve with a side salad.

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.*

by Resident Chef Jarred Harris

I've been cooking for over 37 years and I have used kale mostly for plate and buffet garnishes. Over the past few years, and as the popularity of kale grew, I have a newfound respect for this marvelous vegetable.

Kale, also known as leaf cabbage, is a "Brassica" and dates back over 2,000 years. Brassica are members of the cruciferous vegetable or mustard family, which include cabbages, Brussels sprouts, broccoli, cauliflower, rutabaga and turnips.

Kale was widely used by the Greeks and Romans strictly for medicinal purposes. It became very popular in Western Europe around the middle ages and was brought to North America during the 16th century by colonists. It became part of the European diet during World War II because it was easy to grow and could withstand cold temperatures.

There are many different types of kale and ornamental kale (which is edible). Most

From page 16

Prescribed Burns

instructions about closed areas provided by law enforcement and fire personnel.

After the prescribed burn has been completed, there may be occasional smoke or burning embers seen from the burned area for several days. Fire personnel will monitor the burned area and adjacent roads, day and night, taking all precautions and maintaining readiness to minimize fire activity and smoke impacts to the public. Do not be alarmed if you see smoke or burning embers within a burned area.

Prescribed fires are planned and carefully conducted by well-trained and experienced fire personnel. They are a cost-effective way to reduce fuel loads on Sanibel and reduce the risk of a

catastrophic wildfire. To address safety and wildland fire issues on Sanibel, the City of Sanibel, Sanibel Fire and Rescue District, Sanibel-Captiva Conservation Foundation, and U.S. Fish & Wildlife Service's JN "Ding" Darling National Wildlife Refuge formed the Sanibel Firewise Task Force. To reduce the risk of wildfire around your home and to help ensure the safety of your home during a prescribed burn, the Sanibel Firewise Task Force recommends that you: trim dead palm fronds from trees; trim tall grasses near the home; prune large, leafy hardwood trees so the lowest branches are six to 10 feet above the ground; do not store combustible materials such as gasoline containers, firewood and building supplies under or around the home; and keep mulch and other landscaping material well watered.*

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Publisher Releases Limited Edition Of Nature Calendar

Publisher Jim Fowler has released the 34th edition of The Sanibel-Captiva Nature Calendar, plus the spiral-bound Blind Pass Tide Edition. This limited edition presents the same nature photographs and narratives with the daily tide predictions for Blind Pass and conversion times for 24 other points along the Southwest Florida coast. Also included are select sunrise/sunset times, moonrise/moonset times and the four eclipses that occur in 2022.

The cover of The 2022 Sanibel-Captiva Nature Calendar features a roseate spoonbill photographed in the JN "Ding" Darling National Wildlife Refuge by local photographer Robert Kimbrell. The back cover features a dramatic sunset photographed off West Gulf Drive by seasonal visitor Lisa M. Stevens.

This edition of the calendar features nine of the islands' most often observed birds, two reptiles and one butterfly. A red-shouldered hawk is featured for the month of January, followed by a snowy egret feeding at the Lighthouse Beach fishing pier for February. You'll see a white peacock butterfly from the Bailey Tract and a family of anhingas nesting off Wildlife Drive. This year's shorebirds include snowy plovers, a piping plover and royal terns. There is a mottled duck surfing off the east end and loggerhead sea turtle hatchlings making their way to the gulf waters. As usual, the July photograph is a group of wading roseate spoonbills. The month of October displays a great crested flycatcher and the year ends with an American alligator.

Fowler said, "My favorite photograph this year is the loggerhead sea turtle hatchlings scampering across the beach to the gulf waters. Photographed on



Jim Fowler with his 2022 limited edition calendar photos provided

a blustery day, the high surf shows just how perilous their life's journey is with less than one in 100 surviving to adulthood."

Photographers featured in this edition are Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Robert Kimbrell, Sara Lopez and Dick Fortune, Lisa M. Stevens and Don Thompson. Authors and island residents Betty Anholt and Charles LeBuff, along with SCCF Shorebird Program Coordinator Audrey



Back cover of the calendar

Albrecht, wrote the monthly photo narratives. Each fall, a portion of the publisher's proceeds are donated to a regional conservation organization. Last fall, \$800 was donated to Clinic for the Rehabilitation of Wildlife (CROW). To date, the publisher has donated over \$25,000 to conservation organizations in Southwest Florida.

The calendar retails for \$15.95 and is sold throughout Southwest Florida in book stores and gift shops. The Blind Pass Tide Edition is sold only on Sanibel and retails for \$18.95. Mail orders, send \$15.95 (plus \$2 shipping and handling) to: Sanibel-Captiva Nature Calendar, P.O. Box 356, Sanibel Island, FL 33957. For the Blind Pass Tide Edition, send \$18.95 (plus \$2 shipping and handling).*

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 1 large onion, sliced
 1 tablespoon toasted sesame seeds
 ¼ cup cornstarch
 ¼ cup low-sodium soy sauce
 Olive oil for cooking
 Sea salt and fresh ground pepper, to taste

Lightly coat the shrimp with the cornstarch. Preheat a large sauté pan over medium-high heat. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the coated shrimp to the sauté pan and cook until almost done, about 3 minutes. Remove the shrimp from the pan and add the peppers and onions. Cook the peppers for 4 minutes. Add the honey, orange

Shrimp and Sweet Pepper Stir-Fry
 juice, and soy sauce to the pan. Turn the heat up slightly. Bring the liquid ingredients up to a boil. Turn the heat

back down to medium-high and add the shrimp back to the sauté pan. The sauce should thicken and the shrimp will

be cooked after 3 minutes. Serve over brown rice. Garnish with sesame seeds.✪
 photo courtesy Fresh From Florida

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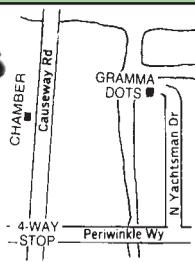
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Drone shot over Sanibel's east end

photo provided

Drone In Use To Document Water Quality Changes

Sanibel-Captiva Conservation Foundation (SCCF) Research and Policy Associate Leah Reidenbach collected the first images of water quality conditions in San Carlos Bay from a drone recently purchased with grant funding provided by the Coastal & Heartland National Estuary Partnership (CHNEP).

By documenting water quality and ecological conditions, SCCF scientists are now able to track water quality visually over time. Policy staff will be able to utilize the images to make a compelling argument for protection and restoration of our unique coastal ecosystems in Charlotte Harbor.

"Our new drone will provide high-resolution still and video images, which will be used by our scientists and policy staff to document water quality, inform the public about water conditions and support our advocacy efforts," said SCCF Environmental Policy Director James Evans.

Images collected with the drone will be incorporated into the Caloosahatchee & Estuary Conditions Report, a weekly report published in conjunction with JN "Ding" National Wildlife Refuge, City of Sanibel, City of Cape Coral and Lee County. The report provides updates on water quality and ecological conditions within the Caloosahatchee estuary and coastal waters of Lee County.

Reports are provided to water managers at the U.S. Army Corps of Engineers and South Florida Water

Management District to inform their recommendations on water management issues related to Lake Okeechobee and the Caloosahatchee.

"While our data are scientifically valuable, the photos we take with our new drone will serve as a powerful visual aid that can have a stronger impact on the public and policymakers than water quality data alone," said Reidenbach.

This new tool will be especially important this year as Lake Okeechobee levels are currently more than 2.5 feet higher compared to the past two years, and blue-green algae blooms are already appearing in the lake and estuaries. Images collected using the drone will be posted to SCCF's website (www.sccf.org), providing an ongoing record of conditions that advocates, scientists, resource managers and policymakers can use in their efforts to protect and restore coastal ecosystems.✪

Top 10 Books On The Island

1. *Newcomer* by Mary Kay Andrews
 2. *Squeeze Me* by Carl Hiaassen
 3. *The Rose Code* by Kate Quinn
 4. *The Venice Sketchbook* by Rhys Bowen
 5. *A Perilous Proposal* by Jennifer Schiff
 6. *Ocean Prey* by John Sandford
 7. *The Good Sister* by Sally Hepworth
 8. *Sooley* by John Grisham
 9. *The Most Beautiful Girl in Cuba* by Chanel Cleeton
 10. *Float Plan* by Trish Doller
- Courtesy MacIntosh Books and Paper.✪

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Book Review

Win

by Di Saggau



Windsor Home Lockwood III is one of my favorite characters, and he's the main character in Harlan Coben's latest book titled *Win*. Win enjoys a charmed life, he's handsome and highly intelligent, with access to immense generational wealth. He's also a bit of a vigilante, and when a dead man's secrets fall into his hands, he is drawn down a dangerous road.

The heiress Patricia Lockwood was abducted over 20 years ago, during a robbery at her family's estate. She was locked inside an isolated cabin for months but she eventually escaped. Her captors are also on the missing list along with items stolen from her family.

When the FBI calls Win to a murder scene in an Upper West Side penthouse, he sees two objects in the apartment: a stolen Vermeer painting and a suitcase bearing his initials WHL3. Win doesn't know why the family heirlooms are in the apartment, he only knows they were stolen from Lockwood Manor over 20 years ago. It appears the new murder victim was not only connected to Patricia's terrifying ordeal, but to domestic terrorists who committed multiple as-yet-unsolved crimes

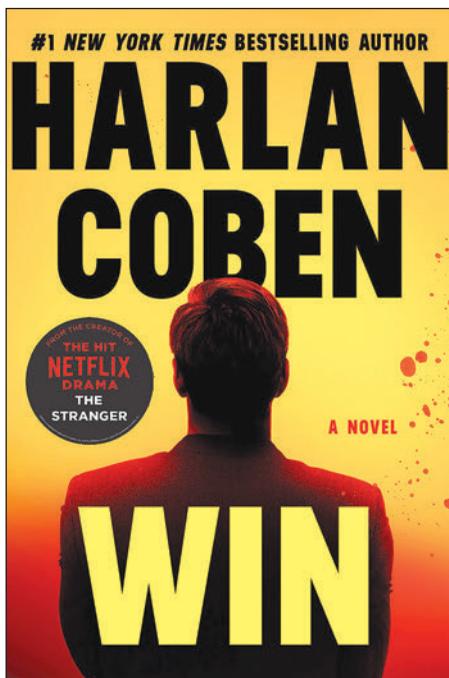


image provided

40 years ago.

Win must figure out the connection between two cases that have baffled the authorities for decades. He uses his wits and wealth to gain access and information. Coben raises moral dilemmas that readers will enjoy. In fact, I found myself laughing out loud at some of his dialogue and how he relates with readers. Win makes it clear that "Life is lived in the grays," and he has his own unique brand of justice. I have enjoyed every Coben book I've read, and so far *Win* is my favorite.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My 10-year-old son has recently been diagnosed with some neurological issues. Reducing screen time is one way we can help him, but it's hard to do with so much of his learning online,

looking at the computer screen. Do you have any suggestions?

Courtney C, Fort Myers

Courtney,

While we all should consider reducing our use of screen time, it sounds like your son has a significant need to do so quickly. One suggestion that comes to mind is for him to transfer some of his required reading assignments to an audio format. I'm sure he has required reading for both subject matter textbooks and for pleasure reading. Audiobooks or text-to-speech books may be formats he might enjoy and could serve to reduce his screen time as well as. And, there are free options for both audiobooks and digital text-to-speech books.

According to www.understood.org, "Bookshare is a leading source for free digital text-to-speech books. It's the largest online library of accessible reading materials. Through the service, kids can

read textbooks and children's classics. They can also read current bestsellers and magazines. Kids who are members of Bookshare can access as many books as they want. They can use Bookshare on a computer or Chromebook, or on a smartphone or digital tablet using Voice Dream Reader or Bookshare's Read2Go(iOS) and GoRead (Android) apps.

To join Bookshare, you need to show that your child has a disability that prevents reading traditional print books. Students with learning differences like dyslexia may qualify. You can get documentation of your child's reading disability through an evaluation.

Bookshare is free for all qualifying U.S. students. That includes students in college and adult education programs. (For everyone else, it costs \$50 per year, plus a one-time \$25 setup fee.) Bookshare is funded by the U.S. Department of Education."

There are quite a few additional websites that provide free audiobooks and digital books. These sites don't require that documentation for learning problems, but the selection is usually limited to older classic books. Here are a few helpful sites.

Storynory offers free audiobooks for young children. Titles include fairy tales like *Little Red Riding Hood* and classics like *Alice in Wonderland*. Each audiobook includes the digital text of the book.

Lit2Go provides free audiobook versions of books that are no longer protected by copyright laws. Lit2Go offers downloadable PDFs of books so your child can read along while listening to classics like *The Call of the Wild*. The site also categorizes books by reading level.

Project Gutenberg is another option. While this site does not have the recent bestsellers, you'll find more than 50,000 free classic books in digital format. The majority are digital books that can be read with text-to-speech. To have them read aloud, kids must first download the free digital book to a computer or mobile device. Then they can use text-to-speech tech to have the book read aloud.

Make sure to talk to your school and local library about what's available for your child from their resources as well. Libraries are a wonderful source of information, and librarians are very knowledgeable.

Audio books serve many purposes aside from reducing screen time. They are a wonderful way to expose your child to complex language, expressive reading and classic stories. Audio books also give kids an educational and enjoyable experience of using their own imaginations to visualize the people and places they're hearing about. Audio books are an additional resource to increase your child's learning opportunities.

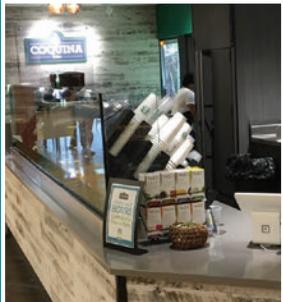
Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.*



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Kaity Seitz in the field

photo provided

New Biology Intern At SCCF

Kaity Seitz recently joined the Sanibel-Captiva Conservation Foundation (SCCF) Wildlife & Habitat Management Program as wildlife biology intern.

Originally from Columbus, Ohio, Seitz graduated from Wittenberg University with a bachelor of science degree in environmental science and a minor in marine science. Wildlife

has always been her greatest passion. Seitz has been an animal caretaker at a wildlife sanctuary and an environmental educator and has conducted bottlenose dolphin research.

She has been visiting Sanibel since she was a baby and worked at Sanibel Sea School for a couple summers while in college. In college, she took the lead on an eastern box turtle telemetry study, her first significant introduction to legitimate wildlife research, so she is happy to return to working with box turtles and other wildlife on Sanibel. She

acknowledged it is a unique opportunity.

"I get to see concepts I learned in school, like island gigantism, taking place right in front of me. Being back on Sanibel and in the field every day is a dream. I cannot wait for the opportunities this experience will bring," Seitz said.

Seitz will be a part of the SCCF Terrestrial and Freshwater Turtle Research team during her internship.*

FISH Hurricane Resource Packet Now Available

Each year, FISH of SanCap works with the City of Sanibel, Lee County Emergency Management, local hotels and others to plan for hurricane season. From this collaboration, FISH develops its Hurricane Resource Packet which provides detailed information on where to go, what to do and how to prepare in the event of an approaching storm. The packet is available to anyone who requests it.

FISH and its team of volunteers verify evacuation routes, flood zones, hotels with generators, shelters and pet accommodations in order to update the packet annually. "The safety of our neighbors is of utmost importance. We want to make sure everyone has reliable information on hand in case a storm approaches," said Susan Alexander,

senior services and community engagement director of FISH.

Due to shifting travel schedules of seasonal residents, last year, many islanders stayed on the islands for hurricane season, some for the first time. To help them prepare for hurricane season, FISH is offering a packet of vital information and checklists. FISH volunteers also work with the most vulnerable residents, in collaboration with other stakeholders like the City of Sanibel, to ensure their annual emergency evacuation plan is up to date so that the FISH Hurricane Committee can keep in touch with them before, during and after storms. In 2020, FISH experienced a 34 percent increase in hurricane information packet distribution and the organization expects distribution to increase once again for the 2021 hurricane season.

FISH stresses the importance of making an evacuation plan, gathering emergency supplies, creating lists of contacts and medications, and other preparations listed in the packet. It is important to frequently check in with local officials or FISH to ensure the most up to date information is on hand, as things may change due to COVID-19.

To receive a Hurricane Resource Packet, call 472-4775 or email manuela@fishofsancap.org. Packets may also be downloaded from www.fishofsancap.org. Phone calls may be arranged for those who would like to discuss preparations.*



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CHR Give Back Wednesday At J. McLaughlin And Traders



From left, Joan Sperry, Donna Aldrich, Sandy Bordiuk and Gwenda Hieft-Clements photos provided



From left, Steve Brown, Charlotte Schroeder and Lena Brown



From left, Arlene and Scott Mowry with Joni Luterman



Jacque and Dave Owens



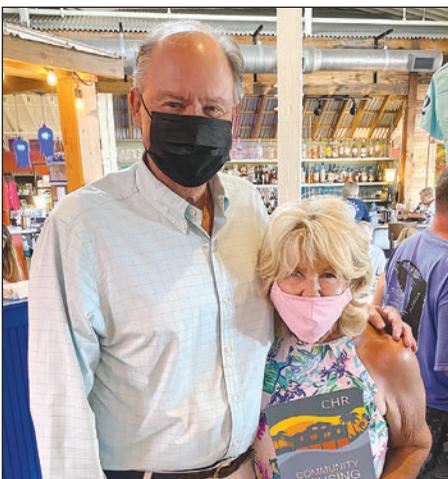
John and Jane Henshaw



Alexandra Fielding and Maria Fielding



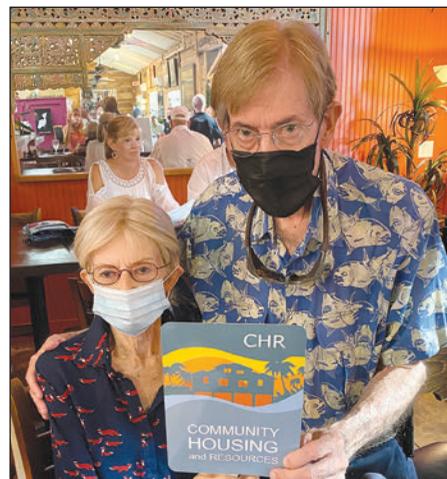
Cindy Hadfield



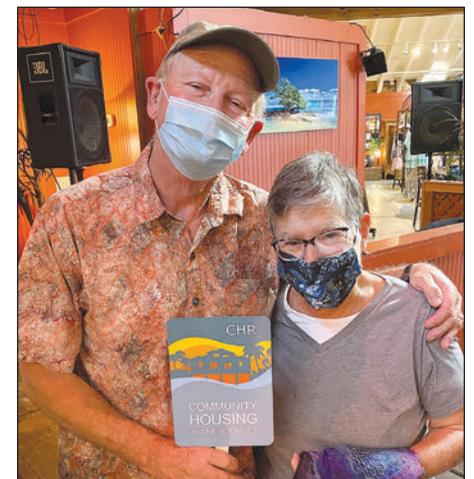
Roger and Sandy Grogman



Mary Ruedisueli



Susan and Chris Coile



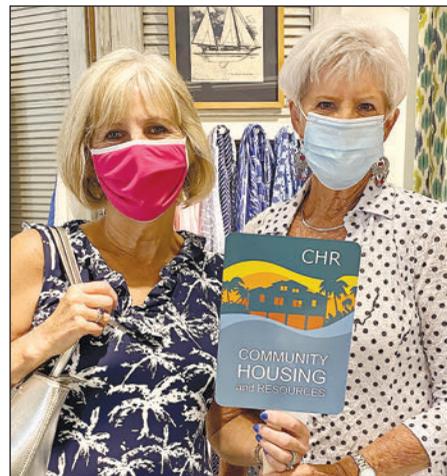
Greg and Linda Scherer



Kay and John Morse



Susan Ayres



Lorette Nieuwenhuizen and Bonnie Graham



Laurie and Michael Chouinard

Missouri Students Explore Ocean With Sea School

Sanibel Sea School hosted 13 students and two faculty from Culver-Stockton College recently for three days of ocean exploration. Based in Canton, Missouri, Culver-Stockton is a small liberal arts college that encourages experiential learning through travel study.

Led by Lauren Shellenberger, PhD, and Scott Giltner, PhD, undergraduate students from different courses of study came together recently for a six-day experience on Sanibel Island to study the marine ecosystem of Southwest Florida. Sanibel Sea School met with students for three days throughout their trip and offered sessions on seagrass, mangrove ecology and kayaking in the mangrove bayous.

On their first excursion, students dove into seagrass ecology by visiting the vast seagrass beds in San Carlos Bay. Students learned the integral role seagrass plays in the marine ecosystem by providing a food source and habitat for many marine creatures. To take a closer look at what lives between the blades of seagrass, students used long seine nets to gently pull up tiny creatures. Finding numerous fishes, crabs and even a rare seahorse, participants were amazed by the diversity they found right off the Sanibel Causeway.

On the second day of the trip, the



Students snorkeling after a morning of mangrove education

photo provided

group ventured to Bunche Beach. As a natural preserve, Bunche Beach is home to an abundance of lush mangrove forests, which was the topic of the day. Students split into two small groups and strolled along the beach learning about the differences between red, black and white mangroves then traipsed through the tangled mangrove roots on a mud walk. Students capped off the day with a snorkel in a channel of mangroves where they observed fish and mangrove crabs.

On the final day of the trip, students embarked on a kayak expedition to

experience mangroves from a new vantage point. Participants kayaked on calm waters through mangrove tunnels leading to the Gulf of Mexico, where they beached their boats and had the opportunity to search for shells.

Prior to the trip to Florida, Shellenberger and Giltner prepared the students for field activities. They learned some basic marine biology, discussed marine conservation and formed research topics to investigate in Southwest Florida. Students chose research areas on a variety of topics including water quality, mollusks,

land use and development, and invasive species. When they return to Missouri, they will complete reports that will be the culmination of this capstone course.

"We really enjoy sharing the ocean with students from landlocked states," said Sanibel Sea School Director Nicole Finnicum. "The students are always so enthralled by the ocean and end the trip with a newfound passion to preserve our marine ecosystem."

Sanibel Sea School hosted Culver-Stockton College in 2018 and hopes to continue this partnership in the future.*

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Gramma Dot's at the Sanibel Marina,
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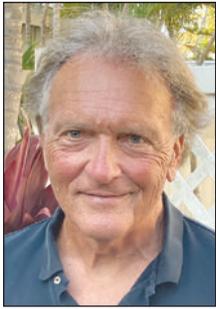
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Poetry Corner



by Clay C. Ewell

HOMeward III

It is at this moment, when night sky is softened along the eastern rim of the sea
 And soaring birds appear in sliding silhouette against the hazy blue of the morning
 That the sounds of his suffering are visited upon me as I languish here so close to home
 Yet so absent from those cords of memory that bind the soul to a place and that sooth
 The restless center of a man as he pursues and flees from the meaning of his life.

Our comrade, one of the strongest among us, like fading light, slowly, almost imperceptibly
 Began to weaken and his natural reticence replaced by a sullen demanding moan.
 This we carried for a time, as he was one of us, but the relentless piercing shrieks of pain
 The agonized countenance, drained our hearts and left only thoughts of escape.
 And we left him behind to rage into the void we created and silently, at first calmly, moved onward.

Was it our silent aching hearts conspiring in the quiet moments in the night that gave rise
 Among us the notion that we should return to the site of our betrayal and in gathering him up
 Set things right with the world.
 This was done, but in the way he demanded and we sat and bore witness
 To his brokenness and watched as his soul healed itself.
 And as the three pyres upon the distant hilltop fade, I see my journeys end, the surrender to a deeper truth carried among the whisperings of the gods.

*Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandnews.com.**

From page 1

Nesting Season



Nancy Riley spotted this crawl, which led her to the second loggerhead nest on Captiva photos provided

corridors of our nesting turtles helps shed light on where these turtles go after they nest and allows us to better conserve these vulnerable animals.”

The SCCF sea turtle team reminds you to do your part to help protect sea turtles. Turn out lights at night, remove beach furniture, fill in holes, pick up litter, and use flashlights with red filters when on the beach after dark.



Diane Clark and Irene Nolan marked off a nest on the west end of Sanibel

To sign up for the Adopt-a-Beach and Adopt-a-Nest programs to help with sea turtle research and monitoring activities, email Kelly Sloan at ksloan@sccf.org.

For more tips on how you can help, visit www.SanCapLifeSavers.org.*

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Superior Interiors

How To Design A Transitional Living Room



by Jeanie Tinch

Do you love the sophisticated elegance of the traditional design style? Maybe you've decorated your living room with rich, dark wood furniture to establish this head-turning

theme. However, have you considered sprucing up your living space with a few modern furnishings or accents to add a sense of chic flair to your room? If so, the transitional style is right for you, as it combines classic and contemporary designs to establish a unique, cohesive look.

The transitional style is all about evoking a sense of serenity and cleanliness. Therefore, rooms that flawlessly represent the design theme have a neutral color palette. This allows your furnishings' sleek lines and edges to take center stage, which is an important aspect of the contemporary side of the transitional style. We may recommend hues like a rich brown, which will add depth to the area when paired with light shades like tan, taupe, or cream. If you want to go neutral but stay bright and fresh, consider incorporating a few navy or soft blue and white furnishings, as these are classic pairings that never seem to go out of style (especially in our coastal location).

Even more classic is a white and black combo that would really pop when complemented by a bold accent that introduces an unexpected splash of color. The best thing about neutral color schemes is that, in addition to creating the elegant, traditional look, they match almost any furniture style or hue you may choose to introduce to the area in the future.

To effectively mix the traditional and modern styles, you must focus on what defines them. For example, contemporary furnishings consist of straight lines, defined edges and an all-around tailored look. Traditional furniture, on the other hand, is associated with ornate details, such as curved lines, turned feet and rolled arms. To achieve the transitional style, choose an equal amount of straight-lined and curved furniture... perhaps a sofa with a tufted back and out-turned feet paired with a sleek glass coffee table featuring smooth metal legs. There are a wide range of furniture selections available for you to choose from to ensure you have an even balance of classic and contemporary home furnishings.

Get creative and introduce a combination of textural elements to your living room, such as glass, fabric, metal, lacquer and wood. The lack of bright colors leaves plenty of room for intricate, head-turning textures. Consider incorporating a variety of unique fabrics,

such as embroideries, suedes, chenille, velvet and pliable leathers to establish the eye-grabbing element that color usually achieves.

Layer your textures to bring depth and dimension to the space. This ultimately creates a sense of comfort and softness that will make your room warm and inviting, a key component to a functional living room. Choosing one statement furniture piece to establish a base for your layers play off of will work best for your gathering area. Consider layering one area rug over another, mixing shapes, patterns and materials to create a truly captivating appearance.

To establish more visual interest, select accessories, furniture and designs of different shapes and sizes. As the traditional design style often consists of square or rectangular furnishings for consistency, try mixing various furniture shapes for a more contemporary feel. For example, arrange a circular coffee table alongside linear, striped window treatments. You may also want to choose a combination of three patterns varying in size and scale for a successful play on your fabric selections.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com. ✨

Realtor Returns To Local Company

Realtor Sheila Hammons has rejoined RE/MAX of the Islands on Sanibel.

Hammons is a member of the Sanibel and Captiva Islands Association of Realtors, where she served as a director from 2009 to 2011. She also holds membership in the Greater Fort Myers Association of Realtors and the Florida and national realtor associations. She holds the professional designation as a Sanibel and Captiva Island Specialist (SCIS). Over the years, Hammons has been a member of the Sanibel-Captiva American Business Women's Association and Sanibel-Captiva Conservation Foundation. ✨



Sheila Hammons

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top producer for April at John Gee & Company Realty was Bob Hodoski. ✨



Bob Hodoski



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From left, Beth Jarrell, Danny Hussey and Betty Anholt have been digitizing archive material photos provided

Library Seeking Materials For Online Archive

Sanibel Public Library is open to the public and also offering the contactless curbside service. To use the service, place items on hold online, or make requests by calling 472-2483. You will be notified when your items are ready for pickup.

The library is seeking stories, photos or videos of people and places of Sanibel and Captiva for the archive. Digital archives are now online. With over 2,000 items, this ever-growing

collection is a peek into Sanibel and Captiva's past. To see the images, newspapers and oral histories, go to the homepage at www.sanlib.org. Seed development for this ongoing project is supported in part by the Roni Jo Freer Fund of the Sanibel Public Library Foundation.

Locals and visitors are welcome to virtually attend U.S. Civil War History Programs with Duane E. Shaffer of Sanibel Public Library. He will present Battle of Gettysburg: Day Three at 10 a.m. on Friday, May 14 via Zoom. His final Civil War virtual program will held at 10 a.m. on Friday, May 28 with The Battle of Fort Myers. More details and login instructions are on the website at www.sanlib.org. Replays of Shaffer's



Duane Shaffer's Civil War virtual program

history programs can also be viewed on the website.

Stop by the library during May and June to see 30 plein air landscape paintings by Peter Zell of Sanibel Captiva Art League.

New computers have been added to the teen area of the library. The space includes webcams, headsets and chairs that are perfect for gaming. The computers are set up with software that includes 3D modeling, music and audio production, video production, graphic design, game development and coding, plus games like Minecraft. The Teen Space was developed about a decade ago with a grant from the Sanibel Public Library Foundation.

Library cardholders can now borrow a Birding Kit with Kowa binoculars, birdwatching books and guides, and other tools to help launch an outdoor adventure. The library also offers cooking kits to check out.

Sanibel Public Library has 2020 IRS Form 1040/1040 SR and its instruction

booklet. These tax forms are available in limited supply. All other tax forms can be printed from the www.irs.gov website. You do not need to have a library card to use printers at the library.

Youth Services Librarian Deanna Evans posts online storytimes each week. Her videos can be found on the children's page at www.sanlib.org/children.

Library cardholders can stream or download eBooks, movies, music, newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available.

Everyone in the building must wear a mask and follow social distancing practices. All materials are being quarantined between loans. During this time, library materials may appear as overdue. Do not renew the item if it has been returned. Contact the library at 472-2483 or notices@sanlib.org if you have any questions.

Sanibel Public Library is located at 770 Dunlop Road.*

The Sanibel Captiva Trust Company Sweeten Your IRA For Your Heirs

by Carolyn C. Rogers, CFRE, Wealth Services



If you are looking for ways to benefit your heir(s) with your IRA while supporting your favorite charity, you may be able to "have your

candy and eat it too." Perhaps you remember the iconic 1972 commercial featuring a gentleman eating a chocolate bar who falls down a flight of stairs, landing on a little boy holding a jar of peanut butter. "You got chocolate in my peanut butter," the boy exclaims, giving accidental birth to the Reese's Cup – two tasty ingredients made better while creating something new and different.

Estate planning, similarly, is all about creating a win-win scenario by combining planning tools to achieve better or different outcomes. This past year, estate planning attorneys have introduced a sweet option to an old

standby tool: a charitable trust that replaces the former Stretch IRA that high-net-worth clients have relied upon to benefit heirs.

This creative concept is a direct response to the SECURE Act (Setting Every Community Up for Retirement Enhancement Act) that President Trump signed on December 20, 2019 and that made several meaningful changes to existing retirement plan law. A noteworthy feature of the SECURE Act eliminated the ability of most non-spouse beneficiaries who inherited an IRA to "stretch" the RMD payments over their lifetimes. Since the inherited IRA assets continued to grow tax-free during the distribution period, this had been a significant benefit and life-long income stream to beneficiaries. The SECURE Act forces the beneficiary to distribute all the IRA's assets, and pay all the ordinary income taxes, within 10 years.

Estate planners have since devised a delectable workaround – clients can establish a Charitable Remainder Unitrust (CRUT) that gets funded by the IRA at death for the benefit of a non-spousal beneficiary. This new planning tactic not only provides income for their heir(s) over their lifetimes but also saves taxes. This technique has the added benefit of providing a deferred gift to

the client's favorite charity or charities.

This is what happens when you mix your metaphoric chocolate IRA into a peanut butter charitable trust. The value of the IRA, and the value of the charitable gift, are determined at the time of death. Since the CRUT is treated like a nonprofit when funded with the assets from the IRA, there are no capital gains or taxes on income, and the trustee can sell or convert the IRA assets and reinvest them within the CRUT. In addition, the donor predetermines a percentage annual payout to the heir(s) of the trust's assets (at least 5 percent every year, but not to exceed 50 percent). The trust can be in effect either for the lifetime of the beneficiary(ies), a fixed term not to exceed 20 years, or some combination. The trust can also protect the assets from a beneficiary's creditors, can be excluded as marital property in a divorce, and can provide the beneficiary a lengthy predictable income stream.

CRUTs are ideal replacements for the Stretch IRA for families with substantial retirement plan assets (\$500,000 or more) who seek to provide a life income to a middle-aged or older heir and a significant charitable gift. They are also advantageous for those concerned about their heirs having too many assets put at their disposal too soon. As the name

implies, the remainder of the assets at the end of the trust will be paid to one or more charities predetermined by the donor.

There are drawbacks to these strategies. For one, the life beneficiary cannot receive anything more than the specified payout. Additionally, the remainder in the trust that is gifted to charities must exceed 10 percent of the value of the CRUT when it was established, and the trust must be managed to take into account the age of the beneficiary and the remainder value. Finally, the beneficiary could unexpectedly pass away, thereby ending the trust before the lifetime benefits can be enjoyed.

Nevertheless, if you are considering ways to benefit both your heir(s) and your charities with your IRA, this tested estate planning vehicle could be the ideal solution.

*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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Kelley Laird photo provided

Learn About Best Apps For Business

Members of the community are invited to join the San Cap Business Women's Association (SCBWA) after hours networking group Tip & Sips on Wednesday, May 19 at Blue

Giraffe 2 Restaurant. Kelley Laird, loan consultant with New American Funding, will share tips on the best business apps. "In today's accelerating real estate market, efficiency is more important than ever," said Laird. "Apps for business can be a time-saving shortcut."

Laird has extensive experience in fast-paced industries in Southwest Florida, including financial services, event management, catering and communications. "Working remotely over the past year has increased the use of technology and spurred the development of new apps. We'll have a lot to talk about," said Laird.

"Tips and Sips is the relaxed networking and socializing component of SCBWA that meets at 6 p.m. the third Wednesday each month at various Sanibel restaurants," said Taylor Osborne, organization president and co-owner of Iris Print & Designs. "Kelley is masterful with business apps and we're expecting a lively discussion."

There is no charge to attend. Light appetizers will be provided as well as a cash bar.

Register in advance at <https://sancapbwa.eventbrite.com> or email to Taylor@irisprintdesigns.com. Follow updates at <https://www.facebook.com/SanCapBWA>.

The Sanibel Captiva Business Women's Association's mission is to advance continuing education and women's career development. Regular monthly hybrid meetings are held on the third Tuesdays each month at noon at Sundial Beach

Resort & Spa. Register on Eventbrite at <https://sancapbwa.eventbrite.com>. Choose In-Person or Zoom. Blue Giraffe 2 is located at 1100 Par View Drive, next to Sanibel Island Golf Club, in Beachview Estates.✪

From page 1

Eagles Released



Dr. Sasha Troiano releasing the second eaglelet

photos provided

CROW. "The first eagle didn't need any splinting to heal on its own, while the second one required a splint for about a week before the fractures were healed enough for it to be removed."

On March 25, the first eaglelet's fracture was stable and it was moved to an outdoor enclosure for further rehabilitation. The second eaglelet's fractures also stabilized and it was moved outside on April 6 to join its sibling.

After another month of rehabilitation, both eagles were flying and had reached a healthy weight. Veterinarians gave them a clean bill of health and at the direction of U.S. Fish and Wildlife Service (USFWS) officials, the eagles were released at an active nest site in Cape Coral.

"Since the juveniles are in non-threatening plumage, it's not uncommon for them to associate with another eagle nest site," said Resee Collins, eagle and rehabilitation permit coordinator for USFWS. "It also provides the young birds with additional opportunities for learning 'eagle life.'"

If you find an animal in distress, call



Becca Wehmeier, CROW hospital training coordinator, with the first eaglelet in care

888-404-FWCC (3922) or CROW at 472-3644 ext. 222.✪



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The siblings at CROW



Tamara Joffe presenting the check to SCCF CEO Ryan Orgera photo provided

Shell Shop Donates Profits To SCCF Campaign

She Sells Sea Shells raised \$500 from the sale of reusable shopping bags as part of an ongoing commitment to offset plastic bag pollution and support conservation efforts by Sanibel-Captiva Conservation Foundation (SCCF). She Sells Sea Shells donates \$1 to SCCF for every bag sold and has earmarked this donation for the Periwinkle Wetlands Land Acquisition Campaign.

The average American family takes home almost 1,500 plastic shopping bags a year, according to the nonprofit Natural Resources Defense Council. According to some estimates, the use of one reusable bag over a year could replace the use of 125 single-use plastics bags or 52 single-use paper bags. Disposable plastic bags are used on average for 12 minutes, while 80 percent of plastic pollution enters the ocean from the land.

The durable, washable totes – priced at \$6 each – are made from recycled materials, and available in island-inspired designs including sea turtles, manatees and dolphins. She Sells Sea Shells has been owned by the Joffe family since 1976.

Giving back to the community has been a core value and ongoing practice for the family for 45 years. She Sells Sea Shells is located at 1157

Periwinkle Way on Sanibel. For more information, contact Tamara Joffe at 472-6991 or visit www.shesellsseashellsanibel.com.✪

Board Member Retires, Honored For Service

Albert D. Hanser, founder and chairman of The Sanibel Captiva Trust Company announced the retirement of Cheryl Giattini from the board of directors after serving for nine years, having reached the maximum three consecutive terms allowable by the trust company's bylaws.

"Cheryl has been a strong board member, providing guidance and professional expertise across legal, marketing and public relations matters – always considering the best course of action for our clients as well as our company," said Hanser. "Her long-standing dedication to this role and her constructive relationships with board members and employees alike demonstrates the character that has built her reputation on Sanibel-Captiva, and we have benefited greatly by it."

Giattini is an attorney and public relations/marketing consultant with more than three decades of experience working with clients primarily in the financial services and commercial real estate industries, as well as the nonprofit sector.



Al Hanser presenting Cheryl Giattini with a plaque commemorating her years of service photo provided

As a full-time Sanibel resident, she has led capital campaigns for Sanibel-Captiva Conservation Foundation (SCCF) to preserve hundreds of acres of wildlife habitat and improve regional water quality. She leaves the board with the gratitude of The Sanibel Captiva Trust Company and will continue to hold the title of board member, emeritus.✪



Pointe Santo C43, 2445 West Gulf Dr
Top-floor 3 bedrm with private roof-top deck. In mini-resort. Great for vacations & income. \$1,050,000 with bookings



1894 Farm Trail, Island Woods
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White Sands #23, 2311 West Gulf Dr
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Director Of CROW To Speak At Luncheon

Alison Charney Hussey, executive director of Clinic for the Rehabilitation of Wildlife (CROW), will present The Solution is Collaboration at the Women in Leadership Speaker series hosted by the San Cap Business Women's Association on Tuesday, May 18. The luncheon meeting will be held in-person at noon at Sundial Beach Resort & Spa with a live stream Noon Zoom option.

"It's a busy time of year at CROW clinic, with more than 400 new patients admitted over the past two weeks," said Charney Hussey. "The complexity of operating today presents challenges to every organization," she said. "When combined with growing need, the issues can grow exponentially. That's where



Alison Charney Hussey with a baby alligator photo provided

problem solving skills come in."

Charney Hussey joined the CROW team only a year before the pandemic became a factor. "The irresistible lure of conserving wildlife compelled me, coupled with the joy of releasing rehabilitated patients to the wild," she said. "But how can we sustain our ability to accomplish this despite increasing obstacles? I believe collaboration with other like-minded institutions really is the answer."

"Alison admits to being a dedicated collaborator, problem solver, team builder, fundraiser and animal lover," said Taylor Osborne, San Cap Business Women's Association president and co-owner of Iris Print & Designs. "She is an inspiring advocate for applying your personal strengths to professional problem solving."

A lifelong resident of Lee County, Charney Hussey grew up with a respect for CROW. She built her career at the Pavese Law Firm, serving in the LaBelle and Cape Coral offices in corporate, criminal, family, estate

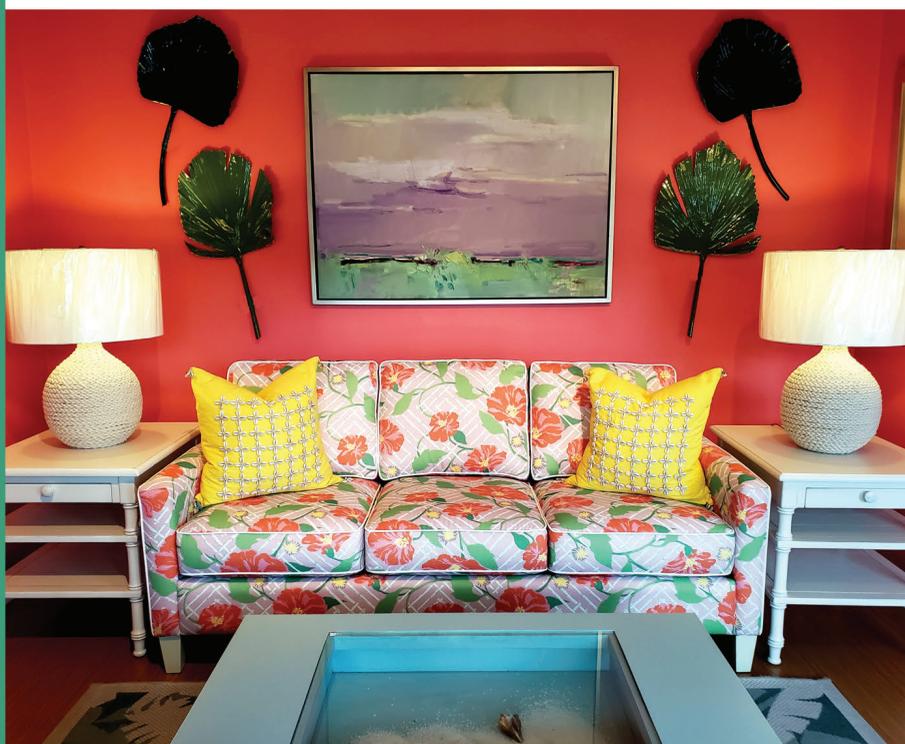
planning, probate, real estate and adoption law. As a Supreme Court certified circuit and family mediator for over a decade, she became an expert at helping resolve disputes. She served on many nonprofit boards, enabling an easy transition to nonprofit leadership.

Charney Hussey is a graduate of the CROW on site education programs. She earned her law degree from the Walter F. George School of Law at Mercer University and her undergraduate degree from Wesleyan College in Macon, Georgia.

The Sanibel Captiva Business Women's Association welcomes the community to its monthly hybrid meetings. Cost for lunch with the speaker is \$30 or on Zoom for a donation to the continuing education scholarship fund. Register on Eventbrite at <https://sancapbwa.eventbrite.com>. View updates at <https://www.facebook.com/SanCapBWA>.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✪

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New Office Manager For Wildlife Society

Last month, Joy Robertson joined "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) staff as business office manager to oversee financial operational systems, and processes and policies. She fills the position vacated by Joann Hinman, who is retiring after five years of service to the nonprofit organization.

In July 2020, Robertson moved to the Fort Myers area from Florida's east coast, where she worked as the assistant accountant at a healthcare linen service company in Pompano Beach. A native of Miami, Robertson has worked in office managerial positions in Atlanta, Georgia and Buffalo, New York.

She looks forward to her duties managing office operations for the nonprofit based at the JN "Ding" Darling National Wildlife Refuge, and will also be helping the team with the annual lecture series and other programs and events.

"This will also give me an opportunity to learn more about the work of the refuge and some exposure to other individuals and causes affiliated with 'Ding' Darling," said Robertson, who holds a master of science degree in accounting and information systems.

Besides spending the past weeks learning the bookkeeping systems, she has spent time getting to know DDWS and refuge staff and volunteers, and becoming acquainted with the refuge's flora and fauna.

"Everyone seems to move at the same pace here - just taking time to take it all in," she said. "It is always a treat to leave the office, breathe in some fresh air, and enjoy the views or to see visitors enjoying the refuge."

"We warmly welcome Joy, who brings a strong background in business accounting, including more than seven



Joy Robertson photo provided

years working with a nonprofit in Atlanta," said DDWS Executive Director Birgie Miller. "A huge thanks to Joann Hinman, who was a real godsend when she came out of retirement to serve as our business office manager and help clean up and streamline our processes."✪

Hurricane Guide Now Available

Reviewing the Lee County Electric Cooperative (LCEC) Hurricane Guide is a good way to prepare for the start of storm season on June 1. Preparing early is key to riding out any storm that Mother Nature may bring this way.

The LCEC Hurricane Guide includes information about: storm restoration process; preparing your home and business; life support; evacuation protocol; disaster supply kit; portable generator safety; debris and vegetation; and important phone numbers and links.

To download a copy of the guide, visit www.lcec.net.✪

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Members of the Interact Club participated at a beach cleanup on the Sanibel Causeway

photo provided

Rotary Happenings

submitted by
Cindy Carter



Some people, even Rotarians, are unaware that Rotary reaches out to our younger generations through clubs called Roteract and Interact. Roteract clubs bring together people ages 18 and older to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service. In communities worldwide, Rotary and Roteract members work side by side to take action through service. Interact clubs bring together young people ages 12 to 18 to develop leadership skills while discovering the power of Rotary motto, Service Above Self.

The Sanibel School offers its students

a chance to join the Interact Club, sponsored by the Sanibel-Captiva Rotary Club. Advised by Edna Dykhuizen, The Sanibel School middle school social studies teacher, with the support of the administration of the school, the Interact Club has hosted several events which have fostered leadership skills, and demonstrated that service to others is a fun way to make friends. Even through the restrictive COVID-19 times, Interact has provided its members with a sense of community. Throughout this year, the club made Christmas jars for FISH of SanCap clients, hosted a sock drive for a homeless shelter and participated in a beach cleanup. They are also cleaning up the school's butterfly garden that went unattended while the school was closed because of the pandemic. The Interact Club is also presenting civics education books to classrooms, which were donated to The Sanibel School by Rotary.

The Rotary 4-Way Test banner hangs in The Sanibel School cafeteria for all the students to see. It shows the components of good citizenship. First,

Is it the truth? Second, Is it fair to all concerned? Third, Will it build goodwill and better friendships? Fourth, Will it be beneficial to all concerned? And the Sanibel-Captiva Rotary Club's fifth question, Is it fun? All of these questions are extremely beneficial for all students, and people in general, to ask themselves. If everyone could live with these principals in their mind, imagine the good that could be accomplished.

*The Sanibel-Captiva Rotary Club is holding hybrid meetings on Zoom and in person at The Dunes Golf & Tennis Club. To attend a meeting in person (limit 20), email Bill Harkey at william.harkey@gmail.com by Wednesday. Zoom meetings are held on Fridays. Log on as early as 7 a.m., the meeting begins at 7:30 a.m.**

From page 1

City Manager

models on how to do retirement right," she said, citing people like Al Hanser and the late Ann Arnoff and Armand Ball, along with many of the council members, all of whom, she said have or had a happy and healthy retirement while doing a lot of good for the community.

"I want to emulate them," she said.

During the pandemic, Zimomra said she worked 14-hour days and began

to realize how many things she had to put aside waiting for retirement. These included working on genealogy and bike trips. Zimomra has made cycling tours throughout the U.S. and along the Danube in Europe, and now wants to plan a bicycle trip in the Netherlands.

Among her achievements as city manager are helping the city secure more than \$62 million in grants, getting the prestigious Local Government Service Award from the the International City/County Management Association, overseeing the completion of the \$14.5 million Sanibel Recreation Center and the \$73 million sewer system. The city has also achieved numerous recognitions including from the American Planning Association, the Government Finance Officer's Certificate of Achievement for Excellence in Financial Reporting and as a "Gold Level" Bike Friendly Community by the League of American Bicyclists.

Prior to coming to Sanibel, Zimomra worked for two decades with local governments in Ohio. She earned her bachelor of arts degree from Kent State University, her master's degree in public administration from Ohio State University and her doctorate from Capital University. She is also a graduate of the Harvard University John F. Kennedy School of Government Senior Executives in State and Local Government Program.

Zimomra will not speak as to her successor as city manager, even regarding the characteristics required of a city manager.

"It is entirely up to the city council," she said. She stated in her resignation letter to council that she is providing a significantly longer lead time than the 60 days notice required in order to provide the council enough time to adequately implement a succession plan.

"I fully understand it is city council's sole decision to select the next city manager," she wrote, adding that she would be available to discuss her personal recommendations that the council may choose to take into consideration as it goes through the transition.

The city council held a special meeting at 5 p.m. on Tuesday to discuss the transition.*

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Education Fund Honors 'Ding' Darling's Family

The Darling legacy continues at the JN "Ding" Darling National Wildlife Refuge. Leslie and Palmer Williams have established the Ann Darling & Lee Williams, Jr., Family Education Fund to support refuge educational programs. Its name honors Ann Darling "Ann D." Williams – the granddaughter of Jay Norwood "Ding" Darling, the refuge's namesake – and the memory of Palmer's brother, Lee – Ann's late husband, who passed away in February 2020.

Ann D. grew up in Florida and graduated with a degree in nursing from Florida State University (FSU). She worked as a nurse in Mexico, where she was a student missionary; Clearwater, Florida; Cincinnati, Ohio; and Tampa, Florida. She also taught nursing in Tallahassee, Florida.

Born and raised in Tallahassee, Lee Williams graduated from FSU with a bachelor's degree in mathematics. He served two years in the U.S. Army stationed in Germany, then returned to FSU to attend graduate school and law school. During that time, he met Ann D. at a study session. They were married in June 1968, and celebrated 52 years of marriage before he passed. They had two children and four grandchildren together.

Ann D. often visited "Ding" Darling with her sister, Cynthia Darling



The Darling-Williams family honors the late Lee Williams (center left) and his wife Ann Darling Williams (center right) with a permanently endowed education fund. Among other family members pictured, the late Penny Darling Powel (front center), was married to "Ding" Darling's son, John, and was Ann Darling's mother.

photo provided

Cohlmeyer, and holds fond memories of enjoying the nature and wildlife that their grandfather was instrumental in preserving in 1945, when the refuge was created. "Ding" Darling, a two-time Pulitzer winner as an influential editorial

cartoonist in the early to mid-1900s, a staunch conservationist and a vocal statesman, wintered on Sanibel and Captiva islands for more than 25 years.

Islanders petitioned to change the name of the refuge, originally known as

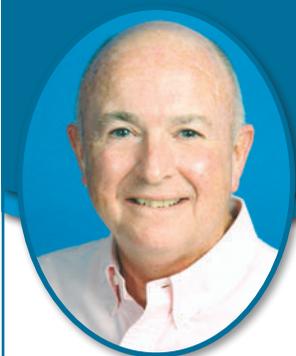
the Sanibel National Wildlife Refuge, in Darling's honor after his death in 1962. He is hailed with high regard in the annals of conservation history, among other greats such as Rachel Carson and John Muir.

Ann D. and Lee Williams loved the outdoors, boating, fishing and traveling, visiting Sanibel and the refuge regularly. In 2019, they took a family trip to "Ding" Darling with their children and grandchildren.

"Everyone was so impressed with the refuge's natural beauty, and the family remembers it as some of our happiest times together," said Ann D. Due in part to those memories, Leslie and Palmer Williams, Lee's brother and sister-in-law, thought it fitting to establish a permanently endowed fund in their honor.

Refuge donors are able to establish named, permanently endowed funds for \$10,000 or more and work with "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) staff to restrict them to their areas of interest or leave them as unrestricted. Income from the endowments can fund individual projects or ongoing education, intern, programming, research or other specific needs.

Friends of Ann D. and Lee Williams can contribute to their named education fund through DDWS. To contribute to or establish an endowed fund, contact Executive Director Birgie Miller at 472-1100 ext. 232 or director@dingdarlingsociety.org.✳



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Step-Up In Tax Basis Or Step-Down?



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

Will the proposed tax legislation currently before Congress eliminate the step-up in tax cost basis? What exactly do I mean when I refer to a step-up?

If I buy a stock for \$1 a share and it is now \$51 a share, if I sell that stock, I realize a \$50 per share capital gain. Under our Internal Revenue Code (IRC), I'm taxed on that gain, which is the difference between the sales price and my tax cost basis – the amount that it cost me to purchase the shares.

If I don't sell those shares before my death, and then those shares are bequeathed to my daughter, she receives a "step-up" equal to the fair market value of those shares at the time of my death. Assume that the value is \$51 a share. My daughter then sells the shares for \$52. She only realizes a \$1 capital gain, so her capital gains tax is much lower than what I would have realized had I sold the shares at my death.

What about depreciable assets, such as a commercial building? Suppose I paid \$100,000 for a building and added a structure that cost me \$300,000. My tax cost basis is \$400,000. Over the years, I depreciated that building. During that time, I was able to expense \$250,000 of depreciation, charging it against my income, which lowered the amount of income tax I would pay. My tax cost basis is now \$150,000.

If I sell the building for \$500,000, my realized capital gain is \$350,000, which represents the difference between the sales price of \$500,000 and my depreciated tax cost basis of \$150,000. What if I die before I sell the building, and my daughter inherits it? She gets a step-up in tax cost basis equal to its current fair market value (\$500,000) and gets to depreciate it all over again!

This step-up in tax cost basis is valuable to anyone who inherits assets whose value is more than the decedent owner's basis. If a new law were to strike down this feature, it would result in higher capital gains taxes for nearly everyone who inherits stocks, mutual funds, homes and buildings. I should note that certain assets don't receive a basis step-up, including annuities and tax-deferred retirement accounts, such as IRA and 401k accounts.

It's important to understand that the law doesn't just adjust tax basis upward, despite its common name, "step-up." The law could result in a step-down because the applicable IRC Section 1014 states, "...the basis of property passed from a decedent shall, if not sold, exchanged, or otherwise disposed of before the decedent's death

by such person, be – the fair market value of the property at the date of decedent's death."

If, for example, I purchased shares of a company at \$100 a share and at the time of my death, the value is only \$25 a share, my daughter inherits those shares with a tax cost basis equal to the fair market value at the time of my death. If she later sells them at \$25 a share, she recognizes no capital loss. Had I sold the shares before my death, I would have realized a \$75 capital loss that I could have used to offset capital gains that I realized.

What if I don't know what my tax cost basis in an asset is? Suppose that I sell shares of stock at \$100 a share but can't find documentation as to what my basis is. The IRS assumes that my basis is zero! Consequently, if I sell the shares, I realize a capital gain equal to the entire sales price! This rule could pose significant problems for anyone inheriting property should the adjustment to fair market value under IRC §1014 be eliminated. If my daughter can't find records justifying my basis, any asset of mine that she sells would result in a realization of the entire sales price as capital gain, even if it would have been a loss to me!

How often might beneficiaries not be able to document the basis of inherited assets? I believe more frequently than not, resulting in a potential windfall to the IRS.

Talk about a blow to the middle class. The elimination of this law doesn't just affect the wealthy. It affects anyone who inherits assets. It certainly benefits those inheriting millions more than those inheriting a few thousand dollars, but the effect on the less wealthy recipients seems to hit harder. They need the money more, yet they still pay capital gains taxes when liquidating inherited property.

Here's the good news – at least hopeful news: In my 31-plus years practicing estate planning law, Congress has from time to time considered eliminating the step-up. It hasn't happened. Maybe it won't happen now.

We can only wait and see.

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New Program For Advanced Illness

Hope Healthcare has introduced Hope First, a program created to provide comprehensive care to better serve Medicare beneficiaries with complex and chronic illness through a new care model from the Center for Medicare and Medicaid Innovation (CMMI).

To participate in CMMI's new model of care, Hope has joined with six of the nation's largest and well-known nonprofit advanced illness providers to form Advanced Illness Partners (AIP). AIP is among 51 entities nationwide designated to participate in this new CMMI program that are committed to providing high-value, comprehensive care to high-need Medicare beneficiaries and accepting risk for the most complex patients in the U.S. healthcare system.

"Through Hope First, we'll use our experience providing home-based, community-oriented, coordinated care for those with advanced illness," said Samira K. Beckwith, president and CEO of Hope Healthcare. "We'll also have an opportunity to share our best practices with our partners in the program."

AIP organizations have provided home-based care in a cost-efficient manner for many years. Now, in light of the COVID-19 pandemic and the aging in place preference for many seniors, AIP will demonstrate how effective this model of care can be in meeting patients' needs.

Hope was selected to participate in AIP based on its success with its Program for All-Inclusive Care for the Elderly (PACE) and its Hope Choices Medicare Care Choices Model (MCCM). AIP is comprised of seven organizations that have nearly a combined 250 years of experience in caring for those with advanced chronic illness through largely home-based, community-oriented care in Arizona, Florida, Washington, DC, Virginia, Ohio, Nevada and Oregon. The seven partner organizations currently serve over 60,000 Medicare beneficiaries annually.

Eric DeJonge, director of geriatrics at Capital Caring Health and chief medical officer for Advanced Illness Partners, said, "We're excited to participate in CMMI's innovative program to bring advanced illness care upstream and serve patients with complex, chronic disease in the home setting for the long-term."

For more information, visit www.advancedillnesspartners.org.✳

How's The Market? Ask Ann

In a "perfect" Real Estate World, we bring Buyers and Sellers together at an agreed upon sales price. The Buyers love the house and the Sellers are happy to sell. Based on a "co-op" sale, both agents are professional and diligent in time requirements. The inspection goes smoothly; roof in good shape, plumbing is good and no termites. The mortgage process goes smoothly.

Here's my tip: most transactions are not "perfect." You want to have an agent who knows how to solve problems when they occur. You want an agent who keeps the various parties in the transaction pulling together and staying on friendly terms. Lastly, they address any problems. This will bring value to you. An experienced agent with a good reputation is worth their weight in gold. Make sure of this when you select an agent. End of story.

Feel free to call me with any Real Estate questions or comments.



Ann Gee
Broker/Owner

22 Closed Sales Going Back One Week: 11 Homes, 9 Condos & 2 Lots

- | | |
|--|--|
| 1292 Par View Dr. Vacant Lot - \$345,000 | 2445 W. Gulf Dr. Pointe Santo E2 - \$920,000 |
| 5117 Sea Bell Rd. Blind Pass Condo E101 - \$480,000 | 827 E. Gulf Dr. Sanibel Arms West D-6 - \$940,000 |
| 1339 Tahiti Dr. - \$485,000 | 2605 Wulfert Rd. Sanctuary Golf Village 5 - \$950,000 |
| 827 E. Gulf Dr. Sanibel Arms West J3 - \$560,000 | 567 N. Yachtsman - \$1,050,000 |
| 1940 Periwinkle Way - \$565,000 | 1890 Middle Gulf Dr. - \$1,135,000 |
| 1606 Bunting Ln. - \$649,000 | 446 Surf Sound Ct. - \$1,178,000 |
| 979 E. Gulf Dr. Loggerhead Cay 373 - \$660,000 | 542 N. Yachtsman Dr. - \$1,225,000 |
| 1341 Middle Gulf Dr. Sunset South 10C - \$700,000 | 1133 Buttonwood Ln. - \$1,310,000 |
| 2010 Wild Lime Dr. - \$759,000 | 1266 Isabel Dr. - \$2,775,000 |
| 1919 Olde Middle Gulf Dr. Sandpiper Beach 105 - \$797,000 | 4955 Joewood Dr. - \$3,050,000 |
| 605 Donax St. Pelican's Roost 203 - \$875,000 | 3941 W. Gulf Dr. Vacant Lot - \$3,500,000 |

Call or email me with any questions. Stay safe & have a successful year!

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1



2



3

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- 2 story ceilings, chef's kitchen, fireplace, private elevator, Bayfront resort style pool w/ spa & summer kitchen

• **\$4,595,000 EURO 3,887,445**

2. ON A WHIM - CAPTIVA

- 2 BR/2 BA cottage located steps to the Bay in the Captiva Village
- Newly painted, wood plank tile floors, multiple lanai's, and colorful décor

• **\$1,195,000 EURO 1,059,848**

3. 1 BACK FROM THE GULF AT SUNSET SOUTH - SANIBEL

- 2 BR/2BA bright and airy condo with stunning Gulf views and a glass enclosed lanai
- Private garage, washer/dryer in unit & offered furnished. Beach access and community pool

• **\$1,050,000 Euro 888,076**

4. REMODELED IN VICTORIA COVE EAST END - SANIBEL

- 4 BR +den/ 4 bath home on Sanibel's East end, steps to the beach with private boat dock & 16k lift.
- Gorgeously remodeled, large porches, private pool & spa, top floor master with sundeck and Gulf views

• **\$2,250,000 EURO 1,891,630**

5. GULF VIEWS AT LOGGERHEAD CAY - SANIBEL

- Enjoy your 2 BR/ 2BA condo with vaulted ceilings, situated 1 back from the Gulf with incredible views from the corner lanai
- Pet friendly community offers large pool, tennis, shuffleboard, and weekly rentals-great for families & investors

• **\$945,000 EURO 777,541**

6. REMODELED TOP FLOOR AT SPANISH CAY - SANIBEL

- 2 BR/2 BA top floor fully remodeled condo with views of the Gulf from both bedrooms
- Chef's kitchen, glass enclosed lanai overlooking the Sanibel river, community fishing pier, pool, & beach access

• **\$569,000 EURO 473,593**



4



5



6



7



8



9

7. CAPTIVA VILLAGE HOME WITH STUNNING GULF VIEWS

- 3BR/4BA fully remodeled home designed to take advantage of Gulf views from every level
- Wood floors, stainless steel kitchen, stone fireplace, multiple lanais, large master suite, grotto inspired pool with hot tub, wet bar, and shower

• **\$3,395,000 EURO 3,021,269**

8. GULF VIEWS AT ATRIUM - SANIBEL

- 2 bedroom/2 bathroom + den corner condo off West Gulf Drive
- Impact sliders, wrap around lanai, covered parking, community pool, beach access, and more!

• **\$1,498,000 EURO 1,259,369**

9. HAPPY DAZE

- 4 BR + den/ 4 BA home situated among tropical vegetation just steps to the Captiva Village
- Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking the private pool & spa

• **\$1,699,000 EURO 1,398,507**

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Frankly Speaking

by Howard Prager



Some legends were honored last week, others were simply vanquished. Albert Pujols, a future hall of famer, was released by the Angels. Pujols is the only player to hit 400-plus

homers in his first 10 seasons. He is fifth all time in home runs and third all time in RBI. He popularized NOT taking a step in the batter's box during the pitch. Pujols would just rock back and explode. He was hitting just .198/.250/.372 with five home runs this season, and he's been a below-average hitter dating back to 2017. Once he clears waivers and is released, any team can sign him for the prorated portion of the league minimum.

The two unlikely Hollywood endings for Pujols are to return to the Cardinals who have Paul Goldschmidt at first and Matt Carpenter on the bench, or the White Sox which would reunite him with manager Tony LaRussa. But the Sox have an all-star at first in Jose Abreu and a DH that has become a fan favorite in Yermin Mercedes. Potential teams include Cincinnati who lost Joey Votto to a broken thumb, and Cleveland whose first base tandem is hitting less

than Pujols. Both teams are doing well so far this season and a smart veteran like Pujols can add great value in the playoffs. If not, let's hope he signs an honorary three-day contract at the end of the season to go out with class/style.

Willie Mays is the oldest of Hall of Famers and just celebrated his 90th birthday. My mom was a big fan in his heyday at the Polo Grounds in New York. I saw him in the waning years of his career with the Mets. Let's start with some stats and background as a reminder for those who knew him and as a lesson for those that didn't.

Some simple facts from Wikipedia. Willie Mays is sixth among the all-time leaders with 660 career home runs, 3,283 hits and 2,062 runs scored. Mays earned 12 Gold Gloves for fielding excellence and was selected to the All-Star Game 24 times, his number. Elected to the Baseball Hall of Fame in 1979, Mays was the first player in National League history to join the 30/30 Club (30 Home Runs and 30 Stolen Bases) and was the No. 1-ranked center fielder in *The New Bill James Historical Baseball Abstract* which describes other stats.

After going hitless for his first 12 at bats in 1951, his rookie season, Mays hit a home run for his first big league hit. The pitcher, future Hall of Famer Warren Spahn, quipped, "I'll never forgive myself. We might have gotten rid of Willie forever if I'd only struck him out." Mays also hit a record 16 extra-inning homers, including one that

beat the 42-year-old Spahn, 1-0, in the 16th inning of a 1963 classic against Juan Marichal in which both future Hall of Fame hurlers went the distance.

A little trivia. Willie Mays was on deck when Bobby Thompson hit his "Shot Heard 'Round the World" for the Giants in 1951. The Giants had runners on second and third with first base open, but they didn't want to intentionally walk Thompson to load the bases for Mays (who would win Rookie of the Year that season). Mays hit four home runs in a game on April 30, 1961, only the sixth instance in the National League. Mays had 17 20-home-run seasons, 11 30-home-run seasons, six 40-home-run seasons and two 50-home-run seasons. Mays homered in the first four consecutive games of the 1971 season, setting a new record for most games with a home run from the start of a season. Consistency, power and defense. Mays was named by *The Sporting News* as the Best Player of the 1960s, and was selected on the Rawlings All-Time Gold Glove Team. During the 50th anniversary of the Gold Glove Awards, Mays was acknowledged as the one of the best defensive players in baseball history and won the highest percentage of votes amongst every outfielder.

Mays, Hank Aaron and Stan Musial are the only players to collect 6,000 or more total bases in their careers. Each played in over 20 All-Star Games. Mays only won a single batting title, when he hit .345 in 1954, but that same year he also led the National League in slugging percentage (which he led five times), on base percentage (which he led five times) and triples (which he led three times). The following season, Mays won his first home run championship (his first of four), led the league in total bases (which he led three times) and extra base hits (which he did two times). Leo Durocher - Mays first skipper in the big leagues - said in *Nice Guys Finish Last*: "If somebody came up and hit .450, stole 100 bases and performed a miracle in the field every day, I'd still

look you right in the eye and tell you that Willie was better. He could do the five things you have to do to be a superstar: hit, hit with power, run, throw and field. And, he had the other magic ingredient that turns a superstar into a super-superstar. Charisma."

Willie's 90th also brings us the good news story of the week. To honor Mays, the Giants Community Fund launched the Willie Mays Scholars, a college prep and scholarship program to support Black youth living in San Francisco. Beginning this fall, five scholars will be inducted annually and receive support throughout high school and college in the form of academic programming, holistic support and a college scholarship. The need-based program is available to Black ninth-graders living in San Francisco, with each scholar receiving approximately \$70,000 worth of support, including a college scholarship of up to \$20,000. "I have always made kids my priority by helping them in any way I could throughout my playing career and life," Mays said. "To have the Giants Community Fund and the Giants ownership group create this program in my name and to provide a path to college for Black children in our community means the world to me. I can't wait to meet the first class of Willie Mays Scholars to offer my encouragement and support."

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

Hole In One At The Dunes

Maureen Saage hit a 109-yard hole in one on the 11th hole at The Dunes Golf and Tennis Club on May 4. Marge Meek, Roberta Rohl and Marikay Trimble witnessed the shot as Saage used her 6 hybrid.*

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SPORTS QUIZ

1. What South African golfer completed the second-place career Grand Slam - finishing second in all four majors - with his runner-up finish at the 2017 PGA Championship?
2. National Baseball Hall of Fame pitcher Early Wynn Jr. retired in 1963 with how many career wins?
3. In 1991, Los Angeles Kings owner Bruce McNall, hockey great Wayne Gretzky and actor/comedian John Candy jointly purchased what pro football team?
4. A motorsport circuit named after Formula One driver Carlos Pace, who died in a 1977 plane crash, is located in what country?
5. Name the starting quarterback for the 1964 NFL champion Cleveland Browns who also produced a doctoral dissertation titled *A Characterization of the Set of Asymptotic Values of a Function Holomorphic in the Unit Disc*.
6. In 2020, what team hired Kim Ng as the first female general manager in Major League Baseball history?
7. What famous Seattle rock band was originally named after NBA player Mookie Blaylock?

ANSWERS

1. Louis Oosthuizen. 2. 300. 3. The CFL's Toronto Argonauts. 4. Brazil. 5. Frank Ryan. 6. The Miami Marlins. 7. Pearl Jam.

Mighty Mussels To Broadcast 81 Games This Year

The Fort Myers Mighty Mussels are set to broadcast at least 81 games in 2021, with 2019 Florida State League Broadcaster of the Year John Vittas joining the organization as the play-by-play broadcaster.

The Mussels will stream all 60 home games and at least 21 road games live across Minor League Baseball's streaming service. Games can be accessed worldwide using Gameday Audio links on www.milb.com and www.mightymussels.com, as well as the MiLB First Pitch App. The season-long link is www.milb.com/fort-myers/fans/audio-listen-live.

All Mighty Mussels broadcasts will begin 15 minutes prior to first pitch. Mussels Pre-Game Live will feature interviews with players and coaches, scoreboard updates, Achieva Credit Union starting lineups and news from around the league and Twins organization.

Vittas enters his sixth year in Minor League Baseball and fifth in the state of Florida. The Wayne, New Jersey native spent the 2017-19 seasons as the lead voice of the Charlotte Stone Crabs, the former High-A affiliate of the Tampa Bay Rays. Prior to his time in Southwest Florida, Vittas spent the 2016 campaign with the Myrtle Beach Pelicans (High-A, CHC).

A 2015 graduate of the University of

Maryland, Vittas has broadcasted locally at Florida Gulf Coast University and Florida SouthWestern State College since 2017.

"I couldn't be more excited to bring Fort Myers fans the inaugural season of Mighty Mussels baseball," Vittas said. "After everything that Minor League Baseball and the broadcasting world has been through over the past two years, I feel so fortunate to be able to remain in Southwest Florida and join the Twins organization. Hammond Stadium is an amazing place to watch a game, and I know our team can't wait to provide the energy and entertainment that Lee County has been waiting for since the pandemic began."

The Mighty Mussels Baseball Network hit the air on May 4 as the Mussels visited the Bradenton Marauders. Vittas called the first three games of the Bradenton series (May 4 to 6) remotely before Hammond Stadium opened its gates to Minor League Baseball for the first time in 20 months on May 11.

In addition to all 60 home games, Vittas will call road series in Clearwater (July 27 to August 1), Bradenton (August 1 to 15) and Dunedin (August 17 to 22). Due to evolving virus protocols, the schedule is subject to change.

Brian Meyer steps into the managerial role after 2019 Miracle Manager Toby Gardenhire was promoted to manage Triple-A St. Paul. The Mussels' roster features five ranked prospects and the organization's previous two first-round picks. The Twins' system was ranked as the eighth-best farm system in baseball by Keith Law of *The Athletic*.✪

Lee Hospitals Earn Four Stars In Quality Ratings

High-quality care and patient safety are Lee Health's top priorities, and its hospitals have been awarded four stars by the Centers for Medicare and Medicaid Services (CMS). Cape Coral Hospital, HealthPark Medical Center and Lee Memorial Hospital have all risen from three stars in the 2020 rating period to four stars in this period, and Gulf Coast Medical Center has maintained its four-star status. Children's hospitals are not included in this ranking system.

The four-star ratings reflect the continuous improvements Lee Health takes to provide the highest quality of care to the community it serves.

In the past four years, all Lee Health hospitals have risen from two stars to four stars by finding ways to constantly improve patient care.

"We are proud to be recognized by CMS for the high-quality care we provide to the Southwest Florida community," said Dr. Larry Antonucci, president and chief executive officer of Lee Health.

"At Lee Health, we are committed to constant improvement and are always striving to provide the safest, highest level of care possible. Being awarded four stars for our hospitals by CMS is an honor, and I want to thank the entire

Lee Health team for their dedication to excellent patient care."

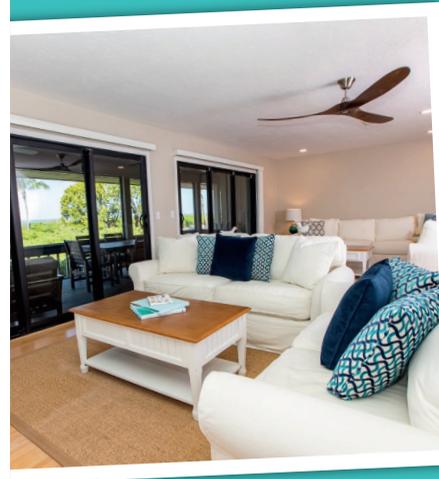
CMS's overall star rating is based on how well a hospital performs across different areas of quality, such as treating heart attacks and pneumonia, readmission rates and safety of care. The rating shows how individual hospitals perform compared to all hospitals across the country for the five groups or categories of quality measures that make up for the overall star rating.

CMS created the Five-Star Quality Rating System to help consumers, their families and caregivers compare hospitals more easily. The scores are based on previously reported quality and safety data points including: patient satisfaction, value and outcomes, among others.

Lee Health was recently recognized by The Leapfrog Group in its Spring 2021 Hospital Safety Grades. Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital each earned an "A" grade for the fifth straight reporting period. HealthPark Medical Center earned an "A" grade for the fourth straight reporting period. The Safety Grade assigns letter grades of A, B, C, D, and F to hospitals across the country based on their performance in preventing medical errors, infections and other harms. Only 33 percent of the approximately 2,700 acute care hospitals Leapfrog graded received an "A."

Learn more about Lee Health's awards and recognitions at www.leehealth.org.✪

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Health First

The Health Risks Of Belly Fat



by Julie Rosenberg, MD

For many adults, weight gain accompanies aging. As people enter middle age, the proportion of fat to body weight tends to increase – more so in women than men. Extra

weight tends to accumulate around the midsection. This excess weight in the belly, known as visceral fat, is deep within the abdominal cavity. Unlike subcutaneous fat, which sits under the skin, visceral fat may be dangerous. It surrounds your abdominal organs and increases your risk for cardiovascular disease, high cholesterol and type 2 diabetes. In other words, as your waistline grows, so do your health risks. Why? Fat cells – particularly abdominal fat cells – are biologically active. You can think of fat as an endocrine organ or gland, producing hormones and other substances that can affect your health. For example, visceral fat pumps out chemicals called cytokines that can increase your risk of cardiovascular disease.

Are you pear-shaped or apple-shaped?

When fat accumulates in the lower body (the pear shape), it is largely subcutaneous (under the skin). On the other hand, when fat accumulates in the abdominal area (the apple shape), it is largely visceral. The places where fat accumulates in your body are influenced by heredity and hormones, but also by lifestyle. Lifestyle factors that may lead people to accumulate visceral fat include lack of exercise, poor diet and stress.

Waist circumference – Know your waist circumference measurement. You may be more likely to get health problems from visceral fat if your waist measures more

than 35 inches for women or 40 inches for men. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Keep the tape snug and make sure that it is horizontal around your waist.

Please note that waist circumference can be used as a screening tool, but it is not diagnostic for any health condition or the overall health of an individual.

How can you reduce belly fat?

Here are four tips to help you lose visceral fat:

Exercise – Exercise is key to prevent and lose belly fat. Stay physically active throughout the day and schedule time for structured exercise. Moderate-intensity physical activity – at least 30 minutes per day – is key in helping you to control your weight and lose belly fat. Moderate-intensity activities include taking a brisk walk, riding a bike and dancing, to name a few. Check with your doctor before you start a new exercise plan.

Diet – Diet alone is not enough to reduce deep belly fat. However, diet does play an important role. Pay attention to portion size. Eat a whole foods diet which emphasizes complex carbohydrates (fruits, vegetables and whole grains) and lean protein over simple carbohydrates such as white bread, pastries and sugary drinks. Replace saturated fats and trans fats with unsaturated fats including monounsaturated fats (found in olives, avocados and certain nuts and seeds) and polyunsaturated fats (found in sunflower, soybean and flaxseed oils). Eat plenty of soluble fiber such as flax seeds, avocados and legumes. Soluble fiber helps slow down food as it passes through your digestive system, so you feel full and naturally eat less.

Don't Drink Too Much Alcohol – Excessive alcohol intake has been associated with increased belly fat. Drink alcohol in moderation or abstain completely.

Manage Stress – Stress can make you gain belly fat by triggering your adrenal glands to produce cortisol, the stress hormone. Deep breathing, yoga and

meditation are great stress relievers.

In summary, excess visceral fat can lead to serious health problems. Engaging in daily physical activity for at least 30 minutes, eating a healthy diet, limiting alcohol intake and managing stress are good ways to reduce visceral fat and support healthy longevity.

*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 inquiries to info@drjulierosenberg.com.**

Medical Center Offering Scholarships

With a mission of promoting innovation, education and research within the Southwest Florida community, Lee Health's Shipley Cardiothoracic Center is donating \$150,000 to Florida Gulf Coast University (FGCU) to support bioengineering students.

The \$150,000 will be dispersed through the Lee Health Foundation over a period of three years, at \$50,000 a year, through student scholarships.

The funds will be used to support FGCU bioengineering students in their junior and senior years. In addition to student scholarships, the donation will also be used to support the students' professional development through conferences, travel, internships and other opportunities. The goal is to engage the students in the research, clinical delivery and community engagement that the Shipley Cardiothoracic Center participates in throughout the year.

"Through this fund, we are training the leaders of tomorrow. FGCU is such an important community partner, and we are proud to be able to provide this donation, which will create the Shipley Center Scholars Program Fund," said Dr. Paul DiGiorgi, cardiothoracic surgeon at Shipley Cardiothoracic Center. "We hope to gain insight from the students as they conduct research, gather data, observe cases, etc., while also hoping to inspire the students to continue in biomedical engineering careers and learn from the surgeons here."

The Shipley Cardiothoracic Center is Lee Health's cardiothoracic surgery program. It's the largest program in the region, performing over 1,600 surgical cases annually. The center is located

within HealthPark Medical Center, which is recognized as an IBM Watson Top 50 Cardiovascular Hospital. HealthPark is the only hospital in Florida to receive this recognition for four consecutive years.

The Shipley Cardiothoracic Center has had a long-standing partnership with FGCU that includes various educational projects and collaborative efforts with the university's software engineering and bioengineering students, including an internship program called the Shipley Center Scholars.

"The Shipley Center Scholars program is an amazing opportunity for our students to gain relevant clinical exposure to the needs and problems associated with healthcare today. Working directly with the physicians, nurses and staff of Lee Health, these students will be able to translate their experiences in the hospital to project and research opportunities within our bioengineering program," said Dr. Chris Geiger, associate professor and chair of the Department of Bioengineering at FGCU. "In addition to funding for tuition, the program will provide students with experiential learning opportunities through a summer internship, as well as additional support to disseminate their findings at regional and national conferences. We are extremely grateful to the Shipley Center and look forward to continuing to enhance the relationship we've built with them over the last several years."

To learn more about the Shipley Cardiothoracic Center and how you can support this program and others, visit www.leehealthfoundation.org.*

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, May 21 from 9 a.m. to 2 p.m.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.rmhcswfl.org.*

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Lee Health Names Chief Nursing Officer

With more than 20 years of nursing experience, Jennifer Higgins has been named chief nursing officer for Lee Health. She had previously been serving as the interim chief nursing officer.



Jennifer Higgins

In her new role, Higgins will be responsible for leading nursing strategies that support Lee Health's mission, vision, values and objectives. She will work with other leaders within the health system to develop continuous improvement strategies for clinical quality, safety and patient experience programs.

Higgins will also create strategies for the recruitment and retention of high-quality nursing staff to Lee Health.

Higgins began her career at Lee Health in 2000 when she joined the health system as an emergency room nurse. Throughout the years, she progressively advanced through a variety of key senior operational roles before being appointed chief nursing officer. Her most recent position was chief nurse executive at Gulf Coast Medical Center, where she collaboratively developed a comprehensive transformation plan that included the successful opening of the first phases of the Gulf Coast Medical Center expansion project. As a part of the expansion, she also successfully moved the oncology program from Lee Memorial Hospital to Gulf Coast Medical Center

and opened a new 52-bed ICU (intensive care unit) tower.

Additionally, Higgins' leadership led to the early opening of 216 new acute care beds to help Lee Health manage the patient surge associated with the COVID-19 pandemic.

"Jennifer's nursing leadership experience, along with her dedication to supporting our nurses while providing the highest quality of care to our patients, made her the perfect choice to serve as Lee Health's chief nursing officer," said Dr. Scott Nygaard, chief operating officer of Lee Health. "She is a proven leader and will continue to elevate and advance the professional practice of nursing at Lee Health."

"I am so grateful to work with such a wonderful team. Our nurses at Lee Health are the best of the best," said Higgins. "I am honored to have been chosen for the chief nursing officer role, I look forward to all that we're going to accomplish."

Higgins has achieved several advanced certifications, including nurse executive advanced certification, certified emergency nurse and advanced trauma nursing. She also participated in the Wharton Nurse Leaders Program, American Organization for Nurse Executives and is a past board member of the Southwest Florida Organization for Nurse Executives. She currently serves on the Greater Fort Myers Chamber of Commerce Board of Directors.

Higgins earned a diploma in nursing from St. Luke's School of Nursing, a bachelor of science in nursing from the University of South Florida and a master of science in nursing from Walden University. She is currently enrolled in a doctor of nursing practice program at Walden University.

Higgins will continue to serve as chief nurse executive at Gulf Coast Medical Center until a permanent replacement is hired.✪

Free Workshop On Managing HIV

More than 1.2 million people in the United States have HIV (human immunodeficiency virus), according to the Centers for Disease Control and Prevention (CDC). In Lee County, the Florida Department of Health estimates around 2,300 community members are living with HIV, and that number continues to grow.

Lee Health is offering a free self-management program in partnership with McGregor Community Services. The next six-week virtual workshop will run from May 19 through June 23 and is focused on education and awareness.

"There is a need for this kind of a program in our community, and at Lee Health, we want to meet that need," said Sharon Krispinsky, RN, chronic health program coordinator with Lee Health. "That's why we're offering a free workshop designed to teach a variety of tools to actively self-manage this condition. The workshop is for those living with HIV and their loved ones."

HIV is a virus that attacks the body's immune system and, if not treated, can

lead to AIDS (acquired immunodeficiency syndrome). While there is no cure for HIV, with proper medical care, it can be controlled and managed. People with HIV who get effective treatment can live long, healthy lives.

The McGregor Clinic is one of the largest providers of HIV care in Southwest Florida. McGregor Community Services is a division of the clinic that offers different services to the community through free HIV rapid testing, education, mobile unit outreach and community mobilization. Its team members have volunteered to teach the self-management workshop.

Through the program, which was originally developed by Stanford University, participants will learn how to: live with a chronic condition; more easily manage medications; understand the benefits of exercise; make smarter decisions related to healthy eating; work more effectively with health professionals; understand ways to manage difficult emotions; and improve sleep through different methods and tools.

"The techniques taught in this class are proven to help those with HIV successfully manage their condition," said Amy Zamot, prevention director at The McGregor Clinic. "Those with HIV and their loved ones who attend the workshop will meet

and gain support from others, which is so important in self-management of the virus."

Virtual and in-person sessions are offered throughout the year. Participants of the program will be in small, confidential groups, and the classes will be interactive.

To register, call 343-9264 or visit www.leehealth.org.✪

Hospitals Earn Top Grades For Patient Safety

The Leapfrog Group released its Spring 2021 Hospital Safety Grades, awarding Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital each "A" grades for the fifth straight reporting period. HealthPark Medical Center earned an "A" grade for the fourth straight reporting period.

"I want to thank the entire Lee Health team for continuing to provide the safest and highest quality of care to the patients we serve," said Dr. Larry Antonucci, president and CEO of Lee Health. "It is an honor to be recognized once again by Leapfrog for achieving the highest national standards in patient safety. These 'A' grades speak to the kind of care patients can expect in our hospitals."

The safety grade assigns letter grades of A, B, C, D and F to hospitals across the country based on their performance in preventing medical errors, infections

and other harms.

Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,700 U.S. acute-care hospitals twice per year. The Leapfrog Group's grading system is peer-reviewed, fully transparent and free to the public.

Since 2000, The Leapfrog Group has promoted improved healthcare safety, quality and affordability in the United States through a commitment to transparency.

"It's clear Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital are on a never-ending quest to keep patients safe through thick and thin," said Leah Binder, president and CEO of The Leapfrog Group. "This likely saved many lives through the pandemic and prepared for future health emergencies. I thank these hospitals' leadership and inspiration in these trying times."

Lee Health's raw score was:

Cape Coral Hospital – 3.2886

Gulf Coast Medical Center – 3.1928

HealthPark Medical Center – 3.3128

Lee Memorial Hospital – 3.4021

Children's hospitals are not included in The Leapfrog Group's Spring grades, but Golisano Children's Hospital has been named as a top children's hospital by The Leapfrog Group four times.

To learn more about Leapfrog's Spring 2021 Hospital Safety Grades, visit <http://www.hospitalsafetygrade.org>.✪

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Beautifulife:

Balance

by Kay Casperson



I have to admit that this is one of the most important words to me and is one of the main areas where I continue to inspire others. Balance is essential to living your best and most beautiful life every

single day. It is not a simple thing to do; in fact, it takes commitment and tenacity to make this a reality in your life, so many people fail to make it happen. But, it is never too late to change just a few things to get it right.

I have unfortunately seen many individuals too focused on one thing they think is essential. Then, failing to give proper attention to another that could actually be more important.

A job can be enticing because of the pay, but are you taking time out to spend quality time with your family and friends? Being a mom is the most important role you can ever play, but are you continuing to explore your dreams and goals?

Responsibilities can be overwhelming, but are you making sure your health is at the forefront by getting regular health checks?

Balance can sometimes be hard to achieve because most of us get so focused on one thing and then get so wrapped

up in it that we forget to think about the other things that make our lives complete.

Here are a few ways to have balance in your life to be successful in everything you do.

Keep a good combination of science and nature when it comes to your health. Get regular checkups with your family physician, but also look into your daily nutritional needs. Explore ways to supplement with vitamins to fulfill the areas that are lacking in your diet.

Take time out each day to focus on something that makes you happy. Maybe a sport, a workout, a good read, listening to music, cooking or a hobby. All work and no play can lead to a life of unbalance and unhappiness.

If you are a parent, make sure you focus on having a healthy balance of being a friend and a mentor to inspire your child to follow your lead.

Make your faith and family a priority, and your work life will automatically fall into place. You will then find more fulfillment in everything you do.

Balance can be a struggle for most, but if we can figure out how to do it based on our lifestyles, the best is yet to come. Remember, a little bit of this and a little bit of that is far better than all or nothing. Success comes from enjoying all that life has to offer.

My affirmation for you this week is: "I am making it a priority to have balance in all areas to live my best and most beautiful life."

Kay Casperson is a beauty and lifestyle expert, founder and CEO

of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across

the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✧

dearPharmacist

Supplement Receives Unfair Bannishment

by Suzy Cohen, RPh



Dear Readers: N acetyl cysteine is an amino acid that is useful to you to make glutathione in your body. The glutathione is a potent liver

antioxidant.

Cysteine is a natural compound and N acetyl cysteine (NAC) is a dietary supplement. That's how you can find it in health food stores, as "NAC." But you won't find it for long, so if you want NAC, you should buy it now. It's already virtually gone from Amazon!

There's a disagreement between the Food and Drug Administration and the dietary supplement industry over how legal it is for dietary supplements to put this amino acid into their supplements. The NAC is also available by prescription. It is forcing Amazon and other selling platforms to take sides on the issue.

NAC has many health benefits. As a prescription drug sold as Mucomyst, it is used as the antidote for acetaminophen poisoning when people overdose on that analgesic. It's used in the emergency room in hospitals nationwide. The prescription version will continue to remain available, I am only referring to the supplements getting banned.

As a popular health food store item,

NAC has sold quite well for many other reasons. It's useful as an antioxidant and non-prescription expectorant because it can loosen mucus in the air passageways. It makes breathing easier and more comfortable.

NAC sold like hotcakes last year for obvious reasons during the pandemic. NAC is used for immune system health. Furthermore, NAC is used as a precursor nutrient for people who want to make more glutathione in their body, which is useful as a liver protectant. Your own body makes glutathione in the liver, and again, cysteine (or NAC) is one precursor nutrient that is essential to making glutathione.

NAC is in trouble now, and thousands of brands of NAC supplements (including my own Immune Script which contains NAC as part of the blend) has been instantly removed from Amazon with no notice. And, over time, every single brand of NAC will be gone from the Amazon marketplace, and millions of you will be unable to buy it as a supplement.

This is your courtesy reminder to purchase NAC while it's still available at your local health food store, or at your favorite online vitamin shop. I have some at my own shop left if you're interested. To learn about the medical benefits that NAC provides, just do a quick search on "pubmed" and you'll see thousands of scientific studies. This is an important supplement and a bottle of it could stay fresh for several years in case you need it one day. If you'd like to receive updates about NAC, sign up for my newsletter 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.✧

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Animal Services Offering Checks On Microchips

Lee County Domestic Animal Services will host a Check the Chip event on Wednesday, May 19 from 9 a.m. to noon so that pet owners can be certain their pet's microchip is up to date or get one if needed.

May is national Chip Your Pet Month. Checking for a chip is one of the first things a shelter or rescue does when a pet is brought in. Studies show that microchipping greatly increases the chances an owner will be identified; about 74 percent of found dogs and 63.5 percent of cats turned into shelters were reunited with their owners.

The event is just in time for the upcoming hurricane season when there is a greater potential for pets to be separated from their owners.

During the Check the Chip event, pet owners will have the opportunity to have

pets scanned to verify they are chipped and the information is current. Pets can be microchipped during the event for \$10. Call 533-7387 to schedule an appointment.

The Lee County Sheriff's Office will also be on-hand with information on its ReUnite Program, a community-based collaborative program between the Lee County Sheriff's Office and the United Way. The goal of this program is to assist first responders in search-and-rescue operations for at-risk individuals with cognitive and/or behavioral disorders who may be prone to wandering or getting lost. The program is free.

ReUnite makes use of Scent Evidence K9 kits, bloodhounds and technology. By registering those at high-risk, search times are reduced in comparison to programs that provide a singular process.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com or call 533-7387 for more information. Owners must bring dogs on non-retractable leashes and cats in hard-sided carriers.✧

Doctor and Dietician

Tinnitus And Spine Instability Connection



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

We can't tell you how often we have random conversations with someone and the topic of tinnitus (or ringing in the ears) comes up. Tinnitus has become a major problem for many people. It is a term used to describe sounds in the ear such as ringing, humming, or even a whooshing sound. The sound is typically constant but may occur with certain head movements. Millions of people suffer from this and have tried many modalities, but end up only managing the condition, not curing it. Left untreated, it has significant negative impacts on sleep, concentration ability, social activity, mood and can severely impact people's lives.

At Caring Medical, we have been successfully treating tinnitus for many years. You may wonder how? We always search for underlying causes of any conditions. The cause? The neck. Yes, that's right. The idea that treating cervical (neck) spine instability as a method of treating tinnitus is an idea that we, as well as many researchers and clinicians, have had for a long time. Yet, recent research still presents this idea as "novel or new." In a recent article in *The International Tinnitus Journal*, Dr. Henk Koning, MD, PhD, stated, "...at the very onset treating cervical spine disorder can result in a reduction of tinnitus."

In our experience, many patients report ear pain, fullness and/or sensitivity to sound. Their history includes many visits to ENT, audiologists and other specialists. Some may receive the diagnosis of

Meniere's disease. What we have found is that tinnitus may be triggered by instability issues in the neck. Patients often report things like, "I have extreme tinnitus which gets better or worse when I rotate my neck. When I move my head from side to side, it gets better. When I move my head up and down, it gets worse and then my jaw hurts." When people report these types of scenarios, it leads you to the cause – cervical instability.

Cervical neck ligaments are the main stabilizing structures of the cervical facet joints in the upper spine and have been implicated as a major source of chronic neck pain. Comprehensive diagnostic testing, including digital motion x-ray, can visualize the site of hypermobility that results in the symptom of tinnitus, and other things such as neck pain, headaches, vertigo, brain fog, anxiety, TMJ and others. The vagus nerve runs down both sides of the neck, close to the cervical vertebrae. Degenerative damage in the neck can impact the function of the vagus nerves and result in sympathetic symptoms such as tinnitus. We contend that the use of comprehensive prolotherapy appears to be the most effective treatment for chronic neck pain and instability, especially when due to ligament laxity. The technique is safe and relatively non-invasive and presents a non-surgical, in-office option for treating this potentially debilitating condition.

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

Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html. Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My boyfriend is an introvert, and I tend to be more extroverted. Is this a bad thing?

A: Not at all. Introversion and extroversion are not always as distinct as they seem. I like

to think there is a spectrum if you will. Not every introvert is going to isolate in a social situation and not every extrovert is going to be gregarious with everyone. In fact, extroverts may only be more social around those whom they know well and socialize with. They may not be that way with others. Both introvert and extrovert types may only come out of their shells in the right circumstances; so with the two of you, it would be good to discover together what types of things you enjoy as a couple versus a group. Do you like to do things with others or be more to yourselves? Be willing to compromise and strike a balance that works. The introvert/extrovert scale can also change as you age.

If you take the Myers-Briggs Type Indicator, you will have specific introvert/extrovert types, yet this is not cast in stone. Several years later, you could take the inventory and change the scale of

your type. There is no good, bad, right or wrong. Be comfortable in your own skin and communicate what works for each of you as individuals and as a couple.

*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.**

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Mosquito season typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting the LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district will dispatch personnel to conduct a mosquito count and, if warranted, will fog or spray the area. For more information regarding mosquito control on Sanibel, visit Lee County Mosquito Control District's website at www.lcmcd.com.*

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- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol..... 278-7100
- Poison Control..... 1-800-282-3171
- Chamber of Commerce..... 472-1080
- City Council 472-4135
- City Building Department..... 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
- 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 393-2787
- Naples Philharmonic..... 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA..... <http://abwasanibelcaptiva.org>
- American Legion Post 123..... 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL..... <https://www.audubonswfl.org/>
- Audubon Society..... 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 984-5920
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service..... 472-0404
- Horticultural Society of the Islands..... 472-6940
- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 . . . 433-2000
- Zonta Club 728-1971

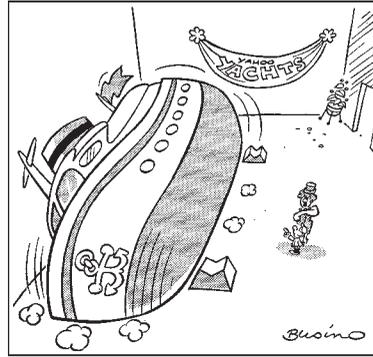
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PUZZLES

Answers on page 55

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!



"How many times have I told you not to _____ things?"

Insult
RESCU _____

Fashion
LYTES _____ _____

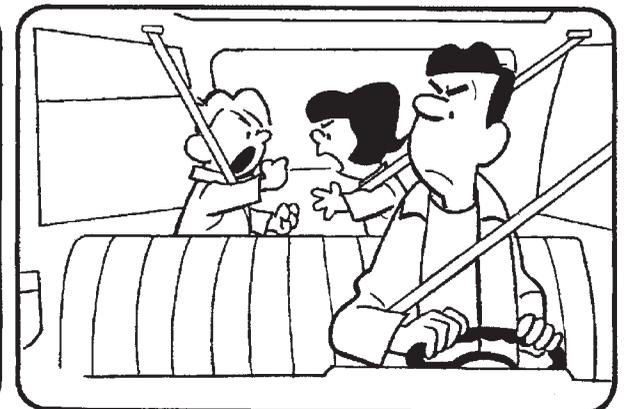
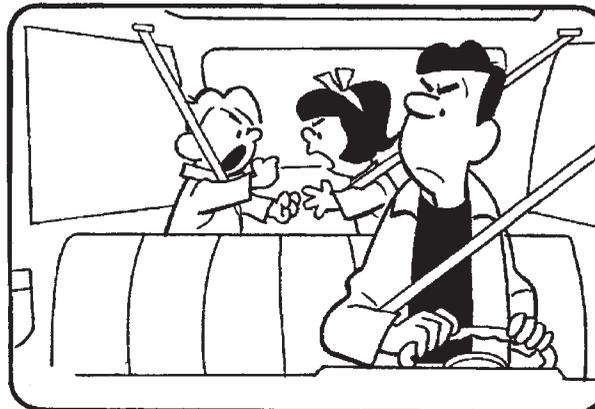
Direct
PINTO _____ _____

Accuse
CHEGAR _____ _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

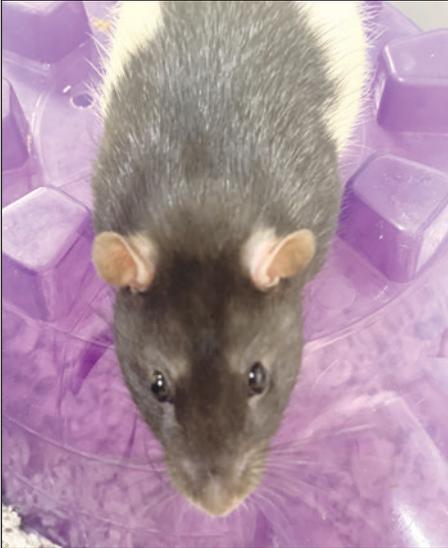
Differences: 1. Bow is missing. 2. Shirt is different. 3. Arm is lowered. 4. Steering wheel is different. 5. Window is open. 6. Seat is different.

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.

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

PETS OF THE WEEK



Tyler ID#: A861737 photos provided

Lee County Domestic Animal Services

Tyler And Holly

Hello, my name is Tyler. I am a brown and white 1-year-old male rat that is extremely social. I will walk up to the cage to greet you. I welcome attention. Rats are known to make lifelong bonds because of their social nature making great pets. They are highly intelligent and easy to train. Rats can learn their names and perform basic commands such as sit, roll-over, come and lay down. My adoption fee is \$5.

Hi, I'm Holly. I am a white 7-year-old female boxer that was formerly known as 8 Ball. I was found in Lehigh with my sister Lil Mama. We were both wearing collars that had "I need a home" written on them. Lil Mama has found her home,

Holly ID#: A864725

so I am waiting for my family to come. I am very sweet and good with other dogs. I was quite motherly with my 5-month-old sister. My adoption fee is \$30.

Lee County Domestic Animal Services is celebrating Prom Season this May by reducing adoption fees. Adult dogs are just \$30 and adult cats just \$25 with an approved application. Each week, we will crown a Prom King and Prom Queen whose adoption fees will be waived.

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

Applications Being Taken For Alligator Hunting

Now is the time to plan for Florida's upcoming hunting seasons if you're interested in applying for the Florida Fish and Wildlife Conservation Commission's (FWC) alligator harvest permits or fall hunts at a Florida wildlife management area or national wildlife refuge.

Florida has a stable and healthy alligator population that allows for sustainable hunt opportunities through the FWC's Statewide Alligator Harvest Program. To take part in Florida's August 15 to November 1 alligator season, you'll need an alligator trapping license, a statewide alligator harvest permit and two hide validation CITES tags. Cost is \$272 for Florida residents, \$22 for those with a Florida Resident Persons with Disabilities Hunting and Fishing License, or \$1,022 for nonresidents. The alligator harvest permit allows for the harvest of two alligators in a designated harvest unit or county.

Every year, about 7,000 alligator harvest permits are issued through three random drawings and a final leftover phase. The demand for Florida alligator harvest permits is high and random drawings are used to provide a fair unbiased way to issue them.

This year, the dates to apply for alligator harvest permits are as follows. All application periods start at 10 a.m. on the first day of the application period and run through 11:59 p.m. on the final day:

Phase I Applications – May 7 to 17
Phase II Applications – May 21 to 31

Phase III Applications – June 4 to 14
Phase IV Leftovers – June 17 until filled or final hunt date.

Anyone who will be age 18 or older by August 15 and has a valid credit card may apply for alligator harvest permits at www.gooutdoorsflorida.com or in person at a license agent or tax collector's office. Learn more about the alligator harvest permit application process by visiting www.myfwc.com and clicking on "Limited Entry/Quota Hunts" under the "Buy and Apply" drop down menu.

To give yourself the best chance of being issued an alligator harvest permit, make sure you:

Submit all 12 choices in the application. However, listing the same area/period multiple times will not give you a better chance of being selected for that area.

Choose areas that offer more permits to increase your odds of being drawn.

Are willing to hunt every location you select. If you're successful in the drawing, you'll be charged the amount for the permit awarded to you.

Be aware the South Florida Water Management District is undertaking major construction projects this year at STA-1W and STA 2 on behalf of its mission to safeguard and restore south Florida's water resources. The heavy equipment traffic associated with levee/ditch work and vegetation removal means a portion of STA-1W South and all of STA-1W North and STA 2 are closed to alligator hunting during 2021.

The FWC offers several tools to help you with the application process. Find application worksheets, a harvest unit map and listing, and application tips by visiting www.myfwc.com/alligator and clicking on "Statewide Alligator Harvest Program."**

My Stars ★★★★★

FOR WEEK OF MAY 10, 2021

Aries (March 21 to April 19) You're the first sign in the Zodiac and like to take the lead wherever you go. But this time, you'd be wise to follow someone who has much to teach you.

Taurus (April 20 to May 20) Your adversary hasn't given up trying to undermine you. Continue to stay cool – someone in authority knows what's happening.

Gemini (May 21 to June 20) Spring brings a positive aspect for relationships. Paired Twins grow closer, while the single set finds new romance – perhaps with a Leo or Libra.

Cancer (June 21 to July 22) Wavering aspects this week mean weighing your words carefully to avoid misunderstandings.

Leo (July 23 to August 22) You could soon be on a new career path in pursuit of those long-standing goals, but don't cut any current ties until you're sure you're ready to make the change.

Virgo (August 23 to September 22) A former colleague wants to re-establish an old professional connection. It would be wise to make the contact, at least until you know what he or she is planning.

Libra (September 23 to October 22)

A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck.

Scorpio (October 23 to November 21) A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well. Start with a plan to travel more.

Sagittarius (November 22 to December 21) A friend needs your kind and caring advice, but you need to know what he or she is hiding from you before you agree to get involved.

Capricorn (December 22 to January 19) Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to re-establish your once-close relationship.

Aquarius (January 20 to February 18) Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. A workplace situation will, I'm pleased to say, continue to improve.

Pisces (February 19 to March 20) Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

Born This Week: You are both emotional and sensible. You enjoy being with people. Good career choices include teaching, performing and the clergy.

MOMENTS IN TIME

• On May 22, 1455, the battle of England's War of the Roses begins in St. Albans, 20 miles northwest of London.

The forces of House of York, whose badge was a white rose, defeated the red-rose House of Lancaster. Both families claimed the throne and the war would stretch on for 30 years.

• On May 23, 1934, famed fugitives Clyde Barrow and Bonnie Parker are killed in a police ambush near Sailes, Louisiana. They died in a two-minute fusillade of over 150 bullets. The Barrow Gang was believed responsible for the deaths of 13 people, including nine police officers.

• On May 21, 1955, then-unknown singer Chuck Berry pays his first visit to a recording studio and cuts *Maybellene*. The song became a No. 1 R&B hit and a top 5 pop hit. It helped that DJ Alan Freed played the record for two hours straight during his WINS radio show in New York City.

• On May 17, 1965, after a two-year investigation, the FBI declares the supposedly pornographic lyrics of *Louie Louie* to be officially unintelligible.

• On May 18, 1980, Mount St. Helens, a volcanic peak in southwestern Washington, violently erupts. The massive blast killed 57 people and leveled nearly all vegetation as far as 12 miles away.

• On May 19, 1997, a 3-year-old boy dies of avian influenza in Hong Kong. Before the outbreak was controlled, six people were dead and 1.6 million domestic fowl were destroyed. The virus mutated and caused 62 more human deaths in Asia by 2005.

• On May 20, 2007, Fox's long-running animated series *The Simpsons* airs its 400th episode. *The Simpsons* debuted in December 1989 with a special Christmas show, *Simpsons Roasting on an Open Fire*. Its success paved the way for other adult-oriented animated series, notably *King of the Hill*, *The Family Guy* and *South Park*.

NOW HERE'S A TIP

• We heard from JD in Northern Colorado about a recent tip on egg carton use. He wanted to remind me that while Styrofoam egg cartons may be easily recyclable in some places (I take them to my local grocery store), that's not true for all states. Thanks for the reminder, JD, and for being a reader. Maybe it's time to lobby our grocery chains to switch to cardboard cartons.

• "I put dryer sheets in any size wastebasket. One can put three or four folded out to stand up and put a bag in the basket for a fresher smell. Change

continued on page 54

PUZZLES

Answers on page 55

Super Crossword

HANGING FRUIT

- ACROSS**
- 1 Muscat dweller
 - 6 Imitate Daffy Duck
 - 10 Chest muscles, informally
 - 14 Coalition
 - 18 Billiards shot
 - 19 Not duped by
 - 20 Folk legend Guthrie
 - 21 Not-yet-final software
 - 22 Involving three parties
 - 24 One of the Clue suspects
 - 27 1971 Stanley Kubrick film
 - 29 "Shop — you drop!"
 - 30 Sully
 - 31 Middling
 - 32 Old Italian painter
 - 36 Singer Rawls
 - 37 Honcho
 - 41 Gruesome
 - 44 Louvre, e.g.
 - 46 False names
 - 50 Explorer — de León
 - 51 Shakers or Quakers
 - 52 Most malicious
 - 53 Tiny fraction of a joule
 - 54 Heroine in Nintendo's Mario games
 - 59 State boldly
 - 60 Lisa of pop
 - 62 More than friendly
 - 63 Rock
 - 66 Dictator Idi
 - 68 Have control over
 - 70 Hawaii's Mauna —
 - 71 Lindsay of "Mean Girls"
 - 72 Come to
 - 73 New York City is said to be one
 - 75 "Beetle Bailey," e.g.
 - 77 Stuck — rut
 - 78 Attain
 - 79 "Quit it!"
 - 80 Home pest
 - 81 Mexican folk musician
 - 86 WWII-era British gun
 - 88 Collins of rock and pop
 - 90 Fluorescent green
 - 92 Period
 - 93 Slaved away
 - 97 Some Korean cars
 - 98 The Antilles, e.g.
 - 100 Tangle up
 - 101 Some shiny plastics
 - 104 Private college in the Bay State
 - 106 Chew like a rodent
 - 107 Ending for acetyl
 - 108 Legendary hero of Athens
 - 110 Regatta gear
 - 114 "In case it's true ..."
 - 116 Hotel phone abbr.
 - 117 It may follow "Use by" on a label
 - 124 Of no value
 - 128 Irvine locale
 - 129 Swamp grass
 - 130 Prefix with present
 - 131 Contends
 - 132 Singer Bonnie
 - 133 Concocted
 - 134 "Auld — Syne"
 - 135 Apropos of
 - 136 Lauder of perfume
 - DOWN**
 - 1 Nona- minus one
 - 2 Painter Chagall
 - 3 Edible pomegranate part
 - 4 Court plea, in brief
 - 5 Desktops since 1998
 - 6 Bygone theater chain
 - 7 Like some hotel dining
 - 8 Antares, e.g.
 - 9 Tyler's successor
 - 10 Infant food
 - 11 Transgress
 - 12 Attire
 - 13 Capital of Bulgaria
 - 14 Small pellets of shot
 - 15 Not including
 - 16 Peter of "Masada"
 - 17 Len of stage and screen
 - 23 Ref's ring decision
 - 25 Krypton, e.g.
 - 26 See 24-Across
 - 28 See 27-Across
 - 33 "Speechless" ailer
 - 34 Set up, for short
 - 35 Actress Susan
 - 37 Scot's cap
 - 38 Bullring shout
 - 39 Zadora of "Hairspray"
 - 40 See 37-Across
 - 42 Resembling a gorilla
 - 43 Crowns for nobles
 - 45 Spring (from)
 - 47 Fourth prime
 - 48 Suffix of languages
 - 49 Sipping aid
 - 51 Transgress
 - 55 Fab Four drummer
 - 56 Actress Hayek
 - 57 Impassive
 - 58 See 54-Across
 - 61 "Against the Wind" singer
 - 63 Gunky stuff
 - 64 Pitch-related
 - 65 United Airlines hub
 - 67 Houdini's skill
 - 69 Looker-on
 - 74 See 73-Across
 - 75 Tots' beds
 - 76 Dark Chinese tea
 - 82 Gunky
 - 83 Slanted
 - 84 Uninvited partygoer
 - 85 That fellow's
 - 87 "Thy Neighbor's Wife" author
 - 89 Solo of "Solo"
 - 91 See 90-Across
 - 94 Flew on foot
 - 95 Period
 - 96 Glistening grass stuff
 - 99 Mu — chicken
 - 101 Blood carrier
 - 102 Give knowledge
 - 103 Lipton rival
 - 104 Respiratory woe
 - 105 One slaving away
 - 109 Laud
 - 111 Spring (from)
 - 112 U.K. mil. branch
 - 113 Grocery, e.g.
 - 115 Due, as money
 - 118 96, in old Rome
 - 119 Ache
 - 120 Nest eggs for srs.
 - 121 Doing the job
 - 122 Evening, in adspeak
 - 123 See 117-Across
 - 125 Praiseful poem
 - 126 "Raggedy" plaything
 - 127 See 124-Across

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17				
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	129											131							132	
												135								136

King Crossword

ACROSS

- 1 Put two and two together?
- 4 Recede
- 7 Crib cry
- 11 Weaving frame
- 13 Standard
- 14 Author Hunter
- 15 Falco of "The Sopranos"
- 16 "The Greatest"
- 17 Donate
- 18 Line dance
- 20 Wife of Jacob
- 22 Moreover
- 24 Like bell-bottoms
- 28 Fragrant flower
- 32 Ouzo flavor
- 33 Sparkling Italian wine
- 34 Nile biter
- 36 Complain
- 37 Daily trio
- 39 Flying horse
- 41 Soup grain
- 43 — of 1812
- 44 Victor's cry
- 46 Small boat
- 50 TV clown
- 53 Tool set
- 55 Traditional tales
- 56 Ms. Brockovich
- 57 Scratch (out)
- 58 List-ending abbr.
- 59 Lights-out tune
- 60 Gender
- 61 Hill dweller
- 9 Dallas hoopster, briefly
- 10 Chemical suffix
- 12 Multi-state lottery with a huge jackpot
- 19 Blackbird
- 21 In the style of
- 23 "CSI" evidence
- 25 Ocho —, Jamaica
- 26 Isaac's eldest
- 27 Cozy rooms
- 28 Doorframe piece
- 29 Cruising
- 30 Flag feature
- 31 Mentalist's gift
- 35 Church seat
- 38 Stitch
- 40 Helium, for one
- 42 Oxen harnesses
- 45 Goddess of victory
- 47 Tiny bit
- 48 Drescher or Tarkenton
- 49 Fedora fabric
- 50 Wager
- 51 Man-mouse link
- 52 Energy
- 54 — -Mex cuisine

DOWN

- 1 Mr. Guinness
- 2 Nitwit
- 3 Slay
- 4 Ecol. watchdog
- 5 Event for Cinderella
- 6 Fleeting
- 7 The Duchess of Sussex who once starred in "Suits"
- 8 Bird (Pref.)

1	2	3	4	5	6	7	8	9	10	
11			12		13			14		
15				16			17			
18				19	20	21				
			22		23	24		25	26	27
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33				34	35		36			
37				38	39		40			
41				42	43					
			44		45	46		47	48	49
50	51	52			53	54		55		
56					57			58		
59					60					61

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Order a Product Out of Stock**

- | | | | |
|-----------|----------|----------|----------|
| Apple-pie | Law and | Natural | Special |
| Executive | Market | Pecking | Standing |
| Firing | Military | Purchase | Written |
| Gag | Money | Short | |

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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	4:57 am	7:12 am	2:12 pm	10:05 pm	Fri	4:02 am	7:14 am	1:17 pm	10:07 pm	Fri	3:45 am	8:11 am	1:53 pm	10:17 pm	Fri	7:07 am	12:39 am	4:22 pm	10:28 am
Sat	2:47 pm	10:52 pm	None	None	Sat	1:52 pm	10:54 pm	None	None	Sat	4:40 am	8:35 am	2:27 pm	10:59 pm	Sat	4:57 pm	1:21 am	None	None
Sun	3:29 pm	11:46 pm	None	None	Sun	2:34 pm	11:48 pm	None	None	Sun	5:36 am	9:10 am	3:13 pm	11:46 pm	Sun	5:39 pm	2:08 am	None	None
Mon	4:19 pm	None	None	None	Mon	3:24 pm	None	None	None	Mon	6:36 am	9:53 am	4:11 pm	None	Mon	6:29 pm	3:02 am	None	None
Tue	5:21 pm	12:44 am	None	None	Tue	4:26 pm	12:46 am	None	None	Tue	7:37 am	12:46 am	5:16 pm	10:41 am	Tue	7:31 pm	4:00 am	None	None
Wed	10:09 am	1:42 am	6:44 pm	12:34 pm	Wed	9:14 am	1:44 am	5:49 pm	12:36 pm	Wed	8:29 am	1:55 am	6:38 pm	11:51 am	Wed	12:19 pm	4:58 am	8:54 pm	3:50 pm
Thu	10:19 am	2:37 am	8:22 pm	2:34 pm	Thu	9:24 am	2:39 am	7:27 pm	2:36 pm	Thu	9:12 am	2:50 am	8:23 pm	2:42 pm	Thu	12:29 pm	5:53 am	10:32 pm	5:50 pm

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* Not Valid With Any Other Coupon Or Offer
 * Price Match Guarantee Applicable With Proof Of 2 Other Estimates From A Licensed Contractor

From page 49

Now Here's A Tip

dryer sheets as often as you like." – SH in Minnesota

• BH in Washington has an interesting tactic to keep ants off her hummingbird feeder, which hangs from a pole. "Cut a small hole out of the bottom of a grocery sack, thread the hole on the pole, slide down about two-thirds of the way, tape the edges to the pole tightly, and let the sack hang down like a bell. You will never have another ant climbing up your feeder pole."

• Get lots of extra bathroom storage by hanging an organizer over the back of the door. Look online and you'll find fancy versions made with drawers and hooks, or just use a good old-fashioned plastic shoe organizer that you can pick up at your local big box for less than \$10.

• To remove a persistent smell from a lunchbox, wash thoroughly with baking soda and dish soap, then hang to dry. Stuff the lunchbox with crumpled up newspaper and seal for a day. Remove

the newspaper, and hopefully the smell with it.

STRANGE BUT TRUE

• Are you a fan of hot peppers? One you might want to avoid is the Dragon's Breath chili pepper, which could kill you by causing a type of anaphylactic shock, burning and even closing your airway. But Mike Smith, its inventor, never intended it to be eaten: It was actually developed for use as a topical numbing agent for people who are allergic to regular anesthetics.

• Only two countries use the color purple in their national flags – Dominica and Nicaragua.

• Steven Spielberg's adaptation of Peter Benchley's *Jaws* made a lot of folks afraid to go back in the water, but perhaps what they should have been more concerned about is the fact that the sea is also home to nearly 200,000 different kinds of viruses.

• It is illegal to enter the House of Parliament while wearing a suit of armor.

• The first person to be charged with driving too fast was Walter Arnold, of

the English village Paddock Wood in Kent. On January 28, 1896, he clocked in at four times the speed limit in his Benz – or a whopping eight mph. A constable chased him down on a bicycle and issued Arnold a ticket.

• Just as earth has earthquakes, the moon has – you guessed it – moonquakes. While less common and less intense than the shakes we know and dread, they're believed to result from tidal stresses connected to the distance between the two bodies.

• The *Elysia cf. marginata*, a type of sea slug, can not only survive decapitation, but grow an entire new body afterward.

• Pineapple works as a natural meat tenderizer. It's packed with the enzyme bromelain, which breaks down protein chains.

THOUGHT FOR THE DAY

"Towering genius disdains a beaten path. It seeks regions hitherto unexplored."

– Abraham Lincoln

TRIVIA TEST

- Geography:** Once known as the Gilbert Islands, what is the current name of the island nation?
- Advertising Slogans:** What product's slogan is, "It gives you wings"?
- U.S. Presidents:** Who was the first president to die in office?
- Movies:** What was the town's name in the movie *It's a Wonderful Life*?
- Anatomy:** In what part of the human body is the ulna located?
- Television:** Which 1960s sitcom featured the catchphrase, "Sorry about that, chief"?
- History:** In which century did England's War of the Roses take place?
- Literature:** The setting of which children's book is a place called Puddleby-on-the-Marsh?
- Math:** What Arabic number is represented by the Roman numerals DCIX?
- General Knowledge:** What does a cytologist study?

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4/23 * 5/14

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HELP WANTED

HOUSEKEEPING

Jensen's Twin Palm Cottages & Marina Resort is seeking a Full-Time Housekeeper to clean guest rooms and respond to guest requests in the hotel's continuing effort to deliver outstanding guest service.

Duties will include:

- Cleaning guest rooms as assigned, including but not limited to: making beds, cleaning bathrooms, dusting, vacuuming, mopping.

- Laundry, changing, and replenishing bed linens, towels, and guest amenities as needed.

- Stocking, maintaining, and transporting housekeeping supply cart on a daily basis Responding to guest requests in a timely, friendly, and efficient manner.

Requirements/Qualifications:

- Successful candidates will excel in a fast-paced work environment.
- Attention to detail is a must.
- Work as a team.

- Housekeeping and laundry experience is preferred, willing to train the right candidate

Please apply:

Jensen's Twin Palm Cottages & Marina Resort
15107 Captiva Dr, Captiva, FL 33924
(888) 208-6829
5/14 * 5/14

HELP WANTED

HELP WANTED

Sanibel Carts is looking for weekend drivers to trailer and deliver golf carts to locations on Sanibel and Captiva. Call 239-500-2278 for more details.
4/30 * 5/14

GARAGE SALE

MOVING SALE

Moving Sale, May 22, 23, 9 to 2,
5859 Pine Tree Drive, Sanibel,
Trapp-Dorman.
5/14 * 5/21

LEGAL

FICTITIOUS NAME

Notice Under Fictitious Name law pursuant to Section 865.09 Florida Statutes NOTICE IS HEREBY GIVEN that the undersigned desiring to engage in business under the fictitious name of "Americas Boating Club of Sanibel Captiva" located at 2173 Periwinkle Way in Lee County, Sanibel Florida 33957, current mailing address PO Box 136 Sanibel Florida 33957, intends to register said name with the Division of Corporations of the Florida Department of State, Tallahassee Florida. Dated at Sanibel Florida this 3rd day of May 2021.
Sanibel-Captiva Sail & Power Squadron Inc.
By Joanne Heroy Giller Commander
5/14 * 5/14

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

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

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

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

TRIVIA ANSWERS

1. Kiribati 2. Red Bull 3. William Henry Harrison 4. Bedford Falls 5. Forearm 6. Get Smart 7. 15th 8. The Story of Dr. Dolittle 9. 609 10. Cells

SCRAMBLERS ANSWER

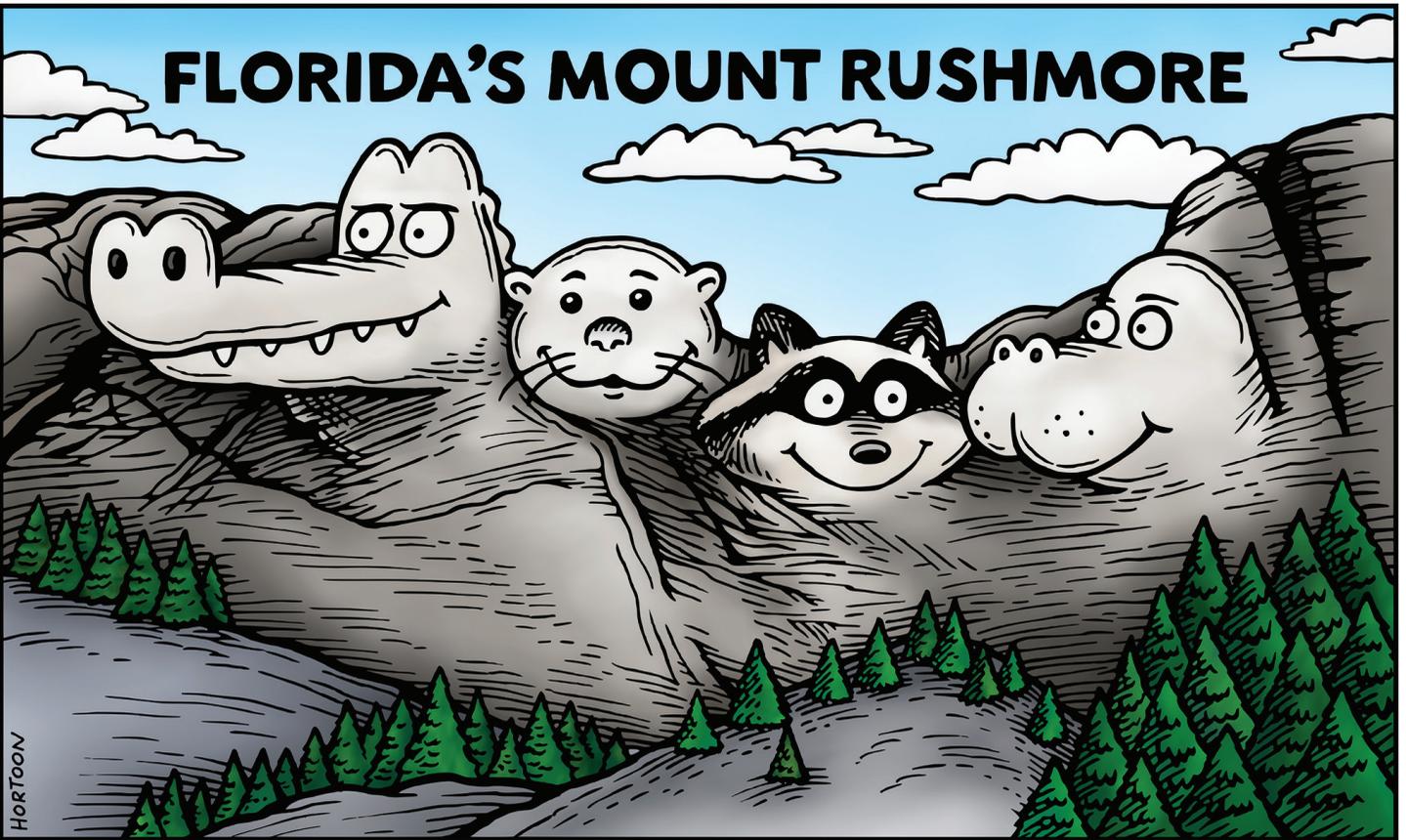
- 1. Curse 2. Style;
- 3. Point; 4. Charge

Today's Word
TOUCH

After 9, it's turtle time!



HORTOONS



PUZZLE ANSWERS

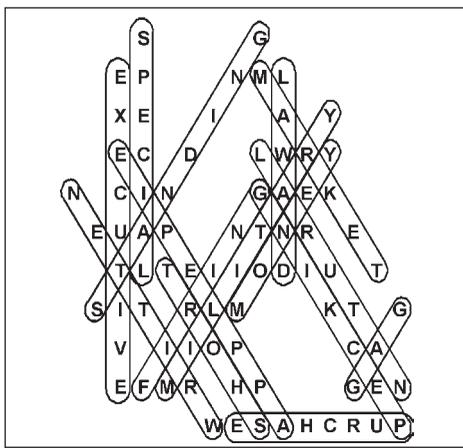
SUPER CROSSWORD

OMANI LISPECS BLOC
CAROM ONTO ARLO BETA
TRILATERAL PROFESSORP
ACLOCKWORKO TILSOIL
SOSO RAPHAEL LOU
TOPB MACABRE MUSEUM
ALIASES PONCE SECT
MEANEST ERG PRINCESSP
AVER LOEB INTIMATE
STONE AMIN OWN LOA
LOHAN WAKE BIGA COMIC
INA GET STOP ROACH
MARIACHI STEN PHIL
ELECTRICL AGE LABORED
KIAS ISLES ENSNARE
VINYL AMHERST GNAW
ENE THESEUS OARS
IFSO EXT EXPIRATIOND
NOTWORTHAF CALIFORNIA
REED OMNI VIES RAITT
MADE LANG INRE ESTEE

KING CROSSWORD

ADD EBB MAMA
LOOM PAR EVAN
EDIE ALI GIVE
CONGA LEAH
AND FLARED
JASMINE ANISE
ASTI ASP MOAN
MEALS PEGASUS
BARLEY WAR
IWON SKIFF
BOZO KIT LORE
ERIN EKE ETAL
TAPS SEX ANT

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2016	5,771	\$7,495,000	\$7,500,000	0
Gulf Shores	Sanibel	2012	4,468	\$7,195,000	\$6,500,000	6
Barefoot Beach	Bonita Springs	2011	5,300	\$5,700,000	\$4,700,000	84
Bonita Beach	Bonita Springs	2019	3,856	\$3,590,000	\$3,450,000	131
Beach Homes	Captiva	1974	3,048	\$3,375,000	\$3,050,000	274
Esplanade Lake Club	Fort Myers	2021	3,794	\$3,100,000	\$3,000,000	432
Sanibel Harbours	Sanibel	1980	1,982	\$2,895,000	\$2,775,000	49
Portofino	Miromar Lakes	2007	3,725	\$2,395,000	\$2,395,000	0
Tuscany Isle	Bonita Springs	2013	4,616	\$2,325,000	\$2,325,000	2
Jose's Hideaway	Upper Captiva	2008	2,917	\$2,395,000	\$2,139,000	233

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