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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 21, 2021

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Campaign Goal Met For New SCCF Preserve

The signs on Periwinkle Way promoting the latest land preservation effort by Sanibel-Captiva Conservation Foundation (SCCF) now bear bright red emblems declaring: "Thank you! You did it!"

That message of appreciation is directed at the approximately 150 families that contributed to SCCF's Periwinkle Wetlands land acquisition campaign. With gifts ranging from \$25 to \$1 million, those donors have assured that 12-plus acres of wildlife habitat running from Periwinkle Way to the Sanibel River will be protected in perpetuity. The alternative had been plans to develop 13 or more homes on the property.

"This is a great day for conservation," said SCCF CEO Ryan Orgera, PhD. "Saving this habitat that connects to other already preserved interior wetlands provides the last piece to a significant wildlife corridor along the Sanibel River. We are also very excited to take an unattractive stretch of land along Periwinkle Way and convert it into a beautiful community gathering place



Lead donors Philip and Roberta Puschel have naming rights to the new preserve
photo by David Meardon

where people can contemplate the beauty of nature that surrounds us."

As previously announced, the lead gift was made by Roberta and Philip Puschel, longtime SCCF supporters and volunteers, who have been granted naming rights to the new preserve. Other naming opportunities granted to major donors for features within the preserve will also be announced after significant work is done on the property.



SCCF CEO Ryan Orgera and SCCF Board President Don Rice thank everyone who contributed to the success of the campaign
photo by Shane Antalick

Before then, intensive restoration will be undertaken to remove Class I invasive exotics including java plum and Australian pines. Surveys are being conducted to see which Class II exotic trees are being used by birds of prey, and care will be taken to leave those in place. Because the property was once

used as a non-native nursery, the ground cover will also need to be restored, with low-lying invasive plants removed on the front three acres of the property.

"We will shortly close on the property for a discounted purchase price of \$2 million," said SCCF Board President

continued on page 24

Photography Exhibit Coming To Shell Museum

The Bailey-Matthews National Shell Museum is hosting a new exhibition titled In Focus: Precision Photography of Extraordinary and Uncommon Shells. The exhibition will open on Saturday, May 29 and run through November 28 during regular museum hours, with paid admission.

The museum's science director and curator, Dr. José H. Leal, has been leading an important project for the museum to build a publicly accessible photo archive of its shell collection. "Along the way, through superb and highly technical photography, the project has revealed in new ways the incredible beauty and uniqueness of these mysteries of nature," said Sam Ankerson, executive director of the museum. "Visitors will now have the opportunity to experience this for themselves in person, in large format, adding a new dimension to our appreciation of shells."

IN FOCUS: Precision Photography of Extraordinary and Uncommon Shells



5.29.21 - 11.28.21

image provided

The museum's collection includes half a million shells from all over the world. The collection embodies a diversity of nature and aesthetic beauty. This new

exhibition of some 60 high-resolution, large-scale photographs, taken in recent years by museum staff, conveys the unique attributes of the universe of

shells and mollusks. It features many species unfamiliar to most collectors and enthusiasts.

Organized by Dr. Leal, the selected photographs were taken for the museum's digital imaging project, which was funded by the Institute of Museum and Library Services. Explore this latest exhibition to see the museum's collection on display in its splendor, and view more at www.shellmuseum.org under the Science & Research and Shell Guide tabs.

Bailey-Matthews National Shell Museum is a natural history museum, and the only museum in the United States devoted solely to shells and mollusks. Its mission is to connect people to the natural world through a love of shells and the marvelous animals that create them. There are more mollusks in the oceans than all marine mammals and fish species combined, and mollusks are becoming extinct due to climate change, ocean acidification and pollution.

Bailey-Matthews Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, visit www.shellmuseum.org or call 395-2233.**



Representatives from the Coalition of Immokalee Workers accepting the donated bikes
photo provided

Bikes Donated To Workers In Immokalee

Billy Kirkland, owner of Billy's Bikes, donated 51 adult bikes, 34 child bikes and 13 child trailers to the Coalition of Immokalee Workers. Kirkland and his staff delivered the bikes on May 10.

Based in Immokalee, the Coalition of Immokalee Workers (CIW) is a worker-based human rights organization internationally recognized for its achievements in fighting human trafficking and gender-based violence at work. The CIW is also recognized for

pioneering the design and development of the Worker-driven Social Responsibility paradigm, a worker-led, market-enforced approach to the protection of human rights in corporate supply chains.

Built on a foundation of farmworker community organizing starting in 1993, and reinforced with the creation of a national consumer network since 2000, CIW's work has steadily grown over more than 20 years to encompass three broad and overlapping spheres: The Fair Food Program, Anti-Slavery Campaign and The Campaign for Fair Food.

Kirkland had been a supporter of the Coalition of Immokalee Workers for many years.**

Tips To Safely Coexist With Alligators

W arm spring weather means the Florida's state reptile – American alligator – becomes more active and visible. It's also a popular time of year for people to enjoy the outdoors with their pets. To help keep people and pets safer when spending time near the water, the Florida Fish and Wildlife Conservation Commission (FWC) is introducing a new graphic outlining important safety tips.

"We wanted to produce a tool with easy-to-remember advice that people could easily share with their friends and family on social media," said Brooke Talley, FWC's alligator management program coordinator. "We hope everyone joins us in getting the word out about simple precautions pet owners should take when in or near the water."

When temperatures rise, the alligator's metabolism increases and they begin moving around more as they seek food. Therefore, you're more likely to see them.

The following tips can help reduce the risk of a conflict with an alligator:

Keep pets on a leash and a safe distance away from the water's edge because pets can resemble alligators' natural prey.

Swim only in designated swimming

areas during daylight hours and never allow your pet to swim in fresh or brackish water.

If you believe an alligator poses a threat to people, pets or property, call FWC's toll-free Nuisance Alligator Hotline at 1-866-392-4286, and a contracted nuisance alligator trapper will be dispatched to resolve the situation.

Serious injuries caused by alligators are rare in Florida. The FWC places the highest priority on public safety and administers a statewide nuisance alligator program to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

The Statewide Nuisance Alligator Program (SNAP) uses contracted nuisance alligator trappers throughout the state to remove alligators believed to be a concern. The FWC also works to keep Floridians and visitors informed, including providing safety information in a video and brochure.

The American alligator, an important part of Florida's wetland habitats, is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.

For more information, visit www.myfwc.com/alligator and click "Living with Alligators."**

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Corps Cannot Sacrifice The Caloosahatchee



submitted by James Evans, SCCF Environmental Policy Director

You might as well forget the term "shared adversity." The Army Corps of Engineers is adopting a new strategy with the next Lake Okeechobee Regulation Schedule that should be termed "redistribution of adversity to the Caloosahatchee" instead.

The new Lake Okeechobee System Operating Manual or LOSOM, will determine when and how much water is released from the lake and where it goes. One of the corps' stated goals for LOSOM is to "balance" all project purposes – flood control, water supply for agricultural, urban and environmental uses, navigation, preservation of fish and wildlife, and recreation.

On May 7, the corps presented its so-called "balanced alternatives" to the Project Delivery Team – a group of government and agency stakeholders overseeing the project. The proposals presented were anything but balanced when it comes to the Caloosahatchee.

Of the five options presented, two would eliminate all flows to the St. Lucie estuary, except when lake levels get above critical levels – resulting in increased high-volume damaging discharges to the Caloosahatchee. One alternative was put together by lobbyists for the Florida Sugar Cane League, labeled the "Lakeside Communities Plan" – need I say more?

The fourth plan would cut back flows to the Caloosahatchee below the minimum needed to sustain the estuary during the dry season, just so water can be held and dumped with toxic algae into the Caloosahatchee in the wet season. The last alternative relies heavily on what the corps calls "operational flexibility," which is corps-speak for

adaptive management.

Over the past couple years, the corps has done a pretty good job by releasing water during the dry season to get water levels low for the wet season. Unfortunately, the LOSOM process has shown that the corps' decisions are based less on science and more on politics. Given this fact, it may not be in the best interest of our coastal communities and natural systems to depend on the political winds to blow a favorable decision our way.

Balance starts with where we measure flows to the estuaries. The corps' proposed alternatives would measure flows to the St. Lucie and Caloosahatchee in different locations with respect to the lake and estuaries. The corps measures flows to the Caloosahatchee at the Franklin Lock (S-79), at the start of the estuary, when lake levels are low or when conditions are dry.

However, when lake levels are high or conditions are wet, the schedule measures flow at the lake at the Moore Haven Lock (S-77). This is important, because when the corps measures at S-77, the target flows do not include watershed runoff. Yet, in the St. Lucie, all flows are measured at the estuary at the S-80 structure and watershed runoff is included. This inequity allows the corps to send much higher flows to the Caloosahatchee regardless of watershed flows, which can make up half of the damaging water we receive in the estuary.

Since the LOSOM process began, the City of Sanibel and other west coast stakeholders have urged the corps to address this by measuring all flows at the Franklin Lock.

If the corps is serious about balancing the purposes of LOSOM, it needs to take a long, hard look in the mirror to see if it is doing the work of the people or the work of a few powerful individuals.

It is unacceptable to sacrifice the public resources of the Caloosahatchee and the coastal communities of Lee County to protect other parts of the south Florida water management system.

Founded in 1967, SCCF's (Sanibel-Captiva Conservation Foundation) mission is to protect and care for Southwest Florida's coastal ecosystems.**

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Gene Viglione

Captiva Island Historical Society

Landmark: History Gallery

This image shows Gene Viglione in the History Gallery in May 2016. The gallery was renovated in 2019.

The History Gallery, developed by the Captiva Island Historical Society, features many

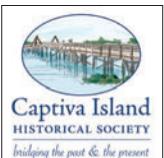


photo courtesy Captiva Island Historical Society Archives

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

Visit the website at www.captivaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva. *

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

Sunday services at 9 a.m. and 11 a.m. in the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical,

non-denominational congregation, 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.

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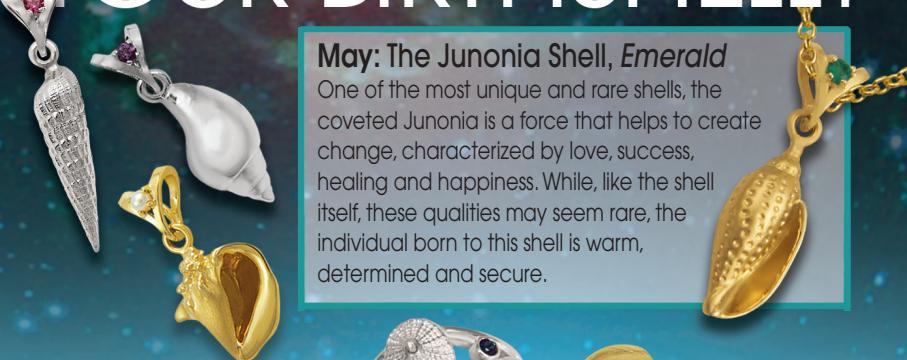
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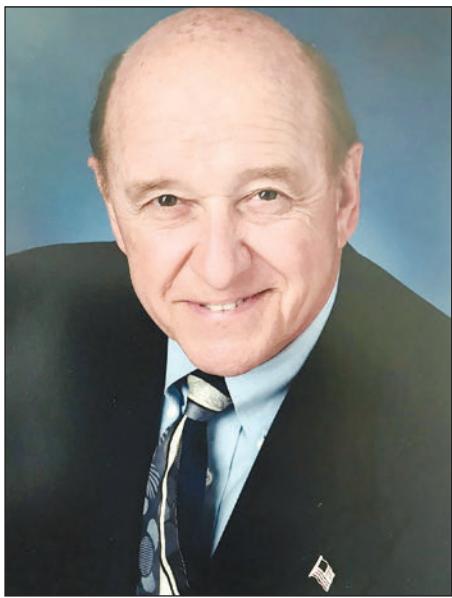
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OBITUARY**ALEXANDER SCOTT LOGAN**

Alexander Scott Logan, 81, died on April 28, 2021 at his home in Fort Myers, Florida from complications of long-standing heart disease.

He was born on May 14, 1939 in Harrisburg, Pennsylvania, the son of Drs. Edward Bates and Louisette (Reichenburg) Logan. He graduated from Susquehanna High School in 1956 and the U.S. Naval Academy in 1960. He furthered his education at the

University of Pennsylvania Law School, the College of Financial Planning and Boston University School of Law, and was a litigation attorney before becoming involved in the world of finance.

As a graduate of the U.S. Naval Academy, Scott spent four years on active duty with the U.S. Navy, then transitioned to the Navy Reserves. He held positions on several destroyers including weapons officer, chief engineer, executive officer and commanding officer as well as commanding officer assignments on coastal and ocean-going minesweepers. He was especially proud of his assignments as commander of the Icelandic Defense Force, commander of the Maritime Prepositioning Force, and deputy commander of the Naval Surface Forces, Atlantic. After 37 years with the Navy, Scott retired in 1993 as a two-star rear admiral.

While he continued his career with the Navy Reserves, he began to simultaneously work in financial services, a career that spanned more than 40 years, with an emphasis on retirement plans, variable annuities and mutual funds. He started as in-house counsel and compliance attorney for J&W Seligman Co., and from there he went on to become a vice president of Massachusetts Financial Services (MFS), where he was responsible for financial plans and services. In 1986, Scott partnered with H. Douglas Wood to form Wood Logan Associates, Inc., an independent wholesale marketing and sales organization dedicated to the

distribution of variable annuities.

As he left official work and proclaimed, "I'm going fishing and I'm not coming back," Scott really didn't retire, but instead became engaged in a number of endeavors involving the financial services industry, the U.S. Navy and personal business. One of his interests involved being a founding member of the National Association for Variable Annuities (NAVA), to which he was inducted into the NAVA Hall of Fame in 1999. Other new ventures involved acquiring a ranch in Florida to grow oranges and raise beef, and buying a mountain in North Carolina to develop. Scott's well-worn daily planner was still being actively used in his final days.

Scott rounded out his life by actively participating in the work of a number of charitable organizations. In addition to serving as a director on several nonprofit boards, his most notable collaboration was with the National Multiple Sclerosis Society. He was honored to be the recipient of the MS Society Hope Award in 1999 for his significant work and contributions toward the research and treatment of multiple sclerosis.

Scott is survived by his wife Susan (Thompson) Logan and his sons Dr. Kent Logan and his wife Kathleen and grandson Alexander of Portsmouth, New Hampshire, and Lance Logan and his wife Jennie and granddaughter Lauren of Fort Myers, Florida. He is also survived by his sister Diane de Terra and his nephew Luc Logan of Burlington,

Vermont; and step-daughter Samantha Didio and her husband James and their children James and Gemma of Fort Myers, Florida.

Scott was predeceased by his first wife Shirley (Yontz) Logan in 1991, with whom he raised his two sons in Scituate, Massachusetts, and by his grandson, Brody Logan, who died in 2011.

In lieu of funeral services and to honor Scott, memorial donations may be made to The Little Red Wagon Fund at Golisano Children's Hospital of Southwest Florida in memory of Brody MacKnight Logan at www.leehealthfoundation.org.*

Top 10 Books On The Island

1. *The Newcomer* by Mary Kay Andrews
 2. *Squeeze Me* by Carl Hiaasen
 3. *Hello Summer* by Mary Kay Andrews
 4. *The Most Beautiful Girl in Cuba* by Chanel Cleeton
 5. *The Venice Sketchbook* by Rhys Bowen
 6. *The Lost Apothecary* by Sara Penner
 7. *Sooley* by John Grisham
 8. *A Gambling Man* by David Baldacci
 9. *Empire of Pain* by Patrick Radden Keefe
 10. *Think Like a Monk* by Jay Shetty
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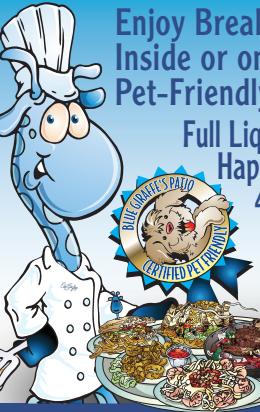
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OBITUARY



**ELIZABETH "BETTY"
GAZDA-SMITH**

After a life-long hard-fought battle with autoimmune diseases and their complications, beloved wife, mother and grandmother Betty Gazda-Smith passed away on May 2, 2021 at her Sanibel condominium. She was preceded in death by her parents, Joseph and Rose Gazda. She is survived by her husband Jerry Smith, son Matthew Smith (Maggie), daughter Rachel Mullin (Jonathan), grandchildren Cole Mullin, Kieran Mullin, Rosalie Smith, Leona Mullin, brother Thomas Gazda and sisters Dianne Gazda and Christine Kramer (Christopher), and many nieces and nephews.

Born in Minneapolis in 1957 and raised in St. Anthony Village, Minnesota, Betty started her career in medicine at the early age of 16, working in the research labs at the University of Minnesota. She graduated valedictorian of Totino Grace High School in 1975. She worked multiple jobs while taking a full course load and put herself through college, graduating summa cum laude from the University of Minnesota in 1979 with a bachelor of science in biology with minors in behavioral biology and biochemistry. She spent one summer session at Itasca Biological Station, where

she met her soulmate and love of her life who became her husband, Jerry.

They married in 1979 at Kings House Buffalo Retreat Center in Minnesota. Betty graduated with an MD degree from University of Minnesota in 1983. It was still early in the days of women in medicine as physicians and, quite a few times, she ran into sexist comments and discrimination, but she never let it get to her or dissuade her from her goals. It was particularly challenging having two children during her medical training years. She completed her internal medicine residency program at Abbott Northwestern Hospital in 1986. She was board certified in internal medicine in 1987.

She went into private practice in internal medicine at Professional Associates of Internal Medicine in the Medical Arts Building, downtown Minneapolis. Betty then went on to become a medical director at Prudential life insurance company, and was promoted to vice president and chief medical officer of individual life insurance. She became board certified in insurance medicine in 1995. She gave speeches all over the country, had a monthly newsletter, *Rx for Success*, and had a regular column in *Broker's World Journal*. Betty was active in the Twin Cities Medical Directors Association, Midwest Medical Directors Association, American Academy Insurance Medicine and ACLI Medical Section. She became self employed as a medical consultant and was CEO of her company, Elizabeth Gazda-Smith MD Inc., providing life insurance medical consultations to Allianz Company.

Betty retired for health reasons after 2014. She battled autoimmune disease most of her life with Hashimoto's thyroiditis, small vessel vasculitis and severe rheumatoid arthritis with multiple complications. She courageously fought back to health after a respiratory arrest put her in a coma in 2014 that left her completely paralyzed. It took her seven months of physical therapy and hard work just to stand up again. Betty's friends often commented that she was an inspiration to them and encouraged her to write a book to tell her story.

Betty had many outside interests. Her favorite role was being "Nana" for

her four grandchildren. She became a therapy dog team with her Siberian husky, Oso, certified through Pet Partners. She volunteered at the Ronald McDonald House in Minneapolis and was active in North Stars Therapy Animals.

As Betty became more disabled, she expressed her creativity through art. After the coma, her attention to detail changed, particularly with nature. Colors became vibrant and brighter. As part of her meditation therapy, she began with small Zentangle drawings, then rapidly progressed to acrylic paintings and mixed media. When she became completely bedridden, she continued to paint, laying flat in bed, and, by pinning her elbows to her side, she would literally paint with a canvas above her face. It often turned out that the more pain that she was in, she expressed a more vividly colorful piece of art. She became a professional artist in 2019, with her prints being displayed at Joy and Company Gallery in Grand Marais, Minnesota.

For Betty, art has been a journey that has transformed her mind, body and spirit into the art that she created. For her, it was a joyful and uplifting experience. She started a weekly art group in her home in Sanibel. Teaching friends new techniques in art medias, there would be a new project completed every Friday afternoon, and she showed people how to open themselves through art. The group often called themselves, the "glue and gab friends" as there was as much friendship and creative collaboration and laughter as there was the finished art piece. She was very prolific. In approximately two years, she created well over 300 original pieces of artwork. Sadly, in the last nine months of life, she was so disabled that she could no longer create art, but she still enjoyed looking at art every day. Unfortunately, before her death, the website for her art business could not be created.

Betty also loved to travel and besides visiting almost all 50 states, went to Canada, Mexico, Costa Rica, France, Italy, England, Scotland and Wales. She wished there had been more. Betty and Jerry were frequent visitors to Sanibel, Florida before buying a condominium there in 2010. Thereafter, she was a happy "snowbird," spending her winters

on the beach shelling and feeling the sea breeze on her face and the sand under her feet. She was an avid gardener, especially tending to her rose gardens, herb garden and heirloom tomatoes. Her favorite spot in the backyard was in the gazebo, with the waterfall running, watching the birds come in for a drink.

She loved hiking, especially the state parks along the North Shore, seeing all the waterfalls. Betty was a great cook and enjoyed preparing small dinner parties and was known for sending along baked goodies. Other interests included reading, knitting/crocheting, sewing, Sudoku/Kakuro puzzle and jewelry making. She was always interested in learning something new.

On May 17, Betty's ashes were placed in the Gulf of Mexico, where she will be at home and at peace in the sea and with the dolphins. Celebration of life gatherings are being planned in Minneapolis this summer, and in Sanibel next season.

In memory of Betty's life, the family asks that any charitable donations be made to the Arthritis Foundation or "Ding" Darling Wildlife Society.**

Natural Resource Web Conference

USDA's Natural Resources Conservation Service (NRCS) will conduct a State Technical Committee meeting via web conference on Wednesday, June 23 from 10 a.m. to noon. The public is invited. NRCS will seek recommendations and provide a report for fiscal year 2022 natural resource and program priority decisions.

Chaired by NRCS Florida State Conservationist Juan Hernandez, the committee is composed of individuals and groups from a variety of agricultural and natural resource interests. Although the State Technical Committee has no implementation or enforcement authority, USDA gives strong consideration to the committee's recommendations.

To participate in the conference, visit <https://ociocts-usda.webex.com/meet/FLNRCSPartnerships> or call 1-844-517-1271 (access code: 962 370 659).**

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MORE SUNSHINE

In 2010, the hot topic for Sanibel was the **City Core Project**, which would have ultimately cost taxpayers \$50+ million. The Core proposal called for the construction of three buildings: BIG ARTS, Center 4 Life and a new theater. It may have been the most ill-conceived concept ever floated on Sanibel. Thankfully, Sanibel taxpayers awakened their elected leadership to their overwhelming desire to scrap the City Core concept.

What has happened since 2010 with the three buildings mentioned above?

- BIG ARTS built a fabulous new facility in the perfect location, next to Sanibel's unique Historical Museum and Village.
- The Center 4 Life has flourished and grown in the facility they have occupied since 1993.
- The theater, although perfectly located and offering great entertainment, has been closed for several years. Simply put, our small island cannot generate the attendance needed to make it viable. Would a new building have changed that?

Important footnotes to the above:

- First and foremost, not ONE TAXPAYER CONSTRUCTION DOLLAR has been spent.
- ALL government spending originates with a TAXPAYER – whether city, county, state or federal is irrelevant.
- Our Community House (once a part of the original Core Concept) and Sanibel Public Library have completed outstanding renovation projects, again without spending ONE TAXPAYER DOLLAR.

In the present day, we find that the primary champions of the ill-fated City Core Project are, in fact, the primary champions of the SanCap Bank Center 4 Life concept – another unneeded multimillion dollar project FUNDED BY TAXPAYERS IN PERPETUITY.

Sound leadership changes course as conditions change and as more information becomes available. The pilots of the *Titanic* were told icebergs were ahead and that they should alter their course. They instead chose to stick with company narrative; this ship is unsinkable. We assure the current Mayor and City Council – our elected leaders – that the **TAXPAYERS OF SANIBEL** want to avoid the iceberg of another underutilized public facility. We do not need a new Center 4 Life; the existing facility should continue to house the Island Seniors and continue as the Senior Center for decades to come under the independent direction of the Island Seniors Board of Directors.

Celebrating Earth Day Throughout The Year



submitted by
Stephen
Lewis Fuchs

Since 1970, the United States has celebrated Earth Day every April.

By contrast, ancient Jewish celebrations throughout the year remind us of our responsibility to safeguard the fragile planet God has entrusted to our care. Almost all of our Jewish observances reflect environmental concerns.

Passover celebrates our liberation from bondage in Egypt, but its earliest roots lie in ancient spring planting festivals, as the greenery on our Seder plate reminds us. If we do not care sufficiently for our earth, the ground will no longer be able to receive seed and sprout vegetation.

Shavuot celebrates the first summer fruits and the barley harvest.

Both Shavuot and the fall Harvest Festival of Sukkot remind us that unless we take pains to ensure an enduring supply of clean water and air, the growth and harvest of nourishing food stuffs cannot continue.

Rosh Hashanah is the anniversary of the creation of the world and a strong reminder that God entrusted this Eden-like orb to our care with instructions to "till it and to preserve it." (Genesis 2:15).

In winter, we celebrate Tu B'Shevat, which we know as the "Birthday of the Trees." In reality, though, Tu B'Shevat has been our Jewish Earth Day since the time of the Mishnah at least 1,800 years ago.

When Tennessee Sen. Albert Gore, Jr. began his campaign of environmental awareness (which led to his receiving the Nobel Prize for Peace), he asked me to prepare "a closing homily" for the first meeting of the initiative held in Nashville, the city where I then served as rabbi. On that occasion, I adapted a Hasidic story about a magnificent goat that lived long ago. The goat had horns so long and beautiful, that when he lifted his head, he could touch the stars, and they would sing the most beautiful melody that anyone had ever heard.

One day, a man walking encountered the goat, and a brilliant idea jumped into his head. "I could make my wife a gorgeous jewelry box for her birthday from a piece of one of the goat's horns."

The man approached the goat and explained, "I want to make a jewelry box from just a small piece of one of your horns. It won't hurt when I cut it off, and I'll just take a small piece. You won't even miss it!" The friendly goat lowered his head to accommodate the man's request.

The jewelry box the man made was indeed beautiful, and his wife adored

it. Proudly, she showed it to all of her friends who soon wanted one just like it. Soon, many people asked the goat if they could "cut off just a small piece" of one of his horns. Soon, the goat could no longer reach the stars, and that most beautiful melody was forever silenced.

In Exodus, Pharaoh's advisors warned him before the plague of locusts: "Do you not yet know that Egypt is nearly destroyed." (Exodus 10:7).

That warning should ring out to us across the millennia. "Do we not realize that our earth is nearly destroyed?"

Although it is too late for the goat to make the stars sing, it is not too late for us to save our planet and vouch safe, clean water, clean air, sufficient food and a beautiful earth for future generations.

*Stephen Lewis Fuchs is the rabbi of Bat Yam Temple of the Islands, a Jewish congregation in the Reform tradition, and the views expressed in this article are his own. Rabbi Fuchs is also a member of Together – A Way Forward, an interfaith organization comprised of religious congregations of Sanibel and Captiva including Sanibel Congregational United Church of Christ, Bat Yam Temple of the Islands, Sanibel Christian Science Church; Saint Michael and All Angels Episcopal Church; Unitarian Universalists of the Islands; and Captiva Chapel by the Sea. The organization's purpose is to inspire people of faith and spirit to demonstrate leadership in responding to the global environmental crisis.***

Water Quality Improvement Project Approved

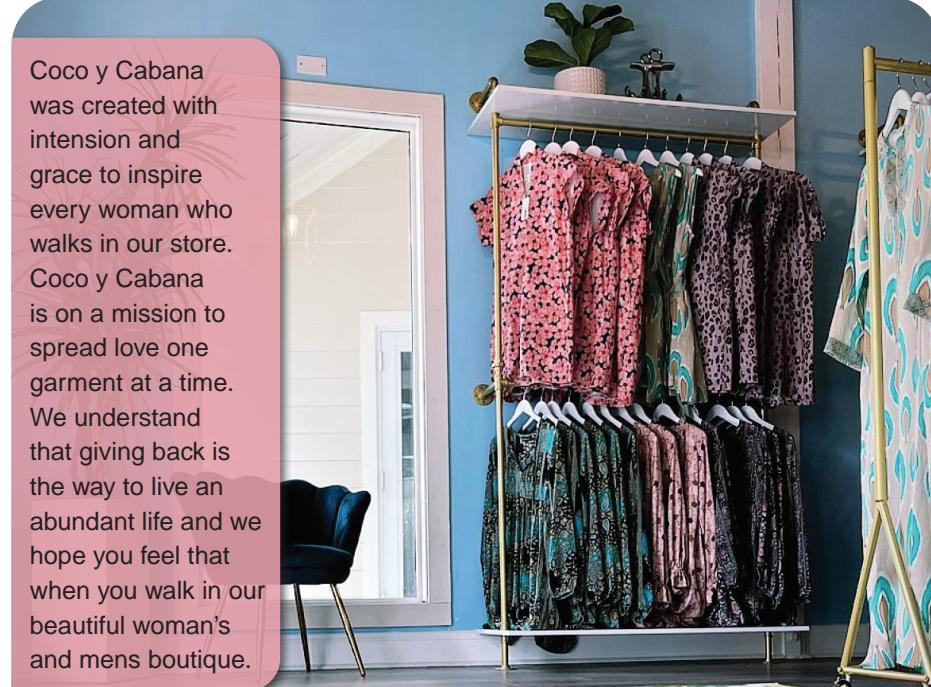
On May 13, the South Florida Water Management District Governing Board unanimously approved the Lower Kissimmee Basin Stormwater Treatment Project, a large-scale water quality improvement project. Located north of Lake Okeechobee, the project will improve the quality of the water flowing into the lake and support ongoing restoration goals for the Lake Okeechobee watershed.

The project will capture water from the Kissimmee River and runoff while reducing the nutrient pollution in several basins such as the S-154 Basin in the Taylor Creek/Nubbin Slough Subwatershed that flow into Lake Okeechobee. This subwatershed typically has one of the highest phosphorus loads of any watershed flowing into Lake Okeechobee, and the S-154 Basin typically has one of the highest phosphorus loads of any basin in that subwatershed.

Improving water quality and protecting water resources remain top priorities at the district, which continues to work to remove and reduce nutrient pollution from entering natural systems.

This project will be managed by the South Florida Water Management District and funded by the Florida Department of Environmental Protection.**

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Plant Smart

Yellow Trumpetbush

by Gerri Reaves

Yellow trumpetbush (*Tecoma stans*) is a member of the begonia family and native to tropical and subtropical America.

Although it was first collected in Florida in 1838 in Key West, this species is nevertheless considered nonnative by the authoritative Atlas of Florida Vascular Plants.

In fact, it is somewhat invasive and is naturalized in the Keys and in much of South Florida.

Also called yellow elder, it takes the form of a shrub or small tree, growing 10 to 30 feet tall.

The light gray or brown bark is furrowed and spongy or porous when mature. The "corky" bark aids in the exchange of gases.

The leaves have one to four pairs of leaflets and sometimes a terminal one.

Generally oval or lance-shaped, they are bright green, sharply pointed, serrated and about two to five inches long.

Clusters of up to 20 bright yellow bell-shaped flowers attract hummingbirds. They bloom throughout the year, but mainly spring and fall.

Thin reddish vertical lines are found in the flower's inner throat.

Long slender pods can be up to eight



When ripe and brown, the pods split to reveal winged seeds

photos by Gerri Reaves

inches long. After ripening from green to brown, they split open to reveal flat winged seeds.

If you include this fast-growing ornamental in your landscape, take care because of its invasive tendency.

It will also grow in a container, but also works well as a border or screen.



Yellow trumpetbush's showy clusters of flowers bloom mainly in spring and fall

Give it a well-drained spot in full sun. It can adapt to a variety of soils, but in the wild grows in dry sites and rocklands.

It is highly drought tolerant and generally pest-resistant.

Propagate it with seeds and cuttings.

It is used for various medicinal purposes, including the treatment of

diabetes and contains compounds that have a catnip-like effect on cats.

Sources: *The Shrubs & Woody Vines of Florida* by Gil Nelson, <https://edis.ifas.ufl.edu>, <https://floridata.com/home>, and <http://www.plantsoftheworldonline.org>.

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

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FISH Offering Scholarships For Summer Programs

As the school year comes to a close, many FISH of SanCap households are struggling to find balance between work and childcare. With certain COVID-19 restrictions still in place, parents are finding that there are fewer childcare options and some, who still don't have full time work hours due to the pandemic and slower tourist season, are finding it difficult to afford childcare.

"We offer scholarships for summer programs every year to ensure children remain active and in enriching environments when they're out of school," said Maria Espinoza, assistant executive director of FISH. "This year, much like 2020, will be extremely complex for our families. Some offerings that were available pre-pandemic continue to have restrictions or shortened schedules, if they are available at all. It's going to be tough for families."

FISH remains in contact with area camp directors to gain knowledge of local programs both on and off island. "We continue to work with the Sanibel Recreation Center and Children's Education Center of the Islands, as well as some off-island locations so that our families have an array of options," said Espinoza. "It's all about finding a balance that makes sense, keeps children engaged and most importantly, keeps

them safe."

The FISH Summer Youth Scholarship Program provides financial assistance for summer camp sessions and is supported by private donors and grant funding from the Sanibel-Captiva Kiwanis Foundation and the Sanibel Captiva Lions Club.

"Last year, with the COVID crisis, loss of work hours for both myself and my husband and the varied school schedule, I had a hard time finding a summer camp for my three boys," said Patti, an island worker. "FISH helped me find an age-appropriate program that fit our schedule and budget. They were able to offer partial assistance with the tuition, which was so helpful since we were – and still are – finding it difficult to keep up with bills. Their scholarship really helped us keep our kids active while allowing us to continue working and remain somewhat sane through all of this chaos." Patti said her children really enjoy the opportunity to socialize with friends over the summer and they are looking forward to having an activity-filled summer again this year.

Scholarship assistance is evaluated on a case-by-case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family's income and expense documentation. Scholarship amounts vary depending upon the length and cost of the program and the family's financial status. Available funding is limited and scholarships may cover only a portion of the cost. To determine eligibility, contact Nitzia Lopez, social services director, at 472-4775.**



The Community House

photo by Logan Hart

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 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.**



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Tarpon Tournament



by Capt. Matt Mitchell

This past week was "Ding" Darling and Doc Ford's 9th annual Tarpon Tournament. With last year's event cancelled due to COVID-19, the big payout for the tournament had been doubled. This is the premier tarpon fishing tournament and always draws the best professional and amateur tarpon fishing teams. Competition is fierce as every captain wants to be the owner of a prized pink tarpon jacket and be part of that elite small club of winners. Prize money was \$55,000 this year in the 100 percent payout tournament.

After several days of pre-fishing with my team "Chasin' Poon," I had a game plan going into the event. This year's weather conditions were far from favorable with northeast winds blowing over 20 mph and a cool start. Tough weather days usually favor the teams that prefer to fish in the bay and also mean a much lower fish count for the tournament. Being able to chase fish out on the beach becomes almost impossible during windy conditions.

After the start, we opted to make the long, rough run up the sound as we headed for a sheltered channel by Cabbage Key. This area was somewhat protected from the gusty wind and had tarpon moving through it all week during the incoming tide. As we set up, it didn't take long to hear that a fish had already been caught within 15 minutes of lines in. As we sat anchored even in the choppy conditions, we did see fish moving through on the surface roughly every 10 minutes so our hopes were high.

Right around 8 a.m. we hooked up on one of the live bait rods. This smaller estimated 50-pound tarpon made several jumps and short runs as we quickly got it under control and boatside. We managed a leader touch and got confirmation we were on the board. Over a three minute period, three fish were on the leader board with ours putting us in a precarious fifth place.

Over the rest of the day, score updates would be texted



"Chasin' Poon" with a fifth place finish in "Ding" Darling and Doc Ford's Tarpon Tournament

photo provided

as the number of releases slowly crept up. We did luckily manage to hold onto our fifth place spot, which was just enough to be in the money.

At the end of what was a nine-hour fishing day, only 15 tarpon were released by the 55 boats. "Tarpon Time" managed four releases and easily won the big prize. "Chasing Poon" scrapped out a 5th place finish, and Gary Biltgen, our "ace in the hole" won the senior division.

Tournaments like this are a real reality check of just how hard tarpon fishing can be. Conditions are the game changer as tarpon are simply finicky to say the least.

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. *

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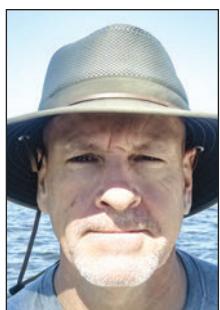
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CROW Case Of The Week:
White-Tailed Deer



by Bob Petcher

While a white-tailed deer (*Odocoileus virginianus*) is brown or tan in the summer and grayish brown in the winter, fawns at birth are reddish-brown with white spots for camouflage. They can walk at birth and forage for food a couple of days later.

At CROW, an infant female white-tailed deer was admitted after being found on the side of the road in LaBelle. Upon examination, veterinarians found some small road rash abrasions. The fawn was standing well, but presented with a thin body composition score. Hospital staff was unsure if the fawn was actually hit by a car, but suspect its mother may have been hit, which left the fawn orphaned.

The patient received four to five feeds each day and, because of her young age, she still needed stimulation to go to the bathroom.

"The fawn was fed a milk replacer with similar nutrients to what she would be getting in the wild," said CROW Rehabilitation Manager Breanna Frankel. "The fawn only weighed five pounds when it was admitted to the clinic. By the time it was transferred, it was up to six pounds. Typically, this size indicates a very young fawn that was recently born within the past week or so, but we have to take into consideration that this fawn was quite thin and the weight was not entirely representative of the age. Therefore, this fawn was likely one to two weeks old."

The rehabilitation staff coordinated a transfer so she could grow with other fawns in an environment



Patient #21-2229 during one of her many feeds
photo by Haillie Mesics

with limited human interaction. She was transferred on May 8 and will be released back to the wild once she is the appropriate age and size.

"The fawn was transferred to Creature Safe Place

Inc. in Fort Pierce. Their facility raises several fawns at a time and it is best for young fawns to be raised together to prevent habituation," said Frankel. "By the time the fawn left, she was down to four milk feeds a day. That weaning process will continue at Creature Safe Place Inc. until she begins to develop her teeth and can be weaned onto grasses, hay and other appropriate wild deer diet."

This is not the first time CROW has worked with this facility on the Florida east coast.

"Creature Safe Place has helped us twice so far this year – with this fawn and a great horned owlet that needed to be raised among others. Last year, they took in five of our patients: one white-tailed deer, two sandhill cranes and two northern river otters," said Frankel. "They have excellent success with these species, and we are grateful for their help. In all situations, we transferred to them because they had several of the same species, and those particular species do better when they aren't raised alone."

Partnerships, such as this one, are extremely beneficial to all wildlife.

"We are grateful beyond belief for our partnership with Creature Safe Place Inc. and all the other facilities that work with us," said Frankel. "By being able to transfer this fawn, we can ensure it is getting the appropriate care and being raised with others. We always want to do what is best for the animal, and that doesn't always mean keeping them at CROW. We have to think about their development and what they need to learn – we are not always capable of teaching that."

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

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Shell Of The Week

Dall Wentletrap Revisited



by José H. Leal,
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Shell Museum
Science Director
and Curator

Cirsotrema dalli Rehder, 1945 can reach more than 30 mm (about 1.2 inches). It has a chalky shell surface with ribs and a background pattern of spiral cords, with about two to three thicker ribs per whorl. Species in this genus display an outer shell layer called *infratexa*, which easily wears off in older shells. Dall Wentletrap is more commonly found in deeper water. The species is rarely found on Sanibel and Captiva, and the shell on the photo is from the Dry Tortugas. 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



The Dall Wentletrap *Cirsotrema dalli*

BMSM 47458
Cirsotrema dalli
Dry Tortugas, Florida, USA

photo by James F. Kelly

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

Read us online at
www.IslandSunNews.com

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, May 23. The Backyard BBQ Party is set for Sunday, May 30 from noon to 8 p.m., with burgers, brats and sides. 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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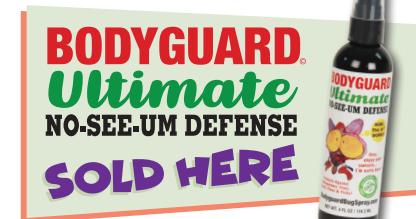


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Historical photo



photos provided

Call To Artists For Historical Exhibit

submitted by Allison Davis

Sanibel Captiva Art League is calling local artists to participate in a historical art exhibit – A Brush with History – at Sanibel Public Library. Archived photos from the library will be paired with local artists for their creative interpretations. Artwork cannot be larger than 16 by 20

Painting by Steve Saari

inches and should reflect the photo that the artist has selected.

Artists can go to the library's website at www.sanlib.org and browse the archival photos in the Digital Archive section. Notify Beth Jarrell at the library at bjarrell@sanlib.org once a photo is chosen to get permission and fill out a form.

The exhibit will open in February of 2022. Deadline for artwork submissions is tentatively set for December 31, 2021. For more information about the exhibit, contact event chairperson Steve Saari at gerardsaari@gmail.com.**



From left, Jerry Miller, Sharon Miller and Steve Schulz, Sanibel Captiva Lions Club president
photo provided

New Member For Lions Club

submitted by Bill Sartoris

The Sanibel Captiva Lions Club inducted Sharon Miller as a new member this month.

Sharon and her husband Jerry created Trailways Camp along the Caloosahatchee to provide camping experiences for adults with special needs in Southwest Florida. The camp is supported by the Robert V. & Benjamin G. Miller Fund, which was established to honor their two sons.

Through her dedicated work with Trailways Camp, Sharon exemplifies the motto of the Lions Club: "We Serve." The club is proud to welcome Sharon as a member. For more information on Trailways Camp, visit www.trailwayscamps.org.

org.

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

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

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Grow Edamame For Better Health And Nutrition

by Melinda Myers

Add a bit of fiber to your garden and diet. Consider growing edamame (edible soybeans) in this year's garden.

Soybeans help promote overall health, reducing the risk of high cholesterol, diabetes, heart disease and high blood pressure. Plus, the high fiber in soy helps fight colon and some other cancers.

Edamame is an ancient Asian vegetable and is often eaten right from the pod like peanuts. Edible soybeans are also used for making tofu, tempeh, soy nut snacks and more. In addition to their high fiber content, soybean's high protein content has made them a popular meat substitute.

Soybeans can be grown in a variety of soils and climate. They tolerate adverse conditions but perform best in warm temperatures, full sun and moist well-drained soils. Add organic matter to less-than-ideal soils to improve drainage in heavy clay soils and increase the water holding capacity in sandy and rocky soils.

Try growing one of the edible soybean varieties such as Agate, Chiba Green, Midori Giant and Envy. These have a better flavor and are more suited to your garden and recipes than field varieties.

Grow edible soybeans in a sunny spot. Plant and care for them the same as you would lima beans. Plant seeds three inches



Edamame pods are ready to harvest when they are plump, green, rough and hairy
photo courtesy MelindaMyers.com

apart and one to one and a half inches deep in rows 24 to 36 inches apart. Once the plants sprout and grow, thin them out by removing the weaker seedlings, so the remaining plants are six inches apart.

Harvest the soybeans when the pods are plump, green, rough and hairy. They are usually ready to harvest in 80 to 120 days, depending on the variety. Check frequently and pick when the seeds are fully enlarged but before they get hard. Waiting too long to harvest the seeds

reduces the flavor and quality. Since all the seed-filled pods usually ripen at the same time, you can pull up the whole plant and harvest the seeds from pods while sitting on a chair in the shade.

Use edamame within two to three days of harvest for the best quality. Store fresh edamame in the refrigerator in a perforated plastic bag.

Cook edamame by steaming, boiling or microwaving the pods. Allow them to cool, then pop out the seeds to enjoy.

Don't let any surplus go to waste. Blanche, then freeze whole pods or the seeds. Or dry the shelled edamame in the oven or dehydrator to use throughout the year.

Purchase seeds and carve out some space in your garden or containers for this nutritious vegetable.

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.*

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel. 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, contact 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.*

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Sam Warren

photo provided

New Intern At 'Ding' Darling

Visitor services photography and videography intern Sam Warren arrived recently to help the JN "Ding" Darling National Wildlife Refuge with staffing shortages and special projects this summer, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Warren, who will graduate from Ohio University, Cleveland, in May 2023, studies photojournalism in the School of Visual Communication and

has done extensive work as a freelance photojournalist covering a variety of topics and issues.

"I'm looking forward to helping 'Ding' revamp informational videos about the refuge and important info for volunteers and guests, as well as photographing wildlife and events to help share with the public the importance of what we're doing here," said Warren, a Cleveland, Ohio native who has been vacationing on Sanibel and visiting "Ding" Darling for many years.

"With his past experience on the island and his great skills in capturing visual moments, Sam will fill a crucial need, in this day and age, for social media content and instructional videography," said Toni Westland, supervisory refuge ranger.

"It feels amazing to be working as a part of the National Wildlife Refuge System, and to use my skills to help aid in the important mission of the refuge," said Warren. "I just love the peace and quiet and natural beauty of Sanibel."

"We welcome Sam and his talent to our dynamic team of nature lovers and doers," said Westland. "We are so thankful to our friends group. Without them, our internship program would not be possible."

DDWS provides living stipends and other benefits for more than a dozen interns each year. The refuge supports interns with free housing.

For more information about internship programs, contact Westland at 472-1100 ext. 237. To support the program, contact Birgie Miller, DDWS executive director, at 472-1100 ext. 4.*

Progressive Club To Meet

Congressman Charlie Crist, who has just declared his run for Florida governor in 2022, will be the guest speaker at the virtual meeting of the Progressive Club of the Islands on Thursday, May 27. He will be fighting for Medicare



Charlie Crist

expansion, banning assault rifles, legalizing marijuana and increasing the minimum wage. He is a strong believer in science, climate change and the right to vote by every citizen.

Crist has a long record of service to Florida in leadership positions as a state senator, commissioner of education, attorney general, and Florida's 44th governor. He now serves as congressman representing Florida's 13th Congressional District, and is on the powerful appropriations committee including the subcommittee of defense. He represents his district as well on the science committee which oversees NASA, space, and climate change policy. He will continue his goals to create jobs, raise wages, protect beaches, honor military and veterans and strengthen education.

The meeting will be interactive with time provided for questions. The administrative portion of the meeting will begin at 3:45 p.m., with Crist speaking at 4 p.m. To attend the meeting, email pcisanibel@gmail.com to receive the Zoom link or watch live at www.facebook.com/pcisancap.

Annual dues for the Progressive Club are \$30 for an individual membership or \$60 for a couple. To renew a membership or join, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957.

For more information, visit <https://pcislands.org>, call 994-3175 or email pcisancap@gmail.com.*

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.*

SOCIAL DISTANCING at Gramma Dot's

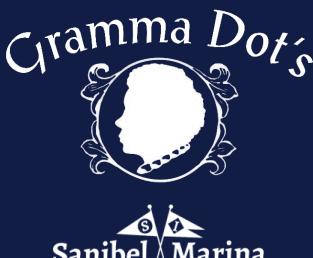


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The Case Of The Missing Cow



by Allison Havill Todd

A life-sized cow statue has graced the front of the John Gee & Company real estate office for decades and has become somewhat of an island landmark.

The cow was one of over 300 uniquely painted bovines, selling for \$2,000 to \$3,000 each, that were auctioned off in 1999 as a fundraiser for a Chicago-based nonprofit organization. A client of Gee's was the lucky recipient of one of the cows, and Gee bought the cow from him when selling the client's house on Sanibel many years ago.

Over the years and after a couple of hurricanes, the yet to be named cow has suffered some injuries. Her original paint had become faded and blotchy, one of her horns was broken, a leg was damaged and her hooves were buried in dirt. That is when Gee contacted a long-time island resident and artist, Boomer Carroll, to help refurbish the cow.

Carroll, known only as "Boomer" (or "Booma" in his native Boston accent), is a retired firefighter who went to art school and has always been painting and



Local artist Boomer Carroll with his latest work

creating some type of artwork since. Though very shy and humble about his talent, Boomer placed third with his *Lady Chadwick* entry in the Capture Captiva Juried Art Exhibit in 2017. Perhaps best known for his unique and custom signs for different establishments across the country, Boomer agreed to take on the challenge. He had previously painted a carousel unicorn and a mermaid for Gee, both of which adorn the realtor's office, so Gee gave Boomer carte blanche on

photos by Allison Havill Todd

coming up with a new design for the cow.

Then, one day, the cow was missing! How could a 250-pound statue just disappear? Gee was perplexed but decided not to report the alleged theft to the police. Meanwhile, on another part of the island, the cow was becoming part of a popular happy hour stop with neighbors and friends in her new location. Locals would stop by regularly to check on her progress during their evening strolls. It turns out that Boomer had "kidnapped" the cow and taken her back to his art studio to work on her restoration. He had originally planned to use stencils he had already created to paint the cow on site, but upon further inspection, realized there was more repair work to be done.

When asked where the idea for incorporating monarch butterflies in the cow's new design came from, Boomer replied that when he and John had first met to discuss the cow's future, there



The artist's unique signature

were several monarch butterflies fluttering about them. Upon arriving home later that same day, Boomer received a mailing about the monarch butterfly migration and became fascinated with the creatures' journey. Thus, the inspiration for the cow's rebirth was formed.

From eyelashes to hooves, Boomer's attention to detail in bringing the cow back to life is amazing, and he shared that many days were spent on his back, like a mechanic, working on the underbelly of the creature in order to perfect the hue for her udder. Once, when he thought he had it just right, he was admonished by his wife who insisted, "She's not leaving here looking like that!" So back to work he went.

The missing cow has been returned to its rightful owner wearing the discreet, tongue in cheek signature of the artist "Booma" on her hindquarter. Islanders and visitors can see her beautiful, newly painted design as she proudly poses outside the John Gee & Company office at 2807 West Gulf Drive on Sanibel. Motorists are encouraged to keep their eyes on the road when driving past though!

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



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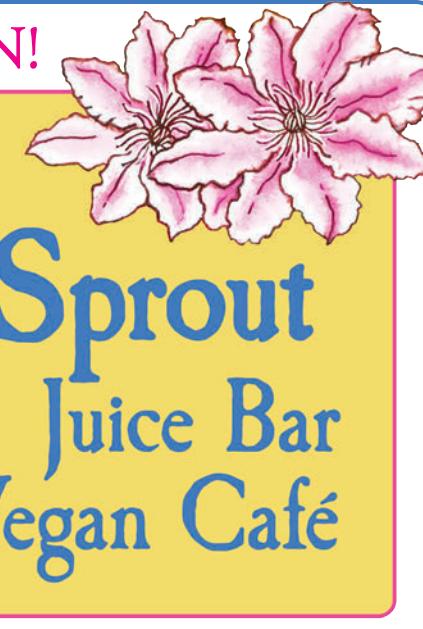
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Grant Partner Honors Zonta Of Sanibel-Captiva

Angel Wings of SW Florida, Zonta's newest 2021 grant partner, was recently admitted to the Cape Coral Chamber of Commerce, and Angel Wings' President Dr. Helen Gierke invited a Zonta Club of Sanibel-Captiva representative to attend its ribbon cutting. At the ceremony, Gierke presented Zonta co-liaison Erika Steiner with a plaque and a certificate thanking Zonta for its generosity and public recognition of Angel Wings' mission. Steiner said, "We are happy to partner with Angel Wings. We believe that this organization meets the Zonta mission of empowering women and providing them with resources to make them productive members of society."

Angel Wings of SW Florida provides shelter, security, safety and support for homeless single women, without dependent children, who want to become contributing members of the community. Its programs are designed to transition homeless women to independent living,



Zonta co-liaison Erika Steiner receives a plaque of appreciation from Dr. Helen Gierke, president of Angel Wings of SW Florida, Inc.

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From left, Angel Wings House Manager Connie accepts Zonta Collection Day goods from Kathleen Skubikowski and Helen Ramsey

with the skills and financial means to sustain themselves.

A 2021 Zonta Foundation grant provides funds to help resident women with the costs (rent and security deposits, utility deposits) of moving out on their own. Zonta member and Angel Wings co-liaison Karen Pati noted that Angel Wings' "long-term impact is sustainable, as they move women from the dangers of homelessness into self-sufficiency, restoring not only their financial independence but their self-esteem as well."

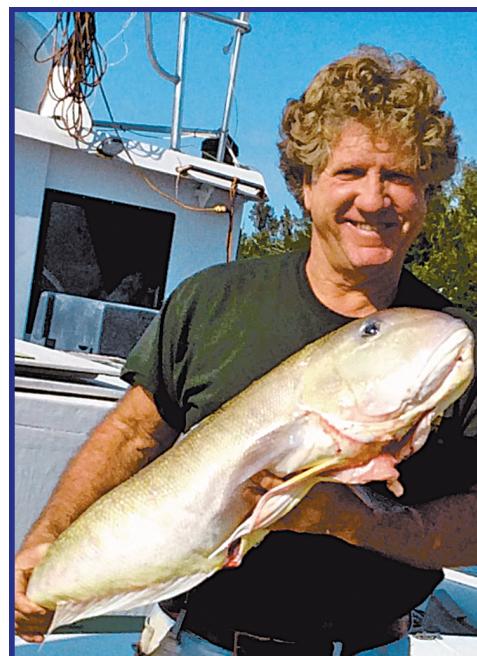
In addition, because of the generosity of Sanibel residents on Zonta's May 17 Collection Day, Zontians Kathleen Skubikowski, Helen Ramsey and Erika Steiner brought to Angel Wings House three SUVs filled with clothing, linens and small appliances.

Every summer, the Zonta Club of Sanibel-Captiva, through its foundation, invites applications from 501(c)3 organizations in Lee County for grants to be awarded in the winter. Those selected become Zonta "partners," each with a club member as liaison. Look for information soon about Zonta partner grant applications for 2022.

To support Zonta's work, visit www.zontasancap.org and click on "Donate."**

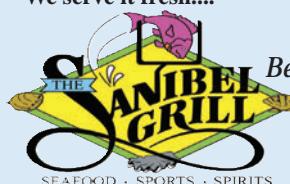
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1 egg, hard-boiled
1 rib celery, finely diced (small amount reserved for garnish)
2 mini sweet peppers, finely diced (small amount reserved for garnish)
2-3 strips bacon, cooked and crumbled, reserve 1 tablespoon bacon grease (small amount reserved for garnish)

3 tablespoons mayonnaise
1-2 tablespoons mustard (start with 1 tablespoon and add more to taste)
Sea salt and fresh ground pepper, to taste

Fill large pot with water and bring to a boil, add 1 tablespoon salt, and boil potatoes until fork-tender, about 10-12 minutes. Remove, drain, and cool enough to handle.



Deviled Potatoes

photo courtesy Fresh From Florida

Slice a very small amount off one end of the potato, creating a stable surface. Using the small end of a melon baller, scoop out approximately $\frac{3}{4}$ of the potato, making sure to leave enough of the potato intact in order to fill back up. In a small bowl combine the scooped-out potato, cooked egg yolk, reserved bacon grease, and mash until you reach a smooth consistency. Stir in mayonnaise, mustard, chopped egg whites, celery, and sweet peppers. Season with salt and pepper, taste and adjust if needed. To fill potatoes, use a pastry bag or small spoon. Garnish with remaining peppers, celery, and crumbled bacon.

Fresh tip: use other toppings for different flavors, such as chopped olives or pickled vegetables.*

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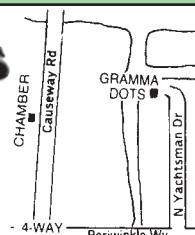
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MOAA Raises Over \$30,000 For Local Veterans

submitted by Col. Tim Moore,
United States Air Force (ret.)

On a beautiful April day, 144 golfers met on the links of Shell Point in Fort Myers with one aim; to raise funds for the local veteran programs of the Lee Coast Chapter of the Military Officers Association of America's (MOAA). The Honorable Ray Sandelli, Lee County commissioner, was the honorary chairman for this year's outing. Sandelli, a former Blue Angels demonstration pilot, greeted the golfers as they gathered for the event.

The opening ceremony honoring our military was capped off with a special recognition of the oldest golfer of the entrants, 1st Lt. Bill Reiff, age 97, a decorated World War II P-51 Mustang fighter pilot and, by the way, the proud holder of an 18 handicap!

At the end of the day, the Lee Coast Chapter raised over \$30,000 for its local veteran programs: Mission United 211 program; Hearts and Homes for Veterans projects; and scholarships for graduating JROTC cadets, along with veteran scholarships at FSW and FGCU, just to name a few.

This year's outing, The 7th annual MacKenzie-Janes Tribute Golf Outing, was renamed to honor the 20-plus years of untiring volunteer work by our former financial officer, Alex MacKenzie, who was



WWII veteran Bill Reiff and Lee County Commissioner Ray Sandelli

photo provided

on hand to lend his experience. What a day for golf, "...a perfect weather day... we (were) blessed to have such a great group of golfers who have participated in our outing for the past seven years along with many donors," said Chapter President Terry Robertson. "This year was no exception... 60 hole sponsors and the maximum 144 golfers in spite of the different protocol challenges due to (that) nasty COVID."

The contributions of golfers and donors were unprecedented. Marilyn Leehan, the chapter financial officer, reflecting on our success said, "(We tried) something new, we accepted the offer of the (Shell Point)

golf pro to drive the longest hole for an additional donation from each foursome and were able to add the incentive of putting the name of all team mates who donated in a drawing for a two-night stay at Crowne Plaza with gift certificates from Shoeless Joe' (and) once again, the players were generous by participating, with the most winning foursome donating their prize money back to our foundation."

Rear Adm. (ret.) Roger Triftshauser, the outings co-chairman, echoed the comments of Robertson and added, "Outstanding accolades... there is no one way to express our sincerest thanks to everyone whose teamwork in the face of

COVID-19 won out for the 2021 outing. Thank you Paul Fitzpatrick (Shell Point pro) and his industrious staff (including) Chef Paul and his box lunch staff; and thank you, Lee Coast members for your tenacious pursuit of excellence and unwavering attention to the details. We would be remiss if we did not recognize that the success of the outing hinged on the unsung heroes of the planning and execution team of 10-plus volunteers – Tim Moore, John Bathke, Gary Bryant, Paul and Jane Hoden, Teresa Galgano, Gail Surico, Fred and Mary Bondurant and Marilyn Leehan, and our volunteer hole watchers Bruce Lauerman and John MacLennan.

A special thanks goes out to Adm. Triftshauser for his outstanding leadership and guiding hand in making this event such a tremendous success.

Next year's outing with COVID in our rear view mirror promises to be even more successful.*

Rotary Club Scholarships

The Sanibel-Captiva Rotary Club is accepting scholarship applications for the 2021-22 school year. Eligible applicants are students who will attend FGCU, who live or work regularly on the islands, or whose parents live or work on the islands. Applications must be postmarked by June 1, 2021 and can be obtained online at www.sanibelrotary.org.**

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The Community House

Mustard



by Resident Chef Jarred Harris

Mustard is a condiment made from the seeds of the mustard plant. The seeds are ground or cracked and mixed with water or other liquids, flavorings and spices to create a paste. This paste or "mustard" ranges in color from bright yellow to dark brown.

Mustard seeds were first cultivated in India around 3,000 BC. They were originally used as a pickling spice and flavor enhancer. The spice was so popular that Egyptian pharaohs placed mustard seeds in their tombs to accompany them into the afterlife. Romans were the first to grind mustard seeds, mix them with wine or vinegar, and turn them into a spreadable paste. This made mustard the first condiment humans ever put on their food.

The mustard plant is a member of the Brassica family and closely related

to broccoli, cauliflower, turnips and cabbage. With over 40 species of mustard plants, only a few are used to make the commercial mustard products.

Mustard became popular in America during the early 20th century with the introduction of hot dogs and yellow mustard (aka regular mustard). Created by George T. French, yellow mustard is the most commonly used mustard in the U.S. It is an extremely mild mustard, colored bright yellow due to addition of turmeric.

Mustard seeds have been used for centuries for medicinal purposes. Ancient Roman physicians used mustard seeds to ease toothaches, heal scorpion stings, stimulate appetite and prevent frostbite. It's also been used as a weight loss supplement, immunity booster, cholesterol regulator and for warding off gastrointestinal irregularities.

Here is a simple recipe to try:

Homemade Mustard

Ingredients

1/4 cup dry English mustard powder

2 tsp. light brown sugar

1 tsp. kosher salt

1/2 tsp. turmeric

1/4 tsp. paprika

1/4 tsp. garlic powder

1/4 cup water

1 cup cider vinegar

1/2 cup mustard seeds

Method

In a small, microwave-proof bowl, whisk together the dry mustard, brown sugar, salt, turmeric, paprika and garlic powder.

In a separate container, combine the water and cider vinegar. Place the mustard seed into a spice grinder and grind for one minute.

Once ground, immediately add the mustard to the bowl with the dry ingredients, then add the liquid mixture. Whisk to combine.

Place the bowl into the microwave and heat on high for one minute. Remove from the microwave and puree with a stick blender for one minute.

Pour into a glass jar and allow to cool uncovered. Once cool, cover and store in the refrigerator for up to one month.

*Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of SCA and the Sanibel community. I will continue to share my knowledge and recipes with you. Please be a patron of The Community House and visit the Culinary Education Center.***

Soma Abuse

Soma abuse is common and this drug is being prescribed by many pain management clinics. A person abusing Soma builds up a tolerance and often a dependence to this drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about Soma abuse, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html. Call 877-841-5509 for free screenings or referrals.**

From page 1

SCCF Preserve

Don Rice. "The balance of the campaign funds will then be used for these significant restoration, improvements, and maintenance costs. I am so grateful to my fellow trustees and all the other very generous donors who have helped us achieve this most recent and significant accomplishment in SCCF's 54-year history of land acquisition."

After the initial restoration is completed, community improvements will be designed on the front three acres of the property along the 525 feet of Periwinkle Way perimeter. Those improvements include a 1,000-plus-foot loop trail connected to Sanibel's shared use path at two points, a welcome plaza with a bike rack and water bottle refill station, pollinator and sculpture gardens, and a demonstration marsh highlighting the importance of water quality within Sanibel's freshwater wetlands. SCCF will begin this work upon closing and hopes to complete the improvements and open the preserve's front section to the public within a two-year timeframe.

Since its incorporation in 1967, SCCF has grown its standing as a land trust, to date preserving approximately 2,000 acres of environmentally sensitive land on Sanibel, other Southwest Florida barrier islands including North Captiva, Cape Coral and Fort Myers.**

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Duane Shaffer's display of Civil War memorabilia

Civil War History At The Library

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

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 The Battle of Fort Myers at 10 a.m. on Friday, May 28 via Zoom.

In February 1865, angry farmers, cattlemen and Confederate soldiers attacked the Union fort on the Caloosahatchee. The defenders of the fort were a mix of colored regiment soldiers, Union sympathizers, and men from the New York volunteer infantry. The battle in Fort Myers has the distinction of being the southernmost battle of the Civil War. Login instructions are on the website at www.sanlib.org. Replays of Shaffer's history programs can be watched online as well.

The book sale room has lots of new fiction, coffee table books, magazines and young adult books. Most books are priced under \$4.

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



Wendy Lambrix with books for sale adventure. The library also offers cooking kits to check out.

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

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.*

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Book Review

Poems From Paradise And Beyond



by Di Saggau

Jim Weyant has been an active retiree on Sanibel since 1978. He has always loved Sanibel's environs sense of community and friendly atmosphere. When COVID-19 arrived, he started

writing poetry at age 81. He expressed his thoughts about the island, love of country, of friends, social issues, thoughts that pass between two people and more. His book is a delight to read. Beautiful thoughts exist in his poems. I'll give you a few lines from some of his writings.

Sanibel – "Nature in peaceful harmony with man, the perfect spot for a day without a plan."

The Bean – "Folks just don't pop in for a shot of caffeine, rather it's an oasis where friends convene."

Heaven's Gate – "The sign along the road reads Causeway Ahead, but it's no ordinary bridge so don't be misled."

A Bailey's Daily – "The locals eager to stop and chat, it's always such a cheery spot, the friendly folks working

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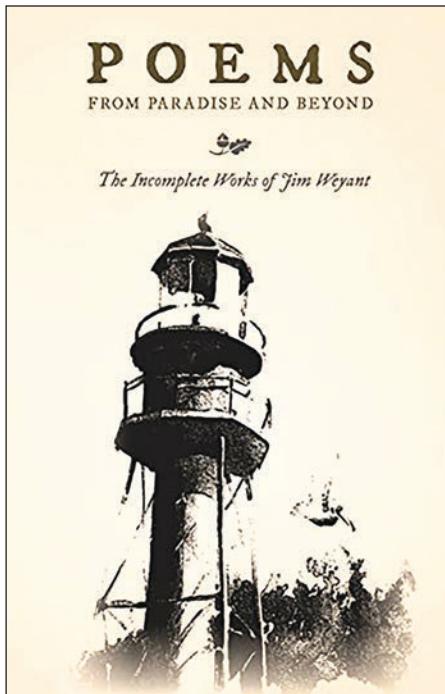


image provided

there feel like family and I like that a lot.”

Six Feet Below – "Better six feet apart than six feet below, I am not that smart, but this much I know."

Yesterday, Today and Tomorrow – "Yesterday I loved you, I could not have loved you more. Today that love dwells even stronger than before, and come tomorrow I will love you as never afore."

The last passage is a complete poem, all the others are excerpts from much longer poems. There are over 155 special poems in the book. Every poem carries a message of some sort, and anyone with a love of Sanibel will especially enjoy them. But *Poems From Paradise and Beyond* can be appreciated by all. The author says the book is “The Incomplete Works of Jim Weyant.” I hope that means another book is on the horizon. You can find the book on Amazon or at Gene’s Books, MacIntosh Books & Paper and Bailey’s General Store.**

School Smart

by Shelley M. Greggs, NCSP



Dear Readers,

May is National Mental Health Awareness Month. It's a time to reflect about what we do as parents that support our children's mental health. Experts define good mental health as not only the absence of psychological or behavior problems, but also the presence of wellness or psychological health. For example, self-esteem, self-acceptance, resiliency and effective coping skills contribute to mental health and good behavior in students. While families provide the primary support for developing children's mental health, schools play an important role working with students and families.

I have posted some suggestions for you on how to support your child's mental health. These suggestions can guide you to make good decisions with and for your child, and his or her positive mental health.

Create a sense of belonging – Feeling connected and welcomed is essential to children's positive adjustment, self-identification and sense of trust in others and themselves. Building strong, positive relationships among students, school staff and parents is important to promoting mental wellness.

Promote resilience – Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others and successfully facing difficult situations can foster resilience.

Develop competencies – Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success

and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Ensure a positive, safe home and school environment – Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility and kindness. Prevent negative behaviors such as bullying and harassment. Provide easily understood rules of conduct and fair discipline practices and ensure an adult presence in common areas, such as hallways, cafeterias, locker rooms and playgrounds. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness and reinforce the availability of adult support.

Teach and reinforce positive behaviors and decision-making – Provide consistent expectations and support. Teaching children social skills, problem solving and conflict resolution supports good mental health. “Catch” them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others – Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility and present opportunities for positive recognition. Helping others and getting involved reinforces being part of the community.

Encourage good physical health – Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

Content in this article was adapted from National Association of School Psychologists handout titled *Supporting Children's Mental Health: Tips for Parents and Educators*.

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 may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.**

Continental Women's Club

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, June 3 at 11:30 a.m. The program will include musician Richard Watts, who will entertain with accordion music and life stories. Masks are required. Cost for the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call Liz Paul at 691-7561.**

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The Sanibel Captiva Trust Company Incapacity: Why And How To Plan Now



Peter J. Knize, JD,
LLM., Trust & Estate
Services

Did you know that 15 percent of Americans over age 70 suffer from dementia (and nearly 40 percent by age 90)? Or that 540,000 Floridians were living with an Alzheimer's Disease diagnosis in 2018 (a figure expected to increase to 720,000 by 2025)? Or that six of the top 10 causes of death in Florida (cancer, heart disease, unintentional injury, stroke, Alzheimer's, pneumonia) involve some form of incapacity?

Incapacity impacts every aspect of daily life. Whether temporary or permanent, partial or total, incapacity robs its victims of their privacy, control, dignity and self-determination. Sadly, so many of us deny the statistics. We think "that won't happen to me," fooling ourselves into believing we will be in full control of our daily lives, directing every detail until the very end. And, most mistakenly, that "the end" will come quickly. This conceptual fallacy of "I will be the exception to the rule" places us in a vulnerable position during an incapacity period, when we need help the most.

Prudence dictates we anticipate that each of us will experience some level of incapacity during our final months, and plan accordingly. A well-structured incapacity plan should seamlessly transition our wishes and preferences to our future needs. Critical to a seamless plan, make sure these three essentials continue uninterrupted – healthcare decision-making; financial management; and

day-to-day living.

The goal is simple: To protect ourselves by ensuring our choices and autonomy are respected to the greatest degree possible. Here is the game plan:

Build your A-Team – Now. Central to the game plan is picking your multi-member incapacity team – your A-Team. Members of your A-Team will be making medical decisions, paying bills, overseeing investments, filing tax returns, and even walking your dog – so trustworthiness is paramount. Deciding who to trust can be difficult – but keep in mind the old English proverb: It is an equal failing to trust everybody, and to trust nobody. Next, the A-Team members' experience, location and work schedules should be considered. Do they have the expertise required for the job? Is it necessary that one or more members live nearby? Will they have time to handle emergencies as they arise? Finally, it is always wise to have an attorney, accountant, professional fiduciary or trust company serve on your A-Team to provide professional oversight.

Have legal documents at the ready – Now. Make sure your legal documents are comprehensive and up to date. A financial power of attorney confers legal authority to your A-Team member(s) to manage financial affairs. A healthcare power of attorney allows your A-Team member(s) to make medical decisions should an incapacity event occur. A living will details your end-of-life directions to your A-Team, doctors and loved ones. Each document is critical to a well-structured, multifaceted incapacity game plan.

Tell your A-Team your game plan – Now. Share your thoughts on your future living arrangements, investment priorities, end-of-life wishes, and burial and inurnment directives.

*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. **

ISLAND SUN BUSINESS NEWSMAKERS



Bob Berning
**VIP Realty
Group**



Deb Smith

Pfeifer Realty Group

Greg Demaras was the top producer for April at Pfeifer Realty Group. Jen McSorley and Bill LeJeune were the top sales associates. *



Greg Demaras

Mary Lou Bailey



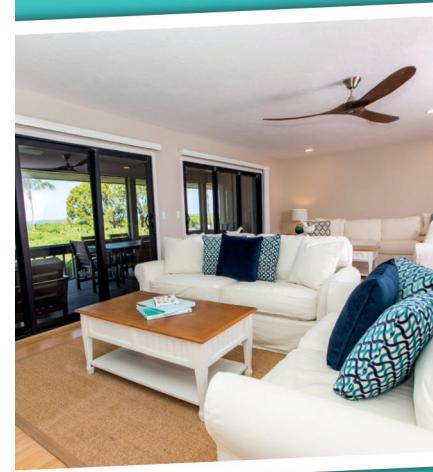
Jen McSorley



Bill LeJeune

The top producers for April at VIP Realty Group were: Bob Berning, top sales; Deb Smith, top listings; and Mary Lou Bailey, top producer. *

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Superior Interiors

How To Decorate A Larger Room

by Katie Frederick



If you've ever faced the challenge of decorating a small room, it's only natural to wish you had giant spaces to work with. After all, being economical with space requires creative solutions, and it's easy to pine for a room where you don't have to worry about furniture doubling as storage or finding unusual shelving solutions.

However, there are challenges inherent to interior decorating for a big room as well. It's easy for such a space to feel sparse and unfinished, and getting true functionality out of the room means arranging the furnishings in thoughtful ways. Look at your room and its own unique characteristics and make decisions based on a few design strategies particularly geared for wide open spaces.

Divide the room into areas. In most rooms, there will only be enough space for one conversational area. In larger rooms, however, it is difficult to arrange all the furniture so that this is possible. Luckily, you don't have to. You can designate several different zones of the

room, which both allows a single space to serve multiple functions and keeps it from looking so empty. For example, you could have one zone that's just for quiet conversations, another that has a desk for writing and reading, and a third that is centered around the television. It's like having three rooms in one.

Create a visual anchor for the room. One of the major drawbacks to larger rooms is that if you're not careful, they can feel unfocused. A visitor walks in, and it isn't clear where their focus should be drawn, or what the most important elements of the space are. Avoid this pitfall by using a large piece of furniture as the visual anchor of the room. Depending on your lifestyle, this could be any number of things. A large coffee table or L-shaped sectional sofa both work well, and if your family is musically inclined, a piano is a fine choice as well. The key is that it should be singular and visually dominant as too many small pieces on their own can begin to create the impression of clutter.

Pay attention to the lighting. Lighting can make a big difference in any sized room. Not only does it impact the things you are able to do in that area, but it can also completely change the look and feel of the furnishings. If the space has large windows, you have less to worry about during the daytime. However, after sunset, it's easy for shadows to creep up, especially in nooks or corners. Lamps can help give you different illuminating options, but too many of them in the same space can look awkward. To get

around this issue, choose a small handful of large floor lamps that are all of a similar style. Then, mix in a few low-key wall and floor lamps so that your lighting choices will feel cohesive while being able to work for the whole large area.

Use patterns to unify. Bigger rooms have more furniture, which can feel haphazard if you're not careful. You can avoid this issue by repeating the same patterns in different areas of the room. Even if you switch up the colors or the fabrics to add a depth of texture, consistent patterns throughout a space help carry visitors' eyes naturally throughout the room and make it all feel unified.

Looking for advice on decorating a larger space? Consider reaching out to a design professional, they can help you lay out the room, and suggest the furniture pieces you need to make your room function well and look fantastic.

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

Poetry Corner

by Jim Weyant

SNOWBIRDS

Winds from the north
there's a chill in the air,
we're packing our grips
there's no time to spare.

Heading down south
as quickly as we can,
in pursuit of Pina Coladas
and castles in the sand.

But when temperatures
they begin to rise,
we're repacking those bags
and saying our goodbyes.

Year after year
it's the same old routine.
Ah, but that's okay,
cause we're living the dream.

(from the book Poems in Paradise and Beyond)

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

Local Named To Dean's List

Isabella Sbarra-Michelland qualified for the Spring 2021 Dean's List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.**



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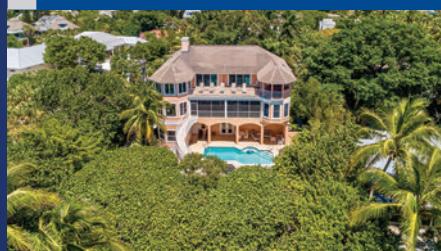


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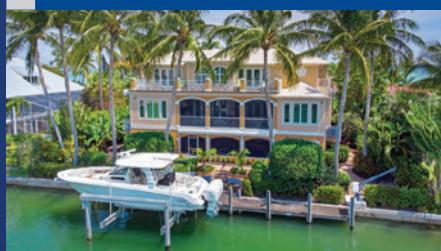


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ISLAND SUN BUSINESS NEWSMAKERS



McMurray & Members

Royal Shell Real Estate

The top producers for April at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray & Members, top listing and top sales producers team; Cindy Sitton, top listing producer individual/partners; and Andre Arensman, top sales producer individual/partners.**



Cindy Sitton



Andre Arensman



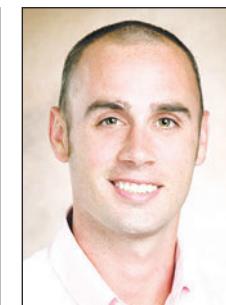
Meredith Murray



Marianne Stewart



Liz Stewart



Evan duPont

John Naumann & Associates

The top producers at John Naumann & Associates for April were: Meredith Murray, top listing agent; Marianne and Liz Stewart, top listing team; Evan duPont, top sales agent; and Harrell, Tolp & Albright, top sales team.**



Harrell, Tolp & Albright



Steve Fisher



Maxine Fisher

Bank Promotion

Sanibel Captiva Community Bank promoted Brian Terrell to executive vice president. He will continue serving as chief credit officer and remain a key member of the executive management team, which he has served on since joining the bank in 2010.



Brian Terrell

RE/MAX of the Islands

Steve and Maxine Fisher were the top associates for April at RE/MAX of the Islands. They were the most productive in both listing and sales categories.**

Terrell leads the bank's credit and loan administration departments. He brings three decades of business and banking credit experience.**

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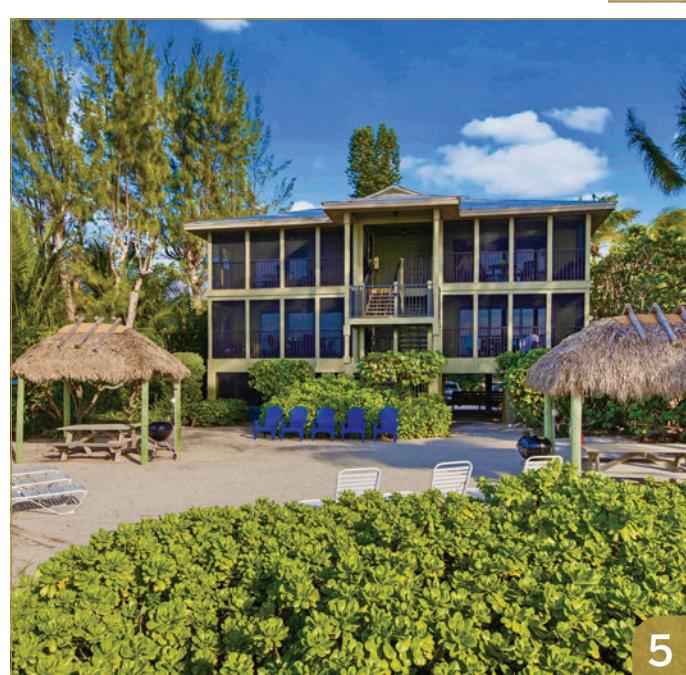
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Problems With Joint Ownership And Transfer On Death Accounts



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

Recently, several new clients have arrived at my office explaining that they don't need revocable trusts. "My banker told me simply to designate all of my accounts as 'transfer on death' to my children, so no probate is necessary, and even no trust is necessary." Other clients have placed bank and investment accounts in joint name with one or more of their children to accomplish the same thing.

Neither is a good idea.

Let's tackle the joint account with rights of survivorship first. The first is a gifting problem. When Mother places Daughter onto a joint account, then Mother is deemed to have made a taxable gift as to one-half of the value of the account. This would require the filing of a Federal Gift Tax Return Form 709 if the total gifts to Daughter exceed \$15,000 in that year.

If Mother lives in a state that has a gift tax, a state gift tax filing may also be due.

In today's world of high federal gift and estate tax exemptions, in Florida this isn't necessarily fatal, unless at some point in the future those exemptions should decrease. In 2025, absent any further legislation from Congress signed by the president, the exemptions are slated to return to their former levels. So a large gift today might resonate in the future.

Further, when Daughter owns half of the account, she loses half of the step-up in tax cost basis at the time of Mother's death. If Mother owned the account solely in her own revocable trust (that avoids probate anyway), then all of the capital gain would have been eliminated at Mother's death. Daughter will pay additional capital gains taxes she otherwise wouldn't have.

Further, assume Daughter has two siblings that Mother wants her to share the account with. Legally, Daughter doesn't have to. Even if Daughter is honest, it is a taxable gift from Daughter to her siblings when she makes transfers to them following Mother's death, resulting in the same problems discussed above, but now

they apply to Daughter.

If Daughter gets divorced or is a defendant in a lawsuit, or has bankruptcy or other creditor issues, those potential creditors can attack Mother's bank and investment accounts that were put into joint name with Daughter.

None of these problems exist using a revocable trust.

Now let's turn our attention to Transfer on Death accounts.

Assume Mother designates her investment account as "pay on death" (POD) to Daughter, but Mother also has Son. Daughter is expected to share with Son at Mother's death. Nothing says that Daughter must, and if Daughter does share with Son, then she has the gift issue discussed previously.

If one of the "pay on death" beneficiaries dies or has creditor issues, then another problem arises. Suppose Mother puts her investment account as "pay on death" to Daughter and Son. Mother becomes incompetent and then Son dies before Mother dies. Son is survived by a minor child, Grandson.

Mother wasn't able to change the POD beneficiary, so when she died, Son's will would need to be probated. Son's will left his assets to his wife, as opposed to Grandson, who Mother would have wanted the account to go to. Even if Mother was able to name Grandson directly, the bank could not make a transfer to a minor without an expensive and time consuming court process. This all could easily have been avoided with a revocable trust.

Let's consider Mother's incapacity as well. Because her accounts were not in a trust that authorized certain distributions, Mother's attorneys weren't able to assist the family with qualifying mother for Medicaid. Her nursing home expenses could deplete the account. Further, the bank wouldn't accept the durable power of attorney because it was "out of date," which required the family to enter into an expensive and time consuming guardianship to access the funds.

Mother was financially supporting Daughter prior to Mother becoming incompetent. Those payments had to stop because, under a POD account, there's no way to legally continue those gifts.

POD accounts usually require that you designate equal shares for all POD beneficiaries. This may or may not comply with your intent.

Finally, if one of your beneficiaries is undergoing a divorce or other creditor problem at the time of your death, the POD account may become subject to claimants of that beneficiary.

This is just a laundry list of some, not all, of the potential problems with POD and joint with survivorship accounts. Anyone with any degree of wealth should instead use a revocable trust vehicle to navigate these issues.

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How's The Market? Ask Ann



Ann Gee
Broker/Owner

MULTIPLE OFFERS! What do you do in today's market? This is a common scenario. Let's start with the Seller. They want their listing exposed to potential Buyers in the marketplace. Because of this, they are waiting up to 48 hours to respond to offers. Avoid unnecessary contingencies, close the sale as soon as possible. Keep the inspection time period short. Make sure you and your buyer have seen the property in person. Some Buyers are including an Escalation Clause stating their willingness to go higher by a fixed amount (for example \$5,000) over a competing comparable offer... up to a limited amount. At the end of the day, the Buyer needs to be comfortable with the offer. In the event of multiple offers, the Seller can accept/reject any of the offers. It's their decision to make. The Buyer... If the Buyer wants to buy the property and wants to make a "strong" offer, here's what I suggest: Cash is King. Make your strongest price offering. Give me a call if you have any comments or questions.

28 Closed Sales Going Back One Week: 13 Homes, 13 Condos & 2 Lots

1318 Par View Dr. Vacant Land - \$375,000	2445 West Gulf Dr. C-23 Pointe Santo - \$920,000
2405 Los Colony Rd. - \$380,000	613 Lake Murex Cir. - \$985,000
845 East Gulf Dr. 242 Sanibel Moorings - \$405,000	2475 West Gulf Dr. 206 Tarpon Beach - \$995,000
1501 Middle Gulf Dr. F206 Sundial West - \$456,000	1341 Eagle Run Dr. - \$1,058,000
760 Sextant Dr. 733 Mariner Pointe - \$531,000	1785 Middle Gulf Dr. A101 Sanddollar - \$1,130,000
827 East Gulf Dr. H4 Sanibel Arms West - \$549,000	2464 Blind Pass Ct. - \$1,175,000
2985 Island Inn Rd. - \$649,000	1226 Isabel Dr. Vacant Land - \$1,200,000
2265 West Gulf Dr. 210A Island Beach Club - \$729,000	2445 West Gulf Dr. 26E Pointe Santo - \$1,200,000
2620 West Gulf Dr. - \$735,000	1299 Middle Gulf Dr. 102 Compass Point - \$1,275,000
1811 Olde Middle Gulf Dr. 14 Signal Inn - \$790,000	1275 Par View Dr. - \$1,360,000
610 Donax St. 234 Sanibel Surfside - \$800,000	751 Windlass Way - \$1,500,000
445 Lake Murex Cir. - \$839,000	742 Sand Dollar Dr. - \$1,525,000
827 East Gulf Dr. E4 Sanibel Arms West - \$885,000	6412 Pine Ave. - \$1,579,000
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Call or email me with any questions. Stay safe & have a successful year!

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Rotary Happenings

submitted by
Cindy Carter



FISH of SanCap recently received a call with the news that there were 150 Johnson & Johnson vaccines available, but they needed vaccinated and masked volunteers to assist at their pop-up vaccination site. Volunteers would be outside, socially distanced, wearing a mask, helping with traffic flow, greeting people, driving recipients to and from the clinic, and checking temperatures and identifications.

Clair Beckmann, a Rotarian with a gift for finding volunteers, had all of the slots filled by Rotarians within an hour and a half. This call came three more times, and within hours, all of the slots were filled. There were 28 Rotarians/Rotarian spouses who volunteered and over 125 hours of Rotary service hours were accumulated.

This joint effort by FISH of SanCap, Rotary Club of Sanibel-Captiva, Sanibel Police Department, Sanibel Fire Department, parish nurses, medical offices, pharmacies, City of Sanibel officials and FISH volunteers helped vaccinate hundreds of Sanibel's most vulnerable residents.

Next up is Heritage Heights, a 24-acre



Rotarian Mary Bondurant helps a FISH of SanCap client get to his vaccination appointment at the pop-up clinic
photos provided

planned community situated between Gladiolus Drive and Summerlin Road in the Harlem Heights area of south Fort Myers. Planned for 150 single-family and multi-family homes surrounding the community lake, the first 12 families will move in by early 2021. Heritage Heights, a transformation of Harlem Heights, is strategically designed to improve the quality of life for residents by focusing on education, health and wellbeing, access to public resources, and economic opportunities working hand in hand with



Eldon Bohrofen and Chet Sadler monkey around on the playground they were helping to install at the Habitat for Humanity build at Heritage Heights

Habitat for Humanity.

As many know, volunteers are the backbone of Habitat for Humanity, and Rotary definitely answers the call for volunteers. Rotarians helped out with the playground build that will be an essential component of this neighborhood, providing a safe place for children to gather and exercise.

Rotary also supports several global projects in conjunction with local Rotary clubs. Haiti is one of the countries we have supported with several projects



After gangs devastated a local village, help was received by the orphanage in the form of food for the children

including a school, an orphanage and a water project that provides clean water to the community. Recently, we were informed that gangs had devastated much of the village, including our projects. This left the community, including the orphanage, without food.

Within 10 minutes during a segment of our meeting, lovingly called "Happy Bucks," we had raised nearly \$5,000. The money received will be split between the Agape Orphanage of Christian Ministries Association, run by Rev. Diosmy, and Jacques Annilus, the Rotarian with the St. Marc Rotary Club. Sanibel-Captiva Rotary has completed two global grants; building a \$70,000

continued on page 36

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Frankly Speaking



by Howard Prager

Spots shorts. With so much happening and with records being broken and established, there's a lot to comment on in the world of sports.

Stephen Curry became the oldest

NBA scoring champ since Michael Jordan this season with 32.0 ppg. He joins Jordan, Kareem and Wilt as the only players with multiple scoring titles, MVPs, and championships. Washington Wizards point guard Russell Westbrook became the undisputed king of the triple doubles. He scored his record-breaking 182nd triple double of his career in a 125-124 loss against the Atlanta Hawks, besting Oscar Robertson's long-held record.

Let's look at the favorites in the NBA Finals and Stanley Cup. The Colorado Avalanche are favored in the NHL followed by the Golden Knights, Maple Leafs, Hurricanes and 2020 champs Lightning. The Lightning and Florida Panthers are meeting for the first time in the playoffs in the first round. The Brooklyn Nets are favored in the NBA and have their three superstars healthy. The 2020 champion L.A. Lakers are listed second despite being ranked 7th in the west, followed by the Clippers

and the Jazz.

And here they come round the bend... it's Rumbauer winning by three and a half lengths at Pimlico. No Triple Crown winner this year, which is probably best because Medina Spirit had a potential asterisk for her Kentucky Derby win with reported drug issues. Trainer Bob Baffert issued a statement before Saturday's Preakness in which he apologized for his handling of the announcement of Medina Spirit's positive drug test following his Kentucky Derby victory. "I always try to be accommodating and transparent with the media, which led to an emotional press conference on May 9 in which I said some things that have been perceived as hurtful to some in the industry. For that, I am truly sorry. I have devoted my life's work to this great sport, and I owe it an eternal debt of gratitude." Not wanting to be a distraction, Baffert chose to stay home instead of traveling to Pimlico.

MLB has a new record – 58 strikeouts without a walk to start the season. Brewers ace Corbin Burns now owns that record, the most strikeouts to start a season and the most between walks at any point in a season since 1893, when the mound was set at its current distance. According to *The New York Times*, "Twenty-six times this season, Corbin Burns had stood on the mound with a chance to throw ball four. Every time, he had thrown a strike. It wasn't until the 127th batter he faced that Burns issued a walk. Burns swears he doesn't

even think about it. He has a historic aversion to bases on balls." Opponents hit only .152 in April off Burnes, whose earned run average is 1.57. He has recorded at least nine strikeouts in all six of his starts, standing out even in a season of extreme power pitching in the majors. His strikeout rate and ERA dating back to last season is second only to DeGrom.

From www.golf.com, "On a rainy Sunday in Texas, the PGA Tour crowned a first-time winner. K.H. Lee, a 29-year-old from Seoul, South Korea. Lee won his first-ever event on North American soil by three strokes at the AT&T Byron Nelson winning the Texas event, the second Korean in a row to do so. He captures the last open spot in this week's PGA Championship in South Carolina."

Rafael Nadal bested Novak Djokovic in the 58th encounter of one of tennis's most enduring and competitive rivalries. Both players will now head to Roland Garros for the French Open in the hopes of adding to their Grand Slam tally with the GOAT race wide open. Roger Federer will also be featured in this year's tournament."

On the woman's side in Rome, Czech Karolina Pliskova has had one of the most effective serves in tennis. She was also playing in the finals of the Internazionali BNL in Rome for the third straight year versus reigning Roland Garros champion Iga Swiatek. Yet, in just 46 minutes, Swiatek won this match, 6-0, 6-0. In the first set, the 19-year-old Pole dropped just four points. With her win, Iga became just the fourth teenager to win a WTA 1000 level event.

Earlier last month, Jon Krawczynski of *The Athletic* reported that Alex Rodriguez and Marc Lore were finalizing a deal to become the next owners of the Minnesota Timberwolves and WNBA Minnesota Lynx, a process which could take place slowly over the next couple of years with current owner Glen Taylor staying involved. These new high profile owners can be huge for the Timberwolves in attracting new stars.

Finally from the BBC, the Olympics

is set to start in two months. Calls to ditch the Games in the face of the pandemic are getting louder. So why isn't Japan cancelling the Games? The answer is it's the International Olympic Committee (IOC) who is the decision-maker about cancelling. The vaccination rate in Japan is only between 1 to 2 percent, and we all see what's going on in India right now and other countries. I say cancel it for another year for the health and safety of the athletes and for a more involved viewership and fans at the games rather than competing in empty stadiums.

Athletes for Hope is a non-profit organization founded in 2007 by Andre Agassi, Muhammad Ali, Warrick Dunn, Jeff Gordon, Mia Hamm, Tony Hawk, Andrea Jaeger, Jackie Joyner-Kersee, Mario Lemieux, Alonzo Mourning and Cal Ripken, Jr. They created an organization that brings athletes together to educate, inspire, and channel their energy for a common goal: to make a difference in the world through sports philanthropy. Athletes for Hope has grown to over 4,000 athletes across the NBA, NFL, NHL, MLB and the Olympic movement. These athletes take part in their causeway program which provides education workshops and subsequently one-on-one guidance for each athlete through their personal philanthropic journey. "We are breaking down barriers and bringing people together. Through our work, we help athletes recognize their untapped potential to make a difference, and we challenge them to set a new standard. Many athletes want to give back but don't know where to begin. Our founders saw that the sports community is competitive by nature, which has led to a fragmented approach to philanthropy. And so we decided to break the mold." More about this unique organization in the coming weeks.

*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.**

SPORTS QUIZ

1. Name the rookie pitcher who won his first four starts – including a no-hitter on May 5, 1962 – for the Los Angeles Angels.
2. Evonne Goolagong, a seven-time women's singles Grand Slam tennis tournament winner from 1971-80, hailed from what country?
3. What Austrian driver posthumously won the 1970 Formula One championship after perishing in a crash during practice at the Italian Grand Prix?
4. Opening in 1900, The Hawthorns stadium has been home to what English Premier League football club?
5. What Tanzanian basketball star played for the University of Connecticut Huskies and was picked No. 2 overall by the Memphis Grizzlies in the 2009 NBA Draft?
6. Gino Cappelletti, American Football League MVP in 1964, had his No. 20 jersey retired by what NFL team?
7. Who founded a company that began manufacturing ice-resurfacing machines for skating rinks in Paramount, California, in 1949?

ANSWERS

1. Bo Belinsky. 2. Australia. 3. Jochen Rindt. 4. West Bromwich Albion FC. 5. Hashem Thabebet. 6. The New England Patriots. 7. Frank J. Zamboni.

LCEC Employees Pay It Forward

Even through COVID-19, Lee County Electric Cooperative (LCEC) employees have still managed to give their time, talent and heart to the community by following CDC guidelines and the LCEC Pandemic Plan. LCEC employees Nancy Miller, Nicky Sierra and Aaron Warner have volunteered 500-plus hours during the pandemic.

LCEC designed the Pay It Forward Program in 2016 to encourage volunteerism and support employees' efforts to give to their favorite qualifying

nonprofit organization. Employees who volunteer and track volunteer hours can earn Pay It Forward donation dollars to be awarded to a 501(c)3 charity of choice. LCEC employees who volunteer between 50 to 100 hours in the community can designate a nonprofit organization to receive up to a \$100 donation.

Each year since the program's inception, several LCEC employees have surpassed the annual 500-plus hour mark of community service. The most recent 500 club members will each be entered into a drawing, and one of these three will be the winner of an additional \$500 for the charity of their choice.*

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Creativity Can Boost Your Wellbeing



by Julie Rosenberg, MD

As a physician and scientist, I have always appreciated and engaged in creative work. I especially enjoy classical music, photography and writing.

I've found these creative avenues to be wonderful outlets to manage the stressors in my work and home life.

When I engage in any type of creative endeavor, I experience an increased level of positive emotions – increased joy, gratitude and pride – and fewer negative emotions. I also enjoy a sense of engagement with a like-minded community.

Mihaly Csikszentmihalyi, a Hungarian American psychologist, noted for his work in the study of happiness and creativity, defines creativity as “any act, idea or product that changes an existing domain, or that transforms an existing domain into a new one.” Being creative is associated with emotional expressiveness and

flexible thinking. Creativity can help people gain different perspectives, generate new possibilities or new alternatives, and learn more adaptive ways of dealing with life’s challenges.

Because I’ve recognized the value of creativity throughout my life, I’ve searched for scientific evidence to answer the question:

Will engaging in creative activities help us thrive as we age?

In short, the available studies support a resounding, Yes! Most of the studies focus on the health effects of music engagement, visual arts therapy, movement-based creative expression and expressive writing. In sum, research on older adults has shown that when people are challenged and stimulated, they experience a greater sense of wellbeing. Older adults seem to particularly enjoy creative expression focusing on life stories for intergenerational collaboration.

Through the leadership of the National Endowment for the Arts and U.S. Department of Health and Human Services, it is more widely recognized that the engagement in creative arts supports a “whole-person” approach to the health and wellbeing of older adults. Such an approach engages older adults in creative arts participation not only as audience members, but as vital members of their community.

Creative arts play an important role in the lives of older individuals as they offer opportunities to: be connected to themselves and others; learn new

skills; experience increased self-esteem; increase understanding of oneself and others; reduce health-related symptoms; build resilience; and be in “flow,” the feeling of being in the moment, experiencing enjoyment and intensive concentration.

Participating in creative arts and other social and leisure pursuits may lower risk for developing certain health problems and can support the management and treatment of mental illness, neurodevelopmental and neurological disorders, and the delivery of acute care and palliative care. Engagement in creative activities has the potential to reduce stress, anxiety and depression, and can serve as a vehicle for alleviating the overall burden of chronic disease.

In summary, creative engagement has significantly positive effects on health. If you are not already engaged in some type of creative endeavor on a regular basis, consider incorporating creative arts into each week – perhaps take up cooking, knit, paint, make pottery, write, dance or play music. Not only will you enjoy yourself, but your efforts will help to promote better psychological and physical health and wellbeing.

*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.***

From page 33

Rotary

school restroom and a \$50,000 clean water system.

Rotary was initially formed from the vision of one man – Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on February 23, 1905 so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary's reach and vision gradually extended to humanitarian service. Whether it

is in the form of volunteer hours or financial contributions, Rotary makes a difference in the lives of people everywhere. It's a lot easier when we work together as neighbors, as one big neighborhood. I am proud to be a Rotarian.

*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](mailto:wiliam.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.***

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 Andre Arensman 239.233.1414

Hypercalcemia Treatment Options

by Suzy Cohen, RPh

Dear Readers:

Your body is amazingly skilled at maintaining homeostasis. It's kind of amazing how your body maintains tight

control over calcium levels, especially the amount that is circulating in your blood at any given moment. For example, all of these methods are done involuntarily by your body to keep your serum calcium at a normal range, usually somewhere between nine and 10, but it differs depending on your age.

1. Your intestines absorb calcium from foods that you eat.

2. Your bones give up and take in calcium, so there is a dynamic movement of calcium in and out of your skeleton.

3. Your kidneys reclaim calcium, or excrete it into your urine.

When the blood levels drop below normal, your four tiny parathyroid glands immediately rescue levels by



secreting parathyroid hormone (PTH) into your blood which tells your bones to release some into the blood, and do it now. People with elevated PTH levels are at higher risk for osteoporosis. PTH levels are measured by a simple blood test. If it's high, I recommend you read Dr. Norman's work at www.parathyroid.com.

Physicians will evaluate vitamin D if the PTH is elevated, and if the D is low they will tell you to supplement. This can be very harmful and is the wrong thing to do in most cases, because if the PTH is elevated, and your D is low, it's low because your body's trying to protect you from more calcium.

A person's calcium can be evaluated several ways. Usually a "serum" calcium is measured by a blood test that tells you how much calcium is bound to a protein. There is an "ionized calcium" blood test which tells you what portion is free. If you have so much calcium that it's spilling into your urine in high amounts, this is called hypercalcuria. To find out, take a test called a "24 hour urine calcium test."

If your calcium is high, ask your physician about these ideas to see if they're right for you:

1. Vitamin K2 – Vitamin K2 drives calcium out of the blood and puts it back into the bone. It reduces serum calcium.

2. Bisphosphonates – The category of bisphosphonate drugs (ie Fosamax) can be used for a short term to remove calcium from the blood and put it back

into the bones. It will reduce serum calcium.

3. Reflux drugs – Medications like famotidine (Pepcid) or omeprazole (Prilosec) can quickly reduce the absorption of many minerals and it can be quite potent.

4. Follow a low calcium diet – Meat and poultry, shrimp, seafood, green beans, eggs (and egg substitute), oatmeal, squash, nuts, rice, peas, Brussels sprouts, tangerines, kiwi and fruit juice.

5. Switch diuretics – If you are taking a thiazide diuretic like HCTZ (hydrochlorothiazide), this will cause you to retain calcium. By taking a "loop"

diuretic such as furosemide, you will reduce calcium levels.

Sometimes surgery for a parathyroid adenoma is necessary; these are diagnosed by specific scans on the neck. Hyperparathyroidism is a common cause for elevated calcium levels. To learn more about all this, sign up for my free newsletter at www.suzycohen.com, and I'll send you a more comprehensive version of this article.

*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.[®]*

Got A Problem? Dr. Connie Is In

by Constance Clancy



Q: I'm a teacher and I have seen more anxiety in children than ever. What are some ways I can help calm them in the classroom and to help parents as they are stressed

as well?

A: As a therapist, I feel the same. I work with children ages 10 and up, and I have seen a real increase in anxiety levels especially this year with the COVID virus. We know that children pick up on others' energy. We adults have felt a heightened anxiety as well. So with everyone feeling it, and without some stress management, the anxiety remains heightened.

When kids are anxious, they can experience an acute stress response known as fight, flight or freeze. The body's sympathetic nervous system releases adrenaline and noradrenaline. These chemicals increase heart rate and blood pressure. Kids respond in different ways. Once children can exit their fight, flight or freeze, they are better at regaining control of their actions. Some of the following suggestions can help parents and teachers help kids learn some effective coping techniques and be more calm:

1. Practice breathing techniques
– Diaphragmatic breathing is how babies breathe. Long deep inhalations and longer exhalations will bring the

sympathetic nervous system down to parasympathetic calm. Kids can learn to breathe in to the count of three, hold for three, then exhale for three. They can blow bubbles or blow out candles. Encourage these breathing techniques, and they can also be learned in Mindfulness Meditation. See Jon Kabat-Zinn's Mindfulness Based Stress Reduction work.

2. Encourage activity – We all know how much better we feel when we go for a run or walk, swim or bike. Kids need activity and the outdoors.

Activating their joints and muscles will help them wind down and self-regulate emotions.

3. Have kids name their feelings – Glad, sad, happy, excited, frustrated, etc. If they can identify with their feelings and talk about them, this will desensitize their anxiety and help them to feel more in control.

4. Have some rituals – Rituals can give kids a sense of stability and increased confidence. They can be physical, or simply use the breathing techniques. If they like to read, this too can get them to feel calmer. They may want to warm up before an activity to help them get centered and feel in control.

Whatever activities the kids do, it can lead to a calmer, less anxious child. We adults need to be positive through example, and when we practice what we preach, it will be positive for the kids and they will want to take that on.

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

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Doctor and Dietician

Paleo Cheesburger Pie



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

Cheesburger pie has been a favorite over the years, but this version has a few health tweaks added. This cheesburger casserole has all the classic elements of a burger and is a fun way to feed a crowd but it cuts down on excess simple carbohydrates. Use this recipe for a simple, quick, weeknight meal during a busy week. It truly does taste like your favorite burger!

You may be thinking, "I cannot believe you are recommending red meat." First, we recommend eating real food – not fast food, not processed food. R-E-A-L food. Unfortunately, our agricultural system has many problems. Therefore, we encourage you to be careful with your food choices. Find sources that are clean, healthy and free of chemicals. We have researched food, diet types and metabolism for many years. You can read more about our findings at www.hauserdiet.com. In short, some people's metabolisms operate optimally with high protein/fat diets, some fare well on plant-based diets, and others are in the middle. Meat is not the enemy, and veggies are everyone's friends.

Red meat is packed with protein and iron which are key players in maintaining healthy bodies, particularly muscles, bones, skin, hair and immune systems. It also provides zinc and B vitamins which many people are deficient in. However, not all meat is created equal. A free-roaming, grass-fed animal provides much different meat than animals born and bred in factories

that are fed hormones, chemicals, medicine, pesticides, GMOs, and Roundup, with no sunlight. Thus, we use organic grass-fed beef and nitrate-free organic bacon and organic veggies and dairy.

So let's make this pie! Instead of crust, we steam a small head of cauliflower (and sometimes add spaghetti squash). While cauliflower is cooking, brown one pound of ground beef, then add one medium chopped onion in a skillet. Add a pinch of sea salt and pepper, about a teaspoon or two of garlic powder, and a couple dashes of Worcester sauce and stir in. Set aside after fully cooked and drained.

Press liquid from cooked cauliflower to reduce sogginess of the crust. Mash cauliflower, add one egg, salt/pepper, about a half cup of shredded cheese, and about a quarter to one half cup of gluten-free flour of your choice. We also like to add chia or flax seeds and other herbs. Adjust mixture to appropriate stickiness. Press into a greased pie pan or baking pan. Prebake for about 20 minutes in 400-degree oven, then top with meat mixture. Squirt a few lines of ketchup and mustard across the meat and dot with pickle relish, then top with shredded cheeses of your choice (Irish cheddar is a favorite) or use dairy-free (Daiya is tasty), then bake for about 30 more minutes until hot and bubbly.

Recipe variations include substituting or combining beef for/and turkey, chicken, pork or lentils or other legumes and/or veggie mixture. Add herbs and spices to meat mixture such as smoked paprika, chili powder, Italian seasonings, or oregano. You can also add mushrooms, green chilis, peppers, carrots, celery, or whatever you have on hand.

We have doubled this recipe and baked it in a 9-inch by 13-inch pan. Serve garnished with hamburger toppings such as lettuce, tomato, onion, ketchup, mustard, relish, pickles, crumbled bacon, sliced avocado and sautéed onions/mushrooms. Enjoy!

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

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Beautifulife: Chivalry

by Kay Casperson



Chivalry goes as far back as medieval times, when it was a code of honor for knights. The definition of chivalry is the combination of qualities expected of an ideal knight, especially courage,

integrity, courtesy, justice and readiness to help the weak. But is it still relevant today?

My hope is that our children will learn from adults about the importance of keeping it alive even today. I believe that chivalry is still thriving, but maybe in a different way. Today, it is more about making the right choices, doing the right thing and being conscious of others. I also believe it entails being kind and considerate, honoring others, being brave, respectful and loyal.

There are a few ways that stand out as to how to keep chivalry alive, and following are some suggestions.

Instead of texting your loved one, pick up the phone, as it is so much more personal.

Pay attention to your loved ones when they are talking; don't be distracted.

Send flowers for any reason, or even bring them home now and then.

Open the car door and the doors to restaurants and establishments.

Pull out the chair for your loved one before sitting down at home or at a restaurant.

Stand up if you're at a table and your loved one is approaching you to sit down.

Introduce them to someone that you are talking to that they might not know.

Let them know how unique, beautiful, talented and appreciated they are.

As an independent and strong individual, I know I can take care of myself and don't necessarily need someone to do these things for me. But, how nice is it when a person shows consideration, admiration, love and respect to you even when you are not expecting it?

Yes, I believe chivalry is not dead, but it may just be a bit different from before. People who keep it alive in their personal lives tend to be happier, more fulfilled, and continue living their best and most beautiful life.

My affirmation for you this week is:

"I will keep chivalry alive and thriving in my life to embrace the importance of honor, respect and courtesy to others."

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.*

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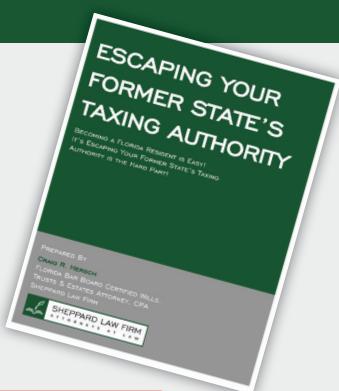


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Emergency	911
Sanibel Police,	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City Council	472-4135
City Building Department	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
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	939-2787
Naples Philharmonic	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 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 Assoc. 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 47

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!



"Goodness no, we heven't even considered
a verdict yet — we're still exchanging
!"

Grimace

CLOWS

Declare

PEAKS

Avoid

WEECHS

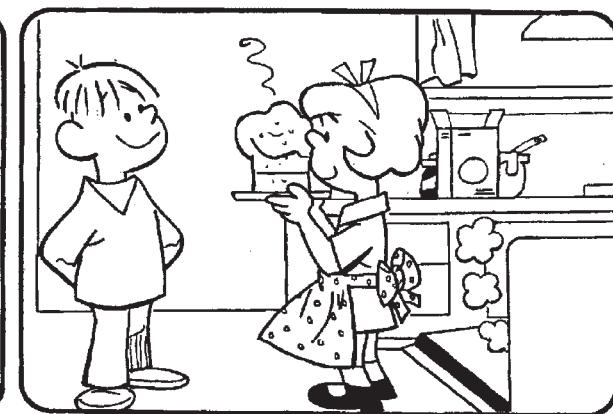
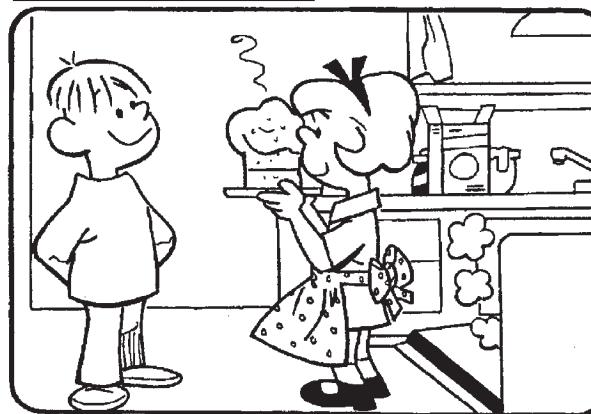
Rule

GERNI

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Spoon handle is added. 2. Curtains is wider. 3. Box design
is different. 4. Faucet is missing. 5. Bow is different. 6. V-neck is added.

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.

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

PETS OF THE WEEK



Harper ID# A861433 photos provided
Lee County Domestic Animal Services

Harper And Clara

Hello, my name is Harper. I'm a black and white 4-year-old female pit bull mix. I have overcome quite a bit in the three weeks I have been with Animal Services. I had paralysis in my rear legs on the first day that then went to my front legs. X-rays showed no injury to my spine. After a consultation with a neurologist, it was determined that I had Botulism, which is rare in dogs and probably from ingesting a dead lizard. I have now fully healed and I'm back to running around like the happy, healthy dog I should be. I'm ready for my new family! My adoption fee is \$30.

Hi, my name is Clara. I'm a white



Clara ID# A867194

and brown 5-year-old mini lop rabbit. The mini lop is a small breed, although not quite a dwarf. Despite this, I am quite stocky and robust. I have lop ears, as the name suggests, and they hang over my face. I am rather laid back and like to be held. My adoption fee is \$5.

*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.***

My Stars ★★★★

FOR WEEK OF MAY 15, 2021

Aries (March 21 to April 19) A once-harmonious relationship appears to be hitting some sour notes. Spend some time together to see why things have gone off-key. What you learn might surprise you.

Taurus (April 20 to May 20) You feel a need to make some changes. Good – you can do it on a small scale (some new clothes, for example), or go big and redecorate your home and/or office.

Gemini (May 21 to June 20) Control your tendency toward early boredom. A situation in your life might be taking a long time to develop, but patience pays off. Stay with it.

Cancer (June 21 to July 22) You might feel that you're on an emotional roller coaster this week. Don't fret; just ride it out and let things settle down. A Pisces shows understanding.

Leo (July 23 to August 22) Do something different for once – compromise. A stubborn stand on an important issue proves counterproductive. You need to be open to new ideas.

Virgo (August 23 to September 22) A friend offers advice that you perceive as an act of betrayal. But before you turn against the messenger, pay attention to the message.

Libra (September 23 to October 22) A year of riding an emotional pogo stick finally settles down. Use this calmer period to restore frayed relationships and to pursue new opportunities.

Scorpio (October 23 to November 21) Your words can sting, so be careful how you respond to a friend's actions. A calm approach could produce some surprising facts.

Sagittarius (November 22 to December 21) Be careful about whose secrets you're being asked to keep. They could impose an unfair burden on a straight arrow like you.

Capricorn (December 22 to January 19) While you prefer taking the tried-and-true course in life, be adventurous this week and accept a challenge that can open new vistas.

Aquarius (January 20 to February 18) Your strong sense of justice helps you deal with a job- or school-related situation. Stay with your principles. A Sagittarius emerges as a supporter.

Panel Discusses Shark Interactions When Fishing

At its May meeting, the Florida Fish and Wildlife Conservation Commission (FWC) hosted a roundtable discussion focused on the issue of shark interactions when fishing, such as sharks taking anglers' catch before getting it to the boat. The discussion also included a staff presentation that covered a recently conducted FWC survey focused on fishers' experiences with predators when saltwater fishing.

"Sharks interacting with fishermen's catch is an issue we are hearing about more and more," said FWC Chairman Rodney Barreto. "We are proud to have gathered together such a high-caliber group of experts and thank all of them for sharing their perspectives on interactions between fishermen and sharks in Florida. FWC looks forward to continued engagement with our panel and hearing from the public."

"As some shark populations recover and more fishers are on the water, these increased interactions with sharks are likely to occur," said FWC Commissioner Mike Sole. "This conversation is a starting point in helping us better understand shark interactions while fishing, and promoting dialogue between fishery managers, fishermen, scientists and conservationists about this issue."

The FWC will continue to stay engaged on the future management of sharks in Florida.

"We need to learn more about the different shark species involved with these incidents. This problem is a human interaction problem more than a shark interaction problem and I think all of us here today are in a position to get closer to a solution," said Dr. Guy Harvey, fisheries biologist.

Pisces (February 19 to March 20) You need to build a stronger on-the-job support system to convince doubting colleagues that your innovative proposals are workable.

Born This Week: You might not say much, but you're capable of extraordinary achievements. You are a loyal friend and a devoted family person.

MOMENTS IN TIME

- On May 30, 1431, in Normandy, Joan of Arc, the peasant girl who became the savior of France, is burned at the stake for heresy. Her most serious crime was her rejection of church authority in favor of direct inspiration from God. She was 19 years old.

- On May 26, 1897, the first copies of the classic vampire novel *Dracula*, by Irish writer Bram Stoker, appear in London bookshops. Stoker had originally named the vampire "Count Wampyr."

- On May 29, 1914, in one of the worst maritime disasters in history, heavy fog causes a collision of boats – the *Empress of Ireland* and the

"It's not simply a matter of too many sharks. Knowing which of these species have recovered, which have not and which are interacting with fishing gear is essential because with the wrong management measures we could drive the past 30 years of conservation success right back into the ground," said Dr. Robert Hueter, senior scientist emeritus for Mote Marine Laboratory and chief scientist for OCEARCH. "Today, we should be celebrating Florida's return of its top marine predators vital for a healthy ocean. What we need to do is give fishermen the tools to minimize their interactions."

"The unanimous consensus in the commercial fishing community is that the high number of shark interactions are indicative of an overpopulation of many shark species as a result of management measures, and this comes at great cost to commercial fishermen and the seafood supply chain," said commercial wholesale dealer Mike Merrifield, co-owner of Wild Ocean Seafood Market. "Some sharks can be sustainably harvested and need to be managed through sound science, not emotional public opinion."

"Monday alone, we lost 45 rigs to sharks. We are seeing five times what we saw three to four years ago. We have to look into why so many of these sharks are here. How do we get this back to balance?", said Capt. Bill Taylor of Black Dog Fishing Charters.

"We must ensure that we have shark fisheries that balance the needs of the ocean with the needs of the fishing industry," said Karyl Brewster-Geisz, NOAA federal fishery manager.

For the full May 12 and 13 agenda, including links to background reports, go to www.myfwc.com/about and click on "The Commission" and "Commission Meetings."

For more information about shark regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Sharks."**

Storstad – that kills 1,073 people on the St. Lawrence River in Canada.

- On May 24, 1935, the Cincinnati Reds beat the Philadelphia Phillies 2-1 in Major League Baseball's first-ever night game, played under recently installed lights at Crosley Field in Cincinnati. The game drew 25,000 fans as President Franklin D. Roosevelt symbolically switched on the lights from Washington, D.C.

- On May 27, 1943, a B-24 carrying U.S. airman and former Olympic runner Louis Zamperini crashes into the Pacific Ocean. After surviving the crash, Zamperini floated on a raft in shark-infested waters before being picked up by the Japanese and spending two years in brutal prison camps. His story of survival was featured in the 2010 book *Unbroken*, by Laura Hillenbrand.

- On May 28, 1961, the British newspaper *The London Observer* publishes British lawyer Peter Benenson's article *The Forgotten Prisoners*, launching a movement that later became Amnesty International.

- On May 25, 1994, the ashes of 71-year-old George Swanson are buried

continued on page 46

PUZZLES

Answers on page 47

Super Crossword

REPEATED NOTES

ACROSS

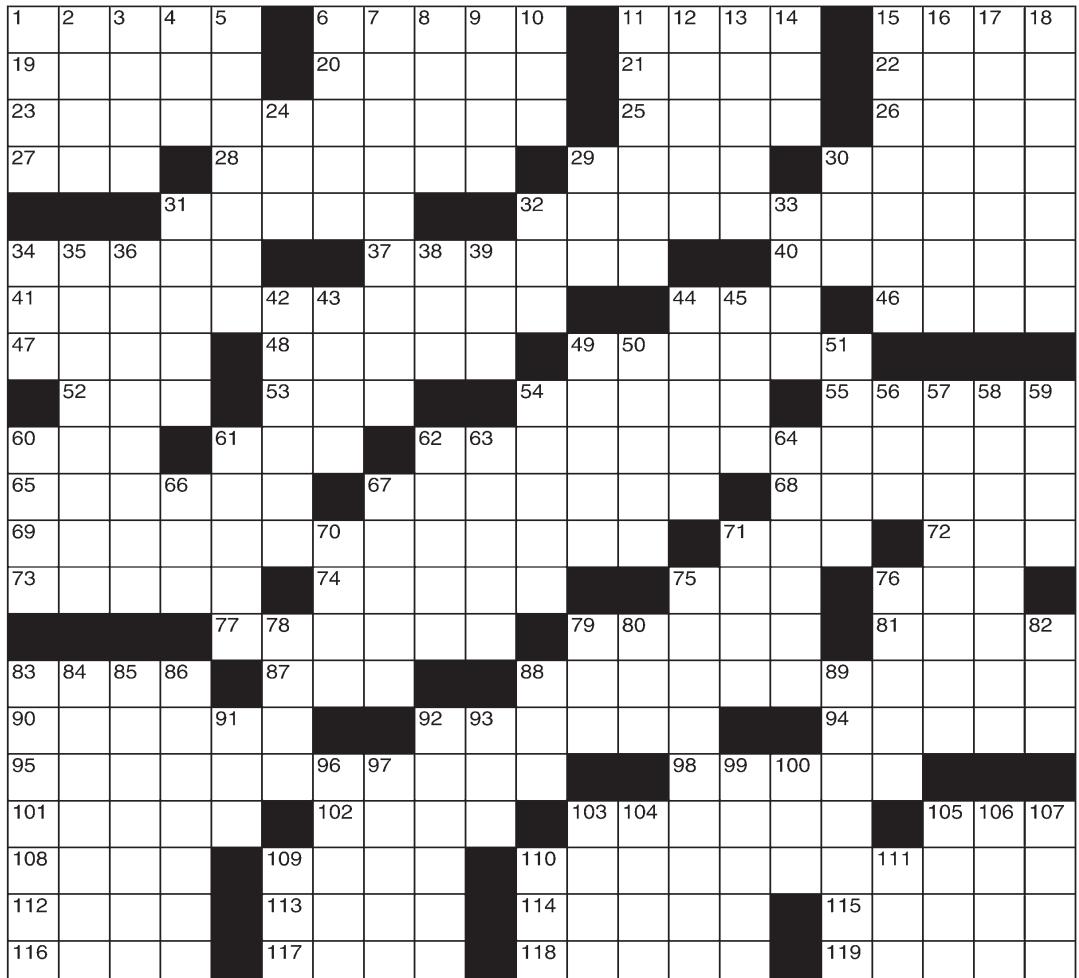
- 1 Synagogue leader
6 Mojave plant
11 Pinnacle
15 Czech-German river
19 — Island (former immigration gateway)
20 Carpentry rod
21 With 71-Across, act all-powerful
22 Usual thing
23 Many supermarket entrances
25 Glass sheet
26 Large mop
27 Ruhr article
28 With gusto
29 Chilean money
30 Kagan on the high bench
31 Big hit
32 Collect deserved benefits
34 Crime boss John
37 Roll out, as a flag

- 40 Flood zone protections
41 Long strip of high-end shops along a road
44 —-fi
46 Water swirl
47 Pottery base
48 Satire device
49 "Beetle" of comics
50 Jewel box contents
53 1986-2001 space station
54 Swell out
55 Lock horns
60 Mauna — Observatory
61 Uncles, e.g.
62 "Charlie's Angels" co-star
65 Notwithstanding
67 Jungle jaunts
68 More cruel
69 Many a metal alloy, chemically
71 See 21-Across
72 Turin-to-Milan dir.
73 Tendency
74 Like ruled paper
75 Part of ABA
76 24/7 care ctrs.

- 77 "Goodness!"
79 Singer Cole
81 Meat cut
83 Magnetism
87 Ireland's — Lingus
88 Bright blue gem
90 Book before Jeremiah
92 Semi engine
94 — beat (falter slightly)
95 What you can hear from an audible clock
98 Garbage
101 Put in a tomb
102 Torchiere, e.g.
103 Ineffective
105 Block of history
108 Fashion's von Fürstenberg
109 Cakewalk
110 Yoga pose with hands and feet on the floor
112 Artful dodge
113 Son of Adam and Eve
114 Fuse
115 "— Meenie" (2010 hit song)
116 Floored it
117 Nothing but
118 Swamp critter
Wiesel

DOWN

- 119 Repeated musical sequence in this puzzle
34 Truck and SUV maker
35 Common painting medium
36 Suitable to be bartered
38 Diarist Anaïs
39 Aviate
42 Restricts
43 Journalist Burnett
44 Audible exhalations
45 Musical symbol
49 Donkey
50 Writer Locke
51 Swerved
54 Interweave
56 Big TV brand
57 Bighearted
58 Knives, e.g.
59 To be, in Arles
60 Make it
61 Little buddy
62 Animal life
63 Succeeding
64 Ethically indifferent
66 Ruhr article
67 More artful
69 Really
70 Antique, quaintly
71 Lasses
75 Made an intrinsic part of
76 "Popeye" cartoonist Segar
10 Overhead trains
11 Magnetism
12 Purse part
13 Estate house
14 Face part
15 Place in bondage
16 Devalued
17 Not generic
18 Emissary's residence
24 Mendes of "Hitch"
29 For every 30 She-sheep
31 Doesn't go
32 Feel regret about
33 Novelist Wiesel
111 Yr. ender



King Crossword

ACROSS

- 1 Borscht veg-gie
5 Nourished
8 Great Lakes fish
12 Choir voice
13 — been real"
14 Plane-related
15 Pear variety
17 Fury
18 Away from WSW
19 Mine yield
20 Say
21 Snoop
22 Upscale auto
23 Golf great Sam
26 Husband of Eurydice
30 Level
31 Genetic letters
32 Sicilian peak
33 New Mexico's capital
35 Director DeMille
36 "Nasty!"
37 Cowboy's sweetie
38 Brag
41 Gaiety
42 Mauna —
45 Pac-12 sch.
48 Avoid
- 49 Ostrich's kin
50 Sultry Horne
51 Male turkeys
52 — Moines
53 Retain
- 8 Sideways somersault
9 Miami team
10 Desire
11 Afrikaner
16 Byron or Tennyson
20 Strike caller
21 Devoted supporters
22 Bikini top
23 Rds.
24 Actress Long
25 Still, in verse
26 Small bill
27 List-ending abbr.
28 Half of bi-baseball
29 Bando of baseball
31 "Bobby" subj.
34 Do something
35 Quitter's word
37 Mentors
38 Small statue
39 Twice cuatro
40 Grad
41 Notoriety
42 Leg joint
43 Aachen article
44 Now, on a memo
46 Club —
47 Sort

DOWN

- 1 Innocent one
2 Flair
3 French 101 verb
4 Preschooler
5 Red-hot
6 Diminutive suffix
7 "Spring ahead" hrs.
32 Face part
33 Place in bondage
34 Ethically indifferent
35 Director DeMille
36 "Nasty!"
37 Cowboy's sweetie
38 Brag
39 Verb
40 Grad
41 Notoriety
42 Leg joint
43 Aachen article
44 Now, on a memo
45 Pac-12 sch.
46 Cocktails garnished with olives
47 Sort



- MAGIC MAZE** ● **FIRST OR LAST NAME?**
- J C E Z W T Q N J G D A X U R
O L J C G D A X V S P N K I F
C A X G Y V D R S Q O L J H E
C A X R V O T O R P N L J H F
S D R E U B J S Y Y Y X F V T
R E N G P O M E K L I C R E G
T D L O E D L M U B L Z A G X
W A U R S D T A R Q O E N R N
S V L Y A L P J J I G F K O T
D I C R A H E Y X W V T S E R
P D B O N L C N A M R O N G K

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

Bradley	Frank	Kelly	Rose
Charles	Gregory	Nelson	Terry
David	James	Norman	Tracy
Douglas	Joyce	Paul	

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FRIDAY
Cloudy
High: 85 Low: 72



SATURDAY
Few Showers
High: 80 Low: 69



SUNDAY
Few Showers
High: 84 Low: 71



MONDAY
Partly Cloudy
High: 86 Low: 75



TUESDAY
Mostly Cloudy
High: 85 Low: 72



WEDNESDAY
Mostly Cloudy
High: 88 Low: 77



THURSDAY
Mostly Sunny
High: 86 Low: 73

Redfish Pass Tides

Day	High	Low	High	Low
Fri	10:36 am	3:26 am	9:56 pm	3:55 pm
Sat	10:56 am	4:09 am	11:19 pm	4:57 pm
Sun	11:18 am	4:47 am	None	5:52 pm
Mon	12:34 am	5:20 am	11:43 am	6:43 pm
Tue	1:44 am	5:49 am	12:12 pm	7:34 pm
Wed	2:55 am	6:12 am	12:45 pm	8:25 pm
Thu	4:09 am	6:28 am	1:22 pm	9:19 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	9:41 am	3:28 am	9:01 pm	3:57 pm
Sat	10:01 am	4:11 am	10:24 pm	4:59 pm
Sun	10:23 am	4:49 am	11:39 pm	5:54 pm
Mon	10:48 am	5:22 am	None	6:45 pm
Tue	12:49 am	5:51 am	11:17 am	7:36 pm
Wed	2:00 am	6:14 am	11:50 am	8:27 pm
Thu	3:14 am	6:30 am	12:27 pm	9:21 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:50 am	3:35 am	9:42 pm	3:48 pm
Sat	10:25 am	4:16 am	11:01 pm	4:47 pm
Sun	10:59 am	4:58 am	None	5:44 pm
Mon	12:09 am	5:40 am	11:32 am	6:39 pm
Tue	1:04 am	6:22 am	12:05 pm	7:32 pm
Wed	1:55 am	7:03 am	12:38 pm	8:25 pm
Thu	2:51 am	7:45 am	1:15 pm	9:20 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:46 pm	6:42 am	None	7:11 pm
Sat	12:06 am	7:25 am	1:06 pm	8:13 pm
Sun	1:29 am	8:03 am	1:28 pm	9:08 pm
Mon	2:44 am	8:36 am	1:53 pm	9:59 pm
Tue	3:54 am	9:05 am	2:22 pm	10:50 pm
Wed	5:05 am	9:28 am	2:55 pm	11:41 pm
Thu	6:19 am	9:44 am	3:32 pm	None

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The logo for Scott Building & Design LLC features a central house silhouette with a palm tree to its left. Above the house is a stylized sun with rays. The company name "SCOTT BUILDING & DESIGN LLC" is written in a bold, sans-serif font across the middle of the logo. Below the name is the acronym "CBC-1261452".

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The logo for Gulf Coast Landscape Nursery & Supply features a large, bold, serif font for "Gulf Coast" at the top. Below it, in a smaller script font, is "Landscape Nursery & Supply". A stylized palm tree graphic is positioned to the left of the main text. Below the main title, the words "ROCK, MULCH, PLANTS" are stacked vertically in a large, bold, sans-serif font. At the bottom, the text "South Fort Myers" is centered in a smaller, regular sans-serif font.

POOL & SPA SERVICE

The image features a large, stylized, white, cursive font for the company name "Left Coast Pool & Spa Service" set against a background of rippling water. Below the main title, smaller text reads "Weekly Service", "Licensed & Insured", and "Residential & Commercial". At the bottom, a large phone number "239.839.5850" is displayed. To the right, there is a circular seal with the words "CERTIFIED POOL & SPA OPERATOR" around the perimeter and "www.nsopl.org" in the center, with a stylized wave graphic.

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From page 41

Moments In Time

in Pennsylvania in the driver's seat of his 1984 white Corvette. Swanson, a U.S. Army sergeant during World War II, had acquired 12 cemetery burial plots so his beloved Corvette would fit in his grave with him.

NOW HERE'S A TIP

- CSR in Florida sends this reminder: Pull out the plugs on toasters, microwaves, etc. Appliances still draw a bit of power when not in use but plugged in.

• Fasten buttons, zippers and other closures before laundering a garment. This is especially important for any item that includes a hook-and-loop closure. The hooks will catch on other garments, and best case will be filled with lint. Worst case: They can tear at the threads of other items of clothing.

• If you have a bunch of your family's historical documents, make sure you scan them and preserve them for future generations. It's always nice to forward copies to relatives – you never know

when someone will get involved in genealogy and really want to see those birth records, baptism certificates and baby photos.

- You can sharpen knitting needles with a pencil sharpener. You also can use an emery board. Sharp needles work best.

• "If you have two pairs of similar slacks – one navy and one black – you can put a safety pin through the tag on one of them so you can tell them apart. I have a pin in the navy slacks. They really do look similar until you're out in the light." – TL in Virginia

• Make chopping walnuts easier: Put some in a bowl, and nest another bowl into it, then rock the top bowl back and forth to crush the walnuts.

STRANGE BUT TRUE

- The rarest shape for a human nose is the bulbous type, exemplified by former U.S. President Bill Clinton.
- Smuggling a cat out of ancient Egypt was punishable by death.
- A variety of corn grown in Peru has kernels so large that they're eaten individually.
- After impressionist painter Claude

Monet developed cataracts, he agreed to have surgery on his right eye only. It is believed that afterwards he could see and paint a wide spectrum of colors usually not seen by the human eye.

• Dinosaurs often swallowed large rocks, which stayed in their stomachs and helped them grind up food.

- One in 23 million people have an allergy to water.

• In 1631, royal printers Robert Barker and Martin Lucas published a Bible containing the typo "Thou Shalt Commit Adultery." As if that weren't embarrassing enough, another misprint, in Deuteronomy, substituted the word "greatnesse" with "great-assee." Barker and Lucas were fined 300 pounds and lost their printing license. Less than a dozen copies of what came to be known as the "Wicked," "Sinful" and "Adulterous" Bible are known to exist today and are highly prized by collectors.

- On average, a person's eyes make 15 to 30 gallons of tears a year.
- A rainbow's arc is relative to the position of the person observing it, so it is impossible for two people to actually see the exact same one.
- The air around a lightning bolt is five times hotter than the surface of

the sun.

- While rare, there have been enough reported cases of strokes triggered by spa massage treatments that the medical community has nicknamed the phenomenon "beauty parlor stroke syndrome."

- Altocalciphilia is a fetish for high heels.

THOUGHT FOR THE DAY

"Ambition is the path to success.
Persistence is the vehicle you arrive in."
– Bill Bradley

TRIVIA TEST

- Law:** What is the subject matter of the Seventh Amendment to the U.S. Constitution?
- History:** What was the bloodiest single-day battle of America's Civil War?
- Medical:** What is a common name for somnambulism?
- Geography:** What is the capital of British Columbia in Canada?
- Music:** What was Elvis Presley's last No. 1 hit?
- Science:** Which two elements

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on the Periodic Table are liquid at standard room temperature?

7. **U.S. Presidents:** Which president had the most children?
8. **General Knowledge:** What is the Pritzker Prize given for?
9. **Literature:** Which novel was the first to feature a place called King's Landing?
10. **Television:** Which animated TV character's favorite expression was "Hokey Smokes!"?

TRIVIA ANSWERS

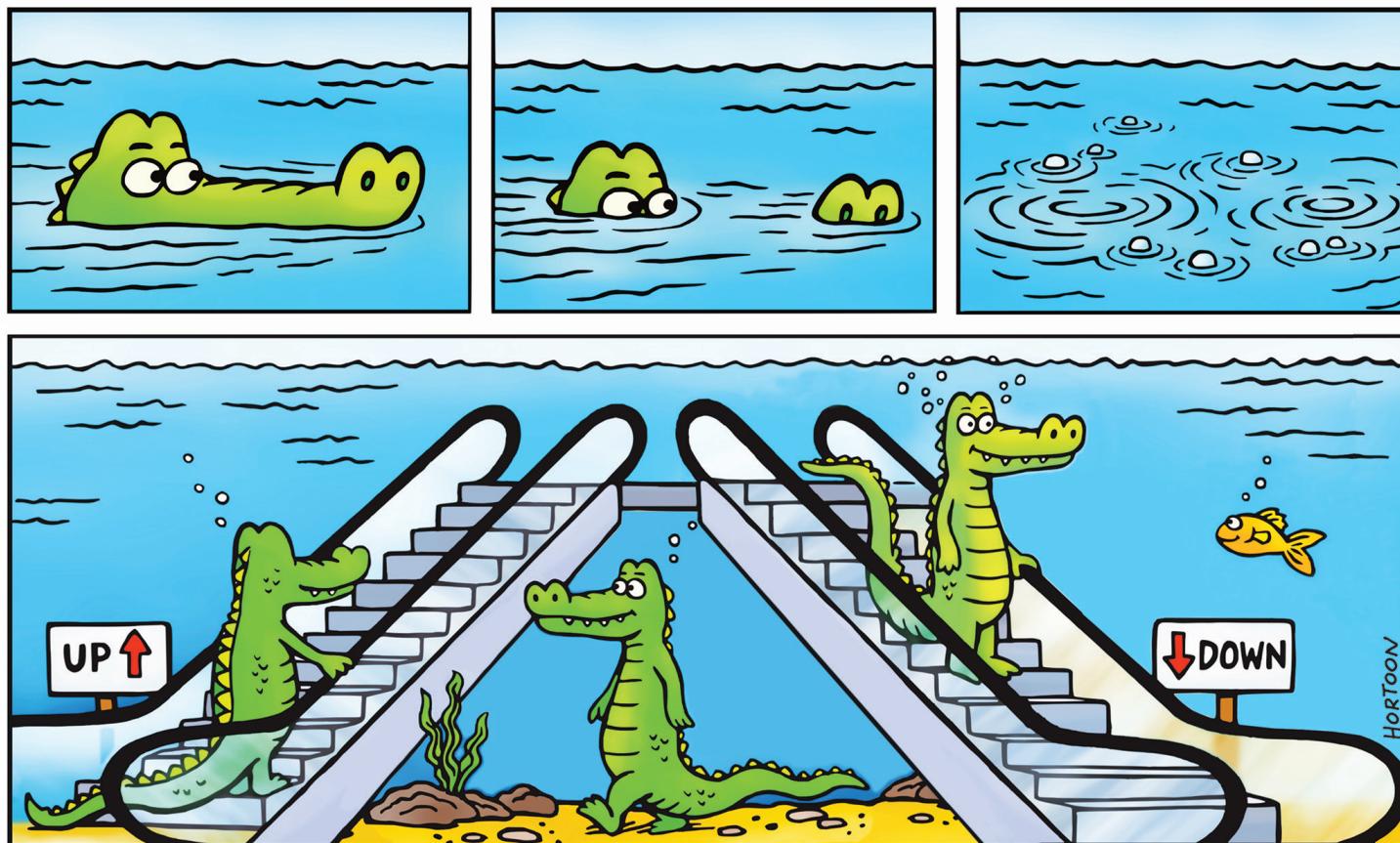
Shawn.
10. Rocky Squirrel on The Bullwinkle Show.
9. A Game of Thrones, the first in a series called "A Song of Ice and Fire".
8. Lifetime achievement in architecture.
7. John Tyler (15 children by two wives).
6. Mercury and Venus.
5. Suspicious Minds.
4. Victoria and Albert.
3. Deepwalling.
2. Right of trial by jury in civil cases.

SCRAMBLERS ANSWER

1. Scowl 2. Speak;
3. Eschew; 4. Reign

*Today's Word
RECIPES*

HORTOONS



PUZZLE ANSWERS

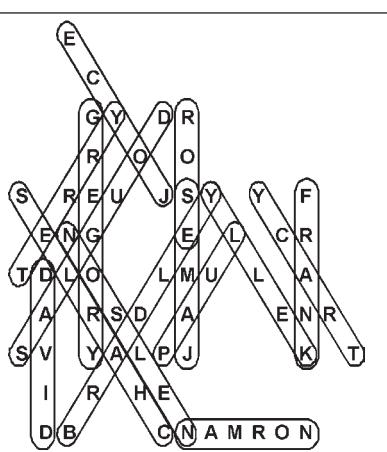
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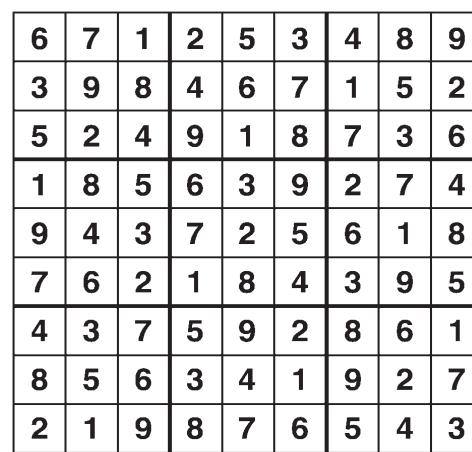
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MAGIC MAZE



SUDOKU



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2014	6,653	\$2,900,000	\$2,650,000	112
Shell Harbor	Sanibel	1969	2,371	\$2,689,000	\$2,639,000	0
Costa Amalfi	Miromar Lakes	2015	3,930	\$2,595,000	\$2,500,000	120
Captiva Beach	Captiva	2004	2,531	\$2,150,000	\$2,150,000	16
Bonita Beach	Bonita Springs	2004	3,112	\$1,950,000	\$2,050,000	1
San Mateo	Fort Myers	2005	4,140	\$2,100,000	\$2,000,000	28
Cape Coral	Cape Coral	2007	4,519	\$1,899,900	\$1,850,000	165
Harborage	Fort Myers	1991	4,823	\$1,800,000	\$1,750,000	29
Shell Harbor	Sanibel	1974	2,250	\$1,895,000	\$1,750,000	194
Terabella	Fort Myers	2005	5,034	\$1,600,000	\$1,600,000	0

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