



Cupcake Challenge Wraps Up School Year

by Allison Havill Todd

Students at The Sanibel School once again collaborated with their teammates in the 2nd annual Cupcake Challenge. Home Economics students combined talents with STEM (Science, Technology, Engineering and Math) students to create a physical display along with a culinary counterpart to portray a sponsoring location on Sanibel. Each of the four middle school teams prepared a special cupcake recipe and display platform to represent their designated location.

Six judges assembled to rate the teams as “Builders” and “Bakers” based on a combination of points earned for such things as oral presentation, themed design of the cupcake, taste, platform creativity, stability and design, along with overall attractiveness. Judges were: Bailey’s Executive Chef Karl Hamme, Bailey’s Assistant Chef CarolAnne Perimon,



The winning team for Sanibel Public Library, from left, Samantha Wells, Kate Slivanya, Brooklyn Schmitz and Gia Lackenby. Not pictured: Micah Baker and Aiden Gecek.

photos by Allison Havill Todd

400 Rabbits co-owner and General Manager Clea Yamauchi, Sanibel Public Library Youth Librarian Deanna Evans, The Community House Resident Chef



The Sanctuary Golf Club team, from left, Micah Baker, Kyler Kouril, Finnian Walters, Riley Horvath, Noah Pruss, Olivia Burns and Bode Lackenby

John Wolff and France Paulsen of The Community House.

The first place team, whose entry represented Sanibel Public Library, crafted

a clever and structurally sound platform depicting a rustic bookshelf filled with cooking and food-related books along with continued on page 10



Captiva eaglet with one of its parents

photo provided

Late Bald Eagle Nest Reported

The 2021-22 bald eagle nesting season has come to an end, with a surprise late nest and an eaglet who just a few weeks ago started flying for the first time.

A team of volunteers on Sanibel, Captiva and North Captiva helped Sanibel-Captiva Conservation Foundaton

(SCCF) and the Audubon Florida Eagle Watch program monitor 13 nest structures from October through May.

Of the eight nests that were utilized by eagles this year, five failed and three were successful. The causes of nest failure are unknown, with the exception of the Captiva Eagle Cam nest, which had two eggs that never hatched.

Each of the three successful nests fledged one eaglet this year. The most continued on page 20

Free Admission To Historical Village



The Rutland House is one of nine historical structures

photo provided

The Sanibel Historical Village will offer free admission for all visitors on Saturday, June 18 from 10 a.m. to 1 p.m. There will be no guided tours that day due to the number of guests and the smaller number of docents.

“We would love to offer our usual guided tours, but most of our docents have gone north for the summer, and with the crowds we expect to host, it would be

impossible,” said Emilie Alfino, executive director. “We will have docents stationed in some of the buildings, and an audio self-guided tour is available to all, as well as a written booklet.”

The free admission day started as a way to draw locals to the village. Now, it is open to all visitors.

Sanibel Historical Museum & Village continued on page 14

The Making Of A Dedicated Team

Lyn and Bob Kern, longtime island residents, joined the FISH of SanCap organization nearly 15 years ago as volunteers and were trained by FISH President and CEO Maggi Feiner at her home. You would often see Lyn driving around the islands in her white Volkswagen Cabriolet, with the top down, delivering meals, equipment or driving someone to a doctor's appointment.

Lyn wanted to help even more, so she began volunteering at the FISH Walk-In Center, assisting with organizing volunteer schedules and recruiting volunteers. "When I mentioned I was going to look for a part-time job, Maggi offered me a position in the office, which was an instant yes," said Lyn. As the first employee for FISH, she assisted wherever there was a need, helping one resident at a time. "The phone and door were open to all, and the needs were there from the start. I learned everything from Maggi," said Lyn.

The food pantry, now the organization's largest program, began just after high season ended in 2008. "It was an idea brought to us by a snowbird leaving the island for the summer who wanted to drop off food at our office," said Lyn. With the recession hitting seniors and families, FISH asked other volunteers and friends to drop off what they could before leaving for the



Lyn Kern

photo provided

summer, and the idea quickly grew.

"There was a small room with one shelf, a desk, a sink and that's about it. FISH rapidly added three more shelves and CHR (Community Housing and Resources) donated a used refrigerator

for much-needed perishables," Lyn said.

Former board member and volunteer Shirley Bohnert recalled, "Lyn, although working part-time, filled a big need. She saw firsthand how families were struggling. Lyn scheduled weekly volunteer shoppers, volunteers to stock shelves and track inventory. Working with volunteers, she engaged businesses to put out food bins for donations and volunteers to pick up and stock the shelves. Lyn sought out more volunteers to help facilitate all programs including Meals-by-FISH, a hot meal delivery service, volunteers to answer phones, schedule rides, equipment delivery/pick up and many other services. With Easter holidays quickly approaching, the board of directors approved providing the very first holiday meal for clients. Lyn was most helpful in gaining the information we needed to provide for all the family members. Easter meals were a complete meal purchased at Winn Dixie. Lyn provided the names and ages of the children and we assembled Easter baskets, trying to match them with age and gender. It was a small operation back then, but Lyn organized the program and even helped with delivery. Seeing the appreciation of the families, especially the smiles and laughter of the children, we knew this was a program that would rapidly grow in years to come."

Lyn has many favorite moments with FISH such as, "the FISH annual volunteer meeting where the room was filled with an exquisite array of

generous, kind and beautiful folks who are celebrated for being there for others. FISH is special to our islands because of our mission to help others and have an impact to make lives better. We all need to be needed and that's what our clients bring to us," she said.

"Although Lyn has retired as an employee at FISH, she is still driving around with her top down delivering Smile Boxes, helping with medical equipment and much more as a dedicated volunteer. Lyn was invaluable in getting the walk-in center organized, enlisting volunteers and streamlining our programs and services. Lyn's passion and commitment helped many of our neighbors. She was there to listen, help, laugh and sometimes cry with everyone. Lyn became a friend to many, including me. I am honored to have worked beside Lyn for so many years," said Feiner.

Now celebrating 40 years, the FISH organization employs eight professional staff members with Feiner (who accepts no salary) at the helm. Its volunteer force of over 150 individuals is critical to the success of the organization.

Lyn and Bob Kern remain FISH volunteers to this day and continue to offer assistance in any way they can.

FISH looks forward to the next 40 years of serving island neighbors, thanks to the support of the community.

For more information on FISH programs and services, contact Maria Espinoza, executive director, at 472-4775 or visit www.fishofsancap.org.✱



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Keep Sea Turtles In The Dark During Nesting Season

The City of Sanibel asks for your continued compliance with sea turtle protection lighting ordinances and hopes to uphold Sanibel's reputation as one of the darkest and most "turtle-friendly" beaches in Florida.

Sanibel's sea turtle nesting period ranges from April 15 to October 31 each year. The Sanibel-Captiva Conservation Foundation (SCCF) and its team of volunteers monitor Sanibel's beaches in partnership with the city for endangered nesting sea turtles and shorebirds. Together, they ask beachgoers to keep Sanibel beaches dark and free of disturbance for nesting sea turtles and shorebirds as you enjoy the sanctuary barrier island.

Sea turtles face many potentially lethal disturbances on the coastline, including boat strikes, entanglement in fishing line and debris, suffocation from beach litter, and disorientations from artificial lighting that directly interfere with their health, safety and nesting activities. One of the greatest threats on the beaches is artificial lighting, causing thousands of sea turtle hatchlings to die each year on Florida beaches. Sea turtle hatchlings emerge after dark, using the light of the night sky over the sea to navigate to the water. Unfortunately, artificial lights may cause hatchlings to crawl away from the waters and towards a light source on land.

Artificial lights that are visible from the beach pose a deadly threat to sea turtles. These lights disrupt a sea turtle's natural sea-finding behavior, causing the turtle to crawl towards the light instead of the ocean, leaving the hatchling vulnerable to the elements, predators and in danger of being crushed by vehicles. A hatchling or adult sea turtle can also become confused by artificial light and become exhausted or dehydrated on the beach. These disturbances may cause adult female turtles to become disoriented, leading to a "false crawl," where the female fails to lay her eggs and returns to the gulf.

You can do your part to minimize artificial lighting and disturbance by using long-wavelength light (560 nanometers or greater; orange, red or amber LED) and shielded downward-facing fixtures. This turtle-friendly lighting is not easily detected by sea turtles, but still provides sufficient lighting for human safety. Protect sea turtles by turning lights off after dark, shielding seaward-facing light fixtures and ensuring that all exterior beachfront lighting is compliant with the city's beachfront lighting regulations, all while saving energy and lowering your utility bill. Remember, "After 9, it's turtle time." Keep the beaches dark all summer long.

Gulf-front property owners are responsible for ensuring that their



image provided

properties are compliant with the city's sea turtle protection ordinances so that artificial lighting from their property does not illuminate the beach. An easy way to test if your property complies is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light can deter female turtles from nesting and disorients hatchlings as they emerge from the nest, causing dehydration and even death.

For questions regarding the city's beachfront lighting regulations, email Rachel Rainbolt, conservation officer, at rachel.rainbolt@mysanibel.com.

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

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

Matlacha Boat Ramp To Close Temporarily

The Matlacha Park Boat Ramp at 4577 Pine Island Road in Matlacha will close for maintenance and repairs on Wednesday, July 20. The ramp will reopen at 7 a.m. on Tuesday, August 16.

Pine Island-area boaters can use the county's nearby ramp at Lavenders Landing in Bokeelia, 7290 Barrancas Avenue NW, seven days a week or launch at Pine Island Commercial Marina, 6001 Marina Drive, on weekends and county-observed holidays. The ramp is not open to recreational boaters on weekdays.

Davis Boat Ramp, 2227 Davis Boulevard in Fort Myers, is currently closed for routine maintenance and is expected to reopen on July 17. Visit www.leeparks.org/parks for the latest updates on the projects.*



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Sanibel Historical Museum And Village

Landmark: Thistle Lodge

Thistle Lodge at Casa Ybel was built by Mr. Edward M. Duncan when he and Georgia Barnes married. Miss Barnes, the daughter of the Reverend George and Jean Barnes, had homesteaded on Sanibel along with her sister, brother and parents.

In November 1896, the *Fort Myers Press* indicated the Hon. EM Duncan's "palatial residence on the Grand Boulevard is nearing completion." It described the Grand Boulevard on Sunday afternoons as a parade ground with "handsome turnouts, spirited horses, and beautiful ladies." (Courtesy Historical Museum of Southern Florida)

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available, based on docent availability. There is handicap access to all but one of the buildings. Admission is \$10 for adults over 18, no charge for members and children.

For more information, visit www.sanibelmuseum.org or call 472-4648.✧



Thistle Lodge at Casa Ybel

photo courtesy Sanibel Historical Museum and Village

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, www.captivachapel.com and 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 7:30 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
Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. 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 9:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926.

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Community House Calendar

The theme for the Tuesday, June 14 community social is Celebrate Sanibel. Chef John Wolff will prepare Sanibel-inspired dishes. Pickup is from 5 to 6 p.m. and dine-in is at 6 p.m. Cost is \$25 for members and \$30 for guests; \$5 additional for dessert. Register online at www.sanibelcommunityhouse.net or call 472-2155.

Spots are still available for Turtle Camp, which runs June 27 to July 1 and Caterpillars to Butterflies Camp, which runs July 18 to 22; for ages 6 to 14. The program runs Monday to Thursday from 9:30 a.m. to 1:30 p.m. and Friday from 9:30 a.m. to 3 p.m. Cost is \$300 for the week or \$60 per day. Snacks are provided. Campers can bring a lunch or purchase one for \$15 per day (advance notice required). Space is limited. Reserve by calling 472-2155.

The Community House will host a blood drive on Wednesday, June 29 from 10 a.m. to 3 p.m. All blood donated stays in Lee County.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend; supplies range from \$3 to \$5. Young children must be accompanied by an adult.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 9:30 to 10:30 a.m. Bring your own weights (optional). Cost per class is \$5 for



The Community House file photo

members and \$10 for guests.

Chair Stretching with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5. Beginners to experts are welcome.

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Sanibel-Captiva Art League is exhibiting works by David Bollinger and Jim Storer for the month of June. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m.

Shell Critter Kits to Go are available for purchase or to ship. Choose four out

of 13 critters to assemble. Cost is \$20 per kit; shipping is \$8 additional.

Art Kits to Go 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 following current CDC guidelines.

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.*

OBITUARY

ALICE ELIZABETH ESBIORNSON

Alice Elizabeth Esbiornson, 88, of West Chester, Pennsylvania died on Saturday, May 21, 2022 at Hope Hospice House in Fort Myers, Florida. She spent the majority of her life in West Chester with her husband of 47 years, Charles Albin Esbiornson, who predeceased her in 2001.

She graduated from Haverford High School and had a career working as a secretary in real estate.

Alice was an active member of her church in Havertown and West Chester. She served as a secretary, teacher, women's group officer, and Girl Scout leader.

For the last four and a half years, Alice was blessed to live on Sanibel Island with her daughter Lori and son-in-law Steve.



She was an active member of the Sanibel Captiva Lions Club, volunteered at Bailey-Matthews National Shell Museum and enjoyed traveling, painting, shell crafting, arranging flowers, reading and spending time with close friends.

She is survived by two daughters, Lori Schulz and husband Steven of Sanibel, and Vicki Whiteman and husband Mark of West Goshen, Pennsylvania. She is also survived by her sister, Shirley Dalton and husband Mike, many wonderful grandchildren, Joe Schulz of Fort Myers, and Blayne Hayes, Ben, Bryn and Bowen Whiteman of West Goshen, Pennsylvania, nieces, nephews, cousins and many dear friends.

Funeral services will be held at 11 a.m. on Tuesday, June 14 at St. Columbkille Catholic Church, located at 12171 Iona Road in Fort Myers, with a luncheon to follow in the church hall.

Interment will be at Mount Joy Cemetery in Mount Joy, Pennsylvania in September. Memorial contributions can be made payable to Hope Hospice and mailed to: Hope Hospice Development Department, 9470 HealthPark Cir., Fort Myers, FL 33908, or donate online at www.donate.hopehcs.org in memory of Alice Esbiornson.*

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From left, Detective John Eicher accepting his award from Mayor Holly Smith and Police Chief Bill Dalton as Vice Mayor Richard Johnson looks on photos by Wendy McMullen

Detective Earns Officer Of The Year Award

by Wendy McMullen

Sanibel Detective John Eicher was awarded the prestigious Officer of the Year Award for his diligent work in tracking down perpetrators of a major fraud case carried out on Sanibel. Mayor Holly Smith described how Eicher managed to contact a bank associate in California, who identified electronic transfers totaling over \$75,000, and successfully obtained

video surveillance of the suspects making the withdrawals. Eicher, who was also honored last month by the Florida Bar Association for his exemplary service to the community, said the credit really belonged to the police officers in the department assisting him. “If it doesn’t start with them and they don’t do what they need to do in their job, then I can’t be successful,” Eicher commented. Sanibel Police Chief Bill Dalton added his thanks. “I would just like to let everybody know that John’s a skilled investigator and he’s a tireless worker,” Dalton said. “He’s one of our very best.”

City Awards Scholarships



From left, Councilman Dr. Scott Crater, Kaylee Kwek, Vice Mayor Richard Johnson, Mayor Holly Smith, Councilman Mike Miller (back), Mason Eicher, Kayla Triplett and Councilman John Henshaw (back)

by Wendy McMullen

The first four Judith Ann Zimomra scholarships for sons and daughters of city employees were awarded at the City Council meeting on Tuesday. Scholarships of \$2,500 each were awarded to: Mason Eicher, son of Detective John Eicher; Kaylee Kwek, daughter of Lead Tradesworker

Christopher Kwek; Amber Schweitzer, daughter of Tradesworker Steven Schweitzer; and Kayla Triplett, daughter of Support Services Supervisor Cornelia Powell. Judith “Judie” Zimomra served as Sanibel’s city manager from 2001 to November 2021. She retired last year after 20 years service. The scholarships were established recently in her honor.

City Approves Pay Hikes

by Wendy McMullen

Sanibel City Council approved the new classification and compensation for city employees at Tuesday’s meeting. The approved plan was recommended by Management

Advisory Group (MAG) in the face of acute shortages of staff following the furlough of 67 employees at the beginning of the COVID pandemic in the spring of 2020. The Fraternal Order of Police and the American Federation of State, County and Municipal Employees, the bargaining units for city employees, both agreed to the recommendations in the study. The new pay scales becomes

effective retroactively on May 1. City councilors also approved the cost of \$649,925 to implement the plan. Most of this amount comes from the city’s general account but funds were also taken from the building, transportation, recreation, sewer and beach parking funds. The vacancy rate in the city has now dropped to under 17 percent, according to Finance Director Crystall Mansell.

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Kathy Kurtz Ferrari
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Contributing Writers

Kay Casperson	Dr. Jose H. Leal, PhD
Constance Clancy, EdD	Kealy McNeal
Suzy Cohen	Capt. Matt Mitchell
Linda Coin	Trinette Nelson
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SCCF educator Richard Finkel discussing marine life and habitats

photo provided

Students Take Ecology Course In Back Bay

The long-standing partnership between Sanibel-Captiva Conservation Foundation (SCCF) and Captiva Cruises gave The Sanibel School fifth graders a chance to delve into coastal ecology with a field trip to Cayo Costa. On May 24, fifth grade teachers Ann Franke and Joseph Camputaro brought their students to McCarthy's Marina on Captiva where they boarded Captiva Cruises' motor catamaran *The Playtime*.

Students spotted ospreys, brown pelicans, cormorants, magnificent frigate birds, dolphins and manatees and got an up-close look at the habitats of the back bay estuary that they had discussed in their classroom.

Mangroves, seagrass beds, oyster bars and mudflats were all observed. Students discussed the habitats with

SCCF educator Richard Finkel. The discussion included how they all have a vital role within the food webs and the functioning of the estuary as a nursery and filter for Pine Island Sound. Students also had the opportunity to explore the gulf beach and surf zone habitats of Cayo Costa State Park, where they documented their discoveries and observations.

SCCF maintains an active presence at The Sanibel School, assisting with integrating environmental education into the K-8 grade curriculum. SCCF's Pick Preserve, located directly across the street from The Sanibel School, has been utilized as an outdoor classroom since the Spring of 2000. SCCF and Captiva Cruises have teamed up since 2010 to provide No Child Left On Shore field trips for the younger generation of Southwest Florida, including students from The Sanibel School.

For more information about the programs, contact Richard Finkel at rfinkel@sccf.org.

City Performing System Upgrade

On August 9, 2021, the City of Sanibel implemented a new electronic permitting system – called Energov – for building, planning and vegetation, business tax receipts and registrations, and contractor's licenses.

On Tuesday, June 21 at midnight, the city will begin an internal upgrade for Energov, which is expected to be complete by Friday, June 24 at midnight. The Customer Self Service portal and Energov will not be available during the upgrade. This upgrade, when

complete, will not directly affect the Energov Customer Self Service portal.

The upgrade provides enhancements that will allow the city to make improvements to the electronic permitting process and allow staff to implement automated messaging notifications, resulting in a higher level of customer service. The city is also working internally to address many of the issues reported by the public and this upgrade will help with that initiative.

If you have any questions or concerns, contact the following departments as appropriate: Planning and Code Enforcement, 472-4136; Building, 472-4555; Business Tax Receipts, 472-9615.



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The 400 Rabbits team, from left, Chloe Otalvaro, Yuan Bonhayag, Rodd Bell and Jackson Williams. Not pictured: Abbie McCallion.

From page 1

Challenge

handmade plants and a bookworm. Their vanilla based cupcakes were covered with icing in varying shades of pink topped with mini book covers of actual literary works on toothpicks. Each cupcake had a paper wrapped base comprised of recreated pages from books. The team's presentation was well organized and articulated to

the judges. Home Economics students were Micah Baker and Aiden Gecek and STEM students were Gia Lackenby, Kate Slivanya, Brooklyn Schmitz and Samantha Wells.

Earning second place, the team representing The Sanctuary Golf Club created a golf course-related design with a base covered in artificial grass complete with sand and water bunkers made from blue colored glass. The structure included score cards, stickers and pencils, golf balls and tees as well as



The Community House team, from left, Mateo Jimenez, Kai Schwartz, Dylan Alber, Jed Speake and Naomi Nawalany

a motion operated decorative element.

The carrot cake-based cupcakes were covered in a cream cheese frosting and topped with shredded coconut in shades of green to represent artificial grass. Each of the 18 cupcakes was topped with a numbered flag from one to 18, representing each of the holes on the golf course. The Home Economics students were Kyler Kouril and Finn Walters and the STEM students were Olivia Burns, Riley Horvath, Bode Lackenby, Noah Pruss and Finn Walters.

The 400 Rabbits Mexican Kitchen and Tequilaria team took third place for a structure designed to symbolize early Mexican mythology. The base foundation was formed to resemble an ancient temple surrounded by rabbits, with a painted shells in front of each rabbit as a gift to the Aztec deities. The cupcakes were a chocolate-based cake along with a cinnamon and dulce leche icing flavored with a variety of spices such as cayenne and chili pepper, and topped with a Hershey's chocolate kiss. Home Economics students Abby McCallion, Chloe Otalvaro and Jackson Williams worked with STEM students Rodd Bell, Yuan Bonhayag and Jackson Williams.

The fourth place team, representing The Community House, created a display in the shape of Sanibel Island

with a blue background acting as the surrounding waters. The team utilized a 3-D printer to create a mini-version of a shell shack and identified other key historical locations on the island. The Sanibel Lighthouse was a prominent feature in the structure with an actual working light, and the symbolic waters were filled with boats and other marine wildlife. The cupcakes were a cinnamon flavored carrot cake base with chopped pecans. The cakes were covered in green and light brown colored cream cheese frosting and decorated with brown and white sprinkles, with the white representing the light from the lighthouse and the brown representing sand. The Home Economics students were Kai Schwartz and Jed Speake with STEM students Dylan Alber, Mateo Jimenez and Naomi Nawalany.

Congratulations to all the students for their amazing creativity and talents and for a job well done!

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



June 12 4-6pm

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GRADUATION



Suzanna Maria DeCosta photo provided

Suzanna Maria DeCosta, daughter of Richard DeCosta and Cindy Carter Lee, graduated from Rollins College in Winter Park, Florida with a bachelor of arts degree in English. She completed four years on the Rollins Varsity Rowing Team and was involved in her school's Best Buddies program and SPECTRUM club.

DeCosta is currently working as a SEO (search engine optimization) content writer for Burg & Co. Marketing.✱

Flag Day At American Legion

To honor the service of United States flags, which have flown as symbols of freedoms today and for fellow comrades that have gone before, American Legion Post 123 will conduct a Flag Day Ceremony at 6 p.m. on Flag Day, June 14. Post 123 will commemorate the honorable service that the flags have performed through a formal retirement ceremony.

Post 123 welcomes all who want to pay tribute to the national flag and participate in the retirement of those flags which have flown for this nation. The ceremony is a long-standing tradition on Sanibel. American Legion Post 123 is located at mile marker 3 on Sanibel-Captiva Road.✱

Volunteers Needed

Coastal Watch is partnering with the City of Sanibel and Bailey's General Store to install beach bucket trash stations at Lighthouse Beach, Tarpon Bay Beach and Bowman's Beach. Volunteers are needed to check on the stations and make sure all buckets are accounted for and in good condition. If you frequent these areas or live close by and would like to volunteer, email coastalwatch@sccf.org.✱



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- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida

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Ballmoss is a native bromeliad, not a moss
photos by Gerri Reaves

Plant Smart

Lovely And Overlooked

by Gerri Reaves

This time of year, there's a gorgeous little native flower that's seemingly everywhere. Ballmoss (*Tillandsia recurvata*) is in bloom. Despite being one of the most common native bromeliads – no, ballmoss is not actually a moss – and despite the species having an astounding versatility in where it can thrive – on power wires, stop-signs and tree branches, or wall cracks – its flowers just don't get the attention they deserve. Bouquets of flowers are often found



The wind disperses the tiny seeds even on the ground after windy weather dislodges the spherical masses from trees and shrubs. To the undiscerning eye, the tangle of silvery or gray-green stems underfoot looks like so much debris, but they are valuable in that they decompose and renourish the soil. This rootless air plant, or epiphyte, doesn't ask for much, only a place to perch, where it can absorb sunlight and nutrients on offer. It is not a parasite, but an independent little opportunist brilliantly surviving in the most unlikely places. Viewed close-up, the elegant funnel-shaped flowers are as remarkable as many wildflowers. However, their small size, only about a half-inch, and



Stop and take notice of the “bouquet” comparatively dull color, brownish or dull purple, make them easy to dismiss, even if they do appear on six-inch spikes. When you're out and about, keep an eye out for those amazing little bouquets of so-called moss and give them their due. Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida*, floridata.com and <http://floranorthamerica.org>. *Plant Smart* explores the diverse flora of South Florida.✧

Fish License-Free This Weekend

The Florida Fish and Wildlife Conservation Commission (FWC) invites residents and visitors to go fishing in Florida during the saltwater license-free weekend on Saturday and Sunday, June 11 and 12. License-free fishing days provide an opportunity for new anglers to try fishing for the first time or experienced anglers to introduce a friend or family member to a new hobby. The fishing license requirements are waived for all recreational anglers during these dates but all other rules including seasons, bag and size limits still apply. The saltwater waiver applies to any recreational activity requiring a saltwater fishing license (crabbing, lobstering, scalloping, etc.), whether fishing from shore or a boat. A snook or spiny lobster permit also are not required on these days, however, always make sure to check recreational regulations. Plan your trip with information about places to fish. Some of Florida's freshwater lakes have largemouth bass swimming in them, worth big prizes. Join the FWC TrophyCatch program's 10th season and learn more about the 10-Tag Celebration at www.trophycatch.com. For more information on fishing in Florida, visit www.myfwc.com/fishing. Get your all-year Florida fishing license at www.gooutdoorsflorida.com.✧



Sanibel Historical Museum and Village

Free Admission Day

Saturday, June 18 from 10 a.m. to 1 p.m.
All Are Welcome!



The Sanibel Historical Museum & Village tells the story of Sanibel's way of life recreated in a village of nine structures that have been relocated from their original sites, restored and preserved.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS)
For more information, call (239) 472-4648 during museum hours
or visit www.sanibelmuseum.org.

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The December class at Lighthouse Beach will focus on marine biology photo provided

Shell Museum Adult Education Class Schedule

Bailey-Matthews National Shell Museum is introducing five new classes starting this fall to complement its lectures (in-person and virtual), guided beach walks, Keeper Chats, Great Hall Spotlights, Adopt-A-Class K-12 school program and other ongoing educational programming.

"The museum is glad to expand upon its educational mission by offering these new opportunities for anyone interested

in building their knowledge base and skills," said Sam Ankerson, executive director of the museum.

The fall class lineup is as follows:

Fantastic Shells and Where to Find Them – Wednesday, November 2, 4 to 6 p.m.

Southwest Florida and Sanibel, in particular, attract shellers from all over the world. This course will cover where and when to shell, why Sanibel has such an abundance of shells, and how to identify and care for your shells. Students will also learn about the most common and most sought-after shells.

During the second half of the course, students will have an opportunity to

see and touch many live local mollusk species in the museum's warm water touch pool.

Mound House Field Trip – Tuesday, November 8, 9:30 to 11:30 a.m.

The Mound House on Fort Myers Beach is a nonprofit history museum dedicated to the interpretation of the Calusa. Located on top of a large Calusa shell mound, it is perfectly located to educate guests about Southwest Florida history prior to colonization.

Before entering the Mound House, there will be a presentation on local mollusk species that were important to the Calusa people. Students then take a staff-led tour of the Mound House, which will feature exhibits and hands-on learning such as the Cool Calusa Tools tour. Students will get a chance to use several of the common tools used by the Calusa.

A Day in the Life of an Aquarist – Wednesday, November 16, 1 to 3 p.m. and Thursday, November 17, 8 to 10 a.m.

See what it takes to care for the museum's live animal collection which includes more than 60 species of marine animals in nine aquariums, two touch pools, back-of-house systems, and nearly 10,000 gallons of saltwater. The first session will be classroom-style with topics including filtration types and stages, animal food preparation and water quality. The second session will be hands-on in the aquarium. Take part in the morning rounds, learn how to

start a siphon for a water change, see the complex filter equipment and how to clean it. After this class, students will have a clearer idea on the operation of a large aquarium system as well as the basics for starting their own.

Shell Ambassador Certification Course – Tuesday, November 29, 8:30 a.m. to 5 p.m.

This day-long certification course prepares students to become a shell ambassador volunteer for the museum. Shell ambassadors spend time on Sanibel beaches educating and engaging with beachgoers and fellow shellers. Topics taught by various museum staff members include local shell identification, mollusk biology, dune plant and animal identification, Sanibel beach laws, tides, shelling and identification of other beach finds. To successfully complete this course, students must pass tests on shell identification, beach identification, guidelines and regulations.

Lighthouse Beach (Sanibel) Marine Biology & Field Lab – Tuesday, December 13, 9:30 a.m. to 12:30 p.m.

Experience what it's like to be a marine biology student. The course will start with a lecture on field logs and the ecology of Lighthouse Beach, followed by a "field lab" during a -0.4ft low tide. Students will learn key identifying features of plants and animals present that day, as well as how to keep a meaningful field log.

To register, visit www.shellmuseum.org/classes.

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Mother Nature Rules



by Capt.
Matt Mitchell

Our first tropical system of the season brought massive amounts of rain and forced everyone off the water for at least a day or two.

Most of last week I spent tarpon fishing with the fish being located day after day in the northern sound. I returned to these Cayo Costa fish all week, and the pack of boats grew daily. Big weather events like this generally push our tarpon offshore until conditions get stable again.

With tarpon trips booked all week, my plan will be to do some recon looking in all the usual places. Hopefully, we will find some fish, though it may take a few tide cycles for our water to clean up. Sitting and soaking cut baits in some of the more traveled tarpon hangouts will be an option.

All this rain is a plus for other species as it will fire up the snook and redfish action. Beach and pass fishing for snook have kicked into high gear as these fish have started the annual spawn. When pass fishing, plan your time around the fastest-moving tides



Zig Black with a redfish caught while mangrove fishing with Capt. Matt Mitchell

photo provided

for the best action. Redfish will also be caught in the passes all summer, although during high tides mangrove fishing will be the better bite.

As we move into June, our mangrove snapper action both in the passes and out on the flats really gets rolling. These bigger mangrove snapper

can be found all through our inshore waters for those anglers looking for a fresh fish dinner. Many of the same areas where we catch trout on the flats are also loaded with these snapper. As summer goes on, these fish average between 12 to 14 inches with a few larger ones in the mix. Both live shiners

and shrimp get these fish fired up.

Trout fishing has also remained strong with fish being caught both on the flats and out on the beaches. Some of the largest trout we catch all year are caught while targeting snook out on the beach snags and rocks. We even catch some monster trout while drifting pinfish for tarpon.

With June being a huge tarpon month for everyone, this tropical weather event quickly threw a wrench in the works. Simply put, mother nature doesn't care about anyone's plans. With so many tarpon here the past few weeks, my fingers are crossed conditions quickly improve and these fish return in big numbers.

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. ☆

From page 1

Historical Village

tells the story of Sanibel from the Calusa and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventurers, fishermen, farmers and proprietors.

The village houses nine structures that have been relocated from their original sites, restored and preserved. Visitors trace the footsteps of the island's past as they meander along a handicapped-accessible path lined with buildings that represent "old Sanibel," as Sam Bailey used to say. Visitors can tour a pioneer home, fishing cottage, post office, schoolhouse, tea room, general store and other structures.

Sanibel Historical Museum and Village is open Tuesday to Saturday from 10 a.m. to 1 p.m. from now through July 31. The museum closes for the summer on August 1 and reopens on October 18.

Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to eight of the nine buildings. Regular admission is \$10 for adults age 18 and over; no charge for members and children. For more information, call 472-4648 or visit www.sanibelmuseum.org. ☆

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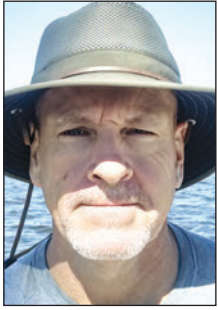


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Roseate Spoonbill

by Bob Petcher



The roseate spoonbill (*Platalea ajaja*) is a majestic water bird that has been called flamboyant possibly due to its bright pink feathers, red eyes and oddly shaped bill.

Interestingly, these wading birds do not have spoon-shaped bills directly after hatching. Reports say it takes nine days for the bills to begin to flatten, 16 days for them to take on a spoon shape and 39 days to be nearly full-sized.

At CROW, an adult roseate spoonbill was admitted from Fort Myers Beach after being found upside down and unable to fly. The spoonbill was severely dehydrated and lacked a blink reflex.

"The nerves responsible for blinking connect to the brainstem. Certain conditions that cause neurologic abnormalities can cause this mechanism to be temporarily disabled," explained Dr. Charlotte Cournoyer, CROW veterinary intern. "Most commonly at CROW, this is found during physical exam of red tide patients. The blink reflex usually returns after several days of supportive care once the toxin has been removed from the system."



Patient #22-2817 is more mentally alert after treatment for what is suspected to be red tide poisoning
photo by Haillie Mesics

The spoonbill may have suffered from red tide poisoning as compared to a vehicle collision.

"While we cannot exclude trauma as a cause for this animal's clinical signs at this time, we are more suspicious of a biotoxin, such as red tide or botulism," said Dr. Cournoyer. "We suspect that the abrasions seen on the keel, or sternum, of the patient are due to being unable to stand and, as a result, causing increased pressure and trauma to the area by resting on it."

The patient also had some leg abrasions, but they were not considered

too serious.

"The patient was placed on thick foam to prevent the sternum from developing any more abrasions, but the wounds were mild enough that no bandaging is needed at this time," said Dr. Cournoyer. "The patient received intravenous lipid emulsion therapy on the first night, which is a treatment where we infuse a lipid (fat) solution into the veins that will bind any fat-soluble toxin, such as brevetoxin – the causative agent of red tide poisoning. The patient is being rehydrated and having toxins flushed out of the system with intravenous fluid therapy. The patient

is also receiving antibiotics based on evidence of an infection on bloodwork."

The spoonbill was placed under supportive care and will continue to be closely monitored.

"The patient is mentally debilitated and experienced starvation prior to presenting to CROW, therefore will receive a liquid diet for the first few days of care, then be reintroduced to solid food such as fish and crickets, once it is more alert and able to better process the food," said Dr. Cournoyer.

After only three days of care, there has been improvement in the patient's condition.

"The patient is more mentally alert today compared to admission. We hope to continue to see small improvements daily in terms of regaining strength and appropriate mentation," said Dr. Cournoyer. "The patient is still very debilitated and will require several days, at least, of intensive care. We hope to see steady improvements through the return of blinking, strength in the legs and mental alertness over the next few days. Once the patient begins to stand, eat and walk normally, then it will be moved outside to rehab for flight conditioning."

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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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk With Rehabilitators and Staff – Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. This program is not recommended for children under the age of 13. Advance registration is



required. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule Friday, June 10, 11 a.m.

Why Animals Come to CROW – Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, June 10, 2 p.m.

Patient Profiles: Wading Birds – Wading Birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries! Come to CROW to learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida.

Saturday, June 11, 11 a.m.

A Day in the Life - CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation

medicine and wildlife rehabilitation and share their favorite patient stories. Get an inside look at what happens behind the scenes.

Monday, June 13, 11 a.m.

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem.

Monday, June 13, 2 p.m.

Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, June 14, 11 a.m.

Species Profile: American Alligators – This species was once on the road to extinction. With the help of conservation efforts over the last few decades, alligators have made a drastic comeback. This program discusses how this iconic species contributes to the overall health of Florida's ecosystems and economy. One of CROW's animal ambassadors will be present.

Tuesday, June 14, 2 p.m.

Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. Learn how armadillos came to the U.S., what benefits they provide for the ecosystem and how they adapt.

Wednesday, June 15, 11 a.m.

Climate Change: Effects on Economics, Health and the Natural World We Love – Evidence of climate change is all around. From the record hurricane season of 2017 to the wildfires and droughts in the western U.S., to a melting Arctic. Learn about the impacts on the economy and human health, as well as what is happening in the natural world to plants and animals. Hear the good news about renewable energy gains and ways you can contribute to a healthier and more sustainable world.

Wednesday, June 15, 2 p.m.

Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Thursday, June 16, 11 a.m.

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, June 16, 2 p.m.

Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species, and the challenges they face in a state where human development continues to increase exponentially.*

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Bailey-Matthews National Shell Museum
Shell Of The Week

Alternate-Ribbed Scallop



by José H. Leal,
PhD, Science
Director and
Curator

In my opinion,
the Alternate-
ribbed Scallop,
Caribachlamys
mildredae (FM
Bayer, 1941), is
one of the most
elegant species in

the diverse scallop family Pectinidae. The species reaches 40 mm (about 1.6 inches). The anterior auricle ("ear-like" expansion near shell beak) is larger than the posterior one. In addition, the left valve is more compressed than the right one, and the shell sculpture pattern is complex, with ribs on the surface of the left valve bearing distinctive scale-like projections.

The color is variable, from whitish to orange-red, mottled with brown; right valve of lighter color. The species is restricted to the east coast of Florida and the Florida Keys.

Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum,



The Alternate-ribbed Scallop, *Caribachlamys mildredae*, from off Boynton Beach, Florida

photo by Chris Kovasz

and the only accredited museum in the United States with a primary focus on shells and mollusks. It is open daily from 10 a.m. to 5 p.m., located at

3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.✱

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, June 12.



There will be a baby shower for Mark and Sarah Wagner on Monday, June 13 at 6 p.m.

The traditional flag retirement ceremony begins at 6 p.m. on Flag Day, Tuesday, June 14.

Tacos are served all day on Tuesdays. 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.

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

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are in play.

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 for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.✱



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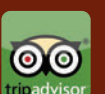
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Give Your Fertilizer A Vacation

Sanibel residents and landscape and fertilizer applicators are reminded to give their fertilizer routine a summer vacation and abide by the City of Sanibel's fertilizer ordinance this rainy season, July 1 through September 30. By following the fertilizer ordinance, you can be part of the city's ongoing effort to minimize local and regional nutrient pollution in local waterways.

Sanibel residents are reminded:

It is a violation of City Ordinance 07-003 to apply fertilizers containing nitrogen and phosphorus during the rainy season (July 1 to September 30).

Fertilizers cannot be applied within 25 feet of a body of water including lakes, ponds, canals, wetlands and the Sanibel Slough.

Fertilizers cannot be applied to impervious surfaces such as roadways, driveways and sidewalks. Any spills should be cleaned up immediately.

Fertilizers cannot be applied to stormwater conveyance systems or catch basins, which includes roadside swales.

Algae blooms are stimulated by excess nutrients (nitrogen and phosphorus). When fertilizer is applied incorrectly, stormwater runoff containing nutrients from fertilizer applications can enter aquatic environments and feed algae, resulting in a bloom. By following Sanibel's fertilizer ordinance, you can help reduce

the amount of "food" available to algae and the likelihood of an algae bloom occurring.

As a responsible property owner, it is important to be aware of activities occurring in your yard. All fertilizer applicators working on Sanibel are required to attend a vegetation and fertilizer competency course and pass a fertilizer endorsement exam. Applicators are also required to have a fertilizer endorsement card holder on site while fertilizers are being applied. Property owners should check to make sure their fertilizer applicator is licensed by the city and ask to see the applicator's valid card when they visit your property.

To learn more about Sanibel's fertilizer ordinance, visit www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters/Sanibel-s-Fertilizer-Information

To learn more about how you can help protect local waters, visit the Sanibel Communities for Clean Water Program at www.sanibelcleanwater.org

For additional water quality information, visit Sanibel H2O Matters at www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters

Learn more about the Lee County and City of Sanibel Fertilize Smart initiative at <http://fertilizesmart.com>

For additional information, contact the City of Sanibel Department of Natural Resources at 472-3700.*

Free Day Passes To State Parks At Your Library

The Florida Department of Environmental Protection (DEP) Florida State Parks and its partners will advance outdoor access for all Floridians through the Real Florida Reader Program. Through a partnership among the Florida Department of State Division of Library and Information Services, public libraries across the state and DEP, library patrons can check out a Real Florida Reader pass at their local public library for free admission to one of more than 170 participating state parks.

"A visit to one of Florida's state parks goes hand-in-hand with a visit to the library," said DEP Secretary Shawn Hamilton. "We welcome all Floridians to read about our state's diverse environment and culture and then get outside and experience these natural wonders firsthand."

The 2022 library summer reading theme is Oceans of Possibilities. Library patrons are encouraged to check out books about Florida's wildlife and natural resources and then explore one of the award-winning state parks to experience these resources firsthand.

"We are proud to partner with Florida State Parks to offer park passes in Florida's public libraries," said Secretary of State Cord Byrd. "Florida has a rich historical and cultural heritage. The Real Florida Reader initiative provides the perfect opportunity for Floridians to get outside this summer to explore Florida's natural treasures."

Floridians can use their public library card to check out a Real Florida Reader day pass, which provides free admission to state parks for up to eight people in a vehicle (excluding Ellie Schiller Homosassa Springs Wildlife State Park, Skyway Fishing Pier State Park and Weeki Wachee Springs State Park). The promotion runs through September 12.

Floridians without a library card can sign up at their local library to take part in the program. For more information, visit www.floridastateparks.org/realfloridareader.*

Anglers Urged To Maintain Best Fish Practices

The Florida Fish and Wildlife Conservation Commission (FWC) is celebrating the launch of Return 'Em Right, a multi-entity effort in the Gulf of Mexico led by Florida Sea Grant, University of Florida, Gulf States Marine Fisheries Commission, NOAA Fisheries, and a coalition of anglers, industry groups, universities, government and non-government organizations committed to maintaining healthy fish stocks and fishing access.

Return 'Em Right promotes best

fishing practices to increase the survival of released reef fish. This includes proper fish handling and use of venting tools or descending devices to mitigate barotrauma, a condition seen in many fish caused by the expansion of gases in the swim bladder when brought up from deeper depths. Barotrauma can be fatal for fish, and signs include the stomach coming out of the mouth, bulging eyes, bloated belly and distended intestines.

Weighted tools such as descending devices can help fish suffering from barotrauma overcome buoyancy issues and return them back to depth. These weighted devices come in a variety of forms including inverted hooks, lip clamp devices and crates or boxes. When used properly, research shows that descending devices can significantly increase the long-term survival of released fish.

Anglers fishing in the Gulf of Mexico that are 18 years and older who target reef fish in the Gulf of Mexico are eligible to receive a free package of release gear from Return 'Em Right. The release gear packages are currently limited to Gulf of Mexico reef fish anglers only.

Remember to obtain your state reef fish angler designation before heading out. If you plan to fish for or harvest certain reef fish species in gulf or Atlantic waters from a private recreational vessel (includes anglers over age 65), you must sign up for this no-cost designation and renew it annually. Learn more at www.myfwc.com/srfs and sign up at www.gooutdoorsflorida.com or anywhere you can purchase a Florida fishing license.

For more information on the Return 'Em Right program, best release practices and how to use descending devices, visit <http://returnemright.org> and www.myfwc.com/fishhandling.*

From page 1

Bald Eagle

unexpected fledgling came from a nest that has been unsuccessful in the last several years. It was a late nest, and the fledgling only recently took to the air and started flying. In Florida, the bald eagle nesting season is considered to run from October 1 to May 15.

"This little one must have checked his calendar, as it was observed branching, or hopping from branch to branch, on May 13 and flying short distances in the following days," said SCCF Shorebird Biologist Audrey Albrecht, who extends her monitoring efforts to bald eagles as well as swallow-tailed kites.

Another successful nest was on Captiva, located close to the beach. This nest required special monitoring at the start of nesting season due to the Captiva beach renourishment project.

"Thankfully, SCCF was able to work with CEPD (Captiva Erosion Prevention District) and the construction contractors to locate a qualified monitor to help keep an eye on the nest during active construction," said Albrecht.

If you have any questions about bald eagle nesting or have eagle observations to share, email eagles@scsf.org.*

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More Than Monitoring For Sea Turtle Team

The Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has recorded over 220 total nests for the season. Aside from monitoring, the team is also gathering blood samples during night surveys that are being used in vital research projects.

After several busy mornings of volunteers documenting seven to eight nests along the west end of Sanibel, the team has documented 134 total loggerhead nests just for that stretch. While it may have seemed like a slow start this year, current counts are actually very similar to the 2021 nest counts at this time.

Nesting had been noticeably lagging on Captiva for the early part of the season. But, after several mornings of four to five nests, it seems the turtles have finally shown up and Captiva's nest counts are rebounding quickly, with a total of 52 nests now.

The team found the first green sea turtle nest of the season recently. "The nest was discovered on a morning survey, and the turtle was not seen at night, so we are unsure if she was a returning female from a previous season or perhaps a new green turtle we have never seen before," said Coastal Wildlife Biologist Jack Brzoza. "We'll be on the lookout for this turtle as we hope to see



Dr. Tomo Hiram of Florida Fish & Wildlife Conservation Commission, second from left, training volunteers on collecting data using a phone app

photo provided

her again."

For the third nesting season, the SCCF team is collecting blood from a subsample of loggerheads nesting on Sanibel. "In addition to our own research, these small blood samples are contributing to three collaborator projects and will provide important information that helps managers better protect these fragile populations that face so many threats," said Coastal Wildlife Director Kelly Sloan. The bloodwork is informing these studies:

The SCCF Sea Turtle Program is

looking at the long-term, sublethal effects of red tide blooms on the health and reproductive success of nesting loggerheads on the beaches.

Dr. Simona Ceriani with the Florida Fish and Wildlife Research Institute will process for stable isotope analysis, a tool that allows researchers to identify the general area where each female forages and resides when she is not at the nesting beach. This is possible because isotopic values differ in nature across space, making the saying "you are what you eat and where you eat it" true. This

technique is used in a variety of fields from human forensics to aid solving crimes to food traceability.

Dr. Brian Shamblyn with University of Georgia will use the blood to create individual genetic tags to test for relatedness among nesting females and to track off site nesting of individuals.

Dr. Justin Perrault, Loggerhead Marinelife Center, and Dr. Annie Page-Karjian, Florida Atlantic University, are doing a statewide disease assessment survey for ChHV5 and ChHV6. ChHV5 is associated with the disease fibropapillomatosis (known as FP) and ChHV6 infection is associated with lung-eye-trachea disease. The idea for this study came about because seven loggerheads that were sampled for a previous in-water project tested positive for both viruses. This project will provide an idea of exposure for nesting and foraging loggerheads in Florida.

SCCF is also participating in another research project led by Dr. Tomo Hiram of the Florida Fish & Wildlife Conservation Commission that is evaluating the orientation response of sea turtle hatchlings to physical cues on nesting beaches. One of the necessary components to achieve the project's goal is quantified hatchling orientation data.

Dr. Hiram recently trained SCCF volunteers on collecting data about hatchling tracks using a phone app. This study will make it possible to understand the relationships between hatchling orientation and the beach environment, including man-made lights.✱

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From left, Florinda Patterson, Beth Jarrell and Margie Klein at the Book Bingo display photos provided

Check Out All The Library Has To Offer This Summer

Children from babies to 12th grade can take part in the Sanibel Public Library Summer Reading Program. Register online with Beanstack at www.sanlib.org/children. Over the past decade, children have read “for others” during the summer reading program. By logging reading and activities, participants earned books

for their personal collections and for patients at Golisano Children’s Hospital of Southwest Florida. Since its inception in 2012, readers have helped to contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young patients to take home. Children through sixth grade will earn books and other goodies. Teens can earn volunteer time when they read a book and write a book review. The reading for others program runs until August 6. The Sanibel Public Library Foundation, along with the Joan Hunt



Ian Wainwright with the woodland camo and desert camo library tote bags, which make great gifts for Father’s Day

Cory Children’s Fund, underwrites the annual summer reading program. For readers who are traveling this summer, the library’s eShelf offers a great selection of ebooks and audiobooks in several languages for readers of all ages. In-person programs for elementary-aged students are planned for Tuesday afternoons. Presentations include a mammal program with live bats, Master Storyteller Windell Campell, Clinic for the Rehabilitation of Wildlife, reptiles from Adam’s Animal Adventures. On Tuesday, June 14 at 3 p.m., staff from Sanibel Sea School Mobile Unit will present three specialized labs to teach children about creatures found in Southwest Florida’s marine environment. The labs will include looking at plankton under a microscope and a squid dissection.

Family storytime for children ages 5 and under will be held on Wednesday mornings. Parents and caregivers need to be present with their child. The storytime portion is approximately 20 minutes; play and craft centers will follow. Teens and ‘tweens (incoming grades six to 12) can participate in Thursday evening programs including an escape room, craft programs, virtual reality and Shrinky Dinks. On Thursday, June 16 from 6:30 to 7:30 p.m., teens can decorate cupcakes to enter into a culinary design contest. Family-friendly feature films are shown on Friday afternoons. *Finding Nemo* will be shown on June 10 at 1 p.m. *Shark*



The heart-shaped cake pan and cupcake kit can be checked out like a library book

Tale is scheduled for June 17. Sanibel Public Library has kicked off summer Book Bingo, a self-directed reading challenge for adults, with opportunities for prizes. Each square represents a different category chosen by library staff. Participants fill appropriate squares as they read books throughout the year. Book titles can be used only once per Bingo card. Pick up your Book Bingo card at the service desks or download it from www.sanlib.org

continued on page 24



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◇◇◇ Additional Information??? Contact Trish Phillips at 239-246-2981 ◇◇◇

◇◇◇ **Mandatory Parade Participant Meeting on Friday, July 1st, at Bank of the Islands** ◇◇◇
(10:00 am or 5:00 pm)



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2022 Parade Categories

Best Float – Commercial
Best Float - Small Entry
Best Nature Theme

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Best Original Design

Best Float - Family
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Entries must be returned (with payment) BEFORE Monday, June 27, 2022

Register Early for Best Starting Position in Parade! Registration Date is the First Determining Factor in Entry Positioning

Parade Entry Form

Return with Check

“No water to be sprayed by parade participants – Height Limit 12 ft”

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Contact Person: _____

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Daytime Telephone Number (required): _____

Number of Participants: _____

♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music ♪♪ Music

Live? (Yes) ____ or (No) ____ Boombox or Amplifier? (Yes) ____ or (No) ____

Other? _____

Physical Description of Float (Ex: P/U Truck w/8' trailer, Bicycles, golf cart, walking): _____

Name Email & Phone # of Person Attending Meeting on 7/1: _____

Line up the Day of the Parade will be between 8:00 am and 8:30 am on Island Inn Road
(Entries arriving after 8:45 am will be placed at the end of the Parade line up)

The Community House

Florida Citrus



by Chef John Wolff

When people think of Florida, one of the first things that comes to mind is citrus. This leads many to believe that citrus is native here. In fact, citrus originated in Asia. The four original species (pomelo, citron, mandarin and papeda) were moved around the world through human trade and migration. Then, over the centuries, hybridization occurred, and humans selected and propagated the most desirable varieties. This resulted in the many shapes, colors and flavors we know today. Arguably, the most common and abundant citrus grown in Florida is the orange. The three main orange types grown are Navel, Temple and Valencia. The Temple is generally considered to be Florida's finest eating orange. Three or four medium oranges will yield eight ounces of juice. Two medium oranges will

yield one cup of bite-size pieces. Grapefruit has a similar tangy-sweet flavor, is very juicy and may be divided into two groups; white and pigmented. Pigmented varieties derive their color from the pigment lycopene, which has antioxidant properties. Some studies suggest lycopene may help in the fight against certain cancers. One medium grapefruit will yield eight ounces of juice and three cups of bite-size pieces. One half of a grapefruit has more fiber than one full cup of popcorn. Grapefruit is ideal for wedging and juicing. Citrus in Florida is not picked until it has reached maturity and does not ripen further after picking. Florida citrus always reaches your local supermarket ripe and ready to eat. All citrus fruits (which are botanically considered berries) should be stored in the crisper of your refrigerator where it will keep its top-quality flavor and nutrition for up to three weeks. Citrus can be stored unrefrigerated in a cool, dry place for four to five days. When selecting citrus at the supermarket, remember the saying, "never judge a book by its cover." No matter how this delicious food looks on the outside, you can count on most citrus remaining flavorful and juicy by the time it reaches your grocer's shelves. Even when citrus isn't bright orange on the outside, the fruit on the inside is still ripe. The color variations of the peel (ranging from orange or yellow-orange to greenish-yellow) are due to Florida's subtropical climate. Small blemishes and marks on the skin, called wind-scars, result from the fruit rubbing

against the tree's branches, and do not affect the taste. Florida oranges are plentiful from October through June, although the largest quantities are available from December through May. Fresh grapefruit is shipped from September through June, with the height of the harvest occurring in February. Tangerines, Tangelos and Temple oranges are available from October to March. Much of the Florida's citrus is grown in

the southern two-thirds of the peninsula, where there is low probability for a freeze. After a series of freezes in the 1980s, citrus growers gradually migrated southward from central and northern regions, although Polk County in the central part of the state remains the top citrus producing county. Here is a light, simple summer salad recipe that is both refreshing and juicy. Enjoy!

Sicilian Summer Salad

- 1 large fennel bulb trimmed and very thinly sliced
- 1 small red onion very thinly sliced
- 2 fresh medium oranges sliced into thin rounds, peels cut away
- 2 tbsp. pomegranate arils (seeds)
- 1 tbsp. olive oil
- 1 tbsp. red wine vinegar
- Salt and pepper
- 1 tbsp. Italian parsley, chopped

Arrange orange slices and fennel on a large serving platter in a random pattern. Lay the onion and pomegranate arils

on top. Whisk together the olive oil, vinegar, salt and pepper. Taste and adjust as needed. Spoon dressing over the salad. Add more salt if needed. Also, wonderful served with a green salad. Sprinkle on some chopped fresh parsley. John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✴

From page 22

Library

the website at www.sanlib.org. If you are looking for Father's Day ideas, the library can help. In addition to access to cooking databases and cookbooks, the library loans cooking kits, which check out like library books. The dad in your life might appreciate muffins made from a heart-shaped cake pan. Try the fish poaching kit, the paella, tapas or crêpe kit for a dad-approved culinary adventure. Thousands of recipes can be found at A to Z World Food, and A to Z America food culture and recipe database. To access these websites from home, go to the Resources page at www.sanlib.org. The dad in your life might like a Sanibel Public Library canvas tote bag. The totes are \$15 and are made in the U.S. They are available in 12 different colors including new colors: persimmon, desert

camo and woodland camo. Computer Coach service is offered on Fridays and Saturdays from noon to 1 p.m. Bring in your device for assistance with library apps. For an appointment, visit www.sanlib.org/techappointment or call 472-2483. Summer hours for Saturday are 9 a.m. to 1 p.m. The library is open from 9 a.m. to 8 p.m. on Monday and Thursday and from 9 a.m. to 5 p.m. Tuesday, Wednesday and Friday. Most devices can connect to the high-speed WiFi from outside, even while the facility is closed. Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present a valid driver's license (or similar government ID), showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers.✴

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Dress Collection Party On Sanibel

Pace Center for Girls, Lee will hold the next Love That Dress! collection party at Rachel Pierce Art Gallery on Sanibel on Thursday, June 23 from 5 to 7 p.m.

Hosted by local artist Rachel Pierce and Sanibel Mayor Holly D. Smith, the evening will include drinks, appetizers and prize drawings as well as a chance to take home a signature tote from Pierce filled with merchandise including coasters, a Tervis cup and notecards.

Guests can learn about Pace Center for Girls and donate gently used dresses to support the Love That Dress! fundraiser. Donations will be accepted prior to the event and can be dropped off at the gallery, located at 1571 Periwinkle Way, from 10 a.m. to 5 p.m. Monday through Friday and 11 a.m. to 4 p.m. on Saturday.

Love That Dress! features shopping and silent auctions with all proceeds benefiting Pace programs and services in Lee County. With a series of collection events to help build inventory, the fundraiser culminates with what is described as the ultimate feel-good shopping spree of the year.

Proceeds from Love That Dress! provide academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family



An interior view of Rachel Pierce Art Gallery

photo provided

member, mental health, and physical, emotional or sexual abuse.

In August 2021, the Love That Dress! fundraiser featured a record-breaking collection of 9,000 high-quality, new boutique and gently used dresses, shoes, handbags and accessories, helping raise \$65,000.

Registration is not required to attend, however, donations of gently loved dresses are encouraged.

Known for her coastal creations and

abstract beachscapes, Pierce paints bright, modern original art reflecting the natural beauty and abundant wildlife found only in Southwest Florida. This year, the Florida-inspired artist and former TV anchor opened Rachel Pierce Art Gallery on Sanibel, where she sells and exhibits her fine art originals, along with a variety of home goods and clothing items.

To learn more about Pace Lee and its programs, visit www.pacecenter.org/locations/lee or call 425-2366.✧

Martial Arts Classes Offered

Martial Arts classes with Sensei Gary Thomas will be offered at the Sanibel Recreation Center starting Tuesday, June 14.

In this Shotokan-style Karate class, participants will learn self-defense, discipline, self-control and fitness. No uniform is required but loose clothing is preferred.

The class schedule is as follows:

Tuesdays and Thursdays

4:30 to 5:10 p.m., ages 5 to 7

5:30 to 6:30 p.m., ages 8-plus

Saturdays

10:30 to 11:30 a.m., ages 8-plus

Cost per month for members ages 8 and older is \$140. Each additional participant in the same household is half price (\$70).

Cost per month for non-members ages 8 and older is \$150. Each additional participant in the same household is half price (\$75).

Cost per month for members ages 5 to 7 is \$70.

Cost per month for non-members ages 5 to 7 is \$80.

To register, call the Sanibel Recreation Center at 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.✧

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Cantaloupe Smoothie Bowl

1 cup cantaloupe, diced and frozen

½ banana, peeled, sliced and frozen

¼ cup milk, almond milk, or soy milk

Various toppings (such as nuts, toasted coconut, berries, hemp seeds, chia seeds)

Place frozen fruit in a high-speed blender and turn on. Slowly add liquid until the mixture starts to blend (you might not need all the liquid). Turn off and scrape down sides, continue blending until the mixture is thick and smooth. Pour into small bowl and top with favorite toppings. Serve immediately.

Fresh tip: The cantaloupe halves can be saved and used as bowls to serve in.✱



Cantaloupe Smoothie Bowl

photo courtesy Fresh From Florida

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Shell Found



Reese Krebsbach photo provided

Reese Krebsbach, 12, from Verona, Wisconsin found a junonia on May 27. This was the Krebsbach family's first trip to the Sanibel-Captiva area and it was their last full day on the island. Reese's mother, Erin Krebsbach, said, "As I was rinsing out my sandy beach shoes, Reese was looking for shells near the rock jetty at Blind Pass. Lo and behold, she sees a junonia! Beginner's luck, indeed. Such a special ending to an amazing trip." ❄️

Shell Found



Lynn Glover photo provided

Lynn Glover of Troy, Tennessee found a junonia at Lighthouse Beach on May 29. Glover has been shelling on the island for years and this is her first junonia. She said, "Looking in the wrong place in the past is what I think when I realized the dots I was seeing two feet under water and 40 feet from shore was a junonia. Still can't believe I found a perfect junonia. Awesome experience." ❄️

Shell Found



Larry and Judy Terrell photo provided

Larry and Judy Terrell of Indian Land, South Carolina found a junonia on Fort Myers Beach when they were on their way to Sanibel to visit Bailey Matthews National Shell Museum. The Terrells visit the beaches annually, but this was their first junonia find. ❄️

Shell Found



Clockwise, from left, Hadley, Jack, Jennifer, Daniel and Cash Fordemwalt photo provided

Daniel Fordemwalt of Mobile, Alabama found a junonia at Lighthouse Beach. He exclaimed, "Oh, my goodness! I think this is it!" This was the Fordemwalt family's first time visiting the islands. ❄️



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School Fund Breaks Records At Annual Event

The Sanibel and Captiva communities united in support of The Sanibel School in mid-May, making this year's Blue Ribbon Golf Classic the most successful fundraiser for the school in history.

The Sanibel School Fund announced the event raised more than \$135,000 to support the school's STEM program – a unique science, technology, engineering and mathematics-focused specialty at the school, which next year will be available for all its K-8 students. In addition, the community contributed to several science-themed field trips planned for students next year, including overnight adventures to Kennedy Space Center.

More than 90 golfers took part in the afternoon golf scramble at The Sanctuary Golf Club on May 14 before joining nearly 200 guests at The Community House for a community celebration and fundraiser that night.

"We continue to turn attention of our generous neighbors to the needs at The Sanibel School, and we are so grateful for the outpouring of support," said Jeff Muddell, Sanibel School Fund president. "We are a public school, yes. But this private support helps our school grow stronger for its growing number of students."

On the golf course, the team sponsored by Aaron Pruss, consisting of Pruss, Travis Hopson, Jason Smith and Kevin Breece, took home the trophy in the A Flight. In the B Flight, the team from Doc Ford's, made up of Justin Harris, Chris Ruhl, Ryan Berecz and Mark Willis, took top prize.

The island community wrapped its arms around two raffles offered by the School Fund, which raised more than \$40,000, with the drawings held at the post-round celebration. A new Moke electric vehicle will soon be in the driveway of raffle winner Ann Sheehy.

Meanwhile, Scott Kellett won the original *Miss Betty's Sea School* painting



Ken Kouril, executive director of The Sanctuary Golf Club Foundation, receives a blue ribbon from a student as Bill Harkey looks on
photos provided

by artist Myra Roberts. Kellett gifted the painting to one of teachers at The Sanibel School, Dr. Michelle Heuck.

The event was made possible by many sponsors, beginning with The Sanibel School parents Michael and Gretchen Betten, the title sponsors. They also served as sponsors of the Moke raffle.

The Sanctuary Golf Club has played host to the Blue Ribbon Golf Classic every year since 2007. The club's foundation was also one of the event's premier sponsors, along with Doc Ford's Rum Bar & Grille, Ashton Kirschner Group/Keller Williams Realty, The Doss Family Fund, David and Mika Filkins and YOLO Watersports of Captiva Island. YOLO's contributions also served to sponsor the Moke raffle.

Grand sponsors include The Sanibel Captiva Trust Company, Bank of the Islands, Dream Vacation Rentals, the Johnson family of Bailey's, the Stevens family and June Bailey, and an anonymous school family.

Ashton Kirschner Group/Keller Williams Realty served as dinner sponsor, and McCallion & McCallion Realty and



From left, Sanibel School Principal Jamie Reid welcomes parents and sponsors Dorothy Plumb, Chelsea Sweiss and Megan Doss



From left, the foursome of Dustin Dariano, Tim Drobynyk, Chas Simcox and Anthony Aracri play from the fairway

a group of families from Gumbo Limbo Flamingo restaurant.

The Blue Ribbon Golf Classic will return next year, with the date set for May 13, 2023. For more information, contact thesanibelschoolfund@gmail.com or Jeff Muddell at 321-217-3946.*



Jason Smith makes a birdie putt while event sponsor Aaron Pruss looks on



Sanibel City Councilman and sponsor John Henshaw just misses a putt as Will Warren and Todd Roberts look on



From left, John Trebilcock, Gaye Martin, Tony Itouchene, and event title sponsor Michael Betten prepare to tee off



The Congress Jewelers foursome, from left, Bob Miller, Scot Congress, Mike Weiss and Ed Siciliano



From left, Lisa Warren, STEM teacher Paul Warren and sponsor Bill Harkey at the sponsor reception at Doc Ford's Rum Bar & Grille



Sanibel School STEM students show some of the technology used in class



Sanibel School Fund board members, from left, Lindsay Louapre, Dana Foster, Kate Shaffer, Dorothy Plumb, Gretchen Strong-Betten, Megan Doss, Jeff Muddell and Kim Kouril

Book Review

The Match



by Di Saggau

Harlan Coben's latest novel, *The Match*, brings readers in touch again with a man called Wilde. You may remember him from *The Boy From the Woods*, but this book does

stand alone. Thirty years ago, Wilde was found as a boy living feral in the woods, with no memory of his past. Three decades had gone by and still no one, including Wilde, had a clue about his origin.

DNA and online ancestry databases play a prominent role in this thriller. Coben blends the dark aspects of reality television and the fame it engenders, social media influencers, online trolling and the sometimes far-reaching consequences of submitting a DNA sample to an online ancestry database, into a riveting tale. Among the supporting players is lawyer Hester Crimstein. All their lives are well fleshed out, and the interactions and relationships bring in many personal threads that make the characters seem real.

As the story opens, Wilde is now between 40 and 42 years old, and

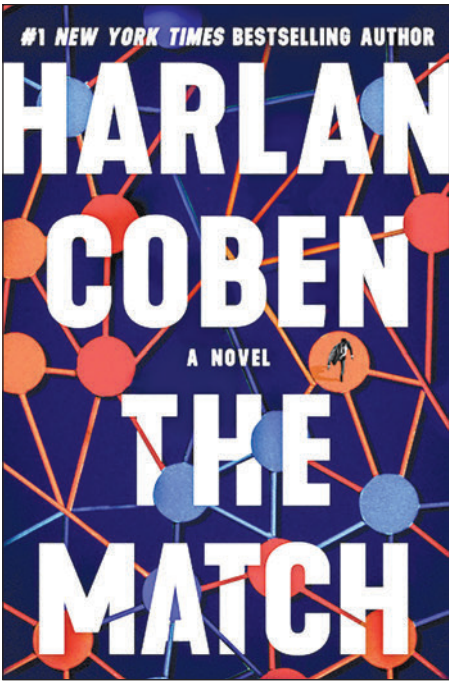


image provided

close to getting the answers to his mysterious origin. Hester has never been a major character until now. Her son, David, was Wilde's best friend and died tragically. David and Laila's son, Matthew, is Wilde's godson. Wilde and Laila have long had a complicated relationship. A widow, Hester is dating Oren Carmichael, the retired local police chief. Hester is a contrast to the reclusive Wilde, who lives in his movable technologically advanced Ecocapsule in

the woods. Their investigative working practice is one of the story's highlights, showing their respect and affection for one another.

The plot is quite ingeniously constructed. Readers may surmise bits

and pieces of the puzzle, but will be kept guessing about the details until the very end of the book. The conclusion of *The Match* is both satisfying and surprising. Hopefully, *The Match* will not end Wilde's story.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Here we are, at last, at the end of another school year. The last day of school is always a special one filled with class parties and picnics,

pizza and cupcake lunches, and that final report card. Your children (and you) have made it through another school year, with this one being particularly difficult. Congratulations!

Now, it's time to celebrate and take a break (at least for a few days) and applaud your child's achievements and passage to a new grade. Make sure to take that last day of school photo. And take some additional photos of your child with a few of his/her products that they created through the year. It will make for good memories later.

Katy Mann, a family activity blogger, has some great ideas to help you and your children celebrate this happy event and to help you mark this occasion.

Kick off summer vacation right now with an epic water fight. Use water balloons, sponge balls, plastic cups, buckets a sprinkler, squirt guns, baby pools, the slip n' slide and, of course, the garden hose. If you are really brave, add in some cans of inexpensive shaving cream for added action.

Create a special evening celebration. Set up your tents and sleeping bags and spend the night in your backyard. Have a barbeque and make some s'mores. Your kids will love camping in the backyard.

Don't forget to write a summer bucket list. Let each child identify five to 10 things they want to do over the

summer and make a master list of all the things your family wants to do. Figure out how and when you might do these things and put them on the calendar.

Celebrate with an outdoor movie night. Bring the TV or computer outside and watch one of the classic movies about summer camp, summer vacation and the last day of school. Make it an extra special event by setting up an ice cream bar with several ice cream flavors, and little bowls filled with favorite toppings like crushed Oreos, M&M's, fudge sauce, gummy bears and whipped cream.

Celebrate your child's achievement with a success poster, a sign, a scrapbook or even a video. Highlight your child's accomplishments from their year at school and at home. It might include things like joined the computer club, met goals in speech therapy, improved grades in math and reading, made new friends, was on time for school at least once a week, no detention, or learned how to pack their own lunch. Kids will have fun looking back and remembering what they have achieved in just one school year.

And finally, make sure to have your child write a thank you note or email to the teacher. If permitted, it would also be nice to drop off a small gift like some yummy jam or cookies to their home. E-learning has been difficult for teachers too. Before you decide on a gift, send an email to the teacher and ask if it would be alright to do so.

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. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✧

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Traffic Conversion Downtown

Contractors for the City of Fort Myers are converting the traffic pattern from one-way to two-way traffic on the following streets:

First Street/Palm Beach Boulevard – from Fowler Street to Seaboard Street
Second Street – from Fowler Street to Seaboard Street

Seaboard Street – from Second Street to Palm Beach Boulevard

From Monday through Friday, traffic will be reduced to one lane during daytime and nighttime hours until traffic is converted to two-way. Crews are expected to close side streets during the nighttime work. Access will be maintained for residents and businesses with properties directly on or adjacent to the streets being converted to two-way traffic.

Work to complete the two-way traffic conversion will be completed in two phases:

Phase 1 was held during the week of June 6 to 10 with Second and Seaboard streets from Fowler Street to Palm Beach Boulevard.

Phase 2 will be held during the week of June 13 to 17 with First Street/Palm Beach Boulevard from Seaboard Street to Fowler Street.

During the nighttime hours from 7 p.m. to 6 a.m., westbound motorists should expect travel to be reduced to one lane while crews begin removing and replacing existing roadway striping and signage in the closed lane on First Street/Palm Beach

Boulevard from Seaboard Street to Fowler Street. Lighting and noise should be expected by residents during this work and is unavoidable.

Crews are expected to complete the conversion to two-way traffic on First Street/Palm Beach Boulevard during daytime hours between 9 a.m. to 4 p.m. on Thursday, June 16. In case of inclement weather, the conversion may take place on Friday, June 17.

Message boards alerting motorists to the new traffic pattern are posted in and around the project area on Second Street, Seaboard Street, First Street/Palm Beach Boulevard, Fowler Street and Park Avenue. Messages will change as work progresses. Fort Myers Police Department officers will be on site to assist with the new two-way travel pattern when it is implemented on each street. Motorists, pedestrians and bicyclists should use extreme caution while driving in and through the traffic conversion area.

The purpose of restoring the two-way traffic is multifaceted, however, the all-encompassing factor is to create a neighborhood environment that is safe for all modes of transportation (motorists, bicyclists, pedestrians and transit). Previously, the prime objective of the one-way east and westbound pair streets was the quick movement of vehicles into and out of downtown. Today, residents are living, working and shopping throughout the River District in downtown Fort Myers. Vehicular traffic now needs to move through the area at much slower speeds, and two-way traffic is an important component towards achieving that goal.✱

Tax Assistance Program Creates \$13 Million Impact

United Way of Lee, Hendry, and Glades Volunteer Income Tax Assistance (VITA) program has concluded the 2022 tax season with monumental results. United Way's VITA volunteers provided free tax preparation services to over 6,800 individuals and families who received approximately \$10.8 million in tax refunds and saved over \$2 million in tax preparation fees. This is money that goes back into the local community, which is especially helpful during a time when so many families are seeing the cost of living rise daily and could use that money to pay higher rent and medical bills, cover escalating prices for food at the grocery store and gas to get to work.

With the help of 170 IRS certified VITA volunteers and the support of many community partners, the local United Way operated 20 traditional tax sites, 10 mobile sites and one virtual site to reach services that meet the needs and comfort level of clients and volunteers throughout Southwest Florida. Together, the VITA volunteers provided over 14,777 hours of service, valued at \$421,730; bringing a community impact for this program alone to \$13.2 million.

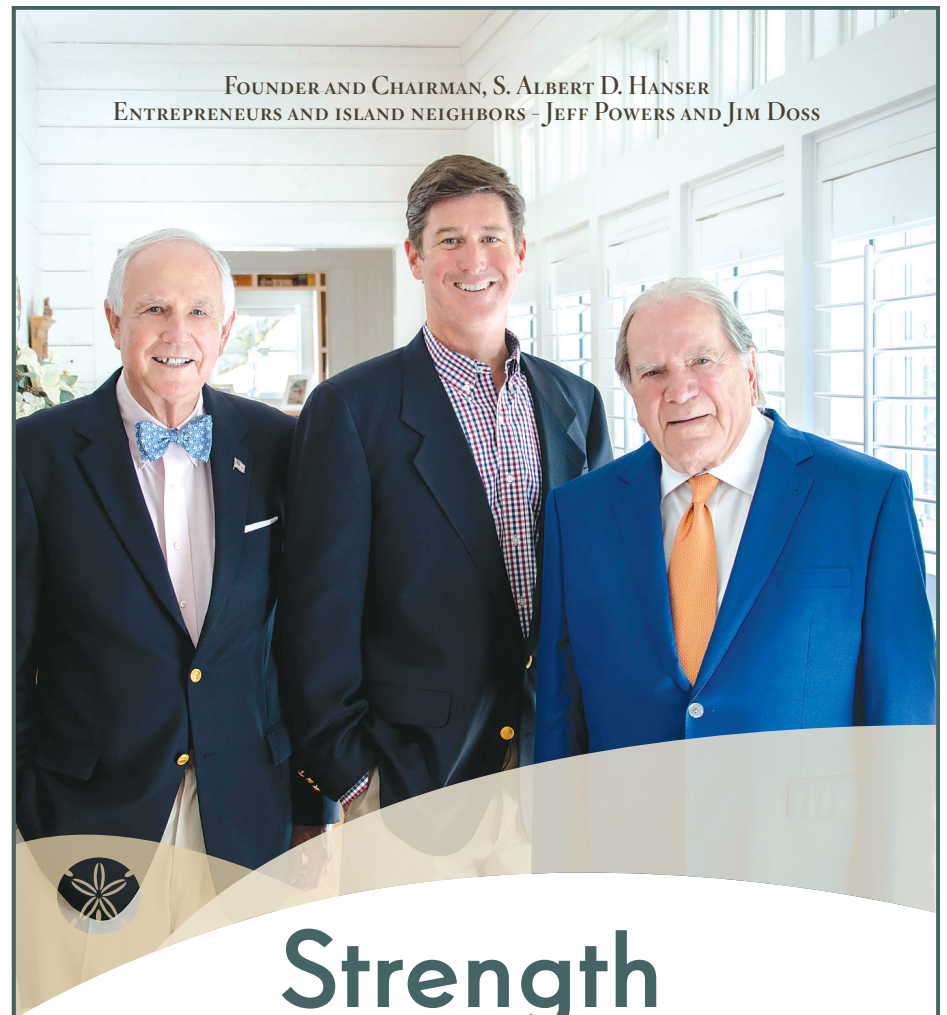
Patrice Cunningham, United Way Volunteer Center vice president, said, "We are grateful to have staff, volunteers

and partners who make this program so successful. Clients are truly grateful to have the assistance to properly file their taxes. With so many tax law changes – including advanced child credits, earned income credits and dependent care credits – each year becomes more of a challenge, but the numbers reflect the dedication of our team and the trust the community has in our VITA program."

The VITA program serves households earning \$66,000 or less by accurately preparing and e-filing federal tax returns for free. United Way's IRS certified volunteers help determine if clients are eligible for the Earned Income Tax Credit (EITC), education and/or childcare credits when they file, ensuring clients get the full refund they are entitled to.

For those who still need to file their 2021 tax return, United Way has four year-round VITA sites located in Estero-San Carlos, LaBelle, Lehigh Acres and Fort Myers. These year-round sites can also help with filing previous years' taxes and amendments. All sites operate by appointment only; call 433-3900 to schedule an appointment. Those who prefer to file on their own can do so free of charge at www.myfreetaxes.com.

United Way will be recruiting volunteers to serve as tax preparers, greeters and interpreters for the 2023 tax season over the next few months. Volunteers will complete free classroom and online tax preparation training and certification using the TaxSlayer software. To join the VITA team, visit www.unitedwaylee.org/become-vita-volunteer.✱



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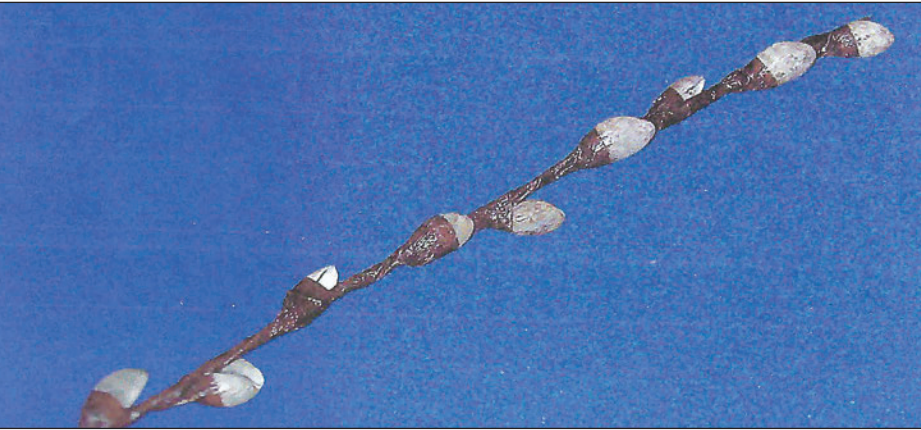
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Shell Crafting

Bubble Shell Pussy Willows



Bubble Shell Pussy Willow

photo by Anne Joffe



by Anne Joffe

One of spring's most popular flowers is actually a tree stalk and is easily made. Several of these look wonderful in a floral arrangement.

Materials:

Bubble shells, all

sizes. You will need about 11 to 13 to make a stalk.

Brown floral tape

Very thin floral wire, not cloth covered

Floral wire #16 or #18

Directions:

Cut the thin wire into three-inch pieces, 11 or 13 of them.

Dip the end of the wire into glue and insert into the natural hole in the end of the bubble shell. When they are all done and dry, cut a three-inch strip of brown floral tape for each one of them.

Begin to wrap the wire with the floral tape by twisting and turning the tape. Be sure that you cover the very end of the bubble shell with the tape so that it looks as if it is all one piece.

After you have wrapped all the stems, you are ready to assemble the main stalk. Begin at the top of the #16 or #18 floral wire and use a new long piece of brown floral tape, attaching the individual stems. One goes right on the top of the new wire, wrapping and adding a new stem

every half inch until they are all used up. The idea is to have it look like one continuous stem.

When you are satisfied that your stalk is done, gently curve a bit so it looks real.

Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She

is the author of ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.*

Poetry Corner



by Clay C. Ewell

AFRICA III

Its face, eyes close set, blazing with an intensity that seems Vaguely human, yet rendered opaque by a mind presence shaped by the

Wind and rain, the heat of the sun and the Specter of looming, sudden, indifferent death.

They sit astride the lupine muzzle that even at rest, appears about

To contract up and away from a ferocious, jagged maw.

It is a face both horrifying and irresistible, a vision, a memory echoing

Across the flat plains, under the billowing clouds, among countless Sunrises and sunsets and the sounds of the night in the ebb and flow of time. They and their kind, like us, from some distant, mythical place, yesterday Or the day before that perhaps, beyond the far ridge we have crossed One following the other, watching, waiting for the moment when we see.

And now our musings of one another across a chasm of eons, reach some sense Of kinship in this place, where our shared imperative to shape things, Define things, to create and destroy, seem less important and together We watch and wonder who will remain when the darkness of night recedes And the light becomes a new day.

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

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- Impact Windows, Rental Opportunity

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From left, Dick Muench, Dana Souza and Tom Uhler photo provided

City Manager Speaks To Kiwanis

For the second time since becoming city manager in November, Dana Souza spoke to the Sanibel-Captiva Kiwanis Club, providing those in attendance with an encouraging message

on the state of the City of Sanibel. Souza educated Kiwanians on the strategic planning process the city council has directed, a first for the city in over 20 years. He discussed the competitive employee market, addressing the council-directed wage and compensation study, another first in many years. Numerous current issues were touched on based on local and regional factors.✱



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ISLAND SUN BUSINESS NEWSMAKERS



Amy Wainwright



Mary Lou Bailey



Karen Bell and the Bell Team

VIP Realty Group

The top producers for May at VIP Realty Group were: Amy Wainwright, top sales; Mary Lou Bailey, top listings; and Karen Bell and the Bell Team, top producers.✱



LeAne Suarez



Babs Maughan

John R. Wood Properties

The top producers for April at John R. Wood Properties were: LeAne Suarez Group, top listing and closing agents; and Babs Maughan, productivity award.✱

John Naumann & Associates



Jeff Barney



Evan duPont



Larry Hahn



Deb Hahn



Harrell, Tolp & Albright Team

The top producers for May at John Naumann & Associates were: Jeff Barney, top listing agent; Harrell, Tolp & Albright Team, top sales team; Evan duPont, top sales agent; and Larry and Deb Hahn, top sales team.✱

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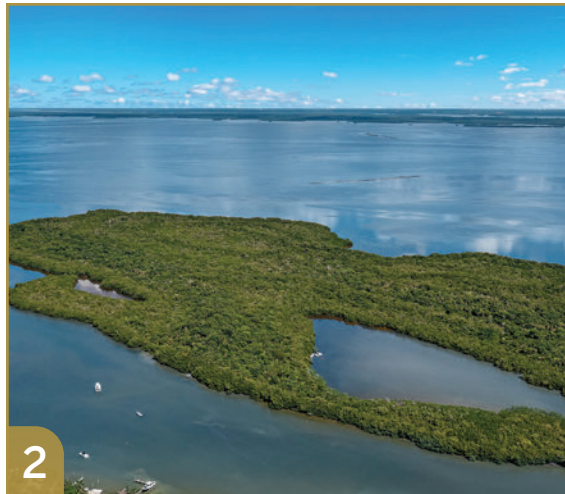
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1



2

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4. GULF VIEWS & PRIVATE ROOFTOP DECK AT POINTE SANTO - **SANIBEL**

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
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• **\$1,399,000 EURO 1,281,499**



3



4



5



6

5. GOLF COURSE VIEWS IN KELLY GREENS - **FORT MYERS**

- 2 BR/2 BA + den top floor corner unit in the desirable Kelly Greens community.
- High ceilings, updated kitchen, and large lanai. Community amenities include 18 hole golf course, tennis, pool, restaurant, and more

• **\$449,000 EURO 424,038**

6. GULF FRONT CONDO AT GULF BEACH - **SANIBEL**

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- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history

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7. REMODELED ON DIRECT ACCESS CANAL - **SANIBEL**

- 3 BR/ 2.1 BA gorgeously remodeled home just a 5 minute boat ride to the Bay with the ability to accommodate a sailboat or larger vessels
- Kitchen includes GE Café appliances & quartz countertops, wide plank oak flooring in the living room, remodeled pool & spa.

• **\$2,625,000 EURO 2,463,484**

8. ISLAND COTTAGE STYLE CANAL HOME - **SANIBEL**

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Budget Favors Everglades And Water Quality

The Florida Department of Environmental Protection (DEP) is celebrating the success of the 2022 legislative session and key environmental investments in the fiscal year (FY) 2022-23 budget.

The budget includes a more than \$3.6 billion investment in Florida's environment and water quality to ensure the delicate balance of environmental protection and a healthy economy is maintained, including more than \$1.2 billion for Everglades restoration and the protection of water resources. This brings the four-year total to more than \$3.3 billion, surpassing the goal of \$2.5 billion and more than doubling the investment made in the previous four years.

"On his first full day in office,

Governor DeSantis issued Executive Order 19-12, which laid out his bold vision to protect Florida's environment. The FY 2022-23 environmental budget continues the governor's commitment with historic levels of support for Everglades restoration, water quality protections, vital land acquisitions, and resiliency of inland and coastal communities," said DEP Secretary Shawn Hamilton. "With this funding, DEP and its partners will be able to continue our work to expedite Everglades restoration; implement clean water projects to reduce nutrients in our waterways; assist communities with water supply projects; combat blue-green algae and red tide; make our communities more resilient; and acquire vital lands essential to the tourism that drives Florida's economy and protection of our critical water resources."

Budget highlights include:
More than \$500 million for Everglades Restoration, which includes:
\$352 million for the Comprehensive

Everglades Restoration Plan, including the EAA Reservoir and restoration strategies; \$78 million for the Northern Everglades and Estuaries Protection Plan and dispersed water management (water storage in the basins); Additionally, \$100 million of federal funding is included for the Lake Okeechobee Watershed Restoration Project.

More than \$557 million for targeted water quality improvements, which includes:
\$125 million for cost-share grant funds for water quality improvements, including septic conversions and upgrades, other wastewater improvements, and rural and urban stormwater system upgrades;
\$50 million to accelerate projects to meet scientific nutrient reduction goals (called total maximum daily loads), which may include green infrastructure investments or land conservation to protect water resources;
\$20 million for wastewater and stormwater projects that address water quality impairments and coral reef restoration in Biscayne Bay.
\$75 million for springs restoration.
\$50 million for alternative water supply.
Nearly \$31 million to combat harmful

algal blooms and red tide, which includes:
\$20 million for innovative technologies and short-term solutions to aid in the prevention, cleanup and mitigation of harmful algal blooms;
\$5 million to assist county governments with their response to red tide events.
More than \$500 million for resiliency. This funding will support development of a statewide data set and vulnerability assessment; grants for adaptation projects to address risks of flooding and sea level rise to coastal and inland communities; sea level rise planning efforts; and adaptation projects to strengthen critical infrastructure.
\$50 million for beach restoration.
More than \$375 million for prized properties, which includes:
\$100 million for Florida Forever;
\$264 million for infrastructure improvements and resource management at Florida's state parks;
\$10 million for grants to local governments through the Florida Recreation Development Assistance Program; and
\$220 million for cleanup programs.
For more information about DEP's environmental actions, visit www.protectingfloridatogether.gov.

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Real-Time Data On Water Levels Now Available

Captiva Community Panel and the City of Sanibel are partnering with American Shore and Beach Preservation Association (ASBPA) in helping to address top management challenges in coastal communities across the southeast U.S. High tide flooding has become a major concern to tourism-based and residential coastal communities. A widespread network of water level monitoring stations is needed to help communities with decision support.

This five-year Southeast Coastal Communities Water Level Observation System project has been funded by Southeast Coastal and Ocean Observing Regional Association (SECOORA), which is a member of U.S. Integrated Ocean Observing System, and part of National Oceanic and Atmospheric Administration (NOAA). ASBPA is leading one of four teams selected to create a new regional water level monitoring network. The project engages 40 of ASBPA's member communities to install low-cost sensors to fill gaps between federal tide stations. ASBPA is seeking to expand this project on a national scale.

"Community demand for local water-level data has exceeded expectations," says Dr. Nicole Elko, ASBPA science director. "Managers have elected to install sensors on their estuarine shorelines, where chronic and episodic flooding is most severe."

The project will provide real-time water level data, tide predictions and flooding alerts to coastal communities. The data will be used to plan for and respond to flood emergencies, and design

resilience strategies for sea level rise and the projected increase in flooding. ASBPA is collaborating with Hohonu, Inc., a technology startup that provides environmental water level monitoring to help communities adapt to climate change.

"We're excited to participate in the SECOORA research program with ASBPA," said Linda Laird, chair of the Captiva Community Panel Sea Level Rise Committee. "The closest NOAA water level sensor is on the Caloosahatchee near downtown Fort Myers. Now Captiva has real time data on water levels."

Joel Caouette, environmental biologist with the City of Sanibel Natural Resources Department, who has also worked with SECOORA to install a tide gauge on the bayside of Sanibel, said, "This tide gauge will help to provide valuable localized information on coastal flooding that will aid the city in making informed decisions in resiliency planning in the future."

Now that the water level sensors are installed, data is available online at www.hohonu.io. Sign up for a free account to view the data. Ultimately, data will be accessible on SECOORA's website. For more information about the Captiva tide gauge, contact Kate Gooderham at 850-8736. For information regarding the Sanibel gauge, contact Joel Caouette at 472-3700.

Drug Abuse Is On The Rise

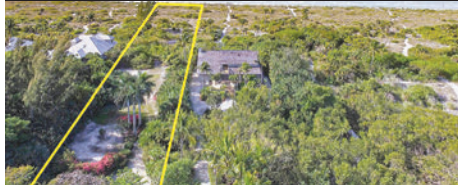
Narconon reminds families that drug abuse is on the rise in almost every community nationwide. To learn more, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html. Call 877-841-5509 for free screenings or referrals.

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Superior Interiors

Outdoor Decorating At Its Finest



by Katie Frederick

The line between indoors and outdoors continues to blur as many of us want to take our indoor comforts and solitude outdoors. This concept is becoming more realistic as many

manufacturers of home products develop more and more appliances, furniture, lighting and accessories that can be used indoors or out.

People are driven to find peaceful sanctuaries as a prescription for our stressful lives. Outdoor patios and porches are becoming more sophisticated and refined, and are becoming a living extension of the indoor spaces. Three season indoor spaces are also making a significant comeback.

Creating or renovating an outdoor space has many elements. Landscape design, stonework and carpentry are all critical components of designing your outdoor haven. Outdoor furnishings, lighting and accessories are also an essential element in your overall plan. As

you begin the process and consider space planning and design, be sure to include the entire family. You will be amazed at the wish list that you come up with.

Your outdoor space should accommodate all your needs throughout the year. Do you entertain outdoors? Make sure that there will be enough seating for your larger parties. Do you spend time outdoors in the evenings and at night? Make sure that you have adequate lighting and bug control included in your plan. Is the outdoor grill seasonal for you or all year round? Where you place the grill and whether it has a protective roof will make a difference depending on how you use it. Do you plan to have your family meals outdoors often? If so, make sure that your dining area comfortably accommodates your family and then some.

Outdoor furniture has greatly evolved from the folding, vinyl strap versions of the past, to beautiful pieces made of teak, steel, rattan and wicker. Many pieces look just like indoor furniture but are constructed and designed to stand up to the outdoor elements.

Fabrics are being manufactured to resist fading from ultraviolet rays, to resist mildewing from damp conditions and to resist odor absorption. These types of fabrics are a must for any upholstery or drapery that will be used outdoors or in a screened-in location.

Lighting is also a very important aspect in creating an inviting outdoor space. Be sure you incorporate various types of lighting in your outdoor space

just as you would in your indoor spaces. Landscape lighting, overhead lighting, ceiling fans or decorative side lighting are good ideas. Torches or lantern lighting can also be a charming and functional element to your lighting plan. Developing a creative lighting plan can help you create a space with increased ambiance and functionality.

Remember to create a space that is perfect for you and your needs. This is

a space where memories will be made, so consider it an important investment. I like to call an investment like this an emotional anchor: a space where your family gathers, shares and remembers forever.

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

Progressive Club Virtual Meeting

Democrat Adam Hattersley, who is running for Florida chief financial officer on August 23, will be the guest speaker for the Progressive Club of the Islands' Zoom meeting on Thursday, June 16 at 4 p.m.



Adam Hattersley

A Navy veteran and author, Hattersley is focused on improving the lives of those in his community through public service. He served as Florida House representative, District 59 from 2018 to 2020. He earned a bachelor of science in engineering in 2000 and a master of


science in engineering from University of Michigan and served as a nuclear submarine U.S. Naval officer from 2000 to 2008, receiving a Bronze Star. Hattersley completed his Naval service as an electrical engineering instructor at the U.S. Naval Academy.

Moving to Riverview, Florida, Hattersley became an executive at a Fortune 500 company, training and managing a technical staff worldwide for nearly 10 years. He and his wife now own a small business selling print and promotional products.


The meeting will be interactive with time provided for questions. To attend, email pcisancap@gmail.com to receive the link or watch online at www.facebook.com/pcisancap.

Annual dues for the Progressive Club are \$35 per individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957.


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Sharon Miller and Steve Schulz
photos provided

Lions Earn Outstanding Service Awards

Sanibel Captiva Lions Club President Steve Schulz presented awards to three outstanding Lions at a recent meeting.

Sharon Miller was presented the New Member of the Year award. In her first year of membership, Miller stepped up to be a co-secretary. She also coordinated



Lyn Kern and Steve Schulz

the club's food pack effort for the Save Our Starving Children organization. Her enthusiasm for the club and her organization skills are greatly appreciated.

Lyn Kern was named Officer of the Year. Kern serves as co-secretary and on the scholarship committee. She was recognized for her attention to detail and professionalism in preparing the club minutes and calendar of events for the upcoming year.

Valerie Tutor was named Lion of the Year. Tutor serves as the first vice president, treasurer, chair of the scholarship committee and one of the



Valerie Tutor and Steve Schulz

"songbirds" that leads the club in singing.

The club is grateful to have these three outstanding members who contribute their time and talents to leading the organization.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. While the club is most known for its effort to eliminate preventable blindness, it also 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.

Individuals interested in community service are invited to attend a club meeting to learn more. Dinner meetings are held the first and third Wednesdays of the month at 6 p.m. at The Community House. For more information, contact Steve Schulz at P.O. Box 391, Sanibel, FL 33957, 233-6261 or www.sanibelcaptivionsclub.org.

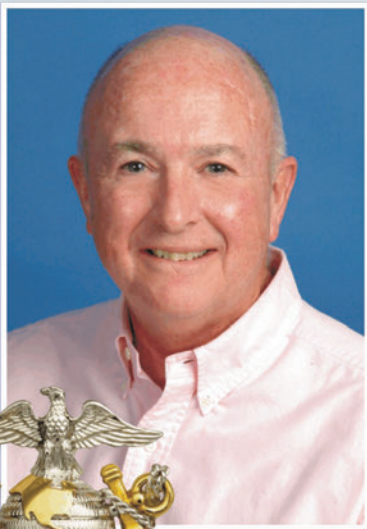
Estimates On Property Value

Lee County Property Appraiser Matt Caldwell released the initial estimates of 2022 property values recently. The estimated just value of all property in Lee County is now over \$173 billion. That is an increase of more than 30 percent above last year.

"Everyone in Lee County could feel that property values have been increasing rapidly, but this confirms the fact that 2021 saw unprecedented increases," said Caldwell. "Thankfully, homeowners are protected at essentially a maximum of only a three percent increase through their homestead exemption."

The purpose of the value estimate is to give the taxing authorities an initial estimate for developing their budgets and property tax rates. Caldwell's office will continue to refine these estimates and will certify the official values before July 1.

For more information, visit www.leepa.org.



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Rotary Happenings



submitted by
Cindy Carter



Edwin C. Ciskowski

We are nothing if we can not adapt, which brings me to our meeting last week. We had a last minute change since our scheduled speaker tested positive (so sad that these are the only two words needed to explain an entire situation). We send her many positive and healing wishes.

We had the pleasure of hearing from our step-in speaker, Edwin C. Ciskowski, CPA, senior vice president, senior portfolio manager with The Sanibel Captiva Trust Company.

Ciskowski spoke about the economy and financial markets, and the associated drivers that are impacting their direction (inflation, unemployment rate, Federal Reserve actions, corporate earnings growth, etc.). While Ciskowski mentioned there appears to be some signs of deterioration in the fundamentals of the

economy, he also noted the financial markets seem to have discounted at least some of the near-term concerns. Finally, he stressed that investors should position their portfolios for long-term returns rather than trying to time near-term fluctuations in the markets.

Ciskowski joined the trust company with more than 30 years of wealth management experience. Throughout the majority of his career, he has held leadership roles at the firms he's served, while working in research and analysis, and portfolio management. Most recently from Wells Fargo Asset Management in Chicago, Illinois, he held the position of senior vice president, serving as a securities analyst and portfolio manager.

Earlier, he worked for a number of years at Keeley Asset Management Corp., also in Chicago. Ciskowski is an experienced advisor, having assisted a wide variety of clients. He obtained his master's degree in accountancy from DePaul University and his bachelor's degree in business administration from University of Wisconsin, Milwaukee. He is also a certified public accountant.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, located at 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

Tips For Students On Building Credit Scores

Being familiar with how credit scores work is important information for students, according to Kentucky Higher Education Assistance Authority (KHEAA).

Your credit score is a three-digit number that has a long-lasting effect on your buying power. You want to build a good credit score so you can tap into resources to buy a car or house, or if you have another expensive need. A good credit score can open doors, but a bad one can make all transactions or loans more difficult and expensive. That's why it's important to learn how credit scores work and how they can affect your lifestyle.

Although there are several scoring methods, the most widely accepted one comes from FICO. Your FICO score ranges from 300 to 850.

These items make up your FICO score:

- 35 percent is based on your payment history. Early payments will have a higher number than on-time payments, which will have a higher score than late payments.
- 30 percent is based on outstanding debt. This outstanding debt is how much you owe on loans, mortgages, credit cards, etc. Having a lot of credit cards can hurt your score, especially if you're

near your borrowing limit.

15 percent is based on the length of time you have had credit. The longer you have been borrowing and making payments on time, the better your score.

10 percent is based on new credit. Opening several new accounts will have a negative effect on your score. The more inquiries you have on your credit report in a year, the lower your score will be.

10 percent is based on the types of credit you currently have. It helps to have a mix of loan types. If you have a credit card, an installment loan will even out the credit.

For more information, visit www.advantageeducationloan.com.

Top 10 Books On The Island

1. *The Lioness* by Chris Bohjalian
2. *One Italian Summer* by Rebecca Serle
3. *Honor* by Thrity Umrigar
4. *Malibu Rising* by Taylor Jenkins Reid
5. *November 9* by Colleen Hoover
6. *Something's Cooking in Chianti* by Jennifer Schiff
7. *The Suite Spot* by Trish Doller
8. *The Homewreckers* by Mary Kay Andrews
9. *The Love Hypothesis* by Ali Hazelwood
10. *Freezing Order* by Bill Browder
Courtesy MacIntosh Books and Paper

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Zonta Foundation Accepting Grant Applications

submitted by Kathleen Skubikowski

The Zonta Foundation of Southwest Florida is accepting grant applications from 501(c)3 nonprofit organizations in Lee County and Southwest Florida whose work helps to empower women. To qualify for the 2023 awards, applications must be submitted by July 15, 2022.

The Zonta Foundation of Southwest Florida is the nonprofit arm of the Zonta Club of Sanibel-Captiva. The chapter is part of Zonta International, a leading global organization of professionals empowering women worldwide through service and advocacy. Similarly, the Zonta Club of Sanibel-Captiva focuses on education, economic self-sufficiency, safety, and health for women and girls.

Over the past 20 years, the Zonta Foundation of Southwest Florida has distributed more than \$1 million in grants to qualifying charitable organizations. This 2023 grants cycle focuses on empowerment, with successful grant applications incorporating one or more of the following: training, education and/or affordable housing. Applications must also specify measurable outcomes. Grants co-chair Marianne Ravenna said, "We hope this new empowerment application gets our grantees thinking



The winners of last year's Zonta Empowerment Grants gathered at The Community House to receive their awards

photo provided

outside of the box on innovative programs and projects." Empowerment grant awards will be announced in December with the funds to be used beginning January 1, 2023.

Applications will be screened and will move forward based on meeting Zonta's mission and the empowerment criteria.

Submitting an application does not ensure that the organization will automatically receive funding in the 2023

grant cycle.

Successful applicants will be expected to work collaboratively as needed with a liaison from Zonta.

Grant applications, which are accepted via mail or email, must be submitted no later than July 15, 2022. To download an application, visit www.zontasancap.org and click on "Grant Applications" at the top left. Questions can be directed to grants committee

co-chairs Marianne Ravenna at groovybowl@gmail.com or Pam Eccles at pam901@aol.com.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to build a better world for women and girls on the islands, in Lee County and around the world through Zonta International. To support Zonta's work, visit www.zontasancap.org and click on "Donate." ✨

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Will Power

The Advantage Of Sprinkle Trusts



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

Wouldn't it be great if the inheritance you leave your children can be used for multiple generations while at the same time minimizing the income taxes they pay? This can be accomplished with a sprinkle trust.

Assume that Benny creates a trust that upon his passing is held in further trust for his daughter Susan. Susan is the trustee, so she has complete control over the investments held in the trust. Instead of Susan being the only beneficiary, however, Benny's trust provides that Susan can distribute the interest, dividends and rents that her trust share generates not only to herself, but also to her children (and one day to her grandchildren!).

Suppose that Susan's trust share generates \$75,000 in income this year. Also assume that Susan's combined federal and state income tax bracket is 39 percent. If Susan distributes the income to herself, she pays income tax of \$29,250. Her son Rob needs money for a down payment on a home. If Susan kept the income and paid the tax, she could then make a gift of \$45,750 to Rob, net of the income tax she paid. Under federal gift tax law, Susan can only make a tax free gift of \$16,000 to Rob, so she must file a gift tax return that reduces her federal gift/estate tax exemption by \$29,750 (computed as \$45,750 net of tax less the \$16,000 exemption amount).

Instead of keeping the income for herself, following the terms of the trust her father established for her, she distributes the income directly to Rob, whose marginal tax bracket is 20 percent. The distribution is not a gift from Susan to Rob, it is a distribution of income. Rob pays income tax of \$15,000, which is about half of what Susan would have paid. Rob has \$60,000 to use as a down payment instead of \$47,750, which was what would have remained after Susan paid taxes instead of Rob. Because it's a distribution of income and not a gift, Susan doesn't have to file a gift tax return and consume part of her federal exemption.

What if Benny was worried that Susan's children would put pressure on her to distribute the trust income to them rather than to herself? The trust share can be drafted to include Benny's intent that Susan's interest and welfare be first considered before the trustee distributes income to anyone else.

Because Susan is an interested trustee, meaning that she is the person making the decisions and is a beneficiary, there is a conflict of interest. Normally, a more

remote beneficiary could raise that issue and cause Susan difficulty. But there's another provision that can be used to mitigate beneficiary challenges. This has to do with who the trust benefits after Susan's death. Normally, it flows down the lineal line of descendants to the next generation. Benny would have his attorney draft that provision in. He would also, however, give Susan a testamentary power of appointment.

A testamentary power of appointment allows Susan to change who the beneficiaries are following her death. The power of appointment can be wide or narrow. Normally, to exclude the assets from Susan's estate for federal estate tax purposes, that power of appointment would be limited to Benny's descendants, their spouses and charities. If a power of appointment is so limited, then the assets may be excluded from Susan's estate for federal estate tax purposes.

Why is a well drafted power of appointment so important? Simply put, it gives those you love and trust the ability to change what would otherwise be an irrevocable provision after your death. If Susan saw the need to redistribute the wealth, perhaps because one child needs it more than another, or maybe another child has drug or alcohol dependency problems, Benny would want her to be able to adjust the provisions as necessary.

Another great reason is that by giving Susan this power, her children and grandchildren are unlikely to challenge how she decides to sprinkle the trust benefits among them. They would know that should they become a thorn in Susan's side, she could disinherit them from the trust.

A sprinkle trust can be a valuable tool for beneficiary income tax planning. Those clients who wish to "keep things simple" by mandating outright distributions rather than a continuing trust limit their loved one's ability to mitigate income taxes.

©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✧

Family Swim Days

The Sanibel Recreation Center leisure pool, splash pad, water features and slide are open every Saturday from 10:30 a.m. to 12:30 p.m. All children under the age of 12 must be accompanied by a parent or guardian over age 18.

Regular lap pool hours are: Monday,

Wednesday and Friday, 8:30 a.m. to 4:15 p.m.; Tuesday and Thursday, 8:30 a.m. to 6:15 p.m.; Saturday, 8:30 to 10:30 a.m.; Sunday, closed.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit www.mysanibel.com.✧

How's The Market? Ask Ann Still A Seller's Market



Ann Gee
Broker/Owner

Locally, our Sanibel real estate market continues to be characterized as a Seller's Market. During normal times, there would be 350 condos and homes for sale on Sanibel. Currently, there are 17 homes and 20 condos for sale in our MLS system. This represents a small increase in inventory. New listings continue to sell quickly. Conversely, our national real estate market is showing signs of decline. Higher mortgage interest rates of over 2% may increase the monthly mortgage payment on an average sale by over \$500. At some point in the future, this will negatively influence our market. So far, it has not happened. If you are a Sanibel owner considering a sale, you will continue to benefit from our strong market.

Call me and we can discuss the pros and cons of selling now. Some of our market segments are stronger than others. For example, homes priced under \$1,200,000 are in high demand. Call me on my cell phone for a confidential, frank discussion.

I want to acknowledge Mary Morris of VIP Realty Group for working with me on a professional level on the sale of 1667 Sabal Sands Road. Thank you, Mary!

13 Closed Sales Going Back One Week: 10 Homes & 3 Condos

778 Cardium St. \$853,000	788 Birdie View Pt. \$2,100,000
2661 Wulfert Rd. Sanctuary Golf Villages \$859,000	746 Windlass Way \$2,150,000
6471 Pine Ave. \$935,000	1679 Hibiscus Dr. \$2,495,000
1667 Sabal Sands Rd. \$1,050,000	474 Lagoon Dr. \$2,500,000
3910 Coquina Dr. \$1,299,000	6175 Henderson Rd. \$2,800,000
750 Oliva St. \$1,425,000	2549 West Gulf Dr. 101 Sedgemoor of Sanibel
2265 West Gulf Dr. P4E Island Beach Club \$1,749,000	\$3,895,000

Have a good week and call me with any comments or questions.

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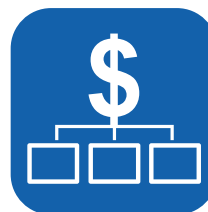
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Frankly Speaking



by Howard Prager

A recent rule change in Major League Baseball caught Dodgers manager Dave Roberts by surprise last Saturday night. As MLB.com reported: “With the Dodgers trailing by

five runs heading to the ninth inning on Saturday night, manager Dave Roberts sent position player Zach McKinstry to the mound at Dodger Stadium. At least he tried to. Roberts had used six pitchers in the game – which ended as a 9-4 loss – and was hoping to save the remainder of his bullpen for the finale of the four-game series on Sunday afternoon. The umpiring crew, headed by crew chief CB Bucknor, intervened. After a lengthy discussion, Bucknor announced that the score differential must be at least six runs in order for a position player to pitch before extra innings. The rule was announced ahead of the 2020 season, but it was suspended for two years before being instated for ‘22.” Designed to keep games that could still be competitive from getting out of hand, this is one of the first times the rule has been used.

Exciting playoff action. From USA Today: The Colorado Avalanche reached the Stanley Cup Final

for the first time since their 2001 championship on Monday, shredding their reputation of a highly talented team that disappointed in the playoffs. The Avalanche staged a furious third-period comeback and won in overtime on a goal by trade deadline acquisition Artturi Lehkonen to sweep the Edmonton Oilers with a 6-5 victory in Game 4. Lehkonen, then with Montreal, also got the Canadiens into the Final last season with an overtime goal.” What’s also amazing is they’re winning on the road. The Avalanche moved to a perfect 7-0 away from Denver in the playoffs, the only team in the NHL this postseason that hasn’t lost a road game. Said Star center Nathan MacKinnon: “I don’t know the secret. I find our details are probably better at home. I don’t know if we’re a little slower or what [on the road], but I just feel everyone’s kind of in a good spot. We have five guys connected, offensively and defensively.” They’ll play the winner of the Lightning-Rangers series.

Now it’s the Warriors turn to steal one in Boston in Game 3 of the NBA Finals, and you’ll know those results before reading this column. We are watching the best two teams who are also the best two defensive teams playing in the Finals, which adds excitement on both sides of the ball. For the first two games the teams played fairly even in the first half, but in the second half each team ran away with it, playing how they play best. Boston made a furious comeback in Game 1

and dominated the fourth quarter after being 12 down and winning by 15. The Warriors did the same in the third quarter of Game 2, pulling away from a five-point halftime lead to end up with a 19-point win. Very similar teams, very similar results. Boston has the younger version of Steph Curry with Jayson Tatum. Both are scoring machines and make others around them better when they’re not. Exciting basketball showing us why each team deserves to be in the Finals and to win.

The good news story of the week is about honoring a legend. From a press release from Roland Garros (the French Open): “Billie Jean King’s fight to affect change is as undiminished at age 78 as at any stage during the height of her playing days.”

While the 12-time Grand Slam singles champion and former world No. 1 remains an active influence on the WTA tour she pushed so tirelessly to establish, it is her off-court advocacy from which she draws greater pride these days.

King received the Legion d’Honneur from French President Emmanuel Macron at Élysée Palace on Friday in honor of her fight for women’s sport, gender equality and the rights of LGBTQ people in sport. On the 50th anniversary of her sole Roland-Garros triumph, King has been bestowed another honor. In a nod to her trailblazing fight for gender equality, she became the first woman to present the Coupe des Mousquetaires (trophy) to the men’s champion on Sunday” (to

Rafael Nadal, who remains undefeated in French Open Finals with 14 championships.)

King was front and center for the women’s singles finals on Saturday and could not have been prouder of the two finalists, Iga Swiatek and Coco Gauff. “I think they are amazing. I think they are fantastic. I think they both have different personalities, different games, which I always think is good,” King said. “Iga, you know, when I saw her win here (in 2020), I wondered how she’s going to hold up. She held up amazing. What’s she up to, 34 straight matches? What makes her interesting is her forehand is so different from her backhand and her serve is getting better. She’s actually quite quick.”

And Coco made it to her first grand slam final. Gauff, who turned 18 in March, is the youngest woman to reach a Grand Slam final since 17-year-old Maria Sharapova at 2004 Wimbledon and the youngest American woman to reach a major final since a 17-year-old Serena Williams at the 1999 U.S. Open. She’ll be back.

King concluded her interview saying: “I always want every generation, both men and women, to step up both in sports and in life.” King is still relevant and a strong voice and role model in professional tennis.

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 to press@islandsunnews.com.*

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Spots Still Open For Rec Center Summer Camp

Registration is open for summer day camp at Sanibel Recreation Center. Camp runs from Monday, June 13 through Friday, August 5 and is open to children entering kindergarten through eighth grades. Hours are Monday through Friday from 8 a.m. to 5 p.m. Campers will participate in activities such as

swimming, arts and crafts, athletics and a variety of games. Special guests along with an enhanced field trip itinerary will also be a part of the program. Breakfast and lunch will be provided daily. Campers should bring water, swimsuit, towel and sunscreen each day. To sign up, call 472-0345 or stop by Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.*

SPORTS QUIZ

1. In 1981, Chili Davis became the first player in Major League Baseball history to hail from what island nation?
2. Name the TV sports anthology series, first airing in 1961, that brought viewers “The thrill of victory ... and the agony of defeat.”
3. In 2012, who broke Candace Parker’s NCAA women’s basketball career record for dunks with her eighth slam?
4. Who was selected No. 1 overall by the Tampa Bay Buccaneers in the 1986 NFL Draft? (Hint: He was drafted again by the Los Angeles Raiders in 1987.)
5. Who was head coach of the University of Florida Gators men’s basketball team that won back-to-back NCAA championships in 2006-07?
6. Which two German professional football clubs compete in a rivalry match known as “Der Klassiker”?
7. The 1970 film “The Super Fight” was a computer-decided fantasy boxing match between what two heavyweight champions?

ANSWERS

1. Jamaica. 2. ABC’s “Wide World of Sports.” 3. Baylor’s Brittney Griner. 4. Bo Jackson. 5. Billy Donovan. 6. Bayern Munich and Borussia Dortmund. 7. Muhammad Ali and Rocky Marciano.



From left: Ann Pankow, trust officer; Jeff Muddell, office president; Steve Greenstein, wealth advisor; Kate Shaffer of the Sanibel School Fund; Al Hanser, trust company founder and chairman; and Megan Marquardt and Carolyn Rogers, wealth advisors photo provided

Trust Company Supports School Fundraiser

The Sanibel Captiva Trust Company continues its support of The Sanibel School and the Sanibel School Fund. The company sponsored the Blue Ribbon Golf Classic held recently at The Sanctuary Golf Club and The Community House. The sponsorship supports the work being done with the STEM program at the school and its expansion into the

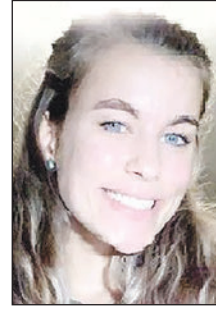
2022-23 school year.

The trust company team has long been active with the school and the school fund as parents and community leaders. Jeff Muddell, office president of the trust company, is the current president of the Sanibel School Fund. Muddell said, "Trust Company Founder and Chairman Al Hanser, CEO Terry Igo and Senior Portfolio Manager Craig Holston have also all been active through the years with this important institution. We appreciate the value, opportunity and culture The Sanibel School brings to the children and future of our community."✱✱

Marine Lab Summer Interns



Josie Bliss



Ryleigh Mulcahey

Sanibel-Captiva Conservation Foundation (SCCF) has two summer interns working in the Marine Lab this summer.

Josie Bliss is studying biology with a focus in evolution at University of Iowa. She works in the Neiman Lab on campus, studying a species of ploidy-polymorphic aquatic snail called *Potamopyrgus antipodarum*. Bliss will be measuring oyster settlement in the estuary and looking into the efficacy of using vertical oyster gardens in the east end canal system. She will be measuring changes in oyster density, size and estimating filtration rates.

Bliss' pastimes include watching *Star Trek*, reading comics and playing *Dungeons and Dragons*.

Ryleigh Mulcahey is studying chemistry and environmental science

at University of Iowa. She is putting her studies to use as she helps out with a water quality project while interning at the SCCF Marine Lab this summer. Specifically, Mulcahey is conducting a high-resolution water quality study for the Caloosahatchee estuary. She will be sampling 25 sites in June and July to look for patterns in nutrient concentrations and phytoplankton biomass.

Her favorite marine animal is an oarfish and her favorite chemical element is either iron or sulfur.✱✱

Take Your Pet To Work Week

Lee County Domestic Animal Services (LCDAS) is celebrating National Take Your Pet to Work Week from June 20 to 24, making it easy to consider adopting a canine or feline friend to be a new co-worker. Adoption fees are \$20 for all adult dogs and cats throughout June.

Take a picture of your new family member on the job and share it on LCDAS's Facebook page. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee, a \$600 package.

LCDAS is located at 5600 Banner Drive in Fort Myers. Photos and information about lost pets or pets for adoption are available at www.leelostpets.com. The website updates hourly. Applications may be completed online.✱✱

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Health First

Monkeypox



by Julie Rosenberg, MD

Monkeypox outbreaks have recently been reported in the Western Hemisphere. Monkeypox can cause disease in humans that is

similar to smallpox. While endemic to Western and Central Africa, monkeypox is now being seen in small but rising numbers in Western Europe and North America. Outbreaks in the Western Hemisphere have been linked to both the importation of infected animals and international travel.

Monkeypox virus was first isolated and identified in 1958 in laboratory monkeys. Infections have occurred in squirrels, rats, mice, monkeys, prairie dogs and, more recently, humans. The first case of monkeypox in humans was reported in 1970.

Coincident immunity to monkeypox virus was previously achieved with vaccinia (smallpox) vaccination. The eradication of smallpox and subsequent lack of vaccination efforts has allowed for monkeypox to become clinically relevant beyond Africa.

Transmission of monkeypox in humans

occurs through contact with bodily fluids, skin lesions or respiratory droplets. Although not historically considered a sexually transmitted disease, monkeypox can be transmitted by direct contact during sexual intercourse.

Following viral entry into the body, the monkeypox virus replicates at the inoculation site and then spreads to local lymph nodes, with secondary viral spread through the blood to other organs. The incubation period for monkeypox typically lasts seven to 14 days.

Initial symptoms include fever, headache, muscle aches, fatigue, back pain and swollen lymph nodes. Lesions then develop in the mouth, closely followed by skin lesions that may spread throughout the body, including to the genital area. The lesions eventually crust over and fall off. Patients are no longer infectious when all crusts fall off naturally; after about three to four weeks.

Monkeypox infection can be confirmed via isolation in viral culture or PCR for monkeypox DNA.

There are no clinically proven treatments for monkeypox infection. Treatment is primarily supportive and focused on symptom management. Antivirals developed for use in patients with smallpox may be beneficial for patients with monkeypox.

Individuals infected with monkeypox should be isolated, wear a surgical mask and keep lesions covered as much as possible until all lesion crusts have fallen off. The smallpox vaccine has been shown to be up to 85 percent effective in

preventing monkeypox.

ACAM200 and JYNNEOSTM (also known as Imvamune or Imvanex) are the two currently licensed vaccines in the United States to prevent smallpox. The Centers for Disease Control recommends that the vaccine be given within four days from the date of exposure to prevent onset of the disease.

Cases of monkeypox should be reported to public health authorities. Healthcare authorities can use a method called “ring vaccination” to contain the spread of the virus: this method would vaccinate the close contacts of people who have been infected with monkeypox to cut off routes of transmission.

Most cases of monkeypox are mild and patients fully recover within four weeks of symptom onset. However, there is more than one type of monkeypox. The severity of disease and death rate vary by type. The death rate of the West African clade, the type so far seen in the Western Hemisphere, has a case fatality rate of around 3.6 percent. Mortality is higher in children, young adults and immunocompromised individuals.

It’s important to note that monkeypox doesn’t transmit from person-to-person as readily as SARS-CoV-2, the coronavirus responsible for the COVID-19 pandemic. Monkeypox is transmitted primarily through bodily fluids while SARS-CoV-2 is transmitted by respiratory droplets. Additionally, SARS-CoV-2 is a rapidly evolving RNA virus whose variants have often eluded immunity from vaccines and prior infection. On the other hand,

monkeypox is caused by a relatively large DNA virus which is less likely to mutate to a new variant. Effective vaccines are available for curbing the spread of monkeypox.

The increased cases of monkeypox in the Western Hemisphere are concerning, but not cause for panic. Healthcare providers should be alert to any rash that has features typical of monkeypox. The public should also be aware of monkeypox. If you develop a new rash and are concerned about monkeypox, contact your healthcare provider for evaluation and management.

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.

Support Group Meetings

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. Go to <https://us02web.zoom.us/j/85002664611> (ID: 850 0266 4611).

PFLAG is the largest organization for LGBTQ+ people. For more information, visit www.visibilityfl.org, email visibilityfloridainc@gmail.com or follow PFLAG Fort Myers on Facebook.

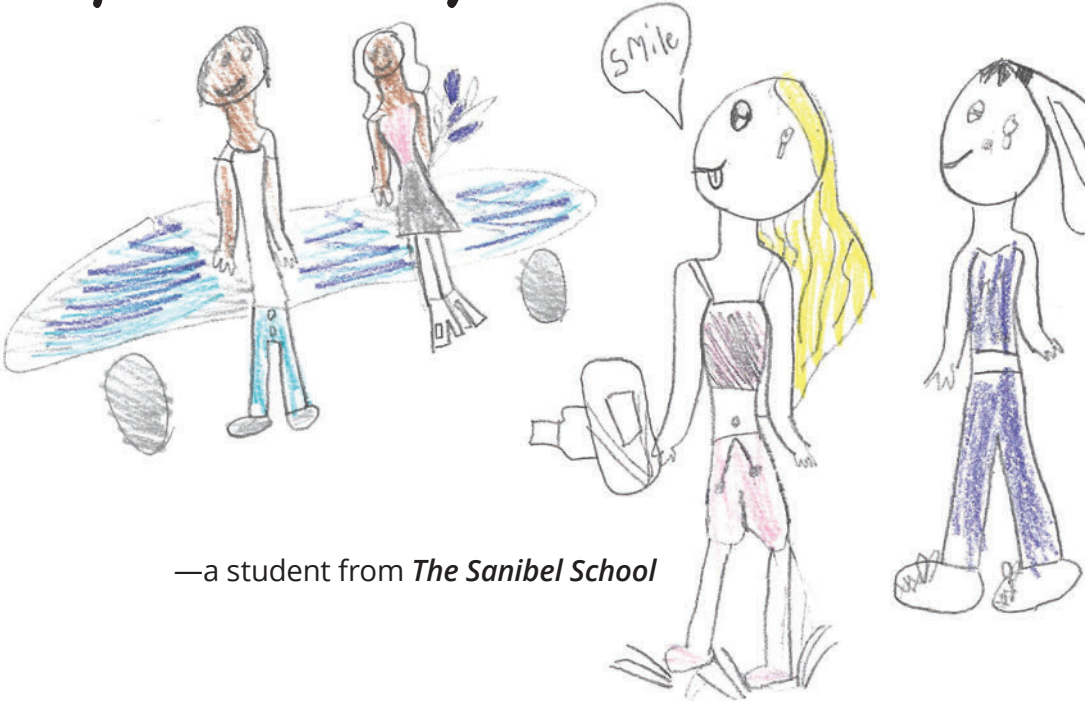
In honor of FISH’s 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.



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Today I helped two people take a picture of themselves.



—a student from *The Sanibel School*

dearPharmacist

Disease Risk May Be Related To Height



by Suzy Cohen, RPh

Dear Readers:

An interesting study was published in the June 2022 issue of *PLOS Genetics* and it has to do with height.

Researchers evaluated more than hundreds of thousands of people to see if their height had any correlation with medical problems. The average height of a man is 5'9" and a woman is 5'4" so anything above that is considered "tall." As it

pertains to the study, the mean height of all the study participants was 176 cm (5'6").

Keep this in mind as you continue to learn how being tall impacts disease risk.

What's fascinating is that stature isn't something that comes to anyone's mind when thinking about risk factors. When someone is ill, the typical risk factors evaluated are your environmental exposures, as well as where you live, the kind of food you eat as well as weight... genetics, your family history of disorders and toxic exposures. But how tall you are never comes to mind. It seems like such an implausible claim.

The difficulty is that height is not modifiable. Other risk factors are easily modifiable but again, being short, average in height or towering is not something you can change. Anyway, taller people apparently have a higher risk of peripheral nerve damage (neuropathy) and varicose veins, and lower risk of heart disease. This

contradicts prior studies by the way.

We're seeing more and more Alzheimer's today as the population ages. One trial examining about 500 people found that men who are about 6'0" are almost 60 percent less likely to develop dementia or Alzheimer's compared to those shorter than 5'7". The same benefit holds true for taller women, however the correlation is not as tight.

What about people of shorter stature? Research currently shows that someone below average height has a lower risk of getting cancer. In men, the risk of having prostate cancer are also lower if you're below average height. It's not yet possible to fully explain this, however, growth hormone levels play a role in the development of cancer.

The information presented today is based on numerous studies and meta-analyses, so what I'm saying is not carved-in-stone. I just find it so engrossing how height is becoming a better known, albeit non-modifiable,

risk factor for disease development. But why? People of shorter stature (like me!) have reduced telomere shortening and that's a good thing. Childhood illness and exposure to pathogens plays a role, as does lifestyle factors, diet and genetics.

Personally, I don't think anyone should worry about their height. You can't change it anyway. So while investigators continue to tease out our destiny based upon height, I suggest we all just focus on the modifiable factors instead. You can make changes to things within your control, and the tweaks you make now translate to life-long health and longevity, not only for you, but also for your children, and their children and so forth.

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 see that my young adult daughter is co-dependent with others. Can you better explain what that means, and how I can help her to be more independent?

A: Codependency is a type of relational disorder in which one or both people display behaviors that are an unhealthy reliance on one another. A codependent individual may feel he/she is not worthy and relies on the other for dependence and support. While we all like to have support, it can get to a level where it does not serve the person who develops a codependence. It tends to be associated with low self-esteem which can equate to unhappiness.

Often someone will go to excessive extremes for someone in order not to be abandoned. It's an unhealthy

dependence of, "I'll do anything, just don't leave me." Often, codependency stems from households where there was abandonment or addiction. The person still has pain from the past and becomes dependent on others not to be left.

Some of the signs of codependency include:

- Needing constant approval from peers, family or significant other;
- Fearful of losing someone;
- Inability to express emotions or feeling lack of trust in self and/or others;
- Fear of being alone or abandoned;
- Need to control others (out of fear);
- Addictive, impulsive or compulsive behavior;

Continuing to put others needs before your own; and

Not setting healthy boundaries with others.

There is such a thing as a healthy bond with friendships and relationships. It's an interdependence where the friends, partners and family members express and behave with healthy boundaries, honor, respect and love.

It may be good for your daughter to talk with a professional to help her understand her codependency and

how she can shift that into healthy relationships with others. A good therapist will help her explore her family of origin and why she has developed this. More importantly, your daughter can learn helpful tools to develop a healthier self-esteem and become more independent.

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

Eggplant: The Incredible Purple Vegetable



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

We all know we should eat more vegetables and fruits. Eggplant is technically considered a fruit, yet eggplant is called “the king of vegetables” in India. Who knew? Many people say they dislike eggplant. However, many people have not actually tried it. (Like Brussels sprouts until they became all the rage.) Eggplant is low in calories and provides a lot of nutritional bang for the buck. Eggplant has a high-water content and is a good source of vitamin C and K, and minerals such as magnesium, phosphorus and copper, as well as fiber, folic acid, potassium and manganese.

Consuming foods like eggplant regularly will help keep you regular, as well as reduce incidence of cardiac risk due to its high fiber content. Eggplants are great sources of phytonutrients, those lovely defenders against free radical activity which can reduce risk for conditions such as cognitive decline, CAD, Diabetes and cancer, as well as prevention of anemia due to its high copper content.

We love eggplant, of course. Marion recently made a grilled eggplant lasagna that was delicious. We like to make it in many different ways. Our good friends, Marylou and John make a delicious Asian garlic roasted eggplant.

What are some other ways to eat eggplant?

1. Baked, crunchy eggplant: slice the eggplant into strips or cut into rounds, sprinkle with salt and let them sweat. Pat dry. Spritz with some olive oil then toss in a gluten-free bread crumb spice coating. Bake at 400 degrees for about 15 minutes or until crunchy.

2. Mashed into a dip: We love baba ghanoush which is made from roasted eggplants mixed with tahini, garlic and EVOO. It is creamy, smoky and delicious served with pita or bread.

3. Roasted: This is our favorite and one of the simplest ways to make eggplant. Cut into rounds and spritz with some olive oil, salt and pepper and roast in a 425-degree oven on parchment paper. These cook fast. We like to serve them with crunchy bread and “the green stuff” (which you recall

is EVOO, garlic and herbs).

4. In pasta dishes: Most of us have had eggplant parmesan in an Italian restaurant which is grilled, or fried eggplant topped with marinara sauce and cheese. You can also slice the eggplant lengthwise and roll a ricotta cheese filling inside, like lasagna. Roasted eggplant is also great tossed with spaghetti, olive oil, garlic and herbs, and chopped tomatoes.

5. Indian curries: We love to make curry with whatever veggies we have on hand with tofu and/or chicken. Eggplant tastes great in these curry dishes too. Just chop it up and stir it in.

6. Asian dishes: One of our favorite dishes to make and/or order at a Chinese restaurant is eggplant with garlic sauce. The sauce is made of soy and oyster sauce, rice vinegar and a little sugar, combined with minced ginger and garlic, water and cornstarch

for thickening.

7. And a final favorite is Greek eggplant moussaka: Layers of sliced grilled (some fry) eggplant with ground beef (or lamb) and Bechamel sauce and fresh grated Parmesan. Add a little cinnamon, nutmeg, herbs and parsley to make for a delicious dish. Some people also add potatoes to this dish. Lots of options are available.

We encourage you to pick up that purple plant at the grocery store next time you want to be a little adventurous and make one of the above recipes.

*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.**

Special Needs Preparation For Storm Season

Storm season has started and those with special needs are urged to prepare for potential power outages. If you haven’t already, now is the time to prepare those with special needs so they are safe and comfortable to weather any storm.

Have a plan in place to ensure the continuity of any life-support needs. This may include making special arrangements to spend time with a friend or relative during an outage or using a back-up generator.

If you use a back-up generator, be responsible for the safe installation, use and maintenance of any back-up power.

Keep phone numbers of emergency response agencies, such as the hospital, fire department and police, in a convenient location, in the event

emergency assistance is needed.

Ensure that you have a back-up telephone if you use a cordless or other telephone that is dependent on electricity.

Have a battery-powered radio on hand and a supply of fresh batteries to remain aware of news and other information.

Keep a flashlight and extra batteries handy.

If preferred, those needing assistance can apply for special needs programs which provide shelter and transportation free of charge during tropical storms and/or hurricanes. Applications can be found online according to what county you live in.

Visit the “Reliability” tab at www.lcec.net for storm season safety tips and to download the LCEC Hurricane Guide.*

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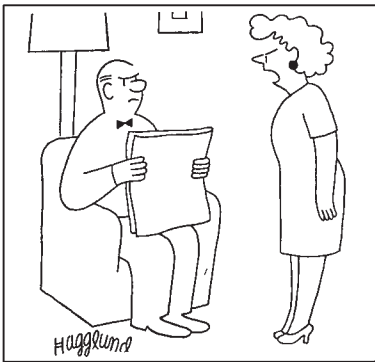


Emergency	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	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
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
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-699-6310
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club.....	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 55



"I'm NOT starting another

— this is the same one"

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!

Bully

TUBER

Forsake

ROAMON

Rock

TEARING

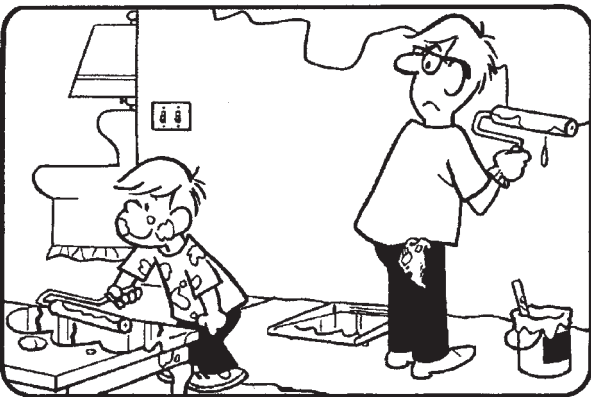
Produce

EYLID

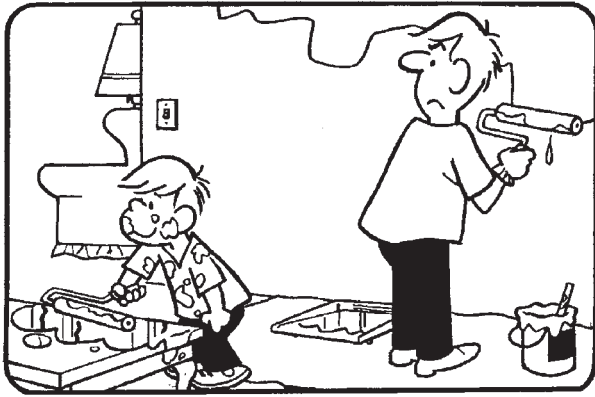
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shade is smaller. 2. Switch is missing. 3. Neckline is different. 4. Glasses are missing. 5. Flag is missing. 6. Stick is moved.

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

To Play Sudoku:

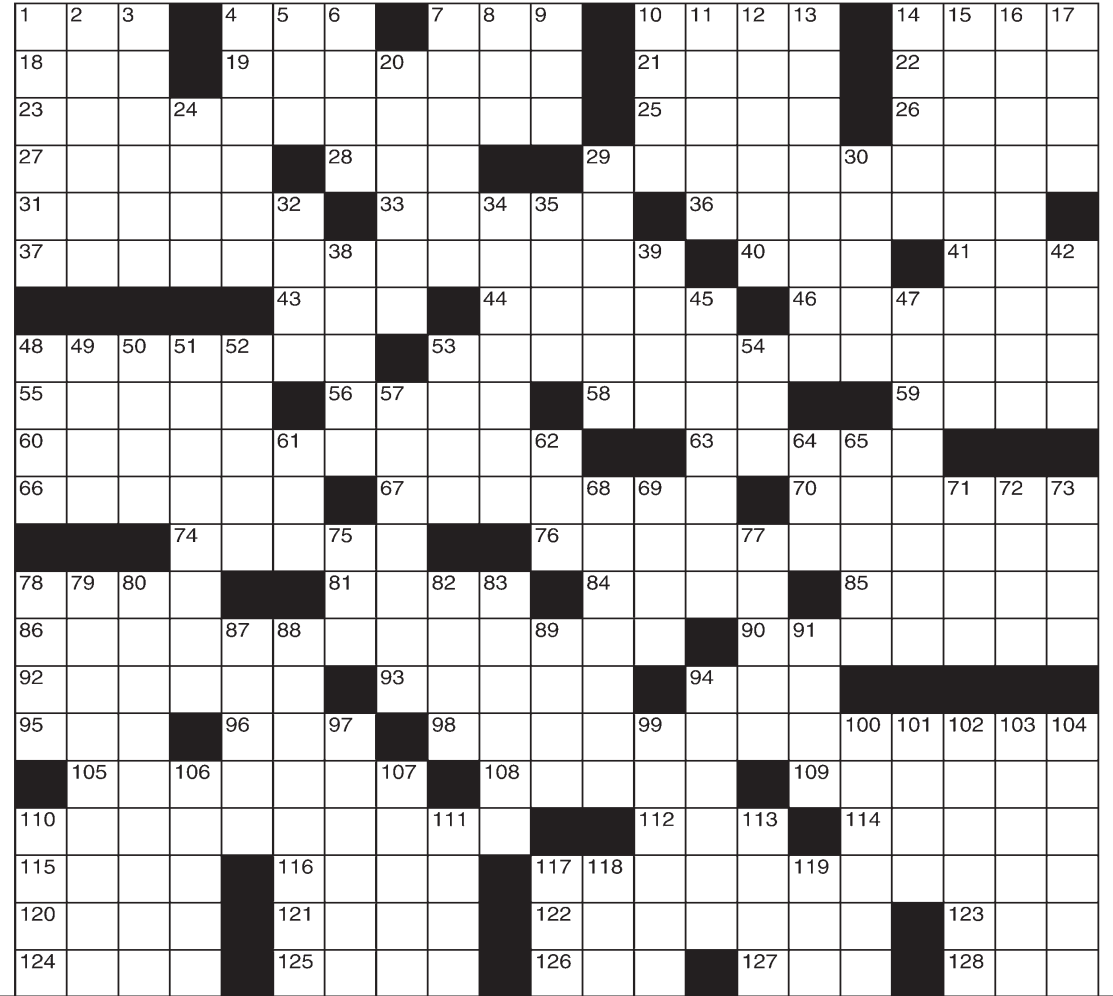
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

PUZZLES

Answers on page 55

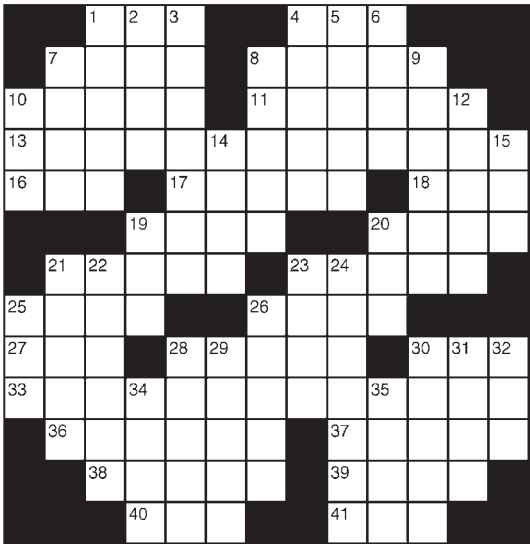
Super Crossword JUST ADD SALT

- ACROSS
- 1 V-J Day prez
- 4 Not cooked
- 7 Epoch
- 10 Nails, as an exam
- 14 "— boy!"
- 18 "There it is!"
- 19 Went by, as hours
- 21 Whet
- 22 Unmask
- 23 Giving monikers to flower holders?
- 25 Whale type
- 26 Bride's ride, perhaps
- 27 It might follow "So I lied!"
- 28 That, to Juanita
- 29 The lass I love with a twangy voice?
- 31 Fill with fury
- 33 Alaskan panhandle city
- 36 "No fooling!"
- 37 Embryonic thyroids and pituitaries?
- 40 Many a shareable PC file
- 41 Cry loudly
- 43 "Chairman —" (NBA moniker)
- 44 Brief review
- 46 Lake in north Minnesota
- 48 Broken stone used in paving
- 53 Actor Lane after improving his skills?
- 55 Amazed
- 56 "Will you allow me?"
- 58 Father, in France
- 59 Be disposed
- 60 "Batman Forever" star commanding a warship?
- 63 Barrage of shots
- 66 Fail to feed
- 67 Actress on HBO's "Insecure"
- 70 Matador
- 74 Levi's material
- 76 Homer hit by poet Tate?
- 78 Swing about
- 81 Old soda brand
- 84 The Beatles' "— Tired"
- 85 "Better in Time" singer Lewis
- 86 Title of a sommelier training
- 88 video hosted by novelist Gordimer?
- 90 Goes into overtime, say
- 92 Rival of Sampras
- 93 Heat energy unit
- 94 See 115-Across
- 95 Sharks' org.
- 96 Signing tool
- 98 Dilemma caused by quarterback Joe?
- 105 Men's neckwear accessory
- 108 Island porch
- 109 Beethoven's Third
- 110 Really mean porkers?
- 112 Biology subj.
- 114 Financier Carl
- 115 With 94-Across, designer with the fragrance Fantasia
- 116 QED's "E"
- 117 Rich founder of a loafah-producing company?
- 120 Newsy note
- 121 Jazzy Simone
- 122 Feeling bad for
- 123 Rural tract
- 124 California city known for its zinfandel
- 125 Highlander, e.g.
- 126 Positive reply
- 127 Negative replies
- 128 Bit of work
- DOWN
- 1 Broadway's "Dear Evan —"
- 2 Debi Mazar's "Entourage" role
- 3 Beast breakers
- 4 Go back (on)
- 5 N. Afr. country
- 6 Surfer's ride
- 7 Attack verbally
- 8 "No fooling!"
- 9 Mag VIPs
- 10 Shout at sea
- 11 Breed of herding dog
- 12 Set up tents
- 13 Totally enclosed
- 14 Lion in "Narnia" tales
- 15 "Speaking," for a woman on the phone
- 16 Redpack container
- 17 GI on the run
- 20 "Do not —" (Monopoly directive)
- 24 Non-PC computer
- 29 Reckless
- 30 U.S.-Can.-Mex. pact
- 32 "Only Time" singer
- 34 Dawdles
- 35 Pant leg part
- 38 Singer Terrell
- 39 Fill totally
- 42 U2, for one
- 45 Medusa's killer
- 47 ABA member
- 48 Hr. fractions
- 49 Biology subj.
- 50 Vena —
- 51 Tony winners, e.g.
- 52 Probe (into)
- 53 Fitness sites
- 54 Stephen of "The Heavy"
- 57 Foodstuff
- 61 Griffey of baseball
- 62 Operated
- 64 Kin of "Inc."
- 65 "There it is!"
- 68 Best Picture of 1988
- 69 Cry of woe
- 71 Big heads
- 72 Nevada city
- 73 City in 5-Down
- 75 Not Rep. or Dem.
- 77 Clean a spill
- 78 Stately bird
- 79 Attack verbally
- 80 Not trued up
- 82 Violinist Hilary
- 83 Paragons
- 87 U.S. humane org.
- 88 TV ratings system
- 89 "— la Douce"
- 91 Old Italian coins
- 94 Climb, as a tree or rope
- 97 — acid (aqua fortis)
- 99 Seer's cards
- 100 Circular gaskets
- 101 — Raton
- 102 Likely (to)
- 103 Parrot, often
- 104 Guy's stylish carrier
- 106 As a friend, in France
- 107 Kind of bar
- 110 Sandbox toy
- 111 Coup d'—
- 113 Not "fer"
- 117 Operative
- 118 Crusty treat
- 119 Brian of rock



King Crossword

- ACROSS
- 1 Scratch
- 4 Hosp. scan
- 7 Ashen
- 8 Ridicule
- 10 Director Forman
- 11 Seek, as office
- 13 Breakfast order
- 16 Simile center
- 17 Four-star reviews
- 18 FDR project
- 19 107, to Cato
- 20 Actor Johnny
- 21 Velocity
- 23 Apple centers
- 25 And others (Lat.)
- 26 French cheese
- 27 Plopped down
- 28 Pink hue
- 30 Insult, slangily
- 33 Steakhouse order
- 36 Eucalyptus eaters
- 37 Start of a supplication
- 38 Move furtively
- 39 Smile
- 40 Trail the pack
- 41 Thesaurus wd.
- 10 CEO's deg.
- 12 Answers an invitation
- 14 Incursion
- 15 Phone bug
- 19 Cartoon frame
- 20 Rap's Dr. —
- 21 Desolate
- 22 Cookout spots
- 23 Beach crawler
- 24 Drilling plat-forms
- 25 Mentalist's claim
- 26 Invigorating
- 28 Salsa singer Cruz
- 29 Borneo ape, for short
- 30 "Mack the Knife" singer
- 31 "This — outrage!"
- 32 Pigs' digs
- 34 Teen hangout
- 35 Grand Ole —
- DOWN
- 1 Island south of Sicily
- 2 Oodles
- 3 Set aside
- 4 Bea Arthur sitcom
- 5 Littlest litter-mates
- 6 Data
- 7 Name of 12 popes
- 8 Fountain of Rome
- 9 Precisely



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Invasion Code-Named Operation —

- | | | | |
|-----------|--------|----------|--------------|
| Alençon | D-Day | Juno | Sword |
| Bayeux | Évreux | Le Havre | Utah |
| Caen | France | Omaha | World War II |
| Cherbourg | Gold | Rouen | |

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FRIDAY
Cloudy
High: 85 Low: 75




SATURDAY
Few Showers
High: 81 Low: 73




SUNDAY
Partly Cloudy
High: 84 Low: 74




MONDAY
Sunny
High: 85 Low: 76



TUESDAY
Few Showers
High: 84 Low: 74



WEDNESDAY
Partly Cloudy
High: 87 Low: 79



THURSDAY
Mostly Cloudy
High: 86 Low: 76

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	10:14 am	3:35 am	11:50 pm	5:07 pm	Fri	9:19 am	3:37 am	10:55 pm	5:09 pm	Fri	9:35 am	3:39 am	11:03 pm	4:44 pm	Fri	12:34 am	6:51 am	12:24 pm	8:23 pm
Sat	10:42 am	4:09 am	None	6:00 pm	Sat	9:47 am	4:11 am	None	6:02 pm	Sat	10:02 am	4:11 am	None	5:42 pm	Sat	2:00 am	7:25 am	12:52 pm	9:16 pm
Sun	1:10 am	4:39 am	11:14 am	6:52 pm	Sun	12:15 am	4:41 am	10:19 am	6:54 pm	Sun	12:14 am	4:47 am	10:42 am	6:41 pm	Sun	3:20 am	7:55 am	1:24 pm	10:08 pm
Mon	2:29 am	5:03 am	11:51 am	7:44 pm	Mon	1:34 am	5:05 am	10:56 am	7:46 pm	Mon	1:11 am	5:31 am	11:33 am	7:39 pm	Mon	4:39 am	8:19 am	2:01 pm	11:00 pm
Tue	12:33 pm	8:38 pm	None	None	Tue	11:38 am	8:40 pm	None	None	Tue	2:07 am	6:28 am	12:25 pm	8:38 pm	Tue	2:43 pm	11:54 pm	None	None
Wed	1:20 pm	9:33 pm	None	None	Wed	12:25 pm	9:35 pm	None	None	Wed	3:17 am	7:31 am	1:15 pm	9:36 pm	Wed	3:30 pm	None	None	None
Thu	2:11 pm	10:27 pm	None	None	Thu	1:16 pm	10:29 pm	None	None	Thu	4:35 am	8:41 am	2:14 pm	10:30 pm	Thu	4:21 pm	12:49 am	None	None

My Stars ★★★★★
FOR WEEK OF JUNE 6, 2022

Aries (March 21 to April 19) A recent spate of confusion regarding decision-making begins to clear up. But caution is still advised. Continue to check details. An old friend has important news.

Taurus (April 20 to May 20) You're anxious to see your ideas move from concept to development. But trying to force the issue right now could backfire.

Wait for movement to resume shortly.

Gemini (May 21 to June 20) Keep your thoughts focused on the positive as you deal with an unexpected turn of events in a personal or professional relationship. This could be the start of a welcome change.

Cancer (June 21 to July 22) Health matters take on added importance at this time. Deal with them before they interfere with your summer plans. A relationship that cooled off could soon warm up again.

Leo (July 23 to August 22) While

a few details involving upcoming decisions still need your attention, you fun-loving Felines can begin to spend more time enjoying your lively social life again.

Virgo (August 23 to September 22) That long-sought-after career change could require you to move to another city. Weigh your decision carefully before either accepting or rejecting the offer out of hand.

Libra (September 23 to October 22) A workplace situation can be awkward for Librans who prefer to keep their

problems private. But you might have to "tell-all" if you hope to see it resolved in your favor.

Scorpio (October 23 to November 21) Although your financial situation starts to improve this week, you still need to be cautious about money matters. Avoid major obligations, for now.

Sagittarius (November 22 to December 21) Your overall aspects continue to brighten, allowing you to tackle long-deferred challenges. A change in travel plans could work to

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Capricorn (December 22 to January 19) Things seem to be slowing down for the usually restless Sea Goat. But wouldn't a bit of respite be just what you need right now? Activity picks up by the weekend.

Aquarius (January 20 to February 18) Personal relationships take a positive turn for both married and single Aquarians. Professional commitments, however, could be complicated by newly emerging events.

Pisces (February 19 to March 20) A decision you thought was final might be reopened as new facts are discovered. This could lead to a short-term problem, but ultimately might prove beneficial.

Born This Week: Your keen interest in pursuing global events could lead you into a career as a politician or journalist.

MOMENTS IN TIME

- On June 13, 1381, a large mob of English peasants marches into London and begins burning and looting the city. The revolt began with the bubonic plague in the late 1340s, which killed

nearly a third of the population of England and led to higher wages due to scarcity of labor. Parliament, however, passed laws to hold down wages.

- On June 19, 1856, the first national convention of the Republican Party comes to its conclusion. After the Civil War, the Republican-dominated Congress forced a radical Reconstruction policy on the South, which saw the passage of the 13th, 14th and 15th Amendments to the Constitution.

- On June 17, 1885, the dismantled Statue of Liberty, a gift from France, arrives in New York Harbor after being shipped across the Atlantic Ocean in 350 individual pieces packed in more than 200 cases. The copper and iron statue was reassembled and dedicated the following year.

- On June 15, 1904, more than 1,000 people taking a pleasure trip on New York City's East River are drowned or burned to death when fire sweeps through the riverboat-style steamer *General Slocum*.

- On June 14, 1951, the U.S. Census Bureau dedicates UNIVAC, the

first commercially produced general-purpose electronic digital computer in the U.S. UNIVAC used thousands of vacuum tubes for computation.

- On June 16, 1961, Rudolf Nureyev, the young star of the Soviet Union's Kirov Opera Ballet Company, defects during a stopover in Paris. While preparing to board the return flight, Nureyev threw himself into the arms of airport security people, screaming, "Protect me!" He was given political asylum.

- On June 18, 1983, Dr. Sally K. Ride becomes the first American woman in space when the shuttle *Challenger* is launched on its second mission. Ride, as a mission specialist, was the first woman to operate the shuttle's mechanical arm used to remove ice from its exterior.

NOW HERE'S A TIP

- Save the peels from your oranges, and dry them at a low temperature in the oven. You can add them to a pot of coffee or tea for a flavor boost that is refreshing and delicious.

- “If your tomato garden is

experiencing caterpillars, try planting dillweed close to your tomatoes. It can provide a diversion, allowing your tomatoes to grow pest-free!”

- YF in Florida

- Cure your color in new garments (especially dark- or bright-colored) by soaking the item in cold, salty water before washing. Make sure that the fabric will allow this.

- “Take good care of quality paint brushes, and they will take care of you! Wash thoroughly in soapy water and rinse very well. After the brush is washed, combine enough water to cover the bristles and add two tablespoons of fabric softener. Swish for a minute or two, being sure to get it in the brush good, then hang to drip dry. Before you use the brush to paint, simply rinse the fabric softener away.”

- ME in Washington

- Baking soda can be used as a tooth scrub. It's particularly effective against stains, as it is a mild abrasive.

- “When you are dusting, don’t forget the light bulbs. Dusty light bulbs can contribute to less-bright lighting and

continued on page 54

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PETS OF THE WEEK

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Indie And Lucas

Hello, my name is Indie. I am a white 6-year-old female terrier mix.

I am the petite 'super senior' with soulful eyes that will draw you in... then my sweet personality will have you fall in love. At just over 40 pounds, I am a great size for just about any home. I would love to lay my head on your lap when you pet me. I am looking for my person to come into the shelter and give me that forever home I so deserve.

My adoption fee is \$20.
Hi, I'm Lucas. I am an orange tabby and white 3-year-old male domestic shorthair.
I am a chill guy hanging out with the staff and volunteers at Lee County



Indie ID# A922086
photos provided

Domestic Animal Services while I wait for my new family to come and adopt me. I am one of those rare hybrids of laid-back personality mixed with stunning good looks. Combine that with the June adoption special of \$20 (and as always adopt one get a feline friend at no additional fee), and you have hit the jackpot with me.

My adoption fee is \$20.
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.*



Lucas ID# A923764

From page 53
Now Here's A Tip
can shorten the life of your bulbs. Turn lights off when you are not using them. You will save electricity that way."
— AL in Oklahoma

STRANGE BUT TRUE

- President William McKinley always wore a red carnation for good luck, but sometimes gave it away as a memento. When greeting a crowd in 1901, he handed a 12-year-old girl named Myrtle the bloom off his lapel, saying, "I must give this flower to another little flower." While it's not known if the gesture proved lucky for Myrtle, just minutes later McKinley was fatally shot by a man in the crowd.
- The larger an animal's brain, the longer it will yawn.
- Smoking has long been banned by airlines, but ashtrays are mandatory on every plane, for safe disposal in case someone breaks the law.
- A Chinese farmer named Wang Englin, who quit school in the third grade, spent 16 years teaching himself law in order to sue a chemical company that was polluting his village. Unable to buy all the books he needed, he paid a local bookstore with bags of corn to let him sit and read, copying information by hand and using a dictionary when necessary. He finally won his case

- in 2017.
- During World War II, a Dutch warship was disguised as a tropical island to escape detection by the Japanese.
 - Convinced that stomach ulcers were caused by H. pylori bacteria, although no one else seemed to believe it, Dr. Barry Marshall drank the bacteria himself (testing it on humans was illegal), developed ulcers within days, treated them with antibiotics, and ended up winning a Nobel Prize.
 - On average, professional soccer players run as far as nine miles in a match.

THOUGHT FOR THE DAY

Life is like arriving late for a movie, having to figure out what was going on without bothering everybody with a lot of questions, and then being unexpectedly called away before you find out how it ends. — Joseph Campbell

TRIVIA TEST

1. **Television:** Luke's Diner is a prominent feature in which 2000s TV show?
2. **Music:** When did The Archies' Sugar Sugar hit the No. 1 spot?
3. **Animal Kingdom:** What does the Greek translation of rhinoceros mean?
4. **Movies:** Which movie features the song Raindrops Keep Fallin' on

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Don't Harm The Fish
by Capt. Matt Mitchell

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Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

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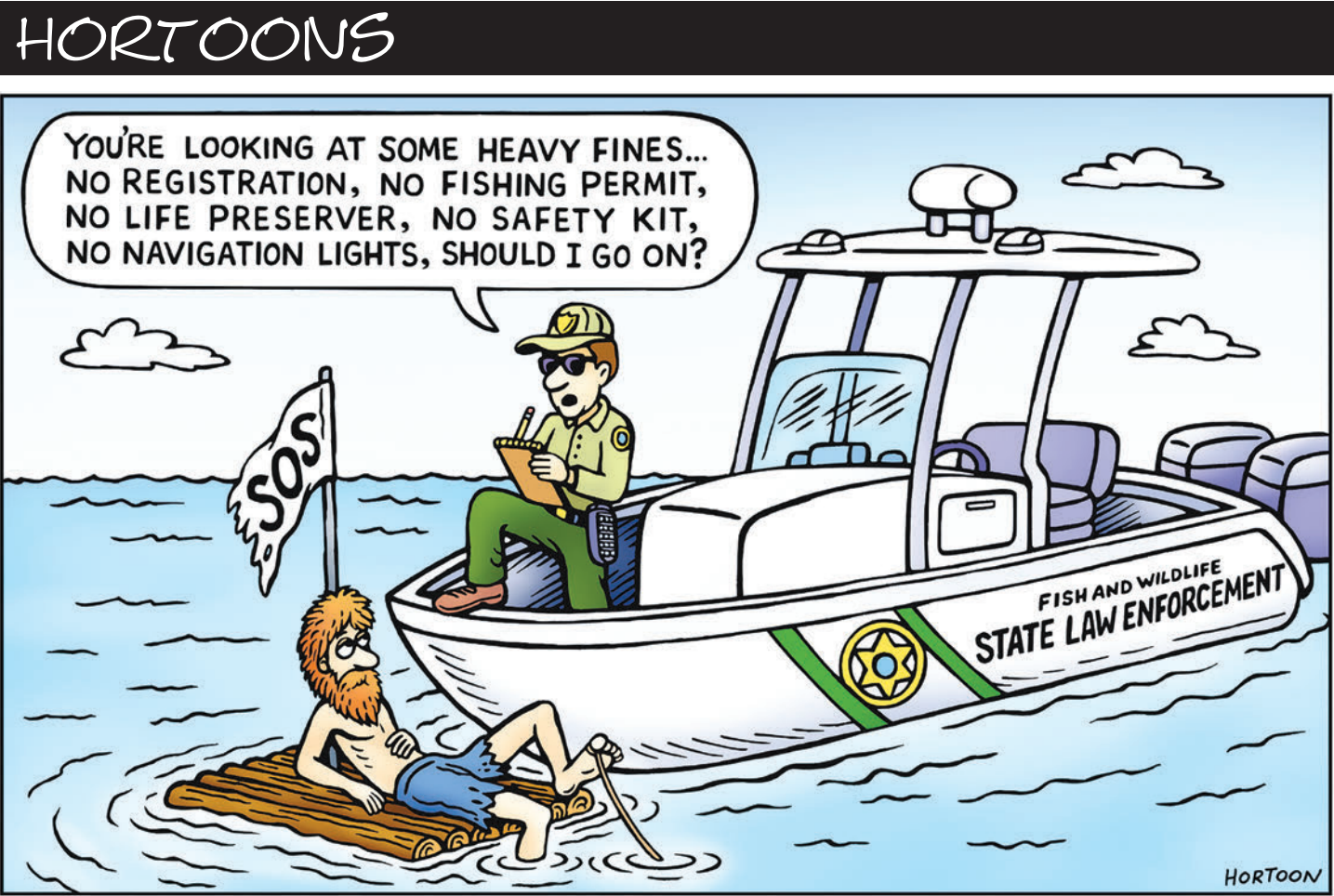
- My Head?
5. **Language:** What is the American English equivalent of the British English phrase “drawing pin”?
 6. **U.S. States:** Which state’s nickname is the Yellowhammer State?
 7. **History:** Who is believed to be the first to draw a world map, in sixth century BC?
 8. **Ad Slogans:** Which company advertised its product with the one-word description “Fahrvergnugen”?
 9. **Geography:** How many states are in Australia?
 10. **Literature:** Which 20th-century novel starts with the line, “They’re out there”?

TRIVIA ANSWERS

1. The Gilmore Girls 2. 1969 3. Horned nose 4. Butch Cassidy and the Sundance Kid 5. Thumb tack 6. Alabama 7. Greek academic Anaximander 8. Volkswagen. It's German for "driving enjoyment." 9. Six 10. One Flew Over the Cuckoo's Nest

SCRAMBLERS ANSWER

1. Brute 2. Maroon
3. Granite; 4. Yield
Today's Word
ARGUMENT



PUZZLE ANSWERS

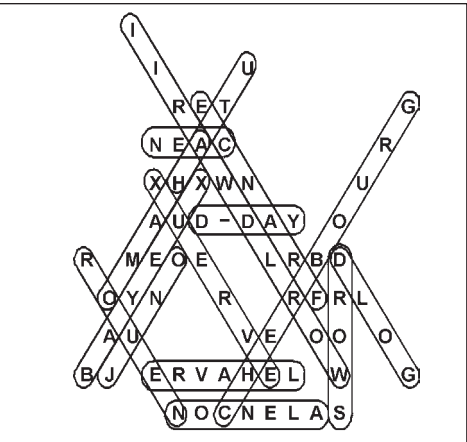
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	YAO	RECAP	ITASCA		
MACADAM	GREATERN	ATHAN			
INAW	MAYI	PERE	TEND		
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8	3	1	5	2	6	9	4	7
2	9	4	7	1	8	5	3	6
7	6	5	4	9	3	8	1	2
5	1	3	8	7	2	6	9	4
6	4	2	1	3	9	7	5	8
9	8	7	6	5	4	3	2	1

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2007	5,624	\$8,750,000	\$8,500,000	17
Metes And Bounds	Captiva	2024	5,500	\$5,823,000	\$5,823,000	0
Cape Coral	Cape Coral	2020	4,781	\$4,495,000	\$4,000,000	38
Deerwood	Bonita Springs	1998	5,291	\$3,295,000	\$3,350,000	2
Bonita Beach	Bonita Springs	2015	3,544	\$3,175,000	\$3,000,000	24
Betts	Sanibel	1974	2,450	\$2,995,000	\$2,800,000	27
Cape Coral	Cape Coral	2002	5,487	\$3,200,000	\$2,550,000	14
Sanibel Estates	Sanibel	2016	2,524	\$2,495,000	\$2,500,000	1
Water Shadows	Sanibel	1972	2,546	\$2,495,000	\$2,495,000	0
Alva	Alva	1985	5,086	\$2,395,000	\$2,200,000	10



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