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VOL. 29, NO. 45

SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 6, 2022

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## Youngest Board Chair In History For Chamber

**C**alli Johnson, fourth generation co-owner of Bailey's General Store, assumed the position as board of directors chair for the Sanibel & Captiva Islands Chamber of Commerce on April 2 at the chamber's annual meeting and 60th anniversary celebration. At age 30, she is the youngest chair in history for chamber.

"It's appropriate that we hit a new milestone on our 60th anniversary," said John Lai, chamber president and chief executive officer. "We welcome Calli's energy, poise, retail knowledge, sense of humor and genuine caring for people to the chamber trajectory for 2022-2023."

"What can I offer you?" Johnson told the nearly 150 chamber members gathered at the annual meeting. "A fresh perspective. I want to make 2022 the best year yet. Support each other, appreciate one another... Let's connect. Involve yourself in greater Southwest Florida."

Johnson comes from a long tradition of family involvement with the chamber. Her grandfather, Francis P. Bailey, Jr., leaves a legacy that resulted in the naming of the visitor center in his honor.

"He was just granddad to me, but he always had a sharp wit," recalled Johnson, who grew up in Jacksonville, but visited her Sanibel family often. "We



Calli Johnson speaking at the chamber annual meeting

photo provided

always knew to find him in his office at Bailey's World Headquarters."

Francis' brother Sam started the annual Islands Night baseball celebration at Hammond Stadium in Fort Myers

in 1993. After he passed away, that event was named for him, and this year, the Bailey family has passed the torch of managing and promoting Islands Night to the chamber. It will take place on Wednesday, June 1, when the Mighty Mussels meet the Tampa Tarpon following the traditional Islands Night parade and celebration.

Richard Johnson, Calli's father, served as board chair in 2010-11. She remembers coming to visit from University of Florida (UF) in Gainesville and being impressed with his dedication to the position. She moved to Sanibel, after earning her master's degree in mental health counseling from UF in 2016, to join the family business, then under ownership by her parents Richard and Mead, Francis' daughter. The Bailey family has owned and operated Bailey's General Store since 1899.

"My parents offered me a job when I graduated, and I told myself I would try it for a year and find something in my career path if I didn't enjoy myself," said Johnson. "First, I spent some time in each department and pitched in when needed in specific departments so I could understand how the business works. I love learning, so when the wine steward opportunity presented itself, it was a good fit because the wine industry is always evolving. I always enjoyed trying wines and it was a good fit for me because there is always something new to learn or educate yourself about in the wine field."

Outgoing chamber chair Mark Blust described Johnson

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## Residents Invited To Blue Ribbon Dinner Party

**T**he Sanibel School Fund's 20th annual Blue Ribbon Classic Golf Tournament will be followed by a dinner party on Saturday, May 14 at The Community House. Island residents are invited to attend the evening of camaraderie and philanthropy, which will include a cocktail hour at 5:30 p.m., dinner at 7 p.m., raffle packages and a live auction at 8 p.m., and DJ music and dancing. Tickets are \$100 and can be purchased at <https://sanibelschoolfund.betterworld.org>.

The first raffle features a 2022 Moke. Originally a 1960s beach cruiser, the Moke has been redesigned with a modern and eco-friendly electric motor, making it fun and functional for island cruising. The winner can customize the cruiser's color and purchase add-ons, like a canopy, radio or a refrigerator. The Moke is valued at \$20,000.

The second raffle showcases an original Myra Roberts painting titled *Miss Betty's Sea School*. Painted specifically for The Sanibel School, the 20- by 40-inch piece portrays Miss Betty teaching a school of fish, a sea turtle and a seahorse – the mascot of The Sanibel School. The painting is on display at The Sanibel School through May 13. The painting is valued at \$30,000.

Live auction items include:

A Lazy Flamingo barstool nameplate. Like a true local, have your name gold-plated on a barstool at the popular Sanibel restaurant;

Sundial Beach Resort & Spa Staycation, which includes a two-day stay and spa package;

Create your own legacy at Joey's Custard in Bailey's Shopping Center. Customize your own custard and have



A customizable 2022 Moke, valued at \$20,000, is one of the raffle prizes

photo provided

it named after you;

A pheasant hunt for four at Abbott Shooting Preserve in Barney, Georgia, which includes dining and accommodations.

Bidding will close at 8 p.m., when raffle and auction winners are announced. If you are interested in bidding but are unable to attend the party, email [thesanibelschoolfund@gmail.com](mailto:thesanibelschoolfund@gmail.com). Emailed bids will be entered.

All proceeds from the Blue Ribbon Classic Golf and Dinner Party support The Sanibel School STEM program (Science, Technology, Engineering, Math). STEM curriculum inspires problem solving using experimentation

continued on page 34



*Miss Betty's Sea School*, an original painting by Myra Roberts, is valued at \$30,000 and will be raffled off during the dinner party

image provided



# Community House Calendar

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.

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost per class is \$5 for members and \$10 for guests.

Every Wednesday from 1 to 4 p.m. is Painting with Friends. Bring your own art in progress and supplies. Cost is \$10.

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.

Sanibel-Captiva Art League is exhibiting works by Gloria Krekel and David Bollinger during the month of May. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m. A portion of the proceeds go to the Sanibel Community Association.

Boozey Brunch Class will held on Friday, May 20 from 6 to 8 p.m. Learn how to create a perfect bloody Mary and mimosa, and have brunch tidbits prepared by Chef John Wolff. Cost is \$50. Reserve ahead by calling 472-2155.

Community Social – Floribbean Summer Nights will take place on Wednesday, May 25. Pick up from 5



The Community House photo by Logan Hart

to 6 p.m. or dine in at 6 p.m. Cost is \$25 for members and \$30 for guests. Dessert is \$5 additional. Reservations are required by calling 472-2155.

Summer Turtle Camp will be offered from June 27 to July 1 and Caterpillar to Butterfly Camp will be offered from July 18 to 22 for ages 6 to 14. Camp runs Monday through Friday from 9:30 a.m. to 1:30 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.

Order homemade pies and cakes. Cost is \$7 per slice of \$50 for a whole pie or cake. Choices are Chocolate Dream Supreme Pie, Sopapilla Cheesecake or 1927 Carrot Cake. Call 472-2155 to reserve; made to order each week.

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 located at 2173 Periwinkle Way. Visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.\*

## Island Seniors Activities At The Rec Center

Island Seniors, Inc. is offering the following activities at the Sanibel Recreation Center:

Coffee Social – Monday to Friday, 9:30 to 11 a.m.

Bridge – Monday and Wednesday, 12:30 to 3:30 p.m.

Mahjonn – Thursdays, 12:30 to 3:30 p.m.

Euchre – Fridays, 1 p.m.

Hot Dog Lunch – Wednesdays, 11 a.m. to noon, Osprey Room. Cost is \$3 per person; chips and drink included.

The Page Turners book discussion for Tuesday, May 10 at 2:30 p.m. is *Carnegie's Maid* by Marie Benedict. This will be a hybrid Zoom/in-person meeting in the Osprey Room. For more information, contact Louise Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com).

Leisure Lunchers – Thursday, May 19 at 11:30 a.m., Thistle Lodge at Casa Ybel Resort. Due to limited seating, advance

sign up is requested by Tuesday, May10. Contact Deborah Butler at 314-4554 or [deborahbutler@comcast.net](mailto:deborahbutler@comcast.net), or Dave or Jessica at 472-0345. Diners will pay individually.

Balance-Core and Strength Aerobics – This slower paced class encompasses targeted moves to improve balance and strengthen the core. It is ideal for the older active adult looking to improve their mobility. Classes are held on Wednesdays from 10 to 11 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Chair Yoga and Gentle Yoga – Chair Yoga is offered on Tuesdays at 1:30 p.m. and Gentle Yoga is offered on Thursdays from 1:30 p.m. Starting Tuesday, May 10, these classes will be offered twice a week (Tuesday and Thursday); Gentle Yoga at 9:30 a.m and Chair Yoga at 11 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card. Visitor fees available. Space is limited.

Kayaking is offered on Tuesdays, weather permitting, from 8:30 to 11:30 a.m. Sign ups are in person only at the recreation center. Cost is \$5 for members and \$20 for non-members. Basic skill level required. Restrictions apply. Call 472-0345 for details.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, visit [www.center4life.com](http://www.center4life.com) or call 472-0345.\*

**SANIBEL SCHOOL FUND**

# Community House

DINNER AND PARTY!

Join us on May 14th after the Blue Ribbon Golf Classic for a 5:30pm Cocktail Party, 7:00pm Dinner, Live Auction, Raffle Drawing, DJ & Dancing!

Community House, 2173 Periwinkle Way, Sanibel, FL 33957

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**Moke raffle!**

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Tending to the *Santiva* in 1955 photo courtesy Captiva Island Historical Society Archives

## Looking Back: Captiva Mailboat

This week's image is a photo of two individuals providing maintenance to the *Santiva* (mailboat). The photo is marked "Ward and Hansen 1955."

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



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

Visit the website at [www.captivaaislandhistoricalsociety.org/archives/research](http://www.captivaaislandhistoricalsociety.org/archives/research) to view many more images to bring you closer to Captiva.✧

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Shabbat services including Torah reading Friday 7:30 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes at 9:45 a.m. on Zoom. Email [batyamsanibel@gmail.com](mailto: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](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto: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](http://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](http://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](http://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](http://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](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✧

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OBITUARY

RAYMOND DONALD SANTUCCI

Raymond Donald Santucci, age 80, son of Guido and Ernestine Santucci, was born in Chicago, Illinois on April 22, 1941. He passed unexpectedly on April 19, 2022 while at home on Sanibel Island, Florida. He is survived by his loving wife, Dr. Patricia Santucci, his son, Dr. Raymond Santucci and wife, Dr. Gail Santucci (Sprague), his daughter Gina and husband Scott Usechek, and his loving grandchildren, Max Fontaine, Gabriella Santucci, Charlie Santucci, James Santucci, John "Jack" Usechek and Raymond Usechek.



Ray received his undergraduate degree from Loyola in 1963 and his MD from Loyola Stritch School of Medicine in 1967. After internship, he served in the Navy as Lt. commander and was stationed at DaNang Naval Hospital in Vietnam as a combat surgeon in orthopedics. Upon completing his orthopedic residency, he opened his private practice in the Winfield-Wheaton area of Illinois. He practiced at Central DuPage Hospital where he served as chief of orthopedics and president of the medical staff. Ray

was elected as a fellow to the American Academy of Orthopaedic Surgery. During this time, with a passion for knowledge and giving, Ray also volunteered as assistant professor of orthopedic surgery at Loyola University Hospital and Shriner's Crippled Children's Hospital in Oak Park. In addition, Ray would often join various groups serving at mission hospitals throughout the world. Ray retired from private practice in 1999, transitioned to Florida, and served at the VA hospital in Fort Myers. Ray responded to his country's needs after 9/11 and was instrumental in launching a volunteer organization, the Medical Reserve Corps, in both Southwest Florida and Illinois. He became an instructor with the American Medical Association and continued to educate physicians, first responders and other healthcare professionals regarding medical responses to terrorism and disasters. Ray's story is about living a value-driven life. At a young age, Ray's mother died and he was raised by aunts and uncles. Ray learned about his Italian ancestry and embraced the Catholic Church. He worked hard to achieve his success. From his teens on through medical school, he toiled to make ends meet, working as a plumber, carpenter, a soda jerk, a Chicago city bus driver, and even setting up pins at the bowling alley. Some of the favorite times for the family were listening to him reminisce and share the funny stories about driving the graveyard bus shift. Ray graduated

from Fenwick High School in Oak Park, where he won a Catholic League Football Championship as an offensive guard. A fitting role for the man who would become known as the protector of the family. In 1964, Ray met the love of his life and his best friend, Patricia, a classmate at Loyola Medical School. As Pat struggled to carry her heavy microscope and an armful of books, Ray opportunistically offered to help. Shortly after graduation in 1967, they married and started their internship at Rockford Memorial Hospital in Rockford, Illinois. This June, they would have celebrated 55 wonderful years together. Ray chose to serve his country in the Vietnam War after internship. He didn't discuss details of the war, but he did describe the challenges of performing surgery under the duress of shelling, and he lamented the lives he couldn't save. Ray was very proud of his military service, the men and women in uniform, and his country. In 1971, Ray and Pat moved to Wayne, Illinois to practice medicine and start their family. Ray prioritized faith, work ethic and education for his children – and he led by example. Ray worked hard his entire life, preferring to do as much manual labor as Pat would allow. Throughout his life, he would often be found lying on the floor reading his Bible, studying his medical books or learning about history. On Sundays, Ray could be found at his local Catholic church. Faith played an outsized role in his life and anchored most decisions that he made.

Ray's personality was incredibly dynamic. He was kind, gentle, humble and generous. His compassion for others was genuine and his pleasant disposition was admired by everyone he met. He had quick wit and a smile that could light up a room. He was very funny, but his jokes were never at someone else's expense. He was happiest spending time with his family, making one of his delicious meals and playing with his dogs. Physically, Ray was beautiful. He topped out at 6'1", had broad shoulders, and big, strong hands. He had brown eyes, perpetually dark olive skin, and a beautifully bald head. Ray was the guy you wanted your daughter to marry and son to be. His family is forever grateful to have shared these moments with him. "Dad, your guiding hand will be on our shoulders – forever." Mass will be held on Saturday, May 14, 2022 at 11 a.m. at St. Columbkille Catholic Church in Fort Myers, Florida. In lieu of flowers, donations may be made to the Raymond D. Santucci, MD Memorial, Fenwick Catholic High School, <https://fenwickfriars.myschoolapp.com/page/giving/donate-now?sited=1770&ssl=1>, or to Fenwick High School, 505 Washington Blvd., Oak Park, IL 60302.\*

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# Municipal Clerks Earn Recognition



From left, Councilman Dr. Scott Crater, Vice Mayor Richard Johnson, Master Municipal Clerk Scotty Lynn Kelley, Mayor Holly Smith, Certified Municipal Clerk Anna Hicks, Councilman Mike Miller and Councilman John Henshaw

by Wendy McMullen

The City of Sanibel celebrated Municipal Clerk's Week at the May 3 city council meeting at

MacKenzie Hall. Recognized were Scotty Lynn Kelley, master municipal clerk, and Anna Hicks, certified municipal clerk.✧

## Environmental Gains Promising

by Wendy McMullen

City of Sanibel lobbyist Dan DeLisi brought good news regarding funding for environmental issues within the State of Florida to city council at the May 3 meeting.

"I'm extremely optimistic about where we're heading," summarized DeLisi, pointing out that the state has provided \$800 million in local funds and the state has provided \$1.1 billion from COVID funds.

DeLisi also told council that for the first time the state has elevated discharges causing algae to the same level as flood protection.

This is part of State Bill 2508 which city staff and council feared would reverse environmental gains when it was first proposed some months ago. Since that time, city officials and

environmental groups have worked with the state to make the bill more eco-friendly.

"It's unfortunate how it all came about in the first place," commented DeLisi, "but it's got a lot better."

Senate Bill 2508 has not yet been voted upon. It is due to come into effect on July 1.

Councilman Richard Johnson suggested DeLisi collaborate with other municipalities to work with the state for the benefit of the area.

"I recognize just what we can accomplish when we all work together," said Johnson.✧

## Town Hall Set For Wednesday

by Wendy McMullen

Sanibel residents have an opportunity to provide input on the future of the city at the

strategic planning town hall workshop on Wednesday, May 11.

The workshop begins at 6 p.m. with Mayor Holly Smith introducing the strategic planning report that evolved from the city's two full-day retreats in March. This will be followed by public comment.

The formal meeting is to adjourn at 7 p.m. to allow residents to go to each of the various stations set up around the room, each of which will focus on a particular aspect of city life and governance.

The current vision and mission statements will be displayed at each station and participants are encouraged to provide comment about each statement. These comments will be considered when the vision and mission statements are finalized in future council meetings.

During this portion of the meeting, city council members may float between stations and speak to the public.

At the April 5 meeting, Sanibel City

again this year for her outspoken advocacy for municipal home rule leading up to and during the 2022 Legislative Session. The proclamation declared her "an inspiration and a model for municipal officials statewide." FLC President Phillip Walker presented the award at the city council meeting on Tuesday.✧

## Mayor Receives Local Hero Award

by Wendy McMullen

Mayor Holly Smith received the Florida League of Cities (FLC) 2022 Home Rule Hero Award



From left, City Councilman Dr. Scott Crater, Vice Mayor Richard Johnson, Florida League of Cities President Phillip Walker, Mayor Holly Smith, Councilman John Henshaw and Councilman Mike Miller photos by Wendy McMullen

Council reviewed the draft strategic planning report submitted by Dr. Robert "Bob" Lee of Local Government Advisors, Inc. and decided upon the May 11 town hall meeting.✧

## New Resident Reception

The City of Sanibel New Resident Reception will be held on Friday, May 20 from 10 a.m. to noon at BIG ARTS. The mayor, city council, as well as department directors and staff, will give a brief update regarding their respective departments. The reception is open to the public and coffee and pastries will be served.

Following the reception, guests are invited to stay for the annual hurricane seminar from 1 to 3 p.m., hosted by the Sanibel Police Department. Seating will be on a first-come basis. To RSVP for the reception, call 472-3700.✧

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Postmaster: Send change of address to Island Sun,  
1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000-10,000 per week (seasonal).  
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices:  
Third Class U.S. \$60 one year, \$30 six months (allow 2-3 weeks for delivery).  
First Class U.S. \$150 one year, \$75 six months (allow 3-5 days for delivery).  
Prices include state sales tax. Subscription requests by mail, email or phone.

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From left, Rabbi Stephen Fuchs, Sandy Teger, Pastor John Danner and Alan Lessack with the vase depicting the tree of life and inscribed, "To our pastor" photos provided

## Retirement Party Held For Longtime Pastor

submitted by Barbara Freeman

On April 24, the Rev. Dr. John H. Danner took to the pulpit one last time as senior pastor of Sanibel Congregational United Church of Christ (SCUCC). Every pew was packed during

a service resonant with significance. Afterwards, congregants, friends, family, community members, and colleagues past and present gathered at The Community House to celebrate Pastor Danner as he enters retirement and to express love, gratitude, admiration and respect.

The event, organized by a large committee of enthusiastic volunteers and led by Carl Smigiel, was festive and fun. People arrived to find a luncheon buffet served up with live jazz by the Bill Harris Quintet. The program proper



Carl Smigiel unveils an etched glass plaque presented by Sanibel Congregational United Church of Christ to Pastor Danner to commemorate his retirement

began with an invocation by the Rev. Leslie Etheridge of the United Church of Christ's Florida Conference. Enumerating his qualities and the work he's done for the conference during his 12 years at SCUCC, she said she finds Danner "a gentle soul with a deep spirituality."

Master of ceremonies Sean Martinelli of NBC2 then welcomed the crowd and proceeded to introduce each of the speakers who would share their recollections of time they've spent with Danner and shed light on his career,

family, experiences and commitment.

The Rev. Dr. Deborah Kunkel, who served as SCUCC's associate pastor with Danner for a decade, said a good part of her job was to make his job easier. She feels that she, an extrovert, and Danner, an introvert, worked very well together; and she told him, "I'm proud and happy to call you friend." Recalling that he often needed her help finding his coffee mug, she presented Danner with a mug trailing a very long ribbon so that it would be

continued on page 10

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From page 9

# Retirement

harder to misplace.

Next up was Rabbi Stephen Fuchs, who emphasized the strong relationship between himself and Danner, Bat Yam Temple of the Islands, which shares space with SCUCC, and members of the two congregations. The clergymen have shared services, co-taught classes, and led a memorable trip to Israel. Calling him “Bat Yam’s pastor,” Rabbi Fuchs noted that Danner “is the only pastor in the history of Christendom who’s played starring roles in three Purim plays.” The Rabbi, along with Bat Yam President Alan Lessack and Vice-President Sandy Teger, presented Danner with a vase by Luc Century inscribed with a symbolic tree of life and the words, “To our pastor, with love, Bat Yam.”

The speakers who’ve known Danner longest were the Rev. Herb Henry and the Rev. Joanne Stoughton, who shared stories from when they all attended Bangor (Maine) Theological Seminary together. They read greetings sent by others who’ve known Danner since his earliest days as a pastor.

Providing a musical interlude, Annabelle Crater, accompanied on piano by SCUCC Music Director Mackenzie Albert, sang *Over the Rainbow*.

Martinelli then introduced Danner’s son, Matt Davis, who provided a family “timeline” – not only of the Danners’ extended family, but also of the four churches Danner has served during a



**Walking down the aisle with his wife, Linda, Pastor Danner ends the final service he would preach as senior pastor at Sanibel Congregational United Church of Christ**

career lasting more than four decades. Danner’s grandchildren flocked to the stage and displayed congratulatory posters they’d made for the new retiree.

Daughter Elizabeth Danner pointed out her father’s love of reading and the Boston Red Sox. She, like others that day, spoke of the numerous ways he has helped his communities and parishioners, whether in New York State, New Jersey, Connecticut or Sanibel.

Don Hunter, who headed the search committee when Pastor Danner was



**Pastor Danner’s grandchildren displaying the congratulatory posters they prepared to wish him well**

called to SCUCC in 2010, lauded Danner for his community service and his contributions to the church. Ron Periard, SCUCC’s moderator, praised Danner for “a job well done” as a “master teacher and preacher, taking care of his flock.” He mentioned Danner’s extensive accomplishments as a member and president of the Rotary Club of Sanibel-Captiva and his efforts on behalf of Habitat for Humanity, local food pantries and other organizations.

Smigiel presented Danner with a glass plaque by Luc Century. The piece is etched with an image of the church and inscribed, “All are welcome here.”

Danner himself then ascended to

the stage and expressed appreciation to everyone who had a part in presenting the joyous and moving celebration. He thanked his wife, Linda, who served the four churches right alongside him for 38 years, and his mother, Connie, also an ordained minister, and described her as “a pioneer.”

Kunkel provided the benediction. She urged Danner to relax during the next six months, to find new things to do and just “let it go.” She concluded, “May God shine upon you, and may you know His peace.”

After the official program ended, the crowd remained, chatting with the Danners and wishing them well.\*

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Jacaranda is a popular nonnative tree that blooms in spring and summer photo by Gerri Reaves

Plant Smart  
**Jacaranda**  
by Gerri Reaves

Jacaranda (*Jacaranda mimosifolia*) is a fast-growing deciduous tree of the Bignonia, or trumpet-creeper, family. A native of the Amazon River Basin in Brazil, Argentina and Peru, it can reach a height of 40 feet with an even larger width. It's most appreciated for the vast

umbrella of fragrant lavender-blue flowers. Along with species like royal poinciana (*Delonix regia*) and the floss silk (*Ceiba speciosa*) tree, it is one of the most popular of nonnative flowering trees in South Florida. The bell- or trumpet-shaped slender flowers are about two inches long and bloom abundantly in terminal panicles. This fine-textured feathery foliage is light green. Leaves are bipinnate, opposite and up to two feet long. They have up of 10 to 16 pairs of

divisions, each of which has 14 to 24 very small pairs of oblong leaflets. This fern-like foliage provides dappled, not full, shade. The tree has low water needs and prefers full sun and well-drained sandy soil. Low salt tolerance renders it unsuitable for coastal landscapes. The brown circular woody pod is about two inches across and splits to release winged seeds. The tree needs regular expert maintenance and pruning, so it's not a good tree for seasonal residents. Older trees can be brittle and messy, especially in open windy sites, and splitting can be a problem. Nematodes and mushroom root rot are noted

problems. Before planting nonnative large trees whose benefit is mainly being a part-time ornamental, consider going native instead. Birds, bees and butterflies will thank you. Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *Florida Plant Selector* by Lewis S. and Betty M. Maxwell; *Waterwise: South Florida Landscapes* by South Florida Water Management District; and <https://gardeningolutions.ifas.ufl.edu>. *Plant Smart* explores the diverse flora of South Florida.✧

**Local Appointed To Coast Guard Academy**

Caitlin McCallion, 19, of Sanibel, received an appointment to attend the U.S. Coast Guard Academy (USCGA) in New London, Connecticut. McCallion attended The Sanibel School from 2008-17 and graduated from the Fort Myers High School International Baccalaureate program in 2021. For the past year, she has attended the Marion Military Institute (MMI) in Marion, Alabama in preparation for applying to the USCGA. While attending MMI, McCallion held multiple leadership positions as the chaplain's assistant, vice president of Servant Leaders Club, founder and president of Female Fellowship, and she competed on the Varsity Cross Country Team. McCallion will report to the USCGA on June 27 where she will study marine environmental sciences (MES). The MES major prepares future officers to undertake U.S. Coast Guard missions such as fisheries law enforcement, environmental response management,



Caitlin McCallion photo provided search and rescue operations, oil spill cleanup and iceberg tracking.✧

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## City Of Sanibel Vegetation Committee

## Go Native When Planting Hedges

It appears that clusia is taking over the island as the “plant du jour” for privacy screening. Despite its popularity, oftentimes the species utilized is not the native *Clusia rosea*. There are several native plants that can serve as hedging in the landscape, and following are some of the best options to provide homeowners with the privacy they need along with the low maintenance and drought tolerance they desire:

Cocoplum (*Chrysobalanus icaco*) – New leaves are red, which gives more color to the landscape. Grows to about 15 feet in height. Widely used for hedges. Does not grow fast, so trimming is minimal.

Florida Swamp Privet (*Forestiera segregata*), also known as wild olive – Small white, fragrant flowers and tiny berries that birds love. Can be trimmed low or grown higher for privacy. Drought and salt tolerant. Easy to grow. Likes full sun. Grows 10 to 15 feet in height.

Fiddlewood (*Citharexylum spinosum*) – Fragrant, white flowers attract bees and butterflies. Berries attract birds. Can grow up to 35 feet high. Moderate salt tolerance.

Firebush (*Hamelia patens*) – Unique orange and yellow flowers. Excellent nectar source for butterflies and hummingbirds. Full or part sun. Grows 12 to 15 feet high. Height and width can be



Firebush

photos provided

managed with regular trimming.

Jamaica Caper (*Quadralla jamaicensis*) – Showy two-toned leaves with white, fragrant flowers that turn purple. Can be grown as a tree or shrub. Salt and drought tolerant once established. Mature height about 15 feet.

Marlberry (*Ardisia escallonioides*) – Fragrant white flowers which lead to clusters of dark berries. Bee and butterfly attractant. Dense foliage that grows well in part shade. Grows 12 to 15 feet in height.

Myrsine (*Myrsine cubana*) – Evergreen shrub with alternate dark green leaves. Flowers and fruit on the stems. Grows eight to 20 feet in height.

Paurotis Palm (*Acroelorrhaphe wrightii*), also known as Everglades palm – Paurotis grow in densely packed clusters of tall, thin trunks. Fronds are fan shaped and light green in color. Dense growth pattern lends itself well to use as a privacy screen. Grows up to 25 feet in height. Prefers to



Simpson stopper

grow in wet conditions.

Simpson Stopper (*Myrcianthes fragrans*) – Fragrant leaves, small white flowers and attractive exfoliating bark. Grows up to 20 feet in height. Dense foliage that is drought and salt tolerant.

Spanish Stopper (*Eugenia foetida*) – Narrow, upright grower with fragrant white flowers and exfoliating bark. Small, rounded leaves form an attractive canopy or privacy screen. Grows from 12 feet to 20 feet in height.

The next time you find yourself needing that additional privacy, or if you just want to add a little variety and texture to your yard, consider these native plants. Selecting native plants over non-natives like *Clusia guttifera* creates habitat for wildlife and helps to bolster the sanctuary characteristics of the island. Consult with the experts at your local native plant nurseries to discuss which plants are best for the soil, light and moisture

requirements.

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The committee also offers free native plant tours. For more information, call 472-3700.✱

## Brazilian Orchids Topic For Meeting

The Sanibel Captiva Orchid Society will hold its last meeting of the season on Monday, May 16 at 1:30 p.m. at St. Michael & All Angels Episcopal Church. Vanessa Long from Sunland Orchids in Fort Myers will speak on Brazilian Orchid Species. A native of Brazil, Long imports many specimens from Brazil's southern section, some of which she will sell at the meeting.

Orchids will be for sale and there will be a plant raffle. There is no charge for past orchid society members. Guest fee is \$5. For more information, visit [www.sancaporchid.org](http://www.sancaporchid.org).

Beginning in October (pandemic permitting), the society will hold a full season of regular meetings from October through May.

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# Love And Hate Tarpon All In The Same Day



by Capt. Matt Mitchell

The month of May is without a doubt the start of prime time tarpon fishing. Over the past few weeks, more and more migratory tarpon are pouring into our waters.

Although the fish haven't been in one place for more than a few days, locating them has been relatively easy, but getting them to bite often can be a little tougher. Getting set up in these fish most days has included watching a few hookups in the small pack of boats.

Tarpon stress has kicked into high gear for me as well as the many other guides who are lucky enough to chase these amazing fish daily. After months of planning, clients are arriving with expectations of catching that tarpon that will make the trip. All the gear is rigged and ready to do battle. The fish are here, and our schedules have changed to tarpon time. Spending time in and around these tarpon for the next few months is something I simply would not trade no matter the frustration level the good days outweigh the bad ones.

Catching a tarpon is simply put a



Tarpon fishing is in full swing

photo provided

massive adrenaline rush, probably the biggest in all fishing. Unfortunately fishing for tarpon can be mind-numbing some days. This fishing can go from hours of boredom to wide open in just a few seconds. When it is time, you need to be focused and prepared as you don't get many shots at it. Watching tarpon roll as they glide by your baits will make you want to pull your hair out. Then once that bite happens, all that waiting is quickly forgotten as chaos breaks out. Rods are quickly cleared as the fish goes absolutely nuts for the first few minutes. Once hooked up there is simply nothing

else in fishing like doing battle with one of these amazing fish. Every tarpon battle is different – some stay down and slug it out while only making a few jumps, while others jump endlessly.

Successful tarpon fishing is about technique and not brute strength, Knowing when to just let the fish run then knowing when to apply lots of pressure only comes with experience and coaching. Keeping the fish hooked up while it jumps wildly requires bowing the rod to create enough slack that the free falling fish doesn't break off or pull the hook. Constant pressure pulling against

the fish will wear these fish down much faster than simply holding the rod up high.

On most days, successful tarpon fishing starts by locating these fish. Free jumping tarpon can be spotted from a good distance away, while slow low rolling tarpon take a little bit more spotting depending on the days conditions. The first few hours after sunrise are generally the magic hour as it can be the calmest water all day. Once tarpon are located, I try to get a read on the movement of the fish and intercept them with baits. The more tarpon you can have go by your baits, the better your odds of a hookup. Play in the tarpon highway long enough and you will get hit.

During tarpon season, I run four bait traps which allows me to pick up my clients much earlier than if I had to throw a cast net to catch bait. I bait these traps daily as I pull them, so I always have pinfish and crabs. On board, I carry a sabiki rig on a spinning rod to catch threadfin herring as the trip goes along. Along with the live baits I also have fresh silver mullet in a cooler on ice. My preference is a 12- to 14-inch mullet to use as cut bait.

Weather, especially wind speed and direction, plays a major part in the day's tarpon tactics. Even during periods of less than favorable breezy conditions, it's possible to still locate these fish in leeward areas. West winds require fishing the inside of the barrier islands while east winds give opportunities both on the beaches and eastern side of the sound.

Tarpon are not like any other species we target in this area. It;s not like snook fishing where you can expect 20 to 30 fish a trip. I tarpon fish almost exclusively for the next few months and at best have around a 50 percent success rate. On most trips, I find these fish, set up with a full spread of baits and know that getting a bite is out of my hands. No matter how long I guide for these fish, I know that getting that bite can be frustrating. Some days, it's easy and we have multiple hookups while other days you just cannot buy a bite. Tarpon are not for the weak of heart as they require patience. With great patience comes great rewards.

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](mailto:captmattmitchell@aol.com).\*\*

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Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Rose-Breasted Grosbeck



by Bob Petcher

The rose-breasted grosbeak (*Pheucticus ludovicianus*) is a migratory bird that flies south in the cooler months to such tropical regions as the Caribbean, South America and

Central America.

This songbird has a very different look when it comes to gender. While both male and female are stocky, medium-sized and possess a hefty triangular bill, the male is more striking in color with a darker backside and pinkish white markings on its wings and stomach area, and its distinctive namesake red breast. The female is browner and heavily streaked on its head, wings and underside, while sporting a white eyebrow and paler bill.

The grosbeak's stout bills are handy for eating seeds, fruit and insects. You can often see this bird rummaging at your bird feeder.

Although actually a member of the cardinal family, the rose-breasted grosbeak is often compared to a robin and has a similar song style, which has been known to signal the arrival of spring and warmer



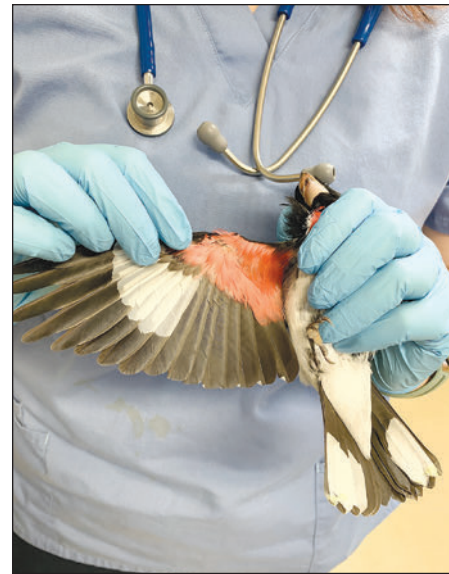
**Patient #22-1876 does not appear to have any infection after suffering a cat attack, but he will need cage rest due to a shoulder fracture**

photos by Dr. Laura Kellow

weather when it returns from its winter location.

At CROW, an adult male rose-breasted grosbeak was admitted from Cape Coral after a cat attack. Upon physical examination, the patient was thin, pale and generally weak. No claw marks, bite marks or other apparent physical "cuts" were found on the bird.

"No discrete wounds were identified, however, cat bites often cause small puncture wounds that can be difficult to find under feathers," said Dr. Charlotte Cournoyer, CROW veterinary intern. "These wounds are often small but deep,



injecting bacteria into the tissues and leading to infection."

The patient did not require surgery or bandaging, but it was given a preventive antibiotic to fight any potential infection as cat's carry a deadly bacteria in their mouths (*Pasteurella multocida*). A few days after the antibiotic was administered, the patient appears to be improving.

"At this time, we believe the antibiotic therapy employed is working as the patient has not had any persistent signs of infection," said Dr. Cournoyer. "Often, we treat with antibiotics for five to seven days for cat bites if there are no clinical signs of

infection, or longer if clinical signs do not resolve."

The rose-breasted grosbeak was x-rayed after some time at the clinic, and the images revealed a bone break in one of its shoulders.

"Radiographs taken a few days after admit showed a right clavicle fracture, which is similar to the collar bone in people and important for flight," said Dr. Cournoyer. "The patient is expected to make a full recovery but will require a prolonged stay in hospital to give this bone time to heal. This is treated with pain medications and cage rest."

During its cage rest, the patient will be monitored under supportive care until he is ready to be released. Rehabilitation and muscle buildup will also factor in.

"The bird will likely start flight training after three to four weeks of cage rest for the clavicle fracture. Flight training will commence once the fracture is fully healed and will last anywhere from a few days to a couple weeks," said Dr. Cournoyer. "The patient is responding well to therapy and expected to make a full recovery but will require a prolonged stay in hospital due to the new finding of the clavicle fracture."

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](http://www.crowclinic.org).✱

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## CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has programs for residents and visitors. 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.

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.

**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](mailto:reservations@crowclinic.org). Payment is required to complete reservation.

### Daily Presentation Schedule

**Friday, May 6, 11 a.m.,** Baby Care at CROW – Wildlife parents are devoted to the care of their young and



rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.

**Friday, May 6, 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.

**Saturday, May 7, 11 a.m.,** A Day in the Life – Students and volunteers share their favorite patient stories and give you an inside look at what happens behind the scenes.

**Monday, May 9, 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. One of CROW's animal ambassadors will be present.

**Monday, May 9, 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, May 10, 11 a.m.,** Species Profile: Bats – Bats are the only true flying mammals on earth and their many physical adaptations provide them with unique advantages in the ecosystem. This presentation discusses the common bat species found around Florida, general characteristics of bats, why bats come into CROW, and their benefits to both the ecosystem and humans.

**Tuesday, May 10, 2 p.m.,** Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. This presentation explores how armadillos came to the U.S., what benefits they provide for the ecosystem, and how they adapt.

**Wednesday, May 11, 11 a.m.,** Baby Season – Breeding and nesting for many species of wildlife take place during the spring. During this time, CROW's hospital is filled with babies. Everything from baby songbirds, squirrels, raptors, raccoons and opossums. This presentation will discuss what to do if you find a baby animal and the care involved in raising babies per species protocol.

**Wednesday, May 11, 2 p.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. One of CROW's animal


ambassadors will be present.

**Thursday, May 12, 11 a.m.,** Patient Profiles: Birds of Prey – Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

**Thursday, May 12, 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.✧

## Top 10 Books On The Island

1. *Lessons in Chemistry* by Bonnie Garmus
  2. *The Rose Code* by Kate Quinn
  3. *The Kitchen Front* by Jennifer Ryan
  4. *The Suite Spot* by Trish Doller
  5. *French Braid* by Anne Tyler
  6. *Black Cake* by Charmaine Wilkerson
  7. *Mary Jane* by Jessica Anya Blau
  8. *We Begin at the End* by Chris Whitaker
  9. *The Paper Palace* by Miranda Cowley Heller
  10. *Sunflower Sisters* by Martha Hall Kelly
- Courtesy MacIntosh Books and Paper.✧



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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Fingerprint Cyphoma



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

**C**yp<sup>h</sup>oma  
signatum  
Pilsbry and  
McGinty, 1939  
reaches about 40  
mm. The elongate  
shell has blunt  
ends, color buff

with faint pinkish-orange tinges above and below the whitish dorsal ridge (the transversal “swelling” on the back of the shell.) The mantle of the living snail has elongated black markings set on a yellowish background, the resulting pattern resembling fingerprints. The shell differs from *Cyphoma intermedium* by more elongate shape, heavier, well-defined dorsal ridge and resulting calluses and blunter ends. The aperture is slightly wider anteriorly (bottom of the images) than in *C. mcgintyi*. The shell illustrated was recently collected by brothers Holt and Cabe Rieck at Turner Beach, Captiva. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell



The Fingerprint Cyphoma, *Cyphoma signatum*, from Captiva, Florida

photo by José H. Leal

Museum is a natural history museum, 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](http://www.sanibelmuseum.org).✧

## Saturday Swim Days

**T**he Sanibel Recreation Center leisure pool, splash pad and water features are open for swim days on Saturdays 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.

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](http://www.mysanibel.com) ✧

## American Legion Post 123

**A**merican Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, May 8. A meatloaf dinner is on the menu for Sunday, May 15.



The general meeting will be held on Wednesday, May 11 at 7 p.m.

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

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play.

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

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

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

Post 123 is a non-smoking facility with an outside area 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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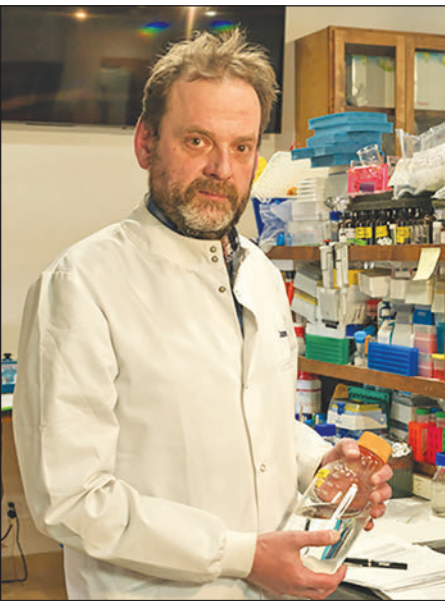
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# Researchers Study Airborne Toxins



Dr. James Metcalf processing cyanobacterial samples at Brain Chemistry Labs  
photos provided



Dr. Manuel Aparicio demonstrating the Calusa Waterkeeper ADAM aerosol sampler

Using the most sensitive technology available for detecting harmful algal bloom (HAB) toxins, the Calusa Waterkeeper (CWK) research team started airborne toxin monitoring in July 2021 at eight locations in Lee County. Samples were collected with the use of a monitoring device designed and optimized from the ground up, incorporating elements of other design components from the published record and suggestions from leading toxin researchers Dr. James Haney at University of New Hampshire and Dr. Michael Parsons at Florida Gulf Coast University. The team made up of PhD scientists and engineers constructed an aerosol sampling device labeled Airborne Detection for Algae Monitoring (ADAM), in the process to be patented.

Aerosol and associated on-site water samples were analyzed for eight different HAB toxins resulting in 945 separate air or water analyses by the not-for-profit Brain Chemistry Labs (BCL) scientists Dr. James Metcalf, Dr. Sandra Banack and Dr. Paul Alan Cox at their Jackson Hole, Wyoming laboratories. The internationally acclaimed team at BCL is no stranger to HABs, having published many peer-reviewed research papers relating to harmful algal blooms and their toxins, including published research on the 2016 and 2018 HABs in south Florida.

Results from the initial July to November sampling period showed detection of toxins in both water and airborne samples. While most samples resulted in no detection for the eight toxins monitored, two airborne toxins, anatoxin-a, was detected at Matlacha and brevetoxin at North Fort Myers. Furthermore, two toxins, DAB and AEG, which are related to the beta-Methylamino-L-alanine (BMAA) neurotoxin, were detectable in every aerosol and water-derived sample. This study is only the second to measure the BMAA-related toxins DAB and AEG in the air, and their ubiquitous presence in

the area is concerning. Chronic exposure to BMAA has been linked to neurodegenerative diseases such as ALS. A recent paper by researchers at Arizona State University using the Bradford-Hill epidemiological criteria determined that the relationship between BMAA and ALS is “causal.” DAB and AEG, both BMAA isomers, have also shown neurotoxicity in animal models. “Despite growing empirical evidence that airborne toxins resulting from HABs are present and potentially widespread, there are no federal or state guidelines on exposure relating to their inhalation toxicity,” said John Cassani of Calusa Waterkeeper. Dr. Manuel Aparicio, the principal designer of the ADAM HAB monitoring device, said, “Considering that so many people live and work on or near the water in Southwest Florida where HABs are occurring, airborne exposure is of serious concern.”

Even without federal or state standards for airborne toxin health risk, “We all have a right to know the human health impacts of harmful algal blooms, and we need to do more to find out how prevalent their toxins are in the air we breathe and then inform the public. Calusa Waterkeeper is guided by science to protect our water quality and human health and we are working hard on our water and air testing to provide the community with what we are finding in our innovative testing and research,” said Jim Watkins, president of Calusa Waterkeeper board of directors.

Most of the initial results from this study represent relatively low concentrations of airborne toxins as compared to those typically occurring in water but at least one research publication concluded that inhalation of HAB toxins has a 10-fold increase in availability and toxicity compared to ingestion as a mode of exposure.

For more information, visit [www.calusawaterkeeper.org](http://www.calusawaterkeeper.org).\*



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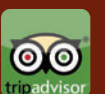
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# Consider Fostering A Pet



by Allison Havill Todd

Perhaps you have recently lost a beloved pet or have a lifestyle that does not allow for permanent pet adoption. Maybe you just don't want the long-term, lifelong commitment

of owning a pet that could possibly outlive you. May is recognized as national Pet Foster Care Month, and this may be just the right opportunity for you to get your fix without a long-term obligation.

Local animal shelters take in thousands of dogs and cats each year who have been displaced from their homes, often through no fault of their own. Imagine the confusion a dog might have when the only family it has ever known drops it off at a shelter because it may no longer be convenient for them; or the animal that has been abandoned when its owners moved and left it behind to fend for itself. Animal shelters are able to offer a temporary safe haven, but the environment of a shelter can often be very difficult for many pets to endure, resulting in anxiety and stress.

This is where foster care comes in. Pets are selectively placed in the care of



Fostering saves lives

those willing to foster them until they are adopted and find their forever homes. Many of these animals are in need of medical attention and loving care while they transition into their new life. A foster home is a place where a deserving animal can recover and benefit from being in a calm, caring home environment.

But why would anybody want to open their home to a strange animal that they are not going to keep? The benefits of having a pet in your home far outweigh any temporary inconvenience. They relieve stress, reduce blood pressure, provide companionship and give us the opportunity to care for another living

photo courtesy Cape Coral Animal Shelter

being. Shelters take in animals of all sizes, ages, temperaments and activity levels, and can assist in pairing you with a foster pet that suits your lifestyle. By providing a temporary home for an animal in need, you are opening up space at the shelter to rescue another animal from a facility that may be forced to euthanize animals due to overcrowding. Your foster pet may be in need of medical care before it is ready to be adopted; you are giving it the time to receive any necessary treatment and recover so it can be placed in just the right home when it is ready. Fostering an animal provides time for you to learn about its unique personality and behaviors,

which becomes very helpful for prospective adopters to ensure the pet is placed in an appropriate permanent home where it can flourish.

Most shelters even cover all the costs of any medical treatments, food, veterinary bills, bedding, etc. for animals while they are being fostered; you provide the time, love and human connection that they need to be their best. Your local humane society or animal shelter can provide valuable information for those considering being a foster pet parent. Maybe you're not quite ready to take that step; many shelters also offer the opportunity to sponsor a foster pet to help cover the costs of caring for the animal before it is adopted. Or you may want to provide necessary items as identified on a foster care wish list.

Many are reluctant to foster an animal they know they will be giving up to a new home. It can be hard to nurture a pet and form a bond only to say goodbye in a short period of time. However, the feeling of gratification that comes from knowing you have saved a life and helped keep many others alive is overwhelming when you witness the joy your foundingling will bring to the lives of those who give it the new forever home it deserves!

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

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1960s baby blue Jaguar photos provided

## Encore Car Show At Periwinkle Place Saturday

San Cap Motor Club is hosting an encore of its end of season Cars & Coffee Cruise-In on Saturday, May 7 from 9 to 11 a.m. at Periwinkle Place shopping center. The final show of the season was held in April but club members decided to extend the popular attraction for one more month.

Stop by and check out the lineup of



Ferrari and Bentley

muscle cars, antique cars and hot rods. Local collectors bring out their best for two hours only. There is plenty of parking behind the shopping center.

No pre-registration is necessary for exhibitors and all makes and models are welcome, including motorcycles. Arrival by 8:30 a.m. is suggested to secure a good spot for your vehicle. There is no better excuse to get that classic out of the garage and show it off.

Donuts, coffee and other refreshments

will be provided by the club.

San Cap Motor Club membership dues for the season are \$50 per individual or \$75 per couple or family. A membership includes one club T-shirt. Members gather on the first Saturday of the month seasonally for the cruise-in and on the second Tuesday year-round for dinner.

For more information, contact Scot Congress at 472-4177 or scot@scongress.com.✪

## Shell Found



Shark's eye

photo provided

JoAnn Barry of Wheaton, Illinois found a flawless, large shark's eye on April 25 around 7 a.m. in front of Island Beach Club, where she was staying. Barry said, "It was just sitting at the shoreline waiting for someone to pick it up. I actually got chills as I bent down to grab it as I knew it was a perfect specimen. I have been shelling on Sanibel for at least 25 years and this is definitely my best find."✪✪

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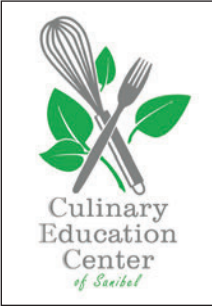
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Microgreens



by Chef John Wolff

Microgreens are young vegetable greens that are approximately one to three inches tall. They have an intense aromatic flavor and concentrated nutrient content. They come in a variety of colors and textures and as such, I use them primarily for garnish or to accentuate or intensify flavors already on the plate. Microgreens are considered baby plants, falling somewhere between a sprout and baby green. That said, they shouldn't be confused with sprouts, which do not have leaves. Sprouts also have a much shorter growing cycle of two to seven days, whereas microgreens are usually harvested seven to 21 days after germination once the plant's first true leaves have emerged. Microgreens are similar to baby greens in that only their stems and leaves are considered edible. However, unlike baby greens, they are much smaller in size and

can be sold before being harvested. This means that the plants can be bought whole and cut at home, keeping them alive until they are consumed. They can be strikingly vivid in color, shape, texture and size compared to the mature plant. Microgreens are also convenient to grow, as they can be cultivated in a variety of locations, including outdoors, in greenhouses and on your windowsill. Cereals such as rice, oats, wheat, corn and barley, as well as legumes like chickpeas, beans and lentils, are also

sometimes grown into microgreens. Microgreens vary in taste, which can range from neutral to spicy, slightly sour, or even bitter. Generally speaking, their flavor is considered strong and concentrated. Microgreens can be grown from various seeds. Their taste can vary greatly depending on the variety. There are a few local growers of microgreens in Fort Myers, Cape Coral and North Fort Myers; Pleyoo Microgreens, Florida Microgreens and Tropic Microgreens, respectively. Here is a great recipe for you to try:

**Broccoli Microgreens And Roasted Broccoli Soup**

Ingredients:

- 1 head broccoli, cut into small florets
- 1 large yellow onion, sliced into 1-inch wedges
- 4 whole garlic cloves, peeled
- 1 tbsp. grapeseed oil
- 1/4 tsp. salt
- 4 cups vegetable broth, preferably salt-free
- 2 cups broccoli microgreens, plus more for garnish
- 3 oz. feta cheese, chopped (about 1/2 cup), plus more for garnish
- 1 cup cooked or canned navy beans
- Juice of 1/2 lemon
- 1/2 tsp. chili powder (optional)
- 3 tbsp. unsalted roasted sunflower seeds
- 2 tbsp. extra-virgin olive oil

Directions:

Preheat oven to 425F and place a

rimmed baking sheet in oven as it heats. Toss broccoli, onion and garlic with oil and salt. Spread out on hot baking sheet and roast until broccoli is darkened in spots, about 25 minutes, stirring once. Place broth, roasted vegetables, microgreens, feta, beans, lemon juice and chili powder (if using) in blender or food processor container and blend until smooth. Warm soup in saucepan and thin as needed with additional broth or water. Serve soup garnished with additional microgreens and feta, sunflower seeds and a drizzle of oil. *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.\**

## Summer Hours In Effect At Historical Village

Off-season summer hours are now in effect at Sanibel Historical Museum and Village. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. These hours will remain in effect through July. The museum closes starting Monday, August 1 and reopens on Tuesday, October 18, with regular hours, Tuesday through Saturday from 10 a.m. to 4 p.m. The Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults ages 18 and older; no charge for members and those under age 18. Docent-led guided tours take place at 10:30 a.m., depending on docent availability. There is handicap access to all but one of the buildings at the village. For more information, call 472-4648 or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).\*

## Help For Addicts

Narconon reminds families that an addict or alcoholic does not need to hit rock bottom before they reach out for treatment. Get them help now, so you don't lose your loved one. For more information, visit [www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html](http://www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html). Call 1-877-841-5509 for a no-cost screening or referral.\*

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FOR MORE INFO:  
[www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide](http://www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide)



article from  
The ISLANDER  
Tuesday,  
June 16, 1987

# 40 years THEN & NOW

"The safety of our neighbors is of utmost importance. We want everyone to have reliable information on hand in case of a hurricane. Knowing what to do can alleviate stress and confusion in an emergency situation."

—Maria Espinoza  
FISH Executive Director

## FISH agency helps people prepare for hurricane season

Chuck and his wife, Sally, have lived in their cottage on the Bay side of Sanibel for more than 30 years. In June 2004, when Chuck and Sally received their annual F.I.S.H. hurricane preparedness information, they were assured at a meeting that they would be safe. Under no circumstances, they were told, would they be evacuated. They gave their pet, a 2-year-old Yellow Labrador named Maggie, a bad storm in the area. Later, a hurricane was making its way towards the island. As the storm approached, a F.I.S.H. volunteer called Sally and told her to evacuate. Sally and Chuck left their home and went to the F.I.S.H. shelter. They were safe and sound. Sally and Chuck are grateful to F.I.S.H. for their help.

LAST YEAR,  
FISH DISTRIBUTED  
522 HURRICANE  
PREPAREDNESS  
PACKETS

Since 1984, FISH has been instrumental in storm safety and evacuation help for our island neighbors during hurricane season. Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding and high winds.

Today, our annual **FISH Hurricane Preparedness Packet** is a valuable island resource available to anyone who requests it. The packet provides detailed information on where to go, what to do, and how/when to begin preparing for hurricane season. If you or someone you know could benefit from this program, please contact us.

Packets can be picked up at FISH's Walk-In Center or *downloaded* at [fishofsancap.org](http://fishofsancap.org). For a packet by mail, call **239.472.4775** or email [clientservices@fishofsancap.org](mailto:clientservices@fishofsancap.org).



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## 40 year timeline

- 1982** — March/April First full week of operations; Ready to help 24-7; original phone number is still in use
- 1983** — First annual meeting at Gulf Pines
- 1984** — Hurricane Committee Established
- 1986** — First Friendly Faces Event
- 1987** — Volunteers jump to action before Hurricane Floyd
- 1988** — "Person-to-Person" calls established
- 1992** — FISH celebrates 10 years of service
- 1999** — New FISH President, Norman Bowles steps in after 12 years of volunteer work
- 2003** — adopted motto of "Neighbors helping Neighbors"
- 2007** — New logo reflecting community focus; opened first Walk-in Center
- 2008** — Food Pantry opened & Walk-in Center relocated
- 2009** — FISH becomes a United Way Partner
- 2011** — Backpack Program established
- 2012** — "30 Rocks!" FISH 30th Anniversary Celebration
- 2015** — New Walk-In Center opens & FISH has a "Home of its Own"
- 2017** — FISH assists record numbers following Hurricane Irma
- 2020** — New logo and Mission Statement







### Blueberry Pancakes

1 ½ cups fresh blueberries plus more for garnish

2 ½ cups pancake mix

2 ½ cups milk

2 cups ricotta cheese

¼ stick of butter for cooking

Honey Butter

⅓ cup honey

½ cup butter, softened

Whisk together the pancake mix, milk, and ricotta cheese in a large mixing bowl until smooth. The pancake batter should be thick (you can adjust the consistency by adding more milk or pancake mix).

Gently fold the blueberries into the batter. Preheat a large sauté pan or griddle over medium heat. Add a small amount of butter to the cooking surface. Add an even amount of pancake mix to the cooking surface, making sure not to overcrowd the cooking surface. Let the pancakes cook until bubbles start to form in the top of the batter. Flip pancakes and continue to cook until golden brown and cooked throughout. Repeat process until all the pancake batter is used. Keep cooked pancakes warm in a 250-degree



### Blueberry Pancakes

oven until ready to serve.

Honey Butter

In a small mixing bowl, combine honey and butter. Stir ingredients until combined and creamy. Serve at room temperature.

Blueberry Compote

4 cups fresh blueberries

3 tablespoons sugar

½ lemon, juiced

In a medium-sized saucepan, combine 2 cups blueberries, sugar and lemon juice. Place the pan over medium-high heat and

bring to a simmer while stirring. Cook blueberry compote for 6 to 10 minutes until thickened. Transfer blueberry compote to a bowl and add the other 2 cups of fresh blueberries. Serve at room temperature.

Blueberry Cream

2 cups fresh blueberries

1 lemon, juiced

6 tablespoons sugar, divided

¼ teaspoon sea salt

2 cups heavy whipping cream

In a medium-sized saucepan, combine

photo courtesy Fresh From Florida

blueberries, 3 tablespoons sugar, salt and lemon juice. Place the pan over medium-high heat and bring to a simmer while stirring. Cook blueberry compote for 6 to 10 minutes until thickened. Let cool slightly and puree in a food processor or blender. Strain blueberry mixture through a sieve and refrigerate until cool. In a large mixing bowl, whisk cream and 3 tablespoons of sugar until soft peaks form. Add the blueberry mixture and carefully fold in, making sure not to over-mix.\*

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## Photo By Local Chosen For Calendar Cover

Jim Fowler has published the 35th edition of The Sanibel-Captiva Nature Calendar, plus the spiral bound Blind Pass tide edition. This limited edition features the same photographs and narratives plus the daily tide predictions for Blind Pass and conversion times for 24 other points along the Southwest Florida coast. Also included are select sunrise/sunset times, moonrise/moonset times and the four eclipses that occur in 2023.

The front cover features a pair of royal terns photographed on the beach by island resident and nature photographer Kyle Sweet. The back cover features a sunset photographed off West Gulf Drive by seasonal visitor Lisa M. Stevens.

The calendar includes images of birds and other wildlife from the lighthouse at Point Ybel across Sanibel to Dinkins Bayou. The year begins with a ruddy turnstone foraging in the surf during a stopover on its way to the Arctic to breed. February features a juvenile great horned owl. The July calendar centerfold annually features roseate spoonbills and a sketch of the rare junonia. A snowy plover chick is the August image. November's image is a juvenile American alligator photographed in Pond Apple Park, and December shows a flock of



Jim Fowler and Kyle Sweet with the 2023 nature calendar

photo provided

black skimmers at Tarpon Bay Beach. Other months picture an American white pelican, a marsh rabbit, two yellow-crowned night herons, a cattle egret and a mangrove skipper.

Fowler said, "Every image in the 2023 calendar will excite and have you marveling at the incredible creatures who live their lives on these fragile barrier islands. I hope this publication will help

encourage preservation of Florida's natural habitat and repair the mistakes of the past."

Featured photographers are Theresa Baldwin, Marianne Bargiotti, Cliff Beittel, Sara Lopez and Dick Fortune, Lisa M. Stevens, Kyle Sweet and Don Thompson. Authors Betty Anholt and Charles LeBuff, along with SCCF Shorebird Biologist Audrey Albrecht,

have written the monthly photo narratives.

Each fall, a portion of the publisher's proceeds are donated to a regional conservation organization. Last fall, \$1,000 was donated to Sanibel-Captiva Conservation Foundation. The year before, \$800 was donated to Clinic for the Rehabilitation of Wildlife (CROW). To date, the publisher has donated over \$26,000 to conservation organizations in Southwest Florida.

The calendar is printed on recycled paper and shipping envelopes are made from press set-up sheets to reduce waste.

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

## Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✱

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# Building Owners' Crucial Role For Nesting Shorebirds

With shorebird and seabird nesting season under way, the Florida Fish and Wildlife Conservation Commission (FWC) is offering thanks to building owners for hosting species such as black skimmers, least terns, roseate terns and American oystercatchers that nest on their roofs.

Shorebirds and seabirds typically nest directly on beaches along Florida's coasts. However, as the shorelines become more crowded with people, less nesting space is available and birds increasingly use gravel rooftops to nest and raise chicks. Most shorebirds and seabirds that nest on rooftops are state-threatened species, such as black skimmers and least terns. Currently, more than 50 percent of Florida's least tern population relies upon rooftops for nesting.

Nesting season for shorebirds and seabirds takes place in Florida between March and August. For buildings that have shorebirds nesting on rooftops, it is recommended that routine maintenance and nonemergency repairs be conducted outside of nesting season, between September and February. If unexpected repairs are required during the nesting season, building owners can work with the FWC's regional shorebird biologists to determine if repairs can take place. They can also assist the building owner on



Least tern photo provided

applying for a permit, if needed. What can you do to help rooftop nesting shorebirds?

Thank building owners that host rooftop nesting birds – If you are staying at a hotel or visiting a business that has rooftop nesting birds, thank management and staff for helping shorebird and seabird conservation.

Volunteer – You can help the FWC monitor rooftop nesting locations. For opportunities in your area, email shorebird@myfwc.com.

Building owners and managers play an important role. If you own or manage a building where shorebirds or seabirds are nesting on the roof, you can help by giving the nesting birds space and coordinating with your FWC regional shorebird biologist. To find one near you, visit [www.myfwccom/shorebirds](http://www.myfwccom/shorebirds) and click on "Shorebird Nest Dates and Contacts."

For more information, visit [www.myfwccom/shorebirds](http://www.myfwccom/shorebirds) and click on "Rooftop Nesting."\*

# FISH Offers Healthy Cooking With Local Chef

The monthly Cooking with Leslie virtual cooking class sponsored by FISH of SanCap will be held on Thursday, May 19 beginning at 2 p.m. via Zoom. This month's focus is summertime favorites, making tried and true classics a bit healthier.

Leslie Adams, chef and owner of Sanibel Captiva Catering/Catering by Leslie Adams, will lead the lesson in cooking class format. Adams was trained at California Culinary Academy in San Francisco, California and attended classes at Le Cordon Bleu in Paris, France. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

FISH will provide a list of ingredients to registered participants. FISH can assist with purchasing ingredients and delivering on the day of the event, if needed.

Registration is required by Monday, May 16 by contacting the FISH Walk-In-Center at 472-4775. Once registered, FISH will provide the Zoom link and



Leslie Adams photo provided

meeting ID number for access.

For more information about FISH programs and services, visit [www.fishofsancap.org](http://www.fishofsancap.org).

# Financial Aid Tip Of The Month

Many students think of education after high school as the traditional four-year college degree. That isn't always the case, according to Kentucky Higher Education Assistance Authority (KHEAA).

Two-year degrees can prepare students to continue at a four-year school, but they can also lead directly to a job in the workforce. Diplomas and certificates in specialized skills give students the knowledge they need to compete for good jobs in industry and other careers. These programs usually take six to 18

months to complete. Nearly all states offer grants and scholarships for in-state students. Many offer specific grants for students who want to become teachers or to work in STEM fields. In many states, members of the National Guard can also take advantage of student aid programs geared to guard members.

In addition, most technical schools, two-year colleges and four-year colleges and universities offer their own grants, scholarships and other student aid programs.

The financial aid office of the school students plan to attend will help them understand these and other aid programs.

For more information, visit [www.advantageeducationloan.com](http://www.advantageeducationloan.com).

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From left, Ed Ciskowski, Darrin Grotian, Al Hanser, Sally Hanser, Steve Greenstein, Megan Marquardt and Gary Dyer of The Sanibel Captiva Trust Company photo provided

## Supporting Youth Education All Year Long

The Children's Education Center of the Islands (CECI) received a \$15,000 sponsorship for the 2022-23 school year from The Sanibel Captiva Trust Company recently.

Al Hanser, founder and chairman of the trust company, said, "Nothing is more important than the education of our

young children. It is the best investment we can make, and CECI is a special school here on Sanibel. We are proud to support them."

CECI is continuing its year-long partnership opportunities. Each customizable sponsorship tier includes benefits that coincide with the level of commitment to the preschool's mission. Sponsors may elect to contribute to the scholarship program to further support the working families of the island. For more information, contact Kerra Cook, CECI executive director, at 472-4538.\*

## Scout Patches At Shell Museum

Bailey-Matthews National Shell Museum launched two new children-focused educational programs. The first originated in collaboration with the Girl Scouts of Gulf



Girl Scouts shelling patch image provided

Coast, and is available to any Girl Scout troop. During the 60-minute program, a museum marine biologist leads a group of up to eight Girl Scouts and two troop leaders through the Beyond Shells Living Gallery and provides an introduction to the animals that grow the shells, along with hands-on classroom activities. Girl Scouts earn a shelling patch after completion of the program.

The second program is the creation of an educational children's birthday party experience. Partygoers will explore the Living Gallery with a marine biologist, and then have access to a private room for

shell crafting and celebrating.

To book a program, visit [www.shellmuseum.org/childrens-experiences](http://www.shellmuseum.org/childrens-experiences) or contact Kelsey Hausmann at [khausmann@shellmuseum.org](mailto:khausmann@shellmuseum.org).\*

## New Restorative Yoga Class At Rec Center

The Sanibel Recreation Center is offering a new evening class: Restorative Yoga with Shelley Greggs. Classes are held on Tuesdays at 5:30 p.m. through June 7.

Restorative Yoga creates a deep relaxation. In this class, you will hold poses for extended periods of time with the help of props to support you. This type of yoga helps achieve physical, mental and emotional relaxation. Yoga props such as blocks, bolsters and blankets are used so that you are supported in the pose comfortably. Members are encouraged to bring their own blanket or beach towel.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).\*

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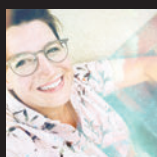
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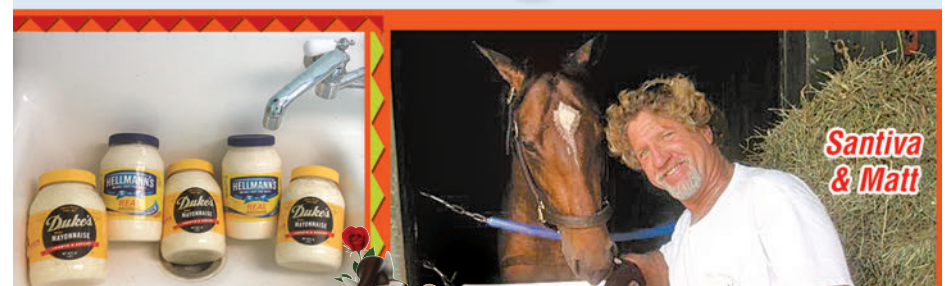


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Book Review

The Paris Apartment



by Di Saggau  
From the author of *The Hunting Party* and *The Guest List* comes another clever new novel by Lucy Foley. *The Paris Apartment* is about a young woman named Jess, who lives in

London. She's broke and alone, and she's just left her job under less than ideal circumstances. She convinces her half-brother Ben to let her stay with him for a while in his Paris apartment. She arrives to find that not only is the apartment one Ben probably couldn't afford, but he is also missing.

Everyone who lives in the apartment building has ties to Ben and also something to hide. The longer Ben stays missing, the more Jess starts to dig into her brother's situation and the more questions she has. Ben's neighbors are an eclectic bunch and not very friendly. This includes the socialite, the nice guy, the alcoholic, the girl on the verge and the concierge. Foley strongly develops the novel's side characters and often switches perspectives from Jess to her neighbors. The reader is exposed to the characters'

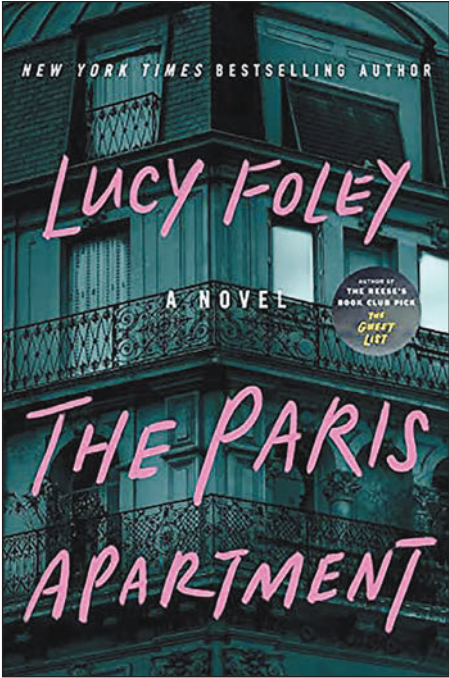


image provided

feelings along with Jess's interpretation of them. The short chapters give quick and powerful glimpses into what makes these characters human. The inhabitants of Number Twelve Rue des Amants, are grappling with failed marriages, unrequited love and all are battling inner demons.

Wealth, or the lack of it, is also a part of this thrilling tale. The book really takes off in the second half, as Jess makes crucial discoveries about how

her brother disappeared and how the apartment actually came to be. Betrayals and emotional revelations from Jess's neighbors save the mystery until it's

climactic reveal for the reader. *The Paris Apartment* is a sinister puzzle you'll love solving.✧

School Smart



by Shelley M. Greggs, NCSP  
**D**ear Readers, May is National Mental Health Awareness Month. It's a time to reflect about what we do as parents that support our children's mental

health. Experts define good mental health as not only the absence of psychological or behavior problems, but also the presence of wellness or psychological health. For example, self-esteem, self-acceptance, resiliency and effective coping skills contribute to mental health and good behavior in students. While families provide the primary support for developing children's mental health, schools play an important role working with students and families.

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

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

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

Develop competencies – Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can

enhance mental wellness.

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

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

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

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

Adapted from *Supporting Children's Mental Health: Tips for Families and Educators*, a handout by the National Association of School Psychologists Handout.

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](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✧

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From page 1

Board Chair

as a "no tomfoolery type of person – exactly the type of person needed to take care of the chamber's mission. She is someone embedded with the wisdom of Francis and her father. I admire her open-mindedness about what we can do to protect the past and future."

Johnson jokingly admitted she only stood for tomfoolery when she is involved in it. "I like to take action,"

she said at the podium. She added that her grandfather and father inform how she wants the islands to stay for future generations.

"It's important to our family to stay involved in the community," said Johnson. "The San-Cap chamber is incredibly important to our business and our community. Most importantly, its team advocates for our community as a whole. I know John and his team have our back when it comes to politics that affect our islands."✧



## Tech Help, Exhibits And Book Sale At Library

Sanibel Public Library has in-person programs including tech help and children's activities. The online calendar at [www.sanlib.org](http://www.sanlib.org) has up-to-date information about programs for all ages.

Bryan Mulcahy will give a presentation on Irish genealogy and how to research your Irish roots using historical records and documents. The program begins at 1 p.m. on Wednesday, May 11. Mulcahy is the reference/genealogy librarian at Fort Myers Regional Library. This program is open to the public and no registration is required.

Stop by the library this month to see a collection of tiny folk art, souvenir and antique miniature homes collected by Jean Klein. The display case is located on the east side, near the glass elevator. The library offers the display case for locals to showcase their collections. Past collections have included Calusa replica masks, corkscrews, antique toy trains, beer taps and German Christmas ornaments. If you have a collection to share, contact the library.

The Sanibel-Captiva Art League May-June exhibit at the library features art by Jaye Boswell, Renée Chastant, Jane Hudson, Bob Marshall and Nancy Sperte.

Check out the dollar-per-bag book sale under the big top near the east service desk. Books are restocked daily. The



From left, computer coaches Danny Hussey, Florinda Patterson and Ozzy Flores

photos provided

book sale room has DVDs, CDs, books, and magazines, all individually priced. Book sales support Sanibel Public Library Foundation.

Computer Coach service is offered on Fridays and Saturdays from noon to 1 p.m. Bring in your device for assistance with library apps and learn how to download ebooks, magazines and audiobooks, or stream music and movies. For an appointment, visit [www.sanlib.org](http://www.sanlib.org).

[www.sanlib.org/techappointment](http://www.sanlib.org/techappointment) or call 472-2483.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must



Kate Dietrich using WiFi at the new picnic table area

present your 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. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org). Sanibel Public Library is located at 770 Dunlop Road. ✨



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*Remastered Themes and Variations*  
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**DEAR MOM,**  
I STILL ... open up doors for women.  
..know that it really is "better to give than receive" and  
.."there ain't no such word as ain't!" and  
..say please & thank you (most of the time).  
So let me please thank you for helping to make me the  
person that I am today!  
If you were here, I would take you to The Timbers for  
**Mother's Day!**  
I would pull out the chair for you, have the Chef lightly  
sauté a piece of snapper for you, served with a sweet potato  
and a glass of chardonnay.  
You're not, so I can't. But I still can say...  
**"THANK YOU MOTHER DEAR!"**

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Shell Crafting

Snoopy Dog Ring Holder

by Anne Joffe

This cute little guy is handy for safekeeping of your rings while doing chores around the house. This also makes a great gift.

Here's what you will need:

Materials:

- 6 white naticas or shark's eyes, all the same size, about 1-inch
- 2 matching size ark shells (ears)
- 1 medium size white tusk (tail)
- 2 4mm wiggle eyes
- 1 black bead

Directions:

Glue 4 of the naticas together with the points facing each other. They should be balanced.

Glue 1 of the other naticas in center of ones just done with the point facing in the rear.

Glue the last natica in front of the last one done, facing front, for the head and face.

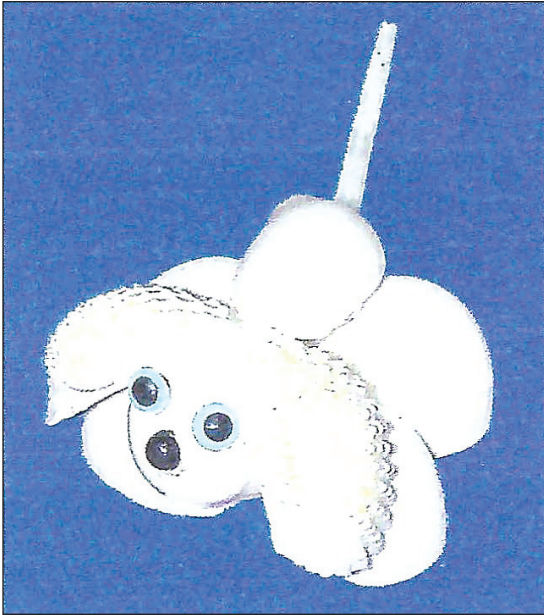
Glue an ear (you can paint these black if you like) on each side of the head. Make sure the pointed edge faces out.

Glue a wiggle eye on each side of the pointed nose.

Glue black bead onto the tip of the nose.

Glue an tusk to the pointed end at rear of dog as a tail, straight into the air. This is where your rings can sit while you are washing the dishes.

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.✱



Snoopy Dog Ring Holder

photo by Anne Joffe

Poetry Corner



by Jim Weyant

John Harvey

He had an accent different than mine.  
Ever a ready laugh and the funny line.

Not one to suffer fools for too long,  
somehow he and I able to get along.

Never a reluctance to tell how he feels.  
What the kids today call keeping it real.

patient enough to put up with me,  
even when it was not so easy to be.

The gruff exterior disguised a softie.  
Swapping tall tales over a mug of coffee.

Camaraderie 'tween an incongruous pair  
but it's not just words that we both shared.

It was all the good times we would sit and rehash  
while trading anecdotes full of bull and balderdash.

Yes, John Harvey was a good friend of mine  
and he was as fine a one as I could ever hope to find.

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

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## Make New Friends As A FISH Volunteer

**F**ISH of SanCap, founded 40 years ago as a neighbors helping neighbors organization, continues to value its volunteers as the lifeblood of the organization. FISH volunteers help make over 30 year-round programs and services possible including the food pantry, hot meal delivery, food backpacks for children and equipment for loan.

This time of year, the end of season for the islands, comes with mixed emotions for the FISH organization. "We witness our volunteers, many of whom are snowbirds, return to their northern homes beginning in late April," said Maria Espinoza, executive director of FISH. "Volunteers are the essence of our organization. We couldn't exist without the people who share their time and hearts with us and our community. Volunteers help us with everything from delivering meals and assembling backpacks and Smile Boxes, answering phones and stocking shelves, to event planning and grocery shopping – and we appreciate all of it. In 2021, volunteers provided over 5,800 hours of service and drove over 22,000 miles on behalf of FISH and our neighbors."

As season comes to an end, almost half of FISH volunteers head back home through at least October, while the organization finds creative ways to



Jenny Rosenberg and Kristin Malone

photo provided

continue to provide services. "Although it may take us a little longer to find a phone duty or a walk-in center volunteer, we always find a way to get the job(s) done. Our year-round volunteers really go above and beyond to fill in the gaps," said Espinoza.

Kim Ouellette is the operations and volunteer manager. Her responsibilities include recruitment, engagement and communication to support operational excellence and create a meaningful experience for volunteers. "It's refreshing to see our volunteers, new and tenured,

work together and develop a bond, enjoy new experiences and grow friendships as they give their time and talent to FISH and our community," said Ouellette. "How fortunate are we all that individuals that decided to volunteer are able to create a friendship and camaraderie that goes beyond their time spent at FISH."

FISH volunteers are full- and part-time residents, retired and working. Some help in one service area, others assist with several, depending on their availability. There are many opportunities to become involved with FISH.

Jenny Rosenberg began volunteering at FISH in the food pantry in January, desiring to give back while learning what the organization was all about. "I was also hoping to have a more personal connection to Sanibel, to widen my circle beyond my neighbors and yoga and swim friends I met since moving here in 2019 with my husband," said Rosenberg.

Through her volunteer time at FISH, Rosenberg met a fellow food pantry volunteer, Kristin Malone, and the two became instant friends. "We try to catch up on the previous month of life while stocking and organizing food products during our shift. Here's to new friends! I'm so grateful," said Rosenberg.

Malone is equally as grateful, noting she always looks forward to her volunteer hours at FISH. "I feel so fortunate to be down here on Sanibel. I volunteer up north, but felt the need to give back to this beautiful island – it's a special place. And, the first time I volunteered, I met Jenny and we just connected; we have a

lot in common and I always look forward to our shift."

New volunteers are trained in their area(s) of interest and placed with a experienced volunteer for support. For an application to become a FISH volunteer, visit [www.fishofsancap.org/volunteers](http://www.fishofsancap.org/volunteers). For more information, call 472-4775.✱

## Celebration Of Life Online Memorial Service

**T**o honor the memory of loved ones in the community, Hope Hospice is hosting a Celebration of Life Memorial Service online on Sunday, June 5 at 2 p.m. Friends and families are invited to participate in this virtual gathering that is appropriate for all faith traditions. There is no charge to attend.

To RSVP, visit [www.hopehospice.org/rsvp](http://www.hopehospice.org/rsvp) before Tuesday, May 17. When you have completed your registration, you will receive a confirmation by email. For more information, contact Bereavement Services Manager Michelle Milita at 489-9189.

With more than 40 years of experience as a local, not-for-profit healthcare organization, Hope Hospice provides comfort for people in life's closing chapter. A compassionate team of staff and volunteers offers practical, spiritual and emotional support for the entire family. For more information, visit [www.hopehospice.org](http://www.hopehospice.org).✱



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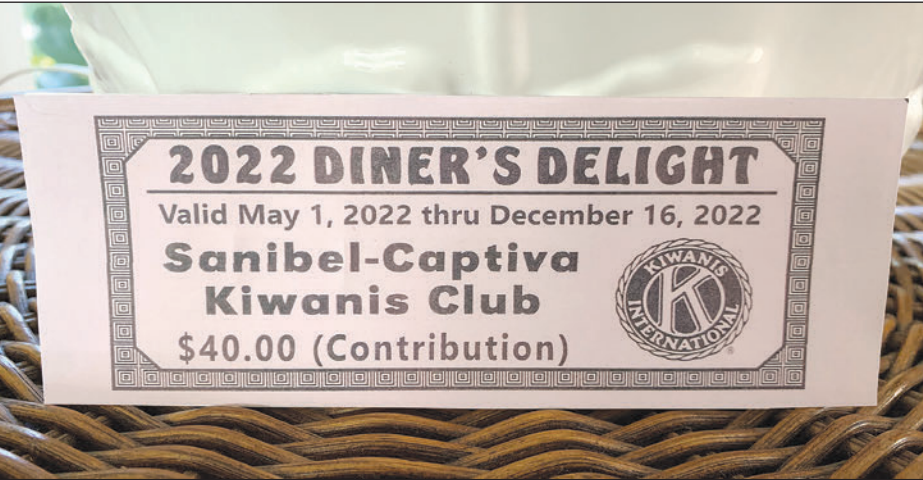
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Kiwanis Diner's Delight books are valid for use from May 1 through December 16 photo provided

# Kiwanis Coupons Now Valid For Use

With the spring visitor rush winding down, islanders have easier access to local restaurants for dining out. And the timing couldn't better as the Sanibel-Captiva Kiwanis Club Diner's Delight coupon books went into effect on May 1. The coupons are good through December 16, 2022.

Coupon books are \$40 and available at Bailey's General Store, Bank of the Islands, Sanibel Captiva Community Bank (both island locations), Island Pharmacy, SanCap Pak-N-Ship, Island Winds, Big Red Q Printing, Periwinkle Park

office, and from any Kiwanis member. Remaining inventory of the books is running low, so those interested are encouraged to get theirs soon. Diner's Delight books contain two-for-one coupons good at 29 participating island restaurants, a potential savings of over \$500 for those who eat out often. The coupons encourage diners to try new places, and they bring much-appreciated new business to restaurants on the islands. Participating restaurants this year include: Blue Giraffe, Boops by the Bubble Room, Bubble Room, Old Captiva House, Cielo, Doc Ford's Rum Bar & Grille Sanibel or Captiva, The Dunes, The Island Cow, Jerry's Café, Joey's Custard, Lazy Flamingo

(Periwinkle Way and Santiva), MudBugs Cajun Kitchen, Normandie Seaside Café, Sanddollar, Sanibel Deli & Coffee Factory, Sanibel Sprout, Cantina Captiva, Sunshine Seafood Café, Subway, Sunset Grill, Thistle Lodge, The Timbers, Topsy Turtle, Sanibel's Best Homemade Ice

Cream and Sanibel's Best Bakery & Coffee Shop. The long-running Diner's Delight program supports the Sanibel-Captiva Kiwanis scholarship fund for local students and its grants to island youth recreation and education programs.✪

# Bank Vice President Joins Chamber Board

Bank of the Islands Vice President David Lowden has been appointed to the board of directors of the Sanibel & Captiva Islands Chamber of Commerce.



David Lowden

"We applaud David's appointment and salute the chamber as it celebrates its 60th anniversary," said Robbie Roepstorff, bank president. "We have no doubt David will make valuable contributions." The chamber represents more than 560 members in facilitating communication and cooperation among Southwest Florida's businesses, residents and government leaders. "We're so glad David has agreed to take on the responsibility of serving on the chamber's board of directors," said John Lai, president and CEO of the

chamber. "As a longstanding community banker on our islands, David has a keen understanding of the needs of our business community, residents and visitors. His input will be invaluable as we work to promote the prosperity of our members and enhance the economic health of Sanibel and Captiva."✪

# New Teller At Community Bank

Zachary Farst is a new teller at the Sanibel Captiva Community Bank main office, located at 2406 Periwinkle Way on Sanibel. He is responsible for assisting customers with personal and business banking transactions.



Zachary Farst

Farst has experience working in the retail and hospitality industries. He is currently pursuing an associate degree from Florida SouthWestern State College in exercise science and biology.✪

# Dinner Party

and teamwork. The merging of disciplines exposes students to skills that can help solve many of the challenges the world

faces today, including energy, water quality and sustainability. The Sanibel School has a strong STEM program, thanks to contributions from the island community and the Sanibel School Fund. The Community House is located at 2173 Periwinkle Way on Sanibel.✪

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1



2

## 1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - **SANIBEL**

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase

• **\$4,350,000 EURO 4,015,156**

## 2. BUCK KEY - **CAPTIVA**

- One of the last remaining buildable tropical islands, Buck Key provides a once in a lifetime opportunity located just across the Roosevelt Channel from Captiva Island. Offering 14.13 acres of stunning land and water frontage along the channel - Develop your own family compound, corporate retreat, private club or wherever your vision takes you.

• **\$22,000,000 EURO 20,014,556**

## 3. SHORT WALK TO THE BEACH OFF WEST GULF DRIVE - **SANIBEL**

- 3 BR/2 BA home situated just off West Gulf Drive
- Nicely updated with private pool, newer roof, impact rated windows, and just a short walk to the beach

• **\$1,299,000 EURO 1,204,082**

## 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.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access

• **\$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

• **\$460,000 EURO 426,572**

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

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
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# Progressive Club Meeting With Local Candidates

The Progressive Club of the Islands will meet with two candidates for the Lee County School Board via Zoom on Thursday, May 19 at 4 p.m. The November elections for four seats are scheduled for Tuesday, November 8, with primaries on Wednesday, August 3.



Kathy Fanny

Tia Collins will be the only candidate on everyone's ballot in the August primary. She is the mom of three children with special needs. Collins worked alongside her children's teachers, staff and board members to ensure her children succeeded throughout their school years and into adult life. She believes in empowering students, engaging parents, encouraging teachers and esteeming staff members. She would like to bring all these skills

and values to the decision-making and policy-making process on the school board.

Kathy Fanny is a retired teacher with 38 years of experience in classrooms from grades one to 12, and current youth and child director at a local church. She hopes to bring her decades of experience and student involvement to the board.

Fanny has worked on federal, state and local mandates for schools, as well as serving on an advisory school board. She believes it isn't the building, the technology or the administration that teaches students, it is the teachers and staff. Every effort must be made to respect teachers, staff, bus drivers and students, treating them all as valued members of the educational community.

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

Annual dues for the Progressive Club of the Islands 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.

For more information, visit [www.pcislands.org](http://www.pcislands.org), call 994-3175.✪

# Business Women Hosting Mental Health Discussion

May is Mental Health Awareness Month. In recognition, Sanibel Captiva Business Women's Association (SCBWA) will host a panel of speakers covering the topic of mental health on Tuesday, May 19 at Blue Giraffe 2 restaurant. Networking begins at 11:30 a.m., with lunch and discussion from noon to 1 p.m.

The panel members include licensed mental health counselor Colleen Zurcher-McGauran, City of Sanibel Recreation Center Director Trish Phillips and Rev. Kayln Wiley of Cypress Lake United Methodist Church in Fort Myers. This will be a question-and-answer format to allow for attendees to engage in discussion on mental health and wellbeing. The speakers will focus on aspects of mental health as it relates to cognitive behavior, spirituality and physical wellbeing.

Zurcher-McGauran said, "The pandemic era has seen mental health concerns increase exponentially. Living in fear and isolation the past two years reveal alarming rates of anxiety, depression, suicide and trauma. Hope and healing are so needed in establishing wellness in our culture."

Wiley said she will be "sharing how our faith traditions often encourage us to hide our true sense of mental health by simply stating, 'I'm fine.'" She will reflect on the pitfalls of this idea and instead focus on how "God desires for



Colleen Zurcher-McGauran



Trish Phillips

all of us to share and embrace our most authentic selves, messiness and all."

Phillips will discuss intertwining mental health and physical wellbeing and how positive physical wellbeing affects one's mental health.

SCBWA is dedicated to empowering and supporting local women through networking, mentorship, continuing education and career advancement. The group meets every third Tuesday of the month at various businesses and restaurants.

Register on Eventbrite at <https://sancapbwa.eventbrite.com/>. For more information, contact [taylor@irisprintdesigns.com](mailto:taylor@irisprintdesigns.com). Updates are posted at [www.facebook.com/SanCapBWA](http://www.facebook.com/SanCapBWA). Blue Giraffe 2 is located at 1100 Par View Drive in Beachview Estates.✪



Rev. Kayln Wiley



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Superior Interiors

Best Accent Wall Ideas For The Bedroom



by Katie Frederick

Whether you're looking to spice up a small bedroom or completely redo the design aesthetic of a master bedroom, adding an accent wall is the perfect solution.

Accent walls are a mainstay in the interior decorating world for a reason. They can help switch up the design and personality of your bedroom instantly, without the hassle of a full bedroom makeover. They're also extremely versatile with a wide range of options for any home decorator. From unlimited paint colors to new materials, your accent wall can be as one-of-a-kind as you are.

An accent wall, also known as a feature wall, is an interior or exterior wall that is aesthetically different from its surrounding walls. Whether by color, design and/or material, an accent wall stands out from the crowd to create a focal point in any room.

Most homes usually stick with neutral, light walls in shades of white, off-white or

cream to brighten the space. But with an accent wall, you can take your design to the next level and add a fun contrast to your space with a bold, dark wall. Blues, blacks, reds and greens are all great colors with deep shades that will add that romantic touch to your bedroom.

They can also create a great base for additional decor ideas, like a gallery wall. If you have a lot of artwork, a dark wall can make bright, neutral frames stand out. Remember, a dark wall is a great base to highlight other design pieces such as art, shelves, mirrors and more.

If you want to make sure that your chosen paint colors will work together, look at a color wheel for inspiration. If you want your colors to be bright and stand out from each other, choose complementary colors that are on opposite sides of the wheel. For cohesive colors that pair similarly, choose analogous colors which are side by side.

If you're not sold on painting your accent wall, look at wallpaper options. Wallpaper is available in a broad range of colors, styles and patterns that can be added to complete your bedroom's interior design. If you want a feature wall that truly stands out, explore unique wallpapers created by artists and designers that will elevate your space with little to no work on your end.

Your accent wall doesn't have to be a flat surface. Bricks, wood and stone are all fantastic options when it comes to building an accent wall. For example, you can use slats of similarly toned wood to create a herringbone-patterned wall

(perfect for a California or bohemian-style bedroom). If you're more into cottage look, opt for white-painted bricks to emphasize a cozy, but neutral style. Want an industrial look? Consider a mirror or stone wall.

Murals don't just belong to the art centers of your nearest city. Make your bedroom a work of art by adding a large mural to your accent wall. Choose colors that complement or match your dream bedroom's color palette to tie the look altogether. Whether the mural is expansive and detailed or minimalist and geometric, it's sure to be a conversation

starter and probably sure to become your favorite place in the house.

Finally, for those who love to match, take inspiration from your existing favorite pieces. Love your gray metal headboard? Accent your wall with cool hues, such as soft blues or grays to complete the look. If your favorite pieces are bright yellow throw pillows, consider warm accent walls with yellow, tan or gold accents.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coincdecen.com](mailto:katie@coincdecen.com).

Nine-Hole Golf Winners

The Sanibel Island Golf Club Nine & Dine winners from April 24 were Sanibel locals, Nancy and David Gurney. The couple played nine holes of golf and then celebrated their win with a meal at Blue Giraffe 2 restaurant. Nine & Dine outings, offered every other Sunday for club members, are an opportunity to play nine holes of golf followed by a buffet style meal at Blue Giraffe 2.



Nancy and David Gurney photo provided



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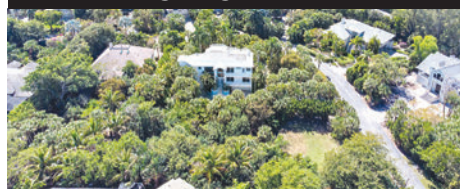
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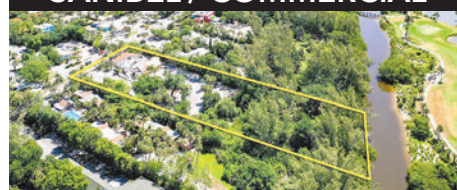
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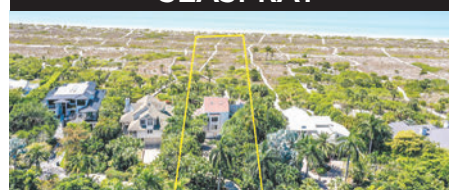
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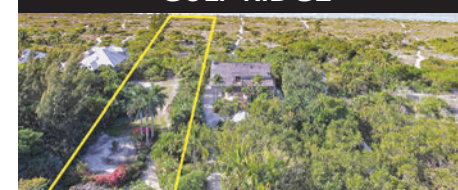
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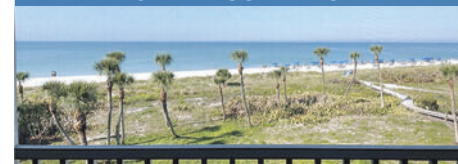
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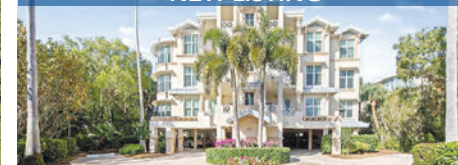
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From left, David Lowden of Bank of the Islands, Lyn Klos of Noah's Ark, Nancy Tucker Cleaveland and Heather Harrison of Bank of the Islands photo provided

## Donation Goes To Thrift Shop

Bank of the Islands made another nonprofit donation through its “We Love Our Islands” program. Nancy Tucker Cleaveland was spotted a “We Love Our Islands” decal on her vehicle, which earned her the right to select which local nonprofit organization would receive a charitable contribution from the bank. She chose to give her \$900 in winnings to Noah’s Ark, the thrift shop at St. Michael and All Angels Episcopal

Church on Sanibel. This donation marks \$96,800 given away to date through the bank’s program. “We’re so pleased Nancy chose to give our donation to Noah’s Ark,” said Bank of the Islands Lead Teller Heather Harrison. “Besides being an island institution, Noah’s Ark is an important community resource, especially for residents searching for a treasure while sticking to a budget. The sales revenue is then used for grants to worthy causes throughout Southwest Florida and to other global charities. Making donations like this through our We Love Our Islands

program is such a great way to show how much we appreciate being your island bank.” Islanders are invited to visit the bank’s

Sanibel or Captiva office to learn more about the program and how you and your favorite charity can become the next winners.✪

## Rotary Happenings



submitted by  
Cindy Carter



Ran Niehoff

Last week, Ran Niehoff, former pastor of Sanibel Congregational United Church of Christ, spoke to us about the Perennial Philosophy. This was definitely a new concept to many of us. Essentially, Perennial Philosophy is, as defined by World Wisdom, “that Divine Truth is one, timeless, and universal. As this single Truth reverberates through all times and places in human history, it is manifested in different civilizations so that the different religions are but different languages expressing that one Truth.” Niehoff shared some thought-provoking information that left us with much to ponder. Niehoff earned his bachelor of arts

degree in philosophy from Washington University of St. Louis, Missouri, and master of divinity and doctor of ministry degrees from Eden Theological Seminary in Webster Groves, Missouri. He was ordained in 1967 as a minister in the United Church of Christ. He has served as pastor and teacher in four congregations, the latest being from 1991 to 2008. He taught part-time in the sociology department of Salem State University in Massachusetts and was the counselor for the terminally ill at Jones Memorial Hospital in Wellsville, New York. He has presented numerous seminars, planned and led 11 study tours overseas, and conducted Winter Academy classes at BIG ARTS since 2011. He conducted spiritual seminars and writes a regular column in *Times of the Islands* magazine entitled *Gulfcoast Zeitgeist*. Niehoff and his wife, Marilyn, have been residents of Sanibel since 1991. The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto: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](http://www.sanibelrotary.org).✪

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Will Power

# Last Time For Everything



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

As I write this, I just returned from my daughter Courtney's graduation, as she earned her doctorate degree in physical therapy from University of Florida (UF). This follows her bachelor's degree in kinesiology three years ago there. As I'm also a multiple UF graduate, watching the proceedings with a lump in my throat, I found my mind wandering to country music star Brad Paisley's touching song, *The Last Time for Everything*. Some of the lyrics go:

*Throwing the ball with the first dog you ever had  
Spending all day on the lake with your grandad*

*Watching Glenn Frey sing 'Already Gone' at the Forum in LA  
There's a last time for everything*

Walking around the Gainesville campus, I'm reminded of many good times I enjoyed in my years there. It's as if I see the ghosts of my buddies when we were all in our 20s – young, ready to take on the world. Then suddenly, those late nights grabbing a pizza slice at Leonardo's after a study session, tailgating before the football games, just hanging with my friends – all came to an end.

And now, it's Courtney's time to venture out into the real world.

Walking back to our car after the ceremony, I noticed how the campus has changed considerably since my freshman year 40 years ago. The dilapidated houses students rented just north of University Avenue have become luxury mid-rise condominiums with considerably higher rents. The bars we frequented, including the one where I met Patti, are no more; replaced by cleaner, newer venues. Gleaming new buildings stand in the empty lots where my fraternity brothers and I played flag football. The Publix where I worked is a JoAnn's Fabric store, with a brand new, larger Publix right next door.

*Using a fake ID at a college bar  
Getting caught with a girl in the backseat of a car  
Running out on the field for the senior game wearing number 17  
There's a last time for everything*

I love the energy of college campuses. While I qualify for over 55 housing and constantly receive AARP membership solicitations (which I throw into the garbage), I still consider myself young. Looking in the mirror every morning while brushing my

teeth challenges that mindset, unfortunately.

My oldest daughter will marry her longtime fiancé this summer. They met seven years ago at Brandeis University while students and would have been married a couple of years ago if not for the pandemic. I'm looking forward to the celebration and am excited for Gabi and Benji as they embark on their married lives together.

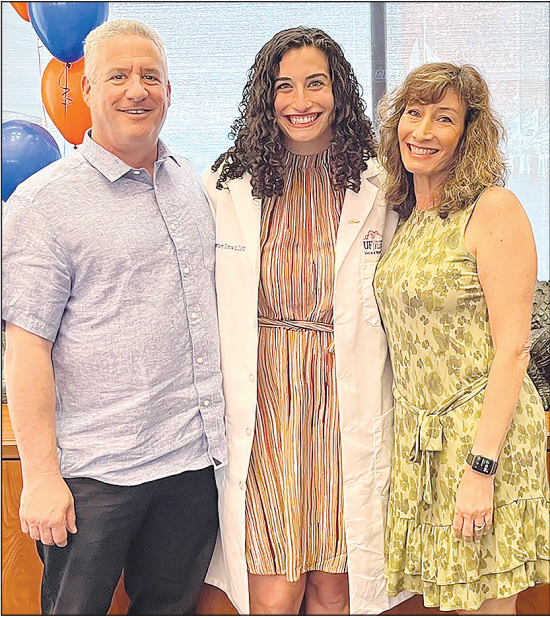
*Kissing goodbye on her porch and driving away  
Introducing her as your fiancé*

*Getting woke up at 5 a.m. to see if Santa came  
There's a last time for everything*

Courtney and her boyfriend Phil (they met at overnight summer camp in the Georgia mountains when they were both kids) scampered off to Atlanta for a concert festival while I drove home with my wife and youngest daughter who aspires to attend dental school in a little more than a year.

*Biscuits and gravy at momma's house  
Last time for everything  
Spring break on a fold out couch  
Last time for everything  
Little Jimmy on the stage  
Last time for everything  
Hearing Prince sing 'Purple Rain'  
Last time for everything*

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From left, Craig, Courtney and Patti Hersch at University of Florida photo provided

## How's The Market? Ask Ann

### Checklist for Choosing a Realtor

Our Realtor Association hosts weekly MLS meetings which allow us to view new listings and at the same time, we "mingle" with other Realtors. From my point of view, getting along and forming friendships with other agents is a major benefit to a successful real estate transaction, keeping in mind, a majority of transactions involve two or more agents. When you select a Realtor, it is a good idea to ask the following questions:

1. Do you go on the MLS tour?
2. Do you personally attend inspections?
3. Do you follow up and monitor the mortgage process and keep the Seller posted on time frames?
4. Do you attend and meet the appraiser when a mortgage is involved?
5. If a problem arises, will you deal with it promptly and offer a solution?
6. What are the total costs of the sale and are you offering me any incentives that can save me money?
7. If selling, can you give me the names of your last three successful sales and allow me to speak with the customers?

In today's "Seller's Market," your home should sell within 2-4 weeks. Make sure you are not overpaying for a service and be sure to pick the right agent who will represent your interests. Market update. Inventory remains low. Only 13 homes and 14 condos on the market.

3 Closed Sales Going Back One Week: 1 Home & 2 Condos

1501 Middle Gulf Dr. I-307 Sundial West \$595,000

1600 Sabal Sands Rd. \$1,400,000

1401 Middle Gulf Dr. Q 302 Sundial East \$1,428,000

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

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## Airport Reports Historic Numbers During March

During March, 1,514,046 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was an increase of 30 percent compared to March 2021. Year-to-date, passenger traffic is up 44 percent compared to last year.

"March 2022 was the busiest month in the 39-year history of our airport, as well as the best month recorded at Page Field in nearly 40 years," said Ben Siegel, CPA, CM, executive director of the Lee County Port Authority. "We are so pleased to see our airports continuing to not only recover, but thrive. I want to thank our airlines, employees and airport business partners for working together during the busy winter season to accommodate and welcome millions of travelers to Southwest Florida."

The traffic leader in March was Delta with 284,407 total passengers. Rounding out the top five airlines were Southwest (254,061), United (197,294), Spirit (188,373) and American (180,542).

Southwest Florida International Airport had 12,168 aircraft operations, an increase of 6.1 percent compared to March 2021. Page Field saw 14,111 operations, a 10 percent increase compared to March 2021 and the best month recorded in nearly 40 years.

Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyrsw](http://www.facebook.com/flyrsw).✧

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## Fishing Club Final Season Meeting



Kevin Vertesch hooked up a large tarpon in the gulf just off of Sundial Beach Resort & Spa  
photo provided

Sanibel Island Fishing Club will hold its last monthly meeting of the season on Tuesday, May 10 in the north room of The Community House. The meeting gets under way at 6:30 p.m. with a half-hour social. The speaker presentation begins at 7 p.m. There is no admission charge and the angling public is invited to attend. Pizza and refreshments will be available at a nominal charge.

This month's featured speaker is Capt. Kevin Vertesch, past president of Sanibel Island Fishing Club and Fort Myers Beach

Tarpon Hunters Club. He has been named Angler of the Year six times with the Sanibel Island Fishing Club and is a five-time Captain Cup Champion with the Tarpon Hunters Club. His presentation will focus on the prize catch for this time of year: tarpon.

Having fished in numerous tournaments, Vertesch will show attendees what to use to hook up with the mighty "silver king." His presentation will include the right hooks, best bait and the kind of tackle needed to handle these

hundred-plus-pound fish. For anglers out there interested in learning how to effectively target and catch tarpon, this is a presentation you won't want to miss.

The Sanibel Island Fishing Club meets monthly through season and sponsors several group outings as well as lending support to various fishing related charities and organizations such as Captains For Clean Water, Sanibel-Captiva Conservation Foundation and Sanibel Sea School. For information on joining the club, contact president Tom Tilton at 901-494-8829 or attend the meeting. To learn more about the club, to view fishing photos or explore the fish recipe section, visit [www.sanibelislandfishingclub.com](http://www.sanibelislandfishingclub.com).

The Community House is located at 2173 Periwinkle Way on Sanibel.✱

## All Hazards Guide Now Available

The Lee County All Hazards Guide is updated for 2022 and is available for Lee County residents and visitors.

Copies of the guide can be found at libraries ([www.leegov.com/library/branches](http://www.leegov.com/library/branches)) and the Lee County Administration Building, located at 2115 Second Street in Fort Myers. View the guide online by visiting [www.leeecoc.com](http://www.leeecoc.com).

The all hazards guide contains information needed to be prepared for natural disasters, including hurricanes. The guide contains contacts for resources and provides checklists and steps to follow to be prepared in case of an emergency

evacuation.

The guide also is available in both Spanish and Haitian Creole.

National Hurricane Preparedness Week began May 1. Follow Lee County Public Safety on Facebook at [www.facebook.com/leepublicsafety](http://www.facebook.com/leepublicsafety) for more information on being hurricane ready.

In addition to the All Hazards Guide, Lee County Emergency Management will host hurricane preparedness seminars. If you are interested in attending one of these seminars, you can review the calendar at [www.leeecoc.com](http://www.leeecoc.com). In the News sidebar on the right, click on "Hurricane Preparedness Seminars Open to the Public."

Lee County Emergency Management has two additional tools to help residents prepare for and be aware of hurricanes and other emergency situations – the LeePrepares app and the AlertLee system.

The LeePrepares app – available in Google Play and the App Store – will be updated this month and assists individuals and families with preparing for and recovering from all types of disasters that may affect the community.

Features include:

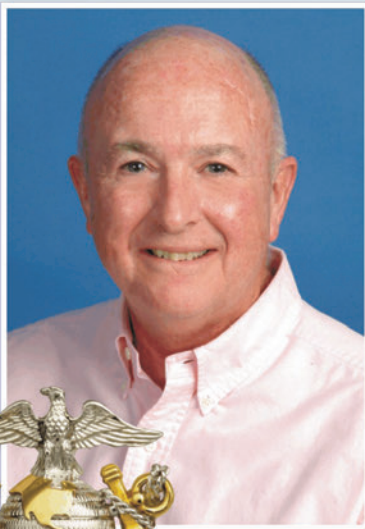
GPS functionality for locating the user's evacuation zone;

Real time information from the Emergency Operations Center (EOC) on shelter openings, with mapping/directions and hurricane evacuations;

Current emergency (EOC) activation level;

Recovery information on re-entry,

continued on page 46



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Frankly Speaking



by Howard Prager

The Memphis Grizzlies are the first team in NBA history to win multiple games in the same playoff series by erasing a double-digit-point fourth-quarter deficit. I had the pleasure of seeing Round 1, Game 5 in Memphis. I've often joked that you don't need to turn on an NBA game until the last two minutes if you want to know who's going to win. But then you lose the excitement and arc of the game. And the Grizzlies are to dig a hole and spend three and a half quarters trying to dig out. And dig out they do. Despite a tenacious effort by the Timberwolves all game, the Grizzlies owned the fourth quarter. At the game I saw, it only took them 47 out of 48 minutes to get there. They trailed up until that final minute, when they held and grew a one point lead to several points. With 3.7 seconds left though, Minnesota tied it. Then, it was Grizzly time. Somehow they got the ball to their go-to guard, Ja Morant, who somehow swished a short jumper as time expired. Different game, different hero in the decisive game 6 of the series in Minnesota with same results.

The Grizzlies are now are facing Golden State in Round 2. They played them fairly evenly in Game 1 and it

came down again to a last shot, with the Warriors winning 117 to 116. No magic this time, and as a Golden State player said, "we are not Minnesota!" We will see how this series plays out.

The NFL draft is history, but not without some kudos to the Ravens, Jets, Falcons, Lions, Eagles, Colts and Seahawks. According to ESPN's Mel Kiper Jr., each of these franchises rated at least a B+ in their total draft class. And those teams seem to need the lift, based on where they landed last year. The draft brings riches to teams and tries to bring greater equity in the league. However two winners, the Chiefs and the Buccaneers, along with the Steelers had decent drafts too. And the Steelers may be the first team to have four sets of brothers on the team. And I thought the "city of brotherly love" was on the other side of the state.

Losers in the draft included the Bears (who didn't do enough to help Justin Fields, their franchise QB) and the Patriots who took players higher than they were expected to go. What's surprising was that only one QB was taken in the first two rounds (Kenny Pickett to Pittsburgh at No. 20 in Round 1, the latest a QB has been taken since 1997). "This is only the third time in the past 30 years that only one QB has been taken in the first two rounds," Frank Schwab of Yahoo Sports said. "Coming into the draft, everyone knew it wasn't a sexy quarterback class. Nobody could have foreseen only one being taken in the first two rounds, however."

What's up with Trevor Bauer, LA Dodgers pitcher? MLB issued him a two year ban for violating the MLB domestic

violence policy. And now two women in Ohio have also come forth with similar claims of violent abuse as the initial accuser in San Diego. Why does MLB have a different policy than the courts? MLB investigated Bauer for 10 months and came to their own conclusion. As reported by ESPN: "The standards in criminal and civil cases differ from those of a private business. The judge dissolving the temporary restraining order and declining to issue a permanent one does not absolve Bauer of liability within the joint policy." Can he be released and pitch elsewhere? No, but he is appealing the ban, which will come before an arbitrator, with timeframe not set. During the suspension, he cannot be paid and he cannot be released. He has been on paid administrative leave since July 2, 2021 but cannot be paid during the ban. Pretty harsh. Assuming he does not win his arbitration, it's probably the last we'll see of Bauer in the major leagues.

Our good news story of the week is recalling the helicopter crash of Kobe Bryant, his daughter and friends. Nike paid tribute to Gianna Bryant on Sunday, what would have been her 16th birthday. Taking out a full-page ad and launching a video titled, "Dear Gianna," Nike honored Kobe Bryant's daughter ahead of her new shoe release, the "Mambacita Sweet 16." The ad said "From the first time you imagined winning a WNBA championship, I knew one thing was real: You were special. You came from greatness, but it was never about what you inherited. It was about what you gave to others. When someone stands up for gender equality, I see you fighting alongside them. And every time someone plays her hardest, I know that's you on the court. Love you always, Basketball." Yahoo sportswriter Ryan Young said "The league has since launched the Kobe & Gigi Bryant WNBA Advocacy Award, meant to honor those who advocate for both the WNBA and women's basketball — something Kobe was extremely passionate about after his playing career ended. The league awarded the inaugural award to Phoenix Suns star Chris Paul earlier this year.

The new "Mambacita Sweet 16" shoe is the first under Nike's new deal with the Bryant Estate. All profits will go directly to the Mamba and Mambacita Foundation." Nice to see this ongoing tribute.

Also, happy 91st birthday to Willie

Mays. Say hey!  
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@islandnews.com](mailto:press@islandnews.com).

Pirating Electricity Is A Crime

Theft of electricity is a crime, and a dangerous one at that. Stealing electricity is not victimless and can be life threatening.

In an effort to safeguard the best interests of all customers, utilities throughout the industry are clamping down on those who steal electricity. Lee County Electric Cooperative (LCEC) remains vigilant in its efforts to identify and stop meter cheaters through a program that utilizes automated meter reading technology, business intelligence reporting and field investigations to detect theft, reduce losses and prevent injury to those who choose to steal electricity.

Dangers of meter tampering:  
The electric meter is the point where electricity enters the home. Tampering with the equipment can result in injury or death by electrocution.

Altering equipment can be a fire hazard and back-feed into the lines where crews are working, putting them in danger.

Cost of meter tampering:  
The cost of stolen power purchased by LCEC is passed along to all rate-payers.

Damaged meters must be replaced.  
Detecting, investigating, collecting restitution and potentially prosecuting incidents requires resources.

Consequences of meter tampering:  
In accordance with the Florida Public Service Commission guidelines and LCEC rate tariff, power is disconnected and the meter is removed immediately.

A \$200 meter tampering fee, equipment replacement charge, security deposit, current bill and restitution must be paid before power is restored.

Power theft is a crime subject to legal prosecution.

What can you do to help reduce power theft?

If you suspect someone is pirating electricity, contact LCEC at [www.lcec.net](http://www.lcec.net) and click on Customer Care or call 656-2300 or 1-800-599-2356.

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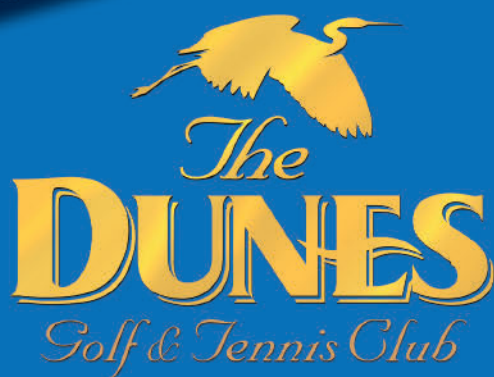
SPORTS QUIZ

1. In 1957, Amelia Wershoven set a women's world record for throwing what object more than 252 feet?
2. What golfer bested Tiger Woods by one stroke to win the 2002 PGA Championship at Hazeltine National Golf Club?
3. Name the 1978 World Series MVP for the New York Yankees who later became manager for the team from 1989-90.
4. ICC Cricket Hall of Famer Imran Khan became prime minister of what country in 2018?
5. In 2008, what San Francisco 49ers head coach pulled down his pants at halftime to illustrate how embarrassed he was by his team's performance?
6. What Basketball Hall of Famer from China played with the Houston Rockets from 2002-11?
7. What Major League Baseball commissioner held the office for five months before he died unexpectedly in 1989?

ANSWERS

1. A baseball. 2. Rich Beem. 3. Bucky Dent. 4. Pakistan. 5. Mike Singletary. 6. Yao Ming. 7. A. Bartlett Giamatti.





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Health First

# The Power Of Stillness



by Julie Rosenberg, MD

We live in a fast-paced, always “on the go” society. Our society celebrates being busy. Either we are working, or we’re creating, cooking, cleaning, shopping, going to meetings, volunteering – you get the idea. Burnout and stress are at an all-time high. As Americans, we face a mental health crisis. In 2019, just prior to the COVID-19 pandemic, nearly 20 percent of Americans experienced a mental illness. The pandemic triggered a 25 percent increase in the incidence of anxiety and depression, not only in America, but worldwide.

What can we do to take back control? The answer is simple: Stop and take a breath. Just be. I’ve found that the personal practice of stillness allows for moments of respite and rejuvenation from the daily demands of my life. Scientific studies have validated the tremendous power that comes from practicing stillness on a regular basis. Being in stillness reduces activity of the sympathetic nervous system (responsible

for the fight or flight response) and increases activity of the parasympathetic system (responsible for rest and relaxation). In other words, stillness calms the mind, allowing a person to feel more at ease and at peace. Stillness is easily accessible and available to everyone.

One way to practice stillness is to pay attention to the moments between your daily activities. In other words, rather than rushing to the next thing, complete one activity and pause before the next. The pause is an opportunity to be in stillness.

Another way to practice stillness is to set reminders throughout each day to pause and be still. For example, use your smart phone to set a reminder to take three slow, deep breaths every waking hour throughout each day.

As you move into stillness, focus on your breath and the sensations within your body. Breath is the ultimate connector to your body. These efforts will help calm your body and quiet your mind.

There are many health benefits of practicing stillness. Here are five key benefits:

1. Anchors you to the present moment – Much of the anxiety and stress in our society comes from brooding about the past or worrying about the future. Stillness helps to anchor you to the present moment, allowing you to participate fully in your life experience.
2. Brings more clarity – Stillness offers an opportunity to step back from situations so that you can gain perspective and greater clarity.

3. Ability to let things go more easily – A key to being in stillness is to not engage with the thoughts that come to mind. The practice of letting go of thoughts will help you learn to let go in general. Ridding yourself of the things that aren’t working allows you to create space for new opportunities.
4. Enhanced creativity – Being in stillness pulls you out of your left brain, allowing your right brain, the creative center of the brain, to be more activated. Eckhart Tolle said, “Stillness is where creativity and solutions to problems are found.”
5. Greater connection to self – Being still allows you to detach from the context of your life and to become more aware of who you are and how you are in the

world. Stillness is a choice. This choice allows you to become more connected to yourself and more present in your body. In conclusion, the practice of stillness takes patience and repetition. It can be difficult, as most of us have learned to live life by “acting” and “doing.” However, practicing stillness for just five minutes per day may have a big payoff – less stress and a greater sense of peace and calm. 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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).\*

## From page 43 All Hazards Guide

- curfews, points of distribution and coping with disasters;
- Links to special needs registration for those with special medical needs, and/or transportation needs during an evacuation;
  - Family disaster plan and emergency supply list;
  - American sign language disaster preparedness videos; and
  - Current local weather and hazardous weather outlooks.
- AlertLee is an emergency notification system that allows registered users to receive telephone, text, and/or email

alerts related to natural or man-made emergencies. The AlertLee system will be used when an emergency arises that you should know about. Severe weather situations, missing persons, evacuation notices, boil water notices, fire or floods and active shooter situations are a few examples of the type of events that may warrant a notification. To sign up, residents should go to [www.alertlee.com](http://www.alertlee.com), select their municipality or unincorporated Lee County and complete the registration steps. Additional resources can be found by visiting the Lee County Emergency Management website at [www.leeec.com](http://www.leeec.com).\*



One day I helped an elderly woman with groceries.

—by Regan, The Sanibel School

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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Beautifulife:

## The Bridge



by Kay Casperson

After living on an island for many years, I realize how significant the bridge is. When I come back to the island after being away or running around off island, I always appreciate the

exceptional beauty that this bridge brings to me when I come back across. From the peaceful feeling, color of the water, dolphins jumping, ospreys perching on the side and the pelicans diving right in front of me. I also appreciate the fact that when I need to leave the island, there is a safe way to do so and to connect me to a bigger city with more options for things.

In my home, I have many rooms filled with framed black and white photography

from a photographer named Charlie McCullough. In the 1970s, Charlie and his wife retired to his grandfather's fishing clubhouse, built in 1908 on Sanibel. He was able to continue his passion for photography. My husband and I were lucky enough to meet him at his home to see his work hanging, and pick out our favorite pieces. These pieces range from the old mailboat, the hurricane flag, the lighthouse and many of the old beloved memories of the islands. He has since passed, in 2013, and one of our favorite pieces is the old causeway bridge. I remember when the bridge was upgraded and essentially rebuilt. It went from a drawbridge to a high-span bridge, with some debate.

A few different sayings use the word bridge, such as "I'll cross that bridge when I get there," which means, why worry about something until we need to? I am a fan of that because most times, the thing you thought you needed to tackle never happens. The other one is "be careful not to burn your bridges." Burning bridges means that if you take action without thinking of the consequences, you

may no longer be able to rely on future opportunities. I love this one since I always recommend that my staff and employees leave things on a good note if they feel a need to move on to a new direction. Doing this will ensure a potential opportunity if they decide that they want to return.

Sadly, while working on this topic of the bridge, Naomi Judd passed away unexpectedly. Earlier this month, she and her daughter Wynonna sang in front of Nashville's Country Music Hall of Fame and Museum. They sang their timeless ballad *Love Can Build A Bridge*, a pledge of intent to reconcile and then love and support someone no matter the circumstances.

Here is a glimpse of the lyrics;

*I'd gladly walk across the desert with no shoes upon my feet to share with you the last bite of bread I had to eat. I would swim out to save you in your sea of broken dreams. When all your hopes are sinking, let me show you what love means. Love can build a bridge between your heart and mine. Love can build a bridge, don't you think it's time. I would*

*whisper love so loudly, every heart could understand that love and only love can join the trials of man. I would give my hearts' desire so that you might see that the first step is to realize that it all begins with you and me.*

The bridge has a different meaning for everyone, and I believe it has several definitions for most. But one thing I know for sure is that the bridge connects us to something essential for many in having their best and most beautiful life. So build them, don't burn them, and cross them whenever you can.

My affirmation for you this week is:

"I cherish the bridges in my life that connect me to beauty, peace and all things good."

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

dearRPharmacist

## How Good Chemicals Affect Mental Health



by Suzy Cohen, RPh

**Dear Readers:** During the height of the pandemic, the loneliness of people all around the world increased. As such, mental health problems increased

as well.

We saw many contributory factors from the lockdowns, to the effects of physically distancing ourselves from loved ones, social isolation, personal and financial loss, loss of loved ones, constant fear of catching the illness and much more. I got to thinking about this since May is Mental Health Awareness Month.

Let's first talk about exercising. This provides a boost of dopamine and other feel-good endorphins, which reduces the sensation of pain and makes you feel content and happy. Even though going to the gym can be physically stressful, research is clear, it helps reduce cortisol and epinephrine while invoking a lovely rush of endorphins. So if you're feeling

stressed, do some exercise, even from home. There are many live-streams today.

Your meals are critical. If you fill your body with foods that have very little nutritional density, you will not feel content. The use of artificial ingredients is rampant, making certain meals difficult to digest and hard on your liver, pancreas and entire colon. I'm not going to give you a specific meal plan or food list because I know you know what to eat, and what not to eat.

Serotonin – Serotonin is a feel-good neurotransmitter that people associate as an anti-depressant made in the brain. But 90 percent is actually made in the intestinal tract, hence certain foods can make you feel good. A natural precursor to this hormone is 5-HTP. You probably know this, when serotonin breaks down, it makes you feel sleepy because it creates melatonin, the sleep hormone.

High homocysteine – If you have hyperhomocysteinemia, you're more likely to have depression and anxiety. This is a compound that is measured via a blood sample. It is reduced by folate (5-MTHF) and B12, and sometimes some riboflavin... in other words, a good B Complex.

High Interleukin 8 (IL-8) – The body sometimes makes too much of this cytokine, and it is often elevated in psychiatric illness such as bipolar disorder, schizophrenia, autism spectrum disorder, dementia, anxiety and others. In addition to mental health disorders, IL-8 is also associated with thyroid cancer, colitis, gingivitis, myeloma, breast/prostate cancer,

migraines, rheumatoid arthritis, vitiligo and asthma. Some top ways to reduce IL-8 include black cumin seed oil, andrographis, grape seed extract, bromelain, resveratrol, cinnamon and vitamin E.

In closing, I want to give honorable mention to magnesium. It's in Epsom salts in case you like to take baths. This is an all-around good mineral that people recognize as calming. Leafy greens contain a lot of magnesium and, of course, you

can supplement if you prefer. It helps with relaxation, tranquility and attention span. I have a longer version of this article posted at [www.suzycohen.com](http://www.suzycohen.com) in case you'd like to read it.

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](http://www.SuzyCohen.com).✧

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## Summer Camp At Rec Center

The Sanibel Recreation Department Summer Day Camp is an eight-week traditional camp, which will run from Monday, June 13 through Friday, August 5. Summer camp is offered to children entering kindergarten through eighth grades. It operates Monday through Friday from 8 a.m. to 5 p.m. at the

Sanibel Recreation Center. 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 to stop by Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.✧

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Doctor and Dietician

# Digestion, The Vagus Nerve And The Neck



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

Could your digestive issues be related to your neck? Many of our Caring Medical patients come to us feeling like they hit a wall with regards to finding resolution of symptoms, including digestive issues, because the focus of their care has been too narrow. When looking at digestive symptoms through the view of vagus nerve health, solutions are often found because the vagus nerve innervates many vital digestive organs. Thus, in our center, we find that in patients who have digestive complaints as part of their constellation of symptoms pointing to vagus nerve impairment, the upper cervical area and cervical curve should be

analyzed and examined to see if this could be the cause of the issues. Let's take a look at what normal bowel function looks like. This may seem like an odd topic, but most people think that they are "normal" when they are not. Stools should come out in the form of a banana and should be produced after every meal – thus three times daily. In our years of practice, we have seen that most people do not have healthy bowels. They may go once per day or even every other day which is considered constipation. Typically, the reasons for constipation involve poor dietary fiber intake from fresh fruits and vegetables and whole grains, as well as poor hydration status. Other factors might involve food allergies or intolerances, poor quality food intake, excess fat or chemical intake and the like. But, there may be another, seemingly strange, cause. Read on. Let's first talk about sphincters. These are the things that control the opening and closing of the GI tract. They are under the neurologic guidance of the vagus nerves which runs in the carotid sheath right on the anterior border of the vertebrae in the neck. When one of the vertebrae moves forward, what is called anterolisthesis, due to cervical instability (loose neck vertebrae) from an injury to the posterior ligament complex, the vertebrae can start encroaching on the carotid sheath and start blocking vagus nerve impulses. When vagus nerve signals to the stomach stop, patients develop symptoms such as low stomach acid, gastroparesis, nausea, bloating, vomiting,

abdominal pain and feelings of fullness. Vagus nerve input to stomach musculature is crucial to its functioning. This can progress to loose junctions in the GI tract, thus leaky gut may develop. Often natural health care providers diagnose patients with leaky gut presumably due to many food allergies/intolerances or stress. But what we find at Caring Medical is that some people may have what we call "structural leaky gut" from cervical instability, breakdown of the cervical curve causing increased intestinal permeability, which is actually what leads to the food sensitivities. Cervical vagopathy can cause immune dysregulation. Patients with high sed rates, tumor necrosis factor and other inflammatory markers are often diagnosed with Lyme disease, chemical and food sensitivities and mold toxicities among other things. Other GI conditions that patients with vagopathy have are pyloric stenosis, SIBO, or other GI valve disorders. If treating these conditions does not resolve the issue, we encourage you to consider the possibility that you may have cervical instability leading to structural vagus nerve compression and damage. How is this treated? Treat the underlying cause of the problem which is

cervical instability. This requires addressing both the bad curve and the instability of the upper cervical area. We encourage our patients to work on cervical curve correction first and foremost at home, and work by "looking up" instead of down, particularly related to device and computer use, and other screen time scenarios, in addition to proper posture and core strengthening, and sleep position. If severe enough, patients will require upper cervical chiropractic adjustments in combination with an individualized curve correction program. To cement the unstable spinal segments back in place, regenerative treatments such as prolotherapy, sometimes with PRP (platelet rich plasma), at all the junctions are often performed by a skilled regenerative medicine provider. So if you find yourself suffering from digestive issues that will not resolve, consider that it may be related to your neck. 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.✪

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have been working on being more loving toward myself, and I find it challenging. Do you have any suggestions on how I can love myself more?

**A:**

Congratulations on your efforts to love yourself. Self-love is the essence of who we are, our true nature and living at a high vibrational frequency. It's a genuine feeling of all is well with yourself and the world. For many, self-love is a life-long journey as many were not taught how to love themselves. Self-love is an unconditional expression of love of self, love and well-being, and acceptance of

self. To come to a greater place of self-love, open to greater self-clarity. Be very clear with who you truly are. Connect with your true soul essence, not your false identity (for example, "I'm unwanted, I'm unworthy, I'm inadequate"). You can also embrace a greater self-compassion. It is the doorway to self-love. Be open-hearted always. Live in a high vibration toward yourself just like you do toward others. We often feel compassion for others yet forget to be compassionate with ourselves. Fill your own well first and love yourself, then you can have a greater capacity to love others. Dissolve any barriers you may continue to have and practice extreme self-care; self-clarity, self-compassion and kindness to yourself. 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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PUZZLES

Answers on page 55



"You're suffering from  
\_\_\_\_\_ fatigue."

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!

Swell \_\_\_\_\_

TAILED \_\_\_\_\_

Skill \_\_\_\_\_

LATENT \_\_\_\_\_

Tip \_\_\_\_\_

PINTO \_\_\_\_\_

Soak \_\_\_\_\_

SOBBAR \_\_\_\_\_

TODAY'S WORD

\_\_\_\_\_

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Earring is different. 2. Sleeve is shorter. 3. Hair is shorter. 4. Light is missing. 5. Glasses are missing. 6. Jacket is opened.

4			6		1			2
		1		8		3		
			7				8	
		9						
		3		6		7		
6	7				5			3
	8		3				9	1
		4		2				7
	5			9	7	4		
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 WHO TO WHO?

- ACROSS**

1 Otis of elevator fame

7 One-named co-star of "Crime Without Passion"

12 "Striped" fish

16 Trick-or-treating mo.

19 Sine and cosine, say

20 Korean, e.g.

21 "I smell —!"

22 Golf standard

23 Road trip between apparitions?

26 LAX guess

27 Bobby on ice

28 Otis on "The Andy Griffith Show," e.g.

29 Darling

30 Above, in verse

31 Unrefined

32 Phone conversation between ministers?

37 Little Bighorn tribe

40 Summer mo.

41 Many millennia

42 "The Wire" channel

43 Organic compound

44 Choose as a member

47 — -Locka, Florida

49 Get back together, as alumni

51 String of vehicles between gas station patrons?

56 Pointer

57 Market segment

58 A fifth of XV

59 Old fed. led by Nasser

60 Nuts are high in it

61 In the least

63 Maine city near Bangor

65 New York stage awards

67 Conga line between Arab leaders?

73 Pistons great Thomas

74 "The Chronic" rapper

75 Love a lot

77 Sahara viper

80 Soothing treatment, for short

81 One in a pod

82 Cher and Adele, voicewise

85 License plate

86 Rugs between casino high rollers?

91 Eminent

92 Publicize

93 "The — falling!"

94 Went by taxi, e.g.

95 Eminent lead-in

96 French noble

98 Multipurpose truck, in brief

99 Perfected

100 Guy peddling in it

107 Hooter

108 Playwright Levin

109 Antagonist

110 Tara of "Sharknado"

111 Lick like a cat

114 Common co. name ender

115 Brief romances between Copenhagen residents?

120 School gp.

121 Ax part

122 Pop or bop

123 Fidgets

124 Cur's noise

125 Potting dirt

126 Exhausted

127 Attack like a cur
- DOWN**

1 Hence

2 Lion player Bert

3 "Believe — not!"

4 Gal in the family

5 Depilatory treatment

6 Moving about

7 Myopic

8 Pale gray

9 With 72-Down, it flows to the Gulf of Mexico

10 Very fuel-inefficient wheels

11 In first place

12 Gin joint

13 Songlike

14 Buy for less

15 Draconian

16 Regular at the Met, maybe

17 Spanish region

18 Fish with a heavy net

24 Come- — (lures)

25 Genetic stuff

32 Orange juice stuff

33 Siesta takers

34 Ballet garb

35 Back part

36 Julia Child or James Beard

37 Nasal partitions

38 Some Alaska natives

39 Repeating polka sound

44 Dernier —

45 Non-Rx

46 "Pick me! I know this!"

47 Strong pain reliever

48 Architect I.M.

49 Little-seen instance

50 Outer: Prefix

52 In the military

53 Vitamin's relative

54 Heavy brass

55 Drought relief

62 Maui wreath

64 Worrywart's cry

65 Grammy-winning Beck album of 1996

66 Caesar of TV

68 Piper's skirt

69 Tortilla treat

70 Hershey chocolate bar with crisped rice

71 Vague idea

72 See 9-Down

76 Spurred (on)

77 Barley beard

78 Store proprietor

79 Cop's vehicle

81 Chi lead-in

83 Angle lead-in

84 Photo —

87 Lewd look

88 Texas city

89 This, to Jorge

90 1982 Disney sci-fi film

96 El — (city of legend)

97 African river

98 Exhausted

99 Reveled

100 Twanging spring sound

101 Ebb-and-flow phenomena

102 Frequently, in verse

103 Inn offerings

104 Raise

105 Deep blue

106 Makes mad

111 Talk like Daffy Duck

112 Vicinity

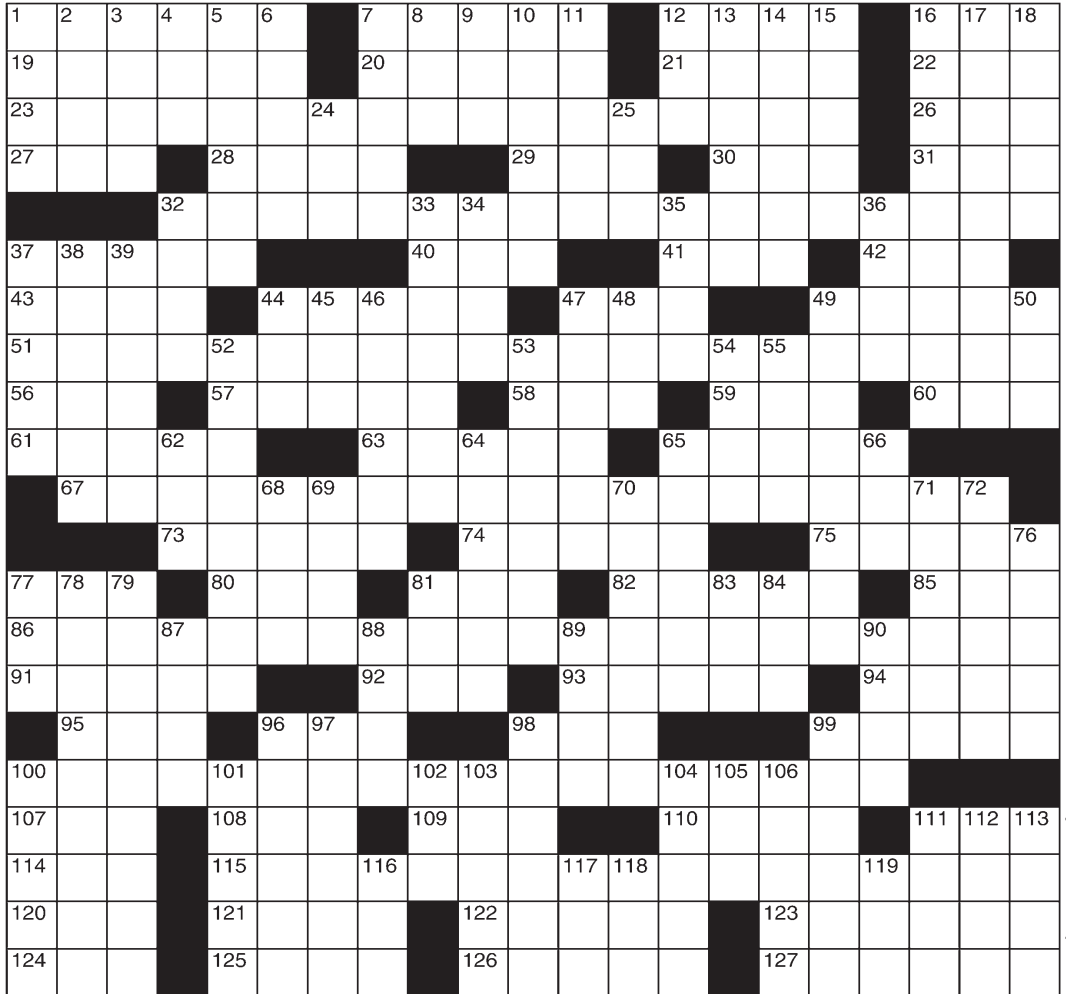
113 "Hey ... you"

116 Wiggling fish

117 Enzyme suffix

118 Diarist Anaïs

119 Actor Butterfield of "Ender's Game"



King Crossword

- ACROSS**

1 Karate level

5 Caprice

9 Perch

12 Writer Wiesel

13 Car

14 Man-mouse link

15 Time between vernal equinoxes

17 "Viva — Vegas"

18 Wesley of "Blade"

19 Striped critter

21 Symbol of strength

22 Chirp

24 Right on the map?

27 — chi

28 Evening, in an ad

31 Duo

32 Grass shack

33 Feedbag tid-bit

34 Big name in scat

36 Boom times

37 "Mad Money" network

38 Beetle Bailey's boss

40 Italian river

41 "Untrue!"

43 "Jurassic Park" bird

47 Paris pal

48 Game for one

51 Pouch

52 Daring Knievel

53 Village People hit

54 Exist

55 Fill fully

56 Fashion line?

7 Call — day

8 Code name?

9 Puzzle answer

10 Persia, today

11 To-do list item

16 "Toy Story" dinosaur

20 Understand-ing

22 Hosiery shade

23 Funny folks

24 Paris summer

25 Piercing tool

26 Start of summer or winter

27 Hoodlum

29 Bar bill

30 List-ending

35 Small batteries

37 Patients' shares

39 Kentucky Derby prize

40 Bit of butter

41 Houston acronym

42 Actor Epps

43 Anger

44 Marathoner's stat

45 Killer whale

46 500 sheets

49 Eggs

50 Allow
- DOWN**

1 Porgy's love

2 Carolina college

3 Actress Taylor

4 Oolong brewer

5 Methods

6 Shade

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

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

Achill  
Bere  
Castle  
Copeland

Great  
Haulbowline  
Inch  
Mid

Puffin  
Rabbit  
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St. Patrick's  
Valentia



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FRIDAY  
Sunny  
High: 82 Low: 73




SATURDAY  
Sunny  
High: 83 Low: 75




SUNDAY  
Mostly Sunny  
High: 82 Low: 74




MONDAY  
Sunny  
High: 83 Low: 75



TUESDAY  
Sunny  
High: 79 Low: 70



WEDNESDAY  
Sunny  
High: 78 Low: 71



THURSDAY  
Sunny  
High: 81 Low: 72

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	4:01 pm	None	None	None	Fri	3:06 pm	None	None	None	Fri	6:10 am	9:20 am	3:46 pm	None	Fri	6:11 pm	2:52 am	None	None
Sat	4:55 pm	12:36 am	None	None	Sat	4:00 pm	12:38 am	None	None	Sat	7:16 am	12:34 am	4:46 pm	9:58 am	Sat	7:05 pm	3:52 am	None	None
Sun	6:10 pm	1:39 am	None	None	Sun	5:15 pm	1:41 am	None	None	Sun	8:20 am	1:50 am	5:54 pm	10:44 am	Sun	8:20 pm	4:55 am	None	None
Mon	11:00 am	2:36 am	7:47 pm	2:05 pm	Mon	10:05 am	2:38 am	6:52 pm	2:07 pm	Mon	9:12 am	2:50 am	7:52 pm	12:02 pm	Mon	1:10 pm	5:52 am	9:57 pm	5:21 pm
Tue	11:03 am	3:26 am	9:23 pm	3:39 pm	Tue	10:08 am	3:28 am	8:28 pm	3:41 pm	Tue	9:57 am	3:35 am	9:15 pm	3:36 pm	Tue	1:13 pm	6:42 am	11:33 pm	6:55 pm
Wed	11:14 am	4:08 am	10:43 pm	4:40 pm	Wed	10:19 am	4:10 am	9:48 pm	4:42 pm	Wed	10:37 am	4:14 am	10:28 pm	4:34 pm	Wed	1:24 pm	7:24 am	None	7:56 pm
Thu	11:27 am	4:45 am	11:52 pm	5:29 pm	Thu	10:32 am	4:47 am	10:57 pm	5:31 pm	Thu	11:12 am	4:52 am	11:36 pm	5:27 pm	Thu	12:53 am	8:01 am	1:37 pm	8:45 pm

## My Stars ★★★★★ FOR WEEK OF MAY 2, 2022

**Aries** (March 21 to April 19) The often-skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.

**Taurus** (April 20 to May 20) Your resolute determination to stick by a position might make some people uncomfortable. But if you're proved right (as I expect you to be), a lot of changes

will tilt in your favor.  
**Gemini** (May 21 to June 20) You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.

**Cancer** (June 21 to July 22) That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.

**Leo** (July 23 to August 22) A

workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.

**Virgo** (August 23 to September 22) An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.

**Libra** (September 23 to October 22) You've come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.

**Scorpio** (October 23 to November 21) Forget about who's to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you'll never be able to cross.

**Sagittarius** (November 22 to December 21) Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you had to put off will soon be back on your schedule.

**Capricorn** (December 22 to January 19) A mood change could make the gregarious Goat seek the company of just a few friends. But you charge back into

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**Aquarius** (January 20 to February 18) A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger's point of view.

**Pisces** (February 19 to March 20) You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.

**Born This Week:** You have a fine business sense and a love of the arts. You enjoy living life to its fullest.

#### MOMENTS IN TIME

- On May 13, 1607, some 100 English colonists arrive along the east bank of the James River in Virginia to found Jamestown, the first permanent English settlement in North America. Dispatched from England by the London Company, they had sailed across the Atlantic aboard the *Susan Constant*, *Godspeed* and *Discovery*.

- On May 14, 1796, Edward Jenner, an English country doctor, administers the world's first vaccination as a preventive treatment for smallpox. Scientists following Jenner's model developed new vaccines

to fight diseases such as polio, whooping cough, measles and tetanus.

- On May 12, 1932, the body of aviation hero Charles Lindbergh's baby is found, more than two months after he was kidnapped from his family's Hopewell, New Jersey, mansion. Kidnapping was made a federal crime in the aftermath of this high-profile crime.

- On May 15, 1942, gasoline rationing begins in 17 eastern states to aid the American war effort during World War II. By the end of the year, President Franklin Roosevelt had made gas rationing mandatory in all 48 states.

- On May 9, 1960, the U.S. Food and Drug Administration approves the world's first commercially produced birth-control pill, Enovid-10, made by the GD Searle Company of Chicago. Clinical tests of the pill had begun in 1954.

- On May 10, 1980, Treasury Secretary G. William Miller announces the approval of nearly \$1.5 billion in federal loan guarantees for the nearly bankrupt Chrysler Corporation, at the time the largest rescue package ever by the U.S. government to an American corporation. The loan terms required Chrysler to raise another \$2 billion on its own.

- On May 11, 1997, chess grandmaster Garry Kasparov resigns after 19 moves in a game against Deep Blue, a chess-playing computer developed by IBM scientists. It was the sixth and final game of their match, which Kasparov lost two games to one, with three draws.

#### NOW HERE'S A TIP

- "If you add a teaspoon of sugar to your biscuit mix or to the dough for rolls, it will help them to brown well, and they will come out of the oven with golden tops." JR in Michigan

- Two ways to save money on laundry expenses: First, spring and summer are an excellent time to get into line-drying clothes – especially towels and jeans that take longer to dry thoroughly in a dryer. Then, clean out and shorten your dryer's vent hose to make your machine more energy efficient. It cuts down on drying time, too, saving you time and money.

- "Got an odd job coming up? Before you go out and purchase an expensive limited-use tool, check with friends and neighbors to see if you can borrow instead of buying. Check with local hardware stores to see if it's cheaper to rent, too." SL in Kentucky

- "I have pets that leave hair and dirt on the couch. When I wash my cushion covers, one thing I always do is put them back on the pillows when they are not quite dry. They stretch better when they're a little bit damp. I had a terrible time a few years ago when I let them dry all the way and couldn't get them back on!" HP in Arizona

- "To clean burned-on bits from your cast-iron skillet, scrub with a plastic scrubbie and salt as an abrasive. Dry immediately and rub with oil to keep moist." RT in Ohio

#### STRANGE BUT TRUE

- In 2013, Belgium created five limited-edition stamps that smelled and tasted like chocolate (but were not, in fact, edible).

- Gambling slips from ancient China that date to between 201 BC and 187 BC are the first recorded instance of a lottery. It's believed these lotteries likely helped finance large government projects, such as the Great Wall of China.

- There are more tanning salons in major American cities than McDonald's or Starbucks.

- A parenting tradition in Maharashtra, continued on page 54

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Hi, I'm Sally. I am white 12-year-old female labrador retriever mix. I am LCDAS 'super senior,' and one look into my eyes and you will no doubt fall in love with me. I am well-trained, calm and everything you would expect in a mature pup. I am very curious, and I love to take



Tabitha ID# A7895548  
photos provided

in the sights and sounds around me as I hang out in the playyards with our volunteers. My adoption fee is waived.

As shelters across the country are facing overcrowding, Bissell Pet Foundation is aiming to "empty the shelters" by sponsoring waived adoption fees from May 2 to 7. The event will be hosted in more than 275 shelters in 40 states, including LCDAS.

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](http://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.\*



Sally ID# A649402

Use LCEC App To Monitor Electricity

Managing your Lee County Electric Cooperative (LCEC) account safely and securely online with SmartHub is an electricity win. LCEC's bill pay and customer service tool offers a multitude of ways to make your life easier and even lower your electric bill.

With SmartHub, you are able to view payment history, pay your bill, request a payment extension, receive bill reminders, set usage alerts, monitor energy usage and report an outage.

Visit [www.lcec.net](http://www.lcec.net) or download the free SmartHub app. Make sure to have your account information handy when you register as a new user.\*

From page 53

India, involves tossing babies from the side of a 50-foot temple and catching them in a sheet. The practice is thought to endow newborns with courage and intelligence.

- The person who graduates last in his class from West Point Military Academy is called "the goat" and receives a dollar from each classmate, as well as membership in a club that includes Gen. George Custer.
- The average woman wears six

different bra sizes throughout her life.

- While Merriam-Webster defines "hussy" as "a girl or woman who behaves in a disrespectful or inappropriate way or who has many casual sexual relationships," the word is actually derived from the 13th century "husewife," meaning mistress of the household.
- To help combat driver fatigue and boredom on long, straight roads of up to 90 miles in Australia, the government posted signs labeled "Fatigue Zone" featuring trivia questions and answers.
- In 2009, Patricia Demauro brought \$100 to a craps table in Atlantic City. Four hours and 18 minutes later, she had rolled 154 times, setting a world record for craps rolls. The odds of her accomplishing such a feat? One in 1.56 trillion.
- Ice cream was invented in 7th century China and originally consisted of buffalo milk, flour and camphor.

THOUGHT FOR THE DAY

"Spring is nature's way of saying 'Let's party!'"

Robin Williams

- TRIVIA TEST
1. **Language:** What is the practice of chiromancy?
  2. **General Knowledge:** What is unusual about the date the Chinese New Year is celebrated each year?
  3. **Acronyms:** What phrase does "http" stand for?

CLASSIFIED

COMMERCIAL RENTAL	VACATION RENTAL	ANNUAL RENTAL	FOR SALE	HELP WANTED
<b>OFFICE SUITE RENTAL ON SANIBEL ISLAND</b> Three closed-door offices, hall closet, private bathroom w/shower, shared kitchen, common area, and additional bathroom. Locking hall door to keep your private spaces secure. Plenty of extra storage space and meeting areas. Located easy on and off the Island near the intersection of Periwinkle and Causeway Road. Call Katrina at 239-470-5611. <small>5/6 * TFN</small>	<b>Island Vacations</b> Of Sanibel & Captiva <i>Million \$ Views Await You!</i> • Cottages • Condos • Homes • Miles of Beaches & Bike Paths <b>239-472-7277</b> <b>1-888-451-7277</b> <small>1/4 * TFN</small>	<b>RENTING FOR OVER \$1,500?</b> Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment. <a href="mailto:chip@chipwolfe.com">chip@chipwolfe.com</a> <a href="http://chipwolfe.com">chipwolfe.com</a> 239-848-0906 REMAX OF THE ISLANDS <small>6/5 * TFN</small>	<b>ANATOMY OF A WRONGFUL DEATH LAWSUIT</b> Anatomy Of A Wrongful Death Lawsuit Is the title of my Amazon book which documents my four years of seeking redress for medical maleficence that contributed to my wife's death. It also educates the citizens of Lee County about Florida's Sovereign Immunity Statutes. The prefix can be read on Amazon's book website with 25 percent of all royalties donated to Hope hospice. <small>4/29 * 5/6</small>	<b>RETAIL CASHIER</b> Cashier needed Friday's and Saturday's Ace Hardware on Periwinkle Way. Call 239-472-5354 or stop by. <small>4/29 * 5/6</small>
VACATION RENTAL	VACATION RENTAL	RENTAL AVAILABLE	HELP WANTED	CAREGIVER
 <b>Cottages To Castles</b> <small>Unique Vacation Rentals</small> 2427 Periwinkle Way Sanibel, FL 33957 Local: (239) 472-6385 Toll Free: (800) 472-5385 Fax: (239) 472-5858 <a href="http://www.cottages-to-castles.com">www.cottages-to-castles.com</a> <small>1/26 * TFN</small>	<b>VACATION RENTAL SANIBEL</b> Stunning remodel and designer decorated. All High End!! This Gorgeous home offers 3 BR/2 BA, private pool, large 2 car garage, overlooking conservation area, Walk to beach. Peace and Serenity!! Available for a minimum of 6 months for the 2022/23 Season. Call to inquire and book this property! <b>239-472-6747</b>  Serving The Islands Rental Needs Since 1975 <b>Gulf Beach Properties, Inc.</b> <small>4/15 * TFN</small>	<b>ANNUAL OR SIX MONTH LEASE</b> North Fort Myers, Moody River, 2bed 2bath 2car home furnished, on river, kayaking/paddleboarding, very near Rt.41 bridge. Gated safe community. 239-233-2930. <small>5/6 * 5/6</small>	<b>HELP WANTED</b> <b>FULL/PART-TIME SALES ASSOCIATE</b> Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to <a href="mailto:sanibelsale@gmail.com">sanibelsale@gmail.com</a> . <small>4/22 * TFN</small>	<b>CAREGIVER</b> We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit. Contact Lisa 239-395-0153. <small>1/21 * TFN</small>
		<b>SERVICES OFFERED</b> <b>ROGER NODRUFF ELECTRIC</b> Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788 <small>4/20 * TFN</small>		To advertise in the Island Sun Call 395-1213



- 4. **Music:** Which Beatles' song asks listeners to "take a sad song and make it better"?
- 5. **Television:** What is the name of SpongeBob Squarepants' best friend in the animated series?
- 6. **Geography:** Nairobi is the capital of which African country?
- 7. **Movies:** Which two male actors starred in *The Sting* (1973)?
- 8. **Animal Kingdom:** What is a baby oyster called?
- 9. **History:** In its planning stages, which World War II attack was coined "Operation Z" by the Japanese?
- 10. **Literature:** During which war is the novel *All the Light We Cannot See* set?

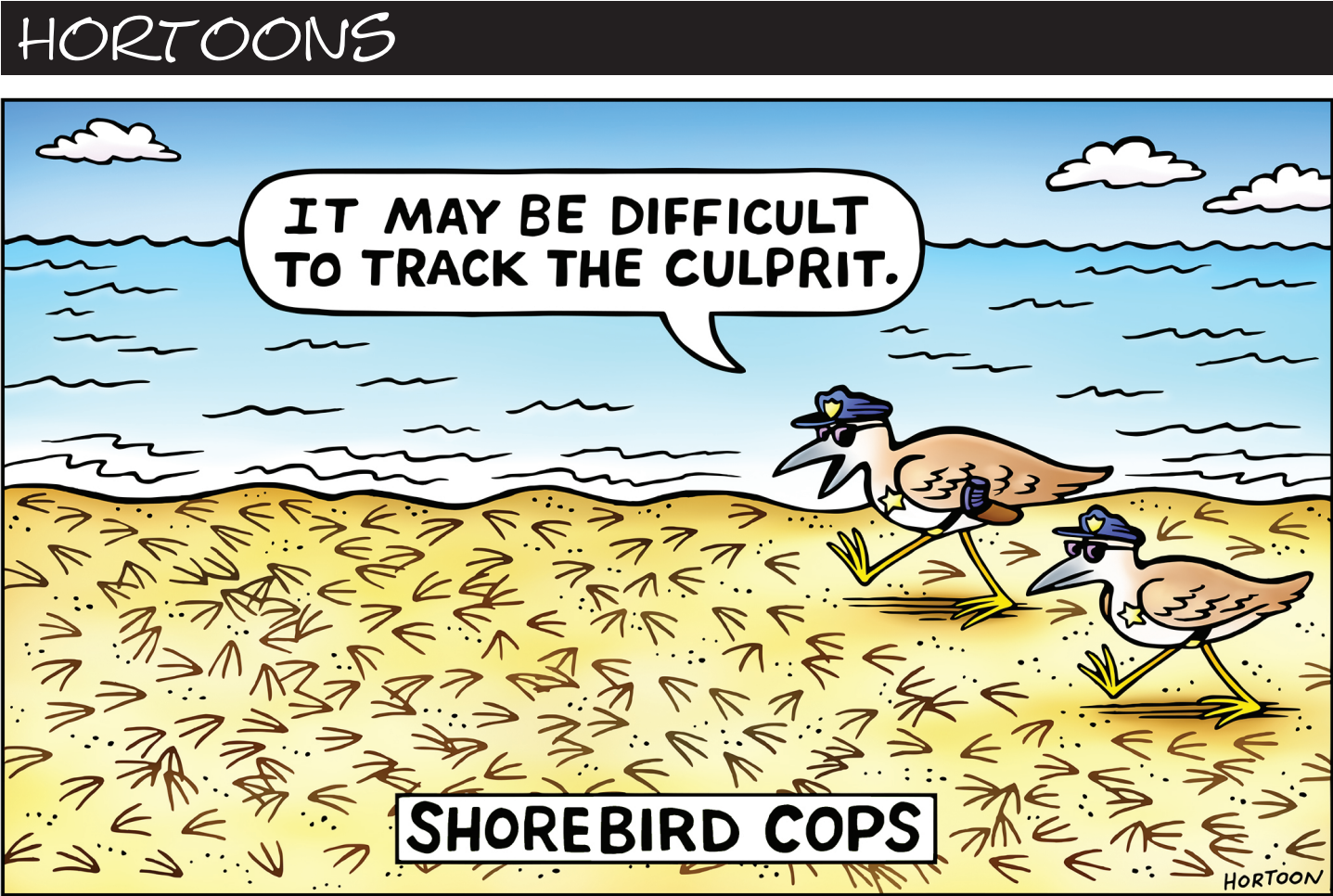
TRIVIA ANSWERS

1. Predicting the future by reading the lines on your palms 2. It varies between January 21 and February 20, depending on the lunar calendar 3. HyperText Transfer Protocol 4. Hey Jude 5. Patrick 6. Kenya 7. Paul Newman and Robert Redford 8. A spatula 9. The attack on Pearl Harbor, Dec. 7, 1941 10. World War II

SCRAMBLERS ANSWER

- 1. Dilate 2. Talent
- 3. Point; 4. Absorb

Today's Word  
BATTLE



PUZZLE ANSWERS

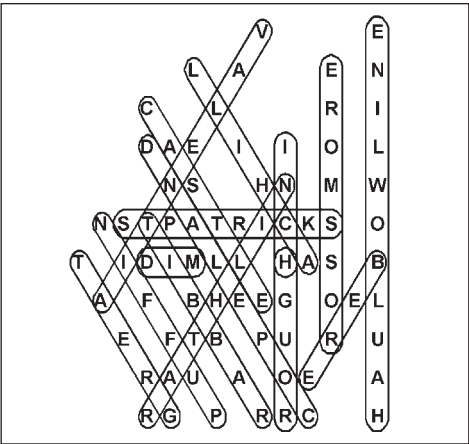
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Dickeys John R Subd	Captiva	2003	5,044	\$11,700,000	\$11,000,000	338
Barefoot Beach	Bonita Springs	2012	5,605	\$7,995,000	\$7,500,000	72
Bonita Beach	Bonita Springs	1987	2,108	\$5,950,000	\$5,950,000	0
Metes And Bounds	Sanibel	1991	4,165	\$6,395,000	\$5,825,000	789
Carolands	Bonita Springs	1984	3,338	\$3,695,000	\$3,175,000	10
Cape Coral	Cape Coral	2008	4,465	\$3,299,000	\$2,950,000	100
Cape Coral	Cape Coral	1987	3,282	\$2,500,000	\$2,450,000	50
Glenview	Fort Myers Beach	1962	1,832	\$2,350,000	\$2,355,000	1
Hermitage	Cape Coral	1998	3,705	\$2,425,000	\$2,300,000	16
Siesta Isles	Fort Myers Beach	1982	3,471	\$1,875,000	\$1,875,000	4





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*The New York Times*  
Magazine

     
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