

Support
Our Island
Businesses
**SHOP AND
DINE LOCAL**



PRSRT STD
U.S. POSTAGE
PAID
FT MYERS, FL
PERMIT #5718

Postal Customer
ECRWSS

VOL. 29, NO. 47

SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 20, 2022

MAY SUNRISE/SUNSET: 20 6:39 • 8:10 21 6:39 • 8:11 22 6:38 • 8:12 23 6:38 • 8:12 24 6:38 • 8:13 25 6:37 • 8:13 26 6:37 • 8:14

Energy Seminar Points To Future Profitability

by Wendy McMullen

Businesses could recoup the cost of installing solar within four to six years, and energy from the sun could cut ongoing energy costs by over 60 percent, attendees heard at the May 9 seminar on powering green energy.

The case in point was Bailey's General Store, where the cost of installing solar panels on the roof was recouped within five years. Sanibel & Captiva Islands Chamber of Commerce CEO John Lai reported that store owner Richard Johnson installed 480 solar panels in 2015 and these panels not only paid for themselves within five years but cut ongoing energy costs by two-thirds.

Lai was one of a series of speakers at Powering Our Green Energy Future – A Community Conversation, held at The Community House and sponsored jointly by the chamber and Sanibel-Captiva



Bailey's General Store owners recouped the cost of their solar panels within five years

photo provided

Conservation Foundation (SCCF).

"Ten years ago, it was almost never that you heard the words 'climate change' come out of someone from the chamber's mouth," Lai said. "Looking back at that, you just knew that the business community was going to have to, at some point, wake

up and smell the coffee. Because recently, what we've seen is a very dramatic shift where clean energy and climate are now everyday conversations in the business and policy world.

"Climate change is now recognized as a threat to our economy and way of

life by most Americans, including some of the most conservative businesses in the country," Lai continued. "We are the Sunshine State, after all, and have the second most solar jobs and attracted billions of dollars in solar investment."

Florida is projected to have the third highest development of solar energy over the next five years, which will create even more jobs and significant state taxes, and attract billions more capital investment, according to Lai.

The reason for the increased interest in solar was explained by Dr. Carrie Schuman, coastal resilience manager at SCCF. She called for treating both the symptoms and the causes. The symptoms are hurricanes and sea level rise. Hurricanes are caused by warm, moist air in the atmosphere, and the increase in hurricanes is caused by greenhouse gases that pollute the atmosphere because we're producing too much of them.

"Greenhouse gases are a natural part of our environment," she told attendees. "They're in our atmosphere. What they really do is they have an insulating effect for us. They trap heat that would normally

continued on page 34

Part I of II

Captiva District Deals With More Than Fighting Fires

by Kathy Kurtz Ferrari

Captiva has many unique attractions. Its pristine beaches, breathtaking sunsets and iconic village destinations draw flocks of tourists to the island year-round.

But the Captiva Island Fire Control District, while obviously an essential part of the community, draws more curious visitors than most would imagine.

Because of the station's prominent location in the village with its bay doors often open, firefighters are not only prepared for emergencies, they frequently have to be ambassadors for the island.

The district is currently staffed with 13 firefighters who work in shifts of four on a crew. While not the busiest firefighting station in the district, it is one of the most intimately involved in its community.

"I think this is a great assignment," said Fire Chief Jeff Pawul during a recent afternoon at the station. "I love working out here. I love the small town feel of it. We're kind of our own little city out here. You get to know your residents, your homeowners. And you have a lot of



Captiva Island Fire Control District Chief Jeff Pawul

photo by Kathy Kurtz Ferrari

families vacation out here, so any day you can see a little kid come up here and want to see the truck and turn the lights on. That's fun."

Pawul, 41, has been on Captiva for 15 years. He was named the department's fourth chief in 2018. The rest of the crew members have been stationed on the

island from around a year and a half to 17 years. About half of them are military veterans.

"We're not the highest paid district in the county by any means, but some of the guys sacrifice that for not just being a number in a huge department," Pawul added. "It really all depends on

your personal view of it, which is why we have a lot of the guys we have here. A lot of them are from smaller areas and understand that small hometown type thing and enjoy that. We're all one big family out here."

The district is funded through Lee County. It works with an elected board of commissioners, which includes residents Jeffrey Brown, Sherrill Sims and former Chief John Bates, meeting monthly to discuss budgetary and administrative issues.

With the high cost of living on the islands, all firefighters drive from the mainland to come to work. Crews work on a schedule of 48 hours on, 96 hours off, to compensate for that distance.

For the most part, Pawul said crew members like the schedule but it can be difficult for families.

"That definitely takes a toll on employees, but that's kind of the sacrifice that the guys make," said Pawul, a father of young children himself. "Your family is part of this job as much as you are, because they are the ones at home waiting for you. But it's what we signed up for."

The fire department works closely with deputies from the sheriff's department to handle any emergency which arises. Of course they put out fires, but according to the chief, approximately 60 to 70 percent of the calls are medical, ranging from

continued on page 32

Celebrate the 30th Annual Independence Day Parade

Monday, July 4, 2022, 9:30 a.m.

Red,
Wild &
Blue



Presented by:



Entry Fee: Commercial \$30.00 Non-Commercial \$15.00
Each Entry Fee is for a Maximum of 3 Vehicles

Please Make Checks Payable to: **4th of July Parade Account**

Mail/Drop Off: Bank of the Islands, 1699 Periwinkle Way, Sanibel Island, FL 33957

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

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



Make Sure to Purchase Your 2022 Parade T-Shirts at Bank of the Islands



2022 Parade Categories

Best Float – Commercial	Best Float - Not-for-profit	Best Float - Family
Best Float - Small Entry	Best Salute to the U.S. Military	Most Patriotic
Best Nature Theme	Best Original Design	Best Music

Entries must be returned (with payment) BEFORE Monday, June 27, 2022

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

Parade Entry Form Return with Check **“No water to be sprayed by parade participants – Height Limit 12 ft”**

Name of Business or Organization: _____

Contact Person: _____

Mailing Address (required): _____

E-mail Address (required): _____

Daytime Telephone Number (required): _____

Number of Participants: _____

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

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

Other? _____

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

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

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

Summer Camp Enrollment Open

The Children's Education Center of the Islands (CECI) is offering weekly programming for its summer camps, which run from Monday, June 6 through Friday, July 29. Each week will have a theme and be designed for children to explore and connect to the natural world. Themes include cooking, art, science and pirates. CECI's summer camp encourages children to connect to Sanibel's environment through education and social interaction.

Thanks in part to The Sanctuary Golf Club Foundation and FISH of SanCap, CECI Summer Camp scholarships are available for families in need. For more information and to sign up, visit www.childrenseducationcenter.com.

CECI is located at 350 Casa Ybel Road on Sanibel. For a tour of the school, call 472-4538.✱



A summer camper makes a discovery while exploring the outdoors photo provided

City Of Sanibel Hurricane Seminar Friday

The City of Sanibel conducts a hurricane seminar every year to educate residents, businesses and island workers. There is no charge to attend and reservations are not required.

This year's seminar will be held on Friday, May 20 from 1 to 3 p.m. at BIG ARTS, located at 900 Dunlop Road.

Dave Roberts, the City of Sanibel's weather consultant, will provide information on hurricane formation, the categories of tropical systems and the dangers of storm surge.

Sandra Tapfumaneyi, director of Lee County Public Safety-Emergency Management, will discuss family emergency planning and explain the county's responsibilities in dealing with tropical storm systems.

Maggi Feiner, FISH of SanCap president and CEO, and Erika Broyles, senior services director for FISH, will discuss special needs issues on Sanibel and Captiva.

City officials will discuss the city's post-storm recovery plan.

Harold Law, Sanibel building official, will review city building codes.

William Dalton, Sanibel Police chief, will lead the seminar and review the city's storm plans.

Prior to the seminar, the Sanibel Police Department will have it emergency response vehicle on display from 1 to 2 p.m. Staff will be on hand to discuss its purpose and answer questions.

Citizens unable to attend the seminar are encouraged to watch the video on www.mysanibel.com a few weeks

afterwards. An announcement will be made when the video is posted.

The *All Hazards Guide* will be available for pickup at the seminar. Visit www.mysanibel.com/emergency-management for more information.✱

Shoreline Project At Woodring Road Has Begun

The City of Sanibel began construction of a "living shoreline" at Woodring Road on May 16. For many years, the shoreline in this area has been prone to erosion during storm and high wind events. The installation of the living shoreline will help reduce the impact of erosion to Woodring Road, while also providing habitat benefits for fish and wildlife. Living shorelines incorporate the use of structural and organic materials, such as wetland plants, oysters and sand, with limited use of rock and concrete materials. The project is being funded by a grant from the Florida Department of Environmental Protection Resilience Implementation Program.

The project duration is scheduled for 90 days, weather permitting.

The Bock Peace Park parking area, located at the north end of Dixie Beach Boulevard, will be closed for the duration of the project for staging of materials and equipment.

Intermittent lane closures are expected, and drivers and pedestrians should proceed slowly and cautiously through the area when workers are present.

Contact the public works department at 472-6397 if you have any questions regarding this project.✱

SPRING CLEANING YOU WILL ENJOY.

With a wide range of SAVINGS

on specially selected diamond, color gemstone, fashion and designer jewelry. During the month of May take advantage of these great values.

For over 30 years, Congress Jewelers has been celebrating life's special moments while creating memories that last a lifetime.



CONGRESS JEWELERS™

SEALIFE ◀ FASHION ◀ DIAMONDS ◀ ESTATE

Periwinkle Place Shops • Sanibel Island • 239-472-4177 • Congressjewelers.com

Captiva Island Historical Society Looking Back: Tarpon Catch

This week's image depicts Mr. Walker standing next to a tarpon he presumably caught.

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.captivaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.✱



Mr. Walker standing next to a tarpon
photo courtesy
Captiva Island Historical Society Archives

Churches/Temples

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

CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, www.captivachapel.com and www.facebook.com/Captiva-Chapel-By-The-Sea. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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

SANIBEL COMMUNITY CHURCH
Sunday services at 9 a.m. and 11 a.m. in

the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH
Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926. Email changes to press@islandsunnews.com or call 395-1213.✱

She Sells Sea Shells

"An Ocean Boutique"

"Where Islanders Have Sent Their Friends & Family To Shop Since 1976"

Sanibel & Worldwide Shells • Corals & Exotic Sealife
Shell Gifts • Jewelry • Books • Candles • Lamps • Craft Supplies
T-Shirts, Tanks & Muscles • Hoodies • Hats
Cover-Ups, Sweaters & Jackets
Handmade Xmas Ornaments
Shell Flowers & Bouquets

WELCOME VISITORS

SEE OUR CREW NECK SWEATS

Celebrating Over 46 Years On Sanibel!

Adult & Kids T's
sizes XS-XL
3 for \$29
XXL 3 for \$37

20% OFF
ANY SINGLE ITEM
Good with coupon
cash sales only
not valid on sale items or specials

Voted Best Shell Shop in SW Florida
– News Press Readers Poll **2000-2019**
Voted Best Gift Shop in SW Florida 2019

Winner Sanibel's Best Shell Shop
– Islander/Island Reporter Readers Poll **2000-2021**
Best Craft & Gift Shop 2015

ALWAYS A FREE GIFT!

1157 Periwinkle Way
472-6991 • 472-8080
Open 7 Days 9:30am 'til 7:30pm
SheSellsSeaShellsSanibel.com

WE SHIP!

Island Winds Coiffures

HAIR SALON FOR WOMEN & MEN

Manicures and Pedicures by Lois

Hair Styling

SHEILA • MARISA • JEANNE

695 Tarpon Bay Road, Sanibel
239-472-2591

OPEN DAILY

HOURS: Monday - Thursday 11am - 9pm
Friday & Saturday 11am - 9:30pm
Sunday Noon - 9pm

May 19 **White Chocolate Raspberry Truffle**

May 20 **Mint Chip**

May 21 **Bing Cherry Chip**

May 22 **Cinnamon Coffee Cake**

May 23 **Strawberry Pecan**

May 24 **Captiva Sunset**

May 25 **Birthday Cake (The Shack Birthday!!)**

May 26 **Salty Shack**

DAILY FLAVORS

(239) 312-8626 • 1219 Periwinkle Way, Sanibel (Located next to Huxter's)

[f](#) The Shack Of Sanibel [@TheShackOfSanibel](#)

Discover Tahitian Gardens Shopping Center

1975 Periwinkle Way

Fine Estate and Antique Jewelry



THE CEDAR CHEST
FINE JEWELRY
A Sanibel Tradition Since 1975

Tahitian Gardens
1993 Periwinkle Way
239-472-2876 or 800-749-1987
www.CedarChestSanibel.com

Shop in-store, by phone
or online
Instagram Twitter Pinterest Facebook

From Antiquity and Beyond... Authentic Ancient and Treasure Coins



THE CEDAR CHEST
FINE JEWELRY
A Sanibel Tradition Since 1975

Shop in-store, by phone
or online
Instagram Twitter Pinterest Facebook

Tahitian Gardens
1993 Periwinkle Way
239-472-2876 or 800-749-1987
www.CedarChestSanibel.com

Natural Beauty Island Style



THE CEDAR CHEST
FINE JEWELRY
A Sanibel Tradition Since 1975

Shop in-store, by phone
or online
Instagram Twitter Pinterest Facebook

Tahitian Gardens
1993 Periwinkle Way
239-472-2876 or 800-749-1987
www.CedarChestSanibel.com

Sanibel Sole

Tahitian Gardens
1985-87 Periwinkle Way
Sanibel (239) 395-0385



BIRKENSTOCK

heydude COLUMBIA
VIONIC taos FOOTWEAR OOFOS Teva

SYNERGY

Tahitian Gardens
1981 Periwinkle Way
(230) 395-5353
synergysportswear.com

LIFE IS GOOD®



THE NORTH FACE

ILSE JACOBSEN
HORNBAEK

For individual shop information: www.ShopOnSanibel.com



From left, Elissa Karasin-Samet of Bat Yam Temple of the Islands; Betsy Schuman of St. Michael and All Angels Episcopal Church; and Riley McLean and Lynne Thorpe of The Dubin Center photo provided

Interfaith Group To Host Monthly Memory Café

Interfaith Outreach of SanCap will hold its monthly Memory Café from 10 to 11:30 a.m. on Tuesday, May 24 at The Community House, located at 2173 Periwinkle Way on Sanibel. This event is designed and facilitated by The Dubin Center for individuals with memory issues

and their loved ones. Favorite summer pastimes will be the topic for conversation and there will be an activity. Refreshments will be served. There is no charge to attend but reservations are requested by contacting The Dubin Center at 437-3007 or riley@dubincenter.com. Interfaith Outreach of SanCap is a partnership of Captiva Chapel by the Sea, Sanibel Congregational United Church of Christ, St. Michael and All Angels Episcopal Church and Bat Yam Temple of the Islands.✧

Summer Hours At Historical Village

The Sanibel Historical Museum and Village summer 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. For more information, visit www.sanibelmuseum.org.✧

Bat Yam Temple Summer Schedule

Bat Yam Temple of the Islands has begun its summer schedule, which runs May, June, July and August. The congregation will meet on the second Friday of each month at 7 p.m. at Sanibel Congregational United Church of Christ. At this time, services will be officiated by congregants. The May Sabbath service was led by Alan Lessack, president of Bat Yam, and his wife, Edina. Zoom technology will

also be available for those who feel more comfortable at a distance. Torah study will begin once again in the fall. For more information, email batyamsanibel@gmail.com.✧

Shell Found



Reagan Christou photo provided Reagan Christou, 6, of Warren, New Jersey found a junonia on May 16 while on a shelling charter with Reel Kind Fishing and Tours. Her mother, Jodi, said she was super excited and loves finding shells.✧

SHOP ON SANIBEL

Come for the beaches... discover the shopping!

An upscale ambiance at four distinctive centers. You'll find boutique shopping, family dining, and personal and specialty services.

TAHITIAN GARDENS 1975-2019 PERIWINKLE WAY	THE VILLAGE SHOPS 2340 PERIWINKLE WAY	OLDE SANIBEL SHOPPES 630 TARPON BAY ROAD
A Little Adventure	Coco y Cabana	Amy's Something Special
Adventures In Paradise	MacIntosh Books + Paper	Island Paws
Cedar Chest Fine Jewelry	Priscilla's of Sanibel	JRod's Surf Fish and Style
Cheeburger Cheeburger 🍷	Tribeca Hair Salon	On Island
Pandora's Box	t2 Traders 🍷	Over Easy Cafe 🍷
Pandora's Box Too	t2 Gifts	Sanibel Art & Frame
Paper Fig Kitchen 🍷	Watson MacRae Gallery	Suncatcher's Dream
Sanibel Cafe 🍷	Why Knot	
Sanibel Sole	TOWN CENTER	
Shiny Objects	2496 PALM RIDGE ROAD	
Synergy Sportswear	Subway® 🍷	
Wilford & Lee Home Decor	The Pecking Order 🍷	

For individual shop information visit:
ShopOnSanibel.com

SANIBEL FLIP FLOPS

LOCALLY OWNED BUSINESS WITH QUALITY BRANDS, FRIENDLY SERVICE & COMPETITIVE PRICING

Periwinkle Place Shops
2075 Periwinkle Way | Unit #31 | Sanibel, FL 33957
Open Seven Days A Week
E: SanibelFlipFlops@comcast.net
P: (305) 905-3414

Memorial Weekend Sidewalk Sale

Up to 50% off Sat. May 28 - Mon. May 30



ESCAPE RELAX RESTORE

**Massage
Skincare
Hair & Nails**





239.395.2220 • 877.695.1588
PERIWINKLE PLACE SHOPPING CENTER

MM# 2782

A Sanibel Tradition Since 1980



Pinocchio's
LIFE IS COOL!

Original Italian Ice Cream

It's Simply The Best!...I Cannot Tell A Lie!

2075 Periwinkle Way, #33
Indoor-Outdoor Dining • Open Daily
239-472-6566

   pinocchiosicecream.com



**WE'RE ALWAYS SERVING
UP SOMETHING SPECIAL!**

Open every day from 8am - 8pm!

Enjoy Breakfast, Lunch and Dinner
Inside or on our
Pet-Friendly Patio

Full Liquor Bar
Happy Hour
4 - 6pm



**Blue
Giraffe**
Island Dining



239-472-2525 • BlueGiraffeRestaurant.com
Call for Takeout! - 2075 Periwinkle Way at Periwinkle Place



Sanibel Flip Flops
**NOW
OPEN** 
(305) 905-3415



2075
**Periwinkle
Place Shops**

Sanibel Day Spa **Blue Giraffe** Original Chico's
**BREAKFAST
LUNCH
DINNER**

2075 Periwinkle Way • 2 miles off Causeway Road on the Left • PeriwinklePlace.com
Shop Mon - Sat 10-6, select stores til 7 • Sun 12-5 • Dine 8am to 8pm (or later) • A Dahlmann Property  

Sponsors Sought For Islands Night

Nearly 30 years after introducing Islands Night, Bailey's General Store has turned over management and promotion of the annual event at Hammond Stadium in Fort Myers to the Sanibel & Captiva Islands Chamber of Commerce. This year's event is scheduled for Wednesday, June 1, when the Fort Myers Mighty Mussels meet the Tampa Tarpons for an evening of baseball, a pre-game parade featuring businesses and organizations from Sanibel and Captiva islands, and islander camaraderie.

"We are super honored to make the Sam Bailey's Islands Night a chamber event, especially since it's the first of the full islands' tradition – parade and all – to be held in three years," said John Lai, chamber president and chief executive officer. "It should be an exciting game against the Tarpons, a baseball club that has the distinction of being managed by



Islands Night at Hammond Stadium has been happening since 1993
photo courtesy Fort Myers – Islands, Beaches and Neighborhoods

Rachel Balkovec, the first full-time female manager in the history of affiliated baseball at the major or minor league levels."

The chamber is seeking sponsors for Islands Night on four levels: Homerun

(\$500), Triple (\$300), Double (\$200) and Single (\$100). Sponsorship benefits include unlimited game tickets, a spot in the parade and various degrees of publicity, depending on level of

sponsorship. Sponsorship donations will benefit island charities. For more information, visit www.sanibel-captiva.org or contact Landen Collins at 472-8255 or landen@sanibel-captiva.org.

Game time is 7 p.m. Gates open at 6 p.m. and the parade starts at 6:15 p.m. Free tickets to the game are available from the chamber visitor center, Huxters Market & Deli, or any of the retailers at Bailey's Shopping Center.

Sponsors include: Homerun Sponsors: Alliantgroup LP, Bailey's General Store, The Grog Shop, Sanibel Captiva Beach Resorts, Sanibel Carts, Sanibel Moorings Resort, Toys Ahoy; Triple Sponsors: Captiva Spirits, Island Inn, *Santiva Chronicle*, Sanibel-Captiva Conservation Foundation, Valerie Tutor with Kingfisher Real Estate Inc.; Double Sponsors: Ashton Kirchner Group, Heidrick & Company, Island Taxi; Single Sponsors: Carefree Birding, Clinic for the Rehabilitation of Wildlife, "Ding" Darling Wildlife Society, FISH of SanCap, NOISE Inc., Saint Michael & All Angels Episcopal Church.✱

Community Views Considered For Strategic Plan

by Wendy McMullen

The third stage in the City of Sanibel's strategic planning process, which asked residents to give ideas on measurable goals for Sanibel, was well attended with most seats taken at The Community House on May 11.

This step of the strategic planning process was designed to inform Sanibel residents on results of the city's two-day strategic planning retreats held in March, to ask for public comment and to invite individuals to list their ideas on display boards stationed around meeting hall.

Attendees viewed a PowerPoint of the conclusions reached by the 42 participants at the strategic planning retreats, which included 12 city staff and five city council members. Together, retreat members conducted an analysis identifying the city's Strengths, Weaknesses, Opportunities and Threats (SWOT).

Strengths listed included the Sanibel

Plan that governs development, the council/manager form of government, the talented city staff and community support systems including nonprofit organizations.

Weaknesses were identified as poor technology within the city, staffing challenges and an overloaded infrastructure as a result of too many tourists.

Retreat participants, however, saw opportunities in improving city staff compensation, the use of technology, utilizing federal funding from the American Rescue Plan to replace lost revenues from COVID, adopting renewable energy in the city, improving water quality and providing transportation alternatives on the island.

Threats to Sanibel came from the erosion of home rule powers as a result of state mandates, new residents with less focus on environmental issues, sea level rise and water quality.

CARES was the acronym that summarized the city's core values, as expressed at the strategic planning retreats. These were:

Conservation: Preserve the environment and small town community;

Adaptive: Respond to changes in circumstances and the environment;

Respectful: Value diverse experiences and different points of view;

Ethical: Support honesty and transparency in all democratic processes;

Stewardship: Ensure fiscal responsibility and accountability and natural resources.

While the city and the retreat participants remain committed to the vision statement provided in the Sanibel Plan, the vision statement concocted at the workshop, the city said, could serve as a more concise version of the Sanibel Plan Vision Statement. This was:

Sanibel is and shall remain a barrier island sanctuary; one where a diverse, multi-generational community lives in harmony with the island's wildlife, preserving natural habitats for the inspiration of future generations.

The strategic goals outlined in the workshop formed the basis of the tables stationed around the room. These were:

1. Environmental Stewardship – Lead in environmental stewardship to restore, preserve and enhance our island sanctuary; advocate on issues to positively impact local water quality; and support land conservation, waste minimization, renewable energy and provide recurring education on the Sanibel Plan.

2. Infrastructure – Focus on quality-of-life infrastructure needs that sustain and protect the island's roads, pathways, bridges, sewer and stormwater systems, and coastal resiliency initiatives.

3. Fiscal Health – Maintain and promote fiscal health of the city by providing efficient and transparent service delivery and maintain appropriate financial policies that ensure appropriate fund balances and diverse revenue streams.

4. Customer Service – Manage human capital to achieve customer-oriented service delivery by investing in technology, maintaining competitive pay and benefits for city employees, adjusting organizational structures as needed, and supporting feasible workforce housing initiatives.

5. Quality of Life – Sustain the safety and wellbeing of residents, businesses and visitors by ensuring that resources are provided for law enforcement and disaster preparedness, that recreation activities are designed for a diverse multi-generational citizenry, and that a strong and collaborative relationship with The Sanibel School be maintained to ensure educational facilities are available on the island.✱

Independently Owned And Operated
COPYRIGHT 2022 Island Sun
LORKEN Publications, Inc.



Read Online: www.IslandSunNews.com



USPS 18: Bulk Rate permit paid, Sanibel, FL, 33957
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.

Readers with news, tips, comments or questions, call 239-395-1213,
write to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

*The Island Sun reserves the right to refuse, alter or edit any editorial or advertisement.
We will correct factual errors or matters of emphasis and interpretation in news stories.*

Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

Graphic Arts & Production
Ann Ziehl, Manager
Anna Marrero
Phillip Arundel

Reporters
Kathy Kurtz Ferrari
Wendy McMullen

Contributing Writers
Kay Casperson
Constance Clancy, EdD
Suzy Cohen
Linda Coin
Cindy Carter
Clay C. Ewell
Marcia Feeney
Katie Frederic
Shelley Greggs
Marion Hauser, MS, RD
Ross Hauser, MD
Bryan Haynes
Craig R. Hersch
Anne Joffe
Dr. Jose H. Leal, PhD
Kealy McNeal
Capt. Matt Mitchell
Trinette Nelson
Howard Prager
Gerri Reaves PhD
Angela Larson Roehl
Julie Rosenberg, MD
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch
Allison Havill Todd
John Wolff

Fish Caught



Dee Kelly photo provided

Dee Kelly of Sanibel caught a 47-inch snook on May 6 at Bowman's Beach. She was casting with a Norm Zeigler Crystal Schminnow fly.*

Art League Exhibit At The Library



From left, Nancy Sperte, Bob Marshall and Jane Hudson with their work photo provided

A quintet of artists are showing their work at Sanibel Public Library during May and June. They are: Jane Hudson, Nancy Sperte, Bob Marshall, Renée Chastant and Jaye Boswell. All are members of the Sanibel Captiva Art League.

Hudson, an award-winning artist, paints in acrylic on canvas and paper. She also creates in collage. She is the coordinator for the Painting With Friends program at The Community House.

Sperte, president of the art league, uses primarily transparent watercolor both in her studio and plein air to create her paintings. She won second place at the Sanibel Captiva Art League exhibit at BIG ARTS in January.

Marshall likes the complexity of Zen

Tangle and its form of expression. He expresses with pen and ink and vibrant colors. He paints from scenes and iconic places on Sanibel.

Chastant, a watercolor artist, said, "Color animates my spirit and color is what excites me most in all of my varied painting subjects." Her art involves organic subjects such as plants, animals and rocks.

Boswell believes there is a strong connection between nature and art, which is evident in her eight acrylic paintings on view. She recently won the Sanibel-Captiva Conservation Foundation Brush of Excellence award.

Sanibel Public Library is open Monday through Saturday from 9 a.m. to 5 p.m. and Monday and Thursday evenings until 8 p.m., located at 770 Dunlop Road.*



JERRY'S HAS EVERYTHING YOU NEED!

Groceries • Wine & Spirits • Restaurant
Gifts • Beach Necessities • Ice Cream
Art • Full-Service Organic Spa

Nanny's
Children Shop

H2O Outfitters

Footloose

Sanibel Surf Shop

Spatini Teabar, Organic
Spa & Hair Lounge

Sanibel Spirits

Love Boat Ice Cream

Sanybel's Finest Art
and Collectables

Visit our collection
of live parrots in
the courtyard!



www.jerrysofsanibel.com

1700 Periwinkle Way • Sanibel Island, FL 33957
Phone: (239) 472-9300

Food Programs Ongoing To Meet Greater Demand

Providing nutritious foods is key to childhood growth and development, but this can be challenging for families facing food insecurity in Lee County. With increased grocery costs and summer vacation drawing near, childhood hunger becomes a greater risk for area households. Many families rely heavily on school provided meals and need to find other ways to afford additional food products through August 10, when classes resume for the new school year.

According to Feeding America, the nation's largest hunger-relief organization, people who are food insecure lack access to enough food and may make trade-offs with other expenses to buy healthy food. In Lee County children, the rate of food insecurity is 20.5 percent, or about 38,800 children.

Fighting childhood hunger is one of the main focuses of FISH of SanCap food programs. The FISH Backpack Program provides nutritious, supplemental food and snacks for children year-round, including extra during school breaks. Through the backpack program, children receive nutritious, easy to prepare and great tasting foods on a weekly basis. All backpacks contain protein, fruits and vegetables, snacks, breakfast cereal, soup and/or a pasta meal, milk, juice and an occasional sweet treat. FISH also includes



Dan and Elaine Pace preparing backpacks

organic and vegetarian choices.

Last year, FISH began a supplemental "fresh meal" add-on to the program that provides a well-balanced meal kit that families can prepare together. This program is meant to encourage families to spend time together and relieve some stress knowing that at least one meal a week is planned during their busy lives. Each weekly fresh meal includes a child-friendly recipe and all the ingredients. To add a little variety, meal themes are often incorporated, such as Asian Cuisine, Healthy Twist on American Classics,

Back-to-School and Plant-Based.

Not only are children spending quality time with family members, but they are also learning important life skills – problem solving, planning, organization and cooking – that help them develop and grow. Studies have shown that good nutrition, particularly in the early years of life, is important for establishing a good foundation for a child's future physical and mental health, as well as academic achievement.

In 2021, FISH distributed 4,294 food backpacks to children, an increase of

118 percent over 2020. The backpack program is available year-round to children in pre-kindergarten through 12th grade whose family is either living on or has parents working on the islands. Due to the increase in participating families and need for food, FISH has doubled the amount of food provided weekly. "Our participation numbers continue to rise as inflation skyrockets," said Maria Espinoza, executive director for FISH. To accommodate the increase in participation within limited space at its walk-in center, FISH has added refrigeration for the fresh meals, and stores product and assembled backpacks in its ancillary space on Palm Ridge Road.

While the program has grown in participation and cost, FISH extends its gratitude to those who provide funding for the backpack and fresh meals programs. "We are thankful to the Kiwanis Club of Sanibel-Captiva, AngelFISH Society, Community Foundation, other grantors and private donors who provide us with partial funding for this program which allows us to continue to provide additional selections in the backpacks as well as the ingredients and recipe cards for a fresh, healthy and kid-friendly meal," said Espinoza.

Parents pick up food bags between 10 a.m. and 3:45 p.m. Monday through Friday at the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel. For more information, call 472-4775 or visit www.fishofsancap.org.

photo provided



Coco y Cabana was created with intension and grace to inspire every woman who walks in our store. Coco y Cabana is on a mission to spread love one garment at a time. We understand that giving back is the way to live an abundant life and we hope you feel that when you walk in our beautiful woman's and mens boutique.

239.312.8467 • INFO@COCOYCABANA.COM
2340 PERIWINKLE WAY #G-2 SANIBEL, FL
HOURS: MONDAY-SATURDAY 10AM-5PM • SUNDAY CLOSED

SANIBEL HISTORICAL MUSEUM & VILLAGE SUMMER HOURS ARE HERE, COME SEE US!



Explore...
THE RICH HISTORY OF SANIBEL



- Self & Guided Tours
- Gift Shop
- Twilight Talks
- Special Events
- Volunteer Opportunities

MUSEUM HOURS (May - Aug.):

Tues.-Sat.
10 a.m. to 1 p.m.

GIFT SHOP:

10 a.m. to 1 p.m.



ADMISSION: \$10.00 adults
18 & over; children are free.

Connect with us!



Donate or become a member today!

Visit sanibelmuseum.org or call 239-472-4648

950 Dunlop Road, Sanibel, FL 33957

Wildlife Care Summer Camp

Clinic for the Rehabilitation of Wildlife (CROW) summer camp registration is open. CROW will host sixth to eighth graders for three Wednesdays in July covering three different species categories.

As Lee County's only licensed wildlife hospital, CROW's mission of saving wildlife is accomplished, in part, through educating the next generation of wildlife professionals about its work helping sick, injured and orphaned wildlife. The CROW Wildlife Care Summer Camp combines critical thinking skills learned in a classroom with real world applications in the STEM field. Participants can expect to spend a day on CROW's campus with the medical staff, students and volunteers. They will learn about Southwest Florida's wildlife and watch demonstrations on medical procedures used to repair and treat various injuries and illnesses.

Following the demonstrations, participants will replicate similar procedures on specimens during a dissection lab. All animals used in the dissection portion of the camp have been procured from suppliers subjected to inspections and compliance orders from the U.S. Department of Agriculture under the Animal Welfare Act.

There will be three different species tracks available on three Wednesdays over the course of three weeks in July. The first session on birds will take place on Wednesday, July 13. The second session on mammals will take place on Wednesday, July 20 and the final session on reptiles will take place on Wednesday, July 27. The camp curriculum meets Florida's Next Generation Science Standards for content and dissection. All participants will be provided and required to wear standard personal protection equipment (PPE) throughout the day. Due to the educational content in this camp, participants must be in sixth to eighth grade for the upcoming academic term.

Contact CROW Education and Outreach Director Rachel Taylor by email at rtaylor@crowclinic.org for more information about costs and availability. For more information about the camp, visit www.crowclinic.org.

Half-Day Program At Rec Center

Registration is open for the Sanibel Recreation Center Half-Day Fun Days on May 31, and June 1 and 2. The program runs from noon to 5:30 p.m. and offers a variety of athletic games, craft projects and swim time. Enrollment is available for children in kindergarten through eighth grade. Each child needs to bring a water bottle, towel, sunscreen and swimsuit.

This option is now available to families seeking childcare on school half days, however, these days are included at no charge for children currently

enrolled in the After School Program.

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.

Summer Camp At Rec Center

Registration is open for summer day camp at Sanibel Recreation Center. Camp runs from Monday, June 13 through Friday, August 5 and is open to children entering kindergarten

through eighth grades. Hours are Monday through Friday from 8 a.m. to 5 p.m. Campers will participate in activities such as swimming, arts and crafts, athletics and a variety of games. Special guests along with an enhanced field trip itinerary will also be a part of the program. Breakfast and lunch will be provided daily. Campers should bring water, swimsuit, towel and sunscreen each day.

Register in advance and receive the early bird rate. Call 472-0345 or stop by Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.

Family Swim Days

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

Regular lap pool hours are: Monday, Wednesday and Friday, 8:30 a.m. to 4:15 p.m.; Tuesday and Thursday, 8:30 a.m. to 6:15 p.m.; Saturday, 8:30 to 10:30 a.m.; Sunday, closed.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345.



dune

SAVE THE DATE:

SATURDAY, MAY 28TH | 9AM - 1PM




Book Signing + Trunk Show

Meet Holly Daniels Christensen, Dune's founder, CEO and creative spirit, at this exclusive Book Signing + Trunk Show Event! Get your copy of *Happiness Comes in Waves*, filled with inspirational stories, thoughts, quotes and meditations to carry you through each day.

Holly will sign your book and then you are free to shop the Dune Collection at Suncatchers' Dream, featuring sand & earth elements from your favorite local and global destinations. You can also enter to WIN a free piece of Dune Jewelry and receive a Complimentary Gift with \$125 Dune Purchase.



Suncatchers' Dream

Suncatchers' Dream

(239) 472-7860 • www.SuncatchersDream.com

Open 7 Days • 630 Tarpon Bay Road #2

Olde Sanibel Shoppes next to Over Easy Cafe



Native spurred butterfly pea
Plant Smart

photos by Gerri Reaves

Banners, Wings And Keels

by Gerri Reaves

If you run across a flower structure similar to the ones shown here, you'll have narrowed the identification to the pea family. That's at least a start, but bear in mind that there are 19,000 known species in the family, many of which occur

in Florida. Pea is one of the most numerous of flowering plant families, after the orchid and aster, and contains three subfamilies. The best known is the classic pea-flower look. Overall, that structure is bilaterally symmetrical, meaning that splitting it in half vertically results in two mirror images. Another term for that type of flower structure is zygomorphic, having one plane of symmetry. However, even this classic structure is replete with variety, as these photos



Native hairy cowpea
illustrate.

Pea flowers have five petals that vary in size and shape and sometimes color. The banner, or standard, is a large lobed petal at the top of the flower. The wings are a pair of petals below the banner. The keel is the fusion of the wings that creates a longitudinal ridge named for the resemblance to a boat's keel. It encloses the male and female parts. This structure's similarity to a butterfly endows pea flowers with the name *papilionaceous*, derived from the Latin word for butterfly. Another challenge to identifying members of the pea family is the existence of two other subfamilies. One has variable flowers that are usually zygomorphic or at least asymmetric,



Nonnative smooth rattlebox however, they lack the banner, wings and keel. Native partridge pea (*Chamaecrista fasciculata*) is one example. The other group has actinomorphic flowers that are usually round, or globose, and can be split into more than two identical parts. Native sunshine mimosa (*Mimosa strigillosa*), a popular groundcover, for example, has that structure. South Florida's landscape gives you plenty of opportunities to familiarize yourself with this vast family with such a humble name. Source: <https://www.nrcs.usda.gov>. Plant Smart explores the diverse flora of South Florida.*

LEARN FROM THE SHELL EXPERTS

SCHEDULE YOUR BEACH WALK TODAY

SHELLMUSEUM.ORG/BEACH-WALKS

3075 Sanibel-Captiva Rd., Sanibel, FL (239) 395-2233 • ShellMuseum.org Open Daily 10 a.m.-5 p.m. **fort MYERS** LEE COUNTY TOURIST DEVELOPMENT COUNCIL

EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES

ALL NATIVE

GARDEN CENTER, NURSERY & LANDSCAPES

300 Center Road, Fort Myers FL 33907
PHONE 239.939.9663 • FAX 239.939.8504
www.NoLawn.com • www.AllNative.biz
OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun

OUR NURSERY FEATURES OVER 200 SPECIES OF NATIVE PLANTS ON SEVERAL ACRES

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

We also offer landscape design, consultation, installation and maintenance.

NEIGHBORS HELPING NEIGHBORS— SCHOLARSHIPS AVAILABLE for summer youth programming



SUMMER IS ALMOST HERE!

FISH understands the challenges of finding appropriate programs and the costs associated with summer childcare and continues to provide financial assistance in the form of youth scholarships for summer programs.

APPLY NOW!



Scholarships are made available through grant funding from the Sanibel-Captiva Kiwanis Foundation and private donors.

Assistance for camps on Sanibel and Captiva, as well as those offered in Fort Myers and other areas, is available. Assistance is evaluated on a case-by-case basis. Scholarship amounts vary depending upon the length and cost of the program and the family's financial status.

For more information on how to apply for a scholarship, *contact Nitza Lopez, FISH Social Services Director at 239.472.4775*



FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

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

food programs • island based education • social & senior services • helping hands & financial assistance

Options And More Options



by Capt. Matt Mitchell

During the month of May, many fisherman are so focused on tarpon that when you mix it up and go after snook, redfish and trout, there has been little to no

boat pressure. For a few trips last week, I got to switch it up and was extremely happy with the results. With our water temperatures hanging in the lower 80s, its been hard to go wrong.

Trout fishing remains as good as we have seen in years. Shallow flats in the two to four foot range that have that magical salt and pepper looking appearance have been loaded up. One area I spent some time at was the Buck Key flats. Although this is a huge area, during clean clear water conditions you can easily locate this grass and sand bottom that trout just gravitate to. Although I've been doing most of my trout fishing on free-lined live shiners, both soft plastics and twitch baits will get it done too.

Snook are on that annual move to the passes and beaches as they spawn this time of year. I'm still catching these fish anywhere from the mouths of mangrove creeks all the way out to



Jay with a quality redfish to finish up a slam he had while fishing with Capt. Matt Mitchell this week photo provided

snags on the beach. No matter where you choose to fish for them, a moving current is the most important factor. Pass fishing has heated up along with oyster bar fishing during high water periods also a good choice. Of all the species we catch, our snook fishing has produced the best numbers and action.

Redfish fishing in the middle to southern sound has been a little bit hit or miss, while anglers in the northern sound have been doing really well. When I have had clients who specifically want redfish, I've make the run to Demere Key north to Bookelia. Oyster bars in the south end of Matlacha Pass have been holding some quality redfish along with creek mouths feeding "Ding" Darling. We ran into redfish laid out from shallow mangrove islands several times this week while targeting areas for trout.

The variety our fishery offers anglers is second to none. Along with the above species I mentioned this week, we also caught flounder, snapper and jacks. When conditions just don't make tarpon fishing a viable choice, I can't think of a better place to go bend a rod on a crazy amount of other species. June is always the start of more predictable light wind pattern and by far a better month to tarpon fish than unpredictable May.

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.

Shop Local

whims

clothing to look your best.
art & gifts to feather
your nest.

mon-sat • 10 am-5 pm

239-313-0535
2451 Periwinkle Way
Bailey's Center

Show your colors!

I ♥ SANIBEL

This bumper sticker is available
at these favorite island stores.

Beach Stuff

Jerry's Foods

CVS Pharmacy

Suncatchers' Dream

Island Pharmacy

Whitney's Bait & Tackle

f

CLEAR YOUR GEAR™

It Catches More Than Fish

Fishing gear is hazardous to
birds, reptiles and mammals

CAPT. MATT MITCHELL

Light Tackle Sport Fishing

Sightseeing • Eco Tours

Tarpon • Snook

Redfish & More

C: (239) 340-8651

www.captmattmitchell.com

email: captmattmitchell@aol.com

ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

MERCURY - MARINER - JOHNSON - EVINRUDE

SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER

Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life

472-3380 • 466-3344

Your Bottom Specialist • Call on Paint Prices

Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Yellow-Billed Cuckoo



by Bob Petcher

The yellow-billed cuckoo (*Coccyzus americanus*) is a slender bird with a long tail and a long, yellowish bill. Its color features above are brown, while it has a white neck, chest and belly. You

may also distinguish it by large white spots on the underside of its tail.

Yellow-billed cuckoos try to stay hidden, but their guttural calls are distinctive and can give their locations away if not too careful.

Cuckoos are known to forage for caterpillars and are one of the few bird species to dine on the hairy insects that are in the larval stage of a moth or butterfly.

At CROW, an adult yellow-billed cuckoo was admitted from Cape Coral after being found unable to fly. During examination, the bird was severely dehydrated and emaciated with depressed mental activity, general weakness, eye swelling and feather loss on the head.

"Although we don't know for sure what happened, we can assume the injuries were caused by blunt force trauma



Patient #22-2319 had a laundry list of ailments upon admittance but is improving while being closely monitored

photo by Haillie Mesics

such as being hit by a vehicle or flying into a window," said Dr. Robin Bast, CROW staff veterinarian.

X-rays revealed a right clavicle fracture and some lung bruising.

"Luckily for this bird, this type of fracture doesn't require surgery. If the wing can be held in a normal position, it can heal just with strict cage rest," said Dr. Bast. "If the bird has a significant wing droop or is very active, we can place a body wrap, which keeps the wing on the affected side resting against the body, preventing movement in the shoulder girdle and allowing the clavicle fracture to

heal."

An update on the patient's other injuries was also provided.

"This patient is quiet but alert... some improvement from intake where it had a dull 'stunned' mentation," said Dr. Bast. "The swelling around the eye has decreased with anti-inflammatory medication. Feathers on the top of the head will take a while to grow back, but due to their location aren't required to be fully grown back in prior to release like wing or tail feathers would."

The patient's bruised lungs appear to be improving.

"Pulmonary contusions are a common sequela to blunt force trauma, and it is slow bleeding into the lungs as a result of the impact. Like any contusion or bruise, they tend to get worse over the first couple days before they start to resolve," Dr. Bast said. "We support these patients with supplemental oxygen and pain medication, and monitor to ensure no secondary infections develop."

The patient was given medications and will continue to be closely monitored under supportive care.

"It is cage-resting while its fracture heals, and it is receiving pain medications to keep it comfortable. It is also receiving nutritional support through tube-feedings as needed to supplement calories as this bird isn't eating well on its own yet," said Dr. Bast. "In a small bird like this and with a relatively simple fracture, the bone itself should be callused around two and a half to three weeks. At that point, the bird will be moved to a small outdoor enclosure to do its own physical therapy and recondition its flight muscles."

"If there are no complications, we expect this bird to be released within the next four to five weeks."

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.

Award-winning Coastal Cuisine

T2 BISTRO & Wine Bar



Since 2018

LUNCH • WINE BAR • DINNER • GIFTS



The Village Shops at 2340 Periwinkle Way
239.558.8919 • Outdoor Dining
WWW.T2TRADERS.COM

ISLAND FAVORITES

"BEST OF THE ISLANDS" CHEF



Since 1998

COCKTAILS • DINNER • LIVE MUSIC

TRADERS

1551 Periwinkle Way
Outdoor Dining • 239.472.7242
WWW.TRADERSSANIBEL.COM

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. Payment is required to complete reservation.

Daily Presentation Schedule



Friday, May 20, 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 20, 2 p.m.

Species Profile: Sea Turtles – CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species.

Saturday, May 21, 11 a.m.

A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. Volunteers, staff members and students give an inside look at what happens

behind the scenes at CROW. **Monday, May 23, 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 23, 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 24, 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 24, 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 25, 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. From songbirds to squirrels, to 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 25, 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 26, 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 26, 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.*

Fried Chicken & All The Fixins.

Expect Nothing Less.



2496 Palm Ridge Road
Sanibel, Florida
(239) 472-2534

The Pecking Order
Fried Chicken and Pies

Three years in a row.
Thank you, friends & customers!

*Enjoy Indoor & Outdoor Dining
in a Casual and Friendly Atmosphere.*



*Featured Dish:
Tripletail*

OPEN DAILY:

LUNCH: 11:30 AM - 4 PM

HAPPY HOUR: 3-6 PM

DINNER: 4-9 PM



Jean Le Boeuf, News-Press



239-472-0223

2055 Periwinkle Way

Sanibel, FL 33957

CipsPlace.com



A student discovers a swimming crab in the seagrass photos by Shane Antallick

Every Day Is A Field Trip At Sea School

submitted by Shannon Stainken, Youth Education Director

As the busy spring break season comes to an end on the island, Sanibel Sea School is excited to welcome hundreds of Lee County students to Sanibel for memorable ocean learning experiences. Students



Dana Donkle leads students through a squid dissection

build a strong science foundation in the classroom all year long with the help of their dedicated teachers. A trip to a nearby barrier island is the perfect way to expand upon that learning in the field with carefully crafted water-based lessons. During the week of April 25, Sanibel Sea School hosted 185 third grade students from Treeline Elementary over the course of four days. They surfed to learn about the physics of waves, dissected squid to explore animal anatomy and behavior, and seined in the seagrass to better understand ecosystem



Students take turns holding a nine-armed sea star

dynamics. Kendell Saponara, a third grade teacher at Treeline Elementary said, “Our field trip yesterday was spectacular! The weather was perfect, the instructors were fantastic, knowledgeable and prepared for the children. We had an enjoyable day. We are very thankful for this experience and opportunity.” Sanibel Sea School will explore the ocean with close to 600 more students from Lee County schools through the end of the academic year including Cape Elementary School, Mid Cape Global

Academy, Allen Park Elementary and Patriot Elementary. Marine science educators work closely with school groups to tailor every program to meet their needs. Students go home from field trips with a deeper appreciation for the sea, a greater excitement for marine science and new waterman skills that they will be able to enjoy for life. Part of the Sanibel-Captiva Conservation Foundation family, Sanibel Sea School’s mission is to improve the ocean’s future, one person at a time.✱



FRESH FARE



FUN DRINKS

Visit our award-winning newly remodeled restaurant and enjoy creative farm-to-table dishes, each carefully crafted with the freshest ingredients. And be sure to check out our new bar room addition featuring small plates and yummy drinks.

To learn more, visit cielo-sanibel.com

CIELO

1244 Periwinkle Way, Sanibel Island
Call 239-472-5555

Bailey-Matthews National Shell Museum
Shell Of The Week

The Giant Date Mussel



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

Lithophaga antillarum (d'Orbigny, 1853) reaches 120 mm (about 4.7 inches). The shell is cylindrical, rounded anteriorly, inflated,

with brownish, lustrous periostracum (outer shell layer). Giant Date Mussels bore into dead coral or limestone rock. *Lithophaga antillarum* has a broad distribution in the Gulf of Mexico and the tropical western Atlantic, from the Florida Keys to Brazil, but is not found locally in Southwest Florida. Given its life habits, this is a difficult species to observe or collect, as the date mussels grow into the limestone or coral rock, becoming "trapped" for life inside those structures. Read more about mollusks and their shells at <https://shellmuseum.org/shell-guide> and <https://shellmuseum.org/blog>.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on



The Giant Date Mussel, *Lithophaga antillarum*, from Marathon, Florida

photo by James F. Kelly

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.✱

Read us online at www.IslandSunNews.com

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, May 22.



Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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



Sanibel's Largest Selection

Liquor • Wine
Beer • Cigars

Call About Delivery
or Curbside Pick-Up

Open 7 days • 9AM-7PM

Buy a 750ml Bottle of
Tito's Vodka

Get a 4 pack of
200ml Fever-Tree Mixers

FREE!
(\$5.⁹⁹ Value)



Offer Expires 5/31/2022



(239) 472-1682 • www.GrogShopSanibel.com

(Located in Bailey's Shopping Center At the Far End, Facing Tarpon Bay Road)



OPEN
for Lunch
New Hours &
New Menu Items

Indoor/Outdoor Dining
Take-Out & Delivery Available

We are continuing to observe COVID-19 protocols

*"Have a Gourmet Meal and a Bottle
of Wine Delivered to Your Door!"*

Call Ahead Ordering is Welcomed

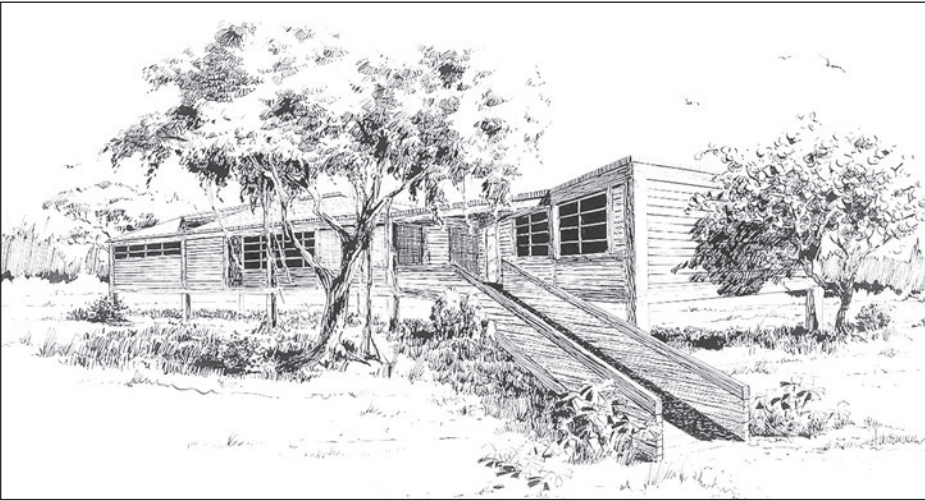
Tuesday thru Friday • 12pm - 8pm
Saturday • Dinner 5pm - 8pm

Reservations available via Open Table or calling the restaurant

1625 Periwinkle Way • 239.472.1956

View menus at

www.SweetMelissasCafe.com



SCCF Nature Center, originally constructed in 1977

Remodel Under Way At SCCF Nature Center

Last week, contractors started extensive renovations to transform the former Sanibel-Captiva Conservation Foundation (SCCF) Nature Center into an energy-efficient collaborative space intended for more interaction among staff members and volunteers, and with visiting scientists.

The design by Sanibel architect Amy Nowacki features more than 20 offices and workstations, an indoor lab space, bathrooms with a shower for those commuting by bike or coming in from the

field, outdoor decks and solar panels. The remodel is being done by Benchmark General Contractors and is expected to be completed in November. It will also include a reception area with space for volunteers and a large board room with seating for 42 people for presentations.

Originally constructed in 1977, the aging structure was no longer meeting the needs of the organization, which currently employs a staff of 36 at five different locations across Sanibel.

“These upgrades and more efficient use of our space will allow us to consolidate campuses and to integrate coastal wildlife and habitat management staff with our administrative, facilities and communications staff,” said CEO James Evans, who is committed to leadership

images provided



The design for the new structure

through collaboration.

It was 45 years ago last week that SCCF first moved into the original nature center at 3333 Sanibel-Captiva Road after a nine-month stint in one of the quarters at the Sanibel Lighthouse. Prior to that, the nonprofit founded in 1967 had mostly operated out of a 325-square-foot space on Periwinkle Way.

In an article in the *Island Reporter*, SCCF put out a call for “volunteers, especially those with pick-up trucks” to help with the May 14, 1977 move.

At that time, the neighboring JN “Ding” Darling National Wildlife Refuge hadn’t yet established a visitor center. When its doors opened in December 1977, the nature center was noted for its “modern construction and contemporary

design.” It was partly intended to shift SCCF’s primary focus since its founding in 1967 from land acquisition to education, with plans to open a native plant nursery on the grounds also in the works.

For more than 40 years, the building was a popular visitor attraction that once featured a touch tank, box turtle and indigo snake exhibits, a gift shop and a butterfly house. It also offered regular educational programs on wildlife and island ecosystems.

“Our focus on the property now is to connect visitors and residents with wildlife in its natural habitat, through our extensive trails in the Sanibel Slough wetlands behind the building that first

continued on page 20



Groceries • Hardware • Gifts



Serving Sanibel and Captiva Since 1899

ALSO SERVING YOU IN 2 OTHER LOCATIONS

The Island Store
11500 Andy Rosse Lane, Captiva
239-312-4374

Bailey's Marketplace at Sundial
1451 Middle Gulf Dr, Sanibel
239-395-6016

2477 Periwinkle Way • Sanibel, Florida • **239-558-0548** • baileys-sanibel.com • **OPEN 7 DAYS 7 AM - 7 PM**



THE ISLAND'S ORIGINAL SHOPPING

experience

Whether you're visiting, vacationing or an island resident, Bailey's is an island tradition.

Let's face it. Life is busy. And making healthy choices along the way takes a little more time and effort than we often have to give. So at Bailey's, we strive to make the healthy choice an easy one for you. Each day, we do the work of selecting, cleaning and cutting up perfectly ripened melons, sweet & tangy citrus, juicy berries and more so you can just grab a bowl and go! Fresh fruit has never been easier or more convenient.

Bankers Get Back To Work At The Building Site

After a pandemic-induced hiatus lasting two years, staffers from Edison National Bank/Bank of the Islands once again kicked off their dress shoes and laced up their work boots to participate in Habitat for Humanity's Women Build 2022. The bank participated as a Women Build Bronze Hammer Sponsor again as well.

"We value the supportive partnership we have developed with Habitat for Humanity, and the bankers on our staff cherish the time we spend together on the Women Build program," said Robbie Roepstorff, bank president. "It is such an honor and so in keeping with our bank's core values to help construct much needed homes and build brighter futures for the women in our community."

The bank's "build day" took place on April 30 and contributed towards a new home in Habitat's Heritage Heights Community in South Fort Myers. Due to social distancing restrictions imposed on the build site, only seven bankers were permitted to participate this year – Kim Nyberg, Michele Reed, Paige Stefanski, Liz Aurensan, Sherry Parmeley, Cindy Nelson and Susan Schulte.

"We did a lot of painting and had a lot of laughs – all for a wonderful cause," said Edison National Bank Vice



The 2022 Habitat for Humanity Women Build team, from left, Kim Nyberg, Michele Reed, Paige Stefanski, Liz Aurensan, Sherry Parmeley, Cindy Nelson and Susan Schulte

photo provided

President Liz Aurensan, who led the Women Build team.

The mission of Women Build is to engage women in the effort to provide safe and decent homes for families in need of affordable housing. Each year, approximately half of local Habitat homeowner candidates are single mothers or female-headed households. By recruiting, educating and inspiring

women to build, Habitat for Humanity transforms lives in the community for generations to come.

Since 2011, the local Women Build campaign has built or rehabilitated 25 homes with partner families, giving more than 60 children the stability only a home can provide.✪

Webinars On Shorebird Conservation

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking input on draft species conservation measures and permitting guidelines for four species included in Florida's Imperiled Species Management Plan: American oystercatchers, snowy plovers, least terns and black skimmers.

Species conservation measures and permitting guidelines are intended to provide information on rule requirements as they relate to permitting. They also provide information on species range, survey methodology and voluntary practices that can benefit the species.

Key information included in the guidelines will be presented at two remaining public webinars, where participants will also have the opportunity to ask questions. Each webinar will offer the same information, and participation will require access to a computer or access to a telephone for audio-only access.

Webinars are scheduled for Monday, May 23 from 2 to 3 p.m. and Tuesday, May 24 from 6:30 to 7:30 p.m. To join the webinars, visit www.myfwc.com/media/29347/ibnb-webinar.pdf.✪

From page 19

Nature Center



The Erick Lindblad Preserve features 212 acres of habitat

photo provided

attracted SCCF to this property," said Evans. Named after SCCF's longest-serving CEO, the Erick Lindblad Preserve features 212 acres of habitat unlike any other on Sanibel.

Before the nature center opened, SCCF had developed the four-mile trail system on the interior wetlands that are one of Sanibel's most distinguishing features as a barrier island.

"These remarkable habitats have the ability to transform visitors into advocates," said Evans. "Our goal is to connect you with nature, getting you out in our wild areas so that all of your senses can take in the sounds, smells and natural beauty of these special places."

Whether water quality science provided by SCCF's Marine Lab,

outreach and advocacy efforts, guided trail walks on preserve lands, programs for all ages at Sanibel Sea School, and/or lectures at Bailey Homestead Preserve, SCCF provides information on how to protect and care for Southwest Florida's environment.

"The entire ecosystem is our nature center," said Evans. "We hope you will take the opportunity to get outdoors and enjoy our diverse habitats."

The new collaborative spaces will also enhance research efforts and contribute to team building among staff, he added.

"It will be great to have a headquarters where all staff, interns and volunteers can gather, share ideas and feel a part of the SCCF family."

A community celebration with ribbon-cutting is planned for November.✪

OPEN DAILY 7AM-4PM

Jerry's Café Open Daily: 7am-8:30pm
Jerry's Foods Open Daily: 7am-9pm

Located on Casa Ybel and Periwinkle Way

FIGGIN' GOOD FOOD

AT 2 LOCATIONS!

CREATIVELY CRAFTED,
ABSOLUTELY FRESH, &
UNDENIABLY DELICIOUS!

 morning nosh/coffee

 daily crafted handhelds,
salads, sweets & more!

 oven ready entrees & sides
{PFK location only}

 beach market w/beverages,
wine, beer, ice & essentials
{The FIG location only}

 private chef services



FRESH EATS | TAKE-ALONG

2003 Periwinkle Way • Sanibel

239.887.0050



paperfigkitchen.com



BEACH EATS | MARKET

359 Periwinkle Way • Sanibel

239.558.8758



400 RABBITS

MEXICAN KITCHEN & TEQUILARIA

DINE WITH US

- Classic & Inspired Mexican Menu
- Crafted Margaritas & Cocktails
- Large Selection of Specialty/
Premium Tequilas & Mezcal
- Outdoor Patio Dining & Event Space

**HAPPY
HOUR**
3pm-6pm



 OPEN DAILY – Lunch & Dinner

 Carryout & Online Ordering Available

 975 Rabbit Road • Sanibel, Florida

 SCAN QR CODE TO VIEW OUR MENUS:



239-558-8756 | 400RABBITSSANIBEL.COM

PASTA • SEAFOOD • PIZZA

TUTTI PAZZI

ITALIAN KITCHEN

SANIBEL ISLAND

NOW OPEN!

*Family Friendly Italian Kitchen
Bringing Pasta, Seafood, and Pizza
to Sanibel and Captiva Islands.*

*Reservations & Online
Ordering Available!*

*Pazzi Hour
Specials
4:00pm-
5:30pm*

OPEN DAILY
4:00 PM – 9:00 PM
(Closed Tuesdays)

1200 Periwinkle Way • Sanibel, Florida



< SCAN TO
VIEW MENU

239.966.7654

| TuttiPazziSanibel.com



Local Youth To Receive Eagle Scout Award



by Allison
Havill Todd

Since its inception in 1911, only four percent of the members in the Boy Scouts of America (BSA) program have earned the highest attainable rank of Eagle Scout, which must be achieved before reaching the age of 18. This prestigious honor is awarded only to the most deserving youths after years of hard work, service and dedication followed by a lengthy review process. Sanibel resident Liam Horvath, currently a senior at Canterbury School in Fort Myers, first joined BSA when he was in the seventh grade and has successfully met all the requirements and earned the 21 merit badges needed to submit his final project to the board of BSA for review and acceptance.

In addition to portraying ideals based on the Scout Oath and Law and demonstrating an attitude of service and leadership, a candidate for Eagle Scout must complete a community service project which the Scout plans, organizes and manages. The Scout then



Liam Horvath with the labyrinth he built on the grounds of The Sanibel School

photo provided

presents his project for final approval before being presented with a medal and a badge recognizing his extensive accomplishments. Having attended The Sanibel School

since the sixth grade, Horvath is dedicating a project to honor the time he spent there. He approached the school principal, Jamie Reed, to share his idea of creating a large labyrinth on an under-utilized space on the school property that could be enjoyed by attending students as well as the general community. A labyrinth is a maze typically created from stone that, when walked, offers a means to relieve stress and clear one's mind. Horvath set to work creating the maze using a combination of pavers, shells and colored rocks, which were donated by island businesses Soon Come Inc. and RS Walsh Landscaping. The finished project measures 22 feet in diameter and can be found on The Sanibel School property on a grassy parcel of land between the basketball courts and the parking lot. When asked why he chose to build the labyrinth as his Eagle Scout project, Horvath shared, "It's a way of giving back to the school for the experience I gained while being a student there." He intends

for the labyrinth to serve as a memorial to those affected by the coronavirus disease, and he has ordered a special plaque dedicated to affected families on the island to be placed at the entrance of the maze. He wants his completed project to be something that is easy to maintain, long lasting and of benefit to others. Horvath presents his project to the board of the Boy Scouts of America on May 26, and I am certain, after speaking with this inspiring young man, that we can expect to see him proudly bearing the distinguished medal and badge identifying him as an Eagle Scout! Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.*

FIRST THURSDAY OF THE MONTH

Featuring Local Artists
Everyone is invited to play!

American Legion Post 123
4249 San-Cap Rd. (mm3) • 239-472-9979

PERSONALIZED ADDRESS
PLAQUES

- Weatherproof PVC
- Up to Six Numbers

Order at www.naturebrackets.com (Free Shipping) • 239.454.1001

Summer Reading Kickoff Party At Sanibel Library

The Sanibel Public Library Summer Reading Program kickoff party will be held on Saturday, May 28 from 10 a.m. to noon. Families are invited to stop by for games, snacks and raffles, plus the popular Guess How Many (candies in a jar). During the party, families can sign their children up for the summer reading program; open to ages baby to teen.

Youth Services Librarian Deanna Evans said, "I am super excited about the Oceans of Possibilities theme this year, as it relates so well to Sanibel." If you can't attend the kickoff party, you can register for the program online with Beanstack at www.sanlib.org/children starting May 28.

Over the past decade, children have taken part in Reading for Others during the program. Participants earned books for their personal collection, and for patients at Golisano Children's Hospital of Southwest Florida. Since its inception in 2012, readers have helped contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young patients to take home. This summer, as in year's past, readers will earn books. Teens can also earn volunteer time when they read a book and write a book review, thus gaining service hours.

In-person programs for elementary-age programs are planned for Tuesday afternoons, with storytimes for younger children on Wednesday mornings. Family-friendly feature films will be shown on Friday afternoons. Some presenters include Sanibel Sea School Mobile Unit, Bailey-Matthews National Shell Museum, a mammal program with live bats, Master Storyteller Windell Campell, Clinic for the Rehabilitation of Wildlife and reptiles from Adam's



Summer Reading kickoff party in 2019

Animal Adventures.

Teens and 'tweens (grades six to 12) programs will be held on Thursday evenings and include an escape room, craft programs, VR and competitive cupcake decorating. The "CSI Sanibel" program in July invites teens to solve a fictional crime with the help of a real-life forensic analyst. The full schedule is available online at www.sanlib.org.

For readers who are traveling this summer, eShelf offers a great selection of ebooks and audiobooks (in several languages) for readers of all ages.

The Reading for Others program runs from May 28 through August 6.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.

Margaret Mohundro, library executive director, said, "The summer reading program has grown to become

photos provided

more popular every year. We are especially appreciative to the library foundation and the Joan Hunt Cory Children's Fund. I think the program highlights the generous spirit of the islands."

Sanibel Public Library will be closed on Monday, May 30 in honor of Memorial Day. It will reopen at 9 a.m. on Tuesday, May 31. The eShelf and online services are available 24/7, for ebooks, music, movies and magazines.

Sanibel Public Library cards are



Adam Pottruck of Adam's Animal Adventures is one of the featured presenters for Tuesday afternoon programs

available to all residents of Sanibel and Lee County at no charge. You must 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. Sanibel Public Library is located at 770 Dunlop Road.*



We Ship Shells!
We Ship Luggage!

We Ship Fragile Items!

We Accept & Sign For Packages!

10% OFF
GROUND
SHIPPING
WITH THIS AD

Shipping • Packing • Packing Supplies
BW & Color Copies • Mailbox Rentals
Pick Ups • Notary Services • Fax/Scan & Email



Authorized Shipping Center
Friendly and Courteous service
All items professionally packed with care

QWIK
PACK & SHIP

MON-FRI 9:30-5:30 • Sat 10-2

1456 Periwinkle Way, Suite B (Across from MudBugs)
(239) 472-0288 • Fax (239) 472-0809

QPSIBC@gmail.com • www.IslandBusinessCenter.com

In the Moo-d for
UDDERLY
GREAT
FOOD!



LIVE MUSIC
Fri, Sat & Sun
5pm - 8pm



Get a taste of Key West right here on Sanibel.

For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.



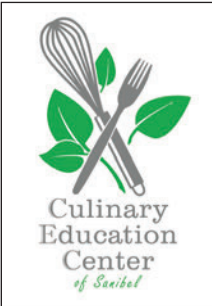
BODYGUARD
Ultimate
NO-SEE-UM DEFENSE
SOLD HERE



Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | SanibelIslandCow.com

The Community House

Sichuan Peppercorn



by Chef John Wolff

Sichuan pepper, also known as Chinese prickly ash and Chinese pepper, is a spice commonly used in the Sichuan cuisine of China's southwestern Sichuan Province. When eaten, it produces a tingling, numbing effect due to the presence of certain flavonoids in the peppercorn. The spice has the effect of transforming other flavors tasted together during or shortly after eating the spice. It is commonly used in Sichuan dishes such as Chongqing hot pot, and is often added together with chili peppers to create a flavor known as mǎlà or "numb-spiciness."

The peppercorn may be used whole or finely ground, as it is in five-spice powder. Ma la sauce is a combination of Sichuan pepper and chili pepper, and it is

a key ingredient in many Sichuan dishes. Sichuan pepper is also occasionally used in pastries, and even beer. Beijing microbrewery, Great Leap Brewing, uses Sichuan peppercorns, offset by honey, as a flavoring component in some of its beers.

Despite its name, Sichuan pepper is not closely related to either black pepper or chili pepper. It is actually the seed pod of the Chinese prickly ash and is more closely related to the citrus family. Related species are used in the cuisines of several other countries across Asia. Due to its relation to the citrus family, it was actually banned from importation into the United States from 1968 through 2005. It was feared that canker could be transmitted to domestic citrus plants and devastate citrus production in states such as California, Arizona and, of course, Florida. The import of Sichuan peppercorn has since slowly resumed after a standardization of certain drying techniques and duration time of drying at certain temperatures could be established.

As I mentioned, the Sichuan pepper is not related to black pepper, white pepper or chili pepper. While whole, green, freshly picked Sichuan pepper may sometimes be used in cooking, it is the dried seed pod that is more commonly used. Once dried, the black seeds inside the husk are discarded, along with any stems. The flower-like husk is actually what we know as Sichuan pepper or peppercorn.

Sichuan pepper is also available as an oil, sold as either Sichuan pepper

oil, Bunge prickly ash oil or Huajiao oil. Sichuan pepper infused oil can be used in dressings, dipping sauces, or any dish in which the flavor of the peppercorn is desired without the texture of the peppercorns themselves. Sichuan pepper is also mixed with salt, toasted and browned in a wok, and served as a condiment to accompany chicken, duck and pork dishes. The leaves of

the Sichuan pepper tree are also used in soups and fried foods. Here is one of my favorite recipes using Sichuan peppercorn. Although it is a common item on most Chinese restaurant menus, most do not actually use real Sichuan peppercorn. I'm talking about Dry-Fried Sichuan Beef. You can adjust the amount of ground peppercorn to your taste or tongue-numbing preferences.

Dry-Fried Sichuan Beef

Ingredients

- 3 tbsp. cooking oil
- 12 oz. flank steak
- 5 slivers of fresh ginger (fine julienne)
- 1 tbsp. spicy bean sauce
- 2 stalks celery (julienne)
- 1 medium carrot (julienne)
- 1 tbsp. shaoxing wine (rice wine, not rice wine vinegar)
- 3/4 tsp. sugar
- 1 tbsp. light soy sauce
- 1 tsp. sesame oil
- 1 tsp. ground Sichuan peppercorn
- 1/8 tsp. chili pepper flakes
- 2 scallions (julienne)

Directions

Heat the wok over high heat until it starts to smoke. Add 1 tbsp. oil and coat the wok before adding the beef. Immediately spread the beef in a single layer. (This step will prevent the beef from sticking to your wok.) Brown the beef until the liquid cooks off and the meat is well-seared, about 2-3 minutes.

Remove the beef from the wok and set aside.

Turn the heat down to low and add 2 tbsp. of oil to the wok. Crisp the ginger and add the spicy bean sauce. Cook for about a minute until the oil turns red, adjusting the heat as needed to avoid burning. Next, add the celery, carrot and cooked beef. Turn the heat up to high and stir. Immediately add the shaoxing wine, sugar, light soy sauce, sesame oil, ground Sichuan peppercorn, chili flakes (optional) and scallions.

Stir quickly for about a minute and mix everything well. Transfer to a dish and serve with plenty of rice.

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.✴

County To Pursue Land Purchases

The Lee Board of County Commissioners voted on Tuesday to pursue the purchase of two parcels through the Conservation 20/20 program, each of which is adjacent to already preserved land.

The parcels are: 3.42 acres within the Greenbriar Flowways area and north of the Conservation 20/20 GS-10 Preserve, a 625-acre preserve located west of

Joel Boulevard and north of Greenbriar Boulevard in Lehigh Acres; and 1.99 acres immediately adjacent to the five-acre Heron Pond preserve and near the 400-acre Buttonwood Preserve, a Conservation 20/20 preserve. The parcel is south of Pine Island Road in Bokeelia and west of Little Pine Island Mitigation Bank.

For more information, visit www.Conservation2020.org. To receive updates from Lee County government, sign up for the newsletter online at www.leegov.com/resources/newsletters.✴

BOGO DRAFT BEERS ALL DAY, EVERY DAY

Everyone Deserves A Slice of Paradise

Island Pizza Company

SANIBEL • ISLAND, FL

Serving Sanibel Since 1977 • Eat In - Take Out • Free Local Delivery

James Beard Chef Melissa Donahue

(Sweet Melissa's Cafe)

Presents *The Sweet Spot* BBQ

Available Every Friday • Call to Pre-order

Try Our New

Gluten-Free Cauliflower Pizza

(Available small or large)

OPEN 7 DAYS 11 am - Closing

239-472-1581 & 239-472-1107

1619 Periwinkle Way, Sanibel, FL

Facebook: islandpizzasanibel

Instagram: Island_pizza_sanibel

MADE WITH FRESH KEY LIMES AND RAW HONEY

AWARD WINNING!

Captiva Spirits

KEY LIME HONEY VODKA

Wonderfully Smooth, Naturally Florida!

CAPTIVASPIRITS.COM

Drink Local

VODKA SILVER 2021

RAW HONEY

LAS VEGAS GLOBAL SPIRIT AWARDS

Key Lime Honey Vodka

Vodka with Natural Flavors

35% ALC / VOL (70 PROOF - 750 ml)

New Seafood Market Opens On Sanibel

by Allison Havill Todd

Frequent visitors to the Sanibel and Captiva Farmers Markets are no longer limited to Sunday or Tuesday to shop for their fresh, local seafood. While the familiar turquoise fish truck will continue its presence at the markets during season, the much anticipated arrival of the Island Seafood Market store on Sanibel has finally come to fruition. With its doors opening on April 25, this boutique shop is sure to please the most discerning lovers of fresh seafood.

Business and life partners, Katie Fischer and Casey Streeter first opened their Matlacha based fishing venture nine years ago and are proud to be first generation fishermen. This small, family owned fishery began with just one commercial fishing boat and has since grown to a fleet of four with an additional six independently owned and operated boats providing customers with fresh, local, wild caught seafood.

Streeter emphasized that 85 percent of their seafood is sourced locally and domestically, with the exception of a few seasonal items coming from other locations. They use only responsible, sustainable practices to provide their customers with fresh cut fish every day,



Co-owner Casey Streeter

photo by Allison Havill Todd

coming directly from ship to store.

Some of the more popular items at the new market include grouper, snapper, stone crab claws, shrimp and local oysters (during season). Customers can also purchase an assortment of

smoked fish, handmade dips, Key lime pie and other accoutrements. And, though I am not generally a fan of tartar sauce, their freshly made recipe is a must try!

The couple intentionally planned the

opening of the Sanibel store to take place after the peak tourist season, giving them the opportunity to get to know the locals and establish a good base by providing exceptional customer service. Streeter shared, "We want to be as much a part of the Sanibel-Captiva community as we are in Matlacha." Their focus is on keeping things simple and doing what they do best. With a strong emphasis on personalized service, those who frequent the tastefully designed shop will experience hands-on attention, individual recommendations and suggested methods of cooking and preparation for an array of seafood selections. Streeter and Fischer believe in offering free samples of different items in the store daily explaining that, "We love to expose people to different fish and introduce them to something new and incredible that they might not otherwise know about."

Fans can keep up to date on the latest and greatest offerings as well as the fresh catch of the day on the company's facebook page: Island Seafood Market Sanibel. Located in Palm Ridge Place at 2330 Palm Ridge Road, next to Sanibel Deli & Coffee Factory, the market is open Monday through Saturday from 9 a.m. to 4 p.m. with a friendly smiling face to greet you. Planning a Memorial Day gathering? This is your local stop for fresh and delicious seafood for the grill along with a Key lime pie freshly made on Pine Island!*



Lighthouse Cafe

The World's Best Breakfast

WE'RE OPEN! FROM 7AM TO 3PM



SAVE ROOM FOR OUR FABULOUS DESSERT SELECTIONS!

Breakfast 7am to 3pm
Pan-handled egg dishes, omelettes, frittatas, hot cakes

Lunch 11am to 3pm
Sandwiches, salads, homemade soups, homemade desserts



CALL AHEAD SEATING | TAKE OUT AVAILABLE
239.472.0303 | 362 PERIWINKLE WAY, SANIBEL | LIGHTHOUSECAFE.COM



Blueberry BBQ Sauce

2 cups blueberries
1 tablespoon honey
¾ cup ketchup
½ cup cider vinegar
½ cup packed light brown sugar
1 tablespoon BBQ seasoning

blend

½ cup water

Several dashes of hot sauce, to taste

Sea salt and fresh black pepper, to taste

Add all ingredients to a small sauce pot over medium-low heat. Cook ingredients for at least 30 to 45 minutes while stirring occasionally. Remove from heat and carefully puree sauce with a tabletop blender or immersion blender. Taste and adjust seasoning with salt, pepper and hot sauce. Keep BBQ sauce refrigerated until 30 minutes before use.

Blueberry BBQ Sauce



photo courtesy Fresh From Florida

FAST AND FRESH To Go

To advertise call: 395-1213

Breakfast, Lunch & Dinner & Later

Sanibel Deli & Coffee
FACTORY

239-472-2555
www.sanibeldeli.com
2330 Palm Ridge Rd.
(Across from CVS)

10th Anniversary
Sanibel's Favorite Delicatessen
Gluten Free Options
Pizza & Wings • Ice Cream & So MUCH MORE!
WINNER Best Pizza
Taste of the Islands

The Pecking Order

Old-Fashioned Fried Chicken

Open Daily 11am to 8 or 9pm **239.472.2534**
Take Out • Delivery • Catering

BEST BREASTS ON THE ISLAND

2496 Palm Ridge Road, Sanibel

JERRY'S
Foods

Restaurant & Deli

Daily Lunch Specials • Salad Bar • Take-Out or Eat In • Breakfast • Lunch • Dinner

Open Daily
Cafe 7 a.m. - 8:30 p.m.
Grocery store 7 a.m. - 9 p.m.
Coffee Shop 7 a.m. - 1 p.m.

CALL FOR DAILY SPECIALS
472-9300

SPOONDRIFT
ISLAND BOWLS

239.472.0875
sanibelspoondrift.com Instagram Facebook

Poké Bowls • AAA Sushi Tuna & Salmon
Acai • Mango • Coconut Bowls
Daily Soups • Take Out Entrées
Malia Desserts • Boba Teas
Fresh Fruit Teas & Lemonades
Many Vegan & Vegetarian Options

CALL FOR DAILY PREPARED ENTRÉES

Bailey's
GENERAL STORE
ESTABLISHED 1899

FULL DELI, BAKERY
DAILY LUNCH SPECIALS
COLD BEVERAGES

Call us for your cookout, picnic and party needs. We'll take care of you!

Corner of Periwinkle Way & Tarpon Bay Road
472-1516

Blue Giraffe
Island Dining

TWICE AS DELICIOUS!

Breakfast, Lunch and Dinner 2075 Periwinkle Place (239) 472-2525	Lunch, Brunch and Dinner 1100 Par View Drive (239) 558-5634
--	---

Inside or on our Pet-Friendly Patios
Call for Reservations and Takeout!
BlueGiraffeRestaurant.com

WINNER
2020 & 2021
TASTE OF THE ISLANDS

PEOPLE'S CHOICE
AWARD

CAJUN KITCHEN
MUDBUGS
Sanibel Island, Florida

Takeout
Coffee & Beignets
9-11 a.m. Daily

Fresh Live
Crawfish

Sanibel
Periwinkle Way

FRESH SEAFOOD GRILL • FULL BAR

Live Music Daily 5-9pm



HOME OF THE CHARGRILLED OYSTER

HAPPY
HOUR
SPECIALS

Drink & Food
Specials
Daily • 3-6pm
Lunch & Dinner
Daily • 11am

TAKEOUT AVAILABLE • OUTDOOR SEATING



Specializing in authentic
Louisiana cuisine, fresh
local seafood, tender steaks
and full bar featuring hand
crafted cocktails.
Bring the whole family!

www.MudBugsSanibel.com

1473 Periwinkle Way, Sanibel • 239-472-2221



Island Cotillion Hosts Butterfly Ball To End The Season

Over 75 members of the Island Cotillion celebrated the end of the 2021-22 dance season on April 26 at the Butterfly Ball, held at The Sanctuary Golf Club on Sanibel. The membership filled the dance floor, enjoying the music provided by a four-piece band, Double Dare, during cocktails and after dinner. Many of the attendees embraced the theme with different butterfly embellishments and designs.

A surprise for the evening was looking to see who was the winner of the crystal butterfly from the centerpiece at each table.

Island Cotillion holds two formal dances, one in December and one in February. A more casual dance is held in late March or April.

Island Cotillion was established over 35 years ago as an independent club to encourage fine dining and dancing to live music. If you enjoy an evening of dancing to live music, accompanied by fine dining, contact the club for information on yearly membership. Email islandcotillionsanibel@yahoo.com.✴



Doreen and Mark Bolhuis

photos provided



Patti and Sean Daly



James and Maggie Davis



From left, Barbara Berens, Mary Bondurant, Jill McArthur and Charlotte Koops



Julie Rosenberg and John Ciprus



Dance committee, from left, Pete and Jan Halliday, Charlotte and Earl Koops, and Julie and Corky Boyd

Future Scouts Hold Peanut Butter And Jelly Drive



Sanibel Daisy Troop 144 and Brownie Troop 148 holding a food drive at Bailey's

photo provided

Sanibel Daisy Troop 144 and Sanibel Brownie Troop 148 held a peanut butter and jelly food drive for the Harry Chapin Food Bank recently. The future scouts set up their table at Bailey's General Store and

collected 529 pounds of food. The girls and their leaders thank community members and visitors who donated, and the Johnson family, owners of Bailey's, for providing the perfect spot for the food drive.☆

Sushi & Sashimi* & Oysters oh my!

Oyster Bar Thursday-Saturday Sushi & Sashimi Thursday-Saturday

"We serve it fresh...." **Best Seafood!!** **Best Bar!!** **Best Place To Watch The Game!**or we don't serve it at all!"

Sanibel Grill
SEAFOOD • SPORTS • SPIRITS

Friday is LOBSTAH NIGHT!
Grill Open 7 Days at 4pm

the TIMBERS
RESTAURANT & FISH MARKET

43 Years of Fresh Fish on Sanibel Island!

Restaurant Open 7 Days at 5pm

HAPPY HOUR
Daily 4:00pm - 6:00pm

Early Dining Menu
5:00 - 6:00
7 days

Reservations available at the Timbers
Fish Market Open at 11am - 9pm (2pm - 9pm Sunday)

472-3128 • 703 Tarpon Bay Road • www.timbersofsanibel.com
Best Seafood on The Islands, Year After Year!

TERRA NOSTRA

ITALIAN RISTORANTE

STEAKS • SEAFOOD • PASTAS • ITALIAN CLASSICS
INTERNATIONAL WINE LIST!

Wine Spectator

AWARD OF EXCELLENCE

TERRA NOSTRA
ITALIAN RISTORANTE

DINERS' CHOICE
2020

15880 San Carlos Blvd. • Fort Myers (In Target Center)
(239) 590-8147 • www.TerraNostraDining.com

Book Review

Never



by Di Saggau
We all have our favorite authors and favorite books. When asked what my favorite book is, I reply *Pillars of the Earth*. I won't let it leave my house. Naturally I have read every book by

Ken Follett. His latest *Never* is about the unimaginable, imminent threat of World War Three. It's certainly been on our minds of late with what's going on in the world. Former U.S. Treasury Secretary Lawrence H. Summers, calls it "A compelling story, and only too realistic."

Never is expertly researched and set against a global stage. It takes you on a high-stakes journey from the heat of the Sahara Desert to the political arenas of North America, East Asia and beyond, and sees a world edging closer to an unprecedented global crisis. The novel is more than a thriller, it's an action-packed, globe-spanning drama set in the present day.

Two intelligence agents in the Sahara Desert are risking their lives on the trail of a powerful group of drug-smuggling terrorists. A young woman is fighting against human traffickers while traveling to Europe with the help of a man who

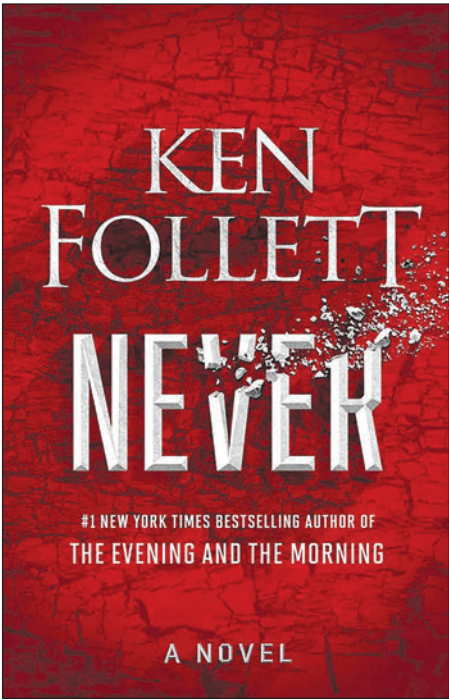


image provided

may not be who he says he is. A senior government official, who has huge ambitions for himself and his country, fights against the older members of the government who may be pushing China and North Korea to a place of no return. In the United States, the country's first woman president, Pauline Green, is dealing with terrorist attacks, illegal arms trading and smear campaigns of

her political opponent. Avoiding war is something she will fight with all her power, but when one act of aggression leads to another, will China and the U.S.

be drawn into all-out war neither wants? *Never* is an extraordinary thriller brimming with cautionary wisdom for our times.*

School Smart



by Shelley M. Greggs, NCSP
Dear Shelley, I want my kids to spend more time outdoors enjoying nature and getting some fresh air. They do play some sports and like to swim but otherwise prefer to be inside. They are in second and fourth grade. I need some ideas to make them want to go outside.
Joy S, Fort Myers

Joy,
Children today spend less time outdoors than any other generation, devoting only four to seven minutes to unstructured outdoor play per day while spending an average of seven and a half hours in front of electronic media. Simultaneously, childhood conditions such as obesity, anxiety and more have been rapidly increasing. There are some studies that suggest the rise in these unhealthy conditions may be related to more time with electronic media and less time playing. Other studies show that spending time outside is associated with better mental health, improved mood, heightened immunity and higher quality sleep. And, of course, most of the time that we're outside, we're doing something physically active, so that too is an advantage. Below are some outdoor activities that you can easily share with your kids. With these mostly free activities, you will be setting the time constraints and any rules you might need to will help you and your children relax, have fun, get a little exercise and enjoy being outdoors together. Go for a walk when you all get home

from your day at school and work. An afternoon or early evening walk is the perfect way to connect with your child and help them to unwind after a long day in the classroom while taking in your natural surroundings. Create a natural scavenger hunt. Look for pretty leaves, fossils, wildflowers and other outdoor items and allow your children to display them at home for a day or so. Introduce your kids to some of your favorite childhood games like hopscotch, four square, red rover, red light green light and kickball. They will love learning about the games you played as a child, and they too will have fun playing them. Take a trip to the farmer's market. This could be a weekly activity that both parent and child can benefit from. It's a great opportunity to begin teaching them about nutrition and meal planning. It may also get them more interested in different types of food to eat by letting them pick something new to try each trip. Have an afterschool or dinner picnic. Set up a blanket in your yard or at a park. Experience eating outdoors and while eating, encourage them to interact with their surroundings by identifying and discussing what they see. Start a small garden. Gardening helps to teach kids responsibility. Give the kids specific responsibilities and watch their observational skills increase. And they'll also get to experience the satisfaction and gratitude that comes with nurturing plants. Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.*

RACHEL PIERCE ART GALLERY



Upper Captiva Turtles

Come shop Sanibel resident Rachel Pierce's original modern coastal artwork.

The gallery also features her artwork on prints, clothing, home goods, tote bags & more.



239-292-3327
1571 Periwinkle Way, Sanibel
M-F 10-5 | Sat. 11-4 | Closed Sun.
www.ByRachelPierce.com
Commissions by appointment

Student Loan Tip

Students who have borrowed federal education loans and are finishing their schooling must take exit counseling, according to Kentucky Higher Education Assistance Authority (KHEAA). The federal government requires the counseling so student loan borrowers can understand their obligations and options. They can learn how to make their payments on time and whether they can qualify for a deferment or forbearance, which allows them to stop making payments temporarily, if they qualify. Most federal student loan payments are in forbearance at least through August 31 because of the pandemic. The U.S. Department of Education assigns student loans to one of eight loan servicers, which collect payments. Servicers also help students choose the best repayment option. For more information, visit www.kheaa.com.*

ISLAND SUN BUSINESS NEWSMAKERS

REMAX of the Islands

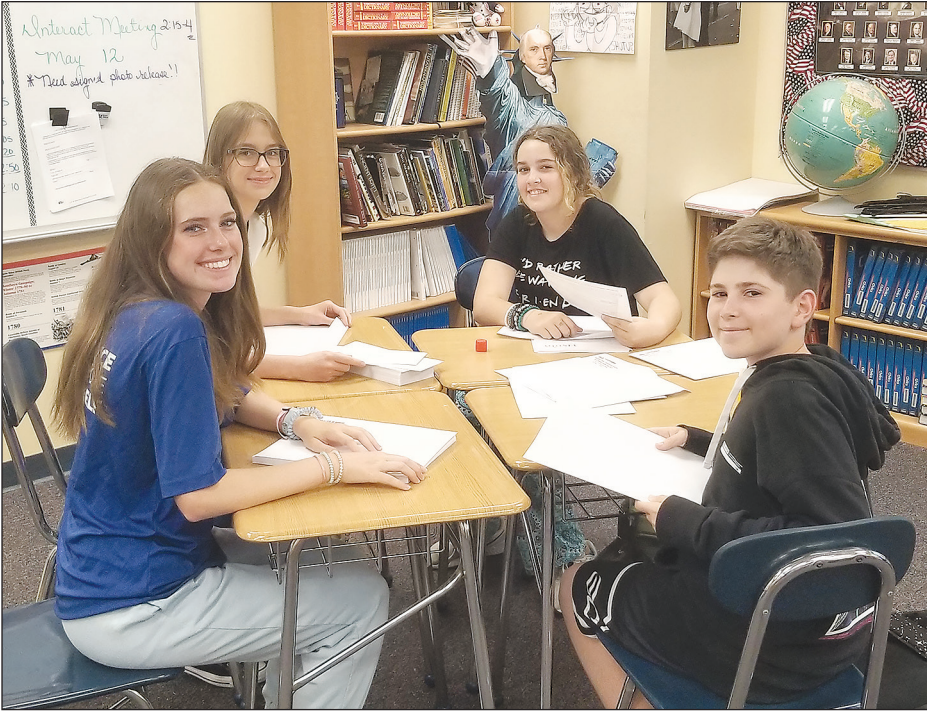


Kimberley Andrews



Bruce Cochrane

Kimberley Andrews was the top sales associate for April at RE/MAX of the Islands. Bruce Cochrane was the top listing associate.*



From left, Caroline Muddell, Jaden Wolf, Anna Kolobova and Joshua Schwartz photos provided

Interact Club Helps Prepare Resource Packets

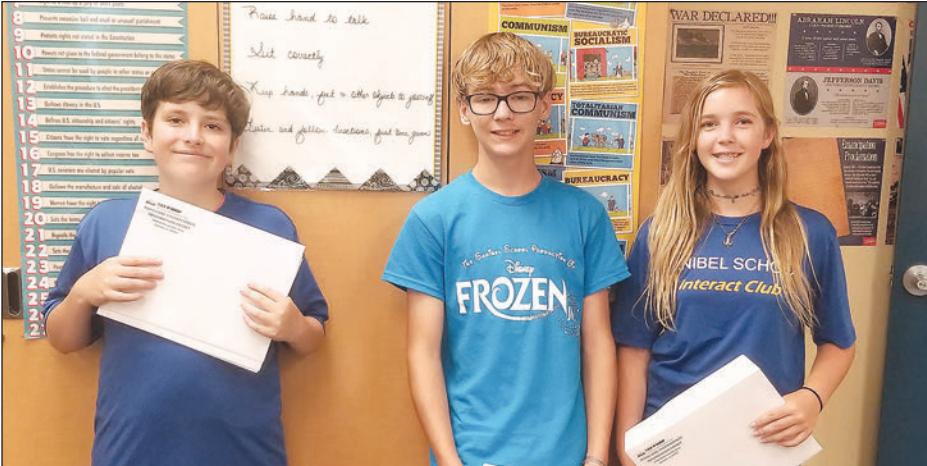
The Sanibel Interact Club, sponsored by the Sanibel-Captiva Rotary Club, assembled 400 FISH of SanCap Hurricane Preparedness Resource Packets. The club challenges middle school students to identify places of need within the community and find ways to help. The mission of the club is to develop young leaders who make connections in the community and highlight their role in making positive change.

Barb Ellis, liaison between the Interact Club and Sanibel-Captiva Rotary Club, suggested the community project as a way for students to fill

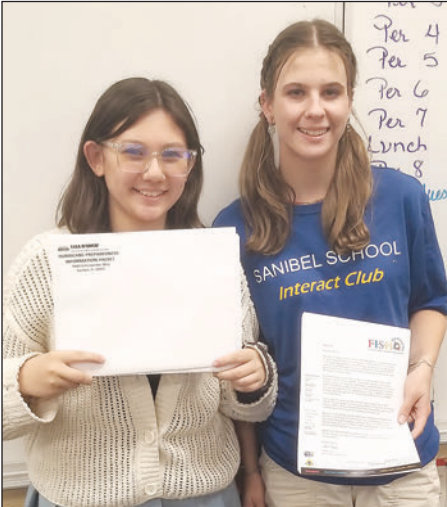
an important community need. The resource packets contain information on evacuation routes, flood zones, hotels with generators, shelters and pet accommodations.

“We are so thankful to the Interact Club for helping us with this project,” said Erika Broyles, senior services director for FISH. Broyles oversees the program and coordinates the efforts of the FISH hurricane committee and volunteers. “It’s heartwarming to know that our youth are interested in finding ways to connect with our island community and want to make sure everyone has reliable information in case a storm approaches.”

To receive a free Hurricane Preparedness Resource Packet, call 472-4775 or email erika@fishofsancap.org. Packets may also be downloaded from www.fishofsancap.org.



From left, Dylan Stevens, Colton Schmidt and Alexandria Broadwater



Aika Billheimer and Hailey Hammarberg



Barb Ellis

FORT MYERS OLIVE Oil and BALSAMICS

Ask us about our CBD oils!

Where you can “taste” the difference!

We carry the freshest, finest quality Extra Virgin Olive Oil and Balsamic Vinegars.

Dozens of flavors to choose from!

FREE 60ml bottle of Sicilian Lemon Balsamic Vinegar with any purchase of Olive Oil.

Must present coupon. Limit one per person. Expires 5/27/22

Fort Myers Olive Oil & Balsamics

CHILE EXTRA VIRGIN OLIVE OIL

FortMyersOliveOil.com

Cape Coral Olive Oil Company Coming Soon!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100

FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

A NEW EXHIBITION ON VIEW NOW

Red Blue Green

An Introduction to Water Quality in Southwest Florida

PRODUCED IN PARTNERSHIP WITH

SCCF SANIBEL-CAPTIVA CONSERVATION FOUNDATION

Naples Daily News | **News-Press.**

Made possible by a gift from **Joe and Jo Anne Orndorff**

Additional support is from **Sanibel-Captiva Shell Club**

BAILEY-MATTHEWS NATIONAL SHELL MUSEUM

OPEN DAILY 10 a.m.-5 p.m.

ShellMuseum.org • (239) 395-2233

3075 Sanibel-Captiva Rd., Sanibel, FL

fort MYERS ISLANDS, BEACHES & NEIGHBORHOODS

Island Seniors At The Rec Center

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

Coffee Social – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

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

Mahjongg – 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.

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 9:30 to 10:30 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.

Gentle Yoga is offered on Tuesdays and Thursdays from 9:30 to 10:30 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.

Chair Yoga is offered on Tuesdays and Thursdays from 11 a.m. to noon. 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.

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.

Leisure Lunchers will meet on Thursday, June 16 at Cip's Place at 11:30 a.m. Signup requested by Wednesday, May 25. Contact Deborah Butler at 314-4554, deborahbutler@comcast.net, or call Jessica

or Dave at 472-0345. Guests will order and pay individually.

The next Page Turners book discussions will be held on Tuesday, June 14 and Tuesday, July 12 at 2:30 p.m. Page Turners will now be a hybrid Zoom/in-person meeting in the Osprey Room. *Anxious People* by Fredrik Backman will be discussed on June 14 and *Rules of Civility* by Amor Towles will be discussed on July 12. For more information on joining the group, contact Louise Fitzgerald at sanibelbum22@gmail.com.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, visit www.center4life.org or call 472-0345.*

From page 1

Captiva District

heart attacks, strokes and childbirth, to basic treatment for falls or other injuries. Nearly everyone in the department is a trained EMT or paramedic.

The station has a medical treatment room near the entrance which itself sees a lot of action.

"We have a lot of walk-in trauma, people who come in here right off the street. We get bike falls, people who get cut on the beach, a lot of golf cart injuries. They always fall on their heads off a golf cart," Pawul said, shaking his own head.

Severe medical cases are air transported by helicopter to mainland facilities. Last year, there were around 10 to 12 incidents that required airlift.

For roughly the past 40 years, the air ambulance landing area had been located at the Rauschenberg estate. But due to construction on the property, that access was no longer available. A new area was found on open property on Osprey Way Drive along the Gold Coast.

"As long as that property stays open and isn't developed, and there's not many vacant lots out here to begin with, so it's only a matter of time before somebody develops that lot," Pawul commented.

While always a concern from the remote destination, regular ground ambulance transportation for non-life threatening incidents has become more difficult as the islands have become more congested. According to the chief, guidelines for airlift require anything greater than 30 minutes by ground ambulance.

"Well, every transport from out here is greater than 30 minutes," he noted.

Captiva does not have its own ambulance, relying on Sanibel's one provider, so conversations recently began with Lee County for Captiva Fire District to have its own ambulance. Pawul said the district budgeted to include it.

"And we are already trained. We're already certified. We have all the same equipment that those guys do," he explained, noting the logic of saving the county money.

"That was not an acceptable solution for (the county), so the only other one was the county fund an ambulance and put another one out on the islands," he said. "So that's kind of where we're at now, trying to negotiate that we get an ambulance here."

Pawul also said he was not opposed to



Captiva firefighters, from left, Lt. Josh Hulslander, Paul Morris and Aaron McKenzie

photo by Kathy Kurtz Ferrari



A firefighter uses an ax to gain access to a fire on Captiva

photo provided

the service being run out of Station Two on Sanibel, located about two miles from Captiva.

"I think at some point in the near future, we will be able to come to terms with something on their recommendations



Captiva firefighters extinguish a car fire on Captiva Drive

photo by Kathy Kurtz Ferrari

and staffing levels."

The issue is one of the district's top concerns.

Part Two of this story in next week's Island Sun will include how changes on Captiva have affected the fire

department, firefighter training and other areas of operation.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. Email Kathy.islandsunnews@gmail.com.*

Shell Crafting

Mother Pig And Babies



by Anne Joffe
Here's another fun one for the kids. I sometimes add sawdust to the clam shell to make it look as if the pigs are in a barn.

Materials:
1 large olive shell (mother)

- 3 small olive shells (babies)
 - 1 large worm shell (mother's tail)
 - Gold wire (baby tails)
 - 2 4mm wiggle eyes
 - Black pen
 - 1 large clam or sunray clam shell for the base
 - 2 small coquinas (mother's ears)
 - 1 pink cup shell (mother's nose)
 - 6 pink cup shells (baby ears)
- Directions:**
Glue coquinas to pointed end of large olive for ears – open side out, points up.
Glue body to the large clam shell – open side down, point faces front.
Glue the 3 small olives along the body of large olive, points face in. These are the babies.
Glue the worm shell on the large olive



Mother Pig and Babies
photo by Anne Joffe

for a tail.
Glue the wiggle eyes on the mother. Use a black pen to make eyes on the babies.
Curl gold wire and glue on end of each baby for tail.
Glue cup shell over end of olive for nose on mother. Use black pen to add nostrils.
Glue 2 pink cup shells on top of each baby for ears, points down.
*Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She is the author of ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.**

Poetry Corner



by Clay C. Ewell

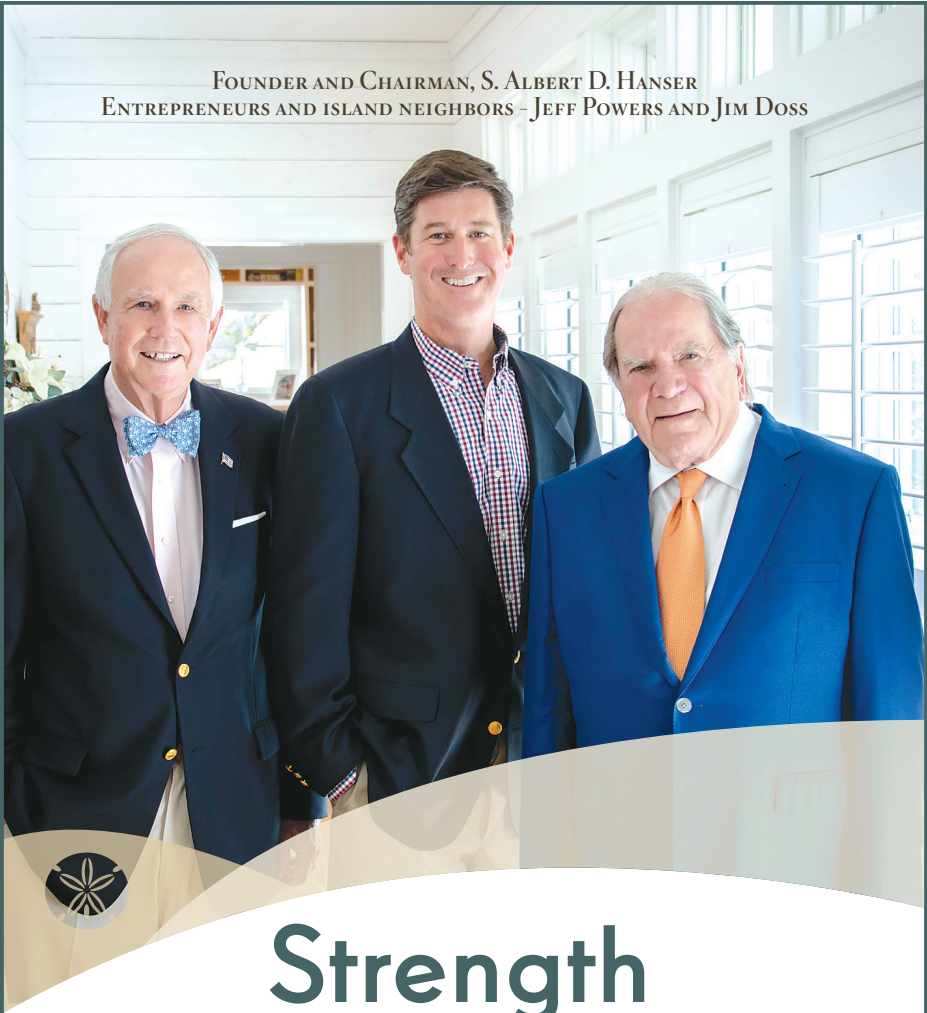
Elysium

I, if such a thought need be conceived, have transcended the vessel
That once bore my soul in the place of life and substance, of light
And darkness, to this otherness where time happens as if all at once
And all places need not be isolated or parsed away from those
Of its kin, so that the presence that was once me is now the unity
Of all that there is, all that there was and all that there ever will be.

I have come home, as come the soaring birds from the far north
Gliding upon the crystal currents of the clear airy ocean
And over the mountain tops snow capped, verdant sloped,
Piercing the sky, perches for the flights of angels beckoning
The pulsing life onward, a river of life onward into the hazy distance
Where all must come to breathe the last, to fill the lungs their last sweetness.

The I that once was, espied the streams of life flowing high above
As we walked the among the green fields and through the golden groves
Resounding with the songs of lives lived in quiet tranquility, those made
Inchoate, vaporous by way of silence and shame and yet they all come
And pause and marvel at this largest of things, this place of boundlessness
This place of sparkling sun and silver twilight where the work we have done is done

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



FOUNDER AND CHAIRMAN, S. ALBERT D. HANSER
ENTREPRENEURS AND ISLAND NEIGHBORS - JEFF POWERS AND JIM DOSS

Strength
in Numbers

As The Trust Company grows, the more we value the knowledge and experience of our Board and Advisory Board members.
There is strength in *community*.

Ready for a better experience?
We invite you to visit our office
to discover the difference.

*Available for investable assets of \$2 million and above.

THE
SANIBEL  CAPTIVA
TRUST COMPANY
PRIVATE WEALTH MANAGEMENT

TRUST & ESTATE SERVICES | INVESTMENT MANAGEMENT

2460 Palm Ridge Road | Sanibel, FL 33957
239.472.8300 | sancaptrustco.com

NOT FDIC INSURED | NOT GUARANTEED | MAY LOSE VALUE

Business Women Host Open House

The Sanibel Captiva Business Women's Association (SCBWA) hosted an open house and cocktail party at the Captiva Civic Center on May 3. It was a celebration to mark the first year for the organization and to share its mission and vision for the coming year.

The focus of the organization is to empower the lives of women who live and work on the islands through networking, mentorship, and career and educational advancement.

SCBWA hosts a monthly luncheon speaker series featuring local guest speakers and periodic after-hours networking and socializing events. For more information, email info@sanibelcaptivabwa.org.



From left, Robin Cook, Emily Hess Ankerson, Kerri Maw, Laura DeBruce, Mayor Holly Smith and Fran Peters

photos provided



Amy Lynn Reider and Taylor Osborne



From left, Melissa Rice, Terri Khule, Laura DeBruce and Chelsea Sweiss

County Issues Causeway Work Advisory

The City of Sanibel received the following road work notifications from Lee County:

Sanibel Causeway Island "B" Shoreline Stabilization Project: Lee County's contractor, Spectrum Contracting, Inc., is providing services to stabilize the shoreline on Island B. The project consists of clearing exotic vegetation along the shoreline, excavating some existing stone, which will be reused, placement of new beach sand and construction of T-groins. Expect large vehicles entering and exiting the roadway. Drivers and pedestrians should use caution in this area. The project is expected to be completed before summer.

Sanibel Causeway Bridge Structure: Lee County began making repairs to the Sanibel Causeway bridge structure

span C, over San Carlos Bay, on April 18. Work will continue from 9 a.m. to 4 p.m. through November 24. All work will be performed over the bridge on a snooper truck. There will be several lane shifts with no lane closures.

From page 1

Energy Seminar

be redirected away from the Earth, and that's something that we want, right? But the issue is that we're essentially contributing too much too fast."

Pointing to the way in which Sanibel was a pioneer in conserving beaches and natural areas resulting in a high quality of life, increased property values and a strong business community, Schuman suggested that similar threats and impacts should lead the community to work on renewable energy.

"We have a real opportunity to be a case study for our region," she said, introducing the work of the Sanibel-Captiva Renewable Energy Working Group, formed last year with the aim

of presenting viable solutions to reduce greenhouse gas pollution, reducing direct energy costs and increasing regional resiliency along with promoting investment in electricity grid, electric transportation infrastructure and energy efficiency. The ultimate goal of the group is to reduce the long-term impacts and costs of the accelerating effects of climate change.

The renewable energy group on Sanibel and Captiva is working alongside the Southwest Border Regional Resiliency Compact.

Schuman explained that one of the chief culprits is from energy generation, with 38 percent of emissions coming from heating and cooling, and that renewable energy, such as solar, results in less emissions.

Dr. Simeone Komisar, environmental engineering program director at Florida Gulf Coast University, added to the list of negative effects of climate change, pointing to increased insurance and electricity costs, and suggested common sense measures to preserve electricity.

"There's an enormous economic opportunity in lost energy," Komisar said. "Thirty percent of the energy lost is in the buildings. We don't have good ductwork, we don't have enough insulation in our buildings. We have windows that are single pane. We have old, faulty wiring. We have poorly designed entrance ways. We lose a lot of energy when we open the door. We have poor landscaping that doesn't shade the building."

He added that what we have in abundance in Florida is solar and that those who have put in solar hot water understand the rapid return on that investment.

"Solar votable photovoltaics are really the future," Komisar said.

Lee Country Electric Cooperative (LCEC) was also in attendance with an information table on energy audits and net metering. Homeowners producing more energy than they need through solar panels can bank it and sell it back to LCEC, a spokesman for the cooperative told the *Island Sun*.

BURNS *family* TEAM



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**



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
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history
- **\$1,049,000 EURO 993,225**

Premier | **Sotheby's**
INTERNATIONAL REALTY

LiveSanibel.com | 239.851.2696
LiveCaptiva.com | 239.464.2984

Your Local Experts
with a Global Reach.

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity. Property information herein is derived from various sources including, but not limited to, county records and multiple listing services, and may include approximations. All information is deemed accurate.

Zonta Supporting Awareness Campaign

submitted by Kathleen Skubikowski

Period Poverty Awareness Week is May 23 to 29. What is period poverty? Studies have shown that nearly two-thirds of low-income women struggle to afford menstrual products, the cost of which can lead to difficult choices between health and other basic needs. Women facing period poverty may use, and reuse, other household items to manage their periods, or ration pads or tampons to make them last longer. This can contribute to poor physical health outcomes such as infections and irritation.

Also, lack of access to period products combined with anti-period stigma contribute to negative physical, mental and social outcomes for low-income women and girls. Students skip school and women skip work during monthly periods because they cannot afford reliable, appropriate products for use at home, at school or at the workplace. In Florida, for example, one in four low-income teens has missed class due to a lack of access to these supplies, yet menstrual products are not covered by public SNAP, WIC or Medicaid benefits, nor are they available cost-free in middle school or high school bathrooms while toilet paper, soap and



Teens collect menstrual products for distribution by Renewing Dignity of Jacksonville photo provided

The national organization Alliance for Period Supplies created Period Poverty Awareness Week to draw attention to the issue of period poverty and its negative impact on families in Florida

and throughout the country. The Zonta Club of Sanibel-Captiva joins other area and national nonprofits – Renewing Dignity (Jacksonville), Cycle Forward (Fort Myers) and the National Diaper Bank Network – in setting aside May 23 to 29 to begin conversations about period poverty, host a product drive and collect donations locally.

In her book *Periods Gone Public*, Jennifer Weiss-Wolf says of period poverty: “The result is, effectively, a denial of (an) equal chance to obtain an education, to acquire the tools to escape poverty, contribute to the economy and participate fully and productively in civic life. When half of the population is held back, all of society suffers.”

During Period Poverty Awareness Week, Sanibel-Captiva Zontians will man information tables outside Bailey’s General Store on Monday, May 25 (morning) and May 23 and 27 (afternoons) and collect donations for Cycle Forward of Fort Myers to distribute. According to Zonta President-elect Erika Steiner, “Along with Zonta International, we envision a world in which women’s rights are recognized as human rights and every woman is able to achieve her full potential. Period poverty is a huge barrier to achieving this vision for so many women and girls.”

Bailey’s General Store is located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel. For more information or to make a donation, visit www.zontasancap.org.

ISLAND SUN BUSINESS NEWSMAKERS



McMurray & Members



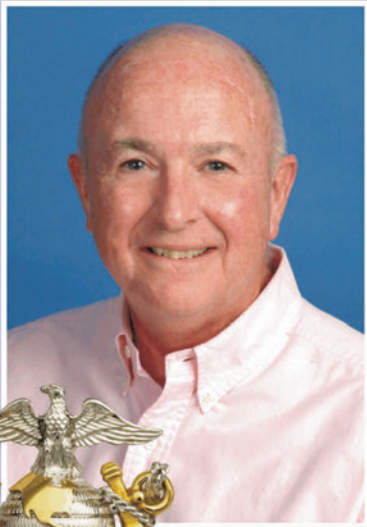
Trevor Nette



Jason Lomano

Royal Shell Real Estate

The top producers for April at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray & Members, top listing and top sales producers team; Trevor Nette, top listing producer individual/partners; and Jason Lomano, top sales producer individual/partners.✱



Chuck Bergstrom Same Great Service John Naumann & Associates

Put yourself in the hands of
an Award-winning Realtor® and island resident.
Buying or selling . . .
There’s Nothing Better Than Living In Shorts.

CHUCK BERGSTROM
Direct: 239-209-6500
chuck@chuckbergstrom.com
www.SanibelCaptivaRealEstateGuide.com



JOHN NAUMANN
& ASSOCIATES
real estate

CAPTIVA ISLAND

15819 CAPTIVA DR., CAPTIVA
 • Gulf to Bay, Mouth of Bay & Roosevelt Channel
 • Unique Property, 125' Water Frontage
\$15,500,000 **MLS# 222021059**
McMurray & Members 239.850.7888

SANIBEL ISLAND

1223 PERIWINKLE WAY, SANIBEL
 • Commercial Property & Restaurant
 • Popular Sanibel Establishment
\$6,400,000 **MLS# 221068810**
Tracy Walters 239.994.7975

**CAPTIVA ISLAND
UNDER CONTRACT**

17201 CAPTIVA DR., CAPTIVA
 • Private Beach & Bay, Dock & Lift
 • Pool/Spa, Gated, Elevator, Generator
\$5,650,000 **MLS# 221078264**
Trevor Nette 239.281.4435

CAYO COSTA STATE PARK

1000 CAYO COSTA, CAYO COSTA
 • 1.8 Acres in 2,500 Acre State Park
 • 3 BR, 3 BA, Amazing Kitchen, Dock
\$3,450,000 **MLS# 222017816**
McMurray & Members 239.850.7888

GUMBO LIMBO

9476 Balsa CT., SANIBEL
 • Open 3 Bedroom, 2 Bath
 • Pool/Spa, PV Solar Electric
\$1,195,000 **MLS# 222024499**
David Liebetau 239.472.7748

SEASPRAY

1321 SEASPRAY LN., SANIBEL
 • Near Beach, Large Buildable Homesite
 • Small Beach Community
\$995,000 **MLS# 221016939**
John Nicholson, McMurray & Members 239.849.3250



RoyalShellRealEstate.com

Offices in Florida and North Carolina



239.314.3640

SEASPRAY

1318 SEASPRAY LN., SANIBEL
 • Spectacular Gulf Location, Boardwalk Beach Path
 • 5 BR, 3.5 BA, Wonderful Beach Home
\$4,650,000 **MLS# 222029828**
Trevor Nette 239.281.4435

**HUSCHKA
UNDER CONTRACT**

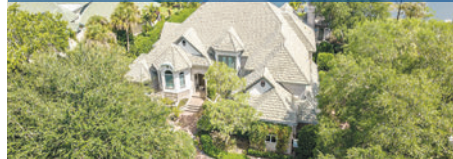
489 SAWGRASS PL., SANIBEL
 • European Style Custom Built Residence
 • 5 BR, 5 BA, 5,000+ Living S.F.
\$2,150,000 **MLS# 222003912**
Trevor Nette 239.281.4435

SANIBEL ISLAND

1012/1014 E. GULF DR., SANIBEL
 • Updated Near Beach Duplex
 • Each Unit - 2 BR, 1 BA, Laundry
\$1,179,000 **MLS# 222027194**
Tom Kiddy, McMurray & Members 239.410.8047

SOUTH SEAS ISLAND RESORT

4214 BAYSIDE VILLAS, CAPTIVA
 • 2nd Floor, 1 BR, Overlooks Boat Basin
 • Convenient South Location within Resort
\$605,000 **MLS# 222017182**
Fred Newman & Vicki Panico 239.826.2704

**FIDDLESTICKS
NEW LISTING**

15761 GREY FRIARS CT., FORT MYERS
 • Luxurious 4 BR, 4.5 BA, Golf Community
 • Generator, Elevator, Wine Cellar
\$4,450,000 **MLS# 222031545**
McMurray & Members 239.850.7888

**MCGREGOR RIVERFRONT
NEW LISTING**

11550 MCGREGOR BLVD., FORT MYERS
 • 1.87 Acre Estate Sized Property
 • Panoramic Water & Sunset Views
\$1,949,000 **MLS# 222034258**
McMurray & Members 239.850.7888

CARDINAL RIDGE

3005 TURTLE GAIT LN., SANIBEL
 • Beautiful, Cleared 1.17 Acre Lot
 • 5 Minute Walk to Beach
\$1,150,000 **MLS# 222023861**
Maureen Ahmed 239.839.7250

**THE COLONADES
UNDER CONTRACT**

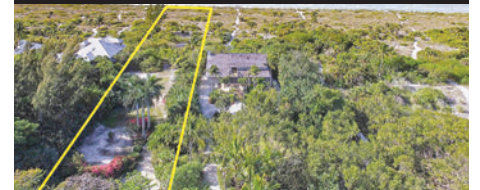
409 E. GULF DR. #10, SANIBEL
 • Remodeled 1st Floor, Sanibel's East End
 • SS, Inlay Tile Backsplash, Walk to Beach
\$449,000 **MLS# 222027119**
Jason Lomano 239.470.8628

ROOSEVELT CHANNEL

16217-16221 CAPTIVA DR., CAPTIVA
 • 5 BR, 5.5 BA Main House
 • 2 BR, 2 BA Guest House
\$7,250,000 **MLS# 222015581**
McMurray & Members 239.850.7888

SANIBEL ISLAND

0 W. GULF DR., SANIBEL
 • 104+ Beachfront
 • Incredible Opportunity, Ideal Location
\$5,995,000 **MLS# 222015337**
McMurray & Members 239.850.7888

GULF RIDGE

5085 JOEWOOD DR., SANIBEL
 • Direct Beachfront Lot
 • Over 2 Acres of Privacy
\$4,250,000 **MLS# 222014783**
Trevor Nette 239.281.4435

**PALMETTO POINT
NEW LISTING**

6811 DANAH CT., FORT MYERS
 • Updated 3 BR, 3 BA + Den, Vaulted Ceiling
 • 100' Canal Frontage w/Direct Gulf Access
\$1,389,000 **MLS# 222034100**
Chad Reedy, McMurray & Members 239.989.8838

THE SANCTUARY

2661 WULFERT RD. #1, SANIBEL
 • Turnkey 2 BR, 2.5 BA + Den, 2,815 S.F.
 • Gorgeous Kitchen w/High-End Granite
\$1,100,000 **MLS# 222031481**
Maureen Ahmed 239.839.7250

VERSAILLES

4722 SE 1ST PL. #13, CAPE CORAL
 • Oversized 2 Bedroom, 2 Bath
 • Gulf Access Slips
\$289,000 **MLS# 222034069**
Tom Kiddy, McMurray & Members 239.410.8047

Superior Interiors

The Wonder Of Mother Nature



by Marcia Feeney

One of today's hottest design trends is a return to nature. From fabrics to wall coverings to accessories, our living spaces can easily reflect an embrace of Mother Nature. Why the growing interest in bringing a little bit of the outdoors inside?

First, we long for peace and quiet at home. As our lives outside our homes become more harried and stressful, we all have returned to our homes as retreats, and decorating them with furnishings and accessories we find soothing and comfortable.

Secondly, our increased awareness of the environment and the quest to preserve its beauty has led to a desire to bring bits of it home. Here's a look at several areas of interior design that can get you back to nature!

Bouquets of colorful botanicals with flower, leaf and vine prints are perennial favorites. Imagine relaxing in a lush garden where flowers flourish all around you – soft violets, delicate lilies of the

valley, bold hydrangeas and stately red tulips. Fun, faux animal prints remain popular – even zebra stripes and leopard spots will lend an air of exotic sophistication to any room.

You can go from gorgeous garden shades to the rich fruit tones of deep raspberries, soft banana yellows, plums and strawberries. Even nature's neutrals are also playing their important role with inspiring shades of wheat brown, amber waves of grain, the creamy whites of magnolia blossoms and terra cotta corals all highlighted by an amazing azure blue sky. All these colors are uplifted by nature's green, the color that will dominate our interior decorating in this decade, from deep, leafy green to teal, to greens with a yellow tint.

Today's worn weathered wood styles, featuring more of a matte finish with lighter wood tones, are even appearing on contemporary furnishings. Sofas and chairs are being covered in natural cotton looks and sport trims of raffia and hemp. Wicker and rattan furniture mixed with warm wood tones lend themselves to more of a casual style of decorating.

Natural organic fabrics, florals and botanicals are blooming in their popularity. Don't worry about too much pattern; these blooming designs look great when mixed with solids, stripes, checks or even plaids. By coordinating your "blooming" window treatments with furniture, bedding, even your linens, you'll find yourself surrounded by

Mother Nature's beauty.

Our love of Earth and the resurgence to preserve it, influences us to bring nature's colors into our homes and our everyday lives. And what better way to start soothing the soul than right in your

own home.

Relax... Enjoy... You deserve it.

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

ISLAND SUN BUSINESS NEWSMAKERS



Amy Zajic



Larry Hahn



Deb Hahn



Chuck Bergstrom

John Naumann & Associates

The top producers for April at John Naumann & Associates were: Amy Zajic, top listing agent; Larry and Deb Hahn, top sales team; Chuck Bergstrom, top sales agent; and Harrell, Tolp & Albright Team, top sales team.✧



Harrell, Tolp and Albright Team

More Listings Needed...
These... Our Last Four Sanibel Closed Sales...



Sanibel Moorings #122
845 East Gulf Dr
\$1.08M
our listing



Blind Pass #D204
5117 Sea Bell Rd
\$815K
our listing



Lighthouse Point #227
200 Periwinkle Way
\$1.395M
our listing



860 Lindgren Blvd
Shell Harbor lot
\$925K
our listing & our buyer

 **472-HOME (4663)**
888-603-0603
2242 Periwinkle Way #3
Sanibel Susan
REALTY ASSOCIATES

More info & blog at SanibelSusan.com



Susan Andrews
Realtor Broker



David Anderson
Realtor



Lisa Murty
Realtor



Elise Carnes
Notary

No one's better qualified to handle your real estate needs than your neighbors!

We ARE your REALTORS®



15761 GREY FRIARS COURT



FIDDLESTICKS COUNTRY CLUB

- Luxurious 4 BR, 4.5 BA, Golf Community
- Generator, Elevator, Wine Cellar
- Pool with Cabana, 3 Car Garage, Media Room
- Gorgeous Landscaping & Outdoor Lighting

\$4,450,000

16221-16217 CAPTIVA DRIVE



ROOSEVELT CHANNEL

- 5 BR, 5.5 BA Main House
- 2 BR, 2 BA Guest house
- Office, Elevator, MBR with Sitting Room
- Pool/Spa, Boat Lift/Dock, 2 Acres

\$7,250,000

15819 CAPTIVA DRIVE



CAPTIVA ISLAND

- Gulf to Bay, Mouth of Bay & Roosevelt Channel
- Unique Property, 125' Water Frontage
- Blueprints by John Cooney Available
- Deep Water Access, Covered Boat House

\$15,500,000

1321 SEASPRAY LANE



SEASPRAY

- Near Beach, Large Buildable Homesite
- Small Beach Community of Fabulous Homes
- Community Tennis Courts & Pool
- Private Community Beach Access

\$995,000

1000 CAYO COSTA



CAYO COSTA STATE PARK

- 1.8 Acres in 2,500 Acre State Park
- 3 BR, 3 BA, Amazing Kitchen, Dock
- Boat to Cabbage Key, Useppa & More
- Feels Like Private Island, Gulf/Bay Views

\$3,450,000

1012/1014 E GULF DRIVE



SANIBEL ISLAND

- Updated Near Beach Duplex
- Each Unit - 2 BR, 1 BA, Laundry
- Separate Private Outdoor Space
- Impact Windows, Rental Opportunity

\$1,179,000

0 WEST GULF DRIVE PARCEL #1



SANIBEL ISLAND LOT

- 104'+ Beachfront
- Incredible Opportunity, Ideal Location
- Panoramic Beach Views & Sunsets
- 1.5+ Acres of Land on Private Setting

\$5,995,000

1433 SW 57TH TERRACE



SOUTHWEST CAPE CORAL

- 10,000 S.F. Masterpiece, Deep Water Access
- 150' Waterfront w/ Room for 100' Yacht
- Over the Top Luxury Built for Entertaining
- Elevator, 1st & 2nd Level Master BR

\$5,995,000



McMURRAY & Members of **ROYAL SHELL**
Real Estate

FOR PROPERTIES OF PRESTIGE & PREFERENCE

McMurrayandMembers.com | Info@McMurrayandMembers.com | Mike McMurray: 239.850.7888

Follow us on Social Media at: @mcmurrayandmembers



Rotary Happenings

submitted by
Cindy Carter



When a hurricane strikes, who do you turn to for help? When red tide all but closes the tourist industry on the island and hours are cut to nearly none, where do you go for help to pay the bills that don't stop just because tourism does? When COVID-19 literally closes down your job, where do you go for assistance? On Sanibel and Captiva, we are fortunate enough to have a well-known secret for assisting residents and essential workers of our community. It's called FISH of SanCap. Maria Espinoza, executive director of FISH, spoke to our group last week.

FISH has been assisting those in need in our community for over 40 years. Some of the many services they provide are a food pantry, Meals-by-FISH, a program that ensures that all islanders have access to at least one hot meal a day, the backpack program, which ensures that our students have food and snacks over the weekends and school breaks, and holiday food baskets to make sure our island neighbors can enjoy an Easter, Thanksgiving and Christmas dinner without creating



Maria Espinoza photo provided

additional monetary stress at a financially strained time.

FISH also offers educational opportunities for adults and children, outreach programs to ensure that loneliness and isolation don't take hold, workshops on healthy eating, mental wellness, Medicare consultations and other wellness issues. The organization provides daily reassurance calls and visitations as well as emergency financial assistance for essential costs such as rent, utilities and medical bills. And 93 percent of donations go directly back to the community. This is truly a neighbors helping neighbors organization.

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 by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.✱

Changes Made To Alligator Hunt

Florida Fish and Wildlife Conservation Commission (FWC) Commissioners approved increasing hunting hours for the statewide alligator hunt and adding precharged pneumatic airbows to the legal methods of taking an alligator.

Increasing hunting hours from the current 17 hours a day to 24 hours a day on most areas will provide those with an alligator trapping license/alligator harvest permit seven more hours a day of hunting opportunity and more flexibility when scheduling hunting trips.

Adding precharged pneumatic airbows to the legal methods of take can assist hunters with mobility challenges and youth or smaller framed hunters who might have limited dexterity or strength. To be considered a legal take method, the airbow's arrow needs to be attached to a restraining line, which allows the hunter to safely gain control of the animal.

These new rules will take effect in

time for the 2022 statewide alligator harvest season. Visit www.myfwc.com/alligator for more information.

This year, sustainable hunting opportunities will be offered at 128 AMUs (65 countywide AMUs and 63 specific AMUs). The FWC will be issuing over 7,300 alligator harvest permits through three random drawings and a final leftover phase.

The dates to apply for alligator harvest permits this year from 10 a.m. to 11:59 p.m. are as follows:


Phase I Applications – May 6 to 16;
Phase II Applications – May 20 to 30;

Phase III Applications – June 3 to 13;


Phase IV Leftovers – June 16 to October 14 (or until permits are filled).

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

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




Providing Comprehensive Marine Service



Authorized YAMAHA

Engine Repair & Maintenance



Cosmetic Repairs and Detailing

Electronics Installation

Servicing All Makes & Models | Inboard & Outboard

Bring boat by water up to 40'

YACHT SALES & SERVICE
634 N Yachtsman Dr, Sanibel | 239.472.6515

NOW SERVING Sanibel & Captiva Islands!

CAC1819960



WWW.ALLIEDAIR.BIZ

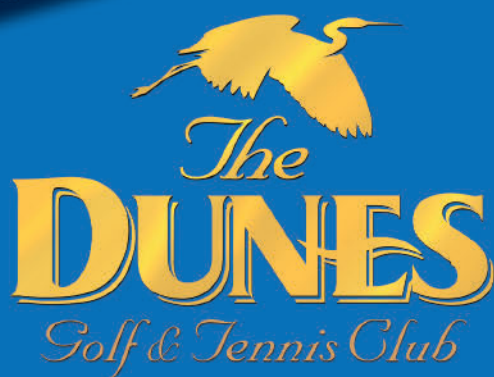
LOCATED JUST OFF PINE RIDGE AT KELLY RD
INFO@ALLIEDAIR.BIZ

HVAC SERVICE | REPLACEMENTS APPLIANCE REPAIR & DIAGNOSTICS COMMERICAL/RESIDENTIAL

CALL ANYTIME (239) 217-4111

FAST SERVICE COMFORT CLUB 34 YEARS EXPERIENCE COMPETITIVE PRICING

CALL FOR A MAINTENANCE CHECK ON YOUR AC TODAY!



— ◆ —
Voted Best Golf Course
~in Lee County~
— ◆ —

BOOK YOUR TEE TIME 239-472-3355

Summer and Annual Memberships | Lunch & Cocktails Daily
dunesgolfsanibel.com

ALL WITHIN...

THE INNS OF *Sanibel* BEACH & GOLF RESORTS

Will Power

The Perils Of Joint Accounts



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

I hear this question all too often. A client will come in, thinking they have a great solution, and propose, “Should I put my bank and brokerage accounts in joint name with one or all of my children?” In almost all cases, the answer is an emphatic “No!” First and foremost, when you title an account in joint name with someone else, you are actually making a gift of half of its value. So, if Ethel puts her brokerage account worth \$1 million into joint name with her daughter, Francoise, she just made a gift of \$500,000 to Francoise (half of the value of the account). Because the most anyone can gift tax free is only \$16,000, titling an

account worth more than \$32,000 would require the filing of a federal gift tax return. In my example, Ethel would have to file a return that would either reduce her gift and estate tax exemption or if she’s already used up her exemption, she may actually have to pay gift tax.

Second, if Ethel’s daughter Francoise is experiencing any legal or financial problems, Ethel may have put her account at risk. If Francoise is going through a divorce, for example, a forensic accountant may discover the asset and it might be in jeopardy depending upon circumstances. The same holds true if Francoise has creditor or bankruptcy problems.

Third, titling the account jointly will likely thwart Ethel’s estate plan. Assume that Ethel has a will that says that upon Ethel’s death, all of her assets are to be divided equally between her three children. If the account is titled jointly with rights of survivorship with Francoise, Francoise would inherit the account outright despite Ethel’s contrary intention in her will. Even if the account is held jointly as tenants in common, Francoise owns half of it and the other half would be distributed in thirds according to Ethel’s will.

Francoise might be altruistic and wish to share the account equally with her siblings. But she might have a gift tax problem herself. If she tries to divide the account that she legally owns, she is making a gift in excess of the \$16,000 annual gifts that she can give tax-free.

Fourth, accounts owned jointly do not enjoy the full “step-up” in tax cost basis that would otherwise occur. Assume that Ethel owns 1000 shares of ABC Company stock that is worth \$100 a share but she paid \$10 a share many years ago. If Ethel sold all of her shares, she would recognize a \$90,000 capital gain. But if Ethel dies still owning the

shares, her children inherit them at the date of death value for tax cost basis purposes. So if her beneficiaries sold the shares shortly after her death for the \$100,000, there would not be any capital gain and therefore no capital gain tax to pay.

But if Ethel places the account in joint name with Francoise during Ethel’s lifetime, on Ethel’s death, Francoise only gets a one-half tax cost step-up. In this case, Francoise would recognize a \$45,000 capital gain if she sold the shares for \$100,000 (\$100,000 sales price less \$5,000 basis in half the shares and \$50,000 basis in the other half of the shares).

Hopefully, you are convinced that placing assets in joint name with children isn’t a good idea. So what should you do if you want your child to be able to transact business on your accounts – particularly if you become disabled and unable to manage your own affairs?

This is where revocable living trusts really shine. Ethel can create a revocable living trust and name herself as her initial trustee but also name Francoise as her successor trustee in the event of a disability. Francoise can then transact business on all of Ethel’s accounts that the trust owns. It is not a gift to Francoise since she is acting as a fiduciary for her mother. On Ethel’s death, the trust avoids probate and rightfully distributes the accounts to all of Ethel’s children (if that is her wish).

Another alternative is a durable power of attorney. Ethel can sign a durable power of attorney that would name Francoise as her attorney-in-fact to transact business on all of Ethel’s accounts. You should know that the Florida law governing durable powers of attorney changed significantly back in 2011. If you have a durable power of attorney created before that date, you should consult with your estate-planning attorney to determine if yours needs updating.

The bottom line is that you shouldn’t put accounts and assets in joint name with your adult children. There are reasonable alternatives that don’t carry all of the disadvantages associated with joint accounts.

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

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. As home to the region’s only trauma center, it is vital that the health system’s

blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. 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.✴

How’s The Market? Ask Ann


It Takes A Strong Team!

In past columns, I have commented on the benefit to both Buyers and Sellers when both the Buying Agents and the Selling Agents stay on top of the sale by dealing quickly with any unexpected issues that may arise during the sale process. Over the last few weeks, we had four separate sales, two of which I was the Listing Agent and two in which we represented the Buyers. All four closed on time and most importantly, the Buyers and the Sellers were pleased with the sales process. Thank you to Lori Schulz of SanCap Gateway Realty, Jeff and Tiffany Burns of Sotheby’s, Becky Sterling of Sotheby’s, Phaidra McDermott and Laurie Lauther of Kingfisher Real Estate, and Laura Johnstone of Keller Williams in Fort Myers. The professionalism on their “side” of the sale really helped things go smoothly. A big thank you to all of them!

Here is my tip when selecting an agent to represent you: Do your best to ascertain their ability to work effectively and cooperatively with other agents. It really pays off.

Our market remains a Seller’s Market with just 14 homes (3 under \$1,000,000) and 17 condos for sale on Sanibel.

Thank you for reading my column and I hope it benefits you.




Ann Gee
Broker/Owner

9 Closed Sales going back one week: 5 Homes, 2 Condos & 2 Lots	
2438 Wulfert Rd. Vacant Lot \$338,000	255 Periwinkle Way 5C Shell Island Beach Club \$1,250,000
845 Pyrula Ave. Vacant Lot \$550,000	661 Anchor Dr. \$1,355,000
247 Daniel Dr. \$1,447,000	1194 Sand Castle Rd. \$1,387,500
5307 Ladyfinger Lake Rd. \$968,500	247 Daniel Dr. \$1,447,000
1105 Skiff Place \$1,095,000	845 East Gulf Dr. 1042 Sanibel Moorings \$821,000

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

Certified Negotiation Expert • Certified International Property Specialist
239-850-0979 • RealtorAnn@hotmail.com • www.JohnGeeRealty.com





Florida Coastal Construction

DOCKS • BOAT LIFTS • SEA WALLS

CALL FOR YOUR FREE ESTIMATE



Docks & Boat Lifts



Boat Houses



Sea Walls



Seawall Maintenance & Replacement
Boat Lifts • Underwater Dock Lighting
Dredging • Rip Rap • Pilings • Docks
Renovations of Existing Docks

All Types of Decking Available
25 Years Experience/Owner Operated
239-940-5942
www.swfloridadocks.com

Florida Coastal Construction Will Build You A New Dock Or Renovate Your Existing Dock, Boat Lift Or Sea Wall With Competitive Pricing, Expert Craftsmanship And Attention To Detail Second To None!

TANDECK
SHORELINE LUMBER
BOAT LIFT U.S.
Licensed & Insured
CGC # 1513326

Former Mayor Named To Board Of Directors

Pam Iorio, former two-term mayor of Tampa (2003-11), has joined The Sanibel Captiva Trust Company (divisions Tampa Bay Trust Company and Naples Trust Company) Board of Directors. Iorio will serve with her fellow members in overseeing the direction of the company, assuring it is meeting the mission, vision and values agreed upon in the strategic plan, managing risk and serving its stakeholders. "We are honored to have Pam as one of our valuable board members," said Al Hanser, founder and chairman of the trust company. "Her broad experience at top levels of leadership and her proven business acumen bring a significant advantage to our company and its future."



Pam Iorio

BBBS agencies throughout the country.

As mayor of Tampa, Iorio's tenure was noted for many successes, as well as a revitalized downtown, including the construction of the Curtis Hixon Waterfront Park. First elected to public office at age 26, Iorio was the youngest person ever to win a seat on the board of county commissioners for Hillsborough County, Florida. In 1992, she was elected for the first of three terms as the county's supervisor of elections and she served as president of the State Association of Supervisors of Elections in 1999, resulting in her role as spokesperson for the organization during the highly publicized 2000 presidential election in Florida.

Straightforward, Ways to Live and Lead is the book she authored in 2012, helping organizations build strong and effective leaders. She also served as the leader-in-residence at John H. Sykes College of Business at University of Tampa, and as interim CEO of the Children's Board of Hillsborough County.

A 2020 Tampa Bay Business Hall of Fame inductee, Iorio has earned many awards and recognitions, a few of which include Leadership Florida's Distinguished Alumnus Award for her statewide efforts on election reform, University of Tampa's Center for Ethics - Tampa Bay Ethics Award, and Women in Leadership and Philanthropy's Community Leadership Award. *People* magazine's "25 Women Changing the World in 2018" featured Iorio alongside advocates and activists whose organizations are making a

positive difference in the world.

Iorio graduated from American University in Washington, DC with a bachelor of science degree in political science and holds a master's degree in history from University of South Florida. She serves on the board of directors of Tampa Electric Company - an Emera Company, the board of Big Brothers Big Sisters of America Charitable Foundation, and on the council of advisors of Bob Graham Center for Public Service.✧

Latest Homeless Count Estimates In Lee County

The Lee County Homeless Coalition, in partnership with Lee County Human and Veterans Services and many volunteers, recently conducted the annual Point in Time (PIT) census to count the homeless and provide data to the U.S. Department of Housing and Urban Development (HUD).

The PIT count documented 560 homeless persons, of whom 47 (8.39 percent) were chronically homeless, according to the HUD definition. HUD defines chronic homelessness as "an unaccompanied adult homeless individual with a disabling condition who has either continuously been homeless for a year or more or has had at least four episodes of homelessness in the past three years."

Among the 560 were 49 families with 86 children. There were 24 veterans

recorded in the PIT count, 21 of which were active in a rapid rehousing program working with a case manager to obtain housing.

The total number of persons estimated to be experiencing homelessness on the single night of January 26 was an increase from 2020 and 2021, which had 444 and 394 respectively. The lower estimate in 2021 is reflective of a modified counting methodology due to the pandemic. In 2022, the PIT count was conducted as it had been prior to the pandemic. Volunteers and staff from homeless service providers conducted in-person interviews with those who were encountered across Lee County on January 26. In addition to the change in methodology, the current economic conditions in the county have contributed to the increased estimates in 2022.

The PIT count is also used to gather the information that allows local service providers to target services to meet the specific needs of the homeless in local communities. The count, which asked people where they slept the night of January 26, included both sheltered and unsheltered homeless individuals and families.

Housing and service programs for the homeless are provided in part through Continuum of Care funds from HUD. The 2021 Continuum of Care funding announcements were made in March 2022. Lee County was awarded funding to sustain existing programs and begin new programs that provide housing

continued on page 46

EXPERIENCE OUR

Personal Approach TO BANKING

WE MAKE BANKING ABOUT YOU!

Experience the difference, a local bank with longevity and lending strength can provide.

As the oldest locally owned and managed bank on the islands and throughout Lee County, excellent customer service and meaningful community support are cornerstones of how we do business.

Our dedication is proven... come in and see how we make banking about you!

 **Bank of The Islands** 25 years
Your Island Bank

Your Island Bankers: (L-R) Geoff Roepstorff, CEO, Robbie Roepstorff, President, Susan Schulte, Sanibel-Captiva Asst. Office Manager, David Lowden, Vice President, Private Client Relations, and Richard Shera, Asst. Vice President, Loan Specialist.

239.472.7211
www.BankoftheIslands.com
ATMs on Sanibel & Captiva



An Equal Housing Lender | Member FDIC | Offices of Edison National Bank

Frankly Speaking



by Howard Prager

The playoffs is a different level of play. The truly elite athletes rise to the occasion, and those that can't perform are often traded. Sports executives often say "this coach or player got us

from A to B, and now we have to go all the way to the top." My Chicago Bulls aren't even at B yet, although they were banged up and missing their key defender, as well as playing last seasons' champs. But everyone's banged up. Let's look at the Milwaukee-Boston series, which Boston fought back from being down three games to two to win two in a row and the decisive seventh game. Phoenix and Dallas also went the full seven with Dallas clobbering Phoenix in Phoenix to move on. They'll play Golden State, now favored in the West while the Celtics take on the No. 1 seed Heat. But don't take my word on it. Pick a game – any game – and watch the whole thing and tell me what you think of the intensity, level of play and amazing comebacks.

Also close to home, the Florida Panthers moved on to the second round of the Stanley Cup playoffs for the first time in nearly 20 years. They beat Washington in overtime, thanks to Carter Verhaeghe.

Thus far, Verhaeghe has six goals and six assists in the playoffs, and is tied with Edmonton Oilers Captain Connor McDavid for most points in the playoffs. This is only the second time in franchise history that the Panthers qualified for the second round, after finishing No. 1 in the regular season. There are many OT games in the Stanley Cup. New York Rangers survived Pittsburgh. Tampa Bay took it to Toronto. The Maple Leafs have now had 10 consecutive failed opportunities to close out their opponent, despite having home-ice advantage and a deep roster. The Edmonton Oilers are off to the second round of the Stanley Cup for the first time since 2017 after beating the Los Angeles Kings 2-0 in Game 7. I could go on with close playoff games and seven-game series.

Speaking of going on, three fascinating baseball stories. Cincinnati Reds threw a combined no hitter, only to lose to the Pirates 1-0. How? 3 walks followed by a ground out. I thought that was a first, but according to ESPN, the Pirates become the sixth team in big league history since 1901 to win despite not getting any hits. It last happened in 2008, when Jered Weaver and Jose Arredondo of the Angels lost while holding the Dodgers hitless. For you sports trivia fans, that's a stat worth remembering.

Speed – bring on the heat. Do-Hyoung Park who covers the Twins for MLB reported that "Jhoan Duran is a threat to set a new Twins velocity record seemingly every time he touches the mound – and he did that twice over a one-inning appearance last Saturday, extending his

own record up to 103.3 mph on a fastball to Franmil Reyes in the ninth inning of Minnesota's 3-2 loss to the Guardians. That was the hardest pitch thrown in the majors this year, surpassing a 103.1 mph offering thrown by Cardinals right-hander Ryan Helsley on May 1 – and Duran's own 103.1 mph heater four pitches earlier."

And, Shohei Ohtani hit his 100th HR last week. Again from MLB, "Ohtani, the reigning American League MVP, became the third Japanese player to reach 100 career homers in the majors, joining Hideki Matsui (175) and Ichiro Suzuki (117). It took Ohtani 444 career games to reach the mark, which is the fastest to 100 homers by a Japanese player. He is just the second player in Major League history with 100 homers as a hitter and 250 strikeouts as a pitcher, joining Hall of Famer Babe Ruth."

Finally, a good news story from the Chicago Tribune about a record-setting young woman. "Naperville's Lucy Westlake climbed into the record books at 5:36 a.m. last Thursday (Nepal time) as the youngest American female to summit the highest peak in the world, Mount Everest. The typical schedule for an Everest expedition takes 45 to 60 days, making Westlake's pace much faster than the norm."

"I came into the climb well-acclimated as I had spent the past five weeks training with some of the best distance runners in the world in the highlands of Kenya at 7,000 feet," Westlake, age 18, said in a news release. "I am a distance runner as well, so my fitness level helped to endure the long, difficult days on the mountain. I also have a lot of experience climbing so the challenges of Everest felt familiar."

"The teen planned to summit Tuesday, but high winds plagued the upper mountain Sunday, forcing Westlake and Sherpa Mingma Chhiring to descend from camp 3 at 23,500 feet above sea level to camp 2 at 21,000 feet before she made the final ascent on Thursday. Westlake, whose expedition took 26 days, finished her senior year of high school a semester early, giving her time to prepare for her record-setting Everest ascent. In 2016, at age 12, Westlake became the youngest girl to reach the highest point in the lower 48 states in America. She started climbing with her father at age 7. Last year, Westlake set the world record as the youngest female to climb all 50 U.S. state high points. By climbing to the top of Everest, Westlake is on her

way to becoming the youngest woman to complete the Explorers Grand Slam: summiting the highest peak on every continent and skiing the last degree to the North and South poles. Westlake, who starts college in the fall at the University of Southern California, has used her climbs to promote her passion for bringing safe water to the world through the WaterStep project." What an amazing young woman and so glad she's doing it for a great cause.

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

Fish Regulations Extended

The following regulatory measures in Southwest Florida for Sarasota Bay through Gordon Pass in Collier County will be extended through August 31, according to the Florida Fish and Wildlife Conservation Commission (FWC).

Snook and redfish will remain catch-and-release;

Normal regulations for recreational spotted seatrout harvest have resumed with the addition of a six-fish recreational vessel limit. Commercial harvest has also resumed, but harvest is held to the recreational three-fish bag and six-fish vessel limits; and

These regulations are for all state waters south of State Road 64 in Manatee County, including Palma Sola Bay through Gordon Pass in Collier County, but not including the Braden River or any tributaries of the Manatee River.

The FWC is currently considering long-term regulation changes for redfish, which could take effect when harvest reopens on September 1. Normal regulations for snook and seatrout will resume on September 1.

The catch-and-release measures for snook, redfish and spotted seatrout in all waters from Sarasota Bay through Gordon Pass in Collier County were put in place as part of the response to the prolonged 2017 to 2019 red tide event. For more information, visit www.myfwc.com/marine.

CARING MEDICAL FLORIDA

& THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES

Brian Hutcheson, D.C.
Chiropractic Physician

Ross A. Hauser, MD
Prolotherapist

Danielle Matias, MMS, PA-C

9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

SPORTS QUIZ

- Eddie Gaedel, who had one plate appearance with the St. Louis Browns in 1951, was the shortest player in Major League Baseball history. How tall was he?
- Name the NCAA men's basketball all-time leader in assists (1,076), who had his No. 11 jersey retired by the Duke Blue Devils.
- What British racecar driver won the Formula 1 driver's championship in 1992, then won the CART championship the following year?
- Tulane University's athletic teams are known by what nickname?
- What U.S. golfer won the 2010 LPGA Championship by a record 12 strokes?
- What Basketball Hall of Famer from Australia was named WNBA MVP in 2003, '07 and '10?
- In 1997, Larry Rothschild was named manager of what Major League Baseball expansion team?

ANSWERS

1. 3 feet, 7 inches. He drew a walk. 2. Bobby Hurley. 3. Nigel Mansell. 4. The Green Wave. 5. Cristie Kerr. 6. Lauren Jackson. 7. The Tampa Bay Devil Rays.

Updates On Water Quality At Chamber Lunch

At the next business luncheon meeting, members of the Sanibel & Captiva Islands Chamber of Commerce will hear an update on water quality policy and projects from Eric Eikenberg, CEO of The Everglades Foundation, and Chauncey Goss, board chair of South Florida Water Management District. Postponed from February due to emergency legislative demands in Tallahassee, the meeting will take place on Wednesday, June 8 at 11:30 a.m. at Marriott Sanibel Harbour Resort, hosted by Bailey's General Store and Captains For Clean Water.

Eikenberg, a political strategist and environmental policy expert, leads one of the country's most prestigious and respected environmental nonprofits, with an annual operating budget of more than \$10 million.

As CEO, Eikenberg oversees a team of nationally recognized scientists, educators, lobbyists, and communications and development professionals who work together to achieve a decades-long campaign to restore America's Everglades – roughly three million acres of endangered habitat that is vital to Florida's economic and environmental viability.

Appointed CEO by the foundation's board of directors in 2012, Eikenberg



Chauncey Goss



Eric Eikenberg

has extensive policy and political experience in Tallahassee and Washington, DC. He previously served as chief of staff to former Gov. Charlie Crist and former U.S. Rep. E. Clay Shaw, Jr. The latter authored the landmark \$8.4 billion Comprehensive Everglades Restoration Plan (CERP).

A sought-after public speaker on the importance of preserving one of America's most unique natural habitats, Eikenberg is a regular op-ed columnist. He also is a widely quoted source for national and local media outlets, including National Public Radio, CNN, Associated Press, *U.S. News & World Report*, *Politico* and *Miami Herald*.

In 2020, *Influence* magazine named Eikenberg one of Florida's Most Influential People in Florida Politics for his advocacy work. In 2020 and 2019, *Florida Trend* named him one of Florida's 500 most influential business leaders. Furthermore, he was selected to the 2019 panel of 50 Influential Floridians as part of an initiative led

by a group of Florida newspapers to address pressing statewide issues like the environment, climate change, healthcare and transportation.

Eikenberg currently serves as chairman of the Zoo Miami Foundation board of directors. Following the 2018 election cycle, he served on Gov. Ron DeSantis' Environment, Natural Resources and Agriculture Transition Team, where he participated in a process that led to the governor outlining a bold, comprehensive environmental agenda.

Eikenberg has been a longtime champion for expediting Everglades restoration, with a knack for innovation and engaging partners in the corporate, philanthropic and political arenas. During his tenure as CEO, The Everglades Foundation has provided scientific, technical and policy support to numerous decision-makers in executing CERP. Eikenberg's team helped bring widespread attention to the perennial toxic algae crisis in Florida and across the globe, and has been a leading voice on the need to incentivize technological solutions to problems that threaten waterways, livelihood and health.

Goss is founder and managing partner of Goss Practical Solutions, a firm that provides federal fiscal policy analysis and budget forecasting. Prior to starting the firm, he served as deputy staff director and director of budget review for the House Budget Committee under Paul Ryan.

Before Capitol Hill, Goss worked for the Executive Office of the President in

the Office of Management and Budget National Security Division, where he was instrumental in ensuring the Department of Defense and intelligence community were properly resourced. Prior to that, he worked as a strategic planner under contract to the Air Force, Navy and intelligence community.

As a longtime resident of Southwest Florida, Goss first became involved with water quality issues as executive director of the Gasparilla Island Conservation and Improvement Association on Boca Grande in the early 1990s.

He grew up on Sanibel and currently lives here with his wife and three sons. Goss has served as an elected member of Sanibel City Council. He sits on the boards of Captains For Clean Water; Southwest Florida Community Foundation; Sanibel-Captiva Conservation Foundation; and United Way of Lee, Hendry, Glades and Okeechobee counties. He has served as a member of Lee County Coastal Advisory Council, Charlotte Harbor National Estuary Program Management Committee and "Ding" Darling Wildlife Society-Friends of the Refuge board of directors.

"When it comes to what's going on with Everglades projects and policies that will improve the water quality of Southwest Florida, these two gentlemen are the experts," said John Lai, chamber president and chief executive officer. "They'll let us in on the outlook for progress in restoring our area's future

continued on page 48



Your Journey Begins Here... DOOR-TO-DOOR SERVICE



Modern Prop and Jet aircraft for regional and International travel

Air Ambulance

800-MED-JETS (633-5387) • 239-262-5387
www.MedJets.com

Aircraft Charter

800-AIR-TREK (247-8735) • 239-262-8735
www.AirTrek.aero

Summer Holiday Travel

A private flight to the Bahamas, Keys, or anywhere else you desire

... **CALL US TODAY** ...

**ABOUT OUR SUMMER
KEY WEST PACKAGE**

Air Trek is one of the nation's oldest Private Executive Charter Services having been family owned & operated since 1978

Health First

Being Resilient



by Julie Rosenberg, MD

One of the most important characteristics for wellbeing is resilience. Resilience means being able to successfully adapt to difficult or challenging life

experiences. Resilient individuals have developed the ability to:

- Bounce back from adversities;
- Perform effectively under pressure;
- Confidently face challenges;
- Recover from setbacks;
- Cope with emotional upheaval;
- Manage overall health and wellbeing.

While the journey to developing resilience is unique for each person, the following tips can be used by anyone to help build inner strength and more effectively adapt to adversity.

1. Enhance self-awareness – Self-awareness involves being aware of different aspects of the self; traits, thoughts, behaviors and feelings. Being self-aware allows you to pause, reflect, and consider before choosing, deciding and acting. Self-awareness is a foundational resilience skill.

2. Learn from experience – Make time each day for reflection. Consider

these questions: How have I coped with hardships in the past? What skills and strategies have I used to get myself through difficult times? The lessons learned from past experiences may provide a boost of confidence when dealing with present challenges.

3. Focus your attention – When you focus your attention on the present moment, you are less likely to experience stress and unhappiness from brooding about the past or worrying about the future. Practicing mindfulness is key to focusing attention, as you learn to focus on being aware of what you’re sensing and feeling in the moment, without interpretation or judgment.

4. Know your limits – Building resilience is like strengthening a muscle in the body. It requires patience and consistency. Knowing your limits will allow you to step back from stressors and give you time to take care of your needs while working on adaptive skills and strategies.

5. Learn to let go – Letting go is both a physical and a mental practice. Letting go involves releasing bodily tension, as well as reducing restlessness and physiological arousal. Letting go also involves creating mental space by separating yourself from your own thinking and the continuous narratives that play in your head. A mindfulness practice supports letting go.

6. Be hopeful – Although you cannot change the past, you can always look toward a better future. Hopeful people believe they have both the “will” and the “ways” to achieve the outcomes they

want – and therefore they tend to take positive action in pursuit of their goals.

7. Make each day meaningful – Do something each day that gives you a sense of meaning and accomplishment. Finding meaning within each day will support you in leading a happier and more meaningful life. The defining feature of a meaningful life is feeling connected to something bigger than oneself (spirit, family, God, nature, etc.) and knowing that your life matters.

Dr. Ken Ginsburg, professor of pediatrics at Children’s Hospital of Philadelphia, described seven integral and interrelated components that make up being resilient. While initially described for building resilience in children and teens, the “7 C’s” of resilience are broadly applicable:

Control: Taking responsibility for one’s decisions and actions. A sense of personal control helps one to maintain emotional stability and negotiate their way through life.

Competence: The learned ability to handle difficult situations effectively. Competence requires developing the skills to address life’s challenges.

Confidence: The belief in one’s own abilities. Confidence is rooted in competence.

Contribution: Making choices and taking actions that improve the world.

Coping: Developing adaptive skills and strategies to manage oneself during stressful or difficult times.

Connection: Having a sense of security and belonging through close ties to

friends, family and community groups. Character: Living and leading with a strong moral compass and well-defined value system. Individuals with good character typically have a strong sense of self-worth and confidence.

In conclusion, resilience is a strength that allows people to adapt and even thrive following adverse experiences. While developing the skills to become resilient takes work and intentionality, there is a potential payoff. Resilience has a positive effect on life satisfaction and is an important source of wellbeing.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, *Beyond the Mat* and *Be True*. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.*

From page 43
Homeless Count

and services to persons experiencing homelessness. These programs are operated by Lee County Human and Veterans Services, Community Assisted and Supported Living, Lee County Housing Development Corporation, Jewish Family and Children Services, Saint Vincent de Paul, Goodwill Industries of SWFL and The Salvation Army. The total awarded amount was \$2,046,670.

The Lee County Homeless Coalition extends its thanks to the volunteers that assisted with this year’s PIT count.*



Fish Helps us
because they
give us food and
pencils and they
are helpful. And
we are helpful
because when
we see garbage
we pick it up.

—by a kind neighbor & student from *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.

FISH 40th Anniversary

FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

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

dearRPharmacist

Hacks To Make The Month Better



by Suzy
Cohen, RPh

Dear Readers: Menstruating can be a tough time... exhausting, really. A woman's uterus sheds its lining at fairly regular monthly intervals and that can be quite

a tiring process to endure, as many of us can attest to. At the time of birth, there are approximately one million eggs, but by child-bearing age, only about 350 eggs will be ovulated month after month. After menopause, there are no more eggs.

Each of us experiences this in our own way and it can be more unpleasant for some than others, especially if estrogen dominance is occurring. If the menstrual cramping (termed dysmenorrhea) is severe, visit your gynecologist for professional advice. In the meantime, here are five proven premenstrual syndrome (PMS) hacks for your consideration:

1. Warmth – Obvious as it may seem, using a hot pack can be incredibly soothing during a menstrual cycle. The warmth that radiates into the abdominal muscles instantly eases superficial pain associated with PMS. You might be surprised by how effective it can be to take just 10 minutes, lay down and let the warmth of a heating pad, or microwavable hot pack, penetrate into your achy muscles.

2. Chocolate – Dark chocolate contains magnesium which is proven to naturally relax and calm the smooth muscles of the uterus. Eating chocolate also releases endorphins, specifically dopamine, which in turn reduces the symptoms associated with monthly cramping. It's a comfort food too, and the reason is because it improves production of serotonin and dopamine.

3. Exercise – Endorphins during exercise are released from the hypothalamus in your brain. The opiate receptors in the brain interact with the released endorphins and, through this process, we then perceive pain in a different, lesser way. Exercise reduces stress and anxiety. It doesn't have to be

full-on heart-stopping aerobics, just move.

4. Chastetree Berry (*Vitex agnus-castus*) – Chasteberry is also called Monk's Pepper, and it comes from the Mediterranean. Dietary supplements are available in the U.S. and have long been prized to help with female complaints, both for PMS and post-menopausal issues. It stimulates progesterone and therefore, helps balance high estrogen.

5. Raspberry Leaf Tea – You may not expect much from a tea made of fruit, but you'd be wrong. This little hack is among the fastest (and best) ones I had ever tried. Just a cup should take down severe cramp pain to a dull roar. The extracts and phytochemical in this fruit help because they are anti-spasmodic and anti-inflammatory in nature. Just a note of caution: raspberries contain some natural salicylates and you should know this in case you are allergic to aspirin. For a longer version of this article, sign up for my free newsletter at www.suzycohen.com.

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

Kitten Adoption Fees Waived

Lee County Domestic Animal Services (LCDAS) has a large number of cats and kittens entering the shelter as most cats begin their breeding cycle. LCDAS is in need of volunteers to provide foster homes for kittens or for a nursing mother plus her litter. All new fosters are provided with all supplies needed.

LCDAS is also in need of adopters for those cats and kittens old enough to go to their forever families. Now through Monday, May 30, all adoption fees on cats and kittens will be waived with an approved application.

The shelter is in need of: baby blankets, water bowls, kitten nursing bottles, flat dishes, digital thermometers, cat beds, Dawn dish soap, cat nail trimmers and Royal Canin baby cat food. Items may be dropped off at 5600 Banner Drive in Fort Myers, during regular business hours.

Adoptable pets can be viewed online at www.leelostpets.com, and applications can be filled out in advance.✱

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I am graduating from high school this year and going into college in the fall. I would like to take the summer off, but my parents think I should work. What do you suggest?

A: Congratulations on becoming a graduate and going onto college. This is an accomplishment of which you can be proud. With regard to a summer job, would you be interested in coming to a middle ground and doing something part-time? It's always nice to make the extra income, and you could save up for college. You didn't say if you are planning to work part-time while attending college. It would be nice for you to have some free time before you attend college, yet it's nice to have money saved for college as you will be going out with other students and wanting to purchase goods.

Have you worked out a plan for when you go to college with your parents or will you be on your own with providing for yourself? This may help you in making a decision regarding this summer. The job market should be plentiful and, if you can find something fun, you can't go wrong as

you will have money either to save or extra spending money.

Whatever you decide, enjoy your summer and all the best in your first year of college.

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.✱

Restorative Yoga 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. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit www.mysanibel.com.✱

NEW FLORIDA COMMUNITY PROPERTY LAW

GET YOUR FREE GUIDE TODAY!

A NEW FLORIDA LAW ENABLES A COMPLETE STEP-UP IN TAX COST BASIS AT THE PASSING OF THE FIRST SPOUSE, ELIMINATING CAPITAL GAINS

FIND OUT MORE IN OUR LATEST WHITEPAPER AT:

floridaestateplanning.com/community



CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney



HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA



SHEPPARDLAWFIRM.COM

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919
Sanibel & Naples by Appointment | 239.322.3831

PHYSICAL THERAPY - MASSAGE - PILATES

Island Therapy Center

Sanibel Square, 2242 Periwinkle Way MM#27832



Medicare Providers for Pain Relief, Strengthening, Fall Prevention, Dizziness, Arthritis, Osteoporosis and Post-Surgical.

**Expert Treatment
One-on-One
Doctorate PTs**

239-395-5858 www.islandtherapycenter.com

Doctor and Dietician

Strength Training Lowers Risk Of Premature Death



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

Most of us know that exercise is good for our health and wellness. Yet, physical inactivity or sedentary lifestyles are becoming an even larger public health problem. Exercise comes in many forms, including aerobic or cardiovascular exercises that increase your heart and breathing rates, thus strengthening your lungs and heart; stretching and yoga type movements that help improve your ability to move, improve balance and even help prevent falls, which can be especially concerning as we age; and strength training, also known as resistance or weight training. The benefits of strength training are enormous. Many studies have shown that if you do any kind of exercise, you will improve longevity and prevent diseases, but strength training is especially important as we age. Most studies have been performed on aerobic type exercise

and its longevity benefits; however, we recently came across an article in the *British Medical Journal* entitled, "Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies." This study is a meta-analysis of cohort studies, meaning many studies were reviewed and analyzed, and the results were put together into one analysis. The results show that muscle-strengthening activities were inversely associated with the risk of developing cardiovascular disease (CVD), diabetes, lung cancer, total cancer, and what they term "all-cause mortality" independent of aerobic activities among adults greater than 18 years of age without any severe health issues. J-curve is a trendline that shows an initial loss immediately followed by dramatic gain. This type of association was found between muscle-strengthening activities and all-cause mortality, CVD and total cancer. People achieved risk reduction of about 10 to 20 percent when they were able to perform 30 to 60 minutes per week of muscle-strengthening exercise. The researchers also observed a substantial risk reduction for diabetes at 60 minutes per week of muscle-strengthening exercise, which then leveled off. Combined muscle-strengthening and aerobic activities (vs none) were associated with a lower risk of all-cause, CVD and total cancer mortality. Many musculoskeletal guidelines recommend that adults perform muscle-strengthening exercises at least twice per week. Whether one should engage in more than 30 to 60 minutes twice weekly is unclear from this study. They go on to state that the combination

of muscle-strengthening plus aerobic exercise could produce even greater benefits, but more studies need to be done. The take-home point here is strength training provides great health benefits and reduces risk of premature death. The main benefits include muscle building and endurance which makes you stronger, lowering your risk of falls and improving mobility and flexibility. Stronger muscles also help you if you do get sick or injured – because you have built up strength and are better able to recover. Muscle also burns more calories than fat, plus research shows that your metabolic rate is still increased up to 72 hours after strength training, thus you can burn calories more efficiently and lose weight if combined with the proper eating plan. With strength training comes toning, thus you appear leaner and stronger,

which in turn makes you feel better about yourself. We all know that exercise produces "happy hormones" or endorphins, therefore you feel great. We can most definitely attest to the health benefits of strength training. We have a small gym on the lower level of our house, and work out with the personal trainers at Back in Motion Sports and Performance in Fort Myers, right near our Caring Medical office. We know you will not regret it. So dust off those dumbbells and start lifting them. Here's to your health! 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.✴

Beautifulife: Time



by Kay Casperson

Time is an interesting topic since it affects us all differently depending on where we are in our life's journey. After spending many years on an island, the term "On Island Time" comes up often, which is a different way of keeping time, like showing up whenever and being totally relaxed. There are also the many sayings surrounding time, such as "time is money," "the time is now," "time is precious," "time heals," "don't waste your time," or "the right time." But, the one that resonates with me right now is that "time flies." My youngest daughter has just finished high school. To me, she was just a baby yesterday. I can still remember everything about her growing up and to think that she will be going away to college soon is surreal, to say the least. I remember people always saying that they grow up so fast and cherish every moment. Now I say the same thing to others; time flies in the blink of an eye.

Each year, we experience certain things that we can always count on. Things like seasons, holidays or birthdays. I know I can always count on the time of year when the ospreys come to our nest to have babies, or when the turtles start laying eggs on our beaches. So there are the predicted times and the unexpected times that make life exciting and challenging. Ecclesiastes 3:1-8 in the Bible (NIV) sort of sums it all up. There is a time for everything and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh,

a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace. We cannot conquer the time as it is beyond our control. Our lives will continue to have times of joy and sadness, pleasure and pain, harmony and conflict, and life and death. This is called the life cycle, and we need to trust it and know that there is always an ultimate plan. My affirmation for you this week is: "I will cherish every moment in time, knowing that each is unique and cannot be replaced." Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✴

BriersCPA, P. A.

Certified Public Accountants

Auditing, Tax & Consulting Services

1619 Periwinkle Way, Suite 102, Sanibel Island, FL 33957
www.BriersCPA.com • (239) 472-5152

Be Wise

Control Pests Without Poison

DID YOU KNOW...
rat poisons can KILL other animals beyond mice & rats?

Alternatives to Rodenticides

- Seal entry points.
- Secure your trash.
- Put up owl boxes.
- Support predators.
- Choose physical traps, NEVER poison.
- Trim landscaping.

FOR MORE INFO:
www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide

From page 45

Water Quality

where water is concerned." The chamber business lunch is a monthly networking opportunity held at various member locations. Chamber members receive invitations by email. Cost to attend is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, June 3 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration. Marriott Sanibel Harbour Resort is located at 17260 Harbour Pointe Drive in Fort Myers.✴

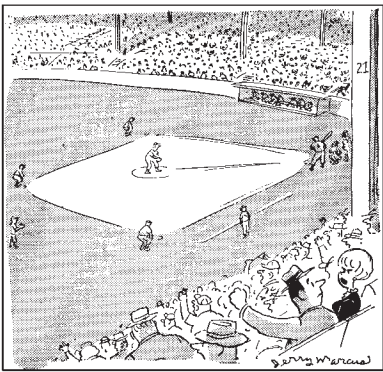


Emergency	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
ARTS	
Arcade Theater.....	332-4488
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA.....	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL.....	https://www.audubonswfl.org/
Audubon Society.....	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-699-6310
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

To be listed in calling card email your information to:
press@islandsunnews.com

PUZZLES

Answers on page 55



"Is this the _____ you were
going to show me today?"

SCRAMBLERS

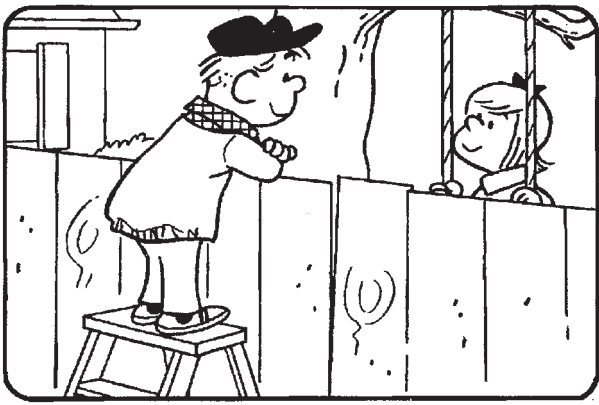
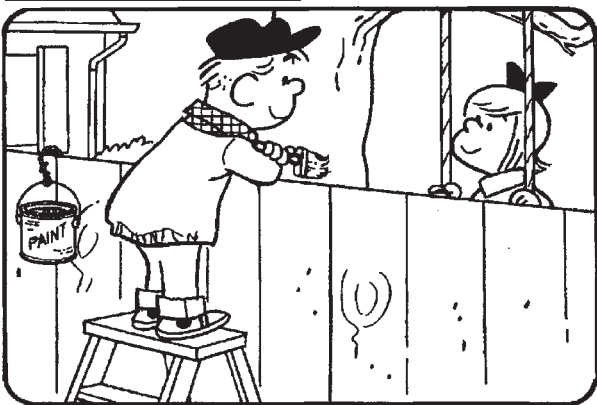
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Less SUMIN
Berate CLODS
Principal STREAM
Laud ARMIED

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Downspout is missing. 2. Board is missing. 3. Cuffs are missing. 4. Brush is missing. 5. Board is missing. 6. Bow is smaller.

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

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

HOLLYWOOD
GIRL GROUP

- ACROSS
- 1 Shrine images

6 Kept from falling, as pants

13 Abashed

20 Showed on TV again

21 Not varying at all

22 In a weepy way

23 Start of a riddle

25 Language spoken in Dhaka

26 Is in a chair

27 College, to a Brit

28 Long to undo

30 Augur's sign

31 Riddle, part 2

39 Home for mil. jets

40 Roman love god

41 Singer James or Jones

42 Bad guys

46 Explosive compounds

48 Hercule creator

53 From time immemorial

54 Riddle, part 3

56 Talk big

57 Mr. Capote, to friends

58 Partner of neither

59 Liquid asset

60 Riddle, part 4

66 Reciprocal

69 Army chaplain

70 The Great Lakes' — Canals

71 Libreville's country

72 Everglades mammal

75 Riddle, part 5

80 Big name in PCs

81 Letter two before tau

83 "— Kapital"

84 Roof part

85 Riddle, part 6

91 Become rigid

93 Key in again

94 Thin and watery

95 Back fish fins

96 "QED" center

98 Formerly, old-style

99 Mendes of "2 Fast 2 Furious"

100 End of the riddle

109 Kazan of Hollywood

110 Singer Ritter

111 Feel fluid, perhaps

112 French pals

114 Excessive bureaucracy

117 Riddle's answer

123 Offspring-producing animal

124 Part of ROTC

125 Rule from the throne

126 Cheech and Chong personas

127 Electrical current units

128 Archipelago parts

DOWN

1 Eye opener?

2 Shocking

3 Give a speech

4 Expire

5 Lead-in to Cone or Cat

6 Rubs elbows

7 Flying

8 Mattel doll

9 Expire

10 "The Simpsons" shout

11 Old stage star

12 Martinez of baseball

13 Ideally

14 Realize

15 Sci-fi's Solo

16 Class jargon

17 Where the Marlins play

18 Burstyn or Barkin of film

19 Running out of steam

24 Blew with short blasts

29 World Heritage Site gp.

32 Manicurist's target

33 Brave in the face of adversity

34 Give off

35 "The lady — protest ..."

36 Canadian tribe

37 — -TASS (news agency)

38 Very wise

42 Seizes

43 Site of the Taj Mahal

44 Scorch

45 Frat shindig

47 Rajah's wife

49 Mountain climbers, e.g.

50 Alexis or Peter, e.g.

51 Big name in oil and gas

52 Court great

54 Novelist

55 Basic musical chords

57 Bullfighter

61 D.C. baseballer

62 Ike's inits.

63 USSR's Cold War foe

64 Alluringly shy

65 "Moo" maker

67 76ers' org.

68 Rocket scientist

71 Neutral color

72 Bryn —, Pennsylvania

73 Feel fluid, perhaps

74 Not cluttered

75 Bagel center

76 "— Fideles"

77 Father, to a tot

78 Knieval of motorcycle stunts

79 Cravings

82 Hurry it up

86 Tech detail

87 Wife of Zeus

88 — Scott case

89 Civil wrong

90 "Quiet!"

91 Dumpy dwellings

92 — Sea (Asian lake)

95 Thirsts for

97 Rearranges

100 Basil and bay leaf

101 Heads-up

102 YouTube clip

103 All gone, as food

104 Add-on

105 Purple color

106 Decorative flower holders

107 Cybermissive

108 Scorch

113 1040 IDs: Abbr.

115 Fruity quaff

116 According to

118 Fence (in)

119 Psychic "gift"

120 Added charge

121 Bruin great

122 Alleged psychic

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15	16	17	18	19
20						21								22						
23						24								25						
26						27						28	29				30			
	31				32				33	34	35	36			37	38				
					39				40					41						
42	43	44	45						46				47		48		49	50	51	52
53							54							55						
56						57						58					59			
60					61	62				63	64	65			66	67	68			
				69						70				71						
72	73	74							75				76					77	78	79
80							81	82					83					84		
85					86	87				88	89	90			91	92				
93								94						95						
					96		97			98				99						
100	101	102	103						104					105				106	107	108
109							110						111					112		113
114					115	116				117	118	119	120	121				122		
123										124								125		
126										127								128		

King Crossword

- ACROSS
- 1 Went out with

6 Chinese martial art

12 Moolah

13 Skillful

14 Sheathe

15 Mountain chain

16 Stadium cheers

17 Quaker pronoun

19 Profit

20 Canadian gas brand

22 City area, for short

24 Gun lobby org.

27 Male turkeys

29 Show ennui

32 Pale, sweet fruit

35 Riga resident

36 "I smell —!"

37 Despondent

38 Hem's partner

40 Jealousy

42 Prefix with athlete

44 Early auto-maker

46 Burden

50 Aplenty

52 Strange thing

54 "Can you give me directions?"

55 Family girls

56 Goes angling

57 Tennessee county

DOWN

1 Lady of Spain

2 Eyebrow shape

3 Rib

4 German river

5 Fresca, e.g.

6 Hit with a stun gun

7 Farewell

8 Hot temper

9 Like "Green Acres" humor

10 Employ

11 "Let's leave — that"

12 German article

18 Hit one out of the park

21 Farm pen

23 Reuben bread

24 Stanley Cup org.

25 Caviar base

26 Mounds built by insects

28 Final performance

30 Romance

31 SSE's opposite

33 JFK info

34 VJ's network

39 Not as good

41 Alpine air?

42 Pre-weekend cry

43 Malek of "Bohemian Rhapsody"

45 Reply to "Shall we?"

47 Pleasing

48 Western tribe

49 Method (Abbr.)

51 Reaction to fireworks

53 Cato's 502

MAGIC MAZE ● SNOW LOVERS

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

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

A snowman

Arctic fox

Arctic hare

Eskimos

Harp seal

Pandas

Penguins

Polar bear

Ptarmigan

Reindeer

Ski resorts

Skiers

Sled dog

Snowy owl

Yaks

PROFESSIONAL DIRECTORY

NEW HOMES, REMODELING & ADDITIONS

KIRCHNER CONTRACTING INC.

- New Homes
- Consulting
- Remodeling
- Contracting

MATT KIRCHNER
CG-C059097
Mobile: 239-410-6932

P.O. Box 143 Sanibel Island, FL Phone: 239-472-2601 Fax: 239-472-6506

REAL ESTATE

PFEIFER REALTY GROUP

Your Island Home Team

239-472-0004

CUSTOM HOME BUILDER

Ph (239) 472-8446 Ron DeCorte
DeCorteFour.com #CBC058483

DeCorte Four
Custom Home Builders, Inc.

We do it all from repairing a door to adding a 2nd Floor
New Construction Too

P. O. Box 922 • Sanibel, FL 33957 • Fax (239) 472-8449

PAINTING

Residential & Commercial Painting

Barefoot Charley's

- Power Washing
- Wallpaper Hanging
- Faux Finishing
- Free Estimates
- Interior & Exterior
- Dependable
- Reliable
- Licensed & Insured

COLOR SCHEMES on request from Sanibel Home Furnishings Lic #S3-11944

395-3928 Cell: 841-4302
barefootcharley@aol.com

With your contract a donation to your favorite charity will be made.

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC

CGC1517615

BBB
A BBB Accredited Business with an +A Rating

New Construction & REMODELS

239-593-1998 | www.dbrowngc.com

POOL CLEANING, SERVICE & REPAIR

40 YEARS IN BUSINESS

Specialists In
Residential & Commercial Pools
Fast, Reliable Service & Repair

- Next Day Installation of Equipment
- Retail Location off Periwinkle
- Free Estimates
- After Hours Emergency Service

ISLAND CONDO MAINTENANCE
Call Us Today
472-4505
Veteran Owned & Operated
CPC 1458912

ICMSanibel@yahoo.com
www.ICMpools.com

PLUMBER

WALKER PLUMBING

Plumbing repairs
Sewer and drain cleaning
Water heaters • Back flow
Sewer camera, jetting and repair

239-395-2689
Sanibel owned and operated Lic S1-18245

POOL SERVICE & REPAIR

Deep-End Pool Service

25 years experience
License # CPC1457386

239-699-6279

- Pool Heater Specialist
- Sales Service & Installation of All Brands
- FREE Estimates

24/7 emergency repair service.
Free estimates for weekly service and repairs!

CONSTRUCTION

BROTHERS, INC.

MILLS BROTHERS BUILDING CONTRACTORS
QUALITY, RELIABILITY, SATISFACTION

- Custom Home Building | Remodels
- Design Service Available • Sanibel Owned & Operated

Office Phone & Fax 239-472-6711 Joseph Mills Lic. #CBC058789 William Mills Lic. #CBC058788

COSMETICS

MARY KAY
THE BEAUTY OF YOU!

Mary Kay® products offer you so many ways to enhance your beauty and well-being. Innovative skin care! On-trend color! Pampering bath and body products and so much more!

Let's Find your favorites. Contact me to defy aging.
Maggie Butcher
Ind. Sr. Sales Director
marykay.com/mbutcher
904 Lindgren Blvd., Sanibel, FL 33957
239-395-0978 / 317-509-6014

GLASS

Insured **PCT WinGuard®** Licensed # S2-11975

Stevens & Sons Glass

Replacement Impact Windows & Sliding Doors, Mirrors, Tub & Shower Enclosures, Store Fronts, Porch Enclosures, French Doors, Plate Glass

Specialists in impact condo complex replacement


2416 Palm Ridge Road Sanibel Island, FL 33957 Phone: (239) 472-0032 Stevensglass@comcast.net

CONSTRUCTION


ULRICH BUILDING COMPANY

- New Construction
- Remodeling & Additions
- Kitchens & Bathrooms
- Windows & Doors
- Exterior Stairs & Decks
- Crown Moldings & Trim


Celebrating 11 Years on Sanibel
Sanibel Family Owned & Operated
Patrick & JoAnne Ulrich
239-896-7116
ulrichbuilding@gmail.com
#CRC1331575




FRIDAY
Few Showers
High: 85 Low: 76




SATURDAY
Cloudy
High: 87 Low: 80




SUNDAY
Cloudy
High: 85 Low: 76




MONDAY
Cloudy
High: 83 Low: 77



TUESDAY
Cloudy
High: 86 Low: 76



WEDNESDAY
Partly Cloudy
High: 87 Low: 79



THURSDAY
Sunny
High: 85 Low: 76

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:57 pm	None	None	None	Fri	3:02 pm	None	None	None	Fri	6:29 am	10:22 am	4:14 pm	None	Fri	6:07 pm	2:49 am	None	None
Sat	5:05 pm	12:39 am	None	None	Sat	4:10 pm	12:41 am	None	None	Sat	7:35 am	12:27 am	6:01 pm	11:31 am	Sat	7:15 pm	3:55 am	None	None
Sun	6:39 pm	1:43 am	None	None	Sun	5:44 pm	1:45 am	None	None	Sun	8:29 am	1:38 am	7:28 pm	1:27 pm	Sun	8:49 pm	4:59 am	None	None
Mon	10:36 am	2:38 am	8:31 pm	2:39 pm	Mon	9:41 am	2:40 am	7:36 pm	2:41 pm	Mon	9:13 am	2:39 am	8:40 pm	2:54 pm	Mon	12:46 pm	5:54 am	10:41 pm	5:55 pm
Tue	10:47 am	3:25 am	10:09 pm	4:10 pm	Tue	9:52 am	3:27 am	9:14 pm	4:12 pm	Tue	9:53 am	3:28 am	9:45 pm	3:55 pm	Tue	12:57 pm	6:41 am	None	7:26 pm
Wed	11:03 am	4:03 am	11:30 pm	5:12 pm	Wed	10:08 am	4:05 am	10:35 pm	5:14 pm	Wed	10:33 am	4:10 am	10:53 pm	4:49 pm	Wed	12:19 am	7:19 am	1:13 pm	8:28 pm
Thu	11:21 am	4:35 am	None	6:01 pm	Thu	10:26 am	4:37 am	11:44 pm	6:03 pm	Thu	11:10 am	4:51 am	11:55 pm	5:39 pm	Thu	1:40 am	7:51 am	1:31 pm	9:17 pm

My Stars ★★★★★
FOR WEEK OF MAY 16, 2022

Aries (March 21 to April 19) A stubborn refusal to go ahead on a project mystifies colleagues who expected more flexibility. But once you explain your position, they'll understand and even applaud you.

Taurus (April 20 to May 20) A relationship seems to be stuck in the same place. Now it's up to you, dear Bovine, to decide how far you want it to

go and how intense you want it to be. Choose well and choose soon.

Gemini (May 21 to June 20) A relationship progresses more slowly than you would prefer. Best advice: Insist on a frank and open discussion. What is learned could change minds and, maybe, hearts.

Cancer (June 21 to July 22) It's all right to be grateful to a workplace colleague who has done you a good turn. But gratitude shouldn't be a life-long obligation. The time to break this cycle is now.

Leo (July 23 to August 22) It's going to be especially nice to be the King of the Zodiac at this time. A recent money squeeze eases. Plans start to work out, and new friends enter Your Majesty's domain.

Virgo (August 23 to September 22) Before you make a commitment on any level (personal, professional, legal), get all the facts. There might be hidden problems that could cause trouble later on.

Libra (September 23 to October 22) Personal relationships improve.

Professional prospects also brighten. A job offer could come through by month's end. An old friend seeks to make contact.

Scorpio (October 23 to November 21) Your senses detect that something is not quite right about a matter involving a workplace colleague. Best advice: Follow your keen instincts and don't get involved.

Sagittarius (November 22 to December 21) A prospect offers rewards, but it also demands that you assume a great deal of responsibility. Knowing you,

PROFESSIONAL DIRECTORY

LANDSCAPE



Bonny's Blooming Gardens

239 822-1939

For all your landscaping needs

Landscape Design and Installation
Beautiful Palms and Tropicals
Landscape and Lawn Maintenance
Tree Trimming Services
Mulch Application
Property Clean up & more!

LOCKSMITH



ISLAND LOCKSMITH

UNLOCKING PARADISE

Island Locksmith
Serving Sanibel & Captiva
Islands Since 1976
"Veteran Owned & Operated"

2340 Periwinkle Way, J-3
Behind Village Shops
239-472-2394
IslandLocksmith@yahoo.com
www.sanibellocksmith.com

WINDOW CLEANING




JC Window Cleaning

239-203-5913
407-902-7845
Juan Penaloza

Residential-Commercial-New Construction
Pressure Washing, Window Cleaning and
Gutter Cleaning

LICENSED and INSURED

jccpcleaning@aol.com / jccpwindowcleaning.com





The New Math:

\$1 = \$8

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org



INTERIOR DESIGN



Bridget Vandenburg
INTERIORS, INC.
Allied A.S.I.D.
O 239.312.8800 | C 239.222.0148

Please visit us in our Blue Bungalow
Showroom and Design Studio!
M-F 10AM-5PM or by Appointment

DESIGN@BRIDGETINTERIORS.COM
WWW.BRIDGETINTERIORS.COM
1633 PERIWINKLE WAY SUITE C & D
SANIBEL FL 33957
Located at the Anchor Point Plaza

Decorating on the Island since 2005

PRESSURE WASHING



PRESSURE PROS

Handyman HOME SERVICES

Quality Service Guaranteed

Ask About Our **\$99** Specials!

FREE ESTIMATES

MATTHEW RYAN
Owner
(239) 645-9834

Licensed & Insured



LCEC

CLEAR YOUR GEAR

IT LATCHES MORE THAN FISH



Be Their Voice

Adopt-A-Manatee
and Make a Difference

1-800-432-JOIN (5646)
savethemanatee.org

you're up to the challenge, so go for it, and good luck.

Capricorn (December 22 to January 19) A favor you did a long time ago is repaid, as a trusted colleague steps in to help you with a suddenly expanded workload. A family member has important news.

Aquarius (January 20 to February 18) A new job offer could require moving across the country. But before you let your doubts determine your decision, learn more about the potentials involved.

Pisces (February 19 to March 20) Your sense of fair play doesn't allow you to rush to judgment about a friend who might have betrayed you. Good! Because all the facts are not yet in.

Born This Week: You have a romantic nature that allows you to find the best in people. You would excel at poetry and drama.

MOMENTS IN TIME

• On May 24, 1883, after 14 years and 27 deaths during construction, the Brooklyn Bridge in New York is opened, the largest suspension bridge ever built to that date.

• On May 27, 1894, Dashiell Hammett, author of *The Maltese Falcon*, is born in Maryland. He worked as a Pinkerton detective for eight years and turned his experiences into fiction. The novel was filmed three times, the last in 1941, starring Humphrey Bogart.

• On May 28, 1902, Owen Wister's *The Virginian* is published. It was the first serious Western and one of the most influential in the genre. The book became a sensation and inspired four movies and a Broadway play.

• On May 29, 1932, the so-called Bonus Expeditionary Force, a group of 1,000 World War I veterans seeking cash payments for their veterans' bonus certificates, arrives in Washington, D.C. One month later, that number had swelled to nearly 20,000 strong.

• On May 26, 1940, President Franklin Roosevelt makes a radio appeal for the support of the Red Cross. Belgian and French civilians were "running from their homes to escape bombs and shells and machine gunning, without shelter, and almost wholly without food," FDR told Americans.

• On May 23, 1960, a tsunami

caused by an earthquake off the coast of Chile travels across the Pacific Ocean and kills 61 people in Hilo, Hawaii. The massive 9.5 magnitude quake had killed thousands in Chile the previous day. The Pacific Tsunami Warning System, established in 1948, worked properly and warnings were issued to Hawaiians six hours in advance, but some people ignored the warnings and others actually headed to the coast to view the wave.

• On May 25, 1977, the communist government of China lifts its decade-old ban on the writings of William Shakespeare. Mao Tse-Tung's 1966 revolution had banned any cultural work that did not have the required ideological content.

NOW HERE'S A TIP

• Planning a new roof? Choose a light color for cooling benefits. Also check with your home-insurance company to see what discounts it might offer for different styles or options, like upgraded hurricane clips or fire-retardant materials. – REW in Tennessee

• Cut a cord of firewood in the spring, and cure it yourself. Store it

away from the house and properly care for the wood by stacking it where it will have access to the sun and wind to dry it. Let it season for six months or longer, and you'll have firewood ready when the temperatures drop again.

• If you're melting chocolate in your microwave, do yourself a favor: Line the bowl with wax paper or parchment paper. The chocolate is still easy to stir, but when you take it out, you can scrape all the chocolate off the paper so that none is wasted! – AA in Florida

• Place a bit of clear tape over the spot where you are going to drive in a nail to prevent the nail from cracking drywall. It will go right in. Also, if you're nailing into wood, drag your nail through some soap (bar soap is fine) before striking it. This does the same thing – it will keep the wood from splitting. You can even keep a travel-size bar of soap in your nail apron for just this purpose. – PK in New Jersey

• Shopping for bagged frozen vegetables? Give them the squeeze test: If the vegetables feel hard and solid, they have thawed and refrozen.

continued on page 54

PROFESSIONAL DIRECTORY

BUILDING AND DESIGN


SCOTT BUILDING & DESIGN LLC
 CBC-1261452

New Construction Decking Windows/Doors
 Remodeling Trim Kitchens/Baths

Raye Scott (239) 410-3547
 scottbuilt@hotmail.com

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
 HOME WATCH • CLEANING SERVICE

 **JUERGEN SCHREYER**
 OWNER

ISLAND HOME SERVICE
 P.O. Box 1050 • SANIBEL • FLORIDA 33957
 WWW.ISLANDHOMESERVICE.COM
 INFO@ISLANDHOMESERVICE.COM
 PHONE: (239) 472-5247 • CELL: (239) 229-6366

AIR CONDITIONING

FAST SERVICE | 35 YEARS EXPERIENCE

 **ALLIED AIR SERVICES**
 HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!

**HVAC SERVICE
 REPLACEMENTS
 APPLIANCE REPAIR
 & DIAGNOSTICS**
 COMMERCIAL/RESIDENTIAL

*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

WWW.ALLIEDAIR.BIZ | (239) 217-4111

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

 **TREE WEST**

• Tree Trimming • Tree Removal
 • Stump Grinding

239-910-3256
 info@treewestflorida.com
 www.treewestflorida.com
 P.O. Box 564, Sanibel, FL 33957
 Licensed, insured, workers compensation

ROCK, MULCH, PLANTS

 **Gulf Coast**
 Landscape Nursery & Supply
ROCK, MULCH, PLANTS
 South Fort Myers

239-337-7256
 gulfcoastlandscapenursery.com

TELEVISION

WOOSTER TV
 SALES • SERVICE • RENTALS
 HDTV • VIDEO • DVD • COMPUTERS

Serving the Islands for Over 40 Years!

P.O. Box 1695 239.472.1133
 Sanibel, FL 33957 Mike (cell) 239-565-2875
 woostertv@comcast.net

CLEANING SERVICES

 **Professional Cleaning Services**
 Residential & Commercial
 Construction Clean Up
 Interior Windows
 Home Watch

Jennifer Watson
 (239) 810-6293
 brightntidy@gmail.com
 Licensed & Insured

CONSTRUCTION/REMODELING

 **COOPER**
 CONSTRUCTION

Custom Homes & Remodeling Specialists
 We can design, build and manage any endeavor you can dream up.

239.454.5699
 cooperconstruction@embarqmail.com
 Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

COSMETICS

Lullo Natural Cosmetics
 Rachelle DeLullo

American Academy of Procedural Medicine Board.
 Board Certified In Functional Medicine,
 Anti-aging & Aesthetics

by Dea DeLullo Cosmetics

To order the top formulated all natural anti-aging professional skincare, cosmetics, accessories & gifts go to:

www.DeaDeLulloCosmetics.com
 DeaDeLulloCosmetics@gmail.com



FOX CBS ABC
 CNN
 PBS
 The NBC Journal

PETS OF THE WEEK

Lee County Domestic Animal Services
Xavier And Sandy

Hello, my name is Xavier. I am a brown 3-year-old male lab mix and the shelter's very own gentle giant. This big guy is a teddy bear and loves to just lay around and get belly rubs from the great team of volunteers. I also love the kiddie pools and will dive right in after a tennis ball to cool off during the hot summer afternoons. If you are looking for a laid-back, playful pup, I am your boy. My adoption fee is \$75.



Xavier ID# A920503
photos provided

be best as an only child as I am a frisky gal. I am very entertaining and love to give you a run for your money. Stop by and meet this girl and fall in love with my spirited personality. My adoption fee is waived.



Sandy ID# A917555

The adoption package includes spay or neuter, microchip, up-to-dat vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

From page 53
Now Here's A Tip

Choose another bag.
• Keep musty smells out of your linen closet by stashing a box of baking soda on one of the shelves, just as you would in the kitchen.

STRANGE BUT TRUE

- Most of us know that pregnancy has its challenges, but one you might not be aware of is that expectant moms attract roughly twice as many mosquito bites. It's believed this is because they exhale more carbon dioxide and have higher body temperatures than those who aren't pregnant.
- A Chinese father hired virtual assassins to kill his son's World of Warcraft character, hoping that would stop the young man from playing after he'd quit his day job.
- American death row prisoners are given a physical to ensure they're fit enough to die.
- During the 1984 Olympic Summer Games in Los Angeles, McDonald's announced a promotion offering free food and drink every time an American athlete made it to the medals podium. After the former Soviet Union boycotted the games, it turned out to be quite a costly promotion.
- The French duo Daft Punk took their name from a negative review they

received from *Melody Maker* magazine regarding a trio of which they'd previously been members.
• Between 1887 and 1950, American weather forecasters were not allowed to use the word "tornado."
• A particularly pessimistic fan of football's Cleveland Browns requested in his obituary that six members of the team serve as pallbearers at his funeral so "the Browns could let him down one last time."
• In the early 1970s, the first Nike shoe was inspired by... a waffle. After watching his wife make waffles, the company's co-founder, Bill Bowerman, poured urethane into a waffle iron to see what would happen. The Waffle Trainer debuted soon after.

THOUGHT FOR THE DAY

"The difference between a smart man and a wise man is that a smart man knows what to say; a wise man knows whether or not to say it."
— Frank M. Garafola

TRIVIA TEST

1. **Geography:** Dubai is the largest city of which country?
2. **U.s. Presidents:** What was President Richard Nixon's Secret Service code name?
3. **Television:** In which year did the first episode of the animated comedy *South Park* air?

CLASSIFIED

COMMERCIAL RENTAL

OFFICE SUITE RENTAL ON SANIBEL ISLAND
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.
5/6 ★ TFN

VACATION RENTAL

Island Vacations
Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277
1/4 ★ TFN

ANNUAL RENTAL

RENTING FOR OVER \$1,500?
Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.
chip@chipwolfe.com
chipwolfe.com
239-848-0906
REMAX OF THE ISLANDS
6/5 ★ TFN

HELP WANTED

FULL/PART-TIME SALES ASSOCIATE
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 sanibelsale@gmail.com.
4/22 ★ TFN

VACATION RENTAL

SANIBEL
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!
239-472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
4/15 ★ TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC
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
4/20 ★ TFN

CAREGIVER
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.
1/21 ★ TFN

Cottages To Castles
Unique Vacation Rentals
2427 Periwinkle Way
Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 ★ TFN

Shore Fishing:

Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

To advertise in the Island Sun and The River Weekly News Call 395-1213

- 4. **History:** What was the former name of the Hoover Dam on the Colorado River?
- 5. **Music:** Which instrument is Pablo Cassals famous for playing?
- 6. **Literature:** What are the names of Harry Potter's deceased parents in the book series?
- 7. **Language:** What does the Latin phrase "bona fide" mean?
- 8. **Animal Kingdom:** What is a baby fish called?
- 9. **Acronyms:** What does BMW stand for?
- 10. **Movies:** What is the song playing in the famous twist scene of *Pulp Fiction*?

TRIVIA ANSWERS

1. United Arab Emirates 2. Searchlight 3. 1997 4. Boulder Dam, for a short time in the 1940s 5. The cello 6. James and Lily 7. In good faith 8. A fry or fingerling 9. Bavarian Motor Works 10. You Never Can Tell, Chuck Berry

SCRAMBLERS ANSWER

1. Minus 2. Scold
3. Master; 4. Admire

Today's Word
DIAMOND

HORTOONS

FLORIDA LIFE LESSONS

Be careful when helping turtles get across the road.
Florida Softshell Turtles have long necks and bite!

PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Isola Bella	Miromar Lakes	2008	5,674	\$5,750,000	\$5,500,000	20
Acreage	St. James City	2018	3,810	\$4,900,000	\$5,400,000	130
Siena	Miromar Lakes	2005	2,895	\$1,995,000	\$1,995,000	3
Shell Harbor	Sanibel	1972	1,737	\$1,895,000	\$1,875,000	0
Seaside Estates	Fort Myers	2004	3,239	\$1,799,000	\$1,700,000	13
The Dunes Sanibel Island	Sanibel	1997	2,779	\$1,745,000	\$1,694,500	23
Bayview Acres	St. James City	1977	1,506	\$1,595,000	\$1,626,000	7
Cape Coral	Cape Coral	1996	3,077	\$1,689,000	\$1,575,000	57
Cape Coral	Cape Coral	2018	2,278	\$1,364,000	\$1,500,000	1
Seagull Estates	Sanibel	1987	2,109	\$1,425,000	\$1,447,000	2



**"FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine



WWW.DOCFORDS.COM

**THE ORIGINAL
YUCATAN SHRIMP!**

**Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale**

