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VOL. 28, NO. 42

SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 16, 2021

APRIL SUNRISE/SUNSET: 16 7:04 • 7:52 17 7:03 • 7:53 18 7:02 • 7:53 19 7:01 • 7:54 20 7:00 • 7:54 21 6:59 • 7:55 22 6:58 • 7:55

Free Activities On Earth Day At 'Ding' Darling

JN "Ding" Darling National Wildlife Refuge is throwing a free Earth Day at the Refuge celebration on Sanibel on Thursday, April 22. It will feature no-fee admission to Wildlife Drive for cyclists and hikers, free guided tours, paint-alongs and on-your-own activities.

In compliance with pandemic protocols, refuge staff will carefully curate the event for participant safety. Guides will be leading five free tours that day, limited to 10 participants each. Two painting sessions with this year's refuge Artist in Residence Rachel Pierce are also limited to 10 participants. See the following schedule and pre-register for free at www.dingdarling.eventbrite.com, where details about each event are also available.

7 a.m. to 7 p.m. – Free admission to Wildlife Drive for cyclists and hikers;



Paint your own roseate spoonbill canvas along with Artist in Residence Rachel Pierce, shown here painting birds plein air along Wildlife Drive

photo provided

- vehicles pay \$10 for admission
- 8 a.m. – Mindfulness Walk at the Bailey Tract
- 8:30 a.m. – Birding the Refuge Caravan Tour
- 9:30 a.m. – Biking the Refuge Tour
- 10 a.m. – Paint a Roseate Spoonbill with Artist in Residence Rachel Pierce
- 11:30 a.m. – Paint a Roseate Spoonbill with Artist in Residence Rachel Pierce
- 1 p.m. – Junior Ranger Walk
- 2 p.m. – Bailey Tract Walk
- Ongoing outdoors – New Junior Ranger Booklet Debut: Complete it that day and receive a gift.
- Ongoing outdoors – Pick up a compostable bag to fill with trash and return for a commemorative postcard.
- Participants in any of the tours, paint-alongs, and trash-collecting will receive a 10 percent discount coupon for use in either Sanibel Island Nature Store location: the flagship store in the "Ding" Darling Visitor & Education Center or Nature Store2 at 2250 Periwinkle Way. Coupons not valid for online store use.

continued on page 18

Water Woes In America Topic For Lecture Series

To celebrate the current H2O Art Exhibition, on display at the Bailey-Matthews National Shell Museum through April 30, the museum is continuing its free lecture series on water.

The next lecture will be held via Zoom at 5 p.m. on Thursday, April 22 with Cynthia Barnett, award-winning environmental journalist. "Water defines us as Floridians no matter where we live: Idyllic beaches surround us on three sides," Barnett said. "Rivers and streams flow for ten thousand miles through the peninsula. We're blessed with nearly eight thousand lakes and a thousand more freshwater springs – the largest concentration of artesian springs in the world. Florida's economy and idyllic lifestyle are built on a foundation of pure and plentiful water. Yet the latest generation of Floridians has not inherited waters as clean and abundant as when they were born."

In her program titled Blue Revolution: A Water Ethic for America & Florida, Barnett shows audiences how one of the most water-rich states in the nation could come to face water quality and scarcity

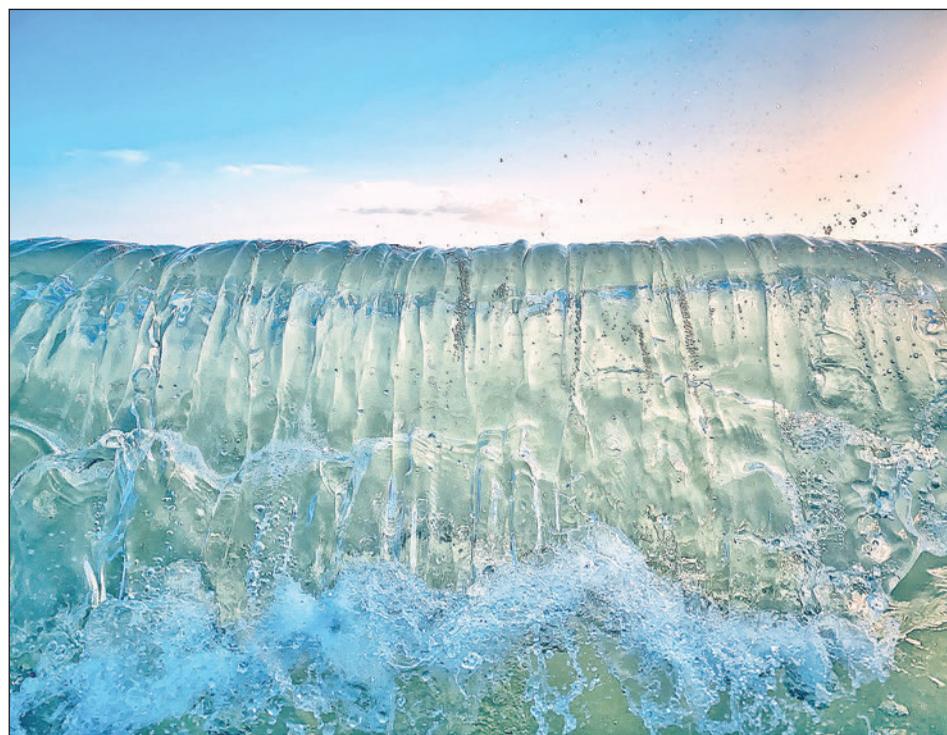


Cynthia Barnett photo provided

woes – and how it doesn't have to be this way. With a shared ethic for water, Floridians come together to use less and pollute less, and work with nature as they prepare for sea level rise and the other tremors of a changing climate. Barnett describes how Florida can live well with water today, in ways that don't jeopardize fresh, clean water for children, ecosystems and businesses tomorrow.

To register for the lecture series, visit www.shellmuseum.org/h2o-lecture-series.

The museum's goal for the H2O



Rolling Water by Marie Laforge is part of the H2O exhibit

photo by Marie Laforge

lecture series and art exhibition collaboration is to build momentum on addressing the great importance of water quality to the ecosystem. The exhibition can be viewed daily from 10 a.m. to 5 p.m. (with paid admission). Most artwork

on display is for sale and a commission will be donated to the museum.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, visit www.shellmuseum.org.



Former Sanibel Mayor Mick Denham, center, received the Citizen of the Year Award from past chair Brian Kautz, left, and incoming chair Mark Blust, right photos provided

Chamber Presents Awards, Names Officers

The Sanibel & Captiva Islands Chamber of Commerce held its annual meeting on April 7 in an outdoor venue at The Dunes Golf & Tennis Club with a limited number of attendees.

"In a normal, pre-pandemic year, we could have been hosting nearly 180

people indoors," said John Lai, chamber president and chief executive officer. "Last year, we skipped the meeting altogether. This year, we invited fewer than 50 board members and the winners of the 2021 annual awards, which we honored that evening."

Before presenting the awards, Lai welcomed Mark Blust of The Timbers Restaurant as the 2021-22 chair of the chamber board of directors. He thanked immediate past chair Brian Kautz of The Dunes, and the 2019-20 outgoing chair, Mary Bondurant.



From left, Brian Kautz, Volunteer of the Year Award-winner Josh Stewart and Mark Blust

Blust and Kautz presented four annual awards, with the prestigious Citizen of the Year Award going to former Sanibel Mayor Mick Denham.

"Our Citizen of the Year was chosen for his commitment to our city, the water quality fight, and his 16 years served on the Sanibel City Council," Blust said.

"I want to thank the chamber for being a good partner," Denham said. "They are a true partner."

This year's Sue Rosica Gray Volunteer of the Year Award went to Josh Stewart, whose Facebook live "Drinks with Josh"

feature has become a much-anticipated weekly event among chamber members.

"In a year where the members business community was doing their very best to keep their businesses alive, this member was doing his very best to keep every other small business alive as well," said Kautz. "It's quite rare that we award a member for being famous for drinking adult beverages, but in this case, not only is it very well deserved, but it also truly meets the mission of our organization."

Blust presented the New Business of continued on page 6

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Scarlett and Carter enjoying the boat ride photos provided

Easter Egg Hunt And Dolphin Cruise A Success

Adventures In Paradise hosted its annual Easter cruise to Picnic Island on April 4. Passengers cruised among the dolphins to reach



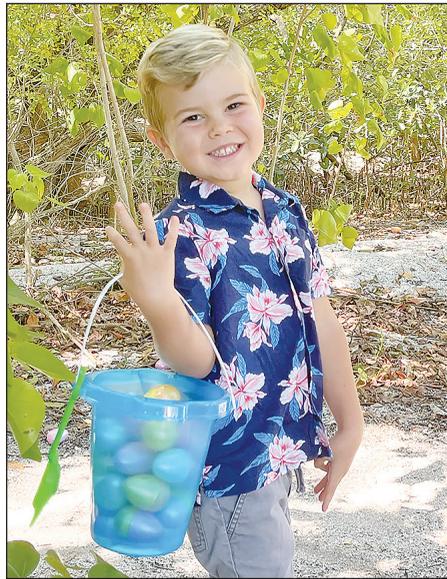
The Clemens children with the Easter Bunny

their destination, where the Easter Bunny and over 4,000 hidden eggs were waiting. The children filled their baskets and had their photos taken with the Easter Bunny.

It was a day of fun for all. Adventures In Paradise cruises depart from Port Sanibel Marina. For more information, call 472-8443 or visit www.adventuresinparadise.com. ✨



This young girl found the golden egg



Paxton Galantino egg hunting



The Busold children with the Easter Bunny



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George and Jean Barnes photos courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Looking Back: Jean Barnes

Jean Barnes holds her grandson George, who was born and died in 1893. The elegant Church of the Four Gospels was built in the baby's memory. It stood on the gulf shore, its top-mounted cross meant to attract passing sailors.

This memorial to George seated 300 and was erected through Miss Marie Barnes' efforts. Baby George, and later his grandmother, were buried in a graveyard beside the church.

The Church of the Four Gospels was demolished in the 1910 hurricane, although some of its pews were salvaged and placed in Sanibel Community Church



Church of the Four Gospels

when it was built in 1917.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required and safety precautions are in place. For more information, visit www.sanibelmuseum.org or call 472-4648.✱

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Complete Shabbat Worship Service including Torah reading Zoomed from Fellowship Hall at SCUUC every Friday night at 7.30 p.m. Shabbat morning discussion led by Rabbi Fuchs at 9.30 a.m. (email batyamsanibel@gmail.com to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA

CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 8, 2020 through April 25, 2021. Services posted on Chapel's Website for viewing. Weekly Bible Study on Tuesdays at 10 a.m. Masks are mandatory and social distancing will be in effect. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane Captiva, 472-1646.

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11 a.m. in Fellowship Hall. View the Sunday Service online at www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 11 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 8:30 and 10:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.

Email changes to press@islandsunnews.com or call 395-1213.✱



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From left, Brian Kautz, Paper Fig Kitchen team members Dylan Traffon, Karan Balmer, and owners Debra and Jeramie Campana, and Mark Blust. Paper Fig Kitchen was awarded New Business of the Year.

From page 2

Chamber

the Year Award to Paper Fig Kitchen, a Sanibel catering and fresh food to-go operation.

"Everyone who knows the proprietors, knows that they are a formidable team," Blust said of Jeramie and Debra Campana. "They have made their dream to live on Sanibel Island come true, and we are so happy that they did."

For its dedicated work supporting so many island businesses with the PPP

business pandemic recovery program, the chamber thanked Sanibel Captiva Community Bank with the presentation of the Business of the Year Award.

"Team members agreed to take on massive, unfamiliar workloads in addition to their current roles working 12- to 13-hour days and weekends for weeks to process as many applications as possible for their customers," said Kautz, adding that the bank also granted 284 loan deferments for more than \$214 million to keep families and businesses afloat during the financial crisis.

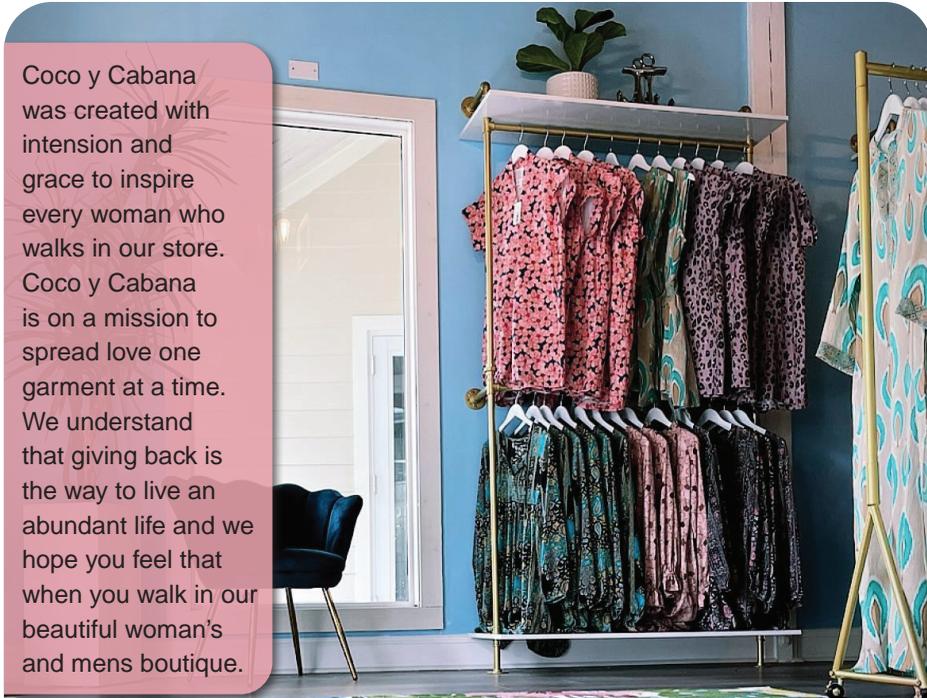


From left, Brian Kautz, Sanibel Captiva Community Bank members Rudi Hamer, CEO and President Craig Albert and Kyle DeCicco, and Mark Blust. The bank was awarded Business of the Year.

"It's so nice to see people's legs again, instead of just faces in a Zoom box," Lai joked with the assembled meeting attendees. "I realized after that first Zoom meeting, this community has no 'quit' in it. You understand we're all stronger together."

Lai also recognized his staff, the current executive committee, and 2021-22 board of directors. JR Ramirez of Casa Ybel Resort joins the executive committee as secretary-treasurer. Calli Johnson of Bailey's General Store moves into the position of chair-elect.

He also welcomed new board member Michael Nacheff of Lee Health, who joins Michele Berger, Tween Waters Island Resort; Ron Clayton, Advanced Disposal; Katy Forret, Doc Ford's Rum Bar & Grille; Joel Goodman, VIP Realty Group; Willy Ocasio, Bank of the Islands; Aaron Pruss, Becker Law Firm; Melissa Rice, Community Housing and Resources; Evelyn Stewart, Adventures in Paradise; Daniel Thompson, Suncatchers' Dream; and Jeremy Walsh, RS Walsh Landscaping.✧



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Rec Center Operations Pose Challenges

by Wendy McMullen

Undeniably, the city department most affected by the COVID-19 pandemic was the already beleaguered, and to some beloved, Sanibel Recreation Center next to The Sanibel School on Sanibel-Captiva Road. “The discussion began the first day the city decided on the budget when the pandemic hit,” said City Manager Judie Zimomra, opening the debate at last week’s city council meeting. “There is no doubt the largest number of employees that were impacted as far as severance was concerned was in the rec center.”

Now, city managers are finding difficulty replacing lost staff and resuscitating the facility. The 13 programs that have been restored are those that do not require instructors, and membership has dropped precipitately as a result. Only 22 percent of members have chosen to renew their membership given the limited offerings this year.

“One reason that we’re not seeing people coming back is that we are not offering the programs that we were,” said Zimomra. “Not only are the facilities capped but we are not offering the traditional programs that were part of the memberships.”

Some city council members are looking at ways of not only reopening but also reimagining the rec center in the fall 2021. Even prior to the pandemic, rec center membership had been declining and the city wants to find out why. As a tool, the city recreation department proposed offering surveys to current and former recreation center members to find out what the differences are between those members who have chosen to come back and those who have not.

Councilman John Henshaw suggested that both the survey questions and target respondents be broadened.

“I would rather see a survey that deals with the future and how we develop a rec center that deals with a future state in the fall, and the things that would attract

people in that future state,” he said. “Our survey instrument ought to help us maximize the return of members when we open up fully in the fall.”

Henshaw added that he would broaden the survey to send it to everyone who owns a home on Sanibel.

Other council members agreed that surveying a broader audience would be more useful and considered using the MySanibel.com website database which covers visitors and many other people interested in Sanibel, and the Lee County Property Appraiser site which gives all the addresses of property owners.

“It’s a huge amenity for our community and our guests,” said Mayor Holly Smith.

The council is being encouraged in its efforts by a group of devoted rec center members who describe the center as one of the “crown jewels” of Sanibel and want the center fully reopened, and programs that were in existence five years ago restored.

“The city’s ‘Fit for Life’ logo signifies the value citizens place on our recreational facilities and activities, and their importance in promoting a healthy and active lifestyle, which is one of the key elements of Sanibel’s cherished quality of life,” said Darla Letourneau, one of the group leaders. “Our island’s reputation as a great place to live attracts new families and individuals who wish to make Sanibel their home. In turn, that reputation enhances the property values for all homeowners. The rec center is valuable to all Sanibel residents, not just center users.

“We bought into \$9 million (for previous renovations),” she continued. “You’re expected to maintain it and maintain its value, not to make it feel like it’s a second rate facility.”

Letourneau added that there should be a collaborative process with the community involved, not just a city staff assignment.

“You’ve got to go to the people,” Letourneau said. “This is about what makes this an attractive community. Bring the membership back and find a way to build it back better.”

Owner of two gyms in Fort Myers and former rec center instructor Dalia Jakaubaskas agreed.

“The mission of the rec center has not been fully clarified. We have the potential to build it back better,” she said, asking the council if the recreation center is a community center and gathering place for the community or a business.

Longtime resident Nicole McHale added her voice, urging the council to avoid adding payments for classes in order to make up for deficits.

“Be careful with the families,” she said. “Over the years, the families have been hit hard by the increase in the after school program and the increases in membership.”

She added that she would be paying more than \$1,000 a year if the rec center charged for classes.

City council voted to go ahead with hiring an aquatics manager to begin to reinstate the popular aquatics program.

In the end, the city council decided not to go ahead immediately with a survey since the situation in the rec center is changing rapidly as the protocols for the Centers for Disease Control change. Council voted instead to work on putting together a reopening plan along with a communication plan to bring the servicing level to what it was prior to the pandemic.

Rec center supporters at the meeting asked that the rec center not only be restored to what it was before COVID, but to be reimagined entirely to attract members lost when fees were raised 20 percent, programs cut and popular instructors let go several years ago.✪

July 4th Fireworks Canceled Again

by Wendy McMullen

Sanibel City Council decided last week to cancel the traditional fireworks display over the Sanibel Causeway on July 4 this year, despite a Sanibel & Captiva Islands Chamber of Commerce donation of \$2,500 to help fund the display. Council members were not only concerned about the cost of the display but also the large gathering that the event generates on the causeway islands, and people standing shoulder to shoulder not wearing masks.

Councilman John Henshaw proposed the cancellation and Vice Mayor Richard Johnson seconded, with all city council members voting in favor.✪

Formula Retail May Face More Regulation

by Wendy McMullen

An amendment to the rules for defining formula retail establishments in order to block a loophole was approved by the Sanibel Planning Commission on Tuesday.

The wording for determining which establishments constitute “formula retail” has been changed from three or more store locations where a name, sign, architecture, merchandise or logo that is “required by contractual or other arrangement” was changed to retail sales establishments where the identities “are distinctive to or standardized among, some or all other locations.”

The change was introduced because the owner of a bicycle rental business proposed for the Islander Center maintained that even though he had more than three other retail stores, his was not a formula retail establishment because the name, sign, architecture, merchandise or logo of his establishment was not stipulated by contractual agreement.

Formula retail is limited by the City of Sanibel to no more than 60,000 square feet combined. This measure was considered necessary in order to retain the island’s uniqueness and preserve locally owned businesses. There are currently 17 formula retail establishments on Sanibel amounting to a total of 49,025 square feet so there is allowance for more to be added to the inventory. Commissioner Laura DeBruce, however, would like conditions added before approving a formula retail application to ensure that the business would enhance the island and not duplicate or drive out existing businesses.

Several business owners expressed their support for the additional conditions. continued on page 22

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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).
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Clay C. Ewell	Gerri Reaves PhD
Marcia Feeney	Angela Larson Roehl
Katie Frederic	Julie Rosenberg, MD
Shelley Greggs	J. Brendan Ryan, CLU,
Jarred Harris	ChFC, MSFS
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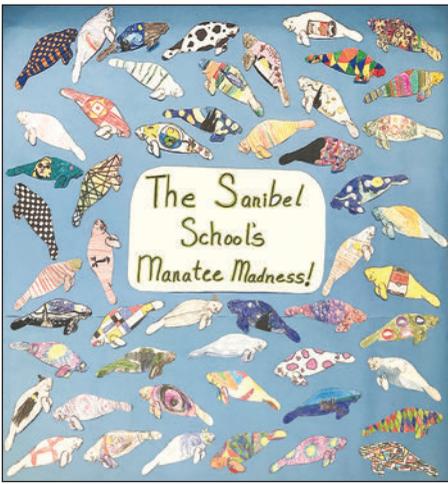
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The Sanibel School's Manatee Madness artwork is on display at Bailey's General Store photos provided

Students Connect With Community Through Art

by Shelley Greggs

The Community Housing and Resources (CHR) Manatee Madness fundraising committee worked with 15 local artists who focused their creative talents on transforming a basic manatee mailbox into whimsical, patriotic and passionate objects of art. Now other local artists at The Sanibel School have also lent their creative efforts to Manatee Madness



Harrison Jones, fourth grade

with a special project through their art class.

The Sanibel School's art teacher Erica Sharp said that, "Students first learned about CHR and their important role within the community. Some students spoke up because they, themselves, reside in CHR homes. We then talked about public art installations and students were shown all of the manatee mailboxes that were painted to lots of oohs and aahs from the students. One student was especially delighted when his mother's, who is one of the artists, painted manatee came onto the smartboard, he was very proud."

As for their artistic process, Sharp reported that the kindergarten and first grade children were able to design their manatee however they liked but students in grades two to five were instructed to research famous art styles, artists and paintings. From there they chose one painting that they would base their manatee design on.

Using either crayons, colored pencils or markers, students first practiced sketching in their sketchbooks and then moved on to a manatee template printed on cardstock for their final piece. When finished, students wrote their names, the artist's name, title of the artwork they were inspired by, and the date in which it was created and then cut them out. The manatees



Finley Hall, second grade



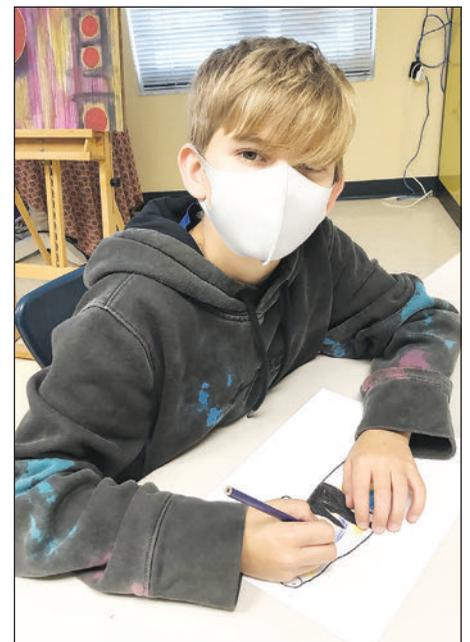
Pierce Padgett, third grade



Hayden Schmidt, fourth grade

were mounted back-to-back and strung vertically to create a hanging display.

Sharp has had her students participate in other community events as well, and she described her interest in linking art and community. "I have always been passionate about getting children involved within the community. I am a firm believer



Zane Kaplan, fourth grade

that through those experiences they are able to learn in a different way, drawing connections between art and the needs of the community. Those connections ultimately widen their view and instill compassion towards others. My heart always sings when I witness students wanting to do more within the community and we will continue to partner when we are offered a good opportunity."

CHR is fortunate to have had the support from so many for Manatee Madness and especially from Sharp, her students and The Sanibel School. It's very exciting to see children become involved and supportive of community programs and broaden their perspectives.

Bailey's General Store has graciously agreed to display the students' artwork at their store. Please stop by and take a look at these highly imaginative and beautiful creations.

Bailey's General Store is located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel. Hours are 7 a.m. to 7 p.m. daily.*



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The brilliant red seeds are toxic to humans
photos by Gerri Reaves

Plant Smart
Cherokee Bean

by Gerri Reaves

Cherokee bean (*Erythrina herbacea*) is a low-growing deciduous shrub of the pea, or bean, family. It is not only native to the state, but is endemic to the southeastern U.S., meaning that it occurs naturally in no other geographical region.

In addition, it is the only species of the genus *Erythrina* that is native to Florida.

Its natural habitats are well-drained



Cherokee bean's spikes of flowers typically bloom after leaf drop and attract butterflies and hummingbirds

open sandy clearings, hardwood hammocks, and coastal dunes and thickets.

Often leggy, multi-branched and shrubby in northern parts of Florida, in the south, it can grow to tree size, as tall as 20 feet or so. The rough bark is nearly whitish or yellowish.

The glossy alternate leaves have three

deltoid or arrowhead-shaped leaflets. They are somewhat three-lobed and have long petioles, or stems.

Leaflets measure approximately three by three inches. Curved thorns at the bases and prickles on the undersides help protect birds seeking cover.

After leaf fall, brilliant red spikes of tubular flowers appear in spring. Up to a foot long, the spikes are all the more striking because of the bare branches.

Spikes appear on "new" stems, not the older woody ones on which the leaves appear. In South Florida, the plant might bloom year 'round.

Each flower is one and a half to three inches long and composed of five united sepals and five petals.

The upper petal wraps around the others, enclosing the flower with an overall crescent shape accessible to pollinating hummingbirds and butterflies



Cherokee bean's spikes of flowers typically bloom after leaf drop and attract butterflies and hummingbirds

on the lower side.

After the flowers are fertilized, the pod begins to develop and protrudes even before all the petals fall.

Black-brown pods of up to eight and a half inches long persist on the plant after flowering. The constrictions between the beans make the pod resemble a string of beads – an effect similar to that of the familiar native necklace pod (*Sophora tomentosa* var. *truncata*), another member of the pea family.

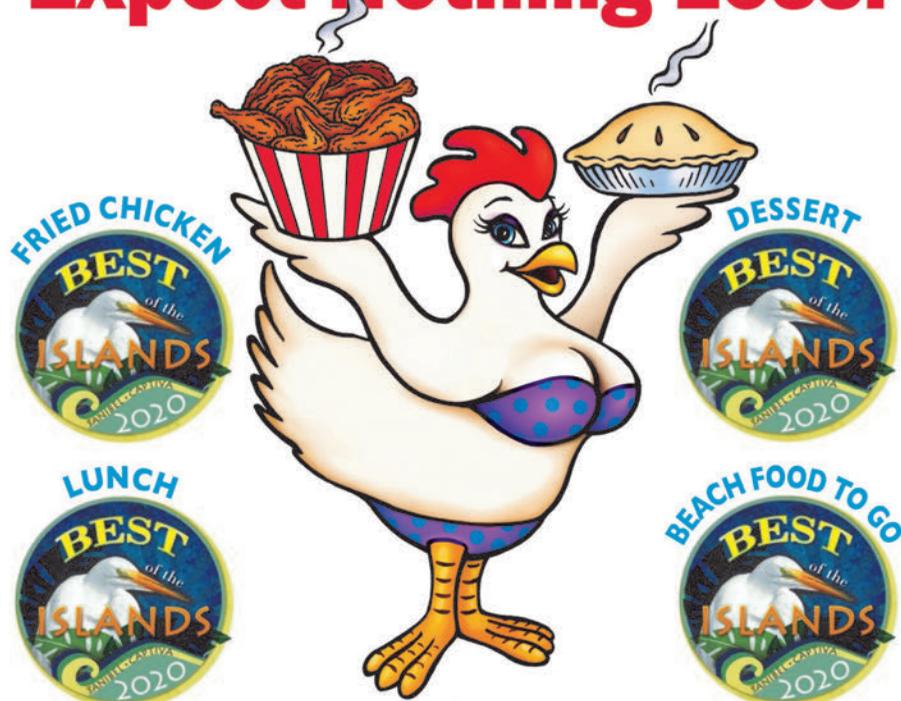
Twisting and contraction split the pod to reveal scarlet seeds with a black stripe. A thread attaches each to the pod, so they remain on the plant for months.

The color of the beans and flowers inspires other common names, including coralbean, red cardinal and cardinal spear. In fact, *erythrina* derives from *erythros*, an ancient Greek word meaning red.

Plant Cherokee bean in sandy soil with high organic content in fun to partial sun.

This fast-growing easy-to-grow plant
continued on page 16

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Historical Village Bids Farewell To Volunteer

Jan Symroski, volunteer coordinator at the Sanibel Historical Village since 2016, is retiring at the end of April.

"Jan has been much more than a volunteer coordinator, as big a job as that is," said Emilie Alfino, executive director. "Jan welcomed our guests and guided them as they started their village tour. She did all our scheduling, was key to good building management, opening and closing the 10-building village, and was ready to help with any task."

Symroski previously worked at the City of Sanibel Recreation Center as a recreation services assistant at the front desk, where she provided all aspects of customer service, performed data entry in various computer programs, and was a jack-of-all trades, as she has been at the village.

She spent years as CEO of YMCA of Key West, Florida and managed a dental group there as well. Living in Oregon for a time, Symroski was executive director of the Westside Family YMCA. Combined, Symroski helped the YMCA serve over 10,000 youths, managing 350 volunteers.

"Listing Jan's many accomplishments doesn't come close to describing how valuable Jan has been to the historical village," Alfino said. "The historical



Jan Symroski photo provided

village is a better place because Jan was here. She will be missed."

Symroski's co-worker Sandy Nering remains on the job as volunteer coordinator. Joining her will be Kathy Choquette and Jan MaGirl, two volunteers who will become staff members on May 1.

"It has been such a privilege working at the historical village these past few years. Emilie, Sandy and the volunteers have become family, so this decision is made with mixed emotions," Symroski said. "I'm not leaving the community, just hoping to do more traveling and spend time with family and friends

scattered across the country. I'll probably keep showing up at the village like a bad penny."

The Sanibel Historical Village is open from 10 a.m. to 4 p.m. Tuesday through Saturdays. The 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. Due to the pandemic, docent-guided tours are available by reservation only for groups of no less than six and no more than 10 and are based upon docent availability. All CDC guidelines are being followed, with masks required and social distancing in practice. There is handicap access at the village. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org.

Guest Speaker For Unitarian Sunday Service

The Unitarian Universalists of the Islands will have a Zoom service this Sunday, April 18 at 5 p.m.

The Rev. Dr. John Danner, minister of Sanibel Congregational United Church of Christ, will be the guest minister.

Dr. Danner began his tenure as senior pastor in January 2010. He has degrees from Bradford College (where his concentration was in theater), University of Maine, Bangor Theological Seminary and Boston University. He has trained

as a pastoral psychotherapist and is a graduate of the Shalem Institute of Spiritual Formation. He has published articles in *The Christian Century* and other periodicals. He is a weekly blogger and his posts can be seen at www.periwinkleponderings.blogspot.com.

Dr. Danner will speak on Songs of Freedom, Songs of Hope. He will share some of the history of these spirituals, as well as sing them as part of his presentation.

Abigail Allison, a musician at Sanibel Congregational United Church of Christ, will accompany Dr. Danner.

This will be the last service of the season. All are welcome. To receive the link, email Ron Benninga at rbenninga@yahoo.com.

CARD OF THANKS

Shell Islands Garden Club would like to thank the island community for its enthusiastic response to the caladium fundraiser. As a result, there will be dozens of Sanibel and Captiva gardens bursting with showy caladium colors throughout the spring and summer. Proceeds from the caladium sales will benefit island beautification projects, as well as nonprofit groups that promote native plant landscaping and gardening for wildlife.

A big thank you also goes out to all who visited the Art in Bloom exhibit this month at Sanibel Public Library. A joint production by floral arrangers from the garden club and artists from the Sanibel-Captiva Art League, Art in Bloom will return again in 2023.

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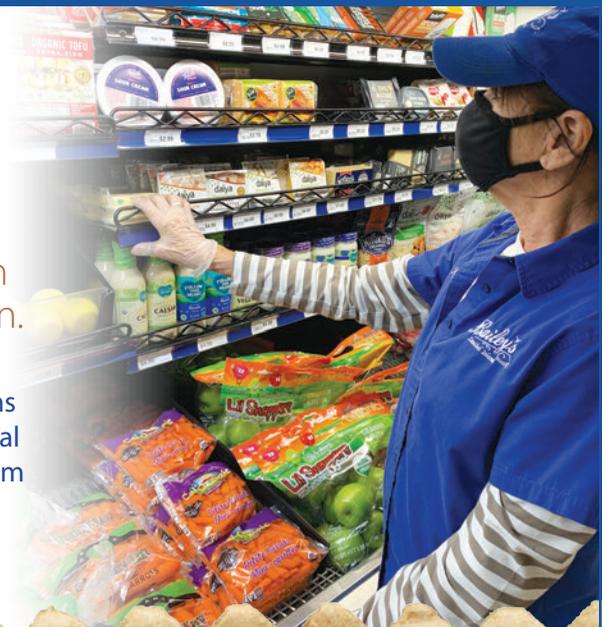
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Guide Life



by Capt. Matt Mitchell

Seems I'm always writing about the constantly changing weather conditions we experience while out on the water. Taking advantage of the good days while having places to duck and hide during the not-so-good periods is the life of a charter captain. Producing fish for clients is generally always much easier during those perfect days. But, being able to catch fish during the more often far-from-perfect windy or no tide days are what it takes to keep happy clients.

Never does any day quite go as planned. Days as a guide start early with the daily task of catching bait. Windy mornings can make this a challenge. How well we do on our trips is often decided with the amount of quality bait caught well before clients even board our boats. Plentiful bait means having enough to live chum and can fire up fish that some days don't want to eat.

Bait catching is the morning coffee club of guides. We are usually anchored close together in tight knit groups. While chumming and throwing cast nets, we discuss our catches along with stories of clients as we evolve our game plans for the day's trips. Once loaded up with bait, boats get cleaned up and tackle gets a quick once over to make sure everything is ready to go before heading off to pick up clients.

Once on the water with our day's clients, if things are going good, there is often very little communication. If you're struggling, you initiate contact with other captains to locate the fish. We are not in competition and are eager to put everyone on fish. Finding clients some action comes much easier if you have multiple boats communicating. Having a tight network of other captains on the water can be priceless on those tougher days.

Time spent on the water – or as we say time served – cannot be replaced. As fishing guides, we take our experiences from the previous trips and return to where we caught fish. If conditions remain the same, it's often possible to return on the same stage of the tide and catch em day after day. When conditions change like wind direction, water temperature and tide, it's time to reach a little deeper in the memory bank to where you caught them during this same set-up. When it comes right down to it, I get paid for my gut instinct of where the fish will be.

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.*



Stephen with a gator trout caught while fishing with Capt. Matt this week photo provided

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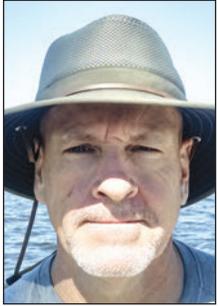
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CROW Case Of The Week: Bald Eagle

by Bob Petcher



Since 1782, the bald eagle (*Haliaeetus leucocephalus*) has been the national emblem of the United States. It has also been a spiritual symbol for Native Americans for long before that time.

At CROW, a nestling bald eagle was admitted after it fell from its nest in Bokeelia. Upon intake, the nestling was emaciated and had a heavy parasite load of feather lice. Radiographs revealed a fracture of its major metacarpal bone in the right wing that was well-aligned. Since it did not need any type of brace, the eaglet was put on strict cage rest to keep the bone from becoming displaced while it healed.

"Only the major metacarpal bone was fractured, so the intact minor metacarpal bone that runs parallel to it acted like an internal splint and stabilized the fracture," said Dr. Robin Bast, CROW staff veterinarian. "Because the fractured bone pieces were well-aligned and not displaced, external coaptation like a wing wrap was not necessary in this case, only strict cage rest."

Ten days later on March 23, another nestling bald eagle was admitted after



Sibling patients #21-918 and #21-1108 are recovering nicely

photo by Brian Bohlman

falling from the same nest, which was reported to be falling apart. The second nestling was severely emaciated and also had a feather lice infestation. Radiographs revealed fractures of both the major and minor metacarpal bones in its left wing. The eaglet was placed in a wing wrap for stabilization.

"Patient 1108 had fractured both the major and minor metacarpal bones. We were able to realign the fractured bone under anesthesia and place an external splint to keep the bones stable while they healed. It was splinted until a stable bony callus had formed at the fracture

site," said Dr. Bast. "Because this bird is young, it reached this stage of the healing process quickly and only had the splint on for one week, then continued cage rest after splint removal."

Both injuries limited the patients from properly taking care of themselves.

"We typically see higher external parasite burdens, including feather lice, in patients that are debilitated and haven't been grooming themselves. Both eaglets were very thin and had fractures," said Dr. Bast. "These were the only two eaglets in the nest, to our knowledge. The nest was falling apart, and due to

their injuries, the eaglets couldn't be re-nested."

Medical staff was asked how to determine when an eagle's fracture is stabilized.

"Veterinarians repeated physical exams regularly and could palpate a firm, bony callus forming where the fracture was and they could no longer feel any instability," Dr. Bast answered. "Additionally, radiographs were taken at regular intervals to monitor the progression of healing."

Twelve days after admittance, the first eaglet's fracture was stable, and it was moved to an outdoor enclosure. An additional 12 days later, the second eaglet's fractures also stabilized and it was moved outside to join its sibling.

"Both eaglets have been moved to outdoor rehabilitation enclosures to allow them space to learn how to fly and build endurance," said Dr. Bast. "They will remain in our care for several more weeks until they are flying well on their own, essentially the same amount of time they would have fledged their nest normally. They will be released in the same area as the original nest."

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

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Boating Club Wins National Award



V/C Ralph Bernard, left, and D22 Cdr. Sam Bonilla, right, congratulate Sanibel-Captiva Cdr. Joanne Heroy-Giller upon receiving the BoatUS Civic Service Award

photo provided

On April 10, Joanne Heroy-Giller, commander of the Sanibel-Captiva chapter of America's Boating Club, accepted the national award for its commitment to civic service in the community.

The national award, presented by BoatUS (Boat Owners Association of The United States), is awarded to three squadrons nationwide that have exemplified an abiding commitment to their community

through civic service.

In its application for this award, Cdr. Heroy-Giller related the many projects America's Boating Club of Sanibel-Captiva has developed not only during the past pandemic year, but also during the decades. Three specific projects are hallmarks of the civic work:

For 28 years, the club has been collecting toys and financial donations for the children of Harlem Heights. That

represents a lot of bikes, dolls and dollars over many years.

The SERAT program (Sanibel Emergency Response Assistance Team) provides aid to local emergency response units during local marine emergencies. Sanibel-Captiva's SERAT Team was asked to be the marine vessel instructors for the Captiva Fire Department.

For over 15 years, the club has taught its ABC3 course (America's Boating Course) to the Sanibel Middle School sixth grade students. This course has become a traditional component of the school's curriculum.

Upon receiving the BoatUS Civic Service Award, Cdr. Heroy-Giller said, "Of all the awards our organization has received, none gives us greater pride than this, particularly since it is a total team effort."✱

SCA Annual Meeting Notice

The Sanibel Community Association (SCA) annual meeting will be held on Wednesday, April 28 at 8:30 a.m. The meeting will be held in person and virtually. The in-person meeting will be held at The Community House, located at 2173 Periwinkle Way on Sanibel. To attend online, contact The Community House at 472-2155. If you are currently a member of SCA, email or mail your ballot survey back to The Community House.✱

From page 12

Plant Smart

has moderate water requirements and is salt tolerant, thus a good landscape choice for coastal gardens. It can even be used as a climbing plant along a fence.

A long taproot makes it highly drought tolerant but difficult to transplant.

Propagate it with the seeds, hardwood cuttings, or root division. It sometimes self-sows near the parent plant.

Take care, for the pretty beans, which have been used in bead-making and are attractive to curious children, are toxic to humans if ingested. The bark and leaves are also toxic.

Nevertheless, the plant has been used by Native Americans for medicinal purposes.

It is the larval host for the native Erythrina twig borer moth, whose larvae kill the stem tips.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <https://edis.ifas.ufl.edu>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

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The Sanibel School Principal Jaime Reid and Assistant Principal Jennifer Lusk

School Staff Treated To An Afternoon Fiesta

The Sanibel School PTA, with the help of 400 Rabbits Mexican Kitchen & Tequilaria, showed their appreciation for The Sanibel School staff recently by bringing in guacamole and chips, as well as other snacks and refreshments. The afternoon snack, served in the breakroom, was much appreciated.

"A huge thank you to 400 Rabbits for providing the treats for our staff members today. They were thrilled with the guacamole and chips, as well as the other goodies provided by the PTA. It's amazing how these gestures, large and small, help to buoy their spirits during a challenging school year. Many thanks," said Jaime Reid, principal of The Sanibel School.

The Sanibel School PTA is a non-profit 501(c)3 organization that supports school enrichment programs. If you are



Meliss Alleva and Jeramie Campana of 400 Rabbits photos provided

an island business looking to donate or partner with The Sanibel School PTA, email SanibelPTABoard@gmail.com or call 914-275-7388.*

Community House Events

The Sanibel Community Association (SCA) annual board meeting will be held on Wednesday, April 28 at 8:30 a.m. In-person and virtual options are available.

Line Dancing with Maria Di Rosa is offered on Tuesdays at 1 p.m. Cost is \$5 per class.

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

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

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing

required.

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

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

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

Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters to assemble. Cost is \$20 per kit, shipping is \$8 additional.

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.*

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Shell Of The Week

The American Horse Mussel



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

Modiolus americanus (Leach, 1815) grows to about 100 mm (about 4 inches)

in parts of its distribution range. The brown periostracum is heavy, flaky. This species resembles last week's Shell of the Week, the Southern Mussel. They differ, however, by the usually larger size, much more "obese" shell, and presence of orange and pink hues internally and externally in the shell of the American Horse Mussel. The Southern Horse Mussel has a "skinnier" shell and generally bluish-purple color inside. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To



José H Leal

The American Horse Mussel, *Modiolus americanus*, from Sanibel photo by José H. Leal
make a secure donation, visit www.shellmuseum.org.
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✳

From page 1

'Ding' Earth Day

The refuge celebrates Earth Day in partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge

(DDWS) and Tarpon Bay Explorers, the refuge's recreational concession.

For more information, call 472-1100 ext. 237 or visit www.dingdarlingsociety.org/articles/events.✳

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. this Sunday, April 18. Barbecued ribs and chicken are on the menu for Sunday, April 25. All are welcome.



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

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

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

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

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

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

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Participants will hone their paddling skills in a four-week series photo provided

After School Canoeing Classes

submitted by Nicole Finnicum

As a new session to the Sanibel Sea School lineup, After School Canoeing will begin on Tuesday April 20.

Sanibel Sea School has traditionally offered canoeing during select weeks of summer camp, but has decided to host an entire series on the popular activity.

Participants will learn canoeing basics and hone their paddling skills while exploring the waters of Sanibel. They will learn how to do basic paddling strokes to maneuver the boat and play some fun on-the-water games.

"Canoeing is a great way to reach places on the water that we can't get to by foot," said Education Programs Manager Shannon Stainken. "We'll be keeping our eyes out for dolphins, manatees, and even stingrays."

The four-session series will be held on Tuesdays from 3:30 to 5:30 p.m. Participants can register for one session or sign up for the whole series.

All after school sessions are \$20 per student. Registration is open at <https://www.sanibelseaschool.org/afterschool>. For more information, call 472-8585 or email info@sanibelseaschool.org. Scholarships are available.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.✪



Front row, from left, Bob Stern, Clair Beckmann, Mary Lou Bailey, Susan Dunn, Becky Mulka, Jim Hall, Ken King, Deb Smith, Chet Sadler and Bill Rahe. Back row, from left, Denise Vaughn, Glen Simmons, Mary Morris, Teresa Baker, Deb Gleason, Judie Anderson, Janka Varmuza, Martha Smith, Robin Humphrey and Bob Berning. photo provided

Realtors Donate To Rotary Club

In a recent ceremony, VIP Realty Group, Inc. donated \$1,000 to the Charity Cup Golf Tournament benefitting the Rotary Club of Sanibel-Captiva. The annual Rotary golf scramble is one of the club's signature fundraisers. Rotarians Bob Stern, Clair Beckmann, Chet Sadler and Bill Rahe accepted the donation from VIP Realty Group sales agents.

Rotary International is a worldwide service organization in 200 countries with 35,000 member clubs worldwide and a membership of 1.2 million and a motto of "Service above self." The Sanibel-Captiva Club was chartered in 1980 and supports many worthy causes both locally and internationally including scholarships, The Sanibel School, The Community House, the worldwide eradication of polio, wheelchairs to Third World countries, and clean water projects in Haiti and Central America.✪

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Dogs At Work



by Allison Havill Todd

There is something indescribably uplifting about having a canine companion at work with you. Perhaps it's their calming presence, or maybe their friendly

demeanor. Studies have shown that just being with our furry friends lowers our blood pressure and elevates our endorphins which contribute to an overall sense of wellbeing. So having them at work with us makes perfect sense.

On a recent trip to the popular women's clothing store Why Knot, I was greeted by a beautiful blonde staff member with large, dark brown eyes framed by enviably long eyelashes. I must admit, he was quite a handsome fellow! He was ready to show me around the store and help me select the perfect outfit but was called back to his office to attend to an important matter.

I learned that the lad, Loomis, was only 10 or 11 years old. He had been adopted by his dog mom, Jen McGarry, from Golden Retriever Rescue of Southwest Florida (www.grrsfw.org) at the age of 2. He had been found wandering around the Lehigh Acres area and concerned neighbors contacted the rescue group who took him in. McGarry and her mother,



Loomis hard at work

Joan Chiamonte, have owned and operated the shop for 25 years and both work on a full-time basis, so they originally hired a dog walker to take Loomis for a couple outings during the day while they were at work. It didn't take long for Chiamonte to suggest that they "hire" Loomis to come work at the store. After all, he was the social sort and enjoyed meeting new customers and visiting with longtime friends. Loomis has become so popular at the store that frequent shoppers are disappointed if he is not there.

He has his own office with a beautiful view and a picket fence that acts as a door so he can keep an eye on activities in the

shop. It is adorned with a couple of signs letting you know he is the boss. Loomis runs the complaint department, and as you might imagine, one look into those big brown eyes will surely make anyone forget all about their imagined troubles. McGarry and Chiamonte refer to Loomis as their "comfort dog." If they are ever having a challenging day, they just spend a little time with Loomis to cheer them up.

Why Knot is a shop known for "clothing that feels as good as it looks" and Loomis is certainly a beautiful dog companion who feels as good as he looks! He enjoys coming to work each day and sharing his good nature with those who

photos by Allison Havill Todd



Loomis' office door sign

stop by his office to say hello. Why Knot is located in The Village Shops at 2340 Periwinkle Way #B1.

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

Allison Havill Todd lives on Sanibel 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](https://www.facebook.com/thedoggiemom).

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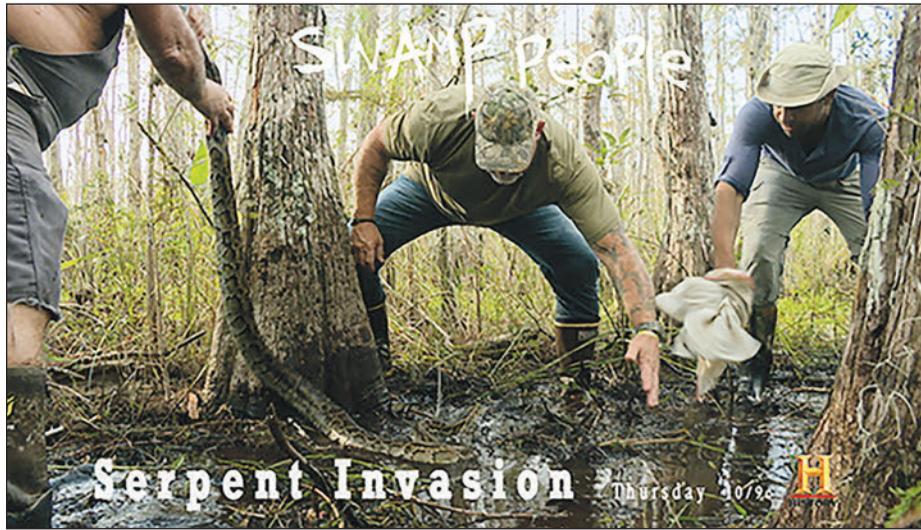
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Tickets Available For Chance At Python Hunt

The annual Sanibel School Blue Ribbon Classic Golf Tournament will be held on Saturday, May 15 at The Sanctuary Golf Club.

This year's raffle promises a new level of excitement at the intersection of adventure and conservation – an Everglades python hunt. The winner and three friends will get the chance to help eradicate this invasive species on a guided Everglades python hunt with celebrity outfitter Bill Booth of the History Channel's *Swamp People* during python hunting season (January to April). All pythons caught on the hunt will be taken to the Florida Wildlife Conservation Commission for data collection, then skinned and returned to the hunters. This event is sponsored by Sarah Ashton and Chris Kirchner of Keller Williams Realty.

Ashton, who is the current president of the JN "Ding" Darling National Wildlife Society-Friends of the Refuge, expressed her enthusiasm for supporting the python hunt. "Pythons hunts are decreasing the population of the invasive pythons in the



This year's raffle offers a chance to go python hunting with Bill Booth of the History Channel's *Swamp People* photo provided

Everglades. These efforts are essential to the preservation and restoration of the Everglades ecosystem. We are thrilled to have the opportunity to support both the local Sanibel School and the Everglades conservation efforts with this event," said Ashton.

Only 300 tickets will be sold for the drawing. While no purchase or contribution is necessary to participate,

a \$50 donation is suggested to support the fund's initiatives, including the STEM program, leadership training, and foreign language classes. Tickets can be purchased at: Keller Williams Realty, 2440 Palm Ridge Road; Bailey's General Store, 2477 Periwinkle Way; or by emailing thesanibelschoolfund@gmail.com. Checks should be made payable to: Sanibel School Fund.

The drawing for the python hunt will be held at MudBugs Cajun Kitchen, 1473 Periwinkle Way, on May 15 at 8 p.m. Participants do not need to be present to win and the winner will be notified.

The Sanibel School Fund is an extension of the Lee County Public School Foundation, which is a 501(c)3 organization. For more information, call Kate Shaffer at 812-239-9392.*

Top 10 Books On The Island

1. *The Lost Apothecary* by Sarah Penner
 2. *Float Plan* by Trish Doller
 3. *Dragonfly* by Leila Meacham
 4. *The Girls Are All So Nice Here* by Laurie Elizabeth Flynn
 5. *Where the Crawdads Sing* by Delia Owens
 6. *The Women of Chateau LaFayette* by Stephanie Dray
 7. *Broken* by Jenny Lawson
 8. *Dusk, Night, Dawn* by Anne Lamott
 9. *Love Proof* by Madeleine Henry
 10. *The Soul of an Octopus* by Sy Montgomery
- Courtesy MacIntosh Books and Paper.*

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Collard greens are an excellent source of vitamins A, C and K, manganese, dietary fiber and calcium. In addition, collard greens are a very good source of vitamins B1, B6 and E, iron and omega-3 fatty acids, copper and selenium.

If you would like to try collard greens, they are available in most grocery stores, fresh or frozen.

Here is a simple recipe to try:

Collard Greens

Ingredients

2 lbs. collard greens (well rinsed and chopped coarsely)

1 medium onion (roughly chopped)

2 garlic cloves (minced)

1 tbs. olive oil

2 tbs. sesame oil

2 tsp. salt

1 tsp. pepper

1 qt. chicken or vegetable stock

1 tbs. liquid smoke

Method

In a large skillet, heat the olive oil and sesame oil on medium heat. Add the onions and cook until the onions are translucent.

Add the garlic and cook for about 30 seconds, then add the liquid smoke, chicken stock, salt and pepper. Bring the

liquid to a boil and simmer the green for 25 minutes, or until the greens are tender.

Serve with cornbread or rice.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Ninety one percent of all monies donated goes to purchase food. FMSC has a 99.8 percent success ration in shipping the containers of food to its distributors.*

From page 8

Formula Retail

"It's not easy to run a business on Sanibel," said Kate Sergeant, owner of On Island in Olde Sanibel Shoppes on Tarpon Bay Road. "It's very seasonal, we pay high rents, we have sudden conditions like red tide which affect us."

Josh Stewart, owner of family-owned island business Adventures in Paradise Outfitters, agreed, adding that businesses that don't add anything to the culture or uniqueness of Sanibel should be subject to additional conditions.

Resident Claudia Burns went further, suggesting that if the city can outlaw formula restaurants, they could do the same with formula retail. Commissioners responded that some retail establishments, such as gas stations, are almost never individually owned.

The Sanibel City Council provided direction to the planning commission and staff to review this section of the Land Development Code and provide a recommendation to city council for a potential amendment. The commission voted to approve changing the wording as proposed in the amendment but agreed to ask city council to broaden the scope of their recommendation in order to discuss DeBruce's suggestion to add further conditions to make formula retail more difficult to establish on the island.*

Virtual Fundraiser Surpasses Goal

During the month of March, there was a virtual fundraiser on Sanibel for Feed My Starving Children. The organizers are happy to report that, once again, the caring people of Sanibel have given generously to help meet the needs of starving children around the world. The goal of \$40,000 (160,000 meals) was surpassed. In reality, that equates to \$62,000, which equals 248,000 meals. That means 685 children will get one meal a day for an entire year. Thanks goes out to all the donors.

An on site food packing event on Sanibel is scheduled for January 29 and 30, 2022.

Feed My Starving Children (FMSC) is a Christian nonprofit, hunger relief organization that packs nutritious meals, which are shipped to over 80 countries and used by mission and community organizations, orphanages, schools, medical clinics and other NGOs to feed millions of starving youths and adults.

2 Islands Gallery is a whimsical fun place to shop for fabulous one of a kind art created by local artists. We feature a large selection of custom made jewelry, unique pottery, paintings, artful clothing, handbags, decorative baskets, painted silk scarfs, island decor, mermaids, creative gifts, cards, prints and more. Stop in and say hi to the artist on duty.

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Potato Nachos
 1-pound small gold potatoes
 1 cup cherry tomatoes, halved
 ½ pound lean ground beef
 ⅓ cup scallions, sliced thin
 1 cup queso, plus extra for garnish (store-bought)
 2 tablespoons taco seasoning
 Salsa or Pico de Gallo for garnish and dipping
 Oil for cooking
 Sea salt and fresh ground pepper, to taste
 Preheat oven to 425 degrees. Cut potatoes in half, drizzle with oil, season with salt and pepper, and roast until crisp and golden brown, 20-25 minutes. Remove from oven and set aside.



Potato Nachos

photo courtesy Fresh From Florida

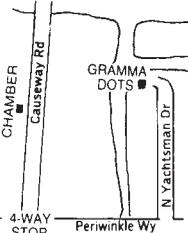
While potatoes are in the oven, cook the ground beef in a skillet over medium-high heat and season with taco seasoning. Remove and drain grease. Scatter the cooked ground beef over potatoes, add cherry tomatoes, drizzle with queso (the warmth from the ground beef and potatoes will melt the queso), and garnish with scallions. Serve warm with salsa and extra queso for dipping if desired.
 Fresh tip: feel free to add additional toppings such as pickled jalapenos, sweet peppers, or shredded lettuce.*

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Celebrating National Library Week On Sanibel

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

Sanibel Public Library joined libraries nationwide in celebrating National Library Week, a time to highlight the changing role of libraries, librarians and library workers. This year's theme, Welcome to Your Library, promotes the idea that libraries extend far beyond the walls of a building – and that everyone is welcome to use library services. Libraries across the country added new services in response to the pandemic. In the past year, Sanibel Public Library added curbside pickup service, Brainfuse, an online tutoring service, and increased the amount of eBooks to borrow. The library now loans mobile WiFi hotspots to provide access to the Internet, to help bridge the digital divide. For National Library Week, Sanibel Public Library Foundation provided six "swag bags" to give to patrons, who were chosen at random. The bags contained a few gifts including a Kindle Fire that can be loaded with apps to read eBooks.

National Library Week is held during the first week of April.



Yeana Way won a swag bag for National Library Week photos provided

Locals and visitors are welcome to virtually attend U.S. Civil War History programs with Duane E. Shaffer of Sanibel Public Library. He will present programs via Zoom on the following Fridays: April 30, May 14 and 28. More details and login instructions are on the website at www.sanlib.org. Replays of Shaffer's recent WWII programs can be watched online as well.

Sanibel Public Library has 2020 IRS Form 1040/1040 SR and its instruction booklet. These tax forms are available in limited supply. All other tax forms can be printed from the www.irs.gov



From left, Ava, Jake, Elizabeth, Esaiia, Nora and Tony Andrews won a library swag bag with a Kindle Fire e-reader

website. If you need help printing, ask staff for assistance. You do not need to have a library card to use printers at the library.

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

Landscape and seascape acrylic paintings by Sanibel Captiva Art League member Jim Storer are on display this month.

Library cardholders can stream or download eBooks, movies, music,

newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available and are sanitized between each use.

The library requires that everyone in the building wear a mask and follow social distancing practices. The library is quarantining all materials between loans. During this time, library materials may appear as overdue on your account. Do not renew the item if it has been returned. Contact the library at 472-2483 or notices@sanlib.org if you have any questions. Sanibel Public Library is located at 770 Dunlop Road.*



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Book Review

Birds Of The Gulf Coast



by Di Saggau

Chances are, if you are a birder, you are familiar with Jim Stevenson. He has written numerous bird books and his latest, *Birds of the Gulf Coast*, is unique because it's the first bird field

guide of the Gulf Coast/South. Stevenson said he made the first chapter reader friendly, such as putting all water birds in a chapter and then the land birds next. He said, "Using the supposed phylogenetic order has always been a fool's errand, especially since there is so much debate on who goes where. Lastly, the special sections on South Florida and South Texas, given their unique biota, make learning them and visiting these areas much easier."

The extensive book took about 10 weeks to put together, and he credits his graphic artist for much of the book's success. Stevenson shares great photos of 400 species along with descriptions. I asked which birds were the most difficult to capture on camera and, of course, it was the rare ones. He said, "Getting flight shots of birds like nighthawks and willets that have unique wings was a must, and not always easy. Others like woodcocks are extremely shy and hidden, some are wary like Krider's and Harlan's hawks and some have plumages which aren't readily seen."

Stevenson is a Florida native, born in Tallahassee, and now resides in Galveston, Texas where he founded the Galveston Ornithological Society in 1995. He works tirelessly for the conservation of the island and public environmental education. I asked him if we will come out ahead in the area of conservation and he said, "No. We'll have better times than others, and

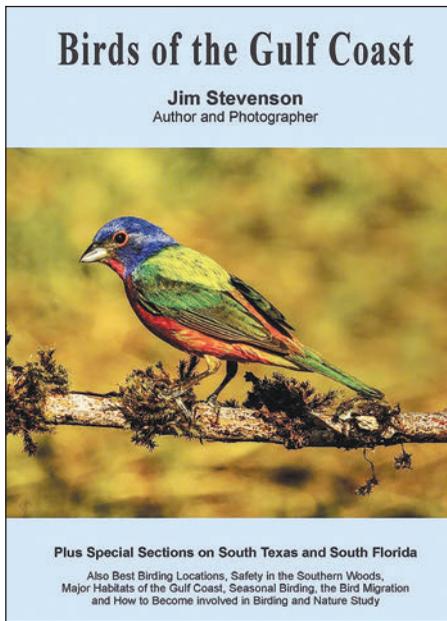


image provided

I have some optimism about the current national administration. Public opinion has moved the needle a bit, but birds are disappearing at an alarming rate. Space is finite, and we have nearly eight times as many people as we had during the Civil War. Some areas like Europe, Costa Rica and Australia are doing well, but overall, our biota is in deep trouble."

His book has received high praise. Here's one example. "Based on his decades of experience along the coast of the Gulf of Mexico from Florida to Texas, Jim Stevenson has produced this special field guide for birders. He provides detailed notes about specific places, habitats and behaviors of the birds. The book is beautifully illustrated with hundreds of his own high-quality photographs, often several for each species. I think this guide will serve as an important supplement to standard field guides, which are usually illustrated with drawings, or photographs," said Frances C. James, professor emerita at Florida State University.

Stevenson is a former columnist for the *Island Sun*. His book is available at MacIntosh Books and Paper in The Village Shops.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I'm looking through my file on Yoga, and I see a School Smart you wrote (and I kept) about the benefits of deep breathing

for children and adults to "relieve stress and calm down." Recently, you received your yoga certification. What new discoveries did you learn about yoga, and how does it benefit your profession as a psychologist and private educational consultant?

Gari L. Sanibel

Hi Gari,

Thank you for your question. As a yoga enthusiast and practitioner, I find that using yoga can teach us many ways to increase our emotional health. It is a valuable means to reduce stress, encourage calmness and increase breathing capacity for both children and adults. When we are under stress, the body moves into the "fight or flight" response which causes the heart rate to increase, and the breathing to become shallower. No matter the stressor – from road rage, to not understanding the directions in class, or feeling left out – the stress response is the same and learning how to cope and reduce the stress is crucial to our well-being. The more skilled we become at reducing our stress, the healthier, both physically and mentally, we will be.

Figuring out how to "calm down" is a learned behavior. While we may feel quieter by telling ourselves or our kids to "let it go" or just to "forget it," whatever was bothering us is still right there under the surface. To move to a different emotional state and gain some perspective on a difficult situation requires harnessing some internal resources. Teaching children to learn how to move from this negative reactive state to a more relaxed, restful state is very powerful for both the teacher and the learner.

Mariam Gates, a well-known innovator of childhood yoga instruction

and author of *Good Night Yoga*, *Good Morning Yoga* and *Breathe with Me: Using Breath to Feel, Strong, Calm and Happy* has several suggestions on teaching children (and adults) how to develop this type of resiliency. These are very simple tools that kids can start using immediately to build their inner resources, but it is important to practice this when children are relaxed so that they can use them comfortably when they need them.

She says that, "The first step for children in developing more skilled responses is learning how to pause and be aware of what they are feeling. When children are able to identify how they feel and feel it, without rushing to react, they are practicing resiliency in action. When they can choose a response, they have a lot more options."

For all of us, the fastest way to shift the stress response is by slowing down and focusing on the breath. The following breathing exercises can help a child or adult access more ease and clarity in any situation. Here are two of Ms. Gates' most useful breathing techniques:

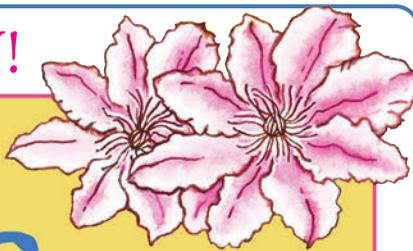
Counting Breath – Use this breath to self-regulate and gain clarity in frustrating situations. How to: Sit up and let your spine grow tall. Take a deep breath in, counting silently 1.. 2... 3. Then let your breath out, counting silently 1... 2... 3. Repeat three times.

Balloon Breath – Use this breath to calm nighttime restlessness and worry. Lie down on your back and let your hands rest by your sides, palms up. Inhale through your nose and imagine filling your body with breath like a big balloon. Exhale and blow the air out through your mouth. What color is your balloon? Repeat three times.

For more information on yoga techniques for kids visit www.kidpoweryoga.com.

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

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BIG ARTS Awards Scholarships To Young Musicians



Arturo Fernandez



Christopher Tavernier

BIG ARTS hosted 12 young, aspiring classical musicians on the Christensen Performance Hall stage for the BIG ARTS Classical Scholarship auditions on April 2. The BIG ARTS Classical Music Scholarship



Isabelle Scott

program is meant to assist highly proficient and talented undergraduate students who plan to continue their education and training in the field of classical music. This scholarship may be awarded to up to three students annually, in the amounts of \$15,000 (first prize), \$10,000 (second prize) and \$5,000 (third prize). This year, three students were awarded scholarships.

"It's such a joy to have these incredibly talented young musicians on the BIG ARTS stage," said Executive Director Lee Ellen Harder. "Supporting arts in the community is at the core of the BIG ARTS mission, and I can't think of a more rewarding way to give back than by helping young, aspiring musicians pursue their dreams."

This year's first prize winner, Arturo Fernandez, is seeking a degree in piano performance from Florida Gulf Coast University. Fernandez started playing piano when he was 4 years old in his home country of Peru. He performed his first solo concert at the age of 12 and moved to the United States in 2019 to attend school. He won first prize in the Jillian Prescott Concerto Competition of the Southwest Florida Symphony Orchestra and was the state winner of the senior MTNA solo piano competition. Fernandez plans to continue his education by attending graduate school and pursuing a doctorate in piano performance.

Second place was awarded to pianist Christopher Tavernier, who is seeking a degree in piano performance from Florida State University. Tavernier made his orchestral debut with the Tar River Philharmonic Orchestra at the age of 13, performing Tchaikovsky's *Piano Concerto No. 1*. Since then, he has won numerous competitions throughout the Appalachian region,

including the Hendersonville, Asheville, Augusta and Charlotte Symphony concerto competitions. Tavernier is half of a chamber music duo, 88 Keys and a Reed, a joint project with clarinetist Matthew Hannah to explore the vast variety of repertoire for piano and clarinet.

The third place award went to Isabelle Scott, who is seeking a degree in harp performance from the University of Miami Frost School of Music. As a harpist, Scott has especially enjoyed playing in orchestras throughout her high school and college career. Among them are the Jacksonville Symphony Youth Orchestra, Jacksonville University Orchestra, Converse Symphony Orchestra, and more recently, Frost School of Music Orchestras. Her goal is to become an orchestral harpist, soloist and educator.

The BIG ARTS Classical Music Scholarship is offered annually in the spring. To learn more about the program, visit www.bigarts.org.

Small Business Conference With Florida Senator

Florida's small businesses are invited to register for the Virtual Small Business Resiliency Conference: Sustain the Pivot, a no-cost event hosted by the Florida Small Business Development Center (SBDC)



Sen. Marco Rubio

Network and the Office of U.S. Sen. Marco Rubio. The conference will take place on Tuesday and Wednesday, May 18 and 19.

This virtual conference will equip Florida's small businesses with the strategies and resources needed to navigate the ongoing challenges of COVID-19 and connect them with resource providers who can aid in their long-term recovery.

The event will feature presentations from Florida SBDC Network business consultants on topics including marketing, cybersecurity, capital access and human resources. Consultants will share business insights and discuss how attendees can leverage the network's service offering of no-cost consulting, training and resources. Each half-day session will conclude with a post-event presentation in Spanish.

"We are thrilled to partner with the Office of Senator Marco Rubio on this important event," said Dr. Cheryl Kirby, interim CEO of the Florida SBDC Network. "Small businesses need help now more than ever. The event will offer a dynamic lineup of speakers and resources to help business owners navigate the long-term challenges

continued on page 38



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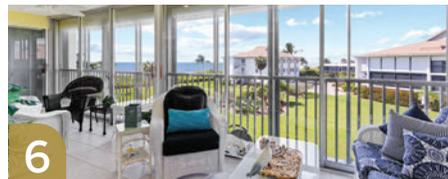
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BIG ARTS Monday Night Film Series

Out Stealing Horses

by Di Saggau

The BIG ARTS Monday Night Movie for April 19 is *Out Stealing Horses*, a film from Norway, based on the highly acclaimed 2003 novel by Per Petterson. It's an ambitious film that examines memory and consciousness through the perspective of an older man who wants to escape from memory and to forget much of what he has lived through.

Stellan Skarsgard plays Trond, a Swede who has moved to a remote section of Norway after the death of his wife. In a voice-over, he says, "All my life I have longed to be alone in a place like this," and then announces he intends to spend the coming evening "fittingly drunk." One night, Trond runs into another man and as they talk, he recognizes him as Lars (Bjorn Floberg), who, as a small child, was Trond's neighbor.

The title refers to a literal activity young Trond engaged in with Lars' older brother. It also refers to general troublemaking, sometimes in opposition to Germans. The cinematography is a thing of beauty. The film runs 123 minutes and will be shown at 7 p.m. in Christensen Performance Hall. Tickets are \$10 and can be purchased online or at the box office.

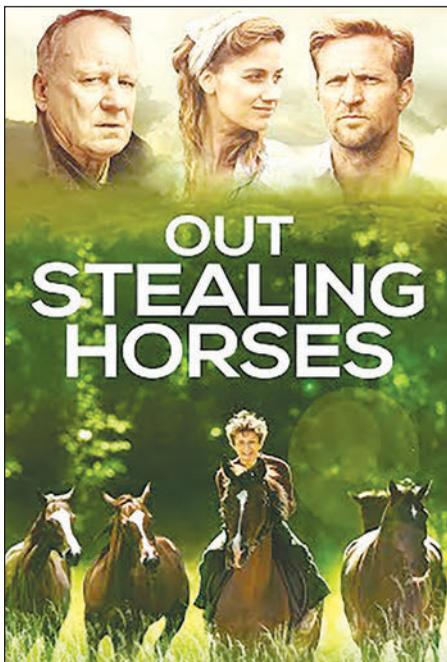


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Visitors are required to wear masks and are asked to be mindful of social distancing. Only 50 percent of the seats in Christensen Performance Hall are being sold. The air filtration system has been enhanced, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering and there are hand sanitizing stations throughout the ground floor.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For tickets, call 395-0900 or visit www.bigarts.org.

Local Publisher Finalist For Award

The *Maverick MD: Dr. Nicholas Gonzalez's Fight for a New Cancer Treatment* by Mary Swander is a finalist for the Book Excellence Award for the Biography category.

The Maverick MD is the story of how Dr. Nicholas Gonzalez perfected the scientific theory behind Dr. William Donald Kelley's work and put the nutritional enzyme protocol into practice. He spent nearly 30 years treating patients with the most serious conditions – from cancer to diabetes to lupus. The book dramatizes Dr. Gonzalez's backstory, his relentless fight for the truth and his never-ending battles with the forces that sought to squelch his research, keeping his healing discoveries in medicine from reaching the world. This 408-page biography portrays a man who fought for the acceptance of a nutritional cancer treatment in the halls of some of the most established U.S. medical institutions. Against intense opposition, Dr. Gonzalez's determination held up until the end – a brave scientist who developed a therapy that saves lives and promotes the healing of the human mind, body and spirit.

Swander is an award-winning author and executive director of Ag Arts, a nonprofit designed to promote healthy food systems through the arts.

The publisher, New Spring Press, is managed by Mary Beth Gonzalez, Dr. Gonzalez's widow. She has published

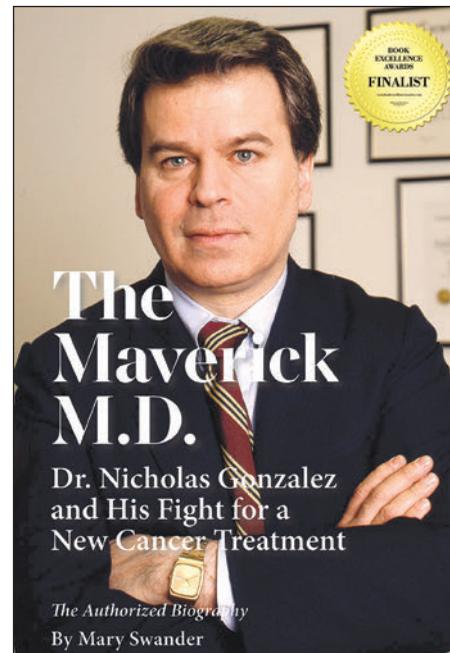


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five other award-winning books by Dr. Gonzalez. She also founded The Nicholas Gonzalez Foundation, a nonprofit 501(c)3 charity focused on securing Dr. Gonzalez's legacy and educating doctors in The Gonzalez Protocol (<https://thegonzalezprotocol.com/>).

The book is available at MacIntosh Books & Paper, located at 2340 Periwinkle Way. The biography is also an Amazon Bestseller and #1 New Release, available on Amazon in paperback, hardcover and Kindle editions.

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BIG ARTS Documentary Series

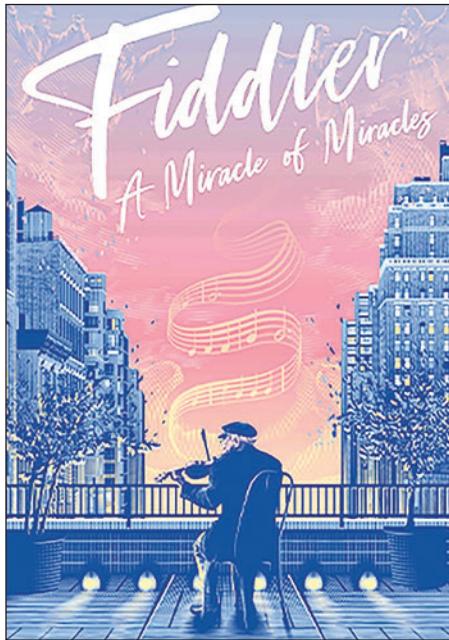
Fiddler: A Miracle Of Miracles

by Di Saggau

On Wednesday, April 21 at 12:30 p.m., BIG ARTS will show *Fiddler: A Miracle of Miracles*, the third in the critically acclaimed documentary series. The film runs one hour, 37 minutes and will be shown in Christensen Performance Hall. After the movie, I will lead a discussion in the theater.

When *Fiddler on the Roof* opened on Broadway in 1964, it explored themes of tradition, religion and anti-Semitism against a modern backdrop of radical social change that addressed gender roles, sexuality and race. The film contains rare archival footage and interviews with musical luminaries and explores the legacy of this long-running, award-winning musical.

This is the first in-depth documentary that chronicles the story of the international Broadway blockbuster, *Fiddler on the Roof*, exploring the unexpected richness of its themes as well as its vast reach across time and cultures. The film also includes personal experiences and insights into the show's timeless impact from composers and lyricists Jerry Bock and Sheldon Harnick, as well as commentary from former cast and creative members along with famous fans impacted by the musical, including



images provided

Joel Grey, Topol, Harvey Fierstein, Harold Prince, Itzhak Perlman, Stephen Sondheim, Lin-Manuel Miranda, and many others. It's a fascinating, lively look back at Broadway and cinema history.

The remaining film in the series is *The Disappearance of my Mother*. It will be shown on Wednesday, April 28. Tickets are \$10 in advance or on the day of the film at the BIG ARTS box office, located at 900 Dunlop Road. For more information, visit www.bigarts.org or call 395-0900.

Di Saggau is a member of the

BIG ARTS Film Series Committee, past president of the Film Society of Southwest Florida, and feature writer for the Island Sun and The River Weekly newspapers.*

Poetry Corner

by Clay C. Ewell

Homeward

I have crossed the sea to within sight of home.
It has been three nights now, as I bear witness
To the setting sun, having faded to bluish haze in the west,
And the hills rising above the distant shore
Assume their brooding vigil, melting black
And massive into the shimmering edge of the star lit sky.

Again, it appears atop the highest prominence.
First a flicker of light growing larger, glowing brighter.
Beacon like, the blaze pierces the void of the sea.
That restless, unforgiving, silent mistress that
Seduces men to seek that which does not exist
That which cannot be had.

We stood before the walls. So long were they resolute,
So endlessly we struggled in their shadows
So dearly we paid tribute to our indifferent gods.
And then we turned away, having tasted the thin broth
Of lost dreams, to recapture a life long forsaken.
And there now, atop the hill, I see you at last
my keeper of the flame, my patient one, my beloved.

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



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15138 WILES DRIVE



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1314 SEASPRAY LANE



NEW CONSTRUCTION GULF FRONT ESTATE

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- Heated Pool/Spa, Deep-water dock/lift & Private Beach

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5633 BALTUSROL COURT



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Superior Interiors

Minimalist Design For A Child's Bedroom



by Katie Frederick

Let's be honest: Your child's bedroom likely looks like a nightmare on most days. Between piles of clothes, toys and general disorganization, it can be difficult to make it feel like it's

a living space that's cohesive with the rest of your home.

Thankfully, you don't have to live with a cluttered mess forever. Following a minimalist design style can help you eliminate the mess and teach your kids at an early age that sometimes less means more. You don't have to take away all of their toys, get rid of their clothes and paint their room completely white to achieve the minimalist look; there are plenty of simple tips and tricks for achieving this scheme in a way that works with your kids' lifestyles.

Here are a few ways you can take a more minimalist approach when redesigning your child's bedroom:

Pick one color and play with

different shades. Minimalism doesn't have to necessarily mean white walls and furniture, especially in a room that's normally bursting at the seams with colors. Don't plan to take away all of the bright hues in your child's room. Instead, stick to a monochromatic theme instead. Pick your child's favorite color and play around with different tones throughout the room.

The color you pick can also inspire different emotions throughout the living space. Orange can "expand your thinking" which is perfect for a developing adolescent who may be using the bedroom as a place to complete schoolwork. Yellow is also helpful for clearing your head and increasing focus. Blue promotes peace and tranquility, which can also be helpful for getting your little one to wind down after a long day.

Design a subtle spot for creativity. With your kids spending more time in their bedrooms than usual, especially during the winter, there should still be a space for them to get creative and entertain themselves. Following the minimalist approach, design a creative corner for your kids to express themselves and have fun. A sleek table or desk works well here – just so long as they have a large surface to use, the desk doesn't need to go over the top or step outside of your minimalist idea. This area should be designated for studying, crafting or any creative and thought-provoking activities, so

make sure the desk or table comes with storage space to keep everything organized. A comfortable chair that matches the design scheme is also essential.

Take advantage of multifunctional furniture and storage options. Similar to keeping the creative space organized, you should be thinking about finding opportunities to keep the entire room as a whole more formulated and coordinated. Multifunctional storage can be very helpful in this instance: a bed with drawers for clothing can help you eliminate a dresser, and a hollow ottoman can keep toys stored in a discrete way.

Even with these design tips, you may still feel like there's too much on your plate to get started. Don't let the idea of getting overwhelmed keep you from completing your home project. Consult with a design professional instead to assist with the new minimalist design. He or she will discuss your current ideas and goals for the new bedroom. It's important to include your child in the discussion, it's their room after all, and they should have a slice of creative control. This is a great opportunity for the designer to get to know your child and understand their personality, style preferences and other details that can help during the design process.

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

School Board Member To Address Caucus

Chris Patricca, vice chair of the Lee County School Board, will speak to the Sanibel-Captiva Republican Caucus on Saturday, April 24. She will discuss how the board coped with school issues during the past year.



Chris Patricca

Patricca holds a juris doctorate degree from Seton Hall University, and has been a professor at the State University of New York, and a staff attorney for The Ayco Company, LP, a division of Goldman Sachs. She is now adjunct professor at Florida Gulf Coast University. She also serves as Lee County School Board liaison to the finance advisory committee.

The meeting will be held at 10 a.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. The public is welcome to attend. Coffee will be served. Contact Will Smith at 395-0819 if you have questions.*

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Hank Humphrey, Trust Company Advisory Board Member, will often take the time to visit with members of our team - resulting in ideas that give our clients the best possible experience.

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Second Round Of Vaccinations Completed On Island

FISH of SanCap offered a second opportunity for community members to receive the COVID-19 vaccination through an on island pop-up site on April 9. The Community House partnered with FISH by offering its location. The Florida Department of Health administered 300 first doses of the Pfizer vaccine. The second dose will be given on Friday, April 30, also at The Community House.

Following a letter addressed to Gov. Ron DeSantis and local elected officials outlining the need for COVID-19 vaccines on Sanibel, FISH secured two pop-up vaccination sites in March and April. FISH was assisted by other island partners such as the Rotary Club of Sanibel-Captiva, City of Sanibel Police Department, Sanibel Fire Department, parish nurses, medical offices, pharmacies, City of Sanibel officials and FISH volunteers.

"Being able to offer 550 vaccinations between the two offerings was an incredible step toward assisting our most vulnerable residents and those still needing the vaccination," said Maria Espinoza, assistant executive director at FISH. "We are honored that our community partners were so willing to be a part of our team."

FISH will continue to work with the Florida Department of Health to insure that anyone living or working on Sanibel and Captiva islands that wants the COVID-19 vaccination has the opportunity to do so in their own backyard.

FISH needs volunteers to help out at the vaccination site on April 30. For more information, call 472-4775.

FISH continues to grow to meet the demands of the community thanks to the generosity of donors and volunteers. Ninety two percent of every dollar spent goes directly to programs and services. For more information, visit www.fishofsancap.org*



From left, Susan Ryckman, Anna Bayly, and Clair Beckmann
photos provided



Dee Caldwell bumping elbows with Mary Holden



Florida Department of Health vaccination team



Ann-Marie Wildman and Ellen Sloan



Lisa Ann Miller and Anna Benza



Ilyana Way and Ricardo Rosado



Maria Espinoza receiving her vaccination



Paramedics



Kirkland family

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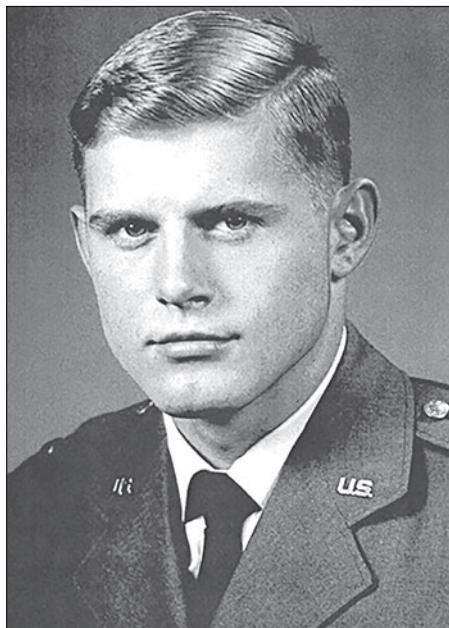
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Rotary Happenings

submitted by Cindy Carter

Many people join the military as a way to serve their country. In the back of their minds, a thought may flicker through that they could lose their life or be captured as a prisoner of war (POW), however, that thought is short-lived while you are an invincible young person. Unfortunately, that was not the case for Lt. Wayne Smith. He shared with us his experiences in the Air Force, or to be more precise, as a POW.



Wayne Smith as a second lieutenant in the United States Air Force photo provided

while flying his 90th combat mission on January 18, 1968. On his last mission, Smith was credited with shooting down a MIG-17 in aerial combat before his aircraft was shot down. He was immediately captured and taken as a prisoner of war and spent the next 1,882 days in captivity before being released during Operation Homecoming on March 14, 1973.

Smith shared, in a very light manner, ways that he and other U.S. prisoners communicated during their

confinement, touching very briefly on how they maintained a sense of sanity while in constant solitary confinement. He shared his excitement when he finally heard, after two years of the silence of bombing during Paris Peace Talks, B-52s roaring overhead, signifying their impending release.

We are extremely grateful for Lt. Smith's service to and sacrifice for our country, as well as all our soldiers who knowingly accept the risks associated

with joining and serving in the military. Thank you.

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

From page 27

Small Business

of COVID-19 and jumpstart their recovery."

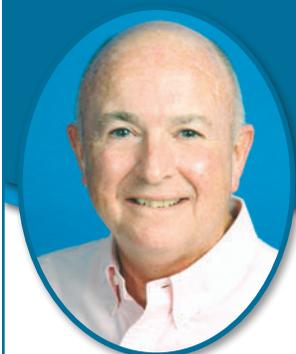
Sen. Rubio will deliver a welcome address emphasizing the importance of small businesses to the state's economy. There will also be keynote presentations by Emily Ley, CEO of Simplified, and John Gilmore, former tight end for the Tampa Bay Buccaneers and president and CEO of Brandthumb. During these presentations, attendees will learn additional skills and knowledge to help their business succeed despite difficult circumstances.

As a member of the U.S. Senate Committee on Small Business and Entrepreneurship, Sen. Rubio has made it his priority to ensure America's 30 million small businesses have access to the resources and capital they need to

help them compete in the 21st-century global economy.

"This past year has been incredibly hard for all of us, and small businesses were no exception," said Sen. Rubio. "They form the backbone of our communities, drive innovation and create good jobs, but many were uniquely vulnerable to the economic fallout from the pandemic and public health lockdowns. The Paycheck Protection Program was designed to help both small business owners and their employees survive this crisis. Now, as we look toward fully reopening our economy, we must pivot to ensuring these small businesses have access to the tools they need to thrive."

Register by May 13 by visiting www.sustainthepivot.eventbrite.com. If you have any questions, contact Allison Romer at Allison.Romer@FloridaSBDC.org.



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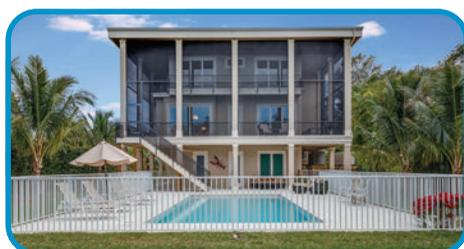
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Gulf views.
\$3,699,000



SANDALFOOT UNIT 3C1



This stunning 2BR/2BA unit has an open floor plan and boasts excellent rental income! As a walk-out ground floor unit, access to the beach, pool area and tennis court is convenient and easy! The unit has been renovated, including the kitchen with custom cabinetry, granite countertops and stainless appliances. Both bathrooms are updated and the unit provides a stackable washer/dryer.

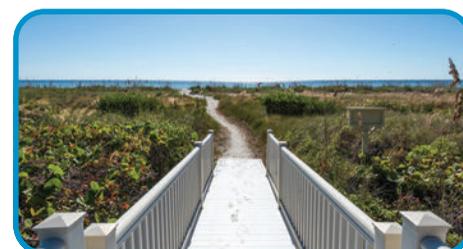
\$639,900



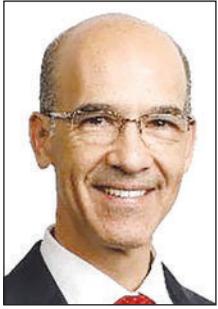
SANDPIPER BEACH UNIT 303



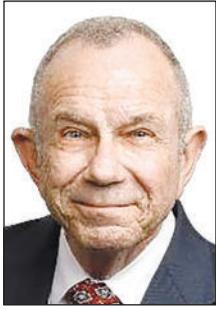
Beautifully remodeled 2 BR/2 BA corner unit with Gulf and pool views. Kitchen has newer appliances and large island/breakfast bar. Beautifully furnished with 'Island style' decor. The unit is fully outfitted for rental including bicycles, beach chairs and flat screen TVs in all rooms. Large exterior storage room and assigned parking under building. Sandpiper Beach is a 27-unit complex on 13 acres along the Gulf of Mexico. **\$825,000**



Financial Planners Co-Sponsor Issue Of Magazine



Corey Vertich



Tom Uhler

as are many of our clients," said Tom Uhler. A 40-year wealth-planning veteran who was named a Sanibel & Captiva Islands Chamber of Commerce Citizen of the Year, Uhler is a co-founding principal of Uhler & Vertich Financial Planners with Corey Vertich. In 2020 and 2021, Vertich was named among Forbes' "Best-In-State Wealth Advisors." Uhler said his firm's team has "offered white-glove, concierge-level financial planning services for more than 20 years. We take time for our clients, giving them freedom to enjoy life in paradise."

Uhler and his wife, Linda, co-founded SCCF's Wine in the Wilds fundraiser and served as sea turtle program volunteers for more than 20 years. Linda has served as president of the SCCF Board of Trustees for three terms.

"We are thrilled that Uhler & Vertich are sponsoring our magazine to share the work our talented team of scientists, educators and policy advocates do," said SCCF CEO Ryan Orgera, "and for the time and talents that Tom and Linda have given to SCCF since they arrived on Sanibel in 1977."

If your company is interested in future underwriting opportunities, contact SCCF Development Director Cheryl Giattini at 395-2768.✳

Sanibel-Captiva Conservation Foundation (SCCF) thanks Uhler & Vertich Financial Planners for co-sponsoring the spring issue of SCCF's new magazine, *Connecting You to Nature*.

The spring issue will be mailed island-wide and to all SCCF members in mid-April. The second issue of the seasonal magazine spotlights key research, advocacy and educational initiatives by SCCF to protect and care for Southwest Florida's coastal ecosystems.

"We are long-time supporters and believers in the work that SCCF does,

Position Open On Advisory Committee

The Sanibel City Council is accepting applications for a citizen to be appointed as the City of Sanibel representative to the Lee County Metropolitan Planning Organization (MPO) Citizen Advisory Committee (CAC). The deadline for submission is 5 p.m. Thursday, April 22.

The functions include the following:

Advising MPO staff on the development, refinement and implementation of the Public Involvement Plan, including the planning of public information and involvement efforts during the development or amendment of the Long-Range Transportation Plan and the Transportation Improvement Program, and prior to soliciting proposals for funding of transportation

enhancement activities.

Assisting the MPO in identifying transportation needs and issues, in formulating goals and objectives for the transportation planning process, and in setting priorities.

Providing opportunities for community organizations, special interest groups, and the general public to comment on alternatives and proposals under consideration by the MPO.

Advising and assisting MPO staff in maintaining a mailing list of organizations, interest groups and news media and their spokespersons or contacts.

The first meeting to attend will be Thursday, May 6 from 3 to 4:30 p.m. in Cape Coral.

The committee by-laws can be found at www.LeeMPO.com. The application can be found on the City of Sanibel website at www.mysanibel.com. If you have any questions, contact the city manager's office at 472-3700.✳

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From left; Bill Robinson, CEO, Sanibel & Captiva Islands Association of Realtors; Kelly Huguenin, realtor and committee chair; and Ted Benjamin, realtor and 2021 association president photo provided

Realtors Donate Supplies For Easter Baskets

The Sanibel & Captiva Islands Association of Realtors held a collection drive recently to assist FISH of SanCap with their Easter Bunny Baskets and Easter Holiday Dinner Baskets.

Many association members dropped

off baskets, soap bubbles, coloring books, candy and plastic eggs to fill up baskets for the children of those in need who work and live on the islands. Food items such as pasta, boxed mashed potatoes, canned peas and corn, and Graham crackers were also collected to make Easter dinner baskets for families.

"The drive you did was a tremendous help. We are so thankful for your continued support," said Maria Espinoza, assistant executive director of FISH of SanCap.✳

Will Power

The Scoop On Unfavorable Estate Tax Legislation



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

Sen. Bernie Sanders released his proposed tax reform legislation on March 25, which outlined major changes to the estate and gift tax rules. This bill, co-sponsored by Senators Gillibrand (D-NY), Whitehouse (D-RI), Reed (D-RI) and Van Hollen (D-MD), will have a similar version in the House sponsored by Rep. Gonzales (D-CA).

This bill is impactful and complex from a financial aspect but is straightforward in how it would achieve its goals – by reducing the current estate tax exemption from its present \$11.7 million down to \$3.5 million, and the lifetime gift tax exemption down to \$1 million, beginning in 2022. It will also eliminate or curtail many

important planning techniques used by estate planners upon enactment.

The exemption decreases mean that they will be reduced \$7 million per person, which is a 70 percent reduction! Moreover, the exemption will no longer be indexed for inflation. Many individuals, for good reason, will likely seek advanced estate planning strategies to gift their existing exemption (up to \$11.7 million) prior to year-end 2021. If the gift exemption is not used, then it will be wasted.

This is best illustrated by example: Bob has made \$2 million of taxable gifts and has \$9.7 million of his exemption remaining. If Bob uses another \$1.5 million of his exemption, then he will have nothing left for 2022 and beyond if the legislation becomes law, since his total gifts would now be \$3.5 million.

Bob may be encouraged to use at least \$6.2 million of his exemption prior to year-end so that he does not lose that amount and should consider using the full \$9.7 million of exemption remaining. Bob would have to give more than \$3.5 million to take advantage of the current exemption amount.

The amount in the example may be transferred to an irrevocable trust for the benefit of Bob's spouse and descendants. That trust may also benefit Bob in the event Bob were to suffer any financial hardship, so long as the trust is properly formed and operated in a creditor-protected jurisdiction.

It's likely that many married couples, in response to this rule, have one of the spouses establish a trust for the other and the couple's descendants, while the other spouse establish a trust that may solely benefit the couple's descendants. The IRS challenges spouse's trusts that are too similar under something known as the Reciprocal Trust

Doctrine. There are many strategies to mitigate the possibility of an IRS challenge. Each family should seek competent counsel to guide through the strategies that make sense relative to the family's goals.

Perhaps some of the most problematic features of this legislation can be found in the gifting limitations. Currently, individuals enjoy an \$11.7 million gift tax exemption, reduced by any taxable gifts made during life. If you've made more than \$1 million of transfers outside of annual exclusion gifts to your loved ones (or others), and don't take advantage of your current exemption prior to this legislation becoming law, you won't have the opportunity to make transfers outside of the annual exclusion gifts without paying gift tax.

As I mentioned earlier, the bill does away with several common planning techniques as well. These include Intentionally Defective Grantor Trusts (IDGTs), Grantor Retained Annuity Trusts (GRATs) that are less than 10 years in duration, Irrevocable Trusts that last more than 50 years in duration, and family partnership valuation discounts.

Annual exclusion gifting techniques will also be curtailed if the legislation becomes law. Crummey transfers for insurance is one such technique, as would be other transfers where the donee doesn't have the ability to liquidate the gift.

No one is certain whether this legislation will pass, or whether aspects of it will change before becoming law. Nevertheless, the clock is ticking, leaving taxpayers with less than eight months to decide whether to use the current law to their advantage.

It promises to be a busy year for estate planning. I published a whitepaper covering this bill in greater detail, that you can download for free. Go to www.floridaestateplanning.com/thank-you-scoop-of-unfavorable-tax-legislation/ to download your copy.

Stay tuned to this column for further developments or join my firm's Facebook group (found at that same URL) to get the news as it happens.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✪

Local Selected For Honor Society

Corrie Presland-Byrne of Sanibel was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Presland-Byrne was initiated at Florida Institute of Technology.

Presland-Byrne is among approximately

30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.✪

How's The Market? Ask Ann

We were very fortunate last week to have a historic record sale at Gulfside Place over the asking price of \$2,125,000, sold by Bobbie McGlynn of our office. Great job, Bobbie!!!

Sanibel Case Study 105. What transpires in a sale after the Buyer and Seller agree on a sales price and a closing date? Most of our transactions are written on an "As Is" Sales Contract that allows the Buyer to back out of the contract for any reason within 10-14 days (negotiable). This is also the time period the inspection takes place. The Buyer may ask for a specific repair, but the Seller is not obligated to do the repairs asked for. A Title Commitment is also required before the Closing. Generally, just prior to the Closing date, the buyer should verify the water bill is up to date (an unpaid water bill is going to become the new owner's responsibility). This example for simplicity purposes is based on a cash sale. As your Realtor, it is my job to monitor the time frames and keep you posted.



Ann Gee
Broker/Owner

26 Closed Sales Going Back One Week: 17 Homes, 8 Condos & 1 Lot

3354 Barra Circle Vacant Land - \$360,000	1312 Sand Castle Rd. - \$950,000
805 E. Gulf Dr. C5 Sanibel Arms - \$425,000	2113 Wulfert Rd. - \$1,000,000
1501 Middle Gulf Dr. F307 Sundial East - \$430,000	1147 Buttonwood Ln. - \$1,165,000
5117 Sea Bell Rd. E207 Blind Pass - \$466,000	4500 Waters Edge Ln. - \$1,175,000
1613 Sand Castle Rd. - \$575,000	1366 Tahiti Dr. - \$1,400,000
3085 Poinciana Cir. - \$599,000	5439 Osprey Ct. - \$1,600,000
671 East Gulf Dr. 2C2 Sandalfoot - \$640,000	1323 Seaspray Ln. - \$1,650,000
760 Sextant Dr. 112 Mariner Pointe - \$675,000	784 Birdie View Pt. - \$1,795,000
9211 Dimmick Dr. - \$699,000	3397 West Gulf Dr. A Sandals - \$1,825,000
649 Sea Oats Dr. - \$745,000	1605 Middle Gulf Dr. 301 Gulfside Place - \$2,125,000
888 Rabbit Rd. - \$749,000	3135 West Gulf Dr. 202 Wedgewood - \$2,595,000
1430 Sanderling Cir. - \$770,000	2964 Wulfert Rd. - \$2,650,000
1050 White Ibis Dr. - \$935,000	4323 West Gulf Dr. - \$6,565,000

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

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ON ISLAND FOR ISLAND

Art Of Kindness Topic For Meeting

Nationally certified licensed mental health counselor Colleen Zurcher-McGauran will discuss The Art of Kindness at the Tuesday, April 20 Women in Leadership Speaker Series luncheon hosted by the Sanibel Captiva Business Women's Association. The event will be in-person at noon at Sundial Beach Resort & Spa with a live stream Noon Zoom option.



**Colleen
Zurcher-McGauran**

"Practicing kindness yields both personal and professional rewards," said Zurcher-McGauran. "The results of a focus on decency, listening and respect sound like common sense, but are backed up by research," she said. "Anxiety relief, stress reduction and increased productivity are only some of the benefits documented."

With recognized expertise in domestic violence counseling, depression, anxiety, trauma and grief issues, Zurcher-McGauran has served in multiple positions on advisory boards and task forces addressing critical social issues. She also served as an adjunct professor teaching post-graduate ethics at Huntington University in Indiana. Her practice has

been featured on the *Sally Jesse Raphael* show.

"Now is the time to bring discussion of kindness and its inherent benefits to the forefront," said Zurcher-McGauran. "When a culture embraces kindness, people are happier, businesses are more productive and diverse points of view can be debated with respect."

The presentation will cover the seven "power of kindness" principles and include audience participation. "We need practice on getting back to basic one-on-one communication," said Zurcher-McGauran. "Self-absorption, broken families and businesses in chaos work against us. The use of digital devices and emojis has removed us from nuances like eye contact and non-verbal communication. All this leads to misinterpretation."

"The discussion will include the future of kindness and what roles we can play," said Taylor Osborne, Sanibel Captiva Business Women's Association president. "The general principle of women supporting women is a prime example of professional kindness. Our group's mission includes mentoring and networking. Both are great platforms for the kindness principles."

The meeting is sponsored by Zurcher-McGauran.

Cost for the luncheon and speaker is \$30 or on Zoom for a donation to the continuing education scholarship fund. Register on Eventbrite at <https://sancapbwa.eventbrite.com>. Choose In-Person or Zoom. View updates at <https://www.facebook.com/SanCapBWA>.✱

Real Estate Brokerage Earns High Ranking

Premier Sotheby's International Realty announced that it has been ranked No. 21 on the annual REAL Trends 500 survey of the top U.S. residential brokerage companies, based on 2020's sales performance.

The brokerage moved up seven spots, from No. 28 in 2020, and is the No. 2 Sotheby's International Realty affiliate worldwide by sales volume. Additionally, it is ranked No. 19 on the annual RISMedia Top 1,000 Power Broker Report, moving up six spots from No. 25 in 2020. With \$7.1 billion in total sales volume, the company achieved more than 8,925 closed transactions in 2020 at an average sale price of \$795,079.

"It is an honor to rank this high on two lists that include the most respected national real estate firms in the country," said Budge Huskey, president and chief executive officer of Premier Sotheby's International Realty. "We are grateful to our customers for the trust they placed in us throughout the extraordinary



Budge Huskey

circumstances of the past year, allowing us to shatter previous sales records. It is a privilege to provide the same elevated service for which we have been known since 1983."

The REAL Trends 500 is an annual research report that identifies the country's largest and most successful residential firms as ranked by closed transaction sides and closed sales volume. The report represents the standard of measuring the performance of the nation's leading realty service companies. This year's survey represents the most comprehensive collection of data assembled on the leaders of the residential brokerage industry. Numbers are documented by outside accounting firms and/or MLS reports.

The RISMedia Top 1,000 Power Broker Report ranks residential real estate brokerage firms according to closed residential sales volume for 2019. RISMedia is the residential real estate industry's definitive source for news and information for real estate's most profitable and productive professionals. For over 35 years, it has provided the industry with news, trends and strategies through *Real Estate* magazine and RISMedia.com.

Headquartered in Naples, Florida, Premier Sotheby's International Realty has over 1,400 associates and employees in more than 40 locations throughout Florida and North Carolina. The brokerage is a division of The Lutgert Companies, a member of the Southwest Florida business community since 1964.✱



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Frankly Speaking

by Howard Prager



Let's look at some new NBA records, MLB records, and The Masters. Denver Nuggets center Nikola Jokic had his 81st career 10-assist game recently, passing Wilt Chamberlain

for the most double-digit assist games by a center in NBA history. Jokic had 16 assists to go with 17 points and nine rebounds in the Nuggets' 119-109 win over the Orlando Magic. The 26-year-old leads the team in assists, averaging 8.4 assists per game this season – a career-high for Jokic. And he's already had more double-digit assist games since breaking the record. He could end up setting a very high bar for anyone who follows him. And that's not all – he's hitting a torrid .570 field goal percentage and .862 free throw percentage. He could very well be on his way to an MVP this season.

The Padres had their first no-hitter in their 53 year franchise history when Joe Musgrove threw one last week. They are the last MLB franchise to have a no hitter. And here's an amazing stat for you. The catcher for this no hitter is the same catcher who caught the most recent major league no-hitter when he was with the Cubs last September. That was when Victor Caratini caught Alex Mills' no-hitter, making him the first starting catcher in league history to catch consecutive no-hitters for different clubs. A starting catcher with consecutive no-hitters has happened 10 previous times in MLB history, but all of those instances occurred with the same team. Caratini also made a bit of history in his native Puerto Rico. He's only the second Puerto Rican catcher to catch multiple no-hitters, joining Ivan

Rodriguez.

Former Yankees are branching out. After Derek Jeter became a part-owner of the Miami Marlins, Alex Rodriguez is looking to become a part-owner of the Minnesota Timberwolves (NBA) and Lynx (WNBA). If the deal goes through, it gives those players an owner with a strong background in sports and name recognition.

The Masters. The second green jacket awarded in a five-month span went to Japanese Hideki Matsuyama, the 2021 Masters champion. Matsuyama entered the final round with a four-stroke lead on the field, and he grew it to five strokes through his first nine, bouncing back from a first-hole bogey with three birdies. He is the sixth first-time green jacket winner in the last seven Masters Tournaments with Tiger Woods' rousing victory in 2019 the lone outlier. Matsuyama, 29, is the first Asian-born man to win the Masters. He shot a 1-over 73 – his highest score of the week – to finish at 10 under. He made it interesting down the stretch but held on to win by just one stroke ahead of runner-up Will Zalatoris. Matsuyama's previous best finish in a major came at the 2017 U.S. Open, when he tied for second. He also finished as the low amateur at the Masters in 2011, when he tied for 27th as a 19-year-old. He joins Hisako Higuchi (1977 LPGA Championship) and Hinako Shibuno (2019 Women's British Open) as Japan's major champions. He is a very unassuming champion, carrying his green jacket through Atlanta Hartsfield airport over his arm the day after winning.

You may have already seen the good news story of the week about NBA great Shaquille O'Neal. He recently was in an Atlanta-area jewelry store and saw a man buying a ring and offered to purchase it for him. Shaq said the man buying the ring was a "young kid, a hardworking guy" and the ring was on layaway. "I said, 'You know what, tell your girlfriend I got it. Take care

of her.' And at first he didn't want to take it," Shaq said. He told the man not to worry, he does it all the time. The gesture was caught on camera and the video quickly went viral. Shaq is seen slyly taking out his credit card and handing it to the store clerk as the stranger was getting ready to pay. The two shook hands and posed for a photo after. "This is something I do every day," Shaq said, adding that he and his mother were recently furniture shopping and he offered to pay for a mom who had an autistic daughter. "I'm into making people happy. So, whenever I leave the house, I just try to do a good deed," he said.

To me, this assist deserves applause and is as record breaking as Nikola Jokic's. It also fits with a book I'm

publishing this fall, *Make Someone's Day*. It's all about doing something for others, even strangers, in a way that's so powerful for them that they say "you made my day." If you're interested in hearing updates on my progress towards publication, sign up at howard@howardhprager.com. And, thank you Shaq for being so sensitive and providing life assists for others who need some help. Let's all make someone's day in our own ways.

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

SPORTS QUIZ

1. What baseball executive served as president of the American League from 1974-83?
2. Name the NFL running back who repeatedly said "I'm just here so I don't get fined" at a Super Bowl XLIX media-day press conference.
3. Brazilian footballer Manuel Francisco dos Santos, famous for his spectacular dribbling, was better known by what nickname?
4. On June 30, 1970, the Atlanta Braves' Hank Aaron hit the first home run in the history of what stadium?
5. What boxing writer and sports historian, known for his signature fedora and cigar, was editor and publisher of *The Ring* magazine from 1979-83?
6. What sport, originating in Spain in 2005, combines volleyball, soccer and gymnastics with music, and is played on an inflatable court with trampolines on both sides of the net?
7. Mexico's premier motorsports track is named after two brothers who both died in auto-racing incidents nine years apart. Who are they?

ANSWERS

1. Lee MacPhail. 2. Marshawn Lynch, Seattle Seahawks. 3. Garrincha. 4. Cincinnati's Riverfront Stadium. 5. Bert Sugar. 6. Bossaball. 7. Pedro and Ricardo Rodriguez.

Kiwanis Golf Tournament This Saturday

The Sanibel-Captiva Kiwanis Club will host its inaugural King of the Rock Sanibel Stroke Play Championship at The Dunes Golf & Tennis Club on Saturday, April 17. Open to players of all skill levels, the tournament will provide an opportunity to play 18 holes of "tournament golf" in the beautiful setting of The Dunes and to compete for recognition as one of the islands' top golfers.

A round of golf will be followed by lunch and presentation of prizes, with trophies awarded to the top finishers. Entry fee is \$125 per player plus tax. All proceeds from benefit the Sanibel-Captiva Kiwanis Scholarship Fund, providing educational assistance to island youth. Entry forms can be obtained at The Dunes Golf Shop or downloaded from the Kiwanis website at www.sanibelkiwanis.org. Checks for the entry fee should be made out to: Kiwanis Foundation.

The tournament will include men's and women's divisions. Players will be grouped into flights and assigned to use tees I, II, III and IV based on their handicap. Any player may request to



Trophies will be awarded to the top finishers photo provided

compete in the Championship Flight, from which the overall tournament champion will be named.

Sponsorships are available for businesses and individuals (hole sponsorship – \$150; corporate sponsorships – \$2,500). Major sponsors supporting the tournament include: Sanibel Captiva Community Bank, Coastal Title, Superior Title Services, Pfeifer Realty Group, Midland Trust, Ron Souders, and John Schubert.

For more information, call 472-2535 or email mdopslaff@theinnsofsanibel.com.✪



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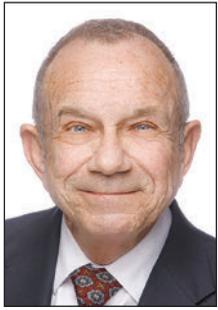
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What's The Market Going To Do?



submitted by Tom Uhler

If you agree with my premise that no one can predict the short-term movement of the stock market, and if you agree that in the long term the stock market will grow faster than

paid for it? Assuming you are taking periodic withdrawals, you only need enough money not in stocks to withstand the period that the stocks are down in value. Calculate the amount you're going to spend during that time and put it in a money market account or a short-term bond fund, which won't fluctuate like the stock market.

I don't know when this is going to happen, and I don't know for sure how long it will last, but if you Google it, you'll find that the average down market lasts for 15 months, with stocks declining 32 percent.

That's not the longest it's taken for the stock market to get back to where it was, so why not put two, three or four years of spending money away? Then, annually, you can harvest your spending money from the stock portion when it makes money and from the bond portion when stocks are down.

If this makes sense to you, congratulations. You're on the way to becoming a long-term investor, minimizing your likelihood of loss and maximizing your retirement income. You still don't know what the market's going to do, but you'll be ready for it.

*Tom Uhler is a principal with Uhler and Vertich Financial Planners, a locally owned comprehensive financial advisory firm.**

bonds and that inflation will erode your purchasing power, the final piece of the puzzle is... how do I avoid permanent loss of my principal if I invest in stocks?

The answer isn't easy, but it's simple: don't sell stocks when they're down in value.

If you own the stocks of good companies, individually or through mutual funds, the management of those companies are there to make a profit - and you, as a company owner, share in that profit. But markets do go down periodically. How do you avoid selling when something is worth less than you

ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates



Harrell, Tolp and Albright



James Hetmanek



Amy Wainwright

VIP Realty Group

The top producers for March at VIP Realty Group were: James Hetmanek, top sales; Amy Wainwright, top listings; and Lynda and Kit Traverso, top producers.*



Kit and Lynda Traverso



Marianne Stewart



Liz Stewart

The top listing teams for March at John Naumann & Associates were the Harrell, Tolp and Albright Team along with Marianne and Liz Stewart. The top sales agent was Evan duPont and top sales team was Harrell, Tolp and Albright.*



Evan duPont

Kingfisher Real Estate

The top listing and top sales agent for March at Kingfisher Real Estate was Valerie Tutor.*



Valerie Tutor

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Anna Mullvain with Bailey's General Store Office Manager Charlene Kocinski photos provided



Pat Zambuto and Creed of The Cedar Chest Fine Jewelry



From left, David Flory of Island Ballroom with Sharon and Jerry Miller



Richard McCurry of Sanibel Cafe and Anna Mullvain

Trailways Camp Supporters Recognized

The annual "I Am Special" Trailways Camper Reunion scheduled for April 10 was postponed due to COVID-19 concerns, but the planning committee chose to celebrate some of the Sanibel businesses that have made this event possible in the past by thanking them in person.

"These businesses were recognized for welcoming and supporting adults with special needs living and working in our community through their annual contributions of time, service and in-kind donations. The support provided has made it possible for the campers to have social and activity experiences that bring joy to their lives," said Jerry Miller, co-founder of Trailways Camp, with his wife, Sharon Miller.

The following businesses received a visit from Sharon and Jerry Miller, along with Anna Mullvain, Trailways Camp coordinator, recently: Bailey's General Store, The Cedar Chest Fine



From left, Jerry Miller, Jeff Weigel of Sanibel Deli and Anna Mullvain

Jewelry, Island Ballroom, Sanibel Café, Jerry's Foods, Sanibel Deli, Sanibel Skin Spa and Shalimar Resort. Each business was presented a plaque of appreciation, camp mug, and a thank you note from the family of the late Benjamin Miller, honorary chair in past years.

An announcement will be made when the 2022 date is finalized.✪



From left, Shalimar Resort Manager Romas Vaikus with Sharon and Jerry Miller



From left, Sharon Miller, Holly and Joel Torres of Sanibel Skin Spa and Jerry Miller

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Health First

Commemorating Yom HaShoah



by Julie Rosenberg, MD

The Holocaust Remembrance Day, Yom HaShoah, was commemorated this year on April 7. Yom HaShoah honors the six million Jews who lost their lives during the Holocaust.

This week, as I considered the six million who perished, I reread one of my favorite books, *Man's Search for Meaning*. This riveting memoir written by psychiatrist Viktor Frankl offers life lessons for personal and spiritual survival. Between 1942 and 1945, Frankl labored in four different concentration camps. During this time, his parents, brother and pregnant wife perished. Frankl's argument in *Man's Search for Meaning* is that we cannot avoid suffering but we can choose how to cope with it, find meaning in it and move forward with renewed purpose. If you have not read this book, I strongly recommend it.

In today's article, I share three universal life lessons from *Man's Search for Meaning*. I include these lessons in this column, as living a life of meaning and purpose is a deep driver of wellbeing. I hope that these lessons will support each of you as you move through life's challenges.

1) He who has a "why" to live for can bear almost any "how" – Throughout the book, Frankl discusses his "why" and its power to help him to endure his situation in the camps. Frankl and his fellow prisoners endured atrocities in their daily lives such as performing manual labor for 20 hours each day while subsisting on one small piece of bread and some thin soup. Understanding his "why" gave Frankl the strength to bear the "how" of his existence. Other prisoners who no longer had a sense of purpose in their lives too often lost their drive to carry on. These prisoners who completely lost their "why" quickly lost their lives as a result.

There are three "whys" that stand out to me from Frankl's writing:

Work; Love; and Dignity in suffering. Frankl asserts that it doesn't matter if we have nothing to expect from life. We can still find meaning. He states: "Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."

2) There is meaning in suffering – Many of us attempt to completely eradicate suffering. We believe that happiness will come when suffering is gone. Frankl, on the other hand, shares his belief that suffering can offer meaning. The way in which an individual accepts his fate (and the suffering that it entails) offers an opportunity to add deeper meaning to his life. Frankl asserts that suffering is a key part of life; without suffering and death, human life cannot be complete.

Think about this: When suffering fills your life, what do you do? How do you negotiate challenges? Serious illness?

3) We always retain the ability to choose our attitude and our actions – Frankl and his fellow prisoners had most everything stripped away from them – their families, friends, jobs, possessions and, in some cases, their names. Frankl asserts that, "Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way." When all else is stripped from you, you still have the ability to choose your attitude and your actions. No matter how difficult things get, you have the power to choose to be something better. While many Holocaust survivors state that "luck" helped them to survive, Frankl observed that individuals survived because of the daily choices they made and actions they took or chose not to take.

In summary, these life lessons from Dr. Victor Frankl can be correlated with health and wellbeing. People who find meaning and purpose in life live longer. Embracing the inevitability of suffering helps us to thrive through life's challenges. Asserting the power of choice gives us freedom – the freedom to choose our attitude and our actions in any circumstance. Finally, I'll add that we have the power to create hope. Creating and maintaining hope, especially during these times of uncertainty, can support a healthier, longer life.

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.✳

National Lineman Appreciation Day

National Lineman Appreciation Day will be recognized on Saturday, April 18. On this important day, officials from Lee County Electric Cooperative (LCEC) honor and thank not just the dedicated linemen, but lineworkers around the world, for the imperative and dangerous work they do. These dedicated, highly skilled workers put their lives on the line daily to keep the lights on. They work in the most dangerous conditions, faced with challenging elements and situations. National Lineman Appreciation Day is a day to #thankalinenman for their work which goes largely unnoticed until you are without power.

LCEC's linemen are extremely talented, brave, passionate and work around the clock to keep the lights on for LCEC customers.

LCEC officials are proud to have made the history books when retired lineman Les Walton was inducted into the International Lineman Museum Hall of Fame in 2015. Walton passed away in 2020. His legacy will forever live at LCEC and in this museum.

Should you see a lineman on National Lineman Appreciation Day, or any day for that matter, give them a wave. LCEC extends its thanks to all the brave line

heroes across the nation. During the COVID-19 pandemic, linemen and women are working hard around the world to ensure that no one has to worry about having power. It is the goal of lineworkers to provide peace of mind during this unprecedented time.✳

ISLAND SUN BUSINESS NEWSMAKERS

REMAX of the Islands



Steve Fisher



Maxine Fisher

The top selling associates for March at REMAX of the Islands were Steve and Maxine Fisher. The top listing associate was Chip Wolfe.✳



Chip Wolfe

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dearRPharmacist

Causes Of Muscle Twitching



by Suzy
Cohen, RPh

Dear Readers:

Do you ever get a little twitch near your eye, or on your ankle or calf? How about your finger or near your elbow? Almost everyone gets an

occasional twitch, and you feel it for a microsecond, then it goes away. This is normal.

Muscle twitches are almost always benign issues and not based in serious neurological disorders. If you've ever had an eyelid twitch for three days straight, you know it's more annoying than anything else. The medical term for this symptom is called "benign fasciculation."

The typical eye fluttering you get, or thigh twitch is rarely a cause for concern.

Here are some of the most common causes for muscle twitching:

Hypercalcemia – This means you have excess calcium in your blood and that will cause your muscles to contract and twitch. It can be from excessive calcium supplementation, overdoing vitamin D or magnesium supplements, or from elevated parathyroid hormone (PTH). There are other causes for hypercalcemia too. A deficiency of calcium will most often feel like a cramp, not a twitch.

Elevated Vitamin D – This causes more calcium to go inside the cells, causing hypercalcemia, then the twitching begins.

Hyperventilating – If you breathe very fast, you will hyperventilate. This occurs during a panic attack or while exercising very hard, and could trigger twitching too. Hyperventilating can occur as a side effect of certain medications, as well as with

asthma or emphysema.

Caffeine – Too much coffee will do it. It causes production of catecholamines in your nervous system – think of dopamine and adrenaline – and these guys cause your skin to flutter and twitch like crazy, if you're sensitive.

Medications for Attention Deficit Hyperactivity Disorder or Antidepressants – Some medications excite the nervous system and trigger the twitch. Usually a dosage reduction or discontinuation is necessary to stop this type of twitch.

Nicotine – If you smoke tobacco, you are apt to occasionally twitch due to the stimulant you're smoking.

B12 Deficiency – You can take a blood test to determine B12 levels and, if they're low, just supplement. A B12 deficiency can also lead to high homocysteine levels.

Anxiety – This can become very pronounced in bed, as you're trying to sleep but you keep twitching. Anxiety twitching stops while you're sleeping and has to do with stress. It shouldn't recur each night unless you're constantly stressed and you're dealing with insomnia.

Hyperhomocysteinemia – If you have constant, never-ending twitching, have your blood levels checked for homocysteine and, if they are high, you might need B12.

Pinched Nerve in the Spine – A gentle chiropractor or massage therapist or acupuncturist may be able to help tease this one out.

Exercising – Occasional muscle twitches will occur sometimes after doing a lot of physical activity or working out. These are frequently felt in the forearms, calves, thighs, tummy and back.

If you have muscle twitches that don't go away after a few days and you are worried about them, see a qualified physician for a proper medical work-up to tease out what's really going on.

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. ✨

BeautifulLife:

Longevity



by Kay Casperson

This past week, we all heard of the passing of Prince Philip, Duke of Edinburgh and husband of 73 years to Queen Elizabeth. Prince Philip would have turned 100 years old in June, and the

queen will be 95 this month. They seemed to have lived a long, happy and active life together as she referred to him as her "strength and stay" at their 50th wedding anniversary.

I would venture to say that we all want to live a long beautiful life, which is not as difficult as you think. Research has shown that life expectancy has risen dramatically over the past several years due to many factors. I have spent some time studying centenarians and what people do to live to 100 and beyond, and there are a few things that continue to pop up as common threads.

Many think that our parents determine our lifespan. While genetics can play a role, surprisingly, this is a small percentage, between 20 and 30 percent. The other portions come from improving the quality of your life. It is not all about living longer, but more about living better. We want to avoid growing old and being unhealthy. We can do this by paying attention to the things we do today.

Following are a few suggestions to help you live a longer, healthier, happier, beautiful life.

Stay active – Research shows that even small amounts of movement a day will give you excellent benefits over living a life of little or no activity. Walking, yoga, biking, working around the house or outside can keep you fit in your mind and body.

Be positive – Keeping a positive mindset plays a crucial role in longevity. Research shows that negative, pessimistic and non-trusting individuals don't live as long as people looking on the bright side of things.

Eat less – Scientists have found that eating less can slow down the aging process at a cellular level and protect the cells from harmful deterioration. Try skipping a meal a day or partaking in smaller meal portions.

Volunteer – Studies have shown that lending a helping hand can lead to a longer, more fulfilled life. Volunteerism is

linked to lower rates of depression and overall greater wellbeing.

Take naps – Every once in a while, a little rest can make a big difference. Research has shown that as few as three 30-minute naps per week can lower your risk of heart-related death by over 30 percent.

Drink coffee – Studies show that coffee is one of the most significant sources of antioxidants in the Western diet. Coffee drinkers tend to have a reduced risk of diseases like Alzheimer's, diabetes and depression.

Daily affirmations – Remind yourself how important you are, how healthy you are, and how special you are. Then, you will continue to stay happy, fulfilled and realize your life's purpose.

Go to church – Many surveys have shown that people of all ages who attend worship services of any kind feel supported, grounded, fulfilled, connected and inspired. All of these things bring a stronger sense of faith and stability throughout your lifespan.

Be social – If you continue to surround yourself with positive and inspiring friends and family, you can increase your lifespan dramatically. Surrounding yourself with people that continue to make you happy and that you can also inspire makes a big difference.

Enjoy life – This was the single most common thread with people who lived to be 100 or beyond. These individuals lived every day like it was their best. They felt good about their health, wellbeing and support systems in place, and made a conscious effort to enjoy living.

My affirmation for you this week is: "I am learning new and better ways to live and embrace my long, happy, healthy and beautiful life!"

Kay Casperson is a beauty and lifestyle expert, founder and CEO of BeautifulLife 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. ✨

Drug Abuse Is On The Rise

Drug abuse is on the rise and many families don't know where to turn or what to do about their loved one who is suffering from addiction. To learn more, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html or call 877-841-5509. ✨

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Doctor and Dietician

Reduce Your Healthcare Costs By Staying Active



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

In a study by Diarmuid Coughlan, PhD, Newcastle University, being physically active throughout life reduces healthcare costs throughout adulthood. Those Americans who maintained or increased their physical activity from their preteen years into their adult years experienced lower average annual healthcare costs than those who were consistently inactive over time by 10 to 22 percent. Those who used to be active when younger, but became inactive later in life, did not show any benefit from their earlier active lifestyles in reducing healthcare costs. Other studies have shown that middle-aged women who were active throughout their entire lives resulted in 40 percent reduction in healthcare costs.

We are sure you have heard us say this before, "Sitting is the new smoking." If you find that you are sitting for most of the day, you may be contributing to increased healthcare costs later in life. As we wrote this article, we saw a Caring Medical patient's husband powerwalking around our parking lot/office park monitoring his "steps." Staying active does not necessarily mean you have to go to a gym.

Five Tips to Keep You Moving:

1. Live an active lifestyle – We love that Southwest Florida allows for an active lifestyle 365 days per year. Walk your dog. Climb stairs. Play catch with the grandkids or neighbors' kids. Ride a bike to the local coffee shop. Take a walk on the beach. Catch a sunrise or sunset.

2. Do household chores – Do your own yard work. Plant a vegetable garden. Vacuum or mop your floors. Fold laundry standing up. Wash windows. Make yard art (see our previous articles.)

3. Try a new sport or activity – Pickleball is available everywhere you look. Swim in your pool – don't just look at it – or power walk and exercise in the pool. Join the bike club – Fort Myers and Sanibel have wonderful clubs. This is a great way to make new friends, too.

4. Cook meals at home – This may not seem like "exercise," but cooking keeps you moving and is a great way to stay active. Cooking not only helps you eat healthier but improves your strength and stamina.

5. Stand up – Most of the team at Caring Medical uses sit-stand desks. You can easily adjust a table/desk to become sit-stand using an Ergotron or Varidesk workstation. If you do not want to invest in this type of set-up, a couple of reams of printer paper will elevate your computer monitor to standing height. If you find yourself sitting a lot, set a timer for every hour to remind you to stand up and walk around.

We are all in charge of our own health. We control our activities. Take charge and make a concerted effort to keep your body moving. Be intentional about it. Nobody else will do it for you. We will be looking for you out there!

*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.**

Be Wary Of Loan Repayment Companies

If you owe money on federal student loans, you should be wary of sales pitches from companies offering to help borrowers lower their payments, warns Kentucky Higher Education Assistance Authority (KHEAA).

Student loans are a trillion-dollar business, and such large sums of money attract unscrupulous characters trying to take advantage of unwary people.

Anything such companies want to charge you for doing is something you can do yourself by working with your federal loan servicer.

The U.S. Department of Education warns borrowers to be skeptical about companies that: Ask for payment up front and for monthly fees to monitor your account; Promise immediate loan forgiveness; or Ask for your federal student aid (FSA) ID password and a power of attorney.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am focusing on getting into a growth space mentally. Can you suggest some things I might do to grow?

A: Allowing yourself to get into a growth mindset

can occur when you realize that you are happy with yourself first. This, in turn, will create a higher self-love and respect.

When you have these qualities, the following can be enhanced:

1. Continue on a self-care journey. Practice nurturing your mind, body,

spirit and emotions daily.

2. Start a new skill or hobby.
 3. Set healthy boundaries.
 4. Follow through on tasks at hand.
 5. Remove yourself from those people who drain your energy.
 6. It's ok to ask for help.
 7. Keep your stress level at bay.
 8. Maintain a healthy energy level through proper nutrition and exercise.
 9. Read, read and read.
 10. Practice daily gratitude.
- Remember you not only want to be in a healthy growth space mentally, but emotionally, physically and spiritually as well.

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

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- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol 278-7100
- Poison Control..... 1-800-282-3171
- Chamber of Commerce..... 472-1080
- City Council 472-4135
- City Building Department..... 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva..... 472-1674
- Sanibel Community House..... 472-2155
- Center 4 Life, Senior Center..... 472-5743
- ARTS**
- Arcade Theater..... 332-4488
- Art League Of Fort Myers..... 275-3970
- BIG ARTS..... 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony..... 277-1700
- Herb Strauss Schoolhouse Theater..... 472-6862
- Lee County Alliance for the Arts 939-2787
- Naples Philharmonic..... 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA..... <http://abwasanibelcaptiva.org>
- American Legion Post 123..... 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL..... <https://www.audubonswfl.org/>
- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 984-5920
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service..... 472-0404
- Horticultural Society of the Islands..... 472-6940
- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 . . . 433-2000
- Zonta Club 728-1971

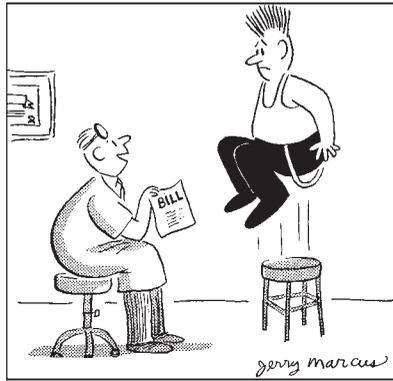
To be listed in calling card email your information to: press@islandsunnews.com

PUZZLES

Answers on page 55

SCRAMBLERS

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



"Well, your _____ seem to be okay."

Waver

ARTFEL

Bird

AGLEE

Explore

REEKES

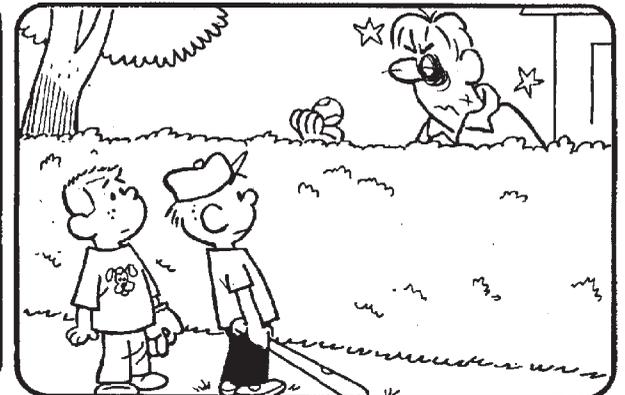
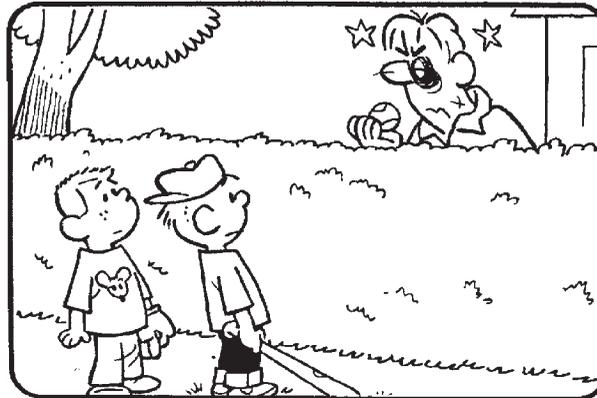
Emanate

DEUXE

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: Cap is reversed. 2. Star is moved. 3. Sleeve is shorter. 4. Hand is moved. 5. Cuffs are missing. 6. Shirt is different.

To Play Sudoku:

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

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

PETS OF THE WEEK



Freya ID# A784125 photos provided

Lee County Domestic Animal Services

Freya And Betty

Hello, my name is Freya. I'm a 2-year-old tan female black mouth cur mix. I had been adopted from Lee County Domestic Animal Services (LCDAS) when I was just two months old. Due to a change in circumstances (and no fault of mine), I was returned to LCDAS. I was very frightened after being in a home for two years and suddenly back at the shelter. LCDAS' clinic manager lets me hang out in her office so I can adjust and come out of my shell. As you can see in my picture, I am now enjoying spending time with the staff and volunteers here, but I still long to be back in a loving home. My adoption fee is \$75.

Hi, my name is Betty. I'm a 3-year-old female black domestic shorthair. I have



Betty ID# A803958

been waiting for my 'person' to come and give me a chance to show what a loving cat I can be when someone has the patience to give me time to trust them. You just need to supply a lap, some food and litter. Throw in a springy toy or two, and I come out of my shell out of curiosity. I am truly a sweetheart that just needs someone to love. My adoption fee is \$50, and you can adopt a feline friend for me at no additional charge.

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.*

Boaters Be Aware, Manatees Are On The Move

The Florida Fish and Wildlife Conservation Commission (FWC) is reminding anyone on the water to slow down and look out for manatees while boating in Florida this spring. As water temperatures warm, manatees naturally disperse from their winter habitats, traveling to other areas of the state and beyond.

Manatees are leaving their winter refuges and are more likely to be in rivers, canals and nearshore waters. Florida boaters are also enjoying the season, so it is crucial to stay alert and avoid manatees while traveling through Florida's waterways.

"This year, especially along the east coast, it is critical that people watch for manatees when on the water," said Ron Mezich, imperiled species management section leader. "With warmer weather, manatees will begin to disperse into open water, heading to a variety of coastal and freshwater habitats containing more ample food sources."

From April 1 through November 15, seasonal manatee zones require boaters to slow down in certain areas to prevent manatees in their summer habitats from being injured or killed by motorboats or personal watercrafts. Boat strikes continue to be a major threat to Florida manatees. In 2020, FWC and partners rescued 29 manatees injured from watercraft collisions, and more died because of watercraft impacts. FWC law enforcement officers are on patrol in state waters to inform boaters of the seasonal manatee speed zones and take appropriate enforcement actions. Boaters are reminded to abide by the regulatory

signs they see on the water.

Manatees can be difficult to detect when they are under water, so it is important for operators of boats and personal watercrafts to be vigilant. You can help protect manatees by following these simple guidelines:

Wear polarized sunglasses to help spot manatees;

Avoid boating in shallow areas to prevent damaging seagrass and to avoid resting and grazing manatees;

Look for large circles on the water, also known as manatee footprints, indicating the presence of a manatee below;

Look for a snout sticking up out of the water;

Follow posted manatee zones while boating;

Physically helping a stranded manatee may cause it more harm. Instead, report injured, distressed, sick or dead manatees to the FWC's Wildlife Alert Hotline at 888-404-3922 or by dialing #FWC or *FWC on a cellphone so trained responders can assist.

Resources for boaters, educators and other interested members of the public are available at www.myfwc.com/manatee. The viewing guidelines page provides helpful tips on respectfully viewing manatees, additional guidelines for boat and personal watercraft operators, and information on what you can do to help these amazing aquatic mammals.

If you are interested in supporting the FWC's manatee research, rescue and management efforts, you can purchase a Florida manatee license plate, or donate \$5 to receive a collectible FWC manatee decal. Both are available from your local tax collector's office.

Spring is an active time for many of Florida's wildlife species. For more information on wildlife in spring, visit www.myfwc.com/news and click on Spring Wildlife News.*

My Stars ★★★★★

FOR WEEK OF APRIL 12, 2021

Aries (March 21 to April 19) It isn't always easy for the rambunctious Aries to give a second thought to their often spur-of-the-moment choices. But aspects favor rechecking a decision before declaring it final.

Taurus (April 20 to May 20) Information emerges for the business-driven Bovine who feels ready to restart a stalled project. Be prepared to make adjustments as needed at any time during the process.

Gemini (May 21 to June 20) Part of you wants to complete plans for an upcoming event, while your other self wants to see how things develop first. Compromise by moving ahead with your plans while being open to change.

Cancer (June 21 to July 22) An unexpected change in a relationship could open up a problem or could lead to a much-needed and too-long-delayed reassessment of a number of matters. The choice is yours to make.

Leo (July 23 to August 22) Time for the Lion to total the plusses and minuses resulting from recent personal and/or professional decisions. See what worked, what didn't and why, and base your next big move on the results.

Virgo (August 23 to September 22) The clever Virgo can make persuasion work by presenting a case built on hard facts. Sentiment might touch the heart, but it's good, solid information that invariably wins the day.

Libra (September 23 to October 22) You usually can win over the most stubborn skeptics on your own. But this time you can benefit from supporters who have been there, done that and are willing to speak up on your behalf.

Scorpio (October 23 to November 21) You win admiration for your determination to do the right thing. Don't be distracted from that course, despite the offer of tempting alternatives that might suddenly turn up.

Sagittarius (November 22 to December 21) While you still need to maintain control of a dominant situation, a new development emerges, making the task easier and the outcome potentially more rewarding.

Capricorn (December 22 to January 19) New factors might have a positive effect on a still-pending matter, but only if the information proves to be credible. Trusted colleagues might be able to offer needed advice.

Aquarius (January 20 to February 18) The week favors moderation, especially if a health problem is involved. Resist the

impulse to do more than might be good for you at this time. You can catch up later.

Pisces (February 19 to March 20) You could feel more than a mite upset by someone or some people who might be creating problems for you. Find out why they won't change their ways. Their reasons might surprise you.

Born This Week: You know how to inspire others to do their best by setting a persuasive example of your own.

MOMENTS IN TIME

• On April 25, 1719, Daniel Defoe's *The Life and Strange Adventures of Robinson Crusoe* is published. The book, about a shipwrecked sailor who spends 28 years on a deserted island, is based on the experiences of Alexander Selkirk, a Scottish sailor who spent four years on a small island off South America.

• On April 24, 1800, President John Adams approves legislation to appropriate \$5,000 to establish the Library of Congress. The first books, ordered from London, arrived in 1801. Twelve years later, the library was destroyed when the British army invaded the city of Washington and burned the Capitol.

• On April 22, 1945, Adolf Hitler, upon learning that no German defense was offered to the Russian assault at Eberswalde, admits to all in his

underground bunker in Berlin that the war is lost and suicide is his only recourse.

• On April 23, 1954, Hank Aaron hits the first home run of his Major League Baseball career. Twenty years later, Aaron broke Babe Ruth's long-standing record of 714 career homers. Aaron retired from baseball in 1976 with 755 career homers.

• On April 20, 1971, the Pentagon confirms that fragging incidents (tossing fragmentation hand grenades into sleeping areas) are on the rise. Fraggings in combat were usually attempts to remove leaders perceived to be incompetent and a threat to survival.

• On April 21, 1980, Rosie Ruiz, age 26, finishes first in the women's division of the Boston Marathon. Ruiz was stripped of her victory eight days later after race officials learned she joined the race about a mile before the finish line.

• On April 19, 1995, a massive truck bomb explodes outside the Alfred P. Murrah Federal Building in Oklahoma City. The blast collapsed the north face of the nine-story building, killing 168 people, including 19 young children in its day-care center.

NOW HERE'S A TIP

• Trying to spot roof damage but not quite sure you're ready for a trip up the

continued on page 54

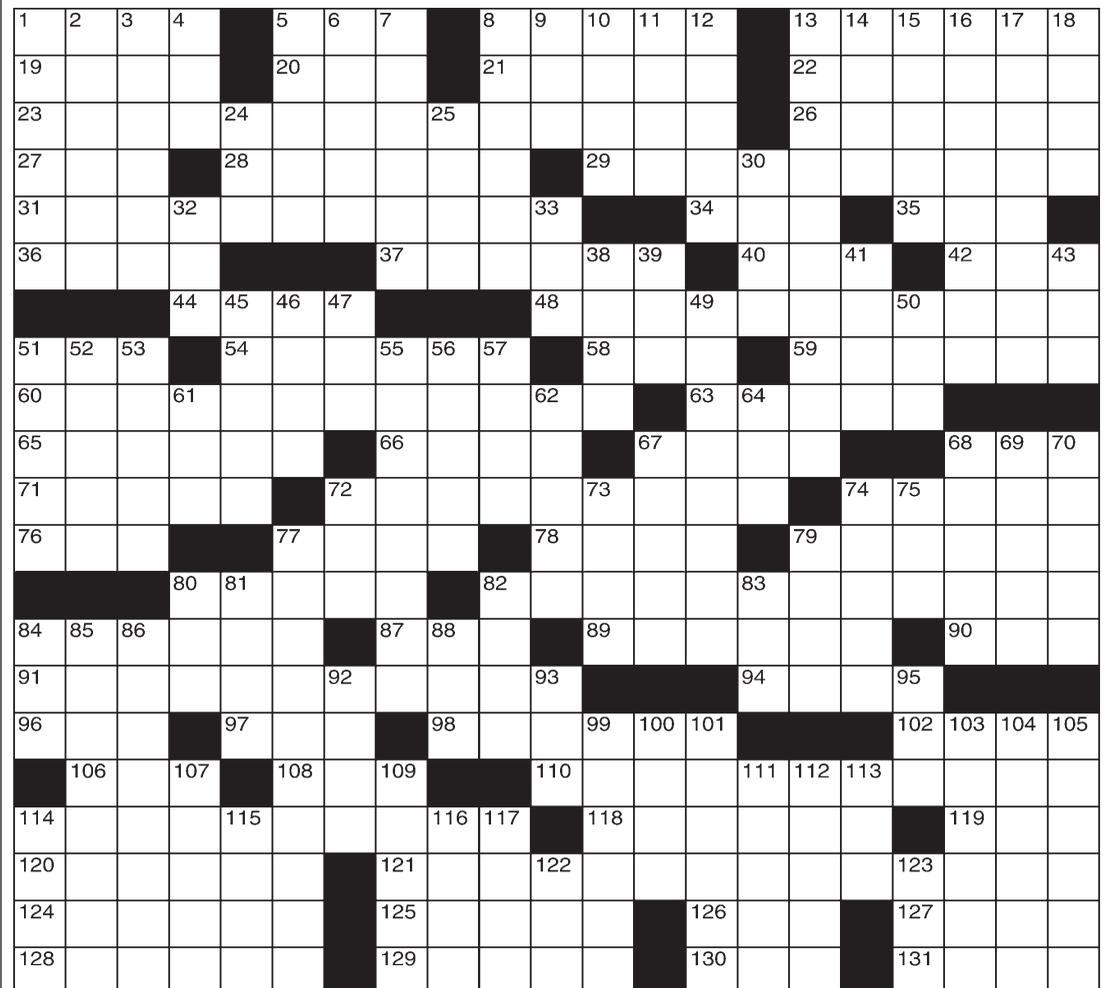
PUZZLES

Answers on page 55

Super Crossword

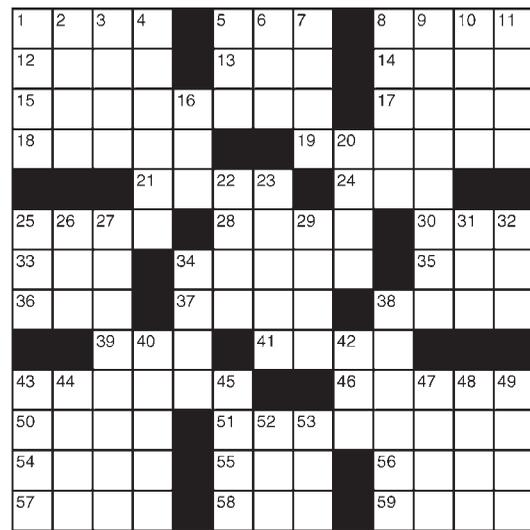
E-EQUIVALENT FIGURES

- ACROSS**
- 1 Napoleon exile locale
 - 5 Lobby gp.
 - 8 — Bill (Old West hero)
 - 13 Soda shop drink
 - 19 Diving bird
 - 20 Glass of public radio
 - 21 Large crowd
 - 22 Muzzle-loading tool
 - 23 "You Light Up My Life" singer's good friend?
 - 26 Orange-and-black bird
 - 27 Many times o'er
 - 28 Real ladies' men
 - 29 Close examination of the "Room at the Top" novelist?
 - 31 Some of a "Waltons" actor's furniture?
 - 34 Blast creator
 - 35 Camera variety, for short
 - 36 Mets' old ballpark
 - 37 Ballgame cry
 - 40 Sugar suffix
 - 42 Help
 - 44 Heap
 - 48 What the penner of "Tristram Shandy" spoke with?
 - 51 Toward the rudder
 - 54 Lures
 - 58 Paris-to-Berlin dir.
 - 59 Aviating guys
 - 60 "You Send Me" crooner's preferred cruise destinations?
 - 63 Mr. or Dr.
 - 65 Seraglios
 - 66 "— Ben Adhem"
 - 67 A&E part
 - 68 Greedy gullet
 - 71 TV awards
 - 72 "Uncle Tom's Cabin" writer not at home?
 - 74 Pie serving
 - 76 Coloring stuff
 - 77 Litigious one
 - 78 Gillette's — II razor
 - 79 Truthful
 - 80 Longtime SeaWorld whale
 - 82 "Two Treatises of Government" philosopher making a choice?
 - 84 Not eternal
 - 87 Me, to Mimi
 - 89 Tranquil
 - 90 Long time
 - 91 Red fruit for an "L.A. Law" actress?
 - 94 Joins closely
 - 96 Smith and Jones film, for short
 - 97 WWW access inits.
 - 98 PC b-board admins
 - 102 Google Play purchases
 - 106 1998 Angelina Jolie film
 - 108 Gmail alternative
 - 110 "Gladiator" Oscar winner's kin?
 - 114 "House" co-star's estimate?
 - 118 Get more profound
 - 119 Mil. VIP
 - 120 Queued
 - 121 Doctor's plan for the author of "Common Sense"?
 - 124 Secondary divinity, in Greek myth
 - 125 Break in, say
 - 126 Pooch checker
 - 127 Teeny bit
 - 128 Firstborn
 - 129 Unpopular plants
 - 130 Quaint ending for 100-Down
 - 131 Black stone
 - DOWN**
 - 1 Bodily joints
 - 2 Spa sponge
 - 3 Infant sock
 - 4 Shaker Lee
 - 5 Loop of lace
 - 6 Smell
 - 7 Obtained
 - 8 Sci-fi zapper
 - 9 Long time
 - 10 Infant bed
 - 11 Smell
 - 12 French legislature
 - 13 Drivers' places
 - 14 Endangered
 - 15 A little off
 - 16 Declare
 - 17 Makeup of a frozen Arctic cap
 - 18 Early utopia
 - 24 Before, to Kipling
 - 25 Warsaw native
 - 30 Involved with
 - 32 Water spigot
 - 33 Sea plea
 - 38 Salt Lake City team
 - 39 "Taps" hour
 - 41 Devilish
 - 43 Forest home
 - 45 List units
 - 46 Luau favors
 - 47 Mushroom ends?
 - 49 Made a new outline of
 - 50 Miner's haul
 - 51 Pined
 - 52 Frothy
 - 53 Singer Mel
 - 55 Diamond official at home
 - 56 Fife player's drum
 - 57 Blizzard stuff
 - 61 Crucial
 - 62 Because of
 - 64 Suffix with absurd
 - 67 See 114-Down
 - 68 The press, TV, etc.
 - 69 Serving perfectly
 - 70 Pie serving
 - 72 Total
 - 73 Brow curves
 - 74 Established the tempo for
 - 75 Pen filler
 - 77 Product rep
 - 79 Mention
 - 80 Haloed Fr. woman
 - 81 Cards dealt
 - 82 Tulip's kin
 - 83 Foot with fur
 - 84 "2001" studio
 - 85 Not a copy
 - 86 Sent a new invoice to
 - 88 Photo —
 - 92 Baseball's Matty
 - 93 Top-row PC key
 - 95 Actor Elliott
 - 99 Demands
 - 100 Verse creator
 - 101 Zig or zag
 - 103 Cooing bird
 - 104 Oodles
 - 105 Sentence structure
 - 107 Stop on —
 - 109 Cartoon skunk Pepé
 - 111 Duel swords
 - 112 Notable acts
 - 113 Bug in "A Bug's Life"
 - 114 With 67-Down, up and no longer sleepy
 - 115 Baseballer Slaughter
 - 116 Not crazy
 - 117 Location
 - 122 Toon
 - 123 "O Sole —"



King Crossword

- ACROSS**
- 1 Zilch
 - 5 Male swan
 - 8 "Ditto"
 - 12 Mideast airline
 - 13 Glacial
 - 14 "Let's go!"
 - 15 Pattern
 - 17 Help a hood
 - 18 Old photo tint
 - 19 Walks with pride
 - 21 Yuletide tune
 - 24 Archipelago unit (Abbr.)
 - 25 Verifiable
 - 28 Carton sealer
 - 30 Mimic
 - 33 Hostel
 - 34 Goes belly up
 - 35 Water tester
 - 36 "Acid"
 - 37 French 101 verb
 - 38 Quick look
 - 39 Online address
 - 41 Ump's call
 - 43 Steak choices
 - 46 Toy bricks
 - 50 Actor McGregor
 - 51 Intensify
 - 54 Damon of Hollywood
 - 55 Essen exclamation
 - 56 Grand tale
 - 9 Walk
 - 10 Champagne brand
 - 11 Tolkien creatures
 - 16 Thai language
 - 20 Cravats
 - 22 Coup d' —
 - 23 Hideaways
 - 25 Up to
 - 26 ER workers
 - 27 Move in waves
 - 29 Entreaty
 - 31 "The Raven" writer
 - 32 "A mouse!"
 - 34 Fedora fabric
 - 38 Kitchen gadget
 - 40 Oscar de la —
 - 42 Ga. neighbor
 - 43 Disaster aid org.
 - 44 "As — saying ..."
 - 45 Barking critter
 - 47 Be slack-jawed
 - 48 Elevator name
 - 49 Faction
 - 52 High school subj.
 - 53 "Evita" role
- DOWN**
- 1 Tennis barriers
 - 2 Sheltered
 - 3 Slightly wet
 - 4 Skiing style
 - 5 Spy org.
 - 6 Halloween mo.
 - 7 Tournament passes
 - 8 Surgery reminders



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

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

- Banana
- Ice cream
- Nuts
- Syrup
- Blueberries
- Ice
- Protein
- Tea
- Chocolate
- Kale
- Seeds
- Whey
- Honey
- Milk
- Spinach

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 FRIDAY Mostly Cloudy High: 78 Low: 69	 SATURDAY Mostly Cloudy High: 79 Low: 72	 SUNDAY Mostly Cloudy High: 80 Low: 71	 MONDAY Partly Cloudy High: 81 Low: 73	 TUESDAY Mostly Sunny High: 80 Low: 71	 WEDNESDAY Mostly Cloudy High: 81 Low: 73	 THURSDAY Mostly Cloudy High: 80 Low: 72
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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	5:31 am	8:27 am	3:18 pm	11:06 pm	Fri	4:36 am	8:29 am	2:23 pm	11:08 pm	Fri	4:39 am	9:06 am	2:51 pm	11:05 pm	Fri	7:41 am	1:32 am	5:28 pm	11:43 am
Sat	3:54 pm	None	None	None	Sat	2:59 pm	None	None	None	Sat	5:32 am	9:28 am	3:32 pm	11:55 pm	Sat	6:04 pm	2:22 am	None	None
Sun	4:38 pm	12:06 am	None	None	Sun	3:43 pm	12:08 am	None	None	Sun	6:37 am	9:56 am	4:22 pm	None	Sun	6:48 pm	3:22 am	None	None
Mon	5:36 pm	1:17 am	None	None	Mon	4:41 pm	1:19 am	None	None	Mon	7:55 am	1:18 am	5:19 pm	10:29 am	Mon	7:46 pm	4:33 am	None	None
Tue	7:01 pm	2:29 am	None	None	Tue	6:06 pm	2:31 am	None	None	Tue	9:07 am	2:40 am	6:34 pm	11:09 am	Tue	9:11 pm	5:45 am	None	None
Wed	11:58 am	3:32 am	8:43 pm	2:45 pm	Wed	11:03 am	3:34 am	7:48 pm	2:47 pm	Wed	10:11 am	3:37 am	8:47 pm	2:58 pm	Wed	2:08 pm	6:48 am	10:53 pm	6:01 pm
Thu	11:59 am	4:24 am	10:12 pm	4:12 pm	Thu	11:04 am	4:26 am	9:17 pm	4:14 pm	Thu	11:03 am	4:27 am	10:13 pm	4:14 pm	Thu	2:09 pm	7:40 am	None	7:28 pm

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--	--	--	--------------------------------------	---	---

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From page 49

Now Here's A Tip

ladder? Before you get up on the roof, get out your binoculars. You'd be surprised how much you can see from the ground, and you can do a cursory examination and then decide if anything needs a closer look.

- Upcycle an unused bread box as a charging station. Simply mount a power strip in the back of the box on the inside, and you can put phones and other small devices directly inside to charge. Run a cord through the side so that larger tablets can sit on top of the box to charge.

- "Use lip balm to help a too-tight ring slide off of a finger. This happened to me when I tried on my sister's ring in church. I had some lip balm in my pocket, and it helped me get the ring off quickly and quietly without having to get up." – AE in Washington

- If your phone's buzzing and ringing with alerts has you distracted during your workday, use the "do not disturb" function

to create periods of quiet. Schedule blocks of deep focus time by making an appointment with yourself in your calendar. This can help you to organize your time to get things done.

- Using cold water for laundering protects colors and uses less energy.
- If you have some sticky gum that's stuck on fabric, it might be best to set it aside and wait for it to harden. Or if you can't wait that long, try using a piece of duct tape. Press the tape over the gum, then lift off from the side. You can repeat this process to pull up all of the gum.

STRANGE BUT TRUE

- "The Whole Shabang" is a brand of potato chips once sold only in jails and prisons. It was so popular that in 2016, due to demand from ex-inmates, it was finally made available to the general public.
- The majority of people will tilt their head to the right when they kiss.
- Sherlock Holmes creator Sir Arthur Conan Doyle helped popularize skiing by

being the first Englishman to document the sport.

- In Alabama, it's against the law to drive while impersonating a member of the clergy.
- For centuries, doctors thought that medicines made with human flesh, blood or bone could be effective in curing all kinds of ailments, from epilepsy to headaches. The practice was called "corpse medicine."
- The original name for the search engine Google was Backrub. It was renamed after the googolplex, which is the number 1 followed by 100 zeros.
- The fear of young people is known as "ephebiphobia."
- Gatling gun salesmen went to Civil War battlefields to demonstrate their products in actual combat.
- A newly sworn-in Barack Obama visited the U.K. in 2009 and presented some rather curious gifts to the prime minister and queen: 25 DVDs to David Cameron, and an iPod Classic to the then-octogenarian Elizabeth II. Cameron

returned the gesture with some "wellies" and Hobgoblin ale.

- In the Solomon Islands, dolphin teeth were (and still are) used as a form of currency.
- Historically, most Easter celebrants would have eaten lamb for the occasion, as the holiday has its roots in the Jewish Passover. Most American Easter dinners now feature ham, however, because years ago, hams cured over the winter would have been ready to serve in early spring.

THOUGHT FOR THE DAY

"When writing the story of your life, don't let anyone else hold the pen."
– Harley Davidson

TRIVIA TEST

1. **Language:** What is the word for "M" in the international alphabet code used in radio?
2. **Television:** What was the real first name of the character Fonzie in the comedy *Happy Days*?

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4/16 * 4/16

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4/9 * 4/30

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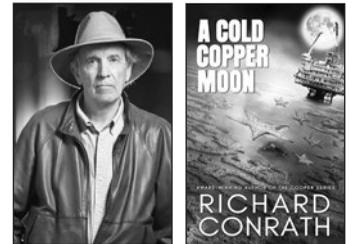
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4/9 * 4/16

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HORTOONS



3. **Science:** Which country has the greatest number of tornados annually?
4. **Geography:** What is the capital of Australia?
5. **Animal Kingdom:** What are the only two known mammals that lay eggs?
6. **Literature:** What was the name of the first monster in *Beowulf*?
7. **Movies:** What was the name of the villain in the movie *Three Amigos!*?
8. **U.S. States:** What is the nickname of Wyoming?
9. **General Knowledge:** What is the color of envy, culturally speaking?
10. **Business:** Which country's basic currency is the sol?

TRIVIA ANSWERS

1. Mike 2. Arthur 3. United States, central and south regions 4. Canberra 5. Duck-billed platypus and the spiny anteater
6. Grendel 7. El Guapo 8. The Equality State 9. Green 10. Peru

SCRAMBLERS ANSWER

1. Falter 2. Eagle;
3. Seeker; 4. Exude

Today's Word

REFLEXES

PUZZLE ANSWERS

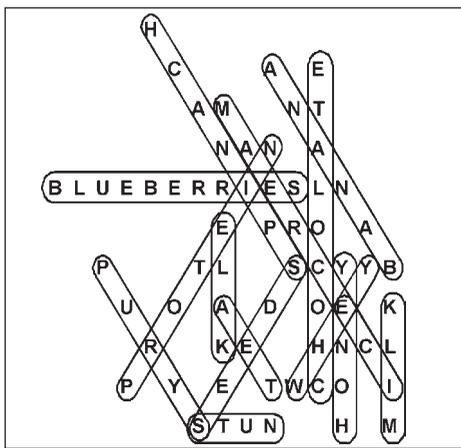
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E	L	B	A	P	A	C	P	E	C	O	S	F	R	A	P	P	E		
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KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Spring Ridge	Bonita Springs	1999	4,185	\$2,695,000	\$2,700,000	2
Sanctuary At Wulfert	Sanibel	1996	7,229	\$2,998,000	\$2,650,000	521
Esplanade Lake Club	Fort Myers	2020	3,299	\$2,390,000	\$2,275,000	265
Palmetto Point	Fort Myers	2019	3,941	\$2,100,000	\$2,100,000	678
Cape Coral	Cape Coral	2002	3,603	\$1,990,000	\$2,010,000	142
Cape Coral	Cape Coral	2016	3,702	\$1,849,999	\$1,835,000	146
Costa Amalfi	Miromar Lakes	2013	3,920	\$1,687,000	\$1,650,000	24
Seaspray Subdivision	Sanibel	1990	4,037	\$1,750,000	\$1,650,000	88
Navona	Miromar Lakes	2014	2,600	\$1,595,000	\$1,525,000	56
Siesta Isles	Fort Myers Beach	2007	3,725	\$1,495,000	\$1,375,000	6

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