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SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 30, 2021

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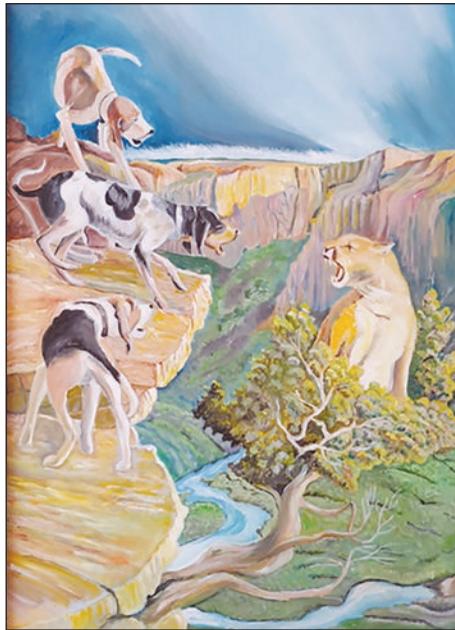


Painting by Carol Dallas images provided

Community House Art Exhibit

submitted by Allison Davis

Carol Dallas and Michael Moukios are the featured artists for May at The Community House. Artwork can be viewed from 9 a.m. to 3 p.m.



Dead End by Michael Moukios

Monday through Friday. A virtual showing is also available 24 hours a day at www.sanibelcommunityhouse.net. continued on page 38

Sea Turtle Nesting Season Begins



Longtime volunteer Frances Tuft giving a thumbs up on the first sunrise of the 2021 sea turtle nesting season photo by Shane Antalick

After several weeks of preparation, the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program team celebrated the first day

of the 2021 season on April 15. Four teams of volunteers hit the beach to survey 18 miles of nesting habitat on continued on page 44



Join the club on Saturday morning for cars and coffee photo provided

Final Car Show Of The Season

The San Cap Motor Club is hosting its last Cars & Coffee Cruise-in of this season this Saturday, May 1 from 9 to 11 a.m. at Periwinkle Place shopping center. All are welcome to stop

by and check out the cars and bikes on display. The lineup includes antiques, classics, hot rods and new models.

There will be complimentary coffee and donuts from Bailey's General Store as well as other refreshments.

Join the club for \$50 and receive the 2021 T-shirt and invitations to club continued on page 40

Works By Local Artist At The Library



One of the paintings on exhibit by Peter Zell submitted by Allison Davis

image provided

The Sanibel Public Library will exhibit artwork by artist Peter Zell from May 1 to June 30. Zell is a Southwest Florida artist based on Sanibel. His exhibition will include 30 recent landscape

paintings that celebrate Sanibel culture, history and the lush landscapes of south Florida.

Most of the scenes were painted in the summer of 2020 during weekly outings with a small group of local plein-air continued on page 12



Dozens of pairs of glasses have been found by Captiva residents Julia Grant and Richard Sonking photo by Julia Grant

Captiva Group Takes Action For Earth Day

by Kathy Kurtz Ferrari

A group of Captiva residents recently fanned out around the village area to pick up litter in recognition of Earth Day on April 22. Working mostly in pairs, the volunteers filled trash bags with items left behind from the busy tourist season.

While the concerted effort was initiated as an awareness of the broader worldwide event, it's an activity that



Captiva residents, from left, Mary Jane Vinson, Pam Rosen, Rita Ewell, Lisa Riordan, Carla Restivo and Kathy Ferrari, were among many islanders who spread around the island to pick up trash in honor of Earth Day photo by John Rosen

many islanders already practice. Neighbors walking their dogs often take time to clean up their neighborhood streets.

Denice Beggs and Tiffany Kaliko fill big garbage bags with litter found along the beach each morning as they take a walk at sunrise.

Wightman Lane residents Julia Grant and Richard Sonking make daily

rounds, picking up discarded items like sunglasses, beach toys and other objects on the beach. Over the past few tourist seasons, the couple has found over 60 pairs of sunglasses, mostly along the tide line, and hundreds of small plastic beach toys that threaten wildlife along the shore.

"Our most outrageous find this season was a brand new volley ball



These plastic toys found on the beach by Julia Grant and Richard Sonking threaten the environment photo by Julia Grant

set – net, poles, stakes, ball and the box it came in, which was full of trash – all left on the beach," Grant said. "Our beach is so pretty and small. We like to see it clean!"

Those taking part in the recent Earth Day effort hope to expand it next year, making it an official island-wide event.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com.*

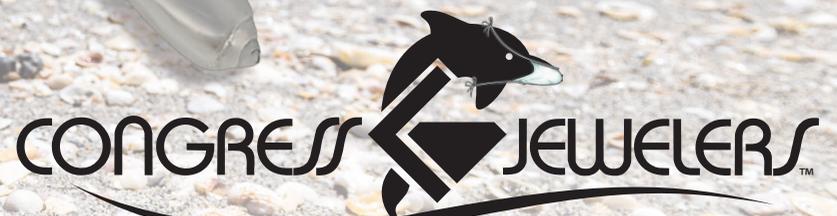
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Concert On Captiva Open To The Public

‘Tween Waters Island Resort & Spa will hold its first ‘Tweenies Weekend Concert Series performance of 2021 on Saturday, May 15. The headliner, Fort Myers native and NBC’s *The Voice* contestant Sheena Brook, will take the stage at 7:30 p.m. The concert will be hosted on the resort’s private Gulf of Mexico beach, and is open to both the public and resort guests. CDC recommended protocols will be followed.

“We’re thrilled to have the opportunity to host Sheena at our beach venue,” said Doug Babcock, chief executive officer of Sanibel Captiva Beach Resorts. “Our goal is to provide a fun-filled, safe venue for our lineup of entertainment in 2021, and our private beach is the perfect setting, as Sheena entertains us for two hours of great live music while the sun sets. It should be an awesome and beautiful evening.”

Brook is from Fort Myers and attended Mariner High School in Cape Coral and Southwest Florida Christian Academy in Fort Myers. She appeared on *The Voice* in 2017 on celebrity singer Adam



Sheena Brook photo provided

Levine’s team. Her renditions of Pink’s *Try* and Sugarland’s *Baby Girl* made her a favorite with judges and viewers.

General public tickets can be purchased in advance for \$10 at www.Tween-Waters.com/shop or at the door the night of the concert for \$20.*



Fourth grade students from The Sanibel School on the boardwalk photo provided

Students Study Habitat Change At Pick Preserve

Fourth grade students from The Sanibel School observed and documented nature’s seasonal and cyclical changes within the Sanibel-Captiva Conservation Foundation (SCCF) Pick Preserve with SCCF Educator Richard Finkel recently.

The students were excited to see how seasonal changes in Florida differ from the seasonal changes that occur in more northern and temperate climate zones that are featured in textbooks.

Students were amazed at the obvious change in the habitat off SCCF’s Pick Preserve boardwalk where the low water

level quickly caught their attention. They remembered how high the water level was on their Pick Preserve field trip in the fall when they were able to sample and document freshwater macro-invertebrates right off the boardwalk.

The students walked the nature trail while observing, documenting and writing about the subtle changes found within Sanibel’s interior wetlands and mid-island ridges. They noted the variety of micro habitats including soils, shady and sunny areas, undersides of leaves, daily night and day cycles alongside the more obvious seasonal changes.

SCCF’s Pick Preserve, featuring a nature trail and boardwalk, is located across the street from The Sanibel School, making it an ideal setting for outdoor education and an opportunity to incorporate environmental science into curriculum goals.*



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Capt. AR Robinson

Sanibel Historical Museum And Village

Looking Back: Capt. Robinson

Capt. AR Robinson built his home west of The Matthews in 1910, taking advantage of the offer by the Matthews family of a lot if he would build on it and take meals at the inn. The house still exists, having been moved about a mile to the east, and was



photo courtesy Sanibel Historical Museum and Village

later owned by Sam and Cookie Bailey.

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. 14, 2021 through April 24, 2022. Previous services posted on Chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane Captiva, 472-1646.

CHAVURAT SHALOM

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

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

SANIBEL COMMUNITY CHURCH

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. In-person limited seating services requiring reservations and masks are on Saturdays at 5 p.m., and Sundays at 8 a.m. and 10:30 a.m. Reservations can be made on our website and go live every Tuesday at noon. The 10:30 a.m. Sunday service will also be livestreamed. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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

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OBITUARY



INGRID GARRELTS KORN

Ingrid Garrelts Korn was born in civilian housing on the Wursterheide (Germany) Airbase on October 13, 1941 during an Allied bombing raid. Her father had been assigned the job of establishing the base and later decided to join the war effort as a combat soldier. A midwife risked her life by driving through the blackness of night, bombs raining down, to help bring Ingrid into the world by candlelight.

Ingrid's two older sisters later returned to their hometown of Hildesheim for schooling. Upon the bombing destruction of Hildesheim, they had to be moved to nearby Marienrode Priory, that was rented out as a farm. Those who had remained at Wursterheide later joined them at Marienrode, where they all were housed in the crowded workers' quarters building, which had no indoor plumbing. They later moved to an apartment in Hildesheim. Like with most children, Ingrid's father perished in the war, and her mother worked hard to raise and educate five children.

Ingrid graduated from the Gymnasium (high school) and apprenticed as a milliner. As a young woman, she decided to travel to the U.S. to help her working sister raise her child. She stayed, became a librarian at MIT, and magically met Don, her future husband. Don tells the story a bit differently, that is, that she came to the U.S. to find him.

Don and Ingrid married in 1973 and moved to Minnesota, where he took a job at 3M. They bought a small hobby farm and raised goats, cows, chickens, geese and a pony. Ingrid's goats won many prizes at shows and awards for quantity of milk production. Don and Ingrid helped raise their neighbor's calves by feeding them the excess goat milk.

They moved to Penfield, New York in 1980, where Don felt they would have a better life (weather and career). They both enjoyed Penfield immensely, and Ingrid devoted spare time to her love of gardening and fiber arts, an activity

for which she received many awards. In 1993, Don and Ingrid bought a vacation home on Sanibel Island, Florida. They renewed their marriage vows; this time "For Better or Worse, in Sickness and Health, but not in Winter." Ingrid loved her winters on Sanibel, and Don and Ingrid were reunited year around when he retired in 1999. Don proved to be a serial failure at retirement, and he was often away on business. But Ingrid was "all in" to the beauty of the island until the day she died.

As a newborn who was brought into the world with the chaos of war taking place from overhead, Ingrid was oblivious to the terror and fear and carnage going on around her. Seventy eight years later, when she was diagnosed with incurable cancer, she was hoping to go out of this world in the same way she was born - oblivious to the chaos going on in her body.

The family thanks the incredible doctors at Moffitt Cancer Center; Ingrid's personal physician Dr. Gary Price (and Nurse Kathy); Dr. Alan Brown and Dr. Frank Rodriguez; and the wonderful team from Hope Hospice. She had a year and a half of better health than she thought she would. While at home, her body gave out on April 8, 2021, with the soothing intoxication of morphine while she listened to her favorite album, Nana Mouskouri *singt die schonsten deutschen Weihnachts Lieder*. Her hopes came true.

Ingrid was predeceased by her mother Anneliesia Harms Garrelts, her

father Herbert Wilhelm Garrelts, and her sister Eva Garrelts Walker. She is survived by her husband Don Korn, their beloved dog Luna Indigo Korn, and her siblings, Barbara Garrelts Talhouni, Claus Dieter Garrelts and Rotraud Garrelts Schweinberger and their families.

Ingrid's ashes will be spread at sea in a private ceremony.✧

Stone Crab Season To End

Florida's recreational and commercial stone crab seasons in state and federal waters will come to a close on Sunday, May 2, with the last day of harvest being Saturday, May 1. This annual season closure date was modified last year as part of a suite of changes that were made in response to a long-term decline in harvest and because the stone crab fishery is likely undergoing overfishing. These changes are intended to increase the stone crab population and build resiliency in the fishery.

For more information on harvesting stone crabs for recreation, trap specifications, commercial stone crab regulations and licensing information, visit www.myfwc.com/marine.

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New Exhibit On View At BIG ARTS

Art by the disABLEd is now on view in the Dunham Family Gallery at BIG ARTS. The exhibit features works by artists with special abilities in Lee Memorial Health System's Arts in Healthcare program. The exhibition shines a spotlight on original works of art, highlighting the achievements of persons with disabilities and reinforcing their significance in society. The exhibit runs through May 30. You can also experience the show online by visiting www.bigarts.org, where you can take a virtual stroll through a high-definition 3D rendering of the gallery. The virtual tour will launch on Wednesday, May 5.

"This exhibition is dear to us at BIG ARTS and important to our community," said Lauren Huff, programs and gallery manager. "It brings much-needed awareness to these incredible programs. Each piece of art is created with passion, no matter the abilities or skill level of the artists, and it really shines."

Art by the disABLEd began more than 10 years ago and is part of the Arts



Rise and Shine by Carol Murphy

image provided

in Healthcare program at Lee Health. The program is made possible through a partnership with The Lighthouse of SWFL, Cape Coral Special Populations, The Sunrise Group, and Goodwill Industries to display these special artists' works regularly in Lee Health hospital galleries and care facilities. All proceeds from sales benefit the artists, as well as the Arts in Healthcare program. These organizations provide a creative outlet for artists who suffer from disabilities ranging from visual, physical and mental impairment, to those recovering from illness and injury.

"It can take a lot for some of them to get the brush to the canvas, but it's a healing process for all of them," said Doug MacGregor, Arts in Healthcare coordinator for Lee Health. "There are various levels of artistic abilities, but they always give it their all."

You can view the Art by the disABLEd exhibit between 10 a.m. and 4 p.m. Tuesday through Friday and from 9 a.m. to 1 p.m. Saturday and Sunday. Masks are required, and there is a 25-person limit in the gallery.

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

Angle Of Light Variance Approved

by Wendy McMullen

The construction of a home on Isabel Drive that would contravene Sanibel's angle of light ordinance was approved by Sanibel Planning Commission Tuesday after significant revisions that lessened the impact.

The planning commission determined that the changes to the roof line at 2026 Isabel Drive decreased the number of horizontal feet that obstructed the angle of light on the road side of the proposed home.

The decision of the commission was not unanimous. Planning Commissioner Ty Symroski said that the angle of light ordinance was introduced to prevent building bulky houses on small lots, adding that one of the reasons that the law was introduced was because of another house

on Isabel Drive that was too big for the size of the lot and that this same house was now being used as an example of why the current application should be approved.

"I hear people say you can't stop progress," Symroski said. "But we didn't buy that definition of progress then and we don't buy it now. Big houses on small lots are not desirable.

"People who've lived here for years don't want that kind of house but builders and developers do."

Commissioner and builder Matt Kirchner demurred from that view, finding the revised application reasonable.

"There's a need for leniency at times without going too far," he said.

Commissioner Eric Pfeifer agreed, stating that there was no point in having variance hearings if the commission was not going to be adaptable to modifications, and pointing out that the current application does not affect either building at the sides of the proposed home, but only on the street side of the house.

Sanibel Harbours homeowner's association wrote a letter to the

commission expressing approval of the application.

The commission voted in favor of the revised application with Symroski opposed. Pfeifer recused himself because his real estate company represents the buyer for the property.*

Southwest Florida Climate Summit

The Coastal & Heartland National Estuary Partnership (CHNEP) will virtually host the 2021 Southwest Florida Climate Summit on Thursday, May 6 from 9 a.m. to 4:30 p.m. The summit will feature experts with interactive audience question-and-answer sessions, to exchange ideas on expanding the region's capacity to respond to climate challenges and to build climate resilience.

Topics include the State of Climate Change in Southwest Florida, Policy and Legal Framework for Climate Action, Growing Climate Awareness and Actions

to Move Resiliency Forward in Southwest Florida. Presenters from Florida Gulf Coast Water School, Environmental Defense Fund, Florida Clinicians for Climate Action, CLEO Institute, Growing Climate Solutions and others will share their expertise and answer questions from the audience. There will be addresses from climate leaders such as Florida's chief resiliency officer, Secretary of the Florida Department of Environmental Protection Noah Valenstein and Sen. Marco Rubio.

"With continued sea level rise, severity and frequency of severe storms and wildfires, and other climatic changes occurring here in Southwest Florida," said Jennifer Hecker, executive director of the Coastal & Heartland National Estuary Partnership, "it is imperative that we accelerate our efforts to build more resilient communities. The climate summit is intended to convene climate professionals and the public to advance collective climate work in our region."

Registration is free but required in advance at www.chnep.org/2021-climate-summit.*

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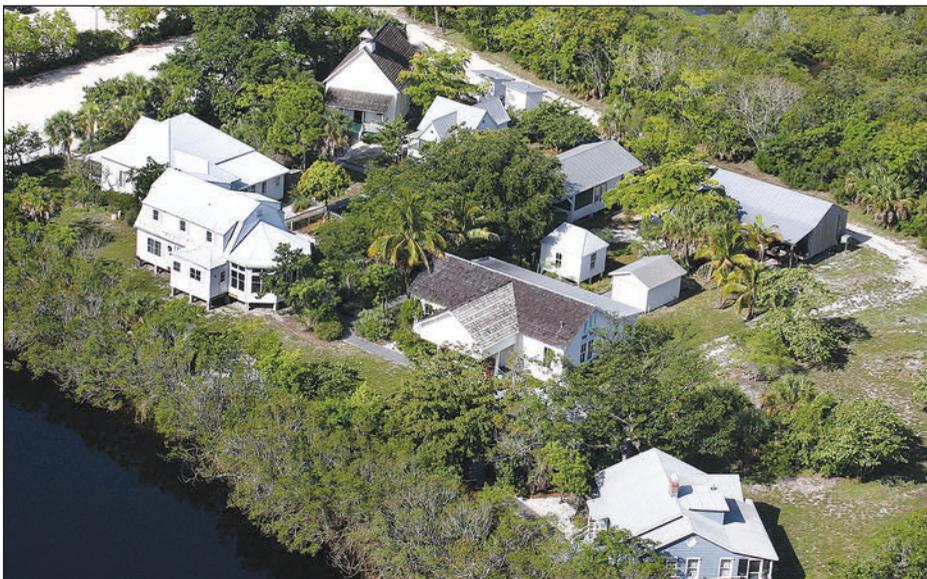
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Sanibel Historical Museum and Village

photo provided

Summer Hours At Historical Village

The Sanibel Historical Museum and Village switches to off-season, summer hours on Saturday, May 1. Summer hours are 10 a.m. to 1 p.m. Tuesday through Saturday. These hours remain in effect until the museum closes for summer.

The museum closes starting August 1 and reopens October 19, with regular full-time hours, Tuesday through Saturday from 10 a.m. to 4 p.m.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults ages 18 and older; no charge for member and those under 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.✪

Update From Bat Yam Temple Of The Islands

submitted by Tanya Hochschild

As we cautiously begin to emerge from the patterns of the past year, we wonder what our lives are going to be like going forward. We sense we are through the doldrums of last year's lockdown and so we reflect on new trends as the world begins to open up.

With safety protocols in place, Bat Yam Temple of the Islands is proposing meeting at the Sanctuary for services, masked and socially distanced, while still maintaining Zoom links for those not yet ready to physically join the congregation. We have learned about being connected in different ways and feeling linked while apart. The cohesiveness of the congregants does not rely on them being masked, socially distanced or participating from their homes via Zoom. Lockdown showed us how to work from anywhere (provided you have Internet, you have an office). Our immediate past president served his entire term without once being in the Sanctuary for a service, proving it was possible to do what was needed.

More and more people are receiving vaccines, reducing the risk for serious COVID-19 reactions, but we will never reach a zero no-risk level. We have

always lived with risk; whenever we drive our cars or enter an airplane, we are at risk. We accept that. Yet many vaccinated people continue to obsess over the risks from COVID-19, perhaps because this is a novel risk, and one the entire world has suddenly to confront.

In all aspects of our lives, we are struggling to return to "normal," having a drink with a friend, going for walks, meeting outdoors for meals, standing together at a service. The collective experience of a universal crisis has left us aware of the not-so-simple acts of meeting with family and friends.

A sense of futility and uncertainty alternates with a thirst for life. The post COVID-19 world has all the abundance and beauty it ever did have, waiting to be enjoyed. This life is our divine comedy, especially as now we have a deeper appreciation of Dante's heaven and hell.

Preparing this article in April brings to mind Chaucer's *Canterbury Tales* which describes April's "sweet showers" as well as TS Eliot's *Wasteland*, which begins, "April is the cruellest month." Our lives offer options. Our Jewish traditions draw on resources learned in the Torah. We have learned we can experience a rebirth, a recovery. Rabbis and congregational boards are at work planning how best to reopen their shuls and temples, finding incremental ways to phase back into prepandemic situations. While they and their congregants come to their decisions, all decisions are defensible and should be received with compassion.✪

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Nesting swallow-tailed kites

photos provided

Swallow-Tailed Kites Being Monitored

In recent years, people have reported seeing an increase in the number of swallow-tailed kites on Sanibel, especially during the nesting season.

A few nests have been monitored by a small group of volunteers for several years. With some upcoming habitat restoration projects in the works, the Sanibel-Captiva Conservation Foundation (SCCF), City of Sanibel, and JN "Ding" Darling National Wildlife Refuge banded together to establish a kite monitoring program with guidance from the Avian Research and Conservation Institute (ARCI).

ARCI has been studying swallow-tailed kites for decades and its expertise was invaluable in establishing this new monitoring effort. Collectively, the organizations can gain a better understanding of how these beautiful birds are utilizing the island and how they can protect them.

In mid-March, Sanibel conservation biologists conducted surveys across Sanibel to locate suitable habitats and possible nest structures. Several nests were located and confirmed to have incubating kites.

The team is monitoring seven active nests on the island and believes more may be identified in the coming weeks.

Kites are still returning from their wintering grounds in South America, so the monitoring group and volunteers



Swallow-tailed kite

will also continue to look for new nest structures and check historical nesting sites for new activity.

Kites nest near the top of tall trees, usually cypress or slash pines, but on Sanibel, the tallest trees are typically Australian pines. Australian pines are not as sturdy as their preferred nesting trees, so there is some concern that kite nests may be damaged or destroyed during heavy winds.

There is a lot to learn through this new collaboration, including what makes Sanibel such a desirable nesting location for these birds.

If there is a swallow-tailed kite nest near you, or you suspect there may be a pair nesting nearby, email shorebirds@sccf.org. Observe nesting birds from a respectful distance of at least 100 feet.✪

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Plant Smart

Shiny Blueberry

by Gerri Reaves

Shiny blueberry (*Vaccinium myrsinites*) is a native evergreen shrub of special value to native bees and a nectar source for butterflies.

It requires little maintenance and works best in a natural garden or as a low hedge or border.

A member of the heath family, it is also called Florida evergreen blueberry and southern evergreen blueberry.

The blue-black berries of summer provide food for birds and small mammals, and are edible for people too. Rich in vitamin C and sugar, they resemble the familiar commercial blueberry but are only about one-third of an inch across.

This woody shrub usually grows less than three feet tall and has slender branches and stems. Its natural habitats include scrub, pine flatwoods and sandhills.

The alternate shiny leaves are about a half-inch long with very fine teeth.

Elliptical or ovate in shape, they can be reddish in winter or spring. A magnified view of the lower side reveals stalked glands, a distinguishing mark.

The urn-shaped flowers appear in branched clusters and resemble a bunch of tiny dangling bells. They range from white to dark pink, have reddish sepals, and bloom mainly in spring.

Give it full sun to partial shade in



Native shiny blueberry is a low-maintenance wildlife-friendly shrub with edible fruit

photo by Gerri Reaves

well-drained sandy soil. It will grow in nutrient-poor soil and has a moderate growth rate.

Once established, it is drought tolerant. It does not tolerate salt.

Colonies form via underground creeping stems.

Solitary plants usually do not fruit unless two genetically unrelated plants are present. It can be grown in containers too.

Propagate it with seeds or cuttings or by division.

The Seminoles used shiny blueberry to treat a variety of illnesses.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Right Plants for Dry Places* by Suncoast Native Plant Society; *The Shrubs and Woody Vines of Florida* by Gil Nelson; www.flawildflowers.org; www.floranorthamerica.org; www.regionalconservation.org; and www.wildflower.org.

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

FWC To Hold Virtual Meeting

The Florida Fish and Wildlife Conservation Commission (FWC) will meet virtually on Wednesday and Thursday, May 12 and 13 beginning at 9 a.m. each day. The virtual link for this meeting will be provided on www.myfwc.com closer to the meeting date.

The FWC is committed to providing opportunity for public input. To accommodate as much input as possible from those participating in the meeting, the chairman reserves the right to designate the amount of time given to a topic or speaker, including time donation to other speakers. Check the agenda for the total time limits for each item. Public comment will be taken on a first call basis.

The FWC is also offering the opportunity for stakeholders to provide their comments on agenda items in advance. Advance comments should be submitted no later than Friday, May 7. Those written comments can be submitted via a web form on the FWC meeting agenda website page. If you would like to provide your written comments by mail, send them to:

FWC Commissioners, 620 South Meridian Street, Tallahassee, FL 32399.

For the full agenda, links to background reports and ways to participate, visit www.myfwc.com/about and click on "The Commission" and "Commission Meetings."*

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From page 1

Local Artist

painters. The artists chose a new locale each week and took advantage of the opportunity to paint while they had the island largely to themselves due to the pandemic. They visited the restored buildings at Sanibel Historical Village as well as the Sanibel Lighthouse, Sanibel Causeway Bridge and Blind Pass.

Zell's paintings are done in oil and acrylic, in an impressionistic style that focuses on Florida architecture and the dense Florida woodlands. The paintings reflect some of the mythical qualities of Sanibel.

Sanibel Public Library is located at 770 Dunlop Road and is open from 9 a.m. to 5 p.m. on Tuesday, Wednesday, Friday and Saturday, and from 9 a.m. to 8 p.m. on Monday and Thursday. The library is closed on Sunday.*

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IN DECEMBER 2019, THE CITY OF SANIBEL PURCHASED THE FORMER SANIBEL BANK BUILDING FOR **\$1.9 MILLION** AND IS PLANNING TO SPEND **ANOTHER \$3+ MILLION** TO RENOVATE IT FOR A NEW CENTER 4 LIFE AND CHR FACILITY. HOWEVER, THE PANDEMIC HAS TAUGHT US TO BE MORE DILIGENT IN THE USE OF PUBLIC FUNDS AND PUBLIC SPACE.

PRIOR TO THE PANDEMIC, ALL ACTIVITIES AT THE CENTER 4 LIFE WERE EASILY ACCOMMODATED IN THE EXISTING BUILDING, AND COULD BE AGAIN, EXCEPT FOR EXERCISE CLASSES. THOSE EXERCISE CLASSES ARE NOW BEING HELD AT THE COMMUNITY HOUSE AND COULD REMAIN THERE.

WE BELIEVE THAT MOST SANIBEL TAXPAYERS DO NOT FAVOR SPENDING MILLIONS ON ANOTHER LARGE PUBLIC FACILITY WHICH IS NOT NEEDED AND IS DOOMED TO BE UNDER-UTILIZED.

THE CENTER 4 LIFE SHOULD REOPEN IN THE EXISTING BUILDING, EXERCISE CLASSES SHOULD REMAIN AT THE COMMUNITY HOUSE, AND THE CITY SHOULD SELL THE BANK PROPERTY.

“WE CAN NOT SOLVE TODAY’S PROBLEMS WITH YESTERDAY’S SOLUTIONS.”

– Albert Einstein

Full Moon Arrival



by Capt. Matt Mitchell

After what turned out to be a few days off early last week due to a stalled front bringing rain and thunderstorms, it sure felt good to get back out on the water. Changes in weather are all part of the game and locating the fish once back at it didn't take long.

After going right back to our same springtime patterns, the snook had not moved and, better yet if anything, they had been untouched for a few days. The bite was better than we had before the weather.

Extreme south winds over the weekend blew the tides up much higher than predicted by the tide chart and made for a near perfect oyster bar set up. Of all the wind we fish through, nothing fires up snook fishing more than a south wind, Add in a strong incoming tide and you often have what can only be described as a beat down.

Pick an oyster bar that sets up on a south wind. This will allow you to sit a long way out and make a super-long, wind-aided cast. The fish have no idea you're even there, and they eat with abandon.

The huge full moon of April early this week is the traditional start of our spring tarpon migration. As conditions gradually calmed down, anglers were greeted by tarpon throughout our area. From the beaches to the passes and the sound, the switch has been flipped to the "on" position as the silver king has arrived in massive numbers. While making my usual rounds while staying on the lee side of the bay, we saw tarpon everywhere we went.

Making that switch to tarpon fishing in May still excites me. We are lucky enough to live in the most premier tarpon fishery on the planet. This annual change of pace as a guide is much anticipated. Knowing that you're chasing that fish bucket list with clients makes it even higher stress than usual. Locating these fish is the easy part of the equation. Sitting in hundreds of rolling tarpon certainly does not always guarantee success, it's still up to the fish when they decide they want to eat.

When everything does come together with a face grab, there is not a better feeling.

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.*



Pat from New York got in on the low tide, oyster bar bite this week

photo provided

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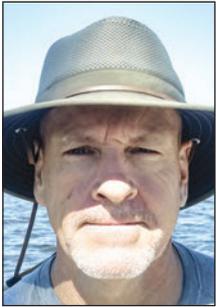


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CROW Case Of The Week:

Red-Shouldered Hawk



by Bob Petcher

The red-shouldered hawk (*Buteo lineatus*) is known as one of the nation's most distinctively marked common hawks, sporting barred reddish-pinkish underparts and a

solidly banded tail.

This medium-sized forest hawk hunts critters such as frogs, mice, snakes and other small reptiles and amphibians. Like a loggerhead sea turtle, the red-shouldered hawk returns to the same nesting territory year after year. According to the Cornell Lab of Ornithology, one red-shouldered hawk occupied a territory in southern California for 16 consecutive years.

At CROW, an adult red-shouldered hawk was admitted after it was found near the Sanibel Outlets in Fort Myers. The hawk was seen standing in the median of the road with its head hanging for over an hour. During initial examination, the head was still weak, still in a hanging position, and a bruise was noted below the right eye. In addition, the hawk was severely dehydrated.



Patient #21-1816 was in rough shape upon admittance and succumbed to its illness

photo by Haillie Mesics

"A catheter was placed in this patient for intravenous fluid administration," said Dr. Melanie Peel, CROW veterinary intern, about the hawk's first day at the clinic. "The patient was kept in an oxygen cage to aid in ease of respiration. Blood was obtained to evaluate for signs of infection."

The next day, the patient's condition seemed worse than the day before, and blood was noted coming from the mouth. Veterinarians expressed concern for rodenticide poisoning or trauma secondary to neurological signs from possible West Nile Virus.

"We suspected this patient either had rodenticide toxicity, which can cause spontaneous bleeding due to altered coagulation or had internal bleeding from trauma of some sort. Both of which may have caused blood to be present in the mouth," said Dr. Peel. "West Nile Virus infection was only one of our differential diagnoses for this patient, but was not confirmed, as this requires more testing. West Nile Virus is not uncommon in this region of the U.S. and causes neurologic signs in red-shouldered hawks. It is also not uncommon for these birds to fall out of trees due to their neurologic signs,

which was another differential for possible trauma."

Two days after admittance, the red-shouldered hawk received a blood transfusion from CROW's red-tailed hawk ambassador, Talon.

"Ambassadors have been utilized in the past for successful transfusions," said Dr. Peel. "In addition to education and occasional temporary foster situations, they can aid in the medical treatment as well. Transfusions can be necessary after severe blood loss related to trauma or rodenticide poisoning, as two examples, which can often be successful in helping rehabilitate these animals if they are not too severely affected."

The patient continued to receive supportive care and remained under close monitoring. Sadly, the blood transfusion and efforts from the veterinary staff were not enough to help the very sick patient.

"Unfortunately, the systemic disease caused by the possible diagnoses was too advanced and severe, therefore the blood transfusion did not help this patient," said Dr. Peel. "A quality-of-life decision was made for this patient since clinical signs were not improving. Humane euthanasia was ultimately elected."

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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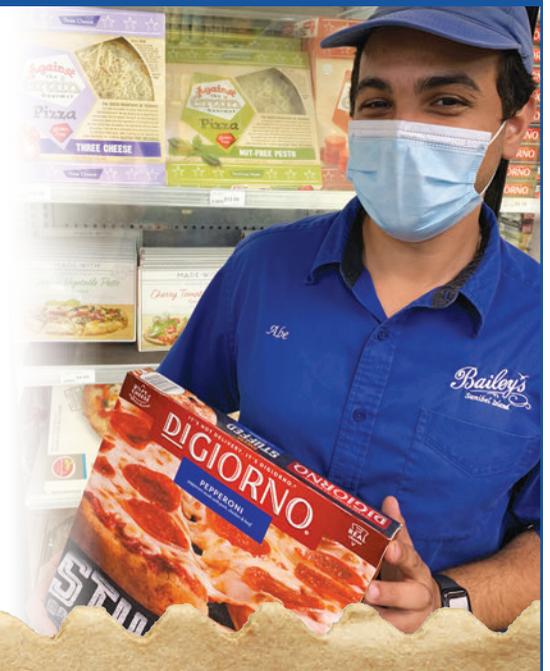
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A least tern with its chicks on a rooftop

photo provided

Rooftops Are Nesting Sites For Florida Shorebirds

Making concessions for wildlife is not always easy but it is extremely important for the long-term survival of rooftop nesting birds, such as least terns and black skimmers. The Florida Fish and Wildlife Conservation Commission (FWC) thanks building owners for hosting shorebirds and seabirds

that nest on their roofs from March through August.

Florida is home to unique shorebirds and seabirds that typically nest on the ground of open beaches, but as more people visit these destinations, these birds are increasingly using gravel rooftops to nest and raise chicks.

Most shorebirds and seabirds that nest on rooftops are state-threatened species. For example, more than 50 percent of Florida's least tern population relies on rooftops for nesting grounds. Any harassment or harm, even unintentional, is considered "take" and is therefore unlawful.

If you are staying at a hotel or visiting a business that has rooftop nesting birds, thank management for accommodating these fellow guests.

You can help the FWC monitor rooftop nesting locations for evidence of nesting activity and for fallen chicks that need to be returned to the rooftop. For opportunities in your area, email shorebird@myfwc.com.

If you own or manage a building where

birds are nesting on the roof, you can help by giving the nesting birds space and contact an FWC regional shorebird biologist for assistance.

"Rooftops can play such an important role in the nesting season for these birds," said Melissa Tucker, director of FWC's Division of Habitat and Species Conservation. "We want to recognize all the building owners and managers who accommodate these birds, helping the long-term survival of these species."

"These 'islands in the sky' are essential to ensuring the future of our iconic coastal species," said Julie Wraithmell, executive director of Audubon Florida. "Every roof counts as Florida loses ground nesting sites to sea level rise and disturbance."

For more information, go to www.myfwc.com/shorebirds and click on Rooftop Nesting.

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

Fee Changes For Florida State Parks

In order to continue its tradition of award-winning visitor experiences and affordable nature-based recreation, the Florida Department of Environmental Protection's (DEP) state park system will implement changes to its fee schedule for camping/cabin reservations and related utility fees beginning May 5.

Currently, fees are collected for making, changing and canceling reservations. There will be no change in these fees under the new fee schedule, and they will continue to be collected at the time reservations are made, changed or canceled. Utility fees, which are currently collected from day campers using park utilities, will be extended to cabin stays and overnight campsites using electric and water. The fee will be assessed daily.

The Florida Park Service has not increased any fees since 2009. Subsequent

increases in utility fees are proportionate with increasing costs of electric power, water, sewer and utility maintenance. The increase in revenue will enable Florida's state parks to continue providing high-quality recreation in an unmatched natural setting.

Entry fees for Florida state parks and trails will remain unchanged.

The new fee schedule is as follows.

Reservation Fee – Non-refundable reservation fee per reservation for reservations online or using the call center; fee collected at the time of reservation; reservation fees do not apply to primitive sites. (No change in fee) – \$6.70

Cancellation Fee – Cancellation fee assessed for each reservation canceled; visitors canceling on the day of arrival assessed a cancellation fee and the first night's use fee. (No change in fee) – \$17.75

Transfer Fee – Visitors charged a transfer fee when making reservation change. (No change in fee) – \$10

Utility Fee – Non-registered, day-use sites per unit per day; all campsites with electric and water service and all cabins. Does not apply to primitive tent sites or to sites that do not use electric – \$7

Park fees are deposited into the state park trust fund and appropriated annually to support park operations and maintenance. Utility fees help cover increased utility costs, repairs and improvements. Improvements include repairing or upgrading electric connections, and improving and operating wastewater and water systems, including connection to municipal water and wastewater systems.

"Utility payments and improvements are a large and growing cost of park operations," said Eric Draper, director of the division of recreation and parks. "We are proud of continuing improvements to campgrounds and cabins to make overnight stays comfortable by providing safe and reliable electric, sewer and water service."

For more information, visit www.floridastateparks.org.✪✪

Season Reopens For Grouper, Hogfish, Tilefish

The following species will reopen to recreational harvest on Saturday, May 1 in Florida state and federal waters of the Atlantic: hogfish; blueline tilefish; gag, black, red, yellowmouth and yellowfin grouper; scamp; red hind; rock hind; coney; and graysby.

Hogfish will remain open through October 31 on the east coast of Florida as well as south and east of Cape Sable on the gulf coast. Blueline tilefish will remain open through August 31 and the other grouper species will remain open through December 31 on the east coast of Florida and all state waters off Monroe County.

For more information about bag and size limits, gear restrictions and fishing seasons for these species, visit www.myfwc.com/marine and select "Recreational Regulations."✪✪



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Bald eagle

photo by Cheri Hollis

Six Eaglets Fledge During Bald Eagle Nesting Season

Since the bald eagle (*Haliaeetus leucocephalus*) nesting season began in September, Sanibel-Captiva Conservation Foundation (SCCF) staff and volunteers monitored 11 nest structures that yielded six eaglets on Sanibel, Captiva and North Captiva.

The nesting season for bald eagles in Florida ends May 15, but it appears the local eagle population has already wrapped it up.

On Sanibel, five out of seven nests monitored had nesting attempts – two successfully fledged two eaglets (for a total of four), though the three others failed. On North Captiva, a monitored nest successfully produced a fledgling.

On Captiva, two of three monitored nests showed active attempts – one

succeeded in producing a fledgling, which was successfully treated at Clinic for the Rehabilitation of Wildlife (CROW) after falling from its nest. Two eaglets in the other nest died, and one sent to CROW tested positive for rodenticide (rat poison).

SCCF encourages the following alternatives so poison doesn't get in the food web and kill animals that feed on rats and mice such as eagles, barn owls, hawks and bobcats: Rodent-proof your home, attic and garage by sealing entry points; encourage rodent predators by landscaping for wildlife and posting owl boxes; ask your pest control professional about physical trapping; keep overhanging branches from roof lines; and keep trash secure.

SCCF thanks the 12 volunteers who help monitor these nests and report their findings to SCCF and to the Audubon Florida's Eagle Watch program. Questions concerning bald eagles on the islands can be emailed to eagles@sccf.org.✪

Gulf Red Snapper Season Set To Open In June

Gov. Ron DeSantis recently announced that the popular 2021 Florida gulf red snapper recreational season is set to open on Friday, June 4 and will run through Wednesday, July 28, with a possible fall reopening if quota is available.

"This will be the longest summer season anglers will have since the FWC (Florida Fish and Wildlife Conservation Commission) started setting seasons for fishing in the gulf state and federal waters off Florida," said Gov. DeSantis. "The state is proud to provide continued access and opportunities for Florida families to enjoy the Fishing Capital of the World."

This season will apply to those

fishing from private recreational vessels in gulf state and federal waters, as well as charter vessels that do not have a federal reef fish permit and are limited to fishing in state waters only.

"Anglers across the state look forward to red snapper season each year," said FWC Chairman Rodney Barreto. "Our agency looks forward to providing 55 days of red snapper opportunities in gulf state and federal waters."

If you plan to fish for red snapper in state or federal waters from a private recreational vessel, even if you are exempt from fishing license requirements, sign up as a state reef fish angler (annual renewal required) at www.gooutdoorsflorida.com.

For more information on recreational snapper regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Snapper" under the "Reef Fish" tab.✪

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ShellMuseum.org

Shell Of The Week

The Southern Ribbed Mussel



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

Geukensia granosissima (G.B. Sowerby III, 1914) grows to about 75 mm (about 3 inches).

The shell has a straight dorsal (“upper”) margin, with the beak at the anterior one quart. The posterior end is broad and the ventral (“lower”) margin is curved inward. Relatively strong radial (departing from the beak) ribs are characteristic of this species. The periostracum is thin, light- to dark-brown. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✪



José H Leal

The Southern Ribbed Mussel, *Geukensia granosissima*, from Sanibel photo by José H. Leal

Shell Found



Hannah and Melanie Oswald photo provided

Melanie and Hannah Oswald of Center Moriches, New York and part-time residents of Sanibel found a junonia on Earth Day, April 22. They found it rolling in the surf along West Gulf Drive. They said, “Mom spotted it and daughter scooped it up! It was thrilling to find, and a team effort!”✪✪

LCEC Hurricane Guide Available

Reviewing the LCEC Hurricane Guide is a good way to prepare for the start of storm season on June 1. Preparing early is key to riding out any

storm. The guide includes information about: storm restoration process; preparing your home and business; life support; evacuation protocol; disaster supply kit; portable generator safety; debris and vegetation; and important phone numbers and links. To download a copy of the guide, visit www.lcec.net.✪

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Part III

Dogs At Work



by Allison Havill Todd

Pat Zambuto, owner of The Cedar Chest Fine Jewelry store on Sanibel, has always had a dog on her staff since starting the business 45 years ago, which made it particularly difficult when her beloved yellow Labrador retriever, Toby, passed away almost two years ago, leaving a hole in her heart. That is when a special dark

and handsome gentleman entered her life.

Creed is a male black Labrador retriever who was returned to his breeder when he was just a year and a half old. Apparently, he didn't make the cut for what the new owner was looking for in breeding stock. This is hard to imagine as he is a striking male with a gloriously shiny black coat, soft brown eyes and the personality of a benevolent prince. Fortunately for Creed, he was rescued by Zambuto from living the life of a kennel dog. She felt that his name, "Creed," which is also defined as meaning "Faith," was no accident and that he entered her life at just the right time. He now has a new existence where he is a beloved part of Zambuto's life and enjoys accompanying her to work every day.

The entire staff at the store finds that Creed's presence invokes a calm, balanced and enjoyable work environment. He keeps things light with his silly antics and constantly wagging tail. His gentle nature affects all who surround him and is certain to lower blood pressure on more stressful days. Creed exemplifies the personality of a model employee with his sweet, friendly, loving nature and has bonded particularly closely with the store's jeweler, Bruce Gordon... maybe it's a guy thing.

When visiting her office, Zambuto's love of dogs is



Creed helping a customer select the perfect piece of jewelry photo courtesy Greg Svetlana

apparent. The walls are adorned with dozens of pictures of her past dogs along with canine-inspired quotes, artwork and calendars. She has surrounded herself with the sweet, smiling faces of her four-legged friends that serve as a constant reminder of what is really important in life.

Customers at The Cedar Chest will typically find Creed supervising from behind the counter, and it only takes a little coaxing to encourage him to stand up on his hind legs with his paws on the counter to help them select the perfect piece of jewelry. He is happy to welcome all humans and well-behaved dogs who enter the store located in Tahitian Gardens shopping center at 1993



A plaque adorning Zambuto's office, in memory of her dogs, Sammy and Toby photo by Allison Havill Todd

Periwinkle Way. Whoever said "diamonds are a girl's best friend" hasn't met Creed!

This is the third 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.*

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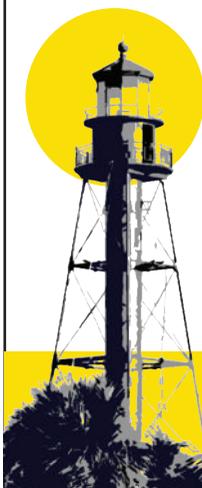
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Shell Found



Mary E. Mercado photo provided

Mary E. Mercado found an alphabet cone at Lighthouse Beach on April 23 at 7 a.m. Mercado spends six months at Captain's Walk on Sanibel and the other six in Rockford, Illinois.✪

Shell Found



Sandy McMillan photo provided

Sandy McMillan found a junonia near Algiers Beach on April 23. This is her second one in 30 days.✪

Fish Caught



Dwight Dunlap photo provided

Dwight Dunlap caught a 28-inch snook recently while fishing inshore around Sanibel Island. Dunlap was fishing with Capt. Jack Smith aboard the Red Hooker.✪

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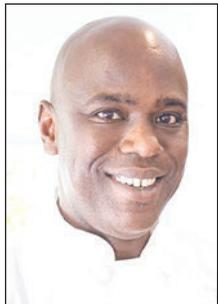
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Kiwi



by Resident Chef Jarred Harris

The kiwi is the fruit of the kiwi vine and is a member of the Actinidiaceae or berry family. It has been around for hundreds of years and originates from China where it was known by the name “Yang Tao” or “Chinese gooseberry.”

Missionaries brought the fruit to New Zealand around the beginning of the 20th century and the New Zealanders renamed the fruit “kiwi” after the small flightless bird native to the island. The fruit has similarities in appearance with the kiwi bird because of its rounded shape and fuzzy brown skin.

The fruit gained popularity around the middle of the 20th century and countries such as Italy, France, Chile, South Korea and Spain started growing the fruit commercially. Today, California is the largest producer of the fruit in North America, and Italy, New Zealand and Chile are the largest producers of the fruit in

the world.

Kiwi fruit are not just a tasty, sweet treat, but they are very good for you. Kiwi fruit contains two times more vitamin C than oranges, as much potassium as a banana and the fiber of a bowl of whole grain cereal. The fruit is also a good source of vitamins E and K. It also contains folic acid, manganese, lutein, iron and magnesium.

Kiwi fruit can help improve your immune system and improve your quality of sleep. The fruit also contains the protein actinidain, which is a natural meat tenderizer and aids in healthy digestion.

Here is a simple recipe to try:

Kiwi Salsa

- 2 medium kiwi (peeled and chopped)
- 2 tbsp. red onion (finely diced)
- 2 tbsp. red pepper (finely diced)
- 1 tbsp. jalapeno pepper (seeds removed and finely chopped)

1 tbsp. cilantro (finely chopped)

Zest and juice of 1 lime

2 tbsp. honey

1 tsp. cider vinegar

Method

In a large mixing bowl, add all the ingredients and mix thoroughly.

Store in an airtight container for up to three days.

This salsa is excellent on fish.

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.*

Live Kelle's Whelks On Exhibit

The Bailey-Matthews National Shell Museum invites residents and visitors to stop by and see the resident Kelle's whelks on display in the cold water touch pool.

“Kelle's whelks (*Kelletia kelletii*) spend most of their time buried in the sand, but they will quickly emerge when they sense that food is near,” said Carly Hulse, senior aquarist at the shell museum. Like other whelks, they have chemoreceptors that allow them to sense dissolved particles in the water, helping them find food that may be far away. At times, large groups of these predators (and sometimes scavengers) can often be found feeding off the same food item. These gastropods have a unique extensible proboscis that can extend far beyond the length of its shell. In their natural environment, they can be found with their proboscis extended deep into the crevices of the rocky shores where they live.



Kelle's whelks

photo by Carly Hulse

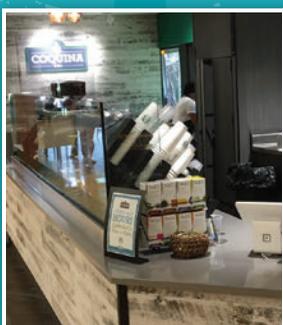
Bailey-Matthews National Shell Museum is the only museum in the United States devoted solely to shells and mollusks. Its mission is to connect people to the natural world through their love of shells and the mollusks that create them. The museum collections and programs inspire learning, support scientific research, tell the story of mollusks and the ocean they inhabit.

Bailey-Matthews National Shell Museum is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Raod. For more information, visit www.shellmuseum.org or call 395-2233.*



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Ocean Tribe Paddling Club

photo provided

Ocean Tribe Paddling Club Monthly Outings

submitted by Nicole Finnicum

Through monthly paddling meetups on local waters, the Ocean Tribe Paddling (OTP) Club members gather on paddleboards and kayaks to enjoy the ocean together. Paddling in San Carlos Bay, the mangrove bayou at Bowman's Beach, and even through the winding canals of Sanibel, paddlers set out each month to experience the local

wildlife Sanibel has to offer.

Over the last two years, OTP has grown to over 50 active members that come from all walks of life. On any given paddle, you may find retired Sanibel snowbirds, veterans, teachers, environmental activists and professional photographers. Despite coming from very different backgrounds, all of the members share one thing in common – a love for paddling and the marine ecosystem of Southwest Florida. For the members, getting out on the water together has created a community of likeminded individuals that enjoy exploring the water in good company.

OTP is great for couples and solo

paddlers alike. OTP coordinator Kealy McNeal said that it is about a 50/50 split between couples that attend the paddles and individual paddlers. "I have heard from many of the members that come solo to the paddles that they lack the confidence to paddle by themselves and enjoy paddling in a group not only for community but for safety."

This winter and spring OTP members have been hitting the waters all over Sanibel – some trips more adventurous than others. McNeal shared a highlight from a recent paddle.

"During a recent paddle at Bunche Beach, the wind was howling on the bay and we had to take a slight detour. As we deviated from the planned route, we decided to beach our boats on the exposed sand flats and search for critters," she said "We found giant lightning whelks and tons of worm egg sacs. I think everyone's favorite part of the paddle was exploring the sand flats and learning a little marine biology."

OTP paddles are scheduled on varying days of the week at different times of the day to allow multiple opportunities for members to attend. McNeal chooses locations around Sanibel to explore at different times of day. "We paddle Sanibel's east end canals at night to see the glowing bioluminescence and also San Carlos Bay in the morning to catch a great sunrise," she said.

Each OTP paddle offers new adventures, different locations to explore, and an opportunity to meet

fellow paddlers.

For more information and to watch an informative video, visit Sanibel Sea School's YouTube Channel at <https://www.youtube.com/watch?v=5j9RiQjJEdk>.

Fishing Open In May For Greater Amberjack

The recreational harvest of greater amberjack will reopen in gulf state and federal waters from May 1 to 31. After an annual season spanning closure in June and July, recreational harvest of gulf greater amberjack is scheduled to reopen again August 1 to October 31.

If you plan to fish for greater amberjack or certain other reef fish species in gulf or Atlantic state or federal waters from a private recreational vessel (includes anglers over age 65), you must sign up as a state reef fish angler prior to your fishing trip. If you are already a gulf reef fish angler, your gulf designation meets the new statewide requirement until it expires.

To learn more about the no-cost designation, visit www.myfwc.com/srfs. Sign up at www.gooutdoorsflorida.com. Annual renewal is required. For greater amberjack regulations, visit www.myfwc.com/marine and click on "Recreational Regulations."*

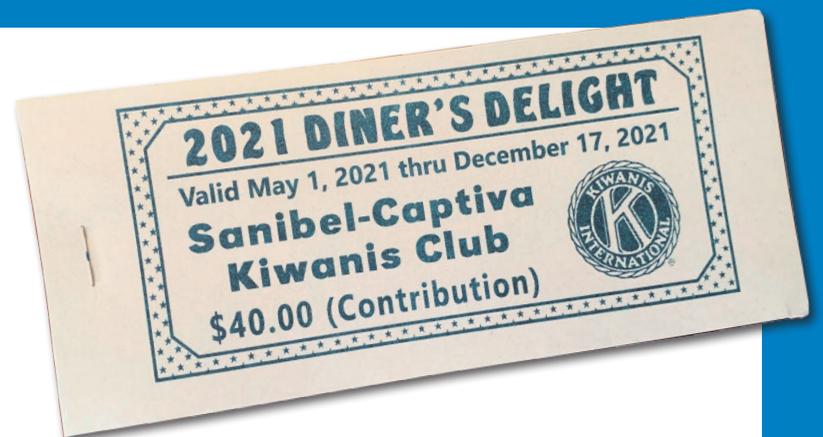
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8 bamboo skewers (soaked in water for 1 hour) or metal skewers

cooking oil spray for grilling

Sea salt and fresh ground pepper, to taste

Make skewers by alternating the beef, peppers, and onions. The skewers can be made with all of the same ingredients or they can vary. Lightly season the completed skewers with salt and pepper. Preheat the grill to medium-high heat. Lightly spray the skewers with the cooking oil spray and carefully add the beef skewers to the grill. Cook to the desired temperature while brushing on the steak sauce. When the desired temperature or doneness has been reached, remove the cooked skewers from the grill. Let the food rest for 3 minutes before serving them warm.*



Beef and Sweet Pepper Skewers

photo courtesy Fresh From Florida

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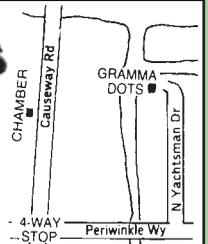
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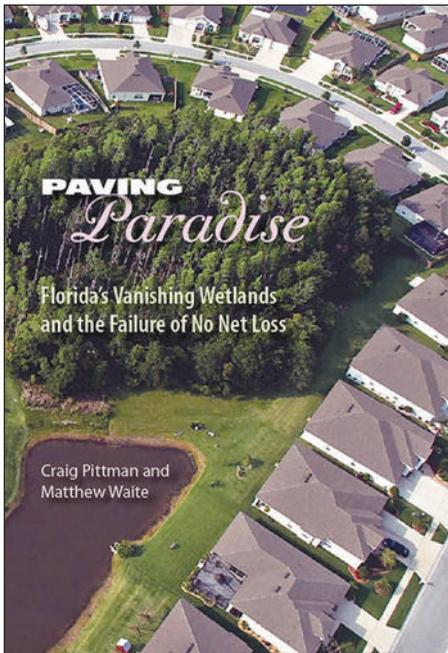


image provided

Floridian who cares about saving what's left of this precious place."

You can follow along with ongoing discussion by joining The Green Readers Facebook group.

Visit www.sccf.org to register in advance to join the Zoom book discussion. After registering, you will receive a confirmation email containing information about joining the meeting.*

Virtual Wine Tasting Packages Now Available

Bailey's General Store will host a virtual wine tasting on Wednesday, May 12 featuring two California certified sustainable wines from San Simeon Wines. Anthony Riboli, a fourth-generation winemaker, will be joining wine steward Calli Johnson to talk about the two wines.

Based in California, San Simeon Wines is committed to producing the highest quality grapes from estate vineyards. The Riboli family pays special attention to the cultivation of their vineyards using sustainable practices. Their winemaking techniques create wines of the highest quality and character.

The wines that will be featured include Paso Robles Sauvignon Blanc and Cabernet Sauvignon from San Simeon Wines. The Paso Robles Sauvignon Blanc is a bright, refreshing wine with intense flavors of citrus and pear accompanied by bright aromas of white peach and lime zest. Notes of blackberry and ripe plum with touches of cocoa and cedar can be found in the Cabernet Sauvignon.

To participate in the tasting, purchase a tasting package by Sunday, May 9 and pick up the wines with food pairings on the day of the event from 9 a.m. to noon at Bailey's General Store, located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel. Learn more at <https://baileys-sanibel.com>.*

Green Readers Book Selection

The Sanibel-Captiva Conservation Foundation (SCCF) Green Readers book club selection for May is *Paving Paradise: Florida's Vanishing Wetlands and the Failure of No Net Loss* by Craig Pittman and Matthew Waite. A discussion will be held on Tuesday, May 4 at 7 p.m.

With the recent changes that allow the State of Florida, rather than the federal government, to approve dredge-and-fill wetlands permits, this book is a timely selection by SCCF's Environmental Policy Department.

Carl Hiassen said of the book, "This is an exhaustive, timely, and devastating account of the destruction of Florida's wetlands, and the disgraceful collusion of government at all levels. It's an important book that should be read by every voter, every taxpayer, every parent, every

Poetry Corner

by Clay C. Ewell

Homeward II

I toil by my loom, the warp and weft of the fibers absorbing and reflecting
The steady pulse of my life, as each heartbeat, in some measure
Rations the time allotted to me by our capricious gods.
And my labors conjure for those nearby, a vision of contentment and purpose.
But so fragile a veil it wraps about this silent yearning that aches at my core.

And when the sun disappears beyond the rim of the wine dark sea
I struggle again along the winding path to the heights above the restless waves.
And I gather the wood that lies about, appearing always as if by my wish alone
Three pyres I build, each to be a flame I carry in my center for you and only you.
I watch, I wait and I remember when you found me, innocent and yielding.

I rushed to the precipice and joyfully leapt into the luxuriant air, falling, falling as
If in a dream, in love, ever more deeply, ever more bound to a life by your side.
But this was to be denied me, as the sirens song lured you away across the far horizon
In pursuit of those things that a man must seek and never find.
Again, my gaze falls upon the moonlit sea and my soul calls out, longing for your return.

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



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Book Review

The Paris Library

by Di Saggau



The Paris Library is based on a true World War II story of the heroic librarians at the American Library in Paris. It's a wonderful read, an unforgettable story of romance,

friendship, family and, most of all, the power of good literature. Set in 1939 Paris, we meet young Odile Souchet, the daughter of a police captain, who has just finished library school. She lands a dream job at the American Library, but when the Nazis march into Paris, Odile could lose everything she holds dear including her beloved library.

Odile falls in love with one of the officers her father brings home for dinner. As the war continues and Paris is taken over, she fears for her twin brother captured by the Germans. She transports books to Jewish patrons who are forbidden to come to the library. She also starts to question some of her boyfriend's actions.

Her story is juxtaposed with that of Lily, a teenager in Montana who, in 1983, gets to know her next-door neighbor Odile, who moved to Montana as a bride after the war. Lily begins to uncover more

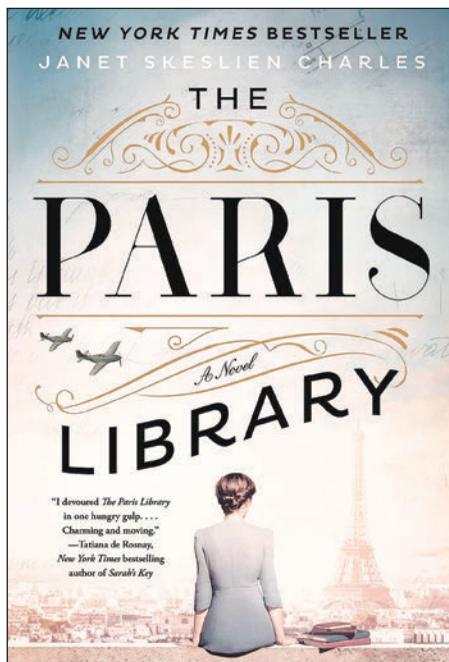


image provided

about her neighbor's mysterious past and finds that they share a love of language and longings, never suspecting that a dark secret from the past connects them.

The Paris Library is a powerful novel that delves into the consequences of our choices and the relationships that make us who we are. The author worked as a program's manager in 2010 at the American Library, and she integrates the stories of many of the real-life employees and patrons of the library into the story. The reader discovers an unforgettable

novel about the power of books and friendship and how ordinary heroes can be found sometimes in the quietest places.

The American Library in Paris sits in the shadow of the Eiffel Tower. The largest English-language lending library

on the European continent, it has 4,000 members and represents 60 countries. In 2020, the library will celebrate its centennial. Charles says, "The Paris Library is a reminder that we must protect and appreciate what we have." ✨

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My daughter, who's in middle school, has recently had a series of rejections and disappointments at school and socially. She did not get the

position she wanted on her team, she's failed a few tests despite studying and her two best friends have moved away. I want to help her handle these disappointments and get her back on track at school. What could help?

Renee P, Fort Myers

Renee,

It is inevitable that our children will experience feelings of disappointment, rejection and defeat at times. These are powerful feelings that are to process. When we are disappointed, unhappy or sad and don't reach some of our goals, we can fall into a trap of self-blame and pessimism. Psychologists say that resiliency, sometimes called grit, is a characteristic that can help children work through these powerful feelings.

Katherine Prudent, a counselor who works with adolescents at the Freedom Institute, has recommendations for parents about teaching their children to cope with strong feelings and for developing skills to build resiliency.

Here are some suggestions for you to use:

Comfort and validate their experience – When our kids feel validated and understood, it helps them build a sense of self. It also normalizes their feelings. When children are able to feel and tolerate uncomfortable feelings, the easier it is to handle them the next time around.

For example, if your child is disappointed because she did not win, get an A, get invited, etc., you could say, "That's so disappointing, I know you were really hoping to..." Many well-intentioned

parents attempt to minimize feelings of disappointment for their kids, when they really should be validating their kid's feeling. Your child is disappointed and may need some comfort before she can consider the other alternatives.

Make failing safe – Most of us are afraid of failure. Failure is an excellent learning experience, albeit an uncomfortable one. It can help us reassess our goals and come up with a new game plan to try again. The old adage about learning from one's mistakes is quite accurate in this regard and should be used often with children. Encourage them to continue and preserve no matter the failure. It's very important to make them understand that to "try again" as is said shows strength and determination.

Align your children's value to their distinctive qualities and character, not their achievements. All parents want their kids to go to the best schools, get straight A's and be superstars, but this pressure to succeed can send a message that your self-worth is directly correlated to your achievement, which is the incorrect message to send. Instead celebrate their unique qualities and encourage them to use these qualities to succeed.

We all want to protect our kids from trials and tribulations, but if we shelter them for too long, it may hinder their ability to develop a sense of self-efficacy. When we try to solve problems for them or intervene on their behalf, it sends a message that we don't think they can do things on their own and they start believing that. Try problem-solving together, and it will give them the confidence to handle situations in the future and give you the reassurance that they can handle it.

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 for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com. ✨

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Public Library is open to the public and also offering contactless curbside service on weekdays from noon to 3 p.m. To use the service, place items on hold online, or make requests by calling 472-2483. You will be notified when your items are ready for pickup.

New Element MR Desktop Pro computers have been added to the teen area of the library. The space includes webcams, headsets and gaming-style chairs. This new configuration also offers teens a variety of tools for learning, creating, and developing visual projects and media. The computers are set up with software that includes 3D modeling, music and audio production, video production, graphic design, game development and coding, plus games like Minecraft. Library technology staff will also be hosting makerspace lessons that will include this software. Cardholders can also login to Brainfuse for lessons, or borrow books that teach the design process.

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 website. You do not need to have a library card to use printers at the



Dean Drobnyk tests the new gaming computers

photo provided

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.

Library cardholders can stream or download eBooks, movies, music, newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available.

Everyone in the building must wear a mask and follow social distancing practices. All materials are being quarantined between loans. During this time, library materials may appear as overdue. Do not renew the item if it has been returned. If you have any questions, contact the library at 472-2483 or notices@sanlib.org.

Sanibel Public Library is located at 770 Dunlop Road.✪

American Legion Post 123

American Legion Post 123 is having a fish and shrimp fry from noon to 8 p.m. this Sunday, May 2.

Barbecued ribs and chicken are on the menu for Mother's Day, Sunday, May 9. All are welcome.

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

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

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

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

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

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



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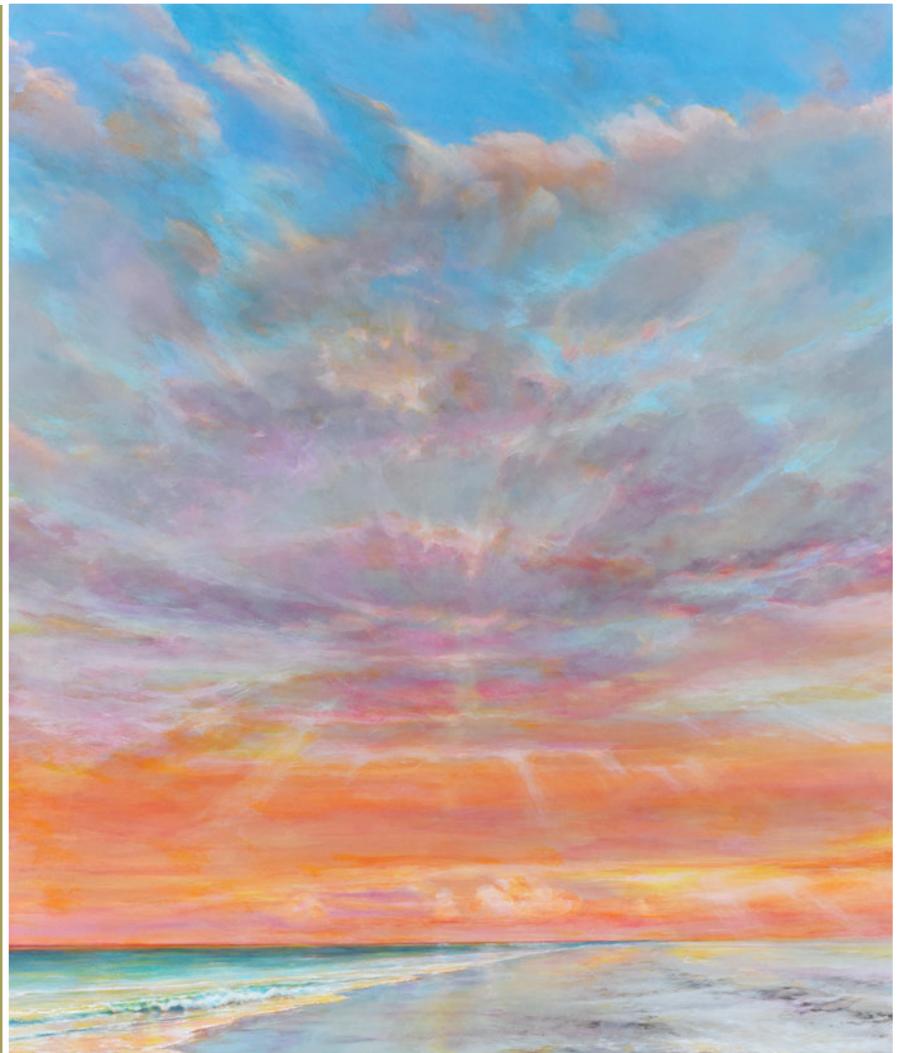
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From left, Arlene Dillon, Melissa Rice, Crystal Smith and Laura DeBruce photos provided



From left, Lena Brown, Lisa Ann Miller and Josh Stewart

Manatee Madness Huge Success For CHR

submitted by Community Housing and Resources (CHR)

They adorned the island for months, and thousands of Sanibel residents and visitors stopped to take photos with them to show support for affordable housing on Sanibel. We're talking about the amazing manatees which were transformed by 18 local artists as works of art to support the Manatee Madness fundraiser for Community Housing and Resources (CHR) on Sanibel.

Each manatee was sponsored by an individual or business donor who then chose where they would be displayed for the 2021 season. One of them, *Baby Manee*, was the traveling envoy, showing up at every "Give Back Wednesday" business location to raise awareness for the fundraiser and the mission for affordable housing on Sanibel.

"This fundraiser was developed as a way to continue to support CHR in a safe environment due to the pandemic," said CHR Executive Director Melissa Rice, "but it ended up being the best and most exciting fundraiser we've ever had for CHR. We could not be happier with the amazing support we received from our local residents, artists and visitors alike."

The first artists to sign on were longtime Sanibel residents Jim and Patty Sprinkle, who were excited to collaborate on their manatee using Jim's world-renowned talent as a wildfowl sculptor, and Patty's porcelain artistry. They came up with *Spoonie the Manatee*, *When Manatees Can Fly*, and even donated one of Jim's roseate spoonbill original castings as a companion piece to *Spoonie*.

"When we first delivered our manatees to the artists in September, we couldn't imagine the creativity we were about to witness," said fundraiser co-chair Laura DeBruce, "Each artist brought something new and special to the project, and we were completely amazed by the themes they came up with and the way they presented them in support of CHR. We are so grateful for the time and effort they put in to help us make this fundraiser unique and successful."

The diverse themed manatees were all auctioned off just over a week ago as Manatee Madness finally came to a close



Billie Lou Miller and Ginny Dickinson



Mayor Holly Smith with Fleur de "Lou"



Melissa Rice and Taryn Manning



Josh Stewart and Arlene Dillon checking the bids



Ginny Dickinson and Josh Stewart showing Manatee Mer

during the "Drinks with Josh (Stewart)" Facebook Live show at Adventures in Paradise Outfitters in Tahitian Gardens. The new owners of each manatee were so excited to finally be able to claim their new sculpture, and a few came on the show, along with some artists, to talk about why they were moved to buy a manatee and support CHR.

Billie Lou Miller, of Shreveport, Louisiana and Sanibel, said, "I purchased the stunning *Manatee Mer* (sponsored by Bailey's) created by artist Ginny Dickinson in honor of my late husband, Travis Miller, who passed away in October of 2020. He was known throughout the country for his love of affordable housing as a developer and a builder in Louisiana. Thank you, Travis, I love you."

Dickinson and Miller met for the first time on the show. "I'm so excited to finally

meet you," said Dickinson. Miller said, "She (*Manatee Mer*) caught my eye. I loved her right off the bat. I mean, you can make a gold coin, but a shell, a creature of God, it's beautiful, nobody can recreate that."

Artist Brian Weaver joined Stewart to talk about *As the World Turns*, the manatee he created which was sponsored by Heidrick Insurance and bought by a local Sanibel family. "Basically, I felt that it's about Mother Nature and how we all need to take care of each other. It has a lot of species that are going extinct in Florida painted on it, and it's holding the earth close to its heart," said Weaver. "We're all in this world together and we need to take care of each other." Weaver has opened a new art gallery at Bell Tower called Artsemble Underground as a way to get more artists involved with nonprofits.

Artist Rena Martinson's *Sea Clover*, sponsored by Jim and Dulce Doss and placed at BIG ARTS all season, was coveted by her friend and fellow tennis player Crystal Smith, who came on the show to say, "I've always loved Rena's style, and when I saw that she was doing this for CHR, I wanted to own *Sea Clover* so badly. We just purchased a house on Captiva with a big front porch, so she is going to be on our front porch to greet all who come to visit us."

Another artist guest was Taryn Manning, who created *Mythical Mermaid*, sponsored by Ed and Annette Hendrick and bought by Anne Louise Carricarte. "I was inspired by the legend of sailors spotting manatees and thinking they were mermaids," said Manning. "And then I decided to model her mailbox after the *Kindred Spirit Mailbox* in North Carolina,



From left, Steve Brown, Melissa Rice, Brian Weaver and Laura DeBruce

which was the inspiration for a Nicolas Sparks novel, where people write letters and post their intimate thoughts and secrets. As a calligrapher, I thought this was the perfect combination for *Mythical Mermaid*.”

Carricarte said she bought *Mythical Mermaid* to show her support for Sanibel, an island that has given her much solace and brought peace and beauty to her life in the last year as a new resident. And, she said she will keep her out for all to continue to post their thoughts, so keep an eye out for her next time you are traveling around the island.

Sanibel Mayor Holly Smith and husband Jason were excited to find out that they had the winning bid for Marianne Ravenna’s garden-themed *Fleur*

de L’ile, adorned with beautiful flowers and complete with gardening hat and gloves. “My mom was an avid gardener,” said Holly Smith, “This manatee made me smile every time I saw her, so we just had to have her. What a wonderful and creative way to be able to support affordable housing on Sanibel and honor our burgeoning local art community. As mayor, I am constantly reminded of how supportive our community continues to be.” Smith has renamed her manatee *Fleur de “Lou”* in honor of her mom whose name was Mary Lou.

Artist Tim Finfrock heard all the commotion live on Facebook and decided to drive down to the store to be present for the announcement of the winner of *Baby Manee*, which he worked on with



From left, Melissa Rice, Billie Lou Miller and Tim Finfrock with *Baby Manee*

artist Melinda Maugans. There was a bidding war going on for *Baby Manee* and the winner was, once again, Billie Lou Miller, who thanked Finfrock for making such a wonderful piece of artwork for a great cause.

Miller said, “I’m gonna name that one (*Manatee Mer*) *Princess Grace* in honor of my soon to be born granddaughter, and she’s going to stay in my living room and greet everyone who comes in the house. One day, I plan on selling my home and eventually downsizing, but *Princess Grace*

will stay with the house, she belongs there.”

This year’s CHR fundraiser was the most successful to date. “Because of the generosity of our entire community, we were able to reach our goal this year,” said fundraiser co-chair Arlene Dillon. “There is something magical about Sanibel you see every day with beautiful weather, scenery, flora and fauna, but the real secret to our very special island is the people who live here and support the community they call home.”✧

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Chamber Members To Get Update On Water



Chauncey Goss

James Evans

Chauncey Goss, South Florida Water Management District (SFWMD) board chairman, and James Evans, Sanibel-Captiva Conservation Foundation (SCCF) environmental policy director, will lead a water quality discussion at the next business meeting of the Sanibel & Captiva Islands Chamber of Commerce. The virtual meeting starts at noon on Wednesday, May 12.

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

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

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

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

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

The former City of Sanibel director of natural resources since 2012, Evans joined the SCCF team in September to interpret science to create, inform and advance environmental policy in Southwest Florida. He carries forth the policy work established over the past 14 years by SCCF's founding natural resources policy director, Rae Ann Wessel, who retired last May.

Evans has more than 23 years of

experience working in south Florida ecosystems and expertise in water quality, environmental policy, marine biology, estuarine ecology, coastal systems, environmental restoration, land management and grant management.

He has served as chair of the Lee County Coastal Advisory Council and Southwest Florida Watershed Council, co-chair of the Coastal and Heartland National Estuary Partnership (CHNEP) Management Committee, and a member of the U.S. Army Corps of Engineers Lake Okeechobee System Operating Manual (LOSOM) project delivery team and C-43 Reservoir Water Quality Treatment Component Feasibility Study Working Group. He currently is part of the SFWMD Water Resources Accountability and Collaboration (WRAC) Public Forum Group.

"When the discussion turns to water quality, these two gentlemen are absolutely the regional experts," said John Lai, chamber president and chief executive officer. "We look forward to hearing their updates on legislative and environmental issues in that regard."

On advice from its government affairs committee, the chamber board of directors adopted five priorities for this year's Florida legislative session, all addressing local water quality issues. In the interest of clean water, the priorities support sustained funding for The Everglades reservoir and other Everglades restoration projects, implementation of the Blue-Green Algae Task Force's recommendations to reduce nutrient pollution from all sources,

strengthening stormwater standards for urban and agricultural landscapes, funding for upgrading and building advanced wastewater treatment, and establishment of statewide septic tank inspection and maintenance requirements.

The chamber will send its members Zoom invitations to register for the virtual event. When members RSVP, they will receive a link to the Zoom meeting in advance. The chamber currently seeks a sponsor for the meeting. For more information about sponsoring or registering for the May business meeting, contact Landen Drake, communications and marketing manager, at 472-8255 or Landen@sanibel-captiva.org.*

Top 10 Books On The Island

1. *The Lost Apothecary* by Sarah Penner
2. *Hello Sunshine* by Mary Kay Andrews
3. *A Perilous Proposal* by Jennifer Schiff
4. *2034: A Novel of the Next World War* by Elliot Ackerman
5. *After* by Bruce Greyson, MD
6. *Where the Crawdads Sing* by Delia Owens
7. *The Engineer's Wife* by Tracey Enerson Wood
8. *Float Plan* by Trish Doller
9. *A Gambling Man* by David Baldacci
10. *The Love Proof* by Madeleine Henry
Courtesy MacIntosh Books and Paper.*

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Dunes Play for Pink | CHR Manatee Madness | NAMI



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Symphonic Chorale of SWFL
Zonta

Superior Interiors

How To Decorate Your Entryway



by Marcia Feeney

Your entryway makes a statement that can define the look of the rest of your home. It's the second impression your guests get after the initial gaze upon your home's exterior; it sets the

tone for the look and feeling exuded by your living room, kitchen, bedrooms and other gathering spaces around your house.

Because it can make such a major impact, decorating the entryway is a task that shouldn't fall under the radar. In fact, it's one that should be on the top of your priority list. While you should keep furniture and decor to a minimum to avoid cluttering the space, you should take advantage of certain colors, patterns and textures that can compensate for the small area you're working with.

Choose a color scheme that complements, or matches, the rest of your home. While this is the place in your home to make a statement, that doesn't mean it should stick out like a sore thumb in comparison to the rest of your house. The entryway or foyer tends

to flow seamlessly into another room, so choosing a similar color scheme is a critical step to connecting the dots. This doesn't mean that it must follow the same pattern, colors and textures, rather, it should be complementary to the rest of your living space (or at least the first floor). We often call this the "common thread" that establishes flow within a home.

Play around with patterns and textures, but don't go overboard. Making that initial unforgettable impression can be easily achievable if you incorporate patterns and textures into a space that could be otherwise dull and forgettable. Just remember, less is more when it comes to small areas in the home. Something as simple as replacing a hardwood floor with something more thrilling and attention grabbing like sleek and modern tile can make the statement you're looking for. A textured wall can also make a major statement in the entryway.

Have fun with a statement piece. We all know that the easiest way to make a statement is with the placement of artwork, furniture, or other accessories that does all of the talking for the room. We suggest adding interest with a gorgeous chandelier, an attractive centerpiece table, a console table, or a stunning chest. Of course, finding the best statement piece for your entryway will rely heavily on the amount of space you have to begin with. The prior suggestions may work best for someone with a large entryway over anyone who

has a small, narrow space to work with.

A homeowner with a smaller entryway may consider a different route in selecting a statement piece. For example, an exquisite lamp or set of sconces, gorgeous artwork, or a large decorative

mirror can make a bold statement with little effort.

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

Financial Advisor Earns Designation

Jeffrey A. Muddell, senior vice president and wealth services advisor at The Sanibel Captiva Trust Company, has earned his certified financial planner (CFP) certification.



Jeffrey Muddell

The CFP designation confirms that Muddell is a highly trained financial services professional who can provide clients guidance in areas ranging from estate planning and insurance to risk management and retirement. "We are very proud of Jeff's work here," said Al Hanser, founder and chairman of the trust company, "and this new accomplishment demonstrates his level of professionalism and dedication to our clients."

CFP professionals have met the rigorous experience and ethical

requirements of the CFP board, have successfully completed financial planning coursework, and have passed the CFP certification examination, covering areas of financial management including the financial planning process, risk management, investments, tax planning, retirement and employee benefits, and estate planning.

As a CFP certificant, Muddell must continue to meet ongoing education requirements and uphold the Certified Planner Board of Standards, Inc.'s Code of Ethics and Professional Responsibility and Financial Planning Practice Standards.

Muddell joined the trust company in 2019 and has worked closely with many of its clients, focusing a large part of his efforts on new client development as well as financial planning services for a number of the firm's next generation clients.

Muddell holds a master's in business administration from the University of Florida's Warrington School of Business and earned his bachelor's degree in communications from University of Miami, having begun his professional career in broadcasting and journalism.✧

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Foundation Supports Blue Ribbon Classic

The Sanctuary Golf Club will once again host the Sanibel School Fund's Blue Ribbon Golf Classic on Saturday, May 15, a fundraiser for the island school.

The Sanctuary Golf Club Foundation, continuing its commitment to supporting the islands' youth and families, this year also assumes the role as one of the title sponsors of the annual event.

After a postponement in 2020, the Blue Ribbon Golf Classic returns this year for a day of golf and goodwill in support of The Sanibel School, the K-8 public school that serves the island communities. The Blue Ribbon Classic has been held on Sanibel since 2007.

The Sanctuary has played host to the event every year that is has been held. With the creation of the club's foundation two years ago, representatives from the club said it was a natural fit to not only host the event, but support the school as well.

"Our foundation's mission is to support organizations that positively impact the lives of people who live or work on the islands," said Ken Kouril, executive director of The Sanctuary Golf Club Foundation. "For our families with children who live and work here on Sanibel and Captiva, so many of them rely on The Sanibel School for their



From left, Linda Linsmayer and Steve Peltzman of The Sanctuary Golf Club Foundation, Dana Foster of Sanibel School Fund, Joel Levine, Lisa Schmidlin and Ken Kouril of The Sanctuary Golf Club Foundation, and Kate Shaffer and Gretchen Strong-Betten of Sanibel School Fund

photo provided

children's education. It's an important piece of life on the island, so our board and members are honored to support the programs that make that school so special."

The Sanctuary's contributions and all other funds raised through the Blue Ribbon Classic supplement The Sanibel School's budget to enhance the curriculum. The Sanibel School Fund

aims to raise \$125,000 before the end of this school year to support the STEM (Science, Technology, Engineering, Math) program at the school, as well as other services and programs.

While the school is public, the private funds from the community are important to maintaining the school's Blue Ribbon status, improving its ranking as one of the best elementary

and middle schools in the state and, most importantly, providing the best education it can for island students.

"The Sanctuary has been such a great friend to the school and the fund for so long," said Jeff Muddell, president of the Sanibel School Fund. "Our golfers and sponsors are always thrilled by the experience at the club. And now, with the club giving directly to the school through a grant and sponsorship, that makes the day at The Sanctuary even more special."

Joining The Sanctuary Golf Club Foundation at the title sponsor level are families with children enrolled in the Sanibel School – the Doss Family Fund and the Filkins Family.

Additional premier sponsors to date are Sanibel Captiva Community Bank, the Sampas Family and Doc Ford's. They are joined by grand sponsors Brenda and Marty Harrity, The Sanibel Captiva Trust Company, Bank of the Islands, and The Stevens Family and June Bailey.

Opportunities to join as a philanthropic partner begin at \$1,000 and include a foursome of golf. Partnerships are also available at the \$2,500 and \$5,000 levels. Individual playing spots are \$300.

Even if you are not a golfer, your gifts to the Sanibel School Fund are encouraged. If you are interested in participating in the event or making a gift, contact TheSanibelSchoolFund@gmail.com or Jeff Muddell at 321-217-3946.*



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Charitable Foundation Adds Board Member

The Charitable Foundation of the Islands (CFI) appointed Lisa Riordan to its board recently. Riordan first visited Captiva more than 40 years ago and has been a Captiva resident since 2012. After vacationing on Captiva for several years, she and her husband David expanded their time there after retirement.



Lisa Riordan

career in labor representation. She directed and managed the New York staff for a major labor union and negotiated and administered collective bargaining agreements with large public and private sector employers and municipalities.

Since her retirement in 2012, Riordan has spent her free time getting involved in the Captiva community. In 2015, she was invited to join the Captiva Memorial Library Board of Trustees and has served as president for the last three years. She was invited to join the board of governors of the Captiva Civic Association in 2015 as well. She served as president for three years and currently serves as treasurer. She was appointed to the Captiva Civic Association Foundation Board of Governors, the fundraising vehicle of the civic association, in 2017 and continues to serve there as president.

Riordan has two adult daughters, and seven grandchildren, all of whom reside out of state. When she is not busy with her community activities, Riordan enjoys

boating, traveling, reading and spending time with friends.

"Having someone who loves the Captiva community as much as Lisa does is critical to our success. We could not be more delighted to have her on the CFI board," said Virginia Stringer co-chair of the CFI board.

"The Captiva community is so fortunate to have talented and committed members like Lisa Riordan. She will ensure that Captiva continues to pursue and develop the best resources and programs for its residents," said Chip Roach, co-chair of the CFI board.

For more information about Charitable Foundation of the Islands, visit www.charitablefoundationoftheislands.org.

New Staff Member At The Shell Museum

The Bailey-Matthews National Shell Museum has hired Mark Delves as its new aquarist.

Delves grew up in Puerto Rico where he spent a lot of time sailing, diving and interacting with ocean life. After graduating with a degree in finance from Virginia Tech and spending 10 years in the financial services industry, he decided to go back to school to obtain a degree in aquarium science. Since then, he has worked at SEA LIFE Kansas City and Newport Aquarium with a focus on fish, sharks, rays, sea turtles, giant Pacific octopuses and eels.

Delves also has a long history of volunteering for several facilities in North Carolina, including the Carolina Tiger Rescue, Duke Lemur Center, NC Museum



Mark Delves

of Natural Sciences, SEA LIFE Charlotte-Concord and the North Carolina Aquarium at Fort Fisher.

For more information on the museum, visit www.shellmuseum.org or call 395-2233.

Webinar On Financial Health

FISH of SanCap is holding a webinar titled Money Talks – Take Control of Your Financial Health on Thursday, May 20 from 5:30 to 7 p.m. Ruben Perales, financial wellness manager of Fifth Third Bank, will discuss budgeting, saving money and how to boost your credit score all while eliminating debt.

Budgeting is foundational to financial success. Learning to budget will provide financial freedom and a healthier and more productive life. FISH invites you to BYOB – Bring Your Own Budget – and start fresh with an improved financial outlook as participants begin a journey on the road to financial freedom.

This webinar will help you take the proper steps to achieve financial freedom. Money Smart financial workshops will also present a variety of tools to help manage bills, set and track daily spending and help you set financial goals.

Register in advance for the Webex call by contacting Susan Alexander or Manuela Martinez at 472-4775. Once registered, FISH will provide a link and meeting ID number for access. An additional webinar in Spanish will be offered at an alternate date and time, based on need.

For more information about FISH of SanCap programs and services, visit www.fishofsancap.org.



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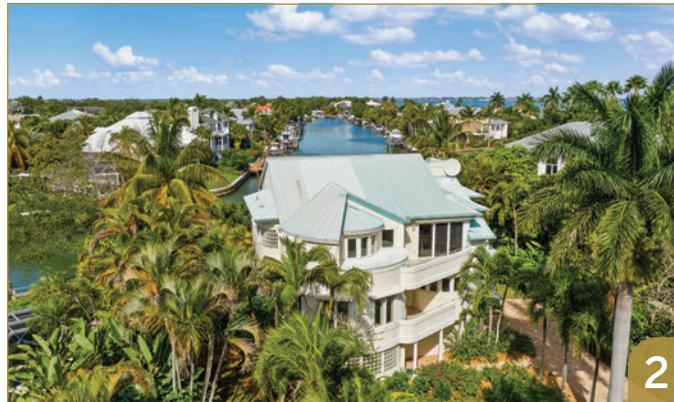


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2. 4 BEDROOM HOME ON INTERSECTING CANAL - SANIBEL

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2



NEW LISTING



3



4

5

3. LAKEFRONT POOL HOME ON PRIVATE LOT

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- Vaulted beamed ceilings, brick flooring, screen enclosed pool, 2 car garage, and more!
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4. GULF VIEWS AT ATRIUM - SANIBEL

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- Impact sliders, wrap around lanai, covered parking, community pool, beach access, and more!
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5. 1 BACK FROM THE GULF AT SUNSET SOUTH - SANIBEL

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7. GULF VIEWS AT LOGGERHEAD CAY - SANIBEL

- Enjoy your 2 BR/ 2BA condo with vaulted ceilings, situated 1 back from the Gulf with incredible views from the corner lanai
- Pet friendly community offers large pool, tennis, shuffleboard, and weekly rentals-great for families & investors
- **\$945,000 EURO 777,541**

8. DIRECT ACCESS CANAL HOME WITH PRIVATE DOCK

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6



7

8

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Rotary Happenings

submitted by Cindy Carter

The number alone is staggering: more than 700 children in Lee County are in foster care, relative/non-relative care or shelters. With so many children in the system, some are bound to fall between the cracks. However, Jessica Stanfield, executive director for the Guardian ad Litem Foundation 20th Judicial Circuit, formerly known as Voices for Kids of Southwest Florida, is working hard to make sure that doesn't happen.



Jessica Stanfield photo provided

child. They become a stable presence in the child's life during a very tumultuous period, sometimes being the only constant adult in a revolving door of case managers, foster homes, judges and lawyers. The volunteer child advocate helps to ensure necessary services are in place for each child and helps navigate the red tape of the system in the hopes

Stanfield brings solid experience in fundraising, public relations, marketing and communications management to this role. She spoke to us about how she works with the recruitment, training, retention and support of volunteers to serve as Guardian ad Litem advocates for Southwest Florida's abused, neglected and abandoned children.

Volunteer child advocates work together to help meet the needs of each

of achieving a permanent, safe solution to their situation as quickly as possible.

The Guardian ad Litem team helps to make sure each child has everything they can to succeed in life, starting with what may seem like small things to you and I, but to struggling child, these things may mean the world, things such as music and dance classes, sports, summer camps, computers. The volunteer child advocates also work to ensure that teens aging out of the system have a place to live, a job or educational program to continue onto and the things they need to live independently.

To learn more about the Guardian ad Litem Foundation of Southwest Florida program, visit www.voicesforkids.org.

The Sanibel-Captiva Rotary Club is holding hybrid meetings on Zoom and in person at The Dunes Golf & Tennis Club. To attend 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.**

Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.*

From page 1

Community House

Dallas is a renowned artist who paints landscapes in oil. Her works are both visually rich and striking; capturing the scenery of the local landscapes. When asked about her art background, Dallas said, "I have been fortunate to study under Aline Ordman of New Hampshire and have traveled throughout the world with Aline and her lively group, painting en plein air in Tuscany, Italy, Provence, France, California, Ireland, the mountains of New Mexico and Sicily. I have also attended various seminars with many other talented New England artists including Colin Page, Larry Howard and others."

Some of her achievements include participating in juried art shows in New Hampshire, Vermont and on Sanibel. Her works have been shown in Edgewater Gallery in Stowe, Vermont, Art in the Valley in Warren, Vermont, Center for the Arts in New Hampshire,

and Sanibel Art & Frame. When not creating beautiful works of art, Dallas can be found golfing, biking and downhill skiing.

Moukious began his art career studying at The School of Industrial Art in Manhattan, New York and then at the Brooklyn Technical College majoring in advertising art. He went on to work at RH Macy in Manhattan, working in newspaper advertising. He spent 25 years in various advertising agencies as well.

Moukious works primarily in acrylics and his work has been exhibited in Greenwich Village Art Show, Brooklyn Botanical Gardens and the Brooklyn Community Gallery. He has exhibited at Artcrafters in Naples and various galleries on Sanibel and Captiva. He also teaches art at Glen Eagle and Island Walk in Naples, Florida, where he resides. When not painting or teaching art, Moukious likes playing the accordion.

The Community House is located at 2173 Periwinkle Way in Sanibel. For more information, call 472-2155.*



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Green Energy Gets Its Day In The Sun



by Timothy P. Vick, Director of Research

When I first entered this industry, environmental investing began grabbing headlines; but in retrospect, the movement was acutely over-

promoted and underdelivered. Companies that operated landfills, processed recyclables, or incinerated waste were deemed environmentally friendly by the standards of the time (not so today). Later, solar power and ethanol companies attracted capital, but those industries' tough economics and ongoing losses deterred all but the most loyal and idealistic investors. Nuclear power went through the same cycles, as did wind power, desalination and hydroelectric. Past financial results of this high-growth industry, unfortunately, did not keep up with bread-and-butter stock indices, and sometimes couldn't keep pace with its common nemesis – the oil industry.

The election of President Biden has thrust the Green Energy platform front and center again, this time giving strong

political backing to an industry that on its own was on the cusp of providing appealing economics. Funds and exchange-traded funds (ETFs) tracking clean energy companies generally surged after the November election, and remain well ahead of the S&P 500 on the heels of the administration's proposals to direct \$2 trillion in investment and tax credits toward the industry and to push the U.S. to be "carbon neutral" (no more net emissions within our borders) within 30 years.

The lofty goals notwithstanding, the size and potential growth of the alternative energy field warrant serious attention by portfolio managers today. Industry economics have vastly improved (input costs have fallen; thus, more winners and fewer losers), capital is plentiful, Washington clearly sides with the industry, and the public desires to see favorable results. With or without political instigation, green energy is rapidly gaining market share. The International Energy Association (IEA) estimates that through 2025, 95 percent of all new power generating capacity brought online across the world will use renewable sources.

The pressures on non-green companies to become carbon-free, "net-zero" firms are likewise accelerating, which will force executives to respond. Activist shareholders want to see quantifiable proof of each company's progress – though many of their demands have failed in proxy voting. And regulators and accounting boards are debating how public companies can quantify the long-term effects of environmental costs and climate change on

their balance sheets.

Today's green energy offerings span such a gamut that we believe there will be strong opportunities for investors who can absorb the risks and yet want to avoid the most capital intensive, highly cyclical sectors. In addition to traditional alternative industries such as solar, wind or hydroelectric, investors can explore a number of nascent industries that fit the goal of helping reduce carbon consumption on the margin, such as electric vehicles and fleets, auto electronics, battery and fuel cell manufacturing, organic groceries, biomass (generating electricity from plant material), data storage, recycled building materials, rare earth metals mining, "smart building" systems and "smart grid" infrastructure. These "picks and shovels" sectors seem most promising to us, and several trust company portfolio holdings already have acquired promising niche businesses in these fields. Several other companies already are on our radar screen for potential future investment.

Our view of the Green Energy industry has been more practical and "wait-and-see" than passionate, a tested strategy that has saved us from committing unforced errors in emerging fields like this. Eliminating costs and wastes from business processes should come naturally to executives of publicly traded companies – they should strive to improve efficiency as if they were breathing air. Seen in that context, "going green" and being carbon-neutral is just an extension of decades-old attempts to reduce both input costs (in this case, energy) and waste by-products

thrown off by their facilities. With the costs of green energy rapidly falling in recent years, the managements we follow should naturally be more open to upgrading facilities and putting in place energy-saving systems to boost long-term cash flows. The economic benefits of such efforts will produce political and social benefits to companies too.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

Blood Donations Urgently Needed

Lee Health is seeking blood donations to help replenish critically low supply levels. As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies and anemia.

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Finding The Right Basket



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

When choosing how to approach your estate plan, it's important to realize that the different types of assets you own have different legal and tax treatments. The way that I most often explain it is to consider them grouped into separate baskets, and then decide how you want your estate plan to distribute each type of basket.

The first basket consists of your Florida homestead. Florida law limits what you can do with your homestead in your estate plan. My book, *Asset Alignment and Your Estate Plan*, details the complex issues surrounding the devise of your Florida homestead

through your will or trust.

If you are married, for example, and do not have a nuptial agreement with your spouse, then you must bequeath your homestead in fee simple to your spouse. You cannot bequeath a life estate interest or put your homestead in some kind of a trust that benefits your spouse for life and then distribute it to others. If you do, then you have an invalid devise. I've written other columns on this topic before. If your plan involves bequeathing your homestead other than outright to your spouse, then this basket needs attention – and likely will need at least a limited nuptial agreement dealing with this issue.

The second basket consists of your IRA, 401(k), pension and profit sharing plans (Qualified Retirement Accounts). Here, whomever you leave these accounts to will have income tax liability associated with any withdrawals, just as you presently recognize taxable income (unless you have Roth accounts) when you take distributions. While a spouse is the only beneficiary who can “roll over” the account into his or her own account, non-spouse beneficiaries will have Required Minimum Distributions (RMDs) upon receiving an inherited IRA, regardless of their age. If a minor is named as a beneficiary, a court process will also be required without proper planning. Moreover, if you name a trust as the beneficiary of this kind of account, income taxes may be accelerated without proper planning.

The third basket consists of stocks, bonds, mutual funds, cash and bank accounts that are not Qualified Retirement Accounts. These assets receive a step-up in tax cost basis at the death of the account owner, meaning that unrealized capital gains are usually eliminated. These types of accounts have the fewest restrictions on how you can bequeath them in your estate plan.

The fourth basket consists of closely held business interests. These assets aren't easily disposed of, as they are not traded on any stock exchange. Moreover, you may have other family members or third parties involved in the business or entity. There may be a shareholder, partnership or membership agreement that either restricts the disposition, or requires that the interest first be offered to the other shareholders at death. In the case of “S” Corporation stock, there are important elections that must be made within a certain time period after the death of the owner, and the type of beneficiary is restricted under federal tax law.

The fifth basket consists of annuities and life insurance policies, which have beneficiary designations. Annuities are similar to Qualified Retirement Accounts because the beneficiary will usually recognize taxable income when receiving distributions. The recent SECURE Act had some major impact on these types of accounts. Wills and trusts generally do not govern the disposition of these assets unless they are named in the beneficiary designation. Trusts named as beneficiaries of annuities may incur higher income taxes than direct beneficiaries due to their compressed federal income tax rate structure.

The sixth basket consists of real estate that is not your Florida homestead. There may be inheritance taxes associated with this asset if it is owned in a state that imposes such taxes. Commercial real estate may be held in the form of a corporation, partnership or LLC discussed earlier. The ongoing management of this asset should be considered in your estate plan.

Yet another basket might be a trust in which you are a beneficiary and possess a “power of appointment” that would allow you to alter its disposition from the default provision in the governing document, which might be a parent's will or trust. Your attorney should determine whether you have a power of appointment, whether it is limited in any way, and whether the value of the trust will be considered taxable in your estate for federal estate tax purposes.

There may be other baskets in any individual plan. So as you can see, when planning your estate, all of the different baskets should be considered, along with their unique legal and tax consequences. Failure to consider the intricacies of each type of asset might result in missing planning opportunities or in unintended adverse results.

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From page 1

Car Show

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How's The Market? Ask Ann

As we approach the end of season, I am often asked, “Do homes and condos sell after the ‘season’ ends?” Surprisingly, yes! Historically, the second 6 months of the year account for approximately 40% of the sales. Because of our very low inventory of existing listings for sale, there remains a large pool of potential buyers just waiting for the right property to come on the market. I anticipate a strong spring and summer market.

Personally, I have several buyers just waiting for me to contact them, ready to fly down for the weekend and anxious to purchase the right property. I am currently working with three people looking for a three-bedroom West Gulf Drive condo and several buyers looking for a good rental condo unit on the gulf. Thinking of selling? Call me. I am willing to work with a short-term listing contract (60 days) and offer commission reductions if they sell quickly (within 30 days).

Thanks for reading my column. I hope that it brings you value.



Ann Gee
Broker/Owner

23 Closed Sales Going Back One Week: 12 Homes, 10 Condos & 1 Lot

1250 Tennis Place Ct. C26 Tennis Place - \$360,000	249 Violet Dr. - \$1,050,000
3308 St. Kilda Rd. Vacant Land - \$430,000	685 Sea Oats Dr. - \$1,050,000
976 Greenwood Ct. S. The Dunes Duplex - \$515,000	5076 Joewood Dr. - \$1,329,000
4397 Gulf Pines Dr. - \$655,000	490 Sawgrass Pl. - \$1,410,000
760 Sextant Dr. 241 Mariner Pointe - \$665,000	2511 W. Gulf Dr. B301 By the Sea - \$1,595,000
2445 W. Gulf Dr. B26 Pointe Santo - \$675,000	696 E. Gulf Dr. 2 Cyprina Beach - \$1,650,000
958 Sand Castle Rd. - \$705,000	8581 Belle Meade Dr. - \$1,685,000
2737 W. Gulf Dr. 217 Sand Pointe - \$752,500	513 Lighthouse Way - \$1,755,000
1052 Fish Crow Rd. - \$760,000	1283 Isabel Dr. - \$1,840,000
2737 W. Gulf Dr. 113 Sand Pointe - \$775,000	3744 W. Gulf Dr. - \$1,950,000
2737 W. Gulf Dr. 216 Sand Pointe - \$800,000	489 E. Gulf Dr. Tigua Cay - \$2,325,000
827 East Gulf Dr. Sanibel Arms West F1 - \$924,150	

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

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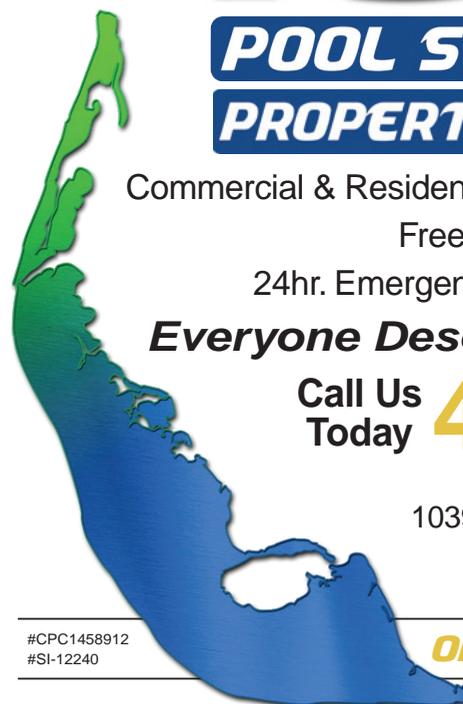
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Special thanks to The Dunes Golf & Tennis Club management and staff for their continued support of this event. Finally, thanks to the underwriting by the Estee Lauder Breast Cancer Campaign, 100% of all proceeds will be donated to the Breast Cancer Research Foundation.

SAVE THE DATE: MARCH 26, 2022

Frankly Speaking

by Howard Prager



We all deserve to have a great moment. Whether it's scoring the winning goal or getting a win at work. Whether it's bowling a personal high or cooking a perfect meal.

Whether it's giving advice that helps others achieve their goal, or having fun with the perfect companions on the golf course. Whether it's doing something for your community or watching your team succeed. They all count.

Sports provides us an outlet either to achieve personal bests or to watch others we root for do so. I recall seeing Kerry Woods' 20 strikeouts, Walter Payton rush for over 200 yards in a game while helping his defenders to their feet, cheering the Dolphins on to their perfect season and seeing Franco Harris' "immaculate reception." Watching Michael Jordan, tongue hanging out, do the impossible with a basketball or the Miami Heat do the near impossible and almost take it to the Lakers in the Finals last year.

Have you ever felt what it was like to be in that groove? I celebrated when my mom bowled her first 200 game and 500 series. I heard about my father-in-law Ed Frank cheering on his undefeated Indiana Hoosiers in Philadelphia in 1976. I was excited for my dad when he broke some key accounts as a sales manager and marveled as he treated his biggest and smallest customers with the same care and respect. I beamed when I won awards for world-class leadership programs, and I felt great pride when both my daughters-in-law got into their first choice for residency and graduate school.

As a kid, the excitement might be just making the team. Then making the lineup. Then making the catch, or a clutch hit. Or getting an "A" on a test or paper. As we

get older, the stakes are raised. For some, it's living vicariously watching the success of others we admire or care about. For others, it's satisfaction for a job well done or personal bests at various ages.

Sports is a metaphor for life, and the more we can relate, the more we share in the victories. This is whether it's one at bat or one test, one assignment or one goal, or celebrating a family member or friend who achieved a personal best in whatever they tried.

What are the moments that make you smile and will never forget? Neil Armstrong walking on the moon? Any of John F. Kennedy or Ronald Reagan's famous speeches? Hank Aaron breaking Babe Ruth's record? The longevity of ironman Cal Ripken Jr.? And these moments from 2021 alone: Tampa Bay and ageless QB Tom Brady besting young phenom Patrick Mahones and the KC Chiefs in the Super Bowl? The first woman to officiate a Super Bowl and the first team to have to women coaches in a Super Bowl? Baylor winning its first NCAA tournament and the Stanford women winning a very close NCAA final? Joe Musgrove pitching the Padres' first no-hitter, caught by a catcher (Victor Caratini) who in his previous start, caught another no-hitter from Alex Mills of the Cubs? Carlos Rodon coming back from so many injuries to throw the first no-hitter for the White Sox this year? Hideki Matsuyama making history as the first Japanese man to win the Masters?

As we cheer on our favorite players and teams to victory, as we watch the matchups and series, the signings and the comebacks, or even just the opportunity to sit in a seat for a live sports match, think about the way you have had your day in the sun. We have (just about) made it through the worst pandemic ever, and here's hoping it's almost over, but remember, it's not yet. What did you learn about yourself this past year and how you were able to survive with less physical contact last year? Think about how we made it through the "time with no sports," when a HORSE contest caught our interest on TV, or when we taped or stayed up late to watch Korean baseball or the ESPN series *The Last Dance*. Think

about our kids, grandkids, nephews and nieces all making it through a school year and achieved their shining moment in the most challenging of times. We did it.

Our final two stories, including the good news story of the week, is about two no-hitters by two southpaws. One, a 31-year-old MLB all-star, and one a 17-year-old high school pitcher in Kentucky. Madison Bumgarner pitched the third no-hitter of the baseball season last weekend. And in a baseball-shortened double header of seven innings each, the Diamondbacks held the Braves to just one hit in the two games, which is an MLB record. But in 1991, baseball decided that for a no-hitter to count, it must achieve a minimum of nine innings to be in the record book.

Let's turn your boos to cheers for Walker Smallwood, a 17-year-old at Dixie Heights High School in Edgewood, Kentucky. In 2018, he was diagnosed with bone cancer in his left leg. After numerous surgeries and treatments, all he could do was play catch. "It was pretty devastating," his mom, Pam, said. "He just kept asking, 'Can't I just pitch?' And we kept saying, 'No, you just really can't.'" His leg was just too fragile. "At the time, I guess I was

just kind of in denial, because my whole life, day in and day out, was built around baseball and sports," Smallwood said. According to CBS News, "before stepping off the mound for good, his parents and coach decided to let Smallwood start one last game. 'What we agreed to was maybe an inning, a few batters,' Pam said. Smallwood added, "Say you did it, have some fun, and then that'll be it. Obviously, that's not what happened." Smallwood threw strikes. And kept throwing them. The coach decided to keep him in there until he gave up a hit. He didn't. A no-hitter in his very last game, only the second in school history. "When the last strike came, I was just in denial all over again. I was like, that didn't just happen," he said. "I was in tears, most of the stands were in tears – just one of those special moments that we'll cherish forever," Pam said. That's a lifetime record that Walker, his family and teammates will never forget.

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. On May 6, 2019, what caused an 18-minute delay in the start of a game between the San Francisco Giants and the Cincinnati Reds at Great American Ball Park?
2. The Billiken – a charm doll described as "The God of Things as They Ought to Be" – is the mascot for what Jesuit university's athletic programs?
3. What horse beat Triple Crown winner War Admiral in a head-to-head match at Pimlico Race Course in 1938?
4. Goodison Park in Liverpool is the home stadium of what English Premier League football club?
5. Billy Johnson, an NFL wide receiver and return specialist who was famous for his touchdown dances, was known by what popular nickname?
6. Michael Jordan, Wayne Gretzky and Bo Jackson were animated superheroes in what Saturday-morning cartoon series that aired on NBC in 1991?
7. What all-female professional baseball team, sponsored by Coors Brewing Company, barnstormed across America from 1994-97?

ANSWERS

1. A swarm of bees. 2. Saint Louis University. 3. Seabiscuit. 4. Everton F.C. 5. "White Shoes." 6. ProStars. 7. The Colorado Silver Bullets.

Round Robin Tennis Resumes

Round Robin Tennis is back at the Sanibel Recreation Center on Tuesdays and Thursdays from 10 a.m. to noon. It is tournament-style play with fellow tennis players and Tennis Pro

Joe McEntyre organizes all matches.

Registration includes a demonstration of doubles tactics and doubles play. The cost to play is \$13.25 per member and \$17.50 per non-member. Register in advance at the recreation center as space is limited.

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

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Health First

Are Artificial Sweeteners Healthy?



by Julie Rosenberg, MD

Too much sugar in your diet? You're not alone. The average American consumes 17 teaspoons of added sugar daily, which is about 57 pounds of added sugar

consumed annually per person. How much added sugar should we consume? The American Heart Association recommends six teaspoons of added sugar per day for women (100 calories) or nine teaspoons of added sugar per day for men (150 calories).

The best way to reduce added sugar in your diet is not to consume foods or drinks with high amounts of sugar such as baked goods, candy, fruits canned in syrup, fruit juices and soft drinks. Do the math. One 12-ounce can of Coca-Cola contains 39 grams of added sugar (140 calories from sugar). Drinking water with meals and in-between meals is a great, no calorie alternative!

Pros and Cons of Artificial Sweeteners – Artificial sweeteners are substances

with a very intense sweet taste that can be used in small amount to replace the sweetness of a much higher amount of sugar. If you're trying to reduce the sugar in your diet by using artificial sweeteners, it's important to understand their role in your diet and the pros and cons of using them instead of regular table sugar (sucrose).

Artificial sweeteners are synthetic sugar substitutes. They are widely used in processed foods, including "sugar-free" soft drinks, baked goods, jams and jellies, and some dairy products. They are also popular for home use and widely available in packets at restaurants for customers who want to sweeten food or beverages.

Artificial sweeteners are regulated by the U.S. Food and Drug Administration (FDA) as food additives. They must be reviewed and approved by the FDA before being made available for sale to the public. The FDA has approved five artificial sweeteners: saccharin (Sweet N Low; Sweet Twin), acesulfame (Sweet One), aspartame (NutraSweet), neotame (Newtame), and sucralose (Splenda).

Possible health benefits of artificial sweeteners – Artificial sweeteners don't contribute to tooth decay and cavities. They have virtually no calories, while a teaspoon of sugar has about 16 calories. Artificial sweeteners are not carbohydrates, so, unlike sugar, they generally don't directly raise blood sugar levels.

Possible concerns with artificial sweeteners – Recent scientific data suggest that replacing sugar with artificial

sweeteners may damage the way your body naturally processes sugar, making you more susceptible to overeating, weight gain, cardiovascular disease and diabetes. Data have also emerged suggesting that artificial sweeteners may impact the composition and function of the gut microbiome.

Novel sweeteners – Novel sweeteners are difficult to fit into a particular category because of what they're made from and how they're made. Stevia is an example. Stevia is a natural sweetener that comes from the stevia rebaudiana plant. Stevia leaf extract is Generally Recognized As Safe (GRAS) in accordance with FDA requirements. Crude stevia, or whole-leaf stevia, does not have this status and has not been permitted for use as a food additive.

Tagatose is a form of fructose (fruit sugar) that is 90 percent sweeter than sucrose. Tagatose is classified as a GRAS by the FDA. Due to its low glycemic index, tagatose may have a role in management of obesity and type 2 diabetes.

The bottom line – Avoid artificial sweeteners whenever possible. If you do use artificial sweeteners, choose them carefully and use them in moderation. Read labels. Food that are sugar-free aren't necessarily calorie-free. Processed foods often contain sugar substitutes and don't offer the same health benefits as eating a whole-foods, primarily plant-based diet.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant

and the author of two books, *Beyond the Mat and Be True*. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com. ✨

From page 1

Sea Turtle Nesting

Sanibel and Captiva.

"Last year, COVID restrictions postponed volunteer participation until mid-May, so we were thrilled to start the season as a full team," said SCCF Coastal Wildlife Director Kelly Sloan.

The 2021 seasonal staff includes technicians Megan Reed and Courtney King and interns Hollis Hatfield and Sabrina Sorace. "Each of them has an impressive background with hands-on sea turtle experience, and we are excited to have them on our team," Sloan said.

Sloan noted that during sunrise surveys, monitors have encountered a large amount of furniture left on the beach overnight. "All furniture needs to be removed by 9 p.m.," she said, "and holes should be filled at the end of the day so nesting turtles don't get injured or trapped."

So far, no nests or false crawls have been documented on Sanibel or Captiva. The first loggerhead nest on the gulf coast was discovered on April 21 on Manasota Key. The nest was found by Coastal Wildlife Club personnel at Charlotte County's Stump Pass Beach State Park. ✨



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Business Owners Match Donations For United Way

RS Walsh In The Garden donated \$5,000 to The United Way of Lee County. A portion of every sale at the garden center from November through March was donated to The United Way. In The Garden matched donations up to \$50 per person. All donors were also entered into prize drawings for plants and a self-contained fountain.

"We wanted to provide help for as many people as possible, and the United Way provided services to more than 300,000 people in our community last year," said Lisa Walsh, owner of RS Walsh Landscaping and In The Garden. "We are grateful for our customers' support and pleased to give to an organization that helps so many."

United Way helps more than 90 different partner agencies assist those in need.

RS Walsh Landscaping is a



Lisa and Bob Walsh photo provided family-owned and operated company. In The Garden is the company's retail garden center and outdoor showroom. For more information, visit www.rswalsh.com.*



Sanibel Bike Club members dining out

photos provided

Sanibel Bike Club Rides The Trail In Inverness

On April 17 and 18, the Sanibel Bike Club traveled to Inverness for an off-island ride. Members rode the Withlacoochee State Trail, a nicely paved path with a beautiful overhead canopy of oaks and Spanish moss. The Withlacoochee Trail is the longest paved rail trail in Florida, coming in at a total of 46 miles. Groups rode either 40 or 62 miles on Saturday and 20 to 60 miles on Sunday. One group rode to the start of the trail at the Owensboro Junction Trailhead. It was a great weekend trip for members to get together for cycling, dining out and exploring the nearby areas of Homosassa and Crystal River. A fun time was had by all.

The Sanibel Bike Club is a group of cycling enthusiasts at all levels of ability. The club always welcomes new members to share its on- and off-island rides and



Karen Weber and Allison Havill Todd at the Owensboro Junction Trailhead

monthly potlucks. For more information about the club and how to join, visit www.sanibelbicycleclub.org.*

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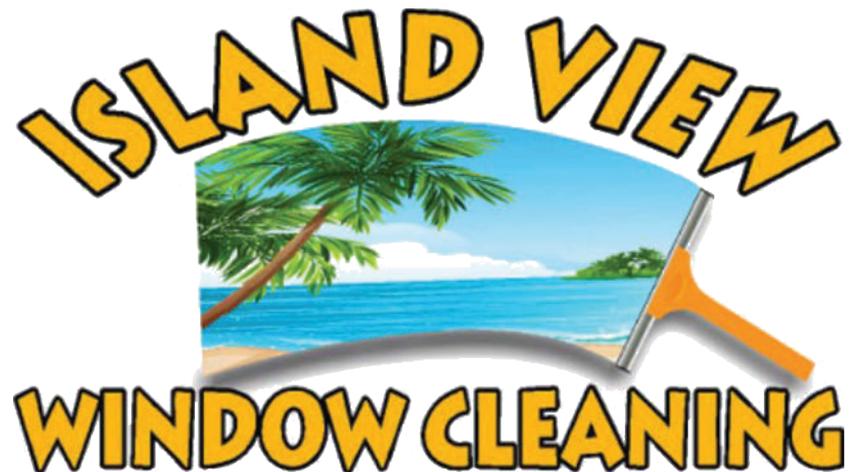
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Beautifulife:

The Mind

by Kay Casperson



This week, I had the opportunity to have my 85-year-old Dad visit me from Minnesota. He usually travels here a couple of times a year but has not come for quite some time since the pandemic hit. Dad

was recently diagnosed with Alzheimer's, and so I wasn't sure if having him fly here alone was such a good idea. But, after many discussions over our weekly phone calls, I could tell in his voice that he was ready to get out of there for just a bit. I knew he needed some sunshine, outdoor fun and a granddaughter fix.

Spending quality one-on-one time for a week with my Dad gives me a clear indication of how he progresses with this disease. I flew out to Minnesota last July with my daughter and spent a week with him in his environment. But, when he arrived here, I have to say that I was pleasantly surprised to see just a slight decline in his memory function.

My Dad's father had Alzheimer's and ultimately died of it when he was in his late 80s. This disease is so complex as most people are very healthy in their bodies yet see a gradual decline in their minds. Dad's doctor recently told him that he had the heart and body of a 65-year-old man. He has always been extremely healthy, vibrant

and witty. I can see how frustrating it is for him when he can't remember what we talked about just minutes ago.

We can help individuals get through this mind deterioration with a sense of dignity, determination and joy. Here are my suggestions:

Talk about the past. The short-term memory is the first to go, so ask questions about long ago. You will be sure to have great conversations that bring much happiness and fulfillment.

Make it simple. Create environments that are easy to navigate in the home with little clutter and easy access to the necessities. Label bottles with everyday things such as skincare, medicine, food items, etc.

Familiar faces. Avoid crowds and ensure that you surround them with people they already know. Not only will your loved one feel more comfortable, but you can also be at ease with those that lovingly understand.

Keep a calendar. Get a calendar that your loved one can write on and keep track of daily and weekly events and tasks. These can include everything from when to take medicines, going to events, or remembering birthdays.

Exercise the mind. Make sure your loved one has plenty of things to keep their mind active. Crossword puzzles, name searches and books, to tinkering in the garden or having a home project to work on are all excellent activities. These things will continue to give a sense of accomplishment and fulfillment.

Hygiene and health. If your loved one lives alone like my Dad, this can be tricky. Remembering to shower regularly, do laundry and eat the right foods at the

right time are things that can get a bit confusing.

Luckily, my sister lives close enough to check on him to make sure he stays on top of things.

As we age, certain things seem to wear out faster than others. For some, it can be hips or knees, and for others, it can be the mind. But, what I know for sure is that regardless of what goes first, we can always make the best of what we have to make it last as long as possible. It is essential to continue to help others live their best and most beautiful lives forever.

My affirmation for you this week is: "I will cherish every moment I have with my loved ones and will continue to help them live their best lives."

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

dearPharmacist

How Glutathione Is Depleted From The Body



by Suzy Cohen, RPh

Dear Readers:

What if you were taking an over-the-counter med like an antacid, or an analgesic, and it was stripping you of an important antioxidant called

glutathione? Would you want to know?

Glutathione is made in the body, and it's found in many supplements nationwide. It is a powerful antioxidant that reduces oxidative stress. It may even help with skin conditions such as psoriasis, and alcohol-related liver injuries as well as non-alcoholic fatty liver. Special forms like the "acetylated" forms of glutathione penetrate the brain and may help with neurological diseases.

Recently, a friend who has my book *Drug Muggers* asked me to explain how medications deplete glutathione. He wasn't able to find studies on pubmed to correlate with all the medications I listed in the chapter for glutathione. He's correct, there is not a direct study to substantiate every single drug I listed because I'm thinking two steps ahead.

Today, I'll share with you my common sense reasoning behind the list of drugs included in my *Drug Mugger* book, so you can use the information and apply it to yourself or a loved one.

In the human body, you have many complex metabolic pathways, and one of them is called the transsulfuration pathway which makes cysteine. You need vitamin B6 for the transsulfuration pathway to produce cysteine. Anything that depletes or blocks B6 slows down the production

of cysteine, which is required to make glutathione. The methylation cycle makes biologically active B9 (folate). And you make B12 in your gut. Think of each metabolic pathway as a spinning cycle, having different gears, and each gear needs to be well-oiled with nutrients or else the spinning stops temporarily. That would be bad for your health.

Here is a list of medication categories that impact levels of glutathione, and my reasoning behind it. By the way, if you'd like the more comprehensive version of this article, I routinely give my articles to my online subscribers and if you wish to, sign up at www.suzycohen.com:

Acid Blockers/Antacids – These medications severely impact the human gut microbiota. They suppress absorption, or block production of the entire B complex family, especially B12 which is required as a precursor nutrient in the pathway that ultimately makes glutathione.

Analgesics – The medications listed in my book all contain acetaminophen which can deplete glutathione stores. This is well known in the medical community. I hope your physician has told you that. If not, please pose the question because glutathione is directly depleted by acetaminophen (aka paracetamol in other countries).

Antibiotics – These life-saving medications are sometimes taken for more than 14 days and, if that's the case, you can expect a total disruption of your gut flora, which suppresses B12, which then means the transsulfuration "gear" is cramped, and now you can't make glutathione.

Nicotine – Smokers may not realize that glutathione production is suppressed and supplementation may be helpful to avoid profound oxidative injury to the lungs and liver. If you're uncertain about glutathione, and if it is right for you, please ask your practitioner before self-supplementing.

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. ✨

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Doctor and Dietician

If Your Knees Hurt When You Run



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

Most runners get used to nagging injuries and manage to work through them. As avid runners, we have certainly done that over the years. When we were running marathons one or two times per year, we experienced our share of injuries, including shin splints, plantar fasciitis, back and hip pain, and yes, knee pain.

For most runners, injuries do not become “real” until the injury hampers them from running. Prior to that, the aches and pains, stresses and strains of running are considered “normal.” At some point, you can no longer manage the pain with foam rollers, ointments, supplements, pain relievers, tapes and braces.

Many runners suffer from Iliotibial Band Friction Syndrome (ITBS) due to irregular

compression forces between the iliotibial band and the lateral femoral condyle (the lower bony part of the thigh bone that connects to the shin bone). This causes the irritation and inflammation of the tissue, thus the other name, “Runner’s Knee.” Typically, runners also have weak gluteal muscles that allow the IT band to rub against the outside of the knee joint causing friction, pain and inflammation. Tight hip muscles are also common in runners, which increases their chances of developing ITBS. Runners who overpronate, or their foot rolls in, can cause the lower leg to rotate inwards, resulting in increased friction in the knee. One other interesting cause of ITBS is running on uneven surfaces such as the beach or roads with gutters that drain to one side. We have both experienced this injury from running on uneven surfaces – so watch where you are running!

Common symptoms of Runner’s Knee or ITBS include pain on the outside of the knee, more specifically around the bony protrusion on the outside of the knee. Pain is typically progressive and gets worse over time and/or worsens as the runner runs. Sometimes the pain seems to disappear only to return once resuming training. Running downhill typically feels worse than running uphill.

Typical treatments include rest, ice, anti-inflammatory medications, stretching exercises, deep massage and foam roller exercises. If the injury is not too extensive, these methods may work for you. If you are not getting relief from these therapies, we utilize prolotherapy treatments to the ligament and tendon attachments to rebuild

and strengthen the soft tissue and provide beneficial outcomes, along with a gait analysis and an individualized rehabilitation program. Sometimes the problem is more systemic and involves treating the hip, knee, ankle and/or foot.

Happy running! We hope to see you

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What is your recommendation on pets for children?

A: Studies show that kids who have pets have higher self-esteem, cognitive development and social skills. Studies also show that pet

owners are healthier, happier and have a positive association with pets. Owning a pet is not only beneficial to kids, but adolescents and adults as well.

It is known that some 94 percent of dog owners consider their pet to be a family member, while 65 percent of dog owners take more photos of their dogs than people. While I do not have statistics, cats are popular as well and a bit easier as they don’t need the same amount of exercise as dogs do.

Given this, a pet is a commitment and responsibility. If you are considering

getting a pet for a child, it is important that the child understand he/she should take part in the responsibility of raising a healthy pet. Discuss the various options available in terms of what kind of pet, the environment in which you would be raising the pet and the level of commitment you are willing to take on. It may be that a lower maintenance animal is best or if someone in the household is active, then a more active pet could be good. Dogs do need plenty of exercise, and this should be considered when looking at options.

There is no question that pets are pure unconditional love and such a joy in one’s life. There are more therapy animals now than ever who spend time in elder facilities and hospitals to help provide comfort to patients.

Once you carefully consider the options of getting a pet, if you decide on having a fur baby in the home, you can have years of a healthy relationship and increase your level of oxytocin, the love and cuddle hormone. All the best!

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



"Thomas won't be in today —
he's _____."

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!

Insult

RESCU

Rebuff

PERLE

Awry

WAKES

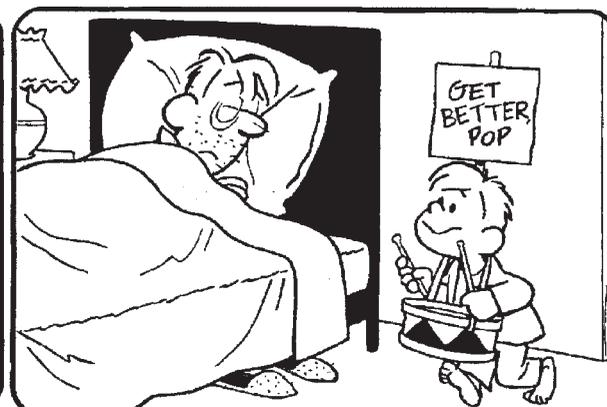
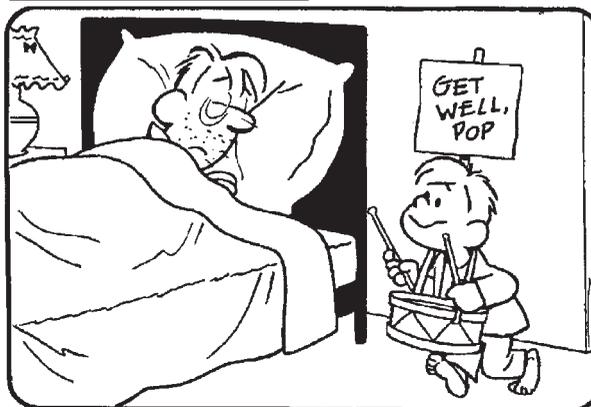
Pest

NICEST

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pillow is smaller. 2. Sign is smaller. 3. Drumstick is shorter. 4. Bow is missing. 5. Slippers are added. 6. Drum 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.

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

PETS OF THE WEEK



Maui ID# A850255 photos provided

Rose ID# A860021

Lee County Domestic Animal Services

Maui And Rose

Hello, my name is Maui. I'm a blondie brindle 1-year-old male boxer mix. I will go home or on vacation with you. With a name like Maui, I am ready for either. I am the life of the party and will keep you entertained. I would love to be in a home with another pup to play with and keep him/her company. My adoption fee is \$10.

Hi, my name is Rose. I'm a fawn 3-year-old female pit bull mix. I'm a happy girl that is full of smiles. I can light up a room with my personality and

charm. If you are active and like to go on long walks or run, I would be a great companion. My adoption fee is \$10.

*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.**

Read us online at
www.IslandSunNews.com

Mighty Mussels Game Day Promotions

The Fort Myers Mighty Mussels will offer a jam-packed promotional schedule in 2021.

The minor league baseball affiliate of the Minnesota Twins is celebrating the return of summer baseball to the region with 13 fireworks shows, 11 free giveaways and more than 20 theme nights. There will also be weekly promotions to give fans special discounts and some new offers.

Individual tickets went on sale April 23. Ticket packages are available by calling 768-4210.

Post-game fireworks will take place after all 10 Friday night home contests, as well as on the home opener (Tuesday, May 11) and Fourth of July weekend (July 2 to 4).

In addition to fireworks on opening night, the Mussels will be giving away magnet schedules while also guaranteeing a win. If the Mussels fail to convert on their promise of a "guaranteed win," everyone in attendance will receive a free ticket to the following game on Wednesday, May 12.

Later on the season-opening homestand, the Mussels will celebrate FSW Night (May 13) and Star Wars Night (May 14). The first 1,000 fans will receive a Mussel Man bobblehead on Saturday, May 15. Plus, the Mussels will honor all first responders on opening weekend. All first responders can get a \$5 ticket for the games on May 14 to 16 by showing their employee ID at the Mussels box office – as a thank you for all they've done to keep everyone safe during the past year-plus of uncertainty.

On fan-favorite *The Office* Night, fans will get the chance to meet Meredith (Kate Flannery), who will be doing a meet and greet during the game.

During the Independence Day weekend celebration, there will be fireworks following games on Friday, July 2, Saturday, July 3 and Sunday, July 4.

Weekly promotions are as follows:

2 for 1 Tuesdays – Fans receive buy one, get one hot dogs, draft beer and soda;

Humana Mussels Wednesdays/Dollar Dogs – Ticket packages available for seniors (ages 62-plus) plus \$1 hot dogs;

Thirsty Thursdays – \$1 and \$2 beer specials;

Fireworks Fridays – Happy hour specials on Wicked Dolphin spirits at the Salty Crab/Wicked Dolphin Bar; post-game fireworks show;

Giveaway Saturdays – Free giveaway and Bark in the Park (dog-friendly nights);

Sunday Brunch – All-you-can-eat brunch from 11 a.m. to 1 p.m., kids run the bases.

Hammond Stadium will begin the season allowing approximately 28 percent capacity while following appropriate social distancing and masking policies. Fans will be required to wear masks in all areas of the stadium, except when eating or drinking in their seats.

The Mussels are set to begin the season in Bradenton at 6:05 p.m. on Tuesday, May 4. First pitch of the Mussels' home opener at Hammond Stadium is scheduled for 7 p.m. on Tuesday, May 11.

For more information and tickets, visit www.mightymussels.com. Hammond Stadium at CenturyLink Sports Complex is located at 14100 Six Mile Cypress Parkway in Fort Myers.*

My Stars ★★★★★

FOR WEEK OF APRIL 26, 2021

Aries (March 21 to April 19)

Impatience is still somewhat of a problem. But a sign of progress should soothe the anxious Aries heart.

Meanwhile, invest some of that waiting time in preparing for the change ahead.

Taurus (April 20 to May 20) Bovines tend to excel at solving problems, not creating them. But you risk doing just that if you're slow to respond to a timely situation. If necessary, seek advice from someone you trust.

Gemini (May 21 to June 20) The Gemini Twin might need to do more than a routine check of both a job-linked and home-based situation. Dig deeper for more data on both fronts to avoid unwanted surprises later.

Cancer (June 21 to July 22) Moon Children facing an important workplace decision are encouraged to use their perceptiveness to see through any attempt to win them over with a supercharge of fawning and flattery.

Leo (July 23 to August 22) Good news catapults Leos and Leonas into reconsidering a deferred decision. But time has moved on, and it's a good idea to recheck your plans and make adjustments where necessary.

Virgo (August 23 to September 22)

The week favors relationships, both personal and professional. Take the time to look for and immediately repair any vulnerable areas caused by unresolved misunderstandings.

Libra (September 23 to October 22)

A friend's problems bring out your protective instincts. Be careful to keep a balance between meeting the obligations of friendship without being overwhelmed by them.

Scorpio (October 23 to November 21) The temptation to take an extreme position on an issue is strong, but moderation is favored both in personal and professional dealings. Move toward finding areas of agreement.

Sagittarius (November 22 to December 21) Getting another boss or teacher? Try to see the person behind the image. It will help you adjust more easily to the changes that new authority figures inevitably bring.

Capricorn (December 22 to January 19) Much as you might dislike the idea, keep an open mind about using the assistance of a third party to help resolve problems that threaten to unravel an important agreement.

Aquarius (January 20 to February 18) Career choices that seem too confusing to deal with at this point

probably are. More information would help uncomplicate them. On the personal side, a friend might need your advice.

Pisces (February 19 to March 20) A challenge that seems easy enough at first could take an unexpected turn that might test your resolve. Decide if you feel you should stay with it, or if it's better to move in another direction.

Born This Week: You can be strong when standing up for justice, both for yourself and for others.

MOMENTS IN TIME

- On May 4, 1776, Rhode Island becomes the first American colony to renounce its allegiance to King George III. Ironically, Rhode Island would be the last state to ratify the new Constitution more than 14 years later.

- On May 8, 1792, Congress passes the second portion of the Militia Act, requiring that able-bodied males between the ages of 18 and 45 be enrolled in the militia. The act was quickly tested when farmers in Pennsylvania, angered by a tax on whiskey, attacked the home of a tax collector. President George Washington responded with 15,000 militia members.

- On May 7, 1915, the British ocean liner *Lusitania* is torpedoed by a

German submarine off the coast of Ireland, sinking within 20 minutes. Of the 1,959 passengers and crew, 1,198 people were drowned. The British Admiralty had warned the ship to avoid the area, but the *Lusitania's* captain ignored the recommendations.

- On May 3, 1946, in Tokyo, the International Military Tribunals begins hearing the case against 28 Japanese military and government officials accused of committing war crimes during World War II. All but three of the defendants were eventually found guilty.

- On May 9, 1950, Ron Hubbard publishes *Dianetics: The Modern Science of Mental Health*. The book introduced a self-help psychology called Dianetics, which morphed into a belief system called Scientology, popular due to its high profile in Hollywood.

- On May 5, 1961, Navy Commander Alan Shepard Jr. is launched into space aboard the *Freedom 7* capsule, becoming the first American astronaut to travel into space. The flight lasted 15 minutes.

- On May 6, 1994, a rail tunnel under the English Channel officially opens, connecting Britain and the European mainland for the first time since the Ice Age. The "Chunnel" runs

continued on page 54

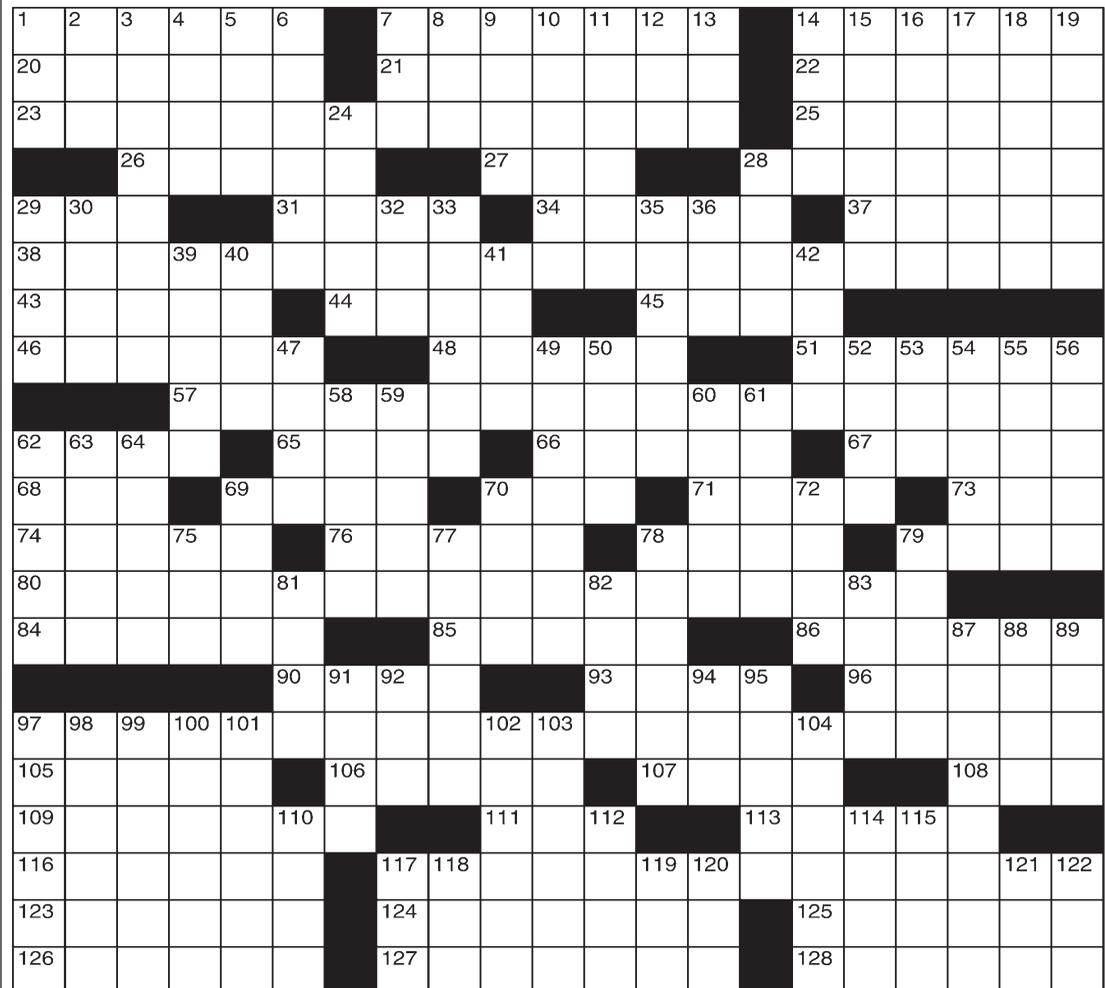
PUZZLES

Answers on page 55

Super Crossword

WELL-PRESERVED

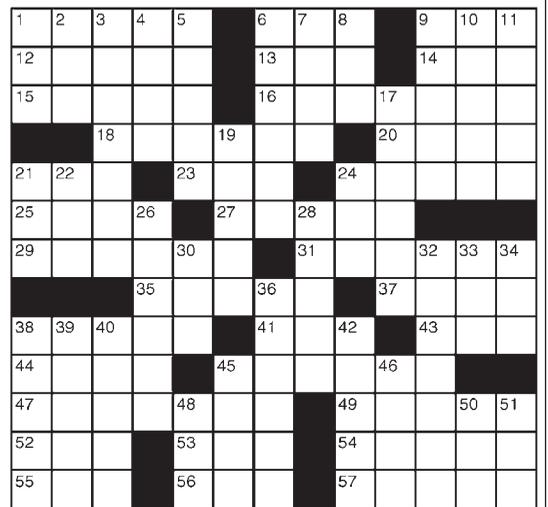
- ACROSS**
- 1 Tribal emblems
 - 7 Sobbing
 - 14 Hunt for food
 - 20 Of a big blood vessel
 - 21 Church part near the altar
 - 22 Mistreating type
 - 23 Start of a riddle
 - 25 Starts a PC session
 - 26 Copies a cat
 - 27 Pop singer Grande, to fans
 - 28 Doctrine in copyright law
 - 29 Buy that can be deleted
 - 31 With 110-Down, decisive trial
 - 34 Hawk's nest
 - 37 Goldman's partner
 - 38 Riddle, part 2
 - 43 Fig and fir
 - 44 Foster
 - 45 Miner's strike
 - 46 Unruffled
 - 48 Plotting group
 - 51 Pastry variety
 - 57 Riddle, part 3
 - 62 Pieces of gig gear
 - 65 Bridle part
 - 66 Of a central point
 - 67 Perform wonderfully
 - 68 Buck mate
 - 69 Apple's apple, e.g.
 - 70 Miss.-to-Minn. dir.
 - 71 Foyer floor protectors
 - 73 Linking word in Leipzig
 - 74 Befogged
 - 76 1960s radical Hoffman
 - 78 Huge hauler
 - 79 February 14 deity
 - 80 Riddle, part 4
 - 84 Weds on the fly
 - 85 University of — Dame
 - 86 Buddy from way back
 - 90 Group in a roundup
 - 93 Griffin who created "Jeopardy!"
 - 96 Debonair
 - 97 End of the riddle
 - 105 Helmsley with hotels
 - 106 Beau —
 - 107 Rebuke to Brutus
 - 108 "He!-Ip!"
 - 109 Divided into segments
 - 111 Cry of cheer
 - 113 Part of OTB
 - 116 Provoke
 - 117 Riddle's answer
 - 123 Fishing nets
 - 124 Vacillated
 - 125 Comic Boosler
 - 126 Most eccentric
 - 127 Cabbie's query
 - 128 More packed
 - DOWN**
 - 1 Shooting marble
 - 2 Cry of delight
 - 3 Stomped on
 - 4 Kin of -ess
 - 5 Japanese soup variety
 - 6 Investment bigwig Charles
 - 7 Hosp. section
 - 8 Bruins' org.
 - 9 "I did it!"
 - 10 Bait
 - 11 More tender
 - 12 Mr. —! (old detective game)
 - 13 Foxy
 - 14 FDR's dog
 - 15 Wind section player
 - 16 Little kid
 - 17 "That being the case ..."
 - 18 Hostess in a kimono
 - 19 Borgnine of "Marty"
 - 24 Grouchy Muppet
 - 28 Familial fight
 - 29 Deeds
 - 30 Prune
 - 32 34th prez
 - 33 Priest's assistant
 - 35 Threw the dice
 - 36 Altar avowal
 - 39 Conducts
 - 40 In re
 - 41 "Darn it!"
 - 42 Relinquish
 - 47 The younger Saarinen
 - 49 Grammy winner Tony
 - 50 State frankly
 - 52 Grows older
 - 53 Shoot down
 - 54 Rack up
 - 55 Old-style office scribe
 - 56 Clings (to)
 - 58 "Just Shoot Me!" actor
 - 59 Mourner of myth
 - 60 Personal identifiers
 - 61 Pin it on
 - 62 Wise truism
 - 63 Roadhouse
 - 64 Basil-based sauce
 - 69 Overdue
 - 70 Boy, in Bolivia
 - 72 DVR pioneer
 - 75 Sci-fi power
 - 77 Family on "Married ... With Children"
 - 78 Jacket part
 - 79 Finish
 - 81 Court king Arthur
 - 82 Cookbook writer Rombauer
 - 83 Snow queen in "Frozen"
 - 87 Openers of many locks
 - 88 Chevy debut of 2004
 - 89 Some watch displays, for short
 - 91 Leg up
 - 92 Pop's Carly — Jepsen
 - 94 Like a prof. emeritus
 - 95 Flashy Chevy, for short
 - 97 Texas city
 - 98 Got close to
 - 99 Doughnut-shaped figure
 - 100 Harmonious
 - 101 Hoists
 - 102 Took pains
 - 103 Physician, often
 - 104 Lay in concealment
 - 110 See 31-Across
 - 112 Roll call reply
 - 114 Proficient
 - 115 — -Grape (Ocean Spray flavor)
 - 117 URL part
 - 118 "Take that!"
 - 119 Sweaty, say
 - 120 Old Tokyo
 - 121 Prop- or hex-ender
 - 122 The, in Vienna



King Crossword

ACROSS

- 1 Civil-rights org.
- 6 Crunchy sandwich
- 9 Eastern "way"
- 12 D-Day beach
- 13 Kanga's kid
- 14 Pirates' quaff
- 15 Stopwatch
- 16 "Charlotte's Web" author
- 18 Van Gogh painting
- 20 Black, in verse
- 21 Lass
- 23 Pouch
- 24 Raiment
- 25 "Rule, Britannia!" composer
- 27 Bush
- 29 Refines, as ore
- 31 Decrees
- 35 Void
- 37 Old U.S. gas brand
- 38 "West Side Story" song
- 41 Stashed
- 43 Science room
- 44 Shortly
- 45 Party snack
- 47 "The War of the Worlds" author
- 49 Did yard work
- 52 Enzyme suffix
- 53 Granola grain
- 9 Navajo or Hopi
- 10 Ones for the road?
- 11 Signs
- 17 Disney's "Love Bug"
- 19 Impudent
- 21 Ozone, for one
- 22 Branch
- 24 Flop
- 26 Broadway's Stritch
- 28 Pine product
- 30 TV schedule abbr.
- 32 "The Chronicles of Narnia" author
- 33 Airport screening org.
- 34 Weep
- 36 California peak
- 38 Taj —
- 39 Uneasy feeling
- 40 Crew member
- 42 Matt of Hollywood
- 45 Family
- 46 Francis, e.g.
- 48 Privy
- 50 Tolkien creature
- 51 — Moines



DOWN

- 1 Word of denial
- 2 French pal
- 3 "Winnie-the-Pooh" author
- 4 "Moonstruck" actress
- 5 Seine city
- 6 Rifle part
- 7 High tennis shots
- 8 AAA job

MAGIC MAZE ● THINGS THAT FALL

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

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

- Arches
- Leaves
- Regimes
- Snow
- Coconuts
- Pine cones
- Sea level
- Stars
- Dominoes
- Popularity
- Skydiver
- Stocks
- Fruit
- Rain
- Sleet

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:04 pm	11:19 pm	None	None
Sat	3:49 pm	None	None	None
Sun	4:44 pm	12:29 am	None	None
Mon	6:01 pm	1:43 am	None	None
Tue	11:47 am	2:50 am	7:58 pm	1:59 pm
Wed	11:39 am	3:45 am	9:46 pm	4:01 pm
Thu	11:49 am	4:29 am	11:05 pm	5:06 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:09 pm	11:21 pm	None	None
Sat	2:54 pm	None	None	None
Sun	3:49 pm	12:31 am	None	None
Mon	5:06 pm	1:45 am	None	None
Tue	10:52 am	2:52 am	7:03 pm	2:01 pm
Wed	10:44 am	3:47 am	8:51 pm	4:03 pm
Thu	10:54 am	4:31 am	10:10 pm	5:08 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:59 am	9:32 am	2:47 pm	11:11 pm
Sat	6:04 am	10:11 am	3:42 pm	None
Sun	7:18 am	12:13 am	5:14 pm	10:56 am
Mon	8:36 am	1:32 am	7:09 pm	12:56 pm
Tue	9:44 am	2:45 am	8:32 pm	2:51 pm
Wed	10:46 am	3:41 am	9:40 pm	3:57 pm
Thu	11:23 am	4:28 am	10:47 pm	4:53 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:14 pm	1:31 am	None	None
Sat	5:59 pm	2:35 am	None	None
Sun	6:54 pm	3:45 am	None	None
Mon	8:11 pm	4:59 am	None	None
Tue	1:57 pm	6:06 am	10:08 pm	5:15 pm
Wed	1:49 pm	7:01 am	11:56 pm	7:17 pm
Thu	1:59 pm	7:45 am	None	8:22 pm

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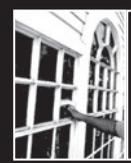
LOCKSMITH

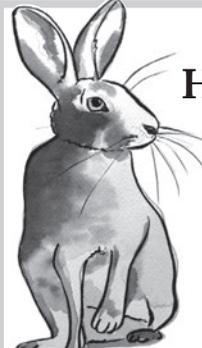

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From page 49

Moments In Time

under water for 23 miles, with an average depth of 150 feet below the seabed.

NOW HERE'S A TIP

• Spring clean your tools. Ditch half-used tubes of caulk, stiff paintbrushes, random hardware that doesn't have any obvious use, especially screws or nails that have been pulled out of the wall.

• "When cleaning the microwave, boil a couple of cups of water in the microwave first. The steam will help loosen any stuck-on food." – OD in Idaho

• Defrost meats on the bottom shelf only. Ideally, you should have a large bowl or container to put packages of meat in that require defrosting, so that if they leak, the leakage will be contained and will not get on any of your other foods.

• "The plastic liner in cereal boxes makes a good, strong container for kitchen scraps if you are saving them for

composting." – YT in Oregon

• Another reason to get the newspaper: Crushed newspaper makes a great rag for shining windows in your home and in the car. No lint left behind.

• "Wipe out the insides of a cornstarch container to make a handy catch-all for craft supplies or crayon sets for kids (labeled so they all have their own). These are a really good size, and several brands seem to come with a clear lid." – HD in Florida

STRANGE BUT TRUE

• Guns N' Roses frontman Axl Rose once earned \$8 an hour for smoking cigarettes, for a science experiment at California's UCLA.

• If you translate "Jesus" from Hebrew to English, the correct translation is "Joshua." The name "Jesus" comes from translating the name from Hebrew, to Greek, to Latin, to English.

• The tongue is the only muscle in one's body that is attached from one end.

• In 2007, Scotland spent 125,000 British pounds devising a new national slogan. The winning entry was: "Welcome to Scotland."

• The suicide palm gets its name from how it meets its demise. At the end of its life, the stem tips explode in a massive array of tiny flowers capable of being pollinated and developing into fruit, and their nectar attracts insects and birds. However, the flowers also exhaust the plant and drain its nutritional supply until it dies.

• There is a punctuation mark used to signify irony or sarcasm that looks like a backward question mark.

• Lipstick was considered an essential item for female nurses in the armed forces during the World War II, both to remind women they were ladies first and military second, and because it might have a calming effect on the male soldiers.

• A 2013 exhibition in Dublin displayed a variety of cheeses made with

bacteria samples obtained from people's feet, armpits and navels. No one actually ate them, so we can't comment on the taste.

• We goofed! Our Feb. 8 "Strange But True" column contained this statement: "Baked beans aren't baked. They're stewed." It should have read, "In the U.K., baked beans aren't baked, but stewed." We apologize for the error.

THOUGHT FOR THE DAY

"Don't judge each day by the harvest you reap but by the seeds that you plant."
– Robert Louis Stevenson

TRIVIA TEST

- U.S. Cities:** What is the name of the mountain and city where the famous Hollywood sign is located?
- Movies:** *Ferris Bueller's Day Off* was filmed in and around which American city?
- Literature:** Which 20th-century novel featured a character named

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4/23 * 5/14

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1/4 * TFN



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3/19 * TFN

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4/30 * 5/7

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4/20 * TFN

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12/11 * TFN

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4/9 * 4/30

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4/30 * 5/14

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4/9 * TFN

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4/23 * 4/30

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Are you concerned with a friend or family member's drinking?

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4/24 * TFN

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

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- Daisy Buchanan?
- Television:** Which 1960s sitcom's theme song is *The Fishin' Hole*?
 - Animal Kingdom:** Which island nation is home to lemurs?
 - General Knowledge:** What is the birth flower for people born in November?
 - Geography:** Where are the Harz Mountains located?
 - History:** What kind of mammal was the first to be cloned successfully?
 - Music:** Which rock group performed the 1970s song *Doraville*?
 - Measurements:** What does a kilopond measure?

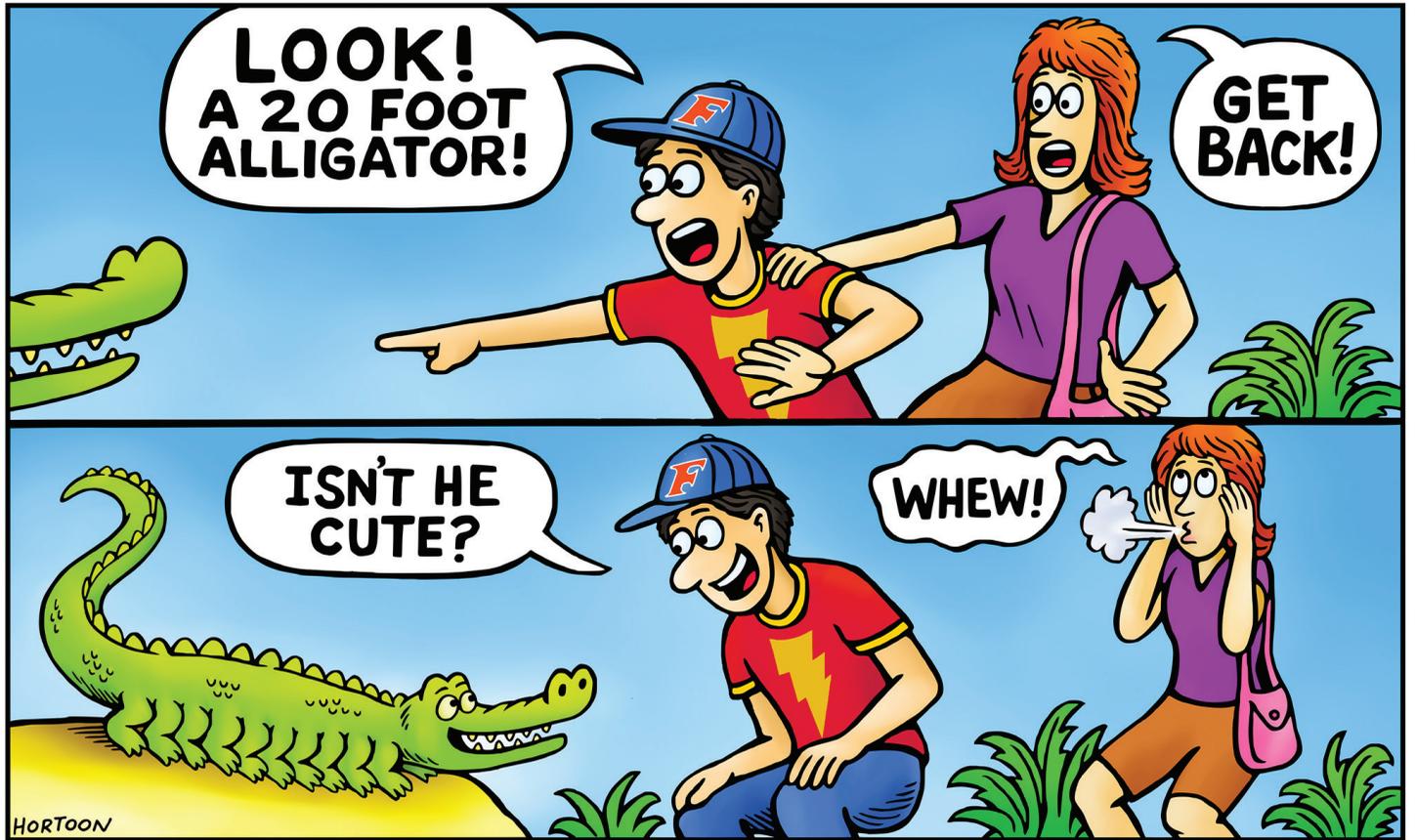
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 3. *The Great Gatsby* 4. *The Andy Griffith Show* 5. Madagascar 6. Chrysanthemum 7. Germany 8. A sheep 9. Atlanta Rhythm

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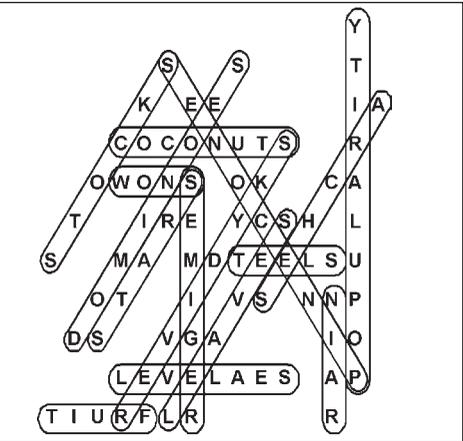
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S	M	E	L	T	S	E	D	I	C	T	S
A	B	Y	S	S	E	S	S	O			
M	A	R	I	A	H	I	D	L	A	B	
A	N	O	N	C	A	N	A	P	E		
H	G	W	E	L	L	S	M	O	W	E	D
A	S	E	O	A	T	O	P	I	N	E	
L	T	R	O	N	A	N	E	S	T	S	

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	2003	8,799	\$17,500,000	\$17,150,000	92
Bayfront Gardens	Bonita Springs	1997	4,470	\$3,300,000	\$3,100,000	0
Orchid Ridge	Estero	2001	7,588	\$2,250,000	\$2,250,000	0
Cape Coral	Cape Coral	2008	7,161	\$2,200,000	\$2,120,000	413
Captiva Beach	Captiva	1999	2,866	\$2,250,000	\$2,100,000	175
Metes And Bounds	Sanibel	1982	3,486	\$1,939,000	\$1,950,000	1
Southport On The Bay	Bonita Springs	1995	2,835	\$1,849,000	\$1,890,000	4
Belle Meade	Fort Myers	2007	5,613	\$1,735,000	\$1,685,000	503
Burgundy Farms	Estero	2009	5,370	\$1,750,000	\$1,650,000	17
Palm Acres	Fort Myers	2006	3,166	\$1,510,000	\$1,500,000	100

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