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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MARCH 25, 2022

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Aladdin's Lamp by Cheryl Fausel
images provided

Reception With The Artists

A new exhibit at BIG ARTS, entitled *Wet Paint*, is now open in the Dunham Family Gallery and runs through April 24. There will be a wine and cheese reception with the artists on Friday, April 1 from 5 to 7 p.m. The reception is open to the public.

One of three featured artists, Cheryl Fausel is a nationally and internationally known watercolor artist who resides



Patty by Shah Hadjebi
in Cape Coral. Among her numerous accomplishments are Signature Status in: American Watercolor Society, National Watercolor Society, Southern Watercolor Society, Tri-State Watercolor Society and Florida Watercolor Society, goals seldom attained by most artists. She is also a
continued on page 24

Tickets Going Fast For Manatee Madness Party

The countdown is on to the grand finale of the Community Housing and Resources (CHR) annual Mardi Gras-themed fundraiser, Manatee Madness 2.0, in support of affordable housing on Sanibel. "Follow the manatee map and take a selfie with each of our 24 manatees," said Laura DeBruce, board secretary of CHR. "Manatee trail tourists can tag their images or video to CHR via Instagram or Facebook @SanibelCHR for a chance to win a Manatee Madness 2.0 T-shirt."

Start the manatee trail at any of the commercial sponsor locations found on the map in the guide, like Ashton Kirchner Group, Keller Williams Realty, 2440 Palm Ridge Road #4 on Sanibel. Sarah Ashton and Chris Kirchner have given a foster home to *Babee Girl*, created by artist Rena Martinson, a graduate of Southwest University of Visual Arts in New Mexico. After making *Sea Clover* last year, Martinson decided to



Babee Girl by Rena Martinson is located at Keller Williams Realty on Sanibel
photo provided

add another family member. She imagines *Babee Girl* has been hanging out with mama, *Sea Clover*, taking the time to smell the flowers, frolic with the birds and
continued on page 38



Emerson String Quartet photo provided

Final Tour For Famed Quartet

The acclaimed Emerson String Quartet will perform at Sanibel Music Festival for the final time at Sanibel Congregational United Church of Christ on Saturday, March 26 at 7:30 p.m. After a remarkable 47-year career,

the Emerson Quartet plans to disband in October of 2023.

"They have played for our music festival many times over the past decades, and we are fortunate to be part of one of their final tours. They will be very much missed," said Sue Pick, Sanibel Music Festival music committee chair. "The Emerson String Quartet's unparalleled list of achievements spanning four decades
continued on page 36

Zonta Club Hosting Film Festival

submitted by
Kathleen Skubikowski

With another successful "Peek" fundraising event completed, members of the Zonta Club of Sanibel-Captiva have turned their attention to their 5th annual LUNAFEST film festival on Monday, April 4.

This year, eight short films ranging from animation to documentary to fictional drama will be shown, both in person and online. This new hybrid format allows attendees the flexibility either to join fellow film lovers at The Community House from 7 to 9 p.m. on Monday, April 4, or to stream the films for private viewing any time or place over 48 hours from 7 p.m. on April 4.

Begun in 2000 by the founder of LUNA nutritional bars, Kit Crawford, LUNAFEST is a traveling film festival dedicated to highlighting new female filmmakers, raising awareness about women's issues and bringing women together. Carol Gestwicki, co-chair of Zonta's service and advocacy committee, said, "LUNAFEST is one more way for Zonta to bring community members together to provide food for thought on both women's issues and innovative filmmaking."

This year's film selection is particularly exciting and includes:

How to Be At Home, an animated poem about coping with isolation during the COVID-19 pandemic;

Close Ties to Home Country by Akankshaa Cruczynski, telling the story of an immigrant dog walker who finds connection in the hearts of the wealthy pets she cares for;

Generation Impact: The Coder by Samantha Knowles in which a 13-year-old girl
continued on page 28



Film still from *Proof of Loss* by Katherine Fisher
photo provided

Community House Calendar

Cupcake Decorating for Adults is offered on Saturday, March 26 from 2 to 4 p.m. Cost is \$60 for members and \$70 for guests. Reserve by calling 472-2155.

Kids Cooking will be held on Sunday, March 27 from 1 to 3 p.m. The theme is Lion & Lamb. Cost is \$30. RSVP to 472-2155.

Cooking with Jeff and Malia Samson is scheduled for Sunday, March 27 from 4 to 6 p.m. Cost is \$55 for members and \$60 for guests. Reserve ahead as space is limited. Call 472-2155.

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

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

Oil Painting with Suzette is offered on select Mondays from 9:30 to 11:30 a.m. The next class is scheduled for March 28. The subject will be the sea turtle. Cost per class is \$55 for members and \$65 for guests. All materials included. Register online at www.sanibelcommunityhouse.net or call 472-2155.

Letting Loose with Watercolor classes with Anita Force Marshall are

offered on Tuesdays from 9:30 to 11 a.m. The subject for March 29 will be the flamingo. Cost per class is \$35 for members and \$40 for guests. Limit eight students per class. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10.

Several Sanibel-Captiva Art League members are exhibiting works this month. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday. Proceeds of all sales go to Sanibel Community Association.

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

Line dancing is offered on Tuesdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

Social Bridge is in play on Tuesdays from 12:30 to 3 p.m. Cost is \$5.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring a work in progress and your own supplies. Cost per class is \$10.

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

The Sanibel Hearts Club meets on Fridays at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Cost is \$5.

Shell Critter Kits to Go are available for purchase or to ship. Choose four out of 13 critters to assemble. Cost is \$20

per kit; shipping is \$8 additional.

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

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

Church Taking Part In Relief Effort For Ukraine

Sanibel Congregational United Church of Christ is participating in a nationwide effort to raise funds for humanitarian relief for those impacted by the war in Ukraine. All funds collected by the Sanibel church will be forwarded to agencies working in Eastern Europe and Ukraine.

Through the Global HOPE and Global Ministries of United Church of Christ, collaborative efforts with ACT Alliance and Reformed Church of Hungary (RCH) will provide aid to Ukraine. RCH is responding to the situation in the war-torn country through its agency, Hungarian Reformed Church Aid. That group has been offering humanitarian assistance since Russian troops first attacked Ukraine on February 24. It is working with elderly and other vulnerable communities inside the country who

have not been able to leave, including immigrants and migrant populations who are experiencing difficulties crossing into other European countries. HRCA is also working with refugees who are leaving the country.

"We are particularly grateful the Reformed Church of Hungary is prioritizing care of vulnerable populations who are unable to leave Ukraine for multiple reasons," noted a national coordinator of the effort. "The elderly and other internally displaced persons have emerging needs requiring attention."

The Rev. Dr. John Danner, senior pastor of the Sanibel church, highlighted the fact that donations through existing agencies help to guarantee monies go where they are most needed. "There is so much need at the moment," Danner said, "How can we not respond?"

Gifts to the UCC Ukraine Emergency Appeal will provide shelter, food and other care to war refugees and internally displaced people. It also will help refugees and asylum seekers from African, Middle Eastern and other countries who had sought refuge in Ukraine and now are twice displaced, as well as other citizens of more than 125 countries living in Ukraine.

Donations to this effort should be made payable to: Sanibel Congregational UCC and marked "Ukraine" in the memo line. Donations can be sent to the church at: SCUCC, 2050 Periwinkle Way, Sanibel, FL 33957. For more information, call the church office at 472-0497.*

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The George Washington Carter family on Captiva in the early 1900s
photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society Looking Back: The Carter Family

This week's image depicts the George Washington Carter family working on their homestead in the early 1900s. This homestead was located on the part of Captiva that includes what is now Redfish Pass.



Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island.

The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.*

The History Gallery, developed by the

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat services including Torah reading Friday 7:30 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes at 9:45 a.m. on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. and 11 a.m. in the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. Sunday Worship at 7:45, 9 and 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 a.m. and 10:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Service schedule through April, Saturday at 5 p.m., Sunday at 8 a.m. and 10:30 a.m. The 10:30 a.m. Sunday service is also livestreamed at 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, 847-309-3926. Email changes to press@islandsunnews.com or call 395-1213.*



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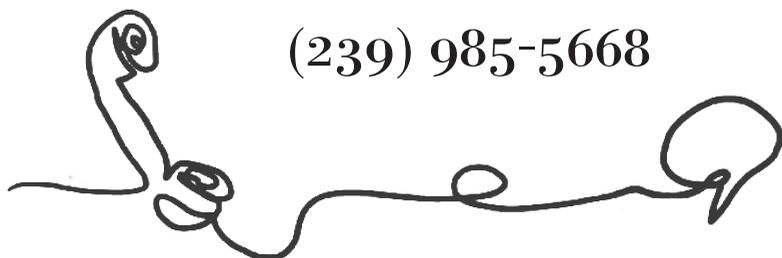
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World Day Of Prayer On Sanibel

World Day of Prayer will be held on Wednesday, March 30 at 10:30 a.m. at St. Michael and All Angels Episcopal Church. Women and men are invited to join in this worldwide ecumenical movement to observe a common day of prayer and action in March of each year, lifting up issues of mission, justice and peace. Refreshments and a social hour will follow in the church Parish Hall.

The theme of this year's celebration is based on the words "I Know the Plans I Have for You," taken from the Prophet Jeremiah's letter to the exiles in Babylonia. Tales of suffering, uncertainty and differing views will be explored through stories of women who feel excluded, child refugees and those living in multi-ethnic, multi-cultural and multi-faith societies. This year's program will highlight Northern Ireland, Wales and England and was written by women from these countries.

Betsy McCullough, chair of this year's event, said, "The 2022 World Day of Prayer committee of Sanibel and Captiva islands is delighted to resume this annual interfaith worship service that was interrupted by the COVID-19 pandemic. It is a joy to be able to work together with women of different faiths, learning about women around the world of different faiths and cultures by giving praise and thanks to God for his many blessings."

This year, five local congregations are sponsoring this worldwide ecumenical movement of women of many traditions:

Bat Yam Temple of the Islands; Captiva Chapel by the Sea; Sanibel Congregational United Church of Christ; San-Cap Catholics; and St. Michael and All Angels Episcopal Church.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel.*

Pool Variance Approved

by Wendy McMullen

A variance request for a pool on a property at 4586 Buck Key Road evolved into a long discussion on what constitutes an open body of water at Tuesday's Planning Commission meeting.

The city defines an open body of water as any area inundated by water more than three months of the year. That definition, was not only difficult to verify but also extremely broad in describing lakes, rivers, sloughs, swales, ponds, or even a puddle.

The definition is important because development on Sanibel cannot take place within 20 feet of an open body of water, even if it's a shallow swale or puddle. Moreover, the area designated as an "open body of water" is deducted from the total developed area permitted under the eco zone in the Sanibel Plan.

In the case of the property on Buck Key Road, several trees had fallen on a vacant lot, creating holes that had filled with water. This, along with a possible open body of water on the western edge of the lot meant that owners Keith and

Leslie Castleberry could not meet the minimum setback required to build their planned house and swimming pool.

Steven Hartsell of Pavese Law Firm told commissioners that a literal enforcement of the regulation would result in undue and unnecessary hardship because the particular shape, size, location or topography of the lot, and would cause practical difficulties to the owners.

The owners had already obtained permits from the Army Corps of Engineers and the Department of Environmental Protection and paid a substantial amount of money to plant trees on Pine Island to mitigate for the loss of habitat on Sanibel.

Planners were also demanding that a rope and bollard be installed to delineate protected wetlands and mitigate against future encroachment of human activities within the so-called protected areas.

Some members of the commission took exception to the stringent conditions imposed by the city planning department. Commissioner Matt Kirchner commented that the department now seemed to be including berms and drainage plans in the developed area permitted. Sanibel only allows a certain percentage of the lot to be developed according to the eco zone in which the land is located, so including drainage in the developable area can limit the amount allowed for driveways or parking area. Removing the area in the open body of water further reduces the developable area.

The process for the Castleberrys has taken more than two years. Builder Ken Colter told commissioners that they had substantially reduced the size of both the

pool and the home in order to comply with Sanibel's restrictions. The owners said they had also restricted what they could build because of building costs rising daily.

In light of the doubt about whether an "open body of water" existed on the lot, the commission voted 6 to 1 to approve the variance for the property on Buck Key Road. Commissioner Eric Pfeifer suggested that planners define more exactly what constitutes an open body of water.*

No Changes To Property Rights

by Wendy McMullen

State dictates that the Sanibel Land Use Plan include private property rights will not effect any changes on Sanibel, the Sanibel Planning Commission was assured on Tuesday. Although people do have the right to exclude others from their property, they cannot take away what is termed "customary use."

Commissioner Ty Symroski was concerned that there are hotels in some parts of Florida where gun-wielding security officers prevent people from walking on the beach. He was assured, however, that a formalized customary use would not be infringed upon.

The commission voted 6 to 1 to include the state mandated rules in the Sanibel Plan. Commissioner Karen Storjohann was opposed because a 1926 law provided the municipality to dictate morals in the city.

"I don't think that's the role of the city," she commented.*



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Retreat Indicates Unity In Diversity

by Wendy McMullen

The second day of the city's strategic planning retreat on March 16 produced a great deal of consensus on Sanibel's vision and mission statements, with the current vision and mission statements written some 36 years ago largely unchanged.

"I was pleased at the result," commented participant Barbara Cooley. "We all seemed to be on the same page even though we came from different walks of life. It was a pleasant surprise. I feel optimistic about the city."

"I found the program a success largely because it was inclusive – bringing together a cross section of island residents along with city officials in identifying challenges and laying the groundwork for a strategic plan," commented Larry Schopp.

Wednesday's goal at the retreat was to come up with a strategic plan for the city by first identifying the city's vision, mission and core values, and to derive strategic goals and plans from that process.

Retreat facilitator Dr. Robert E. Lee explained that the vision statement was an aspirational statement of what participants wanted Sanibel to become in the future whereas the mission statement was an action-based statement that communicates how to achieve that vision.

What materialized from the discussion groups was, in the main, not very different from the vision statement passed in 1986 and included in the Sanibel Plan, excerpts from which are posted on the east and west walls of city hall.

The west wall reads: "Sanibel is and shall remain a barrier island sanctuary, one in which a diverse population lives in harmony with the island's wildlife and natural habitats." The east wall placard reads: "Sanibel is and shall remain a small town community whose members choose to live in harmony with one another and with nature: creating a human settlement distinguished by its diversity, beauty, uniqueness.

Some additions were thought necessary, however. One theme



The city manager and city council are in the front row with facilitator Dr. Robert E. Lee, seated far left

photo by Wendy McMullen

that emerged from the discussions among the eight groups of five or six participants was the need to include more intergenerational diversity in the goals and plans for the city.

Speaking in the public comment period, Jennifer Braun, president of The Sanibel School parent teacher association and mother of two young children, stressed the importance of continuing attention to the school's enrollment and funding.

"We see opportunity for The Sanibel School to be an environmental magnet school that draws on SCCF, "Ding" Darling, CROW and the (Sanibel) Sea School to further the mission of the Sanibel Plan," Braun said, adding that there should also be a greater awareness of the Children's Education Center of the Islands which, she says, plays a critical role in providing childcare for the island's workforce and a preschool education with a focus on nature.

Kate Shaffer, retreat participant and parent of two youngsters, echoed the need for more programs and attention toward younger families, pointing out that the founders of the city, like Porter Goss and Francis Bailey, headed young families when the city was founded nearly 50 years ago.

Another emergent theme was the need for diversity in the city.

"My father-in-law used to say, 'a healthy community is made up of a

diverse population,'" said Councilman Richard Johnson quoting Francis Bailey, former owner of Bailey's General Store and one of the city's first councilmembers.

Also mentioned in the vision statement was the need for responsiveness on the part of the city and economic stability, both of which were faltering and suffered at the onset of the pandemic. Of particular mention in both the public comment and by the participants was the city's website that needs overhauling, and, to use words of one commentator, "bringing it into the 21st century."

Almost all groups included the small town nature of Sanibel in the vision statement.

Top core values of the city identified by the assembly were integrity, stewardship, conservation and respect. Also frequently mentioned were transparency, open communications, efficiency, diversity and adaptability, collaboration, fairness and consistency.

There was no time for discussion of the strategic goals evolving from those core values to be fully analyzed. However, many included educating visitors and residents about the Sanibel Plan and the reason for the city codes, streamlining city services with an emphasis on transparency, adapt to changing circumstances through coastal resiliency planning, storm water planning and adoption of energy efficiency and the use

of renewable energy.

Other strategic goals mentioned included advocating for clean water among local regional state and federal agencies, improving classification and pay for city employees, developing wellness programs at the city's recreation center and increasing diversity by attracting younger people to the island and improving the city's infrastructure. One group also touched upon creating a more inclusive community by fostering a collaborative approach in which the school, local businesses and island organizations work together to meet local needs, including the integration of the school, the recreation center and the Center 4 Life activities to incorporate a multi-generational philosophy.

Dr. Lee expressed satisfaction with the retreat and appreciation of the participants.

"Everyone was very civil and seemed dedicated to the process. There was no one on their cell phones. There were two periods for public comments and those comments were incorporated into the results," he commented.

Forty two participants attended the two-day retreat at the recreation center. Members from the city included the city council, chairman of the planning commission, police chief, city manager and directors of all city departments, along with the planning supervisor and

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Catholic Group Hosts Italian Fiesta



From left, Frank Gallo, Sandra Dalbac, Veronica Gallo, Marcia Leslie, Shirley Bonner, Meg Matlock, Bob Kern, Lyn Kern and Don Matlock photo provided

March 19, the traditional date for the feast of St. Joseph, was marked by SanCap Catholics with an Italian Fiesta replete with a grand “home-cooked” buffet, the opportunity to socialize with old and new friends, and an evening of dancing, with music provided by DJ Jeff Jodice.

The feast was held in the Iona Hall

at St. Columbkille Catholic Church and was attended by over 175 members from Sanibel and the nearby Fort Myers community. Held annually, this gathering continues to grow in popularity and attendance, with proceeds going to the charitable giving events sponsored by SanCap Catholics.✱

Island Seniors Activities At The Rec Center

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

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

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

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

Euchre – Fridays, 1 p.m.

Hot Dog Lunch – Wednesdays, 11 a.m. to noon, Osprey Room Cost is \$3. RSVP to 472-0345.

Page Turners Book Club – Zoom only, second Tuesday of the month, 2:30 p.m. Email sanibelbum22@gmail.com for link.

Meditation – Zoom only, Mondays at 4 p.m. with Christina Shaul. Zoom link: <https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjxcFptVWRZbGhhVkwYUXFZdz09>

QiGong with Paul Lawrence – Zoom only, Tuesday and Thursday, 3:30 p.m. ID: 881 9005 3793 Password: qigong

Chair Yoga and Gentle Yoga – Chair Yoga is offered on Tuesdays from 1:30 to 2:30 p.m. and Gentle Yoga is offered on Thursdays from 1:30 to 2:30 p.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Space is limited. Call Dave or Jessica at 472-0345 for more information.

472-0345 for more information.

Balance-Core and Strength Aerobics – This slower paced class encompasses targeted moves to improve balance and strengthen the core. This class is perfect for the older active adult looking to improve their mobility. Class time is from 10 to 11 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited. Call Dave or Jessica at 472-0345 for more information.

Page Turners book discussion for Tuesday, April 12 is *Harlem Shuffle* by Colson Whitehead. To be added to the email list, contact Louise Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

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

Twins vs. Red Sox Spring Training Game (Rescheduled) – Monday, April 4 at 1 p.m., CenturyLink Sports Complex in Fort Myers. Cost is \$27 for members and \$32 for non-member. Prepayment required by Monday, March 28. Call Dave or Jessica at 472-0345. Transportation and parking fee not included.

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



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APRIL 11TH & 18TH**

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TUESDAYS

9:30 am Watercolor w/ Anita

12:30 pm Social Bridge

1 pm Line Dancing w/ Valorie Wolf

WEDNESDAYS

1 pm Painting w/ Friends

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

1 pm Hearts Card Club

FRIDAY, MARCH 25TH

11:45 pm Hearts Tournament

SATURDAY, APRIL 9TH

9 am - 2 pm Art-Craft Show

SUNDAY, MARCH 27TH

1 pm Kid Cooking

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Students educate Sanibel Shell Festival visitors about mollusks photos provided

Museum Leads Student Shell Studies Program

Marine biologists at Bailey-Matthews National Shell Museum recently wrapped up their annual five-week Shell Studies program for sixth grade students at The Sanibel School.

The program is designed to introduce students to mollusks, the animals that create shells, and their importance to the ecosystem. One lesson showcased mollusks' unique adaptations such as ink, slime, camouflage, tentacles and jet propulsion. During another lesson, marine biologists took a deep dive into several local gastropod and bivalve species, teaching students facts about the creatures they might find on



Students from The Sanibel School on their Shell Studies field trip to the museum

Sanibel's beaches. Students then chose three different mollusks to research, and presented their findings to the class.

The Shell Studies program culminated with a field trip to the museum. Students biked over from The Sanibel School and explored the Great Hall of Shells and the marine life in the Beyond Shells Living Gallery.

The students accompanied museum marine biologists at the "Shell Shack" during the 85th annual Sanibel Shell Festival at The Community House on March 5. Students shared their

newfound knowledge about local mollusks with festival visitors and answered questions about mollusks on display in the tanks including horse conchs, Florida fighting conchs, lettered olives, crown conchs, banded tulips, lightning whelks and ponderous arks.

The 2022 Shell Studies program was made possible by a grant from the Sanibel-Captiva Shell Club.

For more information on the museum's educational programming, visit www.shellmuseum.org/education.

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THE FISH YOUTH SCHOLARSHIP PROGRAM Financial assistance for educational field trips during the school year and for summer camp and school vacation programs when children are out of school. Assistance is also given for preschool/childcare and special needs care.

CHILDREN'S PRIVATE TUTORING & MENTORSHIP FISH assists with educational support in the form of private tutoring that allows a teacher to assist the student with STEM subjects such as math, English, history and more. FISH also offers one-on-one mentorship matching up a volunteer and student.

CHILDREN'S BACKPACK PROGRAM Designed to battle childhood hunger by providing nutritious weekend food and extra snacks for children throughout the year, including summer and other breaks. Students receive non-perishable, nutritious foods on a weekly basis. The program is offered at no cost to participants.

BACK TO SCHOOL ESSENTIAL CLOTHING & SUPPLIES Undergarments, socks and school supplies for children ages Pre-K through 12th grade are offered to offset back to school shopping expenses.

FOOD PANTRY CHILDREN'S PRODUCTS Juice boxes, pre-packaged snacks, individually wrapped cheeses and fruits, 'lunchables', ready-made meals, and more. There is a high demand particularly during summer and school vacations.

CHILDREN'S GIFT ASSISTANCE Each year FISH provides extras for our island youth, to make our neighbors celebrations a little brighter. FISH is here to help our neighbors during the holidays with stocking stuffers for Christmas, adopt-a-family program, Holiday Toy Drive, bunny baskets for Easter, and pumpkins at Halloween.

BIKE DISTRIBUTION For a healthy form of exercise and child's enjoyment or needed transportation for older youth.

SPECIALIZED SCHOOL SUPPLY ASSISTANCE In addition to basic school supplies, FISH offers financial assistance for students who need specialized supplies for school or extracurricular activities ranging from calculators to textbooks to musical instruments to sports uniforms. FISH works with each family on an individual basis to address their child's need.



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A close look at Pennsylvania everlasting reveals whitish wooly hairs on the stems and leaves photo by Gerri Reaves

Plant Smart

Pennsylvania Everlasting

by Gerri Reaves

Pennsylvania everlasting (*Gamochaeta pennsylvanica*) is a naturalized member of the aster family found throughout Florida in moist lawns and disturbed sites, particularly in partially shaded exposed soil.

Its native range is tropical and

subtropical America, but it is also common in the southern and eastern U.S., as well as California.

As the binomial and common name suggest, it is found in Pennsylvania too, although not native to the state.

Another common name is wandering cudweed.

Sources differ on its native status in Florida, perhaps because it has long been naturalized. However, the authoritative Atlas of Florida Plants classifies it as nonnative.

Despite that and the fact that it's

considered a weed, you could do worse that tolerate it in your lawn, for everlastings, or cudweeds, are visited by butterflies.

The spoon-shaped leaves arise from a rosette anchored by a taproot. They have wavy edges and measure about one to two and a half inches long.

The stems can be erect or spreading

and are often thick. White wooly hairs on the leaves and stems give the plant a whitish cast.

Dense heads of bisexual florets are arranged on the stem or at the base of the leaf stalks. Overall, they have a fluffy look.

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

City Of Sanibel Vegetation Committee

Planting Trees In The Right Place

A mistake in planting the wrong tree in the wrong place can be costly. It is always a good idea to evaluate the yard or landscape you are planning to plant in terms of soil, sun/shade, water needs, growth rate, salt tolerance and leaf persistence, but especially when planting under power lines. In times of hurricanes or high winds, trees that have not been trimmed properly may cause branches or whole trees to fall across wires. The resulting outages are one of the most frequent causes of power interruption and fires.

The City of Sanibel vegetation requirements (Section 122-168) detail planting limitations under overhead power lines as follows: "To reduce maintenance problems due to vegetative growth along overhead power lines within the city, trees or shrubs that exceed 20 feet in height at maturity shall not be planted within 10 feet either side of the vertical plane of the centerline of existing overhead power lines (not including service lines)." LCEC, the power provider for Sanibel, has additional guidelines on its website: www.lcec.net/reliability/vegetation-management/planting-trees.

To determine the proper place to plant your tree, be sure to consider the size of the tree at maturity, including both the trunk and the canopy. The city's list of native plants gives the heights of trees and shrubs at maturity to help you



Power lines running through the center of a mahogany tree photo by Dana Dettmar

determine suitable species for planting under power lines. LCEC also has a list of appropriate plants as does the SCCF Native Landscapes & Garden Center. The City of Sanibel Natural Resources Department can also provide guidance in planting "power line friendly vegetation."

Some examples of poorly placed trees requiring correction have included mahogany trees, which reach 60 to 70 feet at maturity, and royal palms, rising to nearly 100 feet, both of which grow well above the height of power lines. In conclusion, plant the right plant, especially under power lines.

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

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Michael Klotz

Grigorios Zamparas

Sat. April 9 • 4 p.m.

Classical Crossovers: The Life and Music of George Gershwin with Professor Thomas Cimarusti and Guests

Dr. Cimarusti will discuss how Gershwin fused classical and jazz idioms into a distinct musical genre that remains popular among Broadway, classical and jazz enthusiasts. Tickets \$15



Tue. April 12 • 10 a.m.

The RMS Titanic: The Most Fateful Maiden Voyage in History!

When the RMS Titanic steamed out on her maiden voyage in April 1912, she was considered practically unsinkable — or so it was promoted. Dr. Jerry Franz of FGCU will discuss the very short history of this mammoth and luxurious ship. Tickets \$15



Tue. April 26
10 a.m.

Looking for Loot: How Nazi-Stolen Artworks Are Finding Their Way Home

Art looting has a very long history, but nowhere was it practiced on a greater scale than when Europe was under Nazi domination. FGCU lecturer Carol Jonson will discuss the efforts museums and galleries are making today to look for "loot" in their collections and retribute it to rightful owners and heirs. Tickets \$15

Flowers by German artist, Lovis Corinth-1913



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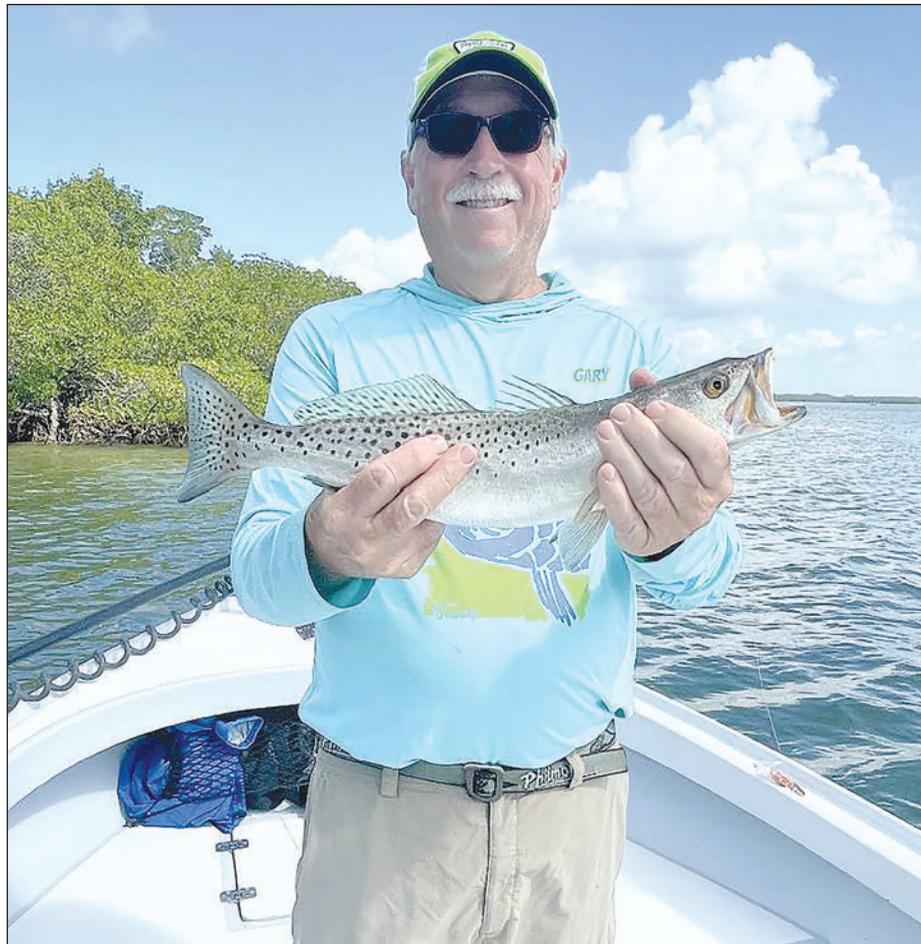


by Capt. Matt Mitchell

After what was one last cold front, we experienced what can be described as a very quick rebound with fishing improving in only a few days. Now that we have

officially entered spring, hopefully that's it for cold weather until next winter. Spring is always one of the most exciting times to be out on our waters with not only tarpon migration kicking off but snook fishing kicking into high gear as they begin their annual spawn.

After the big blow and a few cold mornings, bait returned to the flats and we are right back to shiner fishing again. Over the past few weeks, I have been returning and retargeting places that I have not fished since before our devastating red tide of 2017-18. It's amazing that these places that were void of fish for several years are now right back to holding lots of fish. The one true tell-tale sign of the vast improvement in water quality has been the amount of trout we are catching almost everywhere we fish. From mangrove creeks to passes and of course the flats, trout are all over in big numbers with an average size over the



Gary Biltgen with one of many trout caught while fishing with Capt. Matt Mitchell this week photo provided

15-inch minimum.

For as long as I can remember, trout were always that fall-back species that

could be caught almost no matter what. When the snook and redfish would not cooperate or you had kids on the boat

looking for fast-paced easy action, trout were the go-to. After the catastrophic red tide event, they were simply gone... we just did not see trout in any kind of numbers for years. Trout are a very delicate fish and took the worst hit from the red tide of any other species.

Now, fast forward basically four years and these fish are back in huge numbers. The flats that I had given up on are now loaded once again. Healthy trout can be found on every glass flat throughout the sound. Clean, clear water and healthy grass flats are the main reason for this vast improvement we have witnessed in this fishery. After so many years of not having these angler friendly fish in the mix, it sure feels good they are back.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com. ✨

From page 8

Retreat

and a member of the natural resources department.

Members of the public were taken from a variety of nonprofit organizations and businesses including Sanibel-Captiva Conservation Foundation (SCCF), JN "Ding" Darling National Wildlife Refuge, Committee of the Islands (COTI) and a wide variety of business organizations including real estate, property management and retail stores. ✨

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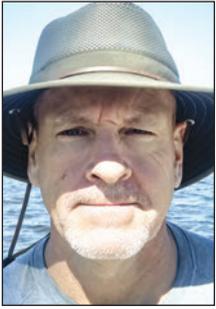
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) is a nocturnal, stocky bird with a large head, pointed ear tufts and an uncanny ability to camouflage itself against tree bark. Juveniles are fluffy

and gray and have fine barring throughout their bodies.

At CROW, an eastern screech owl fledging was admitted from Sanibel after being found on the ground alone with no evidence of parents present or a nest. Upon further examination, the patient had a puncture wound on its neck, heavy blood loss resulting in anemia and was severely dehydrated. CROW staff suspect that the patient was attacked by a predator.

"Falling from the nest and attempting to fly are both possibilities that may have left the young owl more susceptible to the suspected predator attack, but we cannot definitively confirm that that occurred," said Dr. Charlotte Cournoyer, CROW veterinary intern. "The puncture wound was cleaned and bandaged. After a couple days of daily bandage changes, the wound



Patient #22-913 during its blood transfusion

scabbed over and is now considered resolved."

The owl was given a direct blood transfusion from Mina, a great horned owl that is one of CROW's animal ambassadors.

"It is impossible to say exactly how much blood the patient lost but it was a significant enough amount to be clinically weak," said Dr. Cournoyer. "The patient received two percent of its body weight in blood during the transfusion. This is the maximum dose per transfusion and will help the owl feel better as its body continues to regenerate more red blood cells on its own."

After the transfusion, the screech owl

photo by Charlotte Cournoyer

was placed in an oxygen tank.

"We usually supplement oxygen to the patients who get transfusions," said Dr. Cournoyer. "Red blood cells carry oxygen throughout the body, so when there is a lack of red blood cells, we provide oxygen supplementation to help the patients breathe easier until their blood count is improved."

The owl was observed to be standing a week after admittance and will continue to be monitored under supportive care.

"This young owl is a fighter. Even when he presented to the hospital, he was still acting stronger than one would expect with the severity of his wounds and anemia," said Dr. Cournoyer. "We suspect

the transfusion helped the owl feel much better, and he is continuing to recover well.

The young owl will need to stay at CROW until it is able to fend for itself.

"At this time, the owl is too young to be released and will stay with our rehab team. The patient is being raised with other orphaned eastern screech owls and will remain in care until it is able to fly and hunt on its own," said Dr. Cournoyer. "However, we do not expect any delay in this process as he is now doing well."

This is another example of a CROW ambassador exhibiting heroic qualities.

"Our ambassador animals at CROW are here because they were deemed non-releasable. In addition to being utilized for education programs, sometimes they also are available to donate blood to any hospital patients needing a blood transfusion. Common reasons these patients may need transfusions is blood loss from trauma or rodenticide poisoning," said Dr. Cournoyer. "We are extremely grateful to our ambassador animals for providing this important service. They truly are heroes and, in this case, Mina saved this young owl's life. Go Mina!"

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

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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under. General admission includes the daily presentation and no reservation is required. Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road. Masks are required at all times in the Visitor Education Center.

Wildlife Walk With Rehabilitators and Staff – Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission. This program is not recommended for children under the age of 13. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule
Friday, March 25, 11 a.m.,

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those



needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Friday, March 25, 2 p.m., Species Profile: Sea Turtles – CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW’s team members explains why they are admitted and how the medical staff treats this species. One of CROW’s animal ambassadors will be present.

Saturday, March 26, 11 a.m., A Day in the Life – Students and volunteers share their favorite patient stories and give you an inside look at what happens behind the scenes. One of CROW’s animal ambassadors will be present.

Monday, March 28, 11 a.m., A Day in the Life – Students and volunteers share their favorite patient stories and give you an inside look at what happens behind the scenes. One of CROW’s animal ambassadors will be present.

Monday, March 28, 2 p.m., Pollination – Animals play an important role as pollinators and are responsible for the production of most fruits and vegetables. This presentation will cover the partnership between plant and

pollinator as well as the most important animal pollinators and the flowers they visit. One of CROW’s animal ambassadors will be present.

Tuesday, March 29, 11 a.m., Vultures – Vultures are unique and play a beneficial part in the ecosystem. Take an overall look at vultures and their contributions to the environment. Explore vultures from different countries, learn about their positive role in human and wildlife health, and what you can do to help their conservation efforts.

Tuesday, March 29, 2 p.m., Species Profile: Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Snakes are valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW’s animal ambassadors will be present.

Tuesday, March 29, 4:15 p.m., Speaker Series: Unique Sanibel Island & the Surrounding presented by Capt. Brian Holaway (in person and Zoom) – This talk will illuminate the importance of island ecosystems, why their protection is crucial and why this area is unique to Southwest Florida. To register, visit <http://www.crowclinic.org/articles/2022-speaker-series>

Wednesday, March 30, 11 a.m., Wildlife Rescue 101 – Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on sustainable recreational practices to

survive. Animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether deterring visitors from feeding birds on the beach or detaching a pelican from fishing line, this program covers wildlife rescue assessment as well as handling techniques.

Wednesday, March 30, 2 p.m., Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida’s wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW’s animal ambassadors will be present.

Thursday, March 31, 11 a.m., Patient Profiles: Birds of Prey – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW’s animal ambassadors will be present.

Thursday, March 31, 2 p.m., Species Profile: Bats – Bats are the only true flying mammals on earth and can be found throughout Southwest Florida. Their many physical adaptations provide them with unique advantages in the ecosystem. This presentation discusses the common bat species found around Florida, general characteristics of bats, why bats come into CROW, and their benefits to both the ecosystem and humans. One of CROW’s animal ambassadors will be present.✧

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Learn about the history of area islands

photo provided

Captain To Speak On Local Island Ecosystems

Next up in the Clinic for the Rehabilitation of Wildlife (CROW) Speaker Series is Unique Sanibel Island and the Surrounding Area, presented by Capt. Brian Holaway of Captain Brian on the Water. The

program will be held at CROW's Visitor Education Center and virtually over Zoom on Tuesday, March 29 at 4:15 p.m.

Island ecosystems serve an important purpose. Holway illuminates the importance of island ecosystems, why their protection is crucial and why the waters, islands, shells, plants, marine life, wildlife, history and people of this area are unique to Southwest Florida. He will also touch specifically on Sanibel

Island, Captiva Island and Cayo Costa, and how they all help sustain healthy ecotourism, wildlife populations and healthy environment overall.

Speaker Series programs are approximately one hour in length. Advance registration is required. Admission per person or device is \$10 plus applicable taxes and fees. For reservations, visit www.crowclinic.org/articles/2022-speaker-series or call 472-3644 ext. 222.

CROW is located at 3883 Sanibel-Captiva Road. For the schedule of presentations and topics in the series, visit www.crowclinic.org.*

State Mandates Flood Regulations For Sanibel

by Wendy McMullen

Seven years ago, Florida's governor, Rick Scott, ordered state environmental officials not to use the terms "climate change" or "global warming" in government communications. Now, the state not only accepts climate change but is mandating that Sanibel and other coastal communities make changes to their land use plans to accommodate it.

Termed "Peril of Flood State Requirements," the Florida Legislature directs communities with a coastal management element to include

redevelopment principles that eliminate inappropriate and unsafe development in coastal areas.

The state mandate will make little difference to Sanibel. Sanibel's Land Use Plan already addresses many of the Peril of Flood requirements. Sanibel already has in place development based on ecological zones. The vision statement added to the Sanibel Plan in 1995, establishing a hierarchy of values placing the sanctuary quality of the island as more important than development and tourism, and the city joined the national flood insurance program, requiring new buildings to be elevated in 1979.

Additionally, Sanibel began participating in the Federal Emergency Management Agency (FEMA) Community Rating System (CRS) in 1990 and was the first city to receive a CRS rating of 5.

The purpose of the state's directive is to regulate development and redevelopment in areas subject to flooding from high-tide events, storm surge, stormwater runoff, flash floods and the related impacts of sea level rise.

The state also asked the city's department of natural resources to put together maps showing the consequences of one-, two-, three- and four-foot sea level rise. Interestingly, the areas that will remain if Sanibel were to undergo sea level rise of four feet are those in Shell Harbor and Lake Murex areas that were developed by "dredge and fill" in the 1960s and 1970s.*

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Bicolor Purse Oyster



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

The Bicolor
Purse Oyster,
*Isognomon
bicolor* (CB
Adams, 1852),
has an oval, very
flat shell, with
thin-walled valves

and coarse, wavy, blade-like lamellae. The shell can reach 40 mm (about 1.6 inches.) Internally, the shell has a small nacreous area, the non-nacreous area is wide and the hinge in juvenile shells has a set of ridge-like teeth. This species is known to grow on rocks and hard structures in many areas of the Florida Keys. The complete shell in the illustration was collected by Kimberly Nealon on Summerland Key, in April 2021.

The Bailey-Matthews National Shell Museum is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. To make a secure donation, visit www.sanibelmuseum.org. For more information, call 395-2233.✳



BMSM 133110
Isognomon bicolor
Summerland Key, Florida, USA

The Bicolor Purse Oyster, *Isognomon bicolor*, from Summerland Key, Florida Keys

photo by José H. Leal

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, March 27. Enchiladas with Spanish rice and black beans are on the menu for Thursday, March 31. 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.

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. Two tables are in play. Come out and watch the action.

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

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

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

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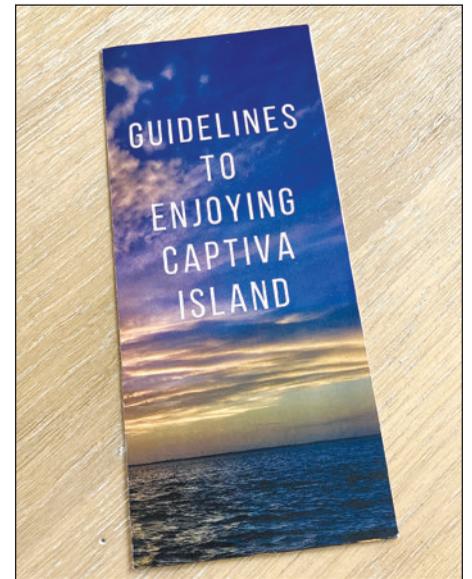


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Signs remind visitors to stay off protective dunes and sea grass on Captiva's beaches photos by Kathy Kurtz Ferrari

Captiva has seen an increase in first time visitors which has caused traffic and other issues

A guideline pamphlet was designed to educate visitors about Captiva

Respect Captiva's Environment

by Kathy Kurtz Ferrari

There was a time when Captiva was an isolated isle, jokingly called "a quiet little drinking village with a fishing problem."

But those days are long gone. To be sure, Captiva has been discovered, now ranked as one of the top island

destinations in the U.S., according to *Condé Nast Traveler*.

A major transformation has taken place over the last two decades, as the island's quaint, two- and three-bedroom cottages have been replaced by large rental homes with five or more bedrooms. Golf carts and scooters buzz around the village, sometimes driven by underage vacationers.

While tourism has brought in millions of dollars to the economy, it has also brought visitors who may not be aware of the island's delicate ecosystem.

While Sanibel is also seeing flocks of

new visitors arriving on its shores, rental homes there require a 28-day minimum. Captiva has a seven-day rental policy. Condominium associations on both islands have various policies.

Captiva faces unique challenges due to its small geographic layout and compact neighborhoods, particularly in the village.

Since the beginning of the pandemic, some Captiva residents have become concerned with increasingly unruly behavior emanating from rental properties. Concerns include overcrowding of homes; late night noise and loud music from backyard pools;

trash and beach equipment left on the beach overnight; golf carts taken on joy rides; and encroachment on protective sand dunes.

The most egregious incident occurred in July 2020, when six sea turtle nests were destroyed after a visitor drove a golf cart onto the beach.

In a grassroots effort, a group of Captiva residents, led by Lee Childers, Jon Rosen and Richard Sonking, has aligned to form Concerned Residents of Captiva (CRC) to bring awareness to rental property owners and agencies, and

continued on page 22



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Coral Reef Restoration

The Florida Fish and Wildlife Conservation Commission (FWC) and Florida Institute of Oceanography (FIO) have partnered to construct a new seawater system at FIO's Keys Marine Laboratory in Layton. This state-of-the-art seawater system will provide the means to preserve and restore coral colonies to Florida's coral reef that have been impacted by stony coral tissue loss disease (SCTLD).

SCTLD has resulted in massive die-offs of many coral species. The severity of this disease resulted in an unprecedented effort to further research on SCTLD and develop intervention approaches. The coral rescue response has relocated at-risk coral colonies from Florida's coral reef to aquariums across the country in order to conserve and protect the genetic diversity of these coral species.

This coral reef seawater restoration system is the first facility that will be able to receive the corals from propagation efforts at aquariums and will temporarily hold thousands of juvenile corals in a high quality environment while being transferred from the land-based aquaria back to

the reef each year. The collaborative effort is led by Florida Department of Environmental Protection, FWC, National Oceanic and Atmospheric Administration and the National Park Service.

For more information on SCTLD, visit www.myfwc.com/coraldisease. For more information on Florida coral rescue, visit www.myfwc.com/research/habitat/coral/disease/rescue.

From page 20

Captiva

to educate tourists on how to be responsible visitors to the fragile barrier island.

While CRC is adamant they are not against tourism or the rights of homeowners to rent their properties, their focus is on responsibility and education.

Siggi Ahrens, Royal Shell Vacations director of operations for Sanibel and Captiva, has noted the surge in demand over the last two years, as travel elsewhere has been affected by the pandemic.

"There have been a lot of new visitors to Sanibel and Captiva, new people who have never been here before who don't know what the islands are," Ahrens explained. "Some of them maybe had a false expectation. There were a lot of

people that prior (to COVID) would have gone on cruises or traveled somewhere that wasn't viable. So they discovered the islands.

"I think it's great we have new visitors, because we pride ourselves on our repeat customers... but as those people age or for whatever reason they don't come back as often, they have to be replaced with new ones. Those are the people who have to understand what Sanibel and Captiva are."

Tourism is the life-blood of the islands. And although tourists may think of the island as strictly a vacation destination, they may not realize Captiva is home for many people.

Last October, CRC sent out the first of several letters to 400 Captiva property owners listing the concerns and seeking input from recipients.

According to Childers, roughly 160 people have joined the effort, with over 50 sending supportive emails.

Through feedback from the mailings, CRC has determined some important information. Many residents said they have taken a "grit your teeth" position in putting up with out-of-control renters. Some rental property owners were unaware of the situation, as their homes are owned as rental businesses. Most rely on rental agencies, but many check-ins are done with no face-to-face contact.

CRC has produced a brochure and a three-minute video to educate visitors on their Captiva vacation. It covers regulations which are part of the Captiva Community Planning Code, such as golf cart rules, designated quiet hours between 10 p.m.

and 7 a.m., and beach etiquette.

"We want to stress, these are not new rules," Childers said. "These are existing rules. So our mission is this: educate and make people aware."

Enforcement is difficult, however. While the Captiva Community Panel, working as a liaison with Lee County, is the only "quasi-government" on the island, it has no enforceability. Problems are handled by Lee County deputy sheriffs assigned to Captiva.

As of mid-March, rental agencies Royal Shell, American Realty and Kingfisher Vacations are supporting the CRC effort, agreeing to give renters the guideline pamphlet at check-in and working to have them view the video before their arrival. CRC hopes other agencies will join them.

Early efforts of the initiative seem to be paying off.

"Now, if you go on the beach in the morning, the beach seems to be really clean," said Sonking, who lives near the beach and walks it frequently. "People are picking up their equipment. The beach is clean. So it's working."

Organizers realize this initiative will have to be reinforced over the years, as more tourists discover the island.

"This is about education," Sonking added. "We are not against renters. We are not anti-business. We are anti-bad behavior."

For more information on CRC, email concernedresidentsofcaptiva@gmail.com.

Visit www.youtube.com/watch?v=VN8W8EAOzt4 to view the *Guidelines to Enjoying Captiva* video.

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Shell Found



Karen Sather photo provided

Karen Sather from Austin, Texas found a six- to eight-inch junonia while exploring Captiva Island on March 9 with her sisters-in-law, Maria and Lis. "What a surprise it was to all of us. I never dreamt of finding such a treasure. The sun was about to set so I found it just in time. What a perfect end to another day of shelling on Captiva," she said.✱

April Programs At Captiva Library

Next month's roster of activities provided by the Captiva Memorial Library offers topics for adults and children. The following programs are free to the public:

Adult Programs

Jimi Aguilar: *The Sound of the Andes* – Wednesday, April 6 at 4 p.m. Hear the music of the Inca Empire.

The Story Behind *Code of Honor* – Wednesday, April 13 at 4 p.m. Award-winning author and acclaimed lecturer Robert N. Macomber will give a presentation on the latest epic in his Honor Series. Find out about the causes, personalities and legacy of the 1904-05 Russo-Japanese War, which changed America and the world to this day.

Children's Programs

April Showers Bring May Flowers – April 1 to 9. Available during normal library operating hours. Browse the book display about rain. Make some colorful cupcake liner flowers.

Ba Ba Baa Sheep – April 12 to 23. Available during normal library operating hours. Books about sheep will be on display. Make a sheep craft using paper and cotton balls.

Hop on Over to Captiva Memorial Library – April 26 to 30. Available during normal library operating hours. Hop on over and read our display books about bunnies. Make a toilet paper tube bunny craft.

Captiva Memorial Library is located

Shells Found



Brinley Leech photo provided

Brinley Leech found a Scotch bonnet and a cowrie on March 13 while shelling with her Mom near beach access 6. She loves to shell while visiting her grandmother here every spring, but these two shells are ones she has never found before.✱

at 11560 Chapin Lane on Captiva. Normal operating hours are: Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.

For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711 or jlaguardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.✱

Bird Walks With Audubon Society

The Sanibel-Captiva Audubon Society is offering bird walks at 8 a.m. at the following locations:

March 26, Wildlife Drive at JN "Ding" Darling National Wildlife Refuge
April 2, Lighthouse Beach Park
April 9, Lakes Park in Fort Myers
Visit www.san-capaudubon.org for more information, including directions.✱



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Photo by Andrew West/The News-Press

LECTURES

Mar. 15: Diver and photographer LINDA IANNIELLO (pictured)

Apr. 6: News-Press visual journalist ANDREW WEST



CLASSES

Mar. 2: San Carlos Bay / Bunche Beach Marine Biology and Field Lab

Mar. 17: Biodiversity and Taxonomy of Mollusks

Mar. 31: Drawing & Illustrating Shells

Apr. 13: Shell Morphology: Understanding Shell Descriptions

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PoetryFest Returns To Sanibel Library

submitted by Joe Pacheco

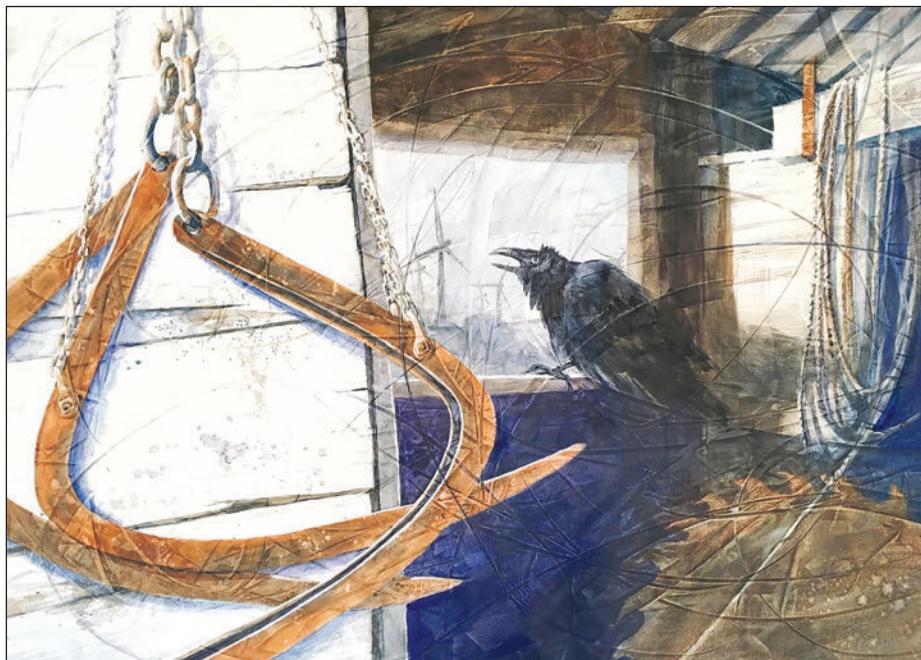
After a pandemic-induced absence of two years, PoetryFest returns to the Sanibel Public Library on Wednesday, April 13 at 2 p.m. A group of 22 poets from Sanibel, Lee County and Southwest Florida will recite their poetry in celebration of National Poetry Month.

The Sanibel Poets Society and Sanibel Public Library have hosted PoetryFests since the year 2000.

Members of the audience will be invited to recite an original or favorite poem. Admission is free and the poetry priceless.

Participating poets are: Dorothy Brooks, Brodie Burns, Carol Drummond, Dan England, Chris Godwin, Sandy Greco, Jim Gustafson, Robert Hilliard, Tanya Hochschild, Andi Horowitz, Diana Howard, Linda Hughes, Mary LaVelle, Holly McIntyre, Marilyn Mecca, Edwin Moses, Joe Pacheco, Nick Ranson, John Robilotta, Art Stevens, Larry Stiles and Lorraine Williams.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call Joe Pacheco at 472-1280 or email sanibeljoe@comcast.net.



Evolution by Kathleen Conover

From page 1

Reception

member of the National League of American Pen Women, National Association of Women Artists and Florida Artists Group. She studied art and design at Rochester Institute of Technology and has worked in the art field for over 20 years while residing in Stuttgart, Germany. In addition to many solo and group exhibitions, she has

image provide

taught watercolor for over 40 years.

Kathleen Conover exhibits, juries exhibitions, gives demonstrations and teaches in-depth workshops. She studied fine arts at San Diego State University, finished her bachelor of art degree at University of Washington in Seattle and earned her master of arts degree from Northern Michigan University.

Conover's current involvement in the growing international watercolor scene includes invitations to exhibit, judge and demonstrate in China, Turkey,

France, Belgium, Thailand and Greece. She has been honored as one of the 40 international master watercolorists invited to exhibit at the first watercolor-exclusive museum in Qingdao, China, the "Birthplace of Watercolor."

Conover said, "My concerns are often allegorically represented in images of flora, fauna, landscapes and non-objective forms of expression. I especially enjoy the juxtaposition of organic (representing nature) and structural (human organization) elements."

Shah Hedjebi is a full-time watercolor artist residing on Sanibel. He graduated from Syracuse University in the late 1980s and comes from a family of artists. Although he has been painting for the past 20 years, his first artistic outlet was music, but in time he realized that painting was his most natural artistic expression and passion. He paints a wide variety of subjects from animals and portraits to still life, classic automobiles and architecture. Living in Southwest Florida has supplied him with an endless array of topics; wading birds on the beach and at wildlife sanctuaries, classic automobiles at local car shows as well as popular architectural landmarks. Hedjebi's main goal is to bring some presence and mindfulness into this hectic world, and to live a life where his inner and outer purpose are aligned.

BIG ARTS is located at 900 Dunlop Road. Gallery hours are Tuesday to Friday, 10 a.m. to 4 p.m., Saturday and Sunday, 9 a.m. to 1 p.m.*

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 1/2 jalapeño, seeds removed and diced fine
 1/4 cup fresh cilantro, chopped or hand torn
 1/2 cup red onion, diced small
 3/4 cup mayonnaise, plain yogurt, or sour cream (plus more, if desired)
 1 1/2 fresh limes, juiced
 2 cups Monterey jack cheese or pepper jack cheese, shredded
 A few dashes of hot sauce, to taste
 2 tablespoons Latin spice blend or taco seasoning
 Sea salt and fresh ground pepper, to taste
 Preheat a sauté pan over



Charred Sweet Corn Dip

photo courtesy Fresh From Florida

medium-high heat. Carefully add the shucked corn to the preheated pan without oil. Cook the whole corn for five minutes while rotating them occasionally until some light charring is formed on the kernels. Remove the corn from the pan and let cool to room temperature. When the corn is sufficiently cooled, carefully remove the kernels from the cob using a serrated knife. Add all ingredients, including the charred corn, to a medium-sized mixing bowl. Stir ingredients to combine. Taste and adjust seasoning with sea salt, fresh ground pepper, and hot sauce. Keep corn dip cold until serving. Serve corn dip with tortilla chips and fresh veggies for dipping.*

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Audubon Society Bird's Eye View

What kind of birder are you? There are almost no "former" bird watchers. Birders can be found everywhere, in the field, forest or beach, watching birds from the trails, windows and wheelchairs. Birding is flexible and promotes a love for the outdoors and nature. Sustainable ecotourism practices are the economic alternative to practices that degrade ecosystems. Birdwatching in 2016 added \$80 billion to the U.S. economy. Audubon's bird-based conservation efforts support a network of community-based birding destinations.

Look at the profound figures from JN Ding Darling National Wildlife Refuge, which boasts more than one million visitors each year hailing from all over the world to see Sanibel's 250-plus bird species. Island visitor fees lead to enhanced protection of bird species and other wildlife through conservation land acquisition and habitat restoration. The City of Sanibel, Sanibel-Captiva Conservation Foundation (SCCF) and "Ding" Darling provide expansive opportunities on their conservation lands to watch wildlife and share experiences with others.

It is no secret that the number of bird species threatened and endangered in the world rises every year. Ethical birding practices lessen the impact of human influence and protect birds from danger. The American Birding Association and Audubon Society have specific guidelines in their code of birding ethics based of the best available science and conservation guidelines.

Most birders hope that by sharing their images, they inspire others to love birds as much as they do. It's important to be sure you are capturing these behaviors as authentically as possible, so you aren't interfering with wildlife and the success of the species, whether it be foraging, migration, breeding or nesting.

As an ethical birder, what are your

responsibilities?

Lead by example – If a bird changes its behavior, you are too close. Give birds plenty of space and stay on the designated trails and behind protected posted areas.

Avoid birding in nesting areas – Stay at least 25 yards from beach resting and nesting areas. Give beach birds a wide berth and stay at least 30 feet away from foraging areas.

Never use playbacks to draw a bird to the area – Using calls of predators attracts birds to the area, away from their nest, leaving the young unprotected and vulnerable to the elements. Audubon photography awards will be excluded if taken with the aid of playbacks. Using playbacks is against the law and a violation of the Lee County ordinance 18-12: "No person shall lure or call-in wildlife, by any means."

Don't use drones to locate birds – Drones cause unnecessary stress to bird resting areas. Flushing birds reduces fat stores that birds need during migration and nesting periods.

Protect the wrackline (seaweed, shells) so the shorebirds have a safe place to forage.

Plant trees and foraging plants to create more bird habitat in your backyard.

Birders need to be ethical role models, respecting the law and the rights of others. For more information, visit www.audubon.org or www.aba.org.*

Grief Support Group Meetings

GriefShare sessions are held in the Family Life Center at Sanibel Community Church on Tuesdays through March from 5 to 7 p.m. The program is open to anyone who is grieving. Sessions feature a video, book and support. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

Sanibel Community Church is located at 1740 Periwinkle Way.*

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Emerging Artist Series

March 29 - 11:00 am & April 5 - 11:00 am



March 29 and April 5 at 11:00 am the amazing Bower School of Music Strings return to Sanibel. March 29 features soloist Glenn Basham, concertmaster of the Naples Philharmonic. April 5 features the entire Symphony Orchestra under the direction of Dr. Kyle Szabo, head of strings studies. A free will offering supporting the Bower School of Music will be collected. Register for seating on www.SanibelMusicFestival.org.

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Visit our website to buy tickets and review
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BIG ARTS Monday Night Film Series

The Man Who Sold His Skin

by Di Saggau

The Monday Night Movie for March 28 is *The Man Who Sold His Skin*, a film from Belgium that is both a satire of the elitist and manipulative art circles, as well as a critique of the world's dehumanizing apathy toward the international refugee crisis. The film intertwines the two unrelated subject matters. It was nominated for Best International Feature Academy Award.

The film is about Sam, a passionate and resourceful Syrian refugee who goes to extreme lengths in navigating his dire circumstances to reunite with the love of his life. His sacrifice involves loaning his bare back as a canvas for an intricate tattoo by an internationally acclaimed and controversial artist. The artist intends to turn Sam into a work of art worth millions. Sam is to receive a third of any sale or resale of the artwork, but in return, he must be available and on time for all planned exhibitions.

When an organization for the defense of Syrian refugees tells Sam he's been exploited, he starts to doubt his decision. These doubts increase when he is sold to a Swiss collector and



image provided

soon offered for auction.

The film runs 104 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film, Don Irwin will lead a discussion. Tickets are \$10 and can be purchased online or at the box office. BIG ARTS is located at 900 Dunlop Road on Sanibel. Call 395-0900 or visit www.bigarts.org.

Oh, Rats

submitted by Anita Poling

I went to sleep last night thinking, "I haven't heard the call of an own in a long time. This is the time of year I would have heard their beautiful trilling call since we can sleep with the doors open. As reported in the *Island Sun*, CROW (Clinic for the Rehabilitation of Wildlife) continues to have numerous patients suffering from the effects of rat poison. The most recent I saw was a juvenile bobcat who had suffered several days before being found and taken to CROW. Unfortunately, the bobcat had to be euthanized.

Recently, I have notice multiple rats that have been run over on the road, probably because the rat ate poison and, over time, staggered blindly into the street. A few weeks ago, I found a rat in our driveway with the same lumbering gait. It had several puncture wounds, which may have been caused by a predator, but its movements made

me wonder if rat poison was also a factor. At least it had not started bleeding from the rectum, which is the result as rat poison slowly destroys the gut. This poor creature had green flies embedded in the wounds, and you can imagine the results of that. It was suffering and tore at my heart. I picked him up, wearing gardening gloves, and put him in a box to transport to CROW. The med tech there immediately took the poor creature to the back where I'm sure it was euthanized.

I write these graphic details to imprint the horrible effects of using rodenticides. Many of our neighbors use electric chambers, which are effective and humane. Poisoned rats wander aimlessly, making them an easy target for predators. Once consumed, the predator suffers the same fate; a slow, painful death.

So, by using a rodenticide, not only does the rat die, but so does the native predator, like owls, whose diet is mostly rats. Please stop using rodenticide. No creature should suffer.✳

From page 1

Film Festival

designs and builds a mobile app to help kids stay connected to their incarcerated parents by sending photos and letters;

Proof of Loss by Katherine Fisher – When a fire takes their home, a father and daughter must find a way to salvage what remains: each other;

When You Clean a Stranger's Home in which a first-generation high school student describes what she and her mom learn about people when cleaning their homes;

Between the Lines: Liz at Large by Abi Cole tells the story of the first black woman cartoonist published in *The New Yorker* magazine in its near-century run;

Wearable Tracy by Emily McAllister chronicles how a Bronx woman's

accidental social experiment connects her with fellow New Yorkers who might otherwise forever remain strangers;

To the Future, With Love by Shaleece Haas and Hunter "Pixel" Jimenez, an animated self-portrait of a nonbinary trans teen caught between the expectations of his Guatemalan immigrant family and his dreams of living happily ever after with his long-distance boyfriend.

Tickets for LUNAFEST, in either format, are \$20 and sales will benefit the Zonta Foundation of Southwest Florida which distributes grants to local organizations that assist women in need. To learn more about this year's films, to view trailers and to purchase tickets, visit www.zontasancap.org and click on LUNAFEST.

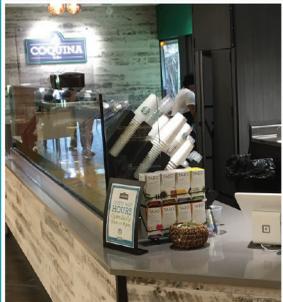
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Book Review

The Nameless Ones



by Di Saggau

In John Connolly's *The Nameless Ones*, the Charlie Parker series returns with a heart-pounding race to hunt down deadly war criminals. Connolly really has a way with words... one reason why I enjoy his books so much. He is able to mix thrills with a touch of the supernatural, along with a touch of humor.

For example, early on we meet a woman, who at the age of 12, shot and killed a vagrant who entered their house and attempted to rape her mother. "She knew the Sixth Commandment declared "Thou shalt not kill" but she had always believed that Moses, in returning from Mount Sinai, had neglected to bring with him a final tablet, the one containing all the fine print, possibly because his arms were already full."

Four people are killed in Amsterdam and their remains are arranged around the crucified form of their patriarch, a fixer, go-between and confidante of the assassin named Louis. The killers are Serbian war criminals who plan to

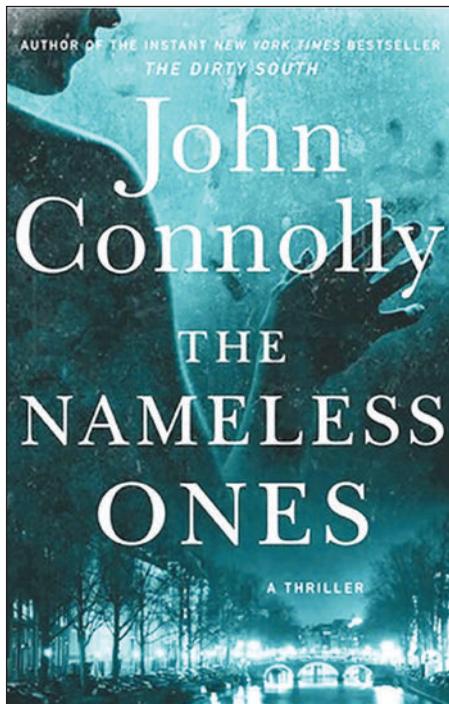


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retreat to their homeland.

In the book, Parker is mostly talked about and plays a small part in the action later on. In the lead are Louis and Angel, his colleagues who intend to hunt down the five killers before they disappear using whatever violence is necessary to avenge a wrong. There is one problem. The sixth killer. Her name is Zorya, one to be reckoned with as she has alleged supernatural powers

that make her a deadly killer.

The Serbian war criminals go by the name Vuksans. They need new identities and passports in order to escape. Meanwhile, Louis brings along two assassins from Japan. The novel hops from Paris to Prague in pursuit of the fleeing Vuksans. One by one, Louis and his crew start picking them off.

The novel's climax takes place in

a cemetery, just beyond Vienna, the Cemetery of the Nameless and the anticipated confrontation with the mysterious Zorya. The pacing in the book is tense, and the chess game between the two groups of assassins will keep your heart jumping. I suggest you first read the Author's Note, which gives a brief history on the political climate in the book.*

School Smart



by Shelley M. Greggs, NCSPT

Dear Shelley, My

11-year-old daughter has some visual, motor and sensory processing deficits that slowed the development of her fine and gross

motor skills. Her skills are improving but she still needs to work on them. I would like some suggestions for helping her to improve her skills.

Sarah C, Sanibel

Sarah,

Children develop fine and gross motor skills at different rates. Improvement of these skills is usually targeted to younger children, and it's often assumed that these skills have been ameliorated by the tween and teen years. In fact, many older children do need to work on their fine and gross motor skills. Here are some suggestions from an occupational therapist that are both instructional and will provide an enjoyable experience for you and your daughter.

For fine motor skills:

Cooking – From chopping vegetables to kneading bread or pizza dough, cooking together can be a relaxing way to build fine motor skills. It also gives you some time together and learning how to cook is a valuable life lesson.

Building – If your child enjoys working with her hands, put her to work doing some home repairs. Working with tools like a hammer and a screwdriver allows kids to make use of the small muscles in their hands. It also improves hand-eye coordination.

Playing a musical instrument – Playing an instrument can help build fine motor skills, especially piano, woodwind instruments and guitar. Even if your child had trouble playing an instrument as a younger kid, it's worth trying again if she expresses an interest.

Practicing beauty routines – Putting on makeup and creating complex hairstyles require a surprising amount of fine motor skill. Assuming the use of makeup works with your house rules, this could be a lot of fun for your daughter.

3D puzzles – 3D puzzles have foam-like pieces that fit together to create models of everything from the Millennium Falcon to the Eiffel Tower. Until your child's fine motor skills improve, it may be hard to place the

pieces. Start with simpler puzzles and work up to the more complicated ones.

For gross motor skills:

Trampolines – Jumping on a trampoline is a great activity to improve balance. Going to an indoor trampoline park can turn practice into a social event with friends as well. You can also buy a mini-trampoline to use at home but if you do, make sure to set safety rules, like having a jump bar.

Bowling – Aiming for targets and rolling a bowling ball is another way to work on gross motor skills. If you don't have a bowling alley nearby, you can always set up water bottle bowling at home, using empty plastic water bottles and a soccer ball.

Walking or hiking – Walking or climbing over unstable surfaces can help kids work on strengthening their trunk muscles. Taking a hike with your child would also be beneficial for both of you.

Swimming – Swimming is a whole-body activity in which your child's body must work against the resistance of the water. It not only builds gross motor skills, it also helps develop proprioceptive awareness (knowing where your body is in space).

Playground activities – Using "unstable" playground equipment also helps develop your child's trunk muscles. Kids can try out things like rope ladders and wobble bridges. It gives tweens, especially, an excuse to return to the playground.

Riding a bike or a scooter – Some kids who struggle with gross motor skills may learn to ride a bike later than their peers do. A scooter is a little easier to master and can be a step on the way to bike riding. Once kids do get the hang of it, though, bike riding can help older kids learn to maintain balance. Plus, it gives them a way to get around independently and an activity where they can interact with their peers.

Dancing – Whether it's a dance class, a dance at school or just dancing to music at home, dancing has many benefits. Dancing helps kids develop balance, coordination and motor sequencing skills. It can also be a great way for kids to socialize.

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

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Changes Coming For Harvest Of Goliath Grouper

The Florida Fish and Wildlife Conservation Commission (FWC) approved a limited, highly regulated recreational harvest of goliath grouper in state waters beginning spring 2023.

This unique recreational opportunity is possible through conservation efforts by state and federal agencies that aided in the goliath grouper population rebuilding over the course of three decades, following years of overfishing. This limited harvest will allow access to a fishery that has been closed since 1990 by issuing up to 200 harvest permit tags via random-draw lottery.

This approved recreational harvest of goliath grouper includes:

- A recreational harvest of up to 200 goliath per year, with a maximum of 50 from Everglades National Park;

- A required recreational goliath harvest permit and tag, issued via a random-draw lottery, to legally harvest a goliath (\$150 for residents, \$500 for non-residents);

- Limiting harvest to one fish per person per open season with permit and tag, non-transferable;

- A March 1 through May 31 season;
- Allowable gear will be hook-and-line only;

- A slot limit of 24 to 36 inches total

length;

Harvest would be permitted in all state waters except those of Martin County south through the Atlantic coast of the Keys, all of the St. Lucie River and its tributaries, and Dry Tortugas National Park; and

Post-harvest requirements, such as proper utilization of the harvest tag, reporting harvest data and submitting a fin clip for genetic analysis.

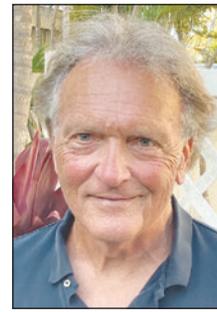
Harvest will continue to be prohibited in federal waters.

"After decades of closure to this fishery, we welcome this opportunity for a highly regulated, limited take of goliath grouper," said FWC Commissioner Robert Spottswood. "In addition, the post-harvest data reporting will help guide future management decisions for this species."

FWC staff have gathered stakeholder comments on this topic since 2017 from our commenting webpage, various commission meetings and workshops. This opportunity is intended to provide access to this fishery while balancing the values of various stakeholder groups. Goliath grouper over 36 inches in length will continue to be prohibited from harvest as well as those in heavy dive ecotourism areas. This limited harvest is not intended to address fishing depredation concerns.

For more information, including the March 2022 commission meeting presentation, visit www.myfwc.com/commission and click on Commission Meetings.*

Poetry Corner



by Clay C. Ewell

Seizure

They would come in the night, in those most quiet of moments when
The world exhales into the darkness and in repose, finds a separate peace.
When thought and sense, fear and joy give way to the gentle, drifting, floating
Voyage across the moonlit sea of dreams, they would come in a gathering wave
And you would be lifted upon its crest and with thundering

violence,
Smash down upon a distant rock strewn shore, again and again and again.
In the dark stillness, your dreams would arise and like flamelit shadows,
Dancing o'er the rough canvas of the cave wall, conjure forth
Daemons that sensing the finite limits of corporeal habit,
Would thrash and rush and rage about your body, as if to escape
These earthly bounds, this gift, this curse of substance suspended
In the void, to fly, to soar up and away, to be free of life.
But as the spreading waves spent themselves upon the distant shores
An uneasy quiet would descend upon your intrepid soul, as it sought
A foothold above those churning waves that had swept you from the world.
Safe again, but atremble with the lingering flashes along the far horizon
We walked slowly in the night air, your unfocused eyes wandering over a world bereft
Of its meaning, as if what your inner eyes had seen, was too much to behold.

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

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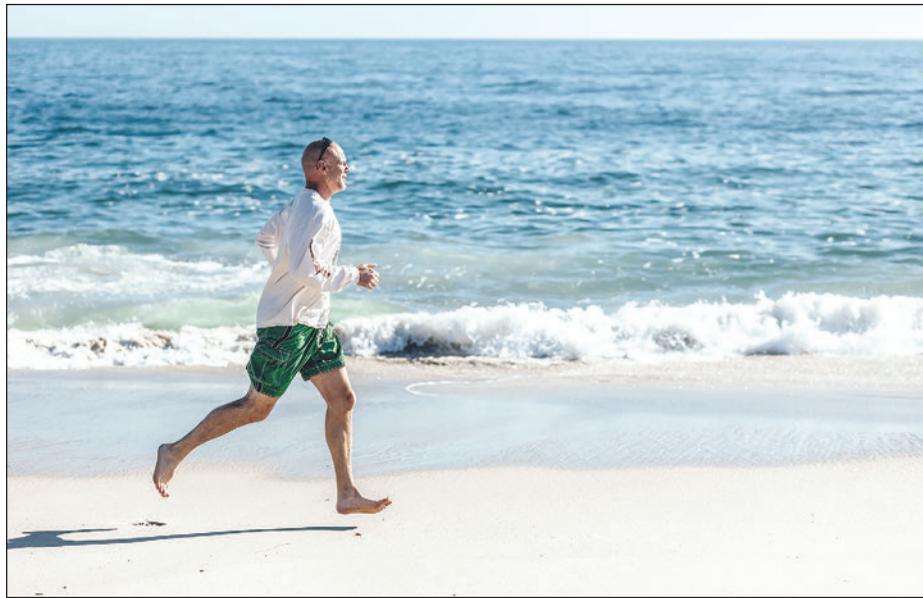
Exercising Unplugged



by Allison Havill Todd

In our fast paced world of high tech gadgets, Fitbits, Garmins and smart phones, it seems that we are always measuring, tracking or listening to something while we are exercising. How many steps did I take today? What distance did I run? What is my average pace? How many calories did I burn? How many revolutions per minute did I maintain while cycling? How many miles did I walk? What is my heart rate? The possibilities for measuring our activities are endless, yet when was the last time you engaged in a healthy, athletic endeavor just for the fun of it?

Having trained as an endurance athlete, I understand the value of following a training plan and tracking progress, distance and pace when preparing for a "big" event, but I also recognize the benefits of turning off the watch and running, cycling, swimming, or whatever, just to enjoy it. Instead of listening to music or your favorite podcast, try going silent and enjoy the sound of your footfalls, your breathing,



Enjoying a peaceful run on the beach

photo provided

the rustling of the breeze in the trees, the sounds of the birds or the lap of the waves on the shore. Forget about what route you are going to take or how far you are going to go and simply immerse yourself in the beauty of our island and let your mind drift.

For many, exercise may seem like a task to be completed as part of a weight loss plan or a prescribed activity under doctor's orders to overcome a health issue, and we distract ourselves any way we can to complete the chore. However, given the number of people who are limited by mobility issues,

arthritis or other chronic conditions, we may instead consider ourselves fortunate to be able to enjoy a stroll down one of our many island paths or a ride on our bicycle.

I recall a conversation with a friend who was training for a long distance run saying, "I have to run 15 miles today." Maybe we can rephrase that to, "I get to run 15 miles today, because I can." Whether you are training for a special race, trying to lose weight or just maintaining a healthy lifestyle, I invite you to try going "unplugged," even if it's just for one day of the week. Leave

your earbuds behind, turn off your Fitbit, silence your phone... I promise you, nobody is watching and you may be amazed by what you experience!

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.*

Workshops And Classes

BIG ARTS offers a variety of workshops with experienced instructors. The schedule is:

Glass Fusing with Petra Kaiser – Wednesdays, April 6 to 27, 9:30 a.m. to 12:30 p.m. Donor: \$99; nondonor: \$124.

Glass Fusing with Petra Kaiser – Thursdays, April 7 to 28, 9:30 a.m. to 12:30 p.m. Donor: \$99; nondonor: \$124.

Watercolor Painting with Sunny Krchmar – Wednesdays, April 8 to 29, 9 a.m. to noon. Donor: \$156; nondonor: \$195.

Pre-registration is required. For more information, call 395-0900, stop by the box office, open from 9 a.m. to 3 p.m. at 900 Dunlop Road on Sanibel. For full course descriptions, visit www.bigarts.org or email info@bigarts.org.*

Island Voices: Speaker Series

Highlight on Historic St. Augustine

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A historian from St. Augustine will reveal the historic merits of this age-old city.



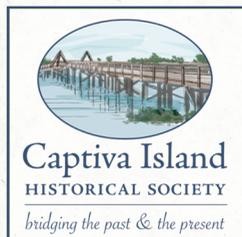
Monday, April 4, 2022 at 7:00pm

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or CaptivaIslandHistoricalSociety.org
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Sea School Course Focuses On Ghost Crabs

submitted by Shannon Stainken,
Youth Education Director

Sanibel Sea School provides customized, field-based education for homeschool families and co-ops. Marine Science Educator Kimberly Bouwkamp recently led six young explorers on a Homeschool at Sea course focused on ghost crabs.

Bouwkamp started the class by passing around crab exoskeletons to discuss these marine creatures' adaptations and what makes ghost crabs unique. Students were given the opportunity to create their own small crabs using shells, sticks and a little plaster. Next, Bouwkamp led the group to the gulf to search for ghost crab burrows and learn about estimating animal populations. Students picked random spots on the beach and outlined 10-by-10-meter quadrats (squares) in the sand and counted the number of ghost crab burrows within each quadrat. "It was great to watch the students search for the tracks and burrows and see their excitement when they found one in their square," Bouwkamp said.

After repeating the process a few times, students calculated an average number of burrows per quadrat. Knowing this number, the total area of Sanibel and with a little help from Bouwkamp,



Measuring a ghost crab photo provided they were able to estimate the number of burrows on Sanibel. In theory, if there is one crab per burrow, they also estimated the population on the island. "Getting an accurate number would take longer and repeated observation, but the exercise was a fun, hands-on way to introduce the students to one of the many important techniques field biologists use to estimate populations," Bouwkamp said.

The class ended with students pairing up to dig their own "burrows" big enough to climb into, where half the fun was burying each other. The students took turns filling the holes back in, too.

Homeschool at Sea programs are

customizable based on the group's interests, tailored to complement existing homeschool curriculum or as a fun, educational elective. Groups typically meet once a month from September through May.

Sanibel Sea School is located at 455

Periwinkle Way. For more information, visit www.sanibelseaschool.org/homeschool-at-sea. New homeschool group requests are being taken for May. Email sanibelseaschool@sccf.org or call 472-8585. ✨

Shell Found



Ben Anderson

photo provided

Ben Anderson, 8, from Ottawa, Canada found a 12-inch long horse conch on March 15 near beach access 4. Ben was visiting his grandparents. ✨

Shell Found



June Van Thoen

photo provided

After 14 years of visiting Sanibel from Virginia, June Van Thoen found a junonia on March 11 at Blind Pass. ✨



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What's 'Cap'-ening

A Glance At Captiva Events

by Kathy Kurtz Ferrari

The Captiva community gathered on March 23 to say goodbye to longtime resident Hal Miller, who died last June at his northern home in St. Louis, Missouri.

Countless friends and family members paid tribute to Miller in a celebration of life service at the home of his close friends, Dan and Krys Stegman.

During the celebration, people stepped up to a microphone to share their favorite memories of Miller, an affable man who was known as a great story-teller. He was even featured in an *Island Sun* story in 2020 after he created his own smiling face mask in the early days of the pandemic.

Another recent event brought many Captivians together as Jimmy Jensen and his band, Cat Named Clark, put on an informal concert at a private home on the island. It was a special treat as Jensen hadn't played on Captiva for a while. He and various musicians could often be heard jamming at Jensen's Marina for many years, but since the family sold the marina, as well as complications due to the pandemic, those sets haven't been as frequent. The band appears occasionally at The Cracker Box in Fort Myers.



The late Hal Miller was featured in the paper with his homemade smile mask in 2020

photos by Kathy Kurtz Ferrari

The Captiva Community Association (CCA) hosted an encore of the popular Perfectly Paired food and wine education sessions on March 21. Calli Johnson from Bailey's and Tyler Haas, wine and spirits manager from Johnson Brothers, brought more tantalizing tastes and libations for attendees to sample.

In anticipation of April Fool's Day, the CCA will sponsor a Fool's Fest party, the next event in the Porch and Patio Series, on Monday evening, March 28. All island jokers, jesters or



Jimmy Jensen, second from left, and the band Cat Named Clark playing a recent session on Captiva

anyone who wants to have fun are asked to show up in miss-matched outfits, loud colors or casual Mardi Gras attire to enjoy cocktails, appetizers, and live music from the Hot Buttered Nuggets. For more information, visit www.ccacaptiva.org.

And that's What's Cap'-ening on Captiva this week!

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



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Lynn Quigley is one of the Sanibel-Captiva Art League members who is exhibiting works at the library photos provided



Computer Coach Florinda Patterson offers technology assistance

Art Exhibit And Tech Help At Sanibel Library

Stop by the Sanibel Public Library this month to see a collection of Calusa artifacts curated by Charles LeBuff.

Sanibel-Captiva Art League members Anita Force Marshall, Vreni Scheu and Lynn Quigley are exhibiting their original works throughout the library.

The following programs are open to the public and no registration is required:

Virtual Program: WWII 1944 Big Week with Duane Shaffer is offered on

Friday, April 1 at 10 a.m. The Big Week was a series of round the clock raids by the U.S. Army Air Force and RAF. The plan was to attack the German aircraft industry by luring the Luftwaffe into a decisive battle to ensure the success of the Allied invasion. Go to the library's webpage, www.sanlib.org, a few minutes before 10 a.m. on April 1 to log in.

To celebrate National Poetry Month, Vicky Lettman will lead an informal conversation about the relevance and enjoyment of poetry on Thursday, April 7 at 2 p.m. Bring a favorite poem to share or recite. Attendees may also write a poem.

Poets young and old from Sanibel

and Southwest Florida will gather at the Library on Wednesday, April 13 from 2 to 5 p.m. for Poetryfest. More than 20 area poets will perform their poetry (time limit of five minutes). Members of the audience will be encouraged to participate.

Percy Jackson fans are invited to come to the teen area on Thursday, April 14 from 6 to 7:30 p.m. Try some blue food, quiz yourself on your Demi-God knowledge, challenge your friends to a Gryphon egg hunt and get sorted into a cabin at Camp Halfblood. In

Sanibel Public Library offers Computer Coach service on Fridays and Saturdays from noon to 1 p.m. Bring in your

device for technology assistance with Hoopla, Kanopy, Libby and other library apps. These apps allow cardholders to download ebooks, magazines and audiobooks, or stream music and movies. For one-on-one help go to www.sanlib.org/techappointment to register, or call 472-2483 to schedule an appointment.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID). Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, visit www.sanlib.org. Sanibel Public Library is located at 770 Dunlop Road.*

Top 10 Books

1. *Honor* by Thrity Umrigar
 2. *The Good Sister* by Sally Hepworth
 3. *The Last Trial* by Scott Turow
 4. *Once Upon an Island Known as Sanibel* by Charles LeBuff and Betty Anholt
 5. *The Splendid and the Vile* by Erik Larson
 6. *Love & Saffron* by Kim Fay
 7. *One Italian Summer* by Rebecca Serle
 8. *Peach Blossom Spring* by Melissa Fu
 9. *Sleeper Agent* by Ann Hagedorn
 10. *The Suite Spot* by Trish Doller
- Courtesy MacIntosh Books and Paper.*

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Shell Crafting

Owl

by Anne Joffe

Many species of owls call Sanibel and Captiva home. These majestic birds are great subjects for shell crafting. You can make a whole nestful of owls if you like.

- Materials:
- 1 Medium pair cockles (body)
 - 2 Medium turkey wings (feet)
 - 2 Large turkey wings (wings)
 - 2 Small buttercups (eye sockets)
 - 1 Slipper shell (nose)
 - 2 8mm wiggle eyes

Directions:
Glue cockle shells together and with hinge facing front, glue the medium turkey wings on either side of bottom for feet – narrow end in rear.

Glue the large turkey wings on either side of the cockle for wings, hinged side facing back. Angle them so they flare out.

Glue a buttercup on each shoulder for eye socket.
Glue the slipper shell, point side down, at the top of the cockle hinge for nose.
Glue wiggle eyes in center of buttercup.

Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She is the author of ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.*



Owl

photo by Anne Joffe

From page 1

Quartet

includes more than 30 renowned recordings, nine Grammys (including two for the Best Classical Album), three Gramophone Awards, the Avery Fisher Prize and Musical America's Ensemble of the Year."

The members of the Emerson String Quartet were inducted into the Classical Music Hall of Fame in 2010. In 2015, the quartet received the Richard J. Bogomolny National Service Award, the highest award in classical chamber music.

The program begins with the Beethoven *Quartet No. 14 in C-sharp minor, Op.131*. The seven movements will be played without a break with Philip Setzer as first violin. Following an intermission, Eugene Drucker will serve as first violin for the Schubert *Quartet No. 14 in D minor, D. 810*. The concert is sponsored by longtime festival supporters, Sue and Tom Pick

Sanibel Music Festival concludes the 2022 season with two Emerging Artist Series concerts featuring the musicians of the Bower School of Music at Florida Gulf Coast University (FGCU).

On Tuesday, March 29, the Bower School of Music string ensembles perform, featuring violin soloist Glenn Basham, concertmaster of Naples Philharmonic, on Vaughn Williams' *Lark Ascending*, arranged for string quintet and solo violin. Violin soloist

Dr. Kyle Szabo, who received a standing ovation for his performance on Sanibel in 2021, will play the Schubert *String Trio in B-flat* with a student ensemble. Dr. Szabo is head of strings studies and orchestra director at FGCU. The concert will include string quartet selections from Mendelssohn, Shostakovich and Ravel.

On Tuesday, April 5, the entire Bower School of Music Symphony Orchestra will perform. The WA Mozart *Symphony No. 38, "Prague"* and the Stravinsky *Pulcinella Suite* will be presented as complete works. "We anticipate inspiring performances again this year and can promise amazing musicianship," said Gloria Garrett, festival board member. The concerts are sponsored by local residents Lee and Gene Seidler.

Both concerts will take place at Sanibel Congregational United Church of Christ at 11 a.m. Emerging Artist Series concerts are performed for free-will donations which support the Bower School of Music. Donations may be made on the Sanibel Music Festival website or at the concert. Pre-register to assure seating at www.sanibelmusicfestival.org.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For tickets, visit www.sanibelmusicfestival.org, stop by Bank of the Islands at 1699 Periwinkle Way on Sanibel (check and cash only) or call 344-7025.*

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Music by DJ Robert MacDonald
Live & Silent Auctions**



Tickets are \$250 per person and available online at:
<https://sanibelchr.org/mm2022/>

Online auction starts March 24th at:
<https://www.32auctions.com/mm2022>
and ends at 5 p.m. on March 30th.

Manatees will then be on display and go up for final bid at the Grand Finale on April 1st. Three manatees have been reserved for live auction bidding at 7:30 p.m. with emcees Nicole McHale and Eric Pfeifer.





Christina Zeller designed *Island Fever*, which is on display at Dream Vacation Rentals photos provided

Jewel of Dinkins Bayou by Mary Snyder is on view at Olde Sanibel Shoppes

Joan Tangren Reynolds is the creator of *M Kid*, sponsored by Heidrick & Co. Insurance

Martha Fudge-Bell, created by Andi McCarter, can be seen at Kingfisher Real Estate & Vacations on Captiva

From page 1
Manatee Madness

tumble in the warm gulf waves. Manatee Madness tourists who are biking along Periwinkle Way can stop at Dream Vacation Rentals, 1619 Periwinkle Way, Suite 202, to visit *Island Fever* by Christina Zeller. "Every day is a reminder to protect and preserve this diverse natural environment we are lucky to call home," said Zeller. A Swiss native,

Zeller received her textile art degree at Kunstwerbeschule in Basel, Switzerland. She is a textile and fashion designer whose artwork reflects her passion for color, shape and composition, and her vast global experiences. *Jewel of Dinkins Bayou* is located at Olde Sanibel Shoppes, 630 Tarpon Bay Road, sponsored by On Island, Island Paws and Over Easy Cafe. Mary Snyder is the creative force behind *Jewel*. Snyder's favorite medium is beading. You can see her other works at the BIG

ARTS gift shop, where she and her other "Bead Studio" gals are the managers. Snyder imagines that *Jewel* enjoys much about the bayou and often will visit Captiva and Jensen's Marina, where she loves the Captiva Mullet March parades with all the music, singing and costumes.

Then there is *M Kid*, he's a spunky manatee statue on display at his sponsor, Heidrick & Co. Insurance, 1648 Periwinkle Way, Suite A. Creator Joan Tangren Reynolds attended Minneapolis College of Art & Design in etching and lithography. Her media is oil, acrylic, pastel, watercolor, ink and wax, but the subject matter in her paintings has remained the same; landscapes (urban and rural). Tangren Reynolds' artwork is featured at the Everett & Charlie Gallery in Minneapolis and at Sanibel Art & Frame.

Manatee *Martha Fudge-Bel* is on display at Kingfisher Real Estate & Vacations, 11528 Andy Rosse Lane on

Captiva. She was designed to represent all the wonders of the islands. She was crafted by Andi McCarter who has created hand-built narrative clay sculptures for over 45 years. Moving from Miami, McCarter lived and worked on Sanibel for 13 years. She has expanded her art medium to include watercolors, decoupage and collage.

The Manatee Madness Mardi Gras Party grand finale will be held on Friday, April 1 from 6 to 10 p.m. at MudBugs Cajun Kitchen, located at 1473 Periwinkle Way on Sanibel. Tickets are \$250 per person and include a buffet Cajun dinner, beignets for dessert, drinks and music by DJ Robert MacDonald.

The manatees will be up for auction, first online, and then live at the Mardi Gras party on April 1. For tickets and more information on online bidding, visit <https://sanibelchr.org/event/manatee-madness-2-0-mardi-gras-party/>. ✨

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A Night In Italy Tour Comes To Southwest Florida

Gulfshore Opera is offering four all-Italian evenings with a program of opera arias, ensembles, Canzone Napoletana and popular songs performed by leading artists of the cast of *Tosca*, including Italian tenor Alessio Borraccine. The Southwest Florida tour, entitled *A Night In Italy*, begins Thursday, March 31 and runs through Tuesday, April 5.

The show lineup is as follows:

Rose History Auditorium – Marco Island, March 31 at 7 p.m.; \$60 premium ticket (includes meet the artist reception), \$45 standard ticket;

St. Leo the Great Catholic Church – Bonita Springs, April 2 at 7 p.m.; \$60 premium ticket (includes wine reception), \$45 standard ticket;

Carmelo's Italian Ristorante – Punta Gorda, April 3 at 6 p.m.; \$100 ticket (includes dinner); and

Sanibel Congregational United Church of Christ – Sanibel Island, April 5 at 7 p.m.; \$50 premium ticket, \$40 standard ticket.

A Night In Italy features a dynamic and versatile quartet of nationally renowned artists performing music of Puccini, Donizetti, Tosti, Ennio

Morricone and others.

Roman native Borraccine is one of today's up and coming Italian lirico-pieno tenors. He is consistently praised for the beauty of his tone, his musicality and the physical embodiment of his roles.

Robyn Marie Lamp, a powerful Florida-based soprano, will sing the title role in *Tosca* for Gulfshore Opera. She will also be involved in Mozart's *Requiem* with the Palm Beach Symphony and Master Chorale of South Florida, and Beethoven's *Egmont* with Orchestra Miami.

Baritone Corey Crider joined the roster of The Metropolitan Opera in February 2022. He is an alumnus of Lyric Opera of Chicago's Ryan Opera Center and recently returned to the company as Malatesta in *Don Pasquale*.

Mezzo-soprano Krista Laskowski's repertoire includes both standard and contemporary opera, oratorio and song. Her work on the concert stage includes the works of Bach, Vivaldi, Saint-Saëns, Vaughan Williams and Argento.

Rose History Auditorium is located at 180 South Heathwood Drive in Marco Island. St. Leo the Great Catholic Church is located at 28290 Beaumont Road in Bonita Springs. Carmelo's Italian Ristorante is located at 321 West Retta Esplanade in Punta Gorda. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel. For tickets, visit www.gulfshoreopera.org.

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Sharing The Wealth For The Love Of Wildlife

Sanibel residents Laurie and Bill Harkey recently made sizable contributions to two island conservation nonprofits in a show of support for their programs and efforts to protect wildlife. The couple donated \$1 million each to the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) and Clinic for the Rehabilitation of Wildlife (CROW).

“Laurie and I have always been fans of the outdoors and wildlife, and this is a way to support public education and environmental and wildlife protection while we are still around to see the results,” said Bill Harkey, who served a 30-year career in the U.S. Army before retiring.

Having visited Sanibel since 2002, the Harkeys were hooked on the beauty and conservation ethic of the island. They became homeowners and moved to Sanibel permanently in 2019 and immediately began volunteering their time and resources at CROW, JN “Ding”



From left, Alison Charney Hussey, Bill and Laurie Harkey, and Birgie Miller photo provided

Darling National Wildlife Refuge, DDWS and other island organizations.

“We both came from community-minded families, and we were raised to believe in giving back, whether in time, money or in-kind donations,” said Laurie Harkey. “Several generations of both

our families instilled this philosophy of community responsibility in their children. Because of this influence, I became a licensed social worker so that I could practice this sense of community in my professional life. We are grateful that we are able to support our local nonprofit

organizations, and it’s gratifying to see the results of our good fortune.”

“I can’t say enough about the generosity of the Harkeys,” said DDWS Executive Director Birgie Miller. “Bill serves on our board of directors, and they both volunteer and constantly step up to sponsor events and support our programming. This overwhelming show of generosity represents a combination of permanent endowment support, capital and land support, as well as some annual unrestricted support for the refuge. We couldn’t be more delighted and grateful for the help with DDWS’ support of the refuge’s conservation and education mission.”

“Bill and Laurie’s philanthropy extends beyond these amazing contributions,” said CROW Executive Director Alison Charney Hussey. “CROW has been and continues to be blessed by the Harkeys’ support – their time, talent and treasure. We look forward to expanding CROW’s mission utilizing this extremely generous gift. They know the importance of allowing the organization to use the funds where they are best needed. Because of that and their generosity, our patients, our organization

continued on page 18B



Bid on a Captiva Cruises dolphin tour for four, followed by dinner at Doc Ford’s Rum Bar & Grille photos provided

Last Chance For Online Auction

submitted by Tom Sharbaugh

The Sanibel-Captiva Kiwanis Club online auction is open for business and the bidding action has been going strong. If you are one of the few who has not checked out the auction yet, now is the time before it closes at 6 p.m. this Sunday, March 27. And you can do it from your sofa. The auction site can be found by logging on to: www.32auctions/SanCapKiwanisAuction2022.

When you arrive at the auction, you’ll find over 50 items to peruse, so something there is sure to pique your



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interest. Items range from the expected to the rare and unusual. Many offer experiences you can’t get anywhere else, so it is definitely worth a look.

Items include resort stays, restaurant packages, private parties and dinners, artwork, fishing trips, boat cruises, sporting goods and equipment, wines and golf outings... lots of golf outings. Not so

expected are some unique, one-of-a-kind items and experiences. Where else will you find a tour of a world-class corkscrew collection, an educational tour of the Lee County Sheriff’s Gun Range (complete with safety instruction and firearms practice) or a bird’s eye view of the islands from a private plane?

Just looking over the offerings is fun



A tour on a private aircraft offers spectacular views of the islands

to do, and you may get some ideas for how to entertain those guests who keep showing up. Once you find an item you like, the bidding competition is also fun (and easy to do online).

The online auction was first created last year as a replacement for the Kiwanis Spaghetti Dinner, which has been on hiatus due to the pandemic. While everyone misses the fun and camaraderie of the live dinner gathering, the auction has used technology to keep alive that community spirit. And it has given the Kiwanis Club a new tool to maintain its important fundraising, which supports scholarships for island youth and other grants to recreation and education programs. Kiwanis President Joel

continued on page 20B



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Timothy P. Vick | Director of Research
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Partnership Formed To Help Fund Internships

submitted by J. Bruce Neill, PhD,
Communications Director,
Sanibel FlyFishers

The Sanibel FlyFishers is a club with mission. When we're not fishing, we try to improve our natural resources; for today and tomorrow. We want to ensure a fly-fishing community persists in Sanibel's future.

We have monthly meetings and fly-tying session and luncheons. A common thread of these activities is fellowship. During season, we have group fishing adventures where we gather and fish. We go to parks to practice our casting techniques. In all our activities, there are a lot of stories. We enjoy one another's company. We are a diverse group bound by the commonality of a love of nature, fishing and a desire to share our passions for fly fishing.

We have different politics, we come from different parts of the world, we had different careers and we have different points of view, but we put aside those differences because above all things, we have a common strong desire – to ensure the future of fly fishing on Sanibel; we have a dedication to natural resource conservation.

We believe in conservation education. To ensure the future of our natural resources, we believe we foster a new generation of resource managers – the nature stewards of the future. We raise funds to help educate and provide practical experience to young conservationists.

We have created an endowment fund at the FGCU Water School to provide scholarships for graduate students. In four years, we have raised over \$300,000 to endow that scholarship for the future. It is actively supporting graduate students at the Water School.

Now, we are turning our focus even more locally; we are very excited to have forged a partnership with Sanibel-Captiva Conservation Foundation (SCCF) to help support conservation research on island. Starting this year, for the next five years, we are raising funds to support research internship opportunities at the SCCF Marine Lab.

Pete Squibb, the president of Sanibel FlyFishers, feels like this is a very nice match for both organizations. "Our members realize that clean water is why we love Southwest Florida. Sanibel FlyFishers is excited with this partnership with SCCF. We know we will be providing direct support to SCCF marine research efforts through the marine lab. Anything we can do to increase the scientific knowledge base will help policymakers maintain and restore the rich marine ecosystems we have in Lee, Charlotte and Collier counties."

Dr. Eric Milbrandt, director of the SCCF Marine Lab, is excited to create these internships with the Sanibel FlyFishers. "Recent graduates in marine science with a BS degree have limited opportunities for exploring research in

Florida. This group of graduates want to work in the field but often face stiff competition for jobs in scientific and field research against more experienced people or people who have completed a graduate degree," Milbrandt said.

Not only do the interns gain valuable experience, but marine lab interns assist with ongoing research and monitoring projects as needed to gain experience in water quality, measuring the condition of seagrass and oysters, identifying phytoplankton and algae, and habitat restoration.

Milbrandt also pointed out that these internships are designed to broaden the experience of these young professionals. "They are also asked to formulate their own project, purchase necessary supplies to complete the project and collect and analyze data. At the end of their internship, they are asked to present their findings in a seminar with lab staff and others who are interested. The internship allows people to explore the field of marine science, gain connections, and gives them on-the-job training to help them decide on a direction for graduate school, or to give them more experience." Milbrandt said.

Research internships are impactful to our islands in many ways: they help guide a career path and allow an opportunity to gain practical experience and knowledge. They help train people to be better prepared for the job market. Interns help us learn about and better understand our marine environments and the challenges they face. And these young people live and work in our community – enriching it. So much good – right here on our island.

The Sanibel Flyfishers are excited to be able to help ensure the future of our natural resources, and in a way that enriches our community.

*Sanibel FlyFishers is a Florida registered nonprofit corporation, founded in 2001. It is a charter club of Fly Fishers International (FFI). The mission of Sanibel FlyFishers is to promote fly fishing and community-based conservation through education, advocacy and community outreach.**

Lions Club Scholarships

The Sanibel Captiva Lions Club is accepting applications for it Francis Bailey scholarships. Scholarships are awarded for post-secondary education. The scholarships are available to students who live or work on Sanibel or Captiva or whose parents live or work on the islands. The scholarships are in the amount of \$3,000 per year and are renewable as long as the person remains a full-time student in good standing. The scholarships are only for undergraduate or technical education and not for graduate education.

For an application, visit www.sanibelcaptivalions.org. Click on the Scholarships link and download the instructions and the application. Deadline for application is Friday, April 1. For more information, email the club through the website.*

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Thanks To Our Inaugural Sponsors for Supporting the Water-Related Work of SCCF and Sanibel Sea School

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Maggi Feiner and Pat Boris photos provided

Cheryl and Gary Biltgen

From left, Gary Chapman, Jim Bajek, Brad Thompson, and Kristi and John MacKinnon

FISH Of SanCap Honors Volunteers

FISH of SanCap honored its team of nearly 175 volunteers recently for their service to the agency.

FISH is a volunteer-founded social services organization, which began 40 years ago as a group of “neighbors helping neighbors.” Today, despite its exponential growth in impact, it still relies on volunteers. From the food pantry and hot meal delivery to food backpacks for children, or equipment for loan, volunteers are critical to daily operations. “We rely

heavily on our volunteer force and cannot thank each and every one of them enough. Their giving of time and energy toward our many programs and services is a true treasure,” said Maria Espinoza, executive director.

Despite the annual luncheon being canceled, FISH staff and board thanked its volunteers with new volunteer T-shirts, name badges and heart-shaped cookies. “The level of caring and compassion from our volunteers is second to none, and we are so very proud to work with them. We wanted to present a small token of our appreciation for them and hope they wear the shirts with pride knowing how

much they have contributed to our community,” said Espinoza.

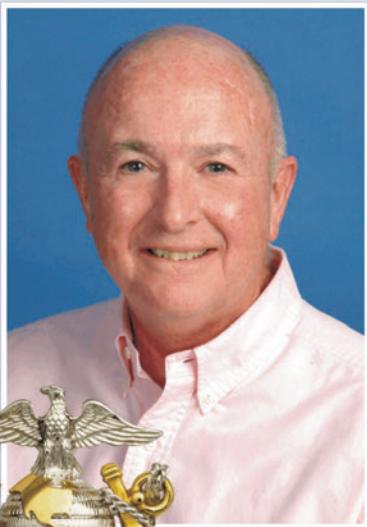
In 2021, FISH volunteers provided 5,836 hours of service. They delivered 5,090 meals to island neighbors for a total of 22,103 miles that year.

FISH always has opportunities for volunteers. From transportation to meal delivery, phone duty to stocking shelves, all skill sets and schedules are welcome. New volunteers are trained in their area of interest, and placed with a seasoned volunteer, giving newcomers the necessary tools to be successful.

To learn more about volunteer opportunities, call 472-4775.✧



FISH volunteer T-shirts, name badge and cookie



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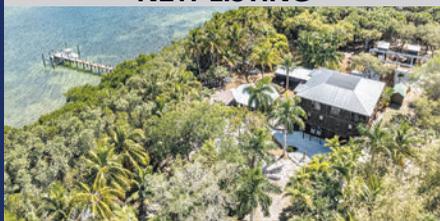
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Kiwanis Awards Scholarship



Melissa Rice with her son, Mitchell
photo provided

Mitchell Rice was a recent recipient of a Sanibel-Captiva Kiwanis Club scholarship. Rice is majoring in business administration with a pre-med minor and is planning to attend nursing school beginning this summer. During the beginning of the pandemic, Rice wanted to help people so he got his certified nursing assistant (CNA) certificate and worked in nursing homes throughout Lee County while continuing to attend his college classes online. Upon returning to University of Florida (UF) in the fall of 2020, he has continued to work as a CNA in Gainesville.

Rice grew up on Sanibel, attended The Sanibel School, played little league baseball, flag football, soccer and took

advantage of every other opportunity The Sanibel School had to offer. He went on to Bishop Verot High School and was accepted to UF where he joined the Delta Upsilon fraternity and is an active member of Aletheia Church. Rice attended two mission trips; one to Central Asia for two months this past summer and one to Columbia last week.

The Sanibel-Captiva Kiwanis Club has been offering scholarships to local students for years and has provided over \$1 million over the club's history.

The deadline for scholarships is Friday, March 25. Download an application at www.sanibelkiwanis.org.

Spring Training Motorist Advisory

The City of Sanibel has been informed that the Lee County Traffic Operations Center is alerting motorists to be prepared for increased traffic near stadiums now that spring training is under way, especially when the Minnesota Twins and the Boston Red Sox take to their respective fields on the same day at the same time.

The Department of Transportation advises motorists to avoid the Daniels Parkway corridor if possible when there are spring training games. Typically, games start at 1:05 p.m., and the peak traffic congestion is anticipated between the hours of 11:30 a.m. and 1 p.m., and then again between 3:45 and 4:30 p.m.

There will be games at both spring

training facilities with 1:05 p.m. start times on Wednesday, March 30 as the Red Sox host the Braves and the Twins host the Pirates. Motorists should be aware that heavier traffic congestion is likely.

DOT has special programming for traffic-signal timing to help keep vehicles moving. The county's traffic specialists also coordinate with the Lee County Sheriff's Office and the baseball teams.

The Boston Red Sox train at JetBlue Park, located at 11500 Fenway South Drive in Fort Myers, and the Minnesota Twins train at the Lee County Sports Complex, located at 14100 Ben C. Pratt/Six Mile Cypress Parkway in Fort Myers.

For more information about spring training in Lee County, visit www.lee.gov.com/parks/athletics/spring-training.

LCEC Program Helps Neighbors

Lee County Electric Cooperative (LCEC) customers can help others by enrolling in the Power to Share by Rounding Up program. The program was created in 2009 to assist financially strained customers. It is a partnership between LCEC and United Way, and is funded through donations from LCEC employees, business partners and customers.

In 2020, LCEC expanded this program with the introduction of the Power to Share by Rounding Up program. This

program allows participating customers to round up their monthly electric bill to the nearest dollar. Customers also have the option to make an additional monthly contribution or make a one-time donation to their bill. Customers can enroll and unenroll easily through the LCEC SmartHub, online at www.lcec.net or by calling LCEC Customer Care at 656-2300.

For more information on the program or other ways that LCEC positively impacts the community, visit www.lcec.net.

New Fitness Class At Rec Center

The Sanibel Recreation Center is offering a new fitness class. Balance Stretch & Core will be offered on Wednesdays at 10 a.m. with Ginger Brien. The Balance Stretch & Core class replaces the Bosu Pilates class.

Balance Stretch & Core focuses on developing better balance through core strength and flexibility. This slower pace class encompasses targeted moves to improve balance and strengthen the core. This class is perfect for the older active adult looking to improve their mobility. These simple exercises can be practiced at home, promoting better balance.

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

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ISLAND SUN BUSINESS NEWSMAKERS



Kimberley Andrews



Chuck Andrews

RE/MAX Of The Islands

The top listing marketers for February at RE/MAX of the Islands were Kimberley Andrews, Chuck Andrews and Julie Potts. Deb Stone and Pegge Ford were the top selling associates.✪



Julie Potts



Deb Stone



Pegge Ford

Captiva Community Panel Report

The City of Sanibel is issuing the 2022 series hurricane passes. All residents, property owners and businesses will need to apply for a new series pass.

Applications for the new passes are available on the Police Department/ Emergency Management section of the Sanibel website at www.mysanibel.com. Passes are also available at the Sanibel Police Department, 800 Dunlop Road, Monday through Friday from 8 a.m. to 4 p.m.

Upcoming Captiva events:

Monday, April 11 at 1 p.m. – Captiva Erosion Prevention District (CEPD) board meeting, Tween Waters Island Resort and Zoom (link and agenda at www.mycepd.com).

Tuesday, April 12 at 9 a.m. – Captiva Community Panel meeting on Zoom.

Monday, May 9 at 1 p.m. – CEPD board meeting, Tween Waters Island Resort and Zoom.

Tuesday, May 10 at 9 a.m. – Captiva Community Panel meeting on Zoom.

For information about CEPD events, visit www.mycepd.com or call 472-2472. For information about Captiva Community Panel, visit www.captivacommunitypanel.com or email captivacommunitypanel@gmail.com.✪

Kingfisher Real Estate

Dave Saunders is a new sales associate at Kingfisher Real Estate.

As a Captiva resident, he serves on the boards of Captiva Civic Association and Captiva Memorial Library. He is involved with Captiva Island Historical Society and attends Captiva Community Panel and Captiva Erosion Prevention District meetings. Saunders is former director of real estate of the Ford Motor Company and a graduate of University of Notre Dame.✪

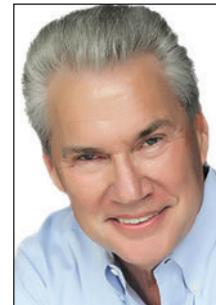


Dave Saunders

John Naumann & Associates



Evan DuPont



Larry Hahn

The top associates for February at John Naumann & Associates were: Evan duPont, top listing and sales agent; and Larry and Deb Hahn, top listing and sales team.✪



Debbie Hahn



Mary Bondurant



Brooke Brownyard

Kingfisher Real Estate

The top listing agent for February at Kingfisher Real Estate was Mary Bondurant. Brooke Brownyard was the top selling agent.✪

Read us online at
www.IslandSunNews.com



Bidding Ends Sunday, March 27

Kiwanis Online Auction

To Benefit Local Youth Scholarships

No Spaghetti Dinner this year, but you can still enjoy the Kiwanis Online Auction!

Jewelry, Artwork, Wine, Gourmet Food, Dinner Parties, Resort Stays, Fishing Trips, Airplane Rides, Boat Cruises, Golf Cart Rides, Sporting Goods, Gift Baskets, Home Services, and more can be yours.



- Find an item that whispers your name.***
- Have some fun outbidding the competition.***
- Help local young people follow their dreams.***

Come Join The Auction Action!

Where: Log on to : 32auctions.com/SanCapKiwaniisAuction2022

When: Open for bidding Fri., Mar. 18 to Sun., Mar. 27 -- 6 PM

(Site open for browsing starting Wed., March 16)



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Support Continues For Local Hospital

For the second year, MudBugs Cajun Kitchen will be a Visionary Sponsor with its gift of \$20,000 to SanCap Cares, the island community's effort to support Golisano Children's Hospital of Southwest Florida.

"Our family is grateful to have the opportunity to support SanCap Cares and the Golisano Children's Hospital, so that local families whose children may be facing challenges can receive the care they need right here in our community," said Ron Rice, owner of MudBugs.

This year, the SanCap Cares Island Celebration will return to a live, in-person gathering on Sunday, April 3 at The Sanctuary Golf Club. The focus of this year's fundraising efforts is All About the Brain. Golisano Children's Hospital continues to work to strengthen its pediatric mental health services, while embarking on a new neurosurgery program and the formation of a brain research and education partnership with Johns Hopkins All Children's Hospital in St. Petersburg. A renowned neurosurgeon, Dr. Theodore Spinks, has joined the Golisano team to oversee development of the program.

Details on these programs will highlight the Olde Florida Nights-themed evening of culinary tastings, a signature cocktail and Give to Give auction of items to support the hospital's programs. The celebration will culminate with dinner and entertainment by The Modern Gentlemen. For more information, visit www.sancapcares.org.



Clockwise from left, Valerie Tutor and Veronica Powers of SanCap Cares, Ron Rich of MudBugs, Stephanie Muddell of SanCap Cares, and Ryan Kida, Francis Conklin, Deborah Rivera and Samantha Powers of MudBugs
photo provided

Bank Donation Benefits CHR



From left, David Lowden of Bank of the Islands, Melissa Rice of CHR, bank lead teller Heather Harrison, and Donna and William Hungeling
photo provided

Bank of the Islands made another nonprofit donation through its We Love Our Islands program recently. Donna and William Hungeling were the winners. They were spotted with a "We Love Our Islands" decal on their vehicle, which earned them the right to select which local nonprofit organization would receive a charitable contribution from the bank. The Hungelings chose to give their \$1,000 in winnings to Community Housing and Resources, Inc. (CHR). That donation marks \$95,900 given away to date through bank's program.

"We're so glad the Hungelings chose

to give our donation to CHR," said Bank of the Islands Lead Teller Heather Harrison. "The affordable housing and other resources CHR provides are so important to the people who have made Sanibel their home. Making donations like this through our We Love Our Islands program is such a great way to show how much we appreciate being your island bank."

Islanders are invited to visit the bank's Sanibel or Captiva office to learn more about the program and how you and your favorite charity can become the next winners. ✨



VIP AWARD OF EXCELLENCE 2022

Honoring Associates' Accomplishments from 2021



Mary Lou Bailey
Chairman's Club



Teresa Baker
Chairman's Club



John Bates
President's Club



Karen Bell
Chairman's Club



Ted Benjamin
Chairman's Club



Bob Berning
Chairman's Club



Arika Bjorkedal
Executive Club



Dan Cohn
Chairman's Club



Robert Cronin
Executive Club



Rose Dakos
Chairman's Club



Tina DiCharia
Chairman's Club



Susan Dunn
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Cathy Gerasin
President's Club



Deb Gleason
President's Club



Jim Hall
Chairman's Club



Robin Humphrey
Chairman's Club



Ken King
President's Club



Anna Long
Executive Club



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President's Club



Mary Morris
Champion's Club



Becky Mulka
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Debbie Ringdahl
President's Club



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David Schuldenfrei
Chairman's Club



Glen Simmons
Chairman's Club



Sherrill Sims
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Deb Smith
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Martha Smith
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Rotary Happenings

submitted by Cindy Carter



Walter Hughes

us on the needs and benefits of local communities that he works with through the Global Water, Sanitation and Hygiene (WASH) program. Hughes' team has provided clean water and sanitation to over 830,000 people in Africa, as well as assisting to build 10 schools in Ghana. He partners with 184 Rotary clubs in 51 Rotary districts in eight countries.

Hughes uses an empowerment movement to assist communities in obtaining their new wells and microflush toilets. No longer is charity offered to the communities where a new well is dug and then outsiders depart, leaving the well to be unmaintained and quickly break or go dry. Hughes and his team have found that to be highly effective in their efforts, they must obtain assistance from the local leaders and educate local laborers with training and the knowledge necessary to maintain their own access to clean water. The locals fund the project, construct the project and maintain the project. This creates a change of empowerment as well as creating a huge difference in sustainability and stewardship.

Due to his efforts, Hughes championed Rotary projects over the past 15 years to locate wells in communities with the highest incidence of Guinea worm disease in Ghana and South Sudan. The World Health Organization certified Ghana as free of Guinea worm disease in 2014. Hughes traveled to South Sudan in 2013 and again during the civil war in November 2015 to inspect Rotary's clean water project. Rotary is close to eradicating both Guinea worm disease and polio.

When people have access to clean

water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173

Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.✪

Director Of CROW To Speak At FISH Luncheon

Community members are invited to attend the FISH of SanCap virtual Friendly Faces Luncheon, scheduled for Tuesday, April 12 beginning at noon via Zoom. Lunch, prepared by George & Wendy's, consists of a cold entree, side, bottle of water and dessert. The cost of the luncheon is waived for all participants. FISH volunteers will deliver meals to islanders beginning at 11:30 a.m.



Alison Charney Hussey

Guest speaker Alison Charney Hussey, executive director of Clinic for the Rehabilitation of Wildlife (CROW), will discuss the services offered at CROW and how the organization educates local and

global communities in efforts to protect, heal and conserve wildlife. She will also provide an overview of experiences and presentations offered through the organization's visitor education center.

Charney Hussey works with the board of directors, hospital and visitor education staff, volunteers and the community in an effort to further CROW's mission. Overseeing the day-to-day operations of the CROW campus as well as involving herself in community outreach, she works to strengthen collaborations and teamwork throughout the organization, through donors and community partners. She is a team builder, manager, fundraiser and animal lover.

"CROW has served the wildlife of Southwest Florida for almost 50 years, and we are fortunate to have them in our own backyard," said Erika Broyles, senior services director for FISH. "They are dedicated to saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine."

Reservations and meal choices are required by Friday, April 8 by calling 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.✪

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MARCH 21st — APRIL 01st



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This year, we are raising funds to support undergraduate research opportunities at the SCCF Marine Lab.

We also support Captains For Clean Water, SCCF, SCCF Marine Lab, Sanibel Sea School and Fish with a Hero.

Each participant of the Fishin' with a Mission, who buys a raffle, or makes a bid will receive a free ticket to the International Fly Fishing Film Festival (I4F); that is being held virtually this year.

FISHING TRIPS WITH SWFL GUIDES:	ARTWORK BY:	GEAR BY:
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Captain Alex Moran	Shah Hadjebi	G. Loomis Rods
Captain Ben Biery	Andre' Nieuwenhuizen	Hardy Reels
Captain Debbie Hanson	Courtney Marie Martin	Lamson Fly Rods
Captain Eric Russell	John Van Duyne	
Captain Jeff Zasadny	Ed Anderson	
Captain Drei Stroman	Clyde Butcher	
Captain Lance Stehman		
Captain Blake Matherly		
Captain Codty Pierce		
Captain Josh Greer		
Captain Ozzie Lessinger		
Captain Billy Kirkland		

Sanibel FlyFishers, Inc. is a charity recognized as tax-exempt by the IRS under Section 501(c)(3). Federal EIN 01-0586820 and Florida registration is CH60952.

The auction will be at:

<https://sanibelff.eventgroovefundraising.com>

Superior Interiors

Identify The Right Focal Point For Every Room



by Jeanie Tinch

Whether you're constantly entertaining guests or your family members are inviting over friends of their own, there's a natural need to create a space that puts on the

right impression. You want to create an atmosphere that's equally cozy and inviting but also extraordinary and unforgettable. With so many eyes on your living space, it's important to give them something to look forward to every time they enter your home.

Bringing a focal point to every high traffic area in your home offers a great opportunity to showcase each individual plot of your living space, making it a memorable experience for all who enter. Interested in bringing a focal point to your high traffic rooms? Here are some of our suggestions:

The living room or family room – This room is a space where families tend to gather for comfort, it's a space to relax after a long day, kick back and watch

a binge-worthy TV show and movies together. While the television tends to take center stage in this living space, having a mantel gives you an opportunity to put a lovely piece of artwork on display. If you don't have a mantel, you can still opt for an empty wall to hang a canvas. Always take advantage of the vertical space in the living room or family room to showcase work that flows with the room design but starts the conversation among guests.

The kitchen or dining area – Is there anything more comforting on a Saturday morning than cooking breakfast for your loved ones and gathering around the table for conversation? To ensure that this seating arrangement is properly illuminated for breakfast, lunch and dinner, a unique chandelier or other hanging lighting fixture can set the tone for the kitchen. Even if the kitchen gets maximum natural lighting, a lovely fixture makes a great conversation starter and can add a fun element to this living space.

The main bathroom – No matter how many bathrooms you have in the house, every household has one that gets used the most. This tends to be on the main floor, but it can vary from one house to the next. Your bathroom should be considered a place for relaxation – it shouldn't be too chaotic in design and decor – but that doesn't mean it doesn't deserve a focal point. A statement piece of artwork can work wonders in this space, but something as simple as a uniquely shaped mirror can act as an eye-opener for guests and family members.

The guest bedroom – Whether you

have grown kids who stay with you on the holidays or friends who like to travel to you from out of town, the guest room is a living space that may be frequented more often than you would expect. When treating guests to a night in your home, finding ways to help them escape and feel like they're staying in a hotel can set you apart from the rest of their family and friends. A large, gorgeous headboard can turn a traditional guest room into something more high-end and lavish. You can also add an infinity shag or faux fur area rug to the center of the room for the ultimate comfort when waking up in your home.

With little experience in interior design, you might find yourself struggling to find the perfect statement pieces and focal points to place throughout your home. While the above recommendations make great options, every homeowner is different and may need a little tailoring to meet design and decor wants and needs. If you're looking for more suggestions that cater to your specific goals for your home, consider consulting with a design professional.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coincdecden.com.✪

Workshop On Elder Law

FISH of SanCap will host a seminar on Elder Law with attorney Beth Prather on Wednesday, April 6 at 2 p.m. at The Community House. The workshop will also be offered via Zoom.



Beth Prather

Prather is board certified in elder law by the Florida Bar and is accredited by the Veterans Administration. She provides a diverse range of legal services to the elderly and their families who are planning for the

future. She assists in protecting their assets and preserving their independence. Prather strives to help families minimize the stress that can be caused by estate planning, as well as probate and will disputes. This workshop is for informational purposes only, no personal legal advice will be provided.

Elder law is an area of legal practice that specializes in issues that affect the aging population. The purpose of elder law planning is to prepare for financial freedom and autonomy through proper financial planning and long-term care options. "We are delighted to host Ms. Prather and to learn about legal assistance and solutions for older adults," said Jennifer Pagano, education and outreach director for FISH.

For more information, call 472-4775 or visit www.fishofsancap.org.

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



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ISLAND SUN BUSINESS NEWSMAKERS



Tracy Walters
Royal Shell Real Estate



McMurray & Members

The top producers for February at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray & Members, top listing and top sales producers team; and Tracy Walters, top listing and top sales producer individual/partners.*



Bob Berning
VIP Realty Group



Karen Bell and the Bell Team

The top producers for February at VIP Realty Group were: Bob Berning, top sales; and Karen Bell and the Bell Team, top listings and top producers.*



LeAne Suarez
John R. Wood Properties



Alec Suarez



Austin Suarez



Ken Suarez

The top listing and closing agents for February at John R. Wood Properties were LeAne Suarez, Alec Suarez, Austin Suarez and Ken Suarez. Productivity awards went to Brooks Selby and Babs Maughan.*



Brooks Selby



Babs Maughan

Keller Williams Of Fort Myers & The Islands

Rachel Walsh joined Keller Williams of Fort Myers and the Islands. Originally from Cincinnati, Ohio, Walsh moved to the Fort Myers and Sanibel area in 2015 to work at Clinic for the Rehabilitation of Wildlife (CROW). She is also a longtime volunteer with the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Research team. Walsh is working at the Sanibel office.*



Rachel Walsh

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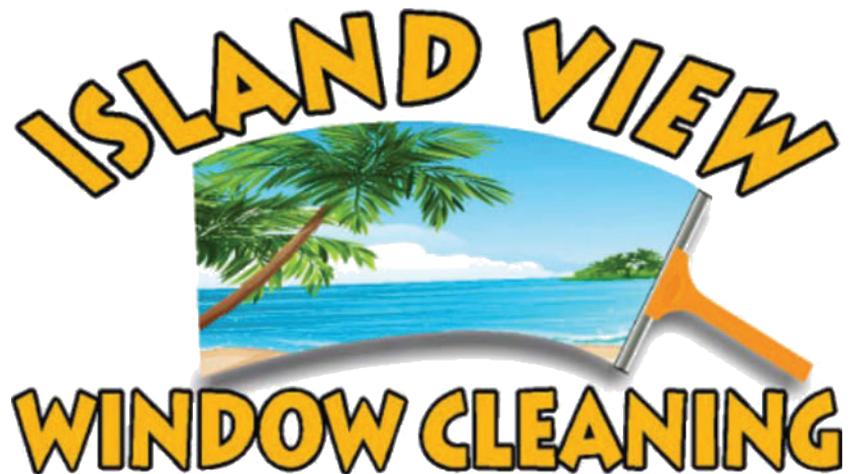
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BURNS *family* TEAM

NEW PRICE



1



2

1. GULF FRONT PENTHOUSE AT JUNONIA - SANIBEL

- 4 BR + den/ 2 BA top floor penthouse featuring panoramic views of the pristine beaches and Gulf along West Gulf Drive.
- Vaulted ceilings, clerestory windows, updated kitchen with island, remodeled baths, wet bar, plantation shutters, coastal décor, and covered parking.

• **\$2,490,000 EURO 2,243,441**

2. BUCK KEY - CAPTIVA

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

• **\$22,000,000 EURO 19,457,403**

3. GULF VIEWS AT SUNDIAL EAST - SANIBEL

- 3 BR/2 BA gorgeously remodeled condo with Gulf views and spacious screened lanai.
- Resort amenities include pool, tennis, multiple restaurants, tiki bar, and grocery. Established rental income with on-site resort program.

• **\$1,365,000 EURO 1,234,350**

4. WEST END CANAL HOME - SANIBEL

- 3 BR/ 2.5BA home on Sanibel's west end with refurbished boat dock & lift.
- Cozy coastal style, new roof, new pool pump, offered fully furnished with new furnishings.

• **\$1,445,000 EURO 1,326,594**



3



4

NEW PRICE



5



6

5. OVER 140' OF CANAL FRONTAGE ON DIRECT ACCESS CANAL - SANIBEL

- 4 BR/4 BA sprawling island waterfront home with private **boat house**, dock, and lift
- Soaring 2 story ceilings, 2nd floor den & master suite, oversized pool tucked among Arica Palms & tropical vegetation

• **\$2,499,000 EURO 2,251,550**

6. CANAL LOT - SANIBEL

- Build your island dream home on this wonderful canal lot on Sanibel's East End
- This location offers both the ability to get a boat to the Gulf of Mexico, while also being walking distance to Sanibel's famous beaches

• **\$699,000 EURO 618,258**

7. FRANK LLOYD WRIGHT INSPIRED HOME - SANIBEL

- 4 BR/ 3.5 BA home with transom & clerestory windows overlooking Clam Bayou on Sanibel's west end.
- Fireplace, vaulted beamed ceilings, white pine wood plank floors and private elevator. Large lap pool with swim up table, hot tub, and private dock.

• **\$2,400,000 EURO 2,115,357**

8. ONE HOME BACK FROM THE BEACH ON WIGHTMAN LANE - CAPTIVA

- 3 BR + den/4 BA remodeled home featuring a unique reversed floor plan, taking advantage of daily Gulf views & sunsets.
- Stone fireplace, wood floors, vaulted ceilings, multiple lanai's, a luxuriously remodeled master suite, and grotto style pool & spa with outdoor bar area.

• **\$3,395,000 EURO 2,969,175**



7



8

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Will Power

Living Will Particulars



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

I've received several questions about living wills. Living wills are not documents that leave assets and property to your loved ones. Those are "Last Will and Testaments," or "Revocable Living Trusts."

In Florida, a living will is an end of life directive document that describes the medical procedures that you would want performed as well as those you wouldn't want performed if you satisfied the statutory precondition.

You may recall, for example, the Terri Schiavo case. Terri Schiavo was a 26-year-old woman who went into an irreversible persistent vegetative state as a result of a 1990 heart attack. She lay unresponsive in a hospital bed for years.

In 1998, her husband petitioned a Florida court to remove her feeding tube. Her parents fought the lawsuit, arguing that Schiavo was responsive and would not have wanted feeding tubes removed.

The feeding tubes were removed after state and federal court appeals processes at the end of March 2005. She died shortly thereafter.

Schiavo did not have a living will. A major controversy during her case was whether food and water tubes should be considered life-prolonging measures that can be discontinued once two physicians certified that she was trapped in a persistent vegetative state with no reasonable medical probability of recovering.

A major component of that question lies in what Schiavo's intent would have been had she signed a living will. The majority of her case centered on what she would have wanted had she been able to direct.

The living will document, therefore, allows you to direct your medical treatment if you should be dying, and the artificial means would only prolong death rather than save you from dying. The actual language states that you can direct life-prolonging procedures to be withheld and withdrawn if you are dying and incapacitated and are in a "terminal condition," and/or "end-stage condition," and/or "persistent vegetative state."

The threshold is high. It's not as if someone has cancer, which is a terminal condition, and will die at some point in the future. Under the living will, the patient is usually incapacitated, so can't speak for him or herself, and death would occur but for life-prolonging procedures that are only artificially prolonging the process of dying.

If you are a Florida resident, you should have a Florida compliant living will. You do not need a living will in other states where you have residences if Florida is your primary residence. If anything, having other living wills whose language may conflict with the living will of another state could only cause problems.

Because of comity of law between the states, your Florida living will is valid in all of the states, as well as U.S. territories.

In the Florida living will document, you designate someone to carry out the provisions of the declaration. Typically, this is also the person that you designate in your health care surrogate. I'll review that document in detail in next week's column. If the health care surrogate disagrees with the two physicians who declare the patient to have met the living will preconditions, then there could be additional determinations.

The major choice you have in Florida's document is whether you want food and water withheld and withdrawn. This is usually referring to the feeding tubes. The language in Florida's living will statute states that the patient (you) should always receive medical procedures or medication to provide comfort, care and to alleviate pain.

Some people don't want to direct that food and water be withheld and withdrawn. For those people, I remind them that food and water tubes kept Schiavo in a hospital bed for over 16 years.

You should discuss your intent with those close to you, as well as with your primary physician. The surrogate you name in the document should have similar end of life attitudes that you do or, in the alternative, provide you comfort that he or she will follow your wishes.

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From page 1B

Love Of Wildlife

will thrive. Bill and Laurie are an inspiration to others to give when you can, to not wait until you're gone, to enjoy the influence of your gift and see the benefit and the inspiration it provides."

The Harkeys say they hope to inspire others to follow their lead in giving where and when the funds make the most difference and allow them to enjoy seeing their dollars making that difference.

"After consulting with our financial advisor, we decided to make these donations at this time rather than including them in our estate plans," said Bill. "We realized we could do this without any negative impact on our standard of living or our lifestyle, and at the same time we would be able to see the impact of our donations. While it is a wonderful thing to remember these organizations in your estate planning, nonprofits also need funds now. Why wait until you're gone to make an impact?"✧

How's The Market? Ask Ann *Where It All Began*



Ann Gee
Broker/Owner

Recently, a friend asked me "when" did the Sanibel Real Estate market start to improve following the Coronavirus outbreak? Here is the time frame: the first half of 2000 was dominated by bad news. Vacations were being canceled at condos on Sanibel and restaurants were restricted. Real estate sales activity was down by 40%. We started to see increased sales in the month of June 2020 and that has continued on a straight upward line for the last 21 months, absorbing the active listings for sale. At that time, there were 352 homes and condos for sale on Sanibel. As I write this article, we have only 25 homes and condos for sale. In my view, it will take several months to get back to a "normal" supply of inventory.

Sad, but true, most of our new listings come from sellers moving to a retirement community or going to their eternal reward. Keep in mind, Sanibel is already fully developed, so don't expect new subdivisions to increase the inventory on Sanibel. In conclusion, it is my opinion to buy now. Waiting for a future price decrease will not benefit a buyer. I hope this information is helpful to you.

8 Closed Sales Going Back One Week: 3 Homes, 4 Condos & 1 Lot

- 845 East Gulf Dr. 1411 Sanibel Moorings **\$510,000**
- 3304 St. Kilda Vacant Land **\$590,000**
- 760 Sextant Dr. 421 Mariner Pointe **\$700,000**
- 1341 Middle Gulf Dr. 11-C Sunset South **\$1,080,000**
- 845 East Gulf Dr. 122 Sanibel Moorings **\$1,080,000**
- 2276 Starfish Ln. **\$1,800,000**
- 475 Sawgrass Place **\$2,100,000**
- 3767 West Gulf Dr. **\$6,750,000**

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

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Frankly Speaking

by Howard Prager



Cinderella's name is St. Peters, another new NBA record and all the baseball news that fits. Let's get started!

Whoever heard of St. Peters? This year, the St. Peters' Peacocks from Jersey City

are doing it with defense and some New York City toughness, scratching their way by getting stops, winning battles for loose balls and hanging around the glass against bigger opponents. With Loyola-Chicago and their "mascot," the now 102-year old Sister Jean out of the tournament, St. Peters becomes the darling of the championship. Other surprises are No. 11 Michigan beating conference favorite and No. 3 Tennessee, No. 10 Miami beating No. 2 Auburn and No. 8 North Carolina ousting Baylor, the first No. 1 to go. The other top seeds – Gonzaga, Arizona, and Kansas – faced much tougher battles than they expected in the second round, with Gonzaga down by double digits at one point and Arizona having to fight to win it in overtime. I know this sounds trite, but truly it's anybody's game.

Speaking of surprises, the Minnesota Twins have been one of the hottest teams in the market this year. "MLB offseason grades: Dodgers, Blue Jays, Mets, Braves, Twins get high marks." This is not what

Twins fans expect in the headlines. Have you seen Carlos Correa at Hammond Field yet? The top free agent signed a peculiar contract with the Twins, a three-year deal with options out at each year of his contract. But the Twins have him, along with some other big moves. They received two-time allstar catcher Gary Sánchez and infielder Gio Urshela from the Yankees for Josh Donaldson and several minor leaguers, and got pitcher Sonny Gray and minor-league pitcher Francis Peguero from the Cincinnati Reds for minor league pitcher Chase Petty. Gray, a two-time All-Star, went 7-9 with a 4.19 ERA in 2021. And they signed Byron Buxton to a new seven-year deal. Twin fans, rejoice, you are contenders in the Central Division once again. Time to make up for last year.

Another NBA record falls. Just one day after Minnesota Timberwolves center Karl-Anthony Towns poured in a career-high 60 points, Brooklyn Nets guard Kyrie Irving followed it up with a 60-point performance of his own in a 150-108 road win over the Orlando Magic. This is the first time since 1962 the NBA has seen two 60-point games back to back. Who did it then? Wilt Chamberlain and... Wilt Chamberlain.

Politics, social issues and sports. The aforementioned Kyrie Irving has not played any games at home this season because he is not vaccinated. Novak Djokovic was not allowed into Australia for the same reason, but now French Open organizers said that Djokovic is allowed to defend his title as the tournament prepares to stage what is expected to be the first Grand Slam without any coronavirus-related restrictions since the pandemic began. Russian

athletes and teams have been shut out of many games including the Paralympics over Russia's invasion of Ukraine. Lia Thomas is the biggest swimmer on the national stage right now because Lia is transgender and has been transitioning to female since 2019. Thomas touched the wall in 4 minutes, 33.24 seconds in the 500-yard freestyle on Thursday night to become the first known transgender athlete to win a Division I national championship in any sport. Despite all the fears of her totally dominating women's swimming, she also had a last place finish in the final of the 100-yard freestyle at the championships on Saturday.

Thomas, who swam on University of Pennsylvania men's team before switching to the women's squad this season, has been shrouded in controversy throughout the year, reports Yahoo Sports, with critics and some fellow swimmers saying she should not have been allowed to compete and has an unfair physiological advantage. Others say she should be allowed to compete freely as a woman. Speaking after her Thursday victory, Thomas said she had tried to calm the controversy. "I try to ignore it as much as I can, I try to focus on my swimming, what I need to do to get ready for my races and try to block out everything else," Thomas said. Last month, governing body USA Swimming unveiled new guidelines that included a more stringent threshold for testosterone. But the NCAA, the governing body for U.S. college sports, decided those rules would not be applied to the championships, saying to do so would have "unfair and potentially detrimental impacts" on athletes preparing for the meet.

The good news story of the week comes from St. Paul via station KARE. "The St. Paul Capitals pee wee team

wants to make a run for the district title this year. There's no more important player in the championship push than 13-year-old Owen Nei. 'I couldn't imagine this team without Owen,' teammate Brennan McMahon said. 'He always makes me want to play my best game.' Owen has been defying the odds since birth when he was diagnosed with hydrocephalus and Goldenhar syndrome. He persevered through more than a dozen surgeries, playing hockey far longer than anyone could have imagined. But he's reached the final point in his career. The next age level, bantams, will be much too physical for Owen because it involves checking. So, on a recent Friday night, Owen played his final home game in St. Paul – with a big surprise waiting for him. Owen's family had no idea that parents and fans had organized a huge celebration for his final home game. Complete with 'O-Dawg' signs and a boisterous pre-game introduction, they packed Schulz Arena and created an atmosphere almost unheard of at the pee wee level, giving the feel of a high school or college hockey game. 'Just the parents, the people that are showing up tonight for his last home game, it's just an amazing community,' Owen's dad and coach, Chris, said. 'I've been choked up all day.' There were a few other surprises in store, too. Former Minnesota Wild player Wes Walz presented Owen with a gift from the team, and Mayor Melvin Carter's office proclaimed 'Owen Nei Day' in the City of St. Paul. 'I think it's all pretty cool' said Owen." We do too.

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

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From page 1B

Online Auction

Goodman said, "Through the COVID period, we have worked hard to keep the Kiwanis Scholarship Program going strong, and being able to offer the auction online has been a big help."

The online auction is supported by many island businesses and organizations. This year's major sponsors are: Platinum level – Cielo; Gold level – Bank of the

Islands and Sanibel Captiva Community Bank; Silver level – Bailey's General Store, Barefoot Charley's Painting Company, Billy's Rentals, Uhler & Vertich Financial Planners, Tween Waters Island Resort & Spa, Island Sun, Sundial Beach Resort & Spa, Myra Roberts, The UPS Store; Bronze level – Congress Jewelers, Carefree Birding, Doc Ford's Rum Bar & Grille, and Chauncey Goss. Kiwanis thanks these sponsors and the many businesses and private individuals who have donated items for the auction.✪

SPORTS QUIZ

1. Which team used the oval "G" logo first: the Georgia Bulldogs, the Grambling State Tigers or the Green Bay Packers?
2. In 1891, James Naismith created "basket ball" using wooden baskets designed to collect what fruit?
3. College football's LA Bowl began in 2021 with what late-night TV talk-show host serving as title sponsor?
4. Name the ESPN sportscaster and columnist who authored the books *The Last Night of the Yankee Dynasty* and *How Lucky You Can Be: The Story of Coach Don Meyer*.
5. What member of the International Boxing Hall of Fame was known as "The Coal Miner's Daughter" during her professional career from 1989-2012?
6. In 1994, what Cleveland Indians relief pitcher broke into the umpire's room at Comiskey Park and stole an allegedly corked bat belonging to Indians outfielder Albert Belle?
7. Jud Heathcote was head coach of what college basketball team from 1976-95?

ANSWERS

1. The Green Bay Packers, in 1961. 2. Peaches. 3. Jimmy Kimmel. 4. Buster Olney. 5. Christy Martin. 6. Jason Grimsley. 7. The Michigan State Spartans.

City Of Sanibel Vegetation Committee

Attract Birds And Butterflies To Your Property

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours are scheduled for:

Saturday, March 26
Wednesday, April 13 and Saturday, April 23

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required. Attendees meet at the main entrance to city hall, located at 800 Dunlop Road, in front of the main staircase.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook.*



From left, Les Boyle, Melissa Rice, Andy Boyle, Lee Ann Harder, Jude Sincoskie, Jeff Muddell, Chauncey Goss, Shannon Hayes, Mason Goss, Jake Miller, Chip Roach, Jean Baer and Kiwanis President Joel Goodman photo provided

New Kiwanis Club Members

The Sanibel-Captiva Kiwanis Club is having a busy March as it begins distribution of its Diner's Delight coupon books, stages its annual Spaghetti Dinner Auction as an online event, and gets ready for its King of the Rock Golf Tournament in April. All these activities are important fundraising events the club

relies on to support its youth service programs, including Kiwanis Scholarships and other youth education and recreation grants.

However, at the most recent breakfast meeting, that work was put on hold as the club welcomed eight new members to its roster. New inductees included: Jean Baer, Michelle Bornhorst, Mason Goss, Lee Ellen Harder, Shannon Hayes, Jake Miller, Melissa Rice and Jude Sincoskie.

The club holds breakfast meetings

at The Dunes Golf & Tennis Club on Tuesday mornings starting at 8 a.m. Most meetings include a guest speaker addressing topics of local interest.

To check out the online auction before it closes on Sunday, March 27 at 6 p.m., visit www.32auctions/SanCapKiwanisAuction2022. There are more than 50 items to bid on.

For more information about club activities and membership, visit www.sanibelkiwanis.org.



PLAY FOR P.I.N.K. at THE DUNES

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1 ball - \$20 | 3 balls - \$50 | 8 balls - \$100

Winners announced on 3/26.

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Live bidding open from noon on Wednesday, 3/23 until 6PM on Saturday, 3/26.

Want to see some of the items in person? Visit The Dunes on Friday, 3/25 from noon - 2:30 to view some of the one-of-a-kind items!

100% of proceeds go to: Play for P.I.N.K./Breast Cancer Research Foundation
THANK YOU FOR YOUR SUPPORT!

Health First

Health Benefits Of Massage Therapy



by Julie Rosenberg, MD

Given the demands of my work and personal life, coupled with the significant societal stressors that we collectively face, I recently added massage therapy into my weekly schedule. Massage therapy involves the systematic manual manipulation of soft tissue to enhance health and wellbeing. Anyone who has received a massage will generally attest that it can be a relaxing and calming experience. However, massage therapy is associated with a variety of health benefits which should not be underestimated. In this article, I review five important health benefits of massage therapy.

1. Detoxification – Toxins in the body can result from many factors, including internal physiological processes. Cellular metabolism leads to the formation of acid, which is ultimately eliminated by the body's naturally occurring detoxification systems. Bacteria in the body can also produce toxins. Exotoxins and endotoxins are released by or through the destruction of bacteria. Toxins can become harmful

to your health if they aren't removed efficiently.

The primary mechanism that supports toxin release is the circulation of blood and lymph. The physical stimulation of massage treatments helps to eliminate toxin buildup in the tissues. Eliminating these impurities in your system can help to increase energy, aid in weight loss, and reduce inflammation.

2. Reduced stress – When you experience significant stress, your sympathetic nervous system is activated and you enter a "fight or flight" response, also known as sympathetic overdrive. Massage therapy leads to stress reduction by increasing the activity of the parasympathetic nervous system, which acts automatically to calm the body and brain during periods of stress. Functional brain imaging studies undertaken during massage therapy sessions have shown changes in areas of the brain involved in regulating emotions and the stress response, including the amygdala and the hypothalamus.

3. Improved Sleep – Adequate sleep is key for physical and mental wellbeing. However, according to a study conducted by the Centers for Disease Control and Prevention, more than one third of Americans do not get sufficient sleep (defined as at least seven hours of sleep per night for adults ages 18 to 60 years). Many individuals have a difficult time falling asleep at night because that feel stressed or anxious. Massage therapy may help to improve sleep by decreasing tension in the body and by helping to

alleviate other signs and symptoms of stress. Massage therapy including an essential oil treatment with lavender, peppermint or roman chamomile has also been shown to help alleviate sleep problems.

4. Enhanced immune function – Regular massage therapy can help boost immune system strength by increasing the body's natural killer cells and natural killer cell activity. Natural killer cells help the body to fight viral and bacterial infections. They also help to ward-off cancer cells. Massage therapy has also been shown to attenuate the production of inflammatory cytokines, supporting decreased inflammation and enhanced immunity. Moderate pressure massage increases vagal nerve activity, which reduces cortisol levels and thereby helps to preserve immune cells (cortisol kills immune cells).

5. Pain management – Scientific studies have shown that massage therapy can result in reduced pain in many chronic pain conditions including lower back pain, migraine headaches, fibromyalgia, carpal tunnel syndrome and rheumatoid arthritis. Most studies report on the benefit of moderate pressure massage focused on the painful area. In addition, massage therapy has been shown to be effective for both acute pain and mood in cancer patients. One theory as to the pain-reduction effect of massage therapy is that massage increases serotonin levels. Serotonin is a natural "anti-pain" neurotransmitter. Serotonin is also known as the "feel good"

neurotransmitter; increased serotonin levels are associated with improved mood and reduced depression.

In summary, there are many health-related benefits of massage therapy. However, massage can be costly and is not without risk, especially for those with underlying medical conditions such as bleeding disorders and osteoporosis. Therefore, massage should be performed by a trained and licensed professional. I've found a personal benefit of regular massage therapy in terms of stress reduction and control of chronic migraine headaches. Give it a try – I hope you find massage to be a valuable addition to your overall health and wellness routine.

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.*

Blood Donors Needed

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

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.*

When I was 8 in Romania my family gave money to a homeless man who played the violin very well.



—by Gianna, *The Sanibel School*

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



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dearRPharmacist

Why Everyone Is Buying Iodine



by Suzy
Cohen, RPh

Dear Readers:

After several weeks of news regarding the war in Ukraine due to the Russian invasion, there is now a rush to buy iodine

supplements. Supplement makers cannot keep up because of the high demand, combined with the supply chain problems.

The reason is that iodine is protective. People close to the war are living amid real fears of radiation poisoning. The Centers for Disease Control and Prevention (CDC) is even okay with this one. Iodine dietary supplements are minerals by the way, just like its brothers and sisters (zinc, magnesium, calcium, potassium). Dietary supplements are sold at health food stores nationwide.

Sometimes I see it called a "drug" but iodine is not a drug. Let me clarify, MRI contrasts contain a patented drug form of iodine, but this is much different than the natural iodine your body needs to thrive. Deficiencies are more common than you think and often result in reproductive harm to the prostate, breasts, uterus, endometrium and cervix. But too much iodine can be as harmful as a deficiency. If you are interested in receiving more

information about thyroid, iodine or iodine supplementation, sign up for my newsletter at www.suzycohen.com and I will email you later.

Now, I will speak to the reasons that people are stocking up on iodine supplements, even in the United States. I saw the other day where just 20 pills of a thyroid supplement (whose active ingredient is iodine) garners \$185 when purchased off eBay!

Even here in the United States, far away from Russia and Ukraine, many companies are selling out of thyroid and iodine supplements. It's all happening because people are afraid of radiation poisoning from a nuclear meltdown or weapon.

As it pertains to radiation, the CDC states that potassium iodide is a form of non-radioactive iodine that blocks dangerous radioactive iodine from getting into your thyroid gland, "thus protecting this gland from radiation injury. The thyroid gland is the part of the body that is most sensitive to radioactive iodine." The CDC says "the sooner a person takes KI, the more time the thyroid will have to 'fill up' with stable iodine."

It's a well-known fact that the thyroid gland and reproductive organs suffer from radiation poisoning. What's less known is the individual response of iodine, the dose needed, the length of time required to stay protected and the type of iodine. Potassium iodide is one type of iodine, and there are many dietary supplements containing different forms that ultimately break down into a molecule of iodine.

If you already take medications that provide thyroid hormone, and then take an iodine supplement, you may experience symptoms of

hyperthyroidism. That would mean excessive thyroid hormone in the blood. For this reason, I recommend you speak to your practitioner about all additions you want to make to your vitamin regimen to include iodine supplementation.

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I have been experiencing some post-holiday depression and, instead of taking drugs, do you have some suggestions to help lift my depression?

A: It sounds as though your depression is reactionary rather than biochemical. This too shall pass. In the meantime, try some self-care to nature your soul. Eons before anyone ever heard of the term "Forest Bathing," people were well aware of the healing power of nature... from viewing stunning sunsets or falling stars to listening to birds chirping, the sound of the wind, or encountering an animal on a morning walk. The ways that nature is healing are countless. No matter where you live, get out in nature:

the beach, the mountains, the park, the forrest, the meadow, or whatever nature means to you.

We are a part of nature. It's healthy to integrate into the natural world, and it is very uplifting and healing. Get out in the sunlight and walk, fill the bird feeder, get fresh air and look at the night sky.

You will begin to feel so much better and more grounded in your world.

I would recommend you do this daily and pay attention to how much better you feel after you spend some time with yourself in nature. Any problems you feel will be reduced to a manageable size, and your spirits will be uplifted. In the unlikely chance your depression should continue, please seek out a professional to talk with as there could be deeper issues you may be unaware of.

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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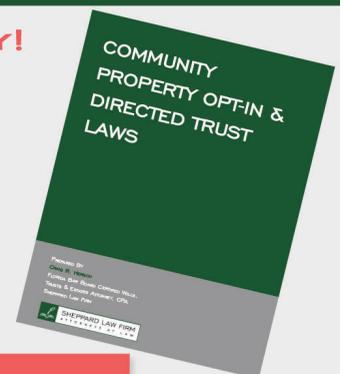
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Doctor and Dietician

Hormones, Healing And Pain



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

Let's talk about hormones. As we age, hormone levels typically decline. Imbalances in hormone levels can cause a myriad of health issues. Hormones help drive the immune system and help repair damaged joints. Symptoms such as thinning hair, low sex drive, decreased muscle tone, dry skin, menstrual cramping, irregular menses, chronic fatigue, decreased body temperature and a feeling of coldness are typical symptoms of hormone deficiency.

Hormones in the body need to remain in proper balance to keep the body running optimally. High estradiol levels, for example, can decrease the

ability of the body to make fibroblasts, the cells needed to make connective tissue. This is a consideration for women who are on birth control pills, as it can hamper healing ability. There are many other reasons to reconsider if you are taking BCPs, but that is another story.

Low hormone levels can also alter your ability to heal, let alone make you feel sluggish and unhealthy. For those who want to optimize health, healing and aging, we typically recommend checking hormone levels such as thyroid, TSH, free T3, DHEA, pregnenolone, estrogen, progesterone, testosterone, melatonin and cortisol. If a person is suffering from chronic pain, at least one of these levels will likely be low. Certain hormones are anabolic, meaning they help grow connective tissue, whereas others are catabolic and promote breakdown. Thus, hormones need to stay in balance.

A study in February 2022 study in *The Journal of Arthroplasty* analyzed the potential influence of subclinical hypothyroidism on improvement in patient outcomes following total knee replacements. Researchers found a slower functional recovery in those with low thyroid levels compared to those with normal levels.

Cortisol, our stress hormone, controls when we wake up and go to sleep, thus levels should be high in the morning, and low in the evening. With chronic pain, high cortisol levels put the body in the alert mode and result in

insomnia, thus wearing the body down and increasing fatigue. It is why many chronic pain patients have difficulty sleeping.

Estrogen and testosterone levels tend to decline as we age. Numerous studies have looked at these levels related to pain and arthritis. Osteoarthritis incidence increases after menopause and may be related to hormone changes; however, this remains up for discussion. It is not the only factor and should be assessed along with the other sex hormones to maintain proper balance in the body. Testosterone levels in both men and women should also be monitored, as these hormones help with muscle growth, healing and cartilage growth. A Swedish study published in the *Journal of Bone and Mineral Research* recently focused on the effects of testosterone on chondrocytes that re-grow cartilage and concluded

that testosterone promotes growth of cartilage cells and increases collagen production.

In summary, hormone supplementation may help improve joint pain, especially as we age, and act to help the cartilage rebuilding process. As always, we also recommend that our patients consume healthy diets consisting of fresh, organic sources of protein, vegetables and whole grains, eliminating processed foods and excess sugar and alcohol, and adding regular daily exercise. Movement is life. Remember, living healthy is a lifestyle.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.**

Beautifulife:

Solid Ground

by Kay Casperson



I believe in building everything on solid ground, with a strong foundation that won't sink or crumble in a storm. This concept is essential for raising your children, making your home

and growing your faith. What does that mean exactly, and why is it important?

I refer to a scripture in the bible that talks about this very thing.

Matthew 7:24-27: "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall because it had been built on rock. And everyone who hears these words of mine and does not do them will be like the foolish man who built his house on the sand. The rain fell, the floods came, the winds blew and beat against his house, and it fell, and great was the fall of it."

My parents taught me some important basic things that stayed with me throughout my life. Things like having faith, praying, being kind, being wise and trusting your heart. Some of these simple lessons kept me landing on my feet no matter how far I veered

off the path or how many mistakes I made. That solid ground created for me as a child is why I continue to inspire others to reach for their best and most beautiful life.

As a parent, I now find it necessary to lead my children by example more than ever. I want my kids to have a firm foundation so that I am confident that they will land on their feet no matter what direction they take in life or what choices they make. Regardless of what chapter of life we live, we need to continue creating a solid ground for our families, friendships, businesses and beliefs. Always remember that when the foundation is firm, the storms don't matter.

Root your family in firm faith and understanding of the power of prayer. Create friendships with like-minded individuals who will stand with you and inspire you to be better. Make your business bulletproof by creating a need individuals will continue to support. And finally, keep your beliefs at the heart of everything you do to learn and grow in your spirituality.

My affirmation for you this week is: "I will continue to keep the ground solid under all the important aspects of my life."

*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.**

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press@islandsunnews.com

PUZZLES

Answers on page 31B



"It wasn't a romance — it was just a few dinner dates to help with my _____!"

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!

Blink
ORBETS

Asteroid
REMOTE

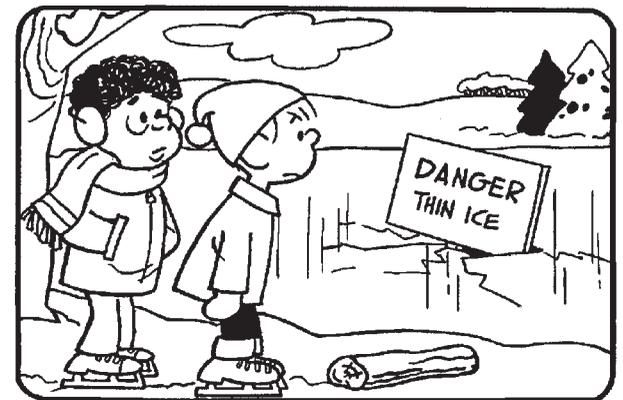
Plod
GUDTER

Celebration
GETANAP

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hockey stick is missing. 2. Tassel is shorter. 3. Arm is moved. 4. Tree is missing. 5. Sign is missing. 6. Log is shorter.

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

To Play Sudoku:

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

PUZZLES

Answers on page 31B

Super Crossword

HER LEADING FATHER

- ACROSS**
- 1 Passengers
 - 7 It's used for simmering
 - 14 Good for farming
 - 20 Texas wildcat
 - 21 Huffington of HuffPost
 - 22 Hooded snakes
 - 23 Noted WikiLeaks whistleblower [#42]
 - 25 Potato, yam and rutabaga
 - 26 Impressionist painter Mary
 - 27 Toaster waffle brand
 - 28 Ancestry
 - 29 Not needing an Rx
 - 30 Unkempt sport
 - 33 Swimmer who won six Olympic gold medals [#39]
 - 35 It has triceps
 - 38 Radical type
 - 40 Work units
 - 41 Author of the Edgar-winning novel "New Orleans Mourning" [#37]
 - 45 "TRL Top 10" channel
 - 46 Wig makeup
 - 50 Not similar
 - 51 2014 Olympics host city
 - 54 Pooh and Roo's creator
 - 57 Erudite class
 - 59 Actress called "The Queen of Technicolor" [#40]
 - 61 The "Y" of YSL
 - 62 UFO pilots, presumably
 - 64 Surveyor's map
 - 65 Caught in a lasso
 - 66 Whom each of this puzzle's featured women have as a namesake
 - 70 Like hot stuff
 - 74 State of mind
 - 75 Always, to Keats
 - 76 Dismounted
 - 80 "Sabrina the Teenage Witch" actress [#35]
 - 83 Black or red candy
 - 86 Grow to accept
 - 87 High-stick billiards shot
 - 89 Make sizzling sounds
 - 90 Stag, e.g.
 - 91 Nondairy milk source
 - 93 2006 U.S. figure skating champion [#44]
 - 95 — Pet (1980s fad)
 - 97 Petrol unit
 - 99 Astros, on sports tickers
 - 100 She played Dharma on "Dharma & Greg" [#43]
 - 105 Deep drink
 - 108 Have life
 - 111 How Earth rotates
 - 112 Born under — sign
 - 114 Nondairy milk source
 - 117 Person "from around here"
 - 118 "The Last O.G." actress [#45]
 - 121 Close to a dozen
 - 122 Many an allergy sufferer
 - 123 Make happy
 - 124 Tension
 - 125 Runtly ones
 - 126 Michael who once headed Disney
 - 42 Part of UCLA: Abbr.
 - 43 Reggae grew from it
 - 44 Taxi ticker
 - 45 Saharan illusion
 - 46 Longtime Ritz rival
 - 47 "How sad!"
 - 48 As to
 - 49 Enjoy a book
 - 52 Ice — (longtime skating show)
 - 53 Netflix alternative
 - 55 Crooner Murray
 - 56 Heathland
 - 58 "You know who I am"
 - 60 Merman of old musicals
 - 63 Full of tumult
 - 66 Fedora fabric
 - 67 Still having a shot to win
 - 68 Qatar's capital
 - 69 Van Devere of "The Changeling"
 - 70 Hoodwink
 - 71 "There, I did it!"
 - 72 Said aloud
 - 73 Bound along
 - 76 — -Detoo ("Star Wars" droid)
 - 77 Neighbor of a Pole
 - 78 Frozen drink brand
 - 79 Beach bird
 - 81 In a prying way
 - 82 Admin. aide
 - 84 W-2 pro
 - 85 "Yeow!"
 - 88 Hearing pair
 - 92 Clumsy ox
 - 94 Suture
 - 95 Baby whales
 - 96 Mount St. —
 - 97 Add-on cost for a science course
 - 98 Shortly, informally
 - 100 Fonda and Austen
 - 101 Really praise
 - 102 Gunpowder component
 - 103 Dewy-eyed
 - 104 The Pine Tree State
 - 106 "— bin ein Berliner"
 - 107 Totally lose it
 - 109 Charlotte — (rich dessert)
 - 110 Anesthetic of old
 - 113 Flabbergast
 - 115 451, to Nero
 - 116 Keats poems
 - 118 Dosage amt.
 - 119 By birth
 - 120 100 in a cen.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
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111								112				113			114		115	116			
117									118				119	120							
121																				123	
124																					126

King Crossword

- ACROSS**
- 1 Soak up the sun
 - 5 Joke
 - 8 Sports figure?
 - 12 Penne — vodka
 - 13 Playwright Levin
 - 14 "Oops!"
 - 15 Picnic spoiler
 - 16 Vacuum's lack
 - 17 Novelist Jaffe
 - 18 Chinese food assortment
 - 20 Some mixologists
 - 22 Docs' org.
 - 23 "Uh-huh"
 - 24 Touse
 - 27 "Locksley Hall" poet
 - 32 Year in Mexico
 - 33 Sock part
 - 34 Stop — dime
 - 35 Short recital piece
 - 38 Uppity one
 - 39 Spike's warning
 - 40 Three, in Rome
 - 42 JFK's vessel
 - 45 Brother's son
 - 49 Leveling wedge
 - 50 Jurist Fortas
 - 52 "I did it!"
 - 53 Antitoxins
 - 7 Attire
 - 8 "Oklahoma!" carriage
 - 9 Oscar-winning actress Emma
 - 10 Top-of-the-line
 - 11 Compared to
 - 19 Hesitant sound
 - 21 Objectivist Rand
 - 24 More (Sp.)
 - 25 Popular card game
 - 26 Lark, for one
 - 28 Very long time
 - 29 Fastidious trait
 - 30 Yoko of music
 - 31 Collar
 - 36 Scents
 - 37 La-la lead-in
 - 38 Music for seven
 - 41 Concerning
 - 42 "Hey!"
 - 43 Ellington's "Take — Train"
 - 44 "Toodle-oo!"
 - 46 Aesopian also-ran
 - 47 Tend texts
 - 48 Fade away
 - 51 Clothing protector
- DOWN**
- 1 Poet of yore
 - 2 Jai —
 - 3 Slender
 - 4 Sunflower State
 - 5 "Billions" actor Paul
 - 6 "Exodus" hero

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20	21			
			22					23			
24	25	26		27	28	29			30	31	
32				33					34		
35			36	37					38		
		39					40	41			
42	43			44		45			46	47	48
49					50	51			52		
53					54				55		
56					57				58		

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Colorado Town : A Male Duck**

- Birdseye, IN
- Ducktown, TN
- Osprey, FL
- Quail, TX
- Black Hawk, CO
- Eagle, AK
- Peck, ID
- Swan, IA
- Chicken, AK
- Jay, ME
- Pelican, AK
- White Bird, ID
- Crane, MT
- Little Flock, AR
- Plover, WI

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 FRIDAY Mostly Cloudy High: 79 Low: 70	 SATURDAY Few Showers High: 78 Low: 71	 SUNDAY Mostly Sunny High: 73 Low: 64	 MONDAY Mostly Cloudy High: 77 Low: 70	 TUESDAY Sunny High: 76 Low: 68	 WEDNESDAY Sunny High: 79 Low: 72	 THURSDAY Sunny High: 78 Low: 70
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	6:28 pm	2:23 am	None	None
Sat	8:14 pm	3:50 am	None	None
Sun	1:43 pm	4:56 am	10:04 pm	3:27 pm
Mon	1:29 pm	5:47 am	11:25 pm	5:04 pm
Tue	1:33 pm	6:26 am	None	6:03 pm
Wed	12:26 am	6:57 am	1:42 pm	6:51 pm
Thu	1:19 am	7:22 am	1:51 pm	7:34 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	5:33 pm	2:25 am	None	None
Sat	7:19 pm	3:52 am	None	None
Sun	12:48 pm	4:58 am	9:09 pm	3:29 pm
Mon	12:34 pm	5:49 am	10:30 pm	5:06 pm
Tue	12:38 pm	6:28 am	11:31 pm	6:05 pm
Wed	12:47 pm	6:59 am	None	6:53 pm
Thu	12:24 am	7:24 am	12:56 pm	7:36 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:05 pm	2:15 am	None	None
Sat	8:49 pm	3:33 am	None	None
Sun	12:49 pm	4:38 am	10:21 pm	4:18 pm
Mon	12:44 pm	5:34 am	11:33 pm	5:22 pm
Tue	12:55 pm	6:20 am	None	6:17 pm
Wed	12:25 am	6:58 am	1:13 pm	7:05 pm
Thu	1:06 am	7:32 am	1:33 pm	7:48 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	8:38 pm	5:39 am	None	None
Sat	10:24 pm	7:06 am	None	None
Sun	3:53 pm	8:12 am	None	6:43 pm
Mon	12:14 am	9:03 am	3:39 pm	8:20 pm
Tue	1:35 am	9:42 am	3:43 pm	9:19 pm
Wed	2:36 am	10:13 am	3:52 pm	10:07 pm
Thu	3:29 am	10:38 am	4:01 pm	10:50 pm

My Stars ★★★★★ FOR WEEK OF MARCH 21, 2022

Aries (March 21 to April 19) Put your restlessness to good use by indulging the Arian love of exploring new places and seeking new challenges. There also could be a new romance waiting to be "discovered."

Taurus (April 20 to May 20) A surprise message from someone in your past could lead to a long-awaited reunion with a once-close friend. Also, look for a workplace problem to be resolved in your

favor.
Gemini (May 21 to June 20) Your self-confidence is rising, and that should be a significant factor in helping you adjust to a new social situation, as well as adjusting to a series of changes in the workplace.

Cancer (June 21 to July 22) Turnabout could be lots of fun when someone who previously accepted your tender, loving care without question now suggests that he or she wants to start taking care of you.

Leo (July 23 to August 22) Put

the lessons you learned from past disappointments to work in planning your future. The way ahead opens to opportunities "purrfectly" suited to the adventurous Lion.

Virgo (August 23 to September 22) This is a good time to renew contacts with family members and/or old friends who somehow slipped off your personal viewing screen in recent years. Travel also is favored.

Libra (September 23 to October 22) Most problems surrounding that recent personal situation have been resolved,

and that means you should move on to other things that are important to you.

Scorpio (October 23 to November 21) Spend this weekend recharging your physical and spiritual energies. When you return to your workaday world, you'll be ready to take on that new project.

Sagittarius (November 22 to December 21) Be careful how you advise a troubled friend. Even your wise counsel could be misunderstood. Better to suggest that he or she seek professional help.

Capricorn (December 22 to January 19) Family problems once again

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dominate and, once again, everyone seeks your guidance in these matters. Later, you can indulge in some much-needed relaxation.

Aquarius (January 20 to February 18) Some mixed signals create confusion in the workplace. Best advice: Ask for explanations before you attempt to deal with any of these matters on your own.

Pisces (February 19 to March 20) A patch of roiling water in the workplace could be threatening, but stay the course and you'll soon be clear of it. Then go out and have a great time with loved ones.

Born This Week: Your extraordinary leadership qualities mark you as someone people can turn to for guidance in difficult situations.

MOMENTS IN TIME

- On April 3, 1776, the Continental Congress, lacking sufficient funds to build a strong navy, gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.
- On March 28, 1814, the funeral

of Guillotin, the inventor and namesake of the infamous execution device, takes place outside of Paris. Guillotin had built the guillotine to show the intellectual and social progress of the Revolution; by killing aristocrats and journeymen in the same way, equality in death was ensured.

- On March 30, 1820, Anna Sewell, author of *Black Beauty*, is born. *Black Beauty*, the first significant children's story in the English language to focus on animal characters, established the precedent for countless other works. The story, narrated by the horse, showed *Black Beauty's* progression through a series of increasingly cruel owners.

- On April 2, 1863, responding to acute food shortages, hundreds of angry women riot in Richmond, Virginia, demanding that the government release emergency supplies, breaking windows and looting stores. Confederate President Jefferson Davis threw his pocket change at them from the top of a wagon.

- On March 29, 1927, Major Henry O'Neil de Hane Segrave becomes the first man to break the 200 mph barrier. Driving a 1,000 horsepower Mystery Sunbeam, Segrave averaged 203.79

mph on the course at Daytona Beach, Florida.

- On March 31, 1959, the Dalai Lama, fleeing the Chinese suppression of a national uprising in Tibet, crosses into India, where he is granted political asylum. With the beginning of the Cultural Revolution in China, suppression of Tibetan Buddhism escalated, and practice of the religion was banned and thousands of monasteries were destroyed.

- On April 1, 1963, the ABC television network airs the premiere episode of the daytime drama *General Hospital*. The enduring soap opera would become the longest-running serial program produced in Hollywood.

NOW HERE'S A TIP

- Here's a great tip for freezing strawberries: Slip a berry into each section of an ice-cube tray, and then stack trays in the freezer. When frozen, transfer berries to a zipper-top bag and store in the freezer. They won't stick together, and you can just use what you need.

- Vinegar (1/3 cup) works just as well as rinsing agents in your dishwasher. Simply add it to the wash with your

regular dishwasher detergent. It can help with cloudy glassware." – WC in Washington

- "Another great use for a length of nylon stocking, or a knee-high, as we used to call them: Slip over your pet brush and poke the bristles through. Brush your cat or dog as normal. When you're done, you can pull the knee-high stocking right off and all the hair will be caught inside!" – PK in Pennsylvania

- If you have a pickle- or jelly-jar lid that's stuck on, try using the handle end of a butter knife to tap a few indentations around the edges. This can sometimes loosen the seal, making it easier to remove the lid.

- "When you get to the bottom of a bag of chips or a box of crackers, there usually are a lot of crumbs. I save ours in a baggie, then add them to breadcrumbs to bread fish or chicken. They add a lot of flavor, and it's basically free! It's funny, because I see packages of flavored breadcrumbs at the grocery store, and they are pretty expensive." – RL in Virginia

- Fresh ginger can be frozen. Simply continued on page 30B

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PETS OF THE WEEK

Lee County Domestic Animal Services

King And Queen

Hello, my name is King. I am a black 6-year-old male pit bull mix. With prom season in the air, we all thought it was fitting to have our very own king and queen. I have rugged good looks,



King ID# A643141

photos provided

a striking personality and a zest for life that contradicts my age. I have plenty of love and life to give, and I'm waiting for someone to see my great qualities.

My adoption fee is \$25.

Hi, I'm Queen. I am a red and white 1-year-old female pit bull mix. I am pretty as a picture and I know it. I love to pose for a picture to show my best side. Throw a tennis ball and you will quickly become my best friend. I am energetic and like to go for long walks. I

would do best with an active family.

My adoption fee is \$25.

This month, Animal Services is celebrating Deputy Chance, a Lee County Sheriff's Office member and a formerly abused and abandoned dog deputized by Sheriff Carmine Marceno. Deputy Chance is proof of how giving shelter pets a new "leash" on life can be rewarding.

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.*



Queen ID# A874174

From page 29B

Now Here's A Tip

grate as needed. The flavor remains, and it will stay fresh much longer.

STRANGE BUT TRUE

- In 2006, an Athens court ordered the worship of the 12 gods of ancient Greece – including Zeus, Hera, Hermes, Athena and others – to be unbanned.

- Vikings fed their wounded soldiers a strong onion soup to help gauge the depth of a stomach wound. After a few minutes, they would smell the wound and if they could smell the onion soup, they knew the wound was too deep and the soldier could not be saved.

- The "artificial strawberry flavor" in a McDonald's milkshake is made up of around 45 chemicals.

- *Jeopardy!* contestants stand on adjustable platforms so that they all appear to be the same height on camera.

- On the last Sunday of November in Lopburi, Thailand, an annual Monkey Buffet Festival is held that provides food and drink to more than 2,000 local monkeys, as a thank you for drawing tourists to the town.

- The role of U.S. first lady isn't reserved solely for the president's wife. Historically, some first ladies have included nieces, sisters or daughters-in-law of the sitting president.

- The word "and" and the ampersand symbol (&) mean different things in movie credits. Two writers' names joined with an ampersand means they collaborated, while "and" means they worked on the script at different times.

- Researchers have discovered that the *Fritillaria delavayi* plant, which has been used in Chinese traditional medicine for 2,000 years, has evolved camouflage in heavily harvested areas.

- In 1355, a dispute between two students from Oxford University and a local tavern owner over the quality of its wine grew so heated that it resulted in a three-day-long riot, which left 63 students and 30 locals dead.

THOUGHT FOR THE DAY

"Every small positive change we make in ourselves repays us in confidence in the future." – Alice Walker

TRIVIA TEST

1. **Geography:** Where is the Adriatic Sea located?
2. **Measurements:** How many centimeters are equivalent to 100 inches?
3. **Movies:** Who was the famous person portrayed in the movie *The Aviator*?
4. **Food & Drink:** When did the first self-serve grocery store open?
5. **wFamous Quotes:** Which 19th century author once wrote, "It was

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1/21 * TFN

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I am a full-time artist on the island and I lost my brush case full of watercolor brushes, pens and pencils etc. over a week ago, somewhere along Middle Gulf Drive.

It's a black zippered case. I offer a \$100 reward if you find it.

These brushes are of high sentimental value to me. Please contact me at shadjebi@gmail.com

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