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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Local Girls On A Mission To Bring Hope To Ukraine

by Allison Havill Todd

While much of the world has been watching in horror as Russia inflicts devastation and destruction on Ukraine, two young girls are doing what they can to offer hope to the child refugees of Ukraine.

Emma Kithcart and Adree Brann, both in the fourth grade at Villas Elementary School in Fort Myers, first started their hobby of crafting handmade bracelets when they were in second grade. The unique wristwear consisted of colorful beads and rubber bands along with crosses and inspirational words. Little did they know that what began as a fun, creative pastime would end up spreading a positive message of hope to many young Ukrainians seeking shelter from the bedlam of the Russian invasion on their



Emma Kithcart and Adree Brann displaying their wares

photo provided

homeland.

They started selling their bracelets for fun at an art show on Sanibel where one of the girl's grandmothers, local artist

JoAnn LaPadula, shared a portion of her booth space for the girls to show their wares. Recently, the bracelets caught the attention of a local islander, Monica

Fry, who ordered 100 bracelets with the intention of getting them in the hands of Ukrainian child refugees as a symbol of support. Within just a few days, Fry was able to coordinate transport of the bracelets with retired nurse practitioner Barbara Grogg and her husband, retired physician Dr. Stanley Grogg, who has been doing missionary work in Ukraine since 2018. The couple arranged to send a package to the refugees through a ministry group in their network.

The girls were overwhelmed with enthusiasm for such a large order and enlisted the help of other children at their church to assist in assembling the bracelets. With much care and attention, the girls went to work on making these special bracelets, each with its own unique design, incorporating colorful beads and inspirational words such as "love," "miracle" and "hope." They then went on to donate an additional 100 bracelets to the cause; each one containing a sticker with a positive message.

When asked what led them to commit

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Rich History Donated To Captiva Library

by Kathy Kurtz Ferrari

There's an old saying that a picture is worth a thousand words. If that's true, a petite, 80-year-old woman from Orlando could write a great historic tome about Captiva.

Antoinette "Toni" Dockery, who spent much of her childhood on Captiva, possesses volumes of photographs and paintings depicting life on the island in the mid-20th century. On April 23, she and her husband Chip visited Captiva to donate a painting her mother sketched decades ago to the Captiva Memorial Library. But the fascinating story Dockery shared of what life was like during a bygone era so enthralled members of the library board that an urgent call was extended to members of the Captiva Island Historical Society.

They wouldn't be disappointed.

At the age of 10, Dockery urged her parents, John and Antoinette "Toni" Skoczek, to visit Captiva during a winter vacation from their frigid Chicago home in 1951. Little did they expect they would soon call the remote island home.

"I had been looking at the map when we were planning the trip and I was fascinated with the name Captiva, because



From left, Dave Saunders, Toni Dockery, CL Quillen, Rita Ewell, Anna Irvine and Kristen Koelmel at the presentation

photo by Kathy Kurtz Ferrari

we had read it was where the pirate kept his slaves," Dockery, who is named after her mother, told the group gathered for the painting's presentation. "And I said, 'I want to go to Captiva!' So that's how we came here."

Her parents loved the island and ended up buying property across from Timmy's Nook, an old watering hole owned by TM "Timmy" Wiles.

"They had a little triplex my dad built, and they rented two apartments out. My

parents had the main living quarters in the middle. It was called Gumbo Limbo apartments. My mother would stay down here for the season," Dockery said. As their only child, she spent every winter on Captiva as well, until she was in high school.

Her mother took up painting, joining an unofficial colony of artists who lived on the island at the time.

"She'd just paint compulsively. Some things might take weeks, other things



A young Toni Skoczek (Dockery) plays on a Captiva beach with her mother in the 1950s

photo courtesy Toni Dockery

she'd dash off 100 in a minute. Just constant," Dockery explained.

Meanwhile, the young Toni explored the island, making friends with other families.

"I played with the Wiles kids and in fact, I went to school with them, for a day," she said. "I remember being horrified that they were able to wear shorts to school. We couldn't wear pants

continued on page 20

Community House Calendar

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. Supplies range from \$3 to \$5. Young children must be accompanied by an adult.

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

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

Letting Loose with Watercolors classes with Anita Force Marshall are held on Tuesdays. Subjects are: May 17, sunflowers; May 24, sand dollars; May 31, dolphins. Cost per class is \$35 for members and \$40 for guests. Bring your own supplies or purchase for \$5.

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

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

Boozey Brunch Class will held on Friday, May 20 from 6 to 8 p.m. Learn how to create a perfect bloody Mary



The Community House photo by Logan Hart and mimosa, and have brunch tidbits prepared by Chef John Wolff. Cost is \$50. Reserve ahead by calling 472-2155.

Community Social – Floribbean Summer Nights will take place on Wednesday, May 25. Pick up from 5 to 6 p.m. or dine in at 6 p.m. Cost is \$25 for members and \$30 for guests. Dessert is \$5 additional. Reservations are required by calling 472-2155.

Summer Turtle Camp will be offered from June 27 to July 1 and Caterpillar to Butterfly Camp will be offered from July 18 to 22 for ages 6 to 14. Camp runs Monday through Friday from 9:30 a.m. to 1:30 p.m. Cost is \$300 for the week or \$60 per day. Snacks are provided. Campers can bring a lunch or purchase one for \$15 per day; advance notice required. Space is limited. Reserve by calling 472-2155.

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

Shell Critter Kits to Go are available for purchase or to ship. Choose four out

of 13 critters to assemble. Cost is \$20 per kit; shipping is \$8 additional.

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

The Community House is looking for sponsorships for Aerobics with Mahnaz Bassiri classes in the amount of \$1,500 (one month), or a portion thereof, for the weekly classes offered. Contact office@sanibelcommunityhouse.net.

The Community House is following current CDC guidelines.

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

Island Seniors At The Rec Center

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

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

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

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

Euchre – Fridays, 1 p.m.

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

Balance-Core and Strength Aerobics – This slower paced class encompasses

targeted moves to improve balance and strengthen the core. It is ideal for the older active adult looking to improve their mobility. Classes are held on Wednesdays from 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Gentle Yoga is offered on Tuesdays and Thursdays from 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Chair Yoga is offered on Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

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

Leisure Lunchers – Thursday, May 19 at 11:30 a.m., Thistle Lodge at Casa Ybel Resort. Due to limited seating, advance sign up is requested by Tuesday, May 17. Contact Deborah Butler at 314-4554 or deborahbutler@comcast.net, or Dave or Jessica at 472-0345. Diners will pay individually.

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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Youth Summer Scholarships Available



Children at The Sanibel School are getting ready for summer vacation photo provided

With Lee County Schools wrapping up the school year on June 2, FISH of SanCap is busy working with families to ensure they have plans for their children during the summer. For those who qualify, FISH offers scholarships for families to send their children to various summer camps throughout the county. The program offers limited financial assistance for families who cannot afford the rising cost of summer childcare and camps.

"Many households struggle to find balance between work and childcare, particularly during the summer months. Some facilities and camps that closed in 2020 due to the COVID pandemic have not reopened, while others are open with less staff, meaning fewer children can attend," said Nitza Lopez, social services director for FISH. "Summer months for island employees can often bring about a reduction in hours at work for our neighbors and with rising costs, it's becoming difficult to afford childcare."

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

"We offer scholarships for summer programs every year to ensure children remain active and in enriching environments when they're out of school," said Lopez. FISH is in contact with area camp directors on and off island so they can provide families with appropriate options. "We work with the Sanibel Recreation Center, Sanibel Sea School and CEI (Children's Education Center of the Islands), as well as off island locations, so that our families have an array of options," said Lopez. "It's all about finding a balance that makes sense, keeps children engaged and most importantly, keeps them safe."

The FISH Summer Youth Scholarship Program is supported by private donors and grant funding from the Sanibel-Captiva Kiwanis

Foundation. "Last year, FISH helped with a portion of the costs associated with camp for my three boys," said Patti, program participant and island worker. "We still haven't caught up with expenses from the incredible loss of income we experienced throughout the height of the COVID crisis and through some other unexpected medical costs. I'm grateful that FISH can help us again this year as it will keep the boys active and engaged while giving us the opportunity to pick up more hours."

Scholarship assistance is evaluated on a case-by-case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family's income and expense documentation. Scholarship amounts vary depending upon the length and cost of the program and the family's financial status. Funding is limited and scholarships may cover only a portion of the cost. For more information, contact Nitza Lopez at 472-4775. For more information on programs and services offered by FISH, visit www.fishofsanacap.org.

City Hosting New Resident Reception

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

Following the reception, guests are invited to stay for the annual hurricane seminar from 1 to 3 p.m., hosted by the Sanibel Police Department. Seating will be on a first-come basis. To RSVP, call 472-3700. BIG ARTS is located at 900 Dunlop Road on Sanibel.✪

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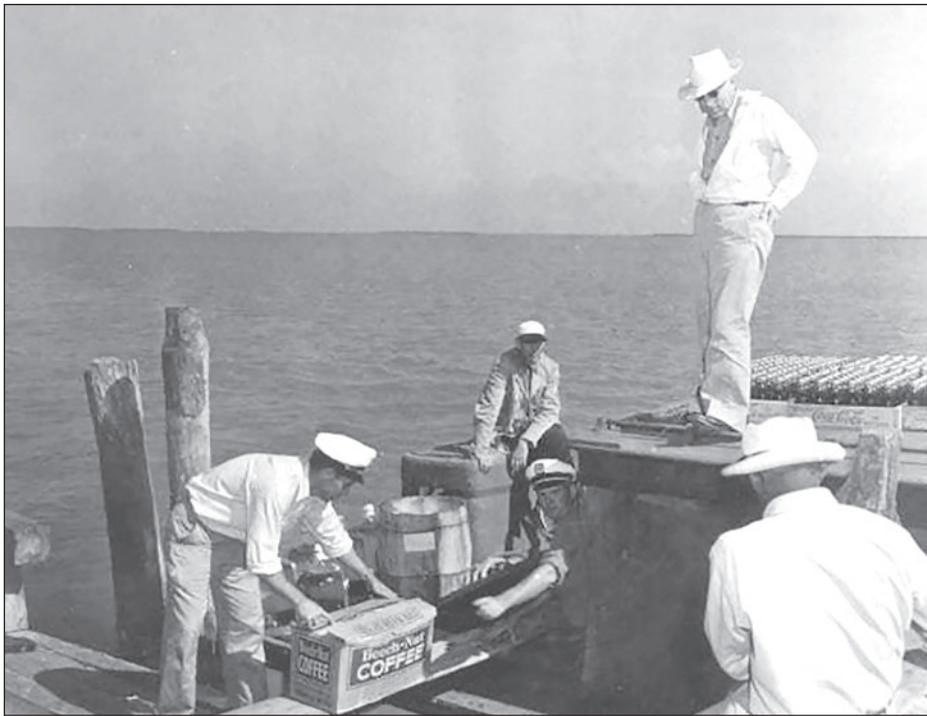
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Unloading goods from the *Santiva* photo courtesy Sanibel Historical Museum and Village Sanibel Historical Museum And Village

Looking Back: Supply Boat

This week's image depicts a crew unloading goods from the mail and supply boat *Santiva* at a dock on



Sanibel in 1948. The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available, based on docent availability. There is handicap access to all but one of the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org.

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

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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OBITUARY

CELESTINE LUKE

Celestine Luke, age 88, went to be with the Lord and her beloved husband, Jack, on Sunday, April 3, 2022 in Sanibel, Florida, after a brief illness. She was surrounded by her family. She was born in Grosse Point, Michigan (where she grew up) on August 26, 1933 to Mary (MacEachern) and Enceladus Krumholz (Robert Blondell).



Celestine (Cel) graduated from St. Pauls school in 1952. She continued her education at University of Detroit, graduating in dental hygiene. She began her dental career in 1954 and practiced on and off through many years. In 1955, she married Dr. John E. Luke and they made their home in Lansing and East Lansing Michigan. While "Jack" practiced dentistry, Cel raised four children and was active in St. Thomas Aquinas Church, where all their children attended school. Jack and Cel retired to Sanibel in 1989 where Cel collected shells, crafted, maintained her "jungle" of all varieties of plants and was certified as a master gardener.

Cel had four great joys in her life. First, her family, including her parents

and her three sisters, with whom she remained best friends her whole life, along with her children and their families. She had a close relationship with her extensive collection of aunts, uncles and cousins, especially her mother's youngest brother, Duncan, who was raised with the sisters. Second, her church(es) which were a cornerstone of her life – St. Pauls where she grew up, St. Thomas Aquinas in East Lansing where her children grew up, and St. Isabel in Sanibel where she was active in her senior years. Third, sports – especially those competed by her children at East Lansing High and later at universities. Cel was a fierce fan of anything Michigan State Spartans, but particularly basketball. Finally, her love of all things horticulture – trees, seedlings, orchids, bonsai, bromeliads and more. When she wasn't able to participate as much in plant clubs, she became the hospitality chair, so no gardener went hungry at events and meetings.

Cel was preceded in death by her husband of 65 years. She is survived by her children and their spouses: Diana and G. Steven Day of Sanibel and Erie, Pennsylvania; John and Beach Luke of Fresno, California; James Luke of East Lansing, Michigan; and Richard and Tiffany Luke of Lansing, Michigan and Venice, Florida. Also surviving are 10 grandchildren; Jennifer Day Eddy, Cassandra Luke, Jaclyn Luke Gentry, Julia Day Grandinetti, Nicole Luke Bertolet, Brody Luke, James Luke, Casey Luke, Sami Luke and Jessica Day; and two great-grandchildren; Justin and

Jason Eddy. In addition, she is survived by sisters, Rose Ann English and Marylin Bejin, her former daughters-in-law Anne Luke and Cristina Luke, and many treasured nieces and nephews.

A funeral memorial mass will be held

at 11 a.m. on Saturday, May 21 at Saint Isabel Catholic Church on Sanibel. In lieu of flowers, the family will appreciate donations to the National MS Society, the Parkinson's Foundation, or the charitable organization of your choice.✧



T-shirt detail images provided



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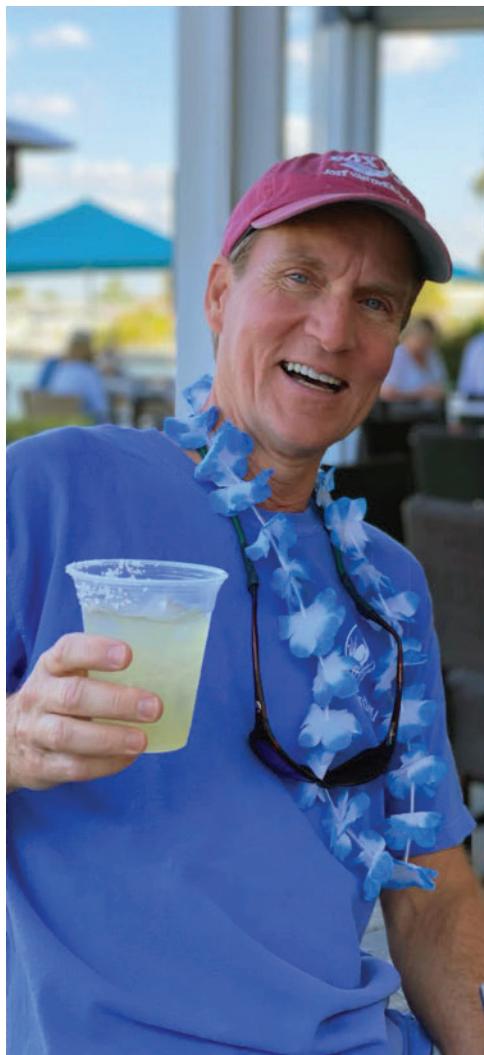
Through a partnership with Sanibel retailer On Island, a custom Bailey-Matthews National Shell Museum T-shirt is now available at the museum store, through the museum's online store and at On Island in Olde Sanibel Shoppes.

Created by On Island, the shirt's design features line drawings of a scallop, chiton and squid that were adapted from designs on lighting sconces

Proceeds from sales benefit the animals at the shell museum

in the museum's Living Gallery. Proceeds from the sales of this shirt benefit the care of the animals in the Living Gallery.

Order online at www.shellmuseum.org/store or stop by On Island, 630 Tarpon Bay Road, Unit 9, or Bailey-Matthews National Shell Museum, 3075 Sanibel-Captiva Road.✧



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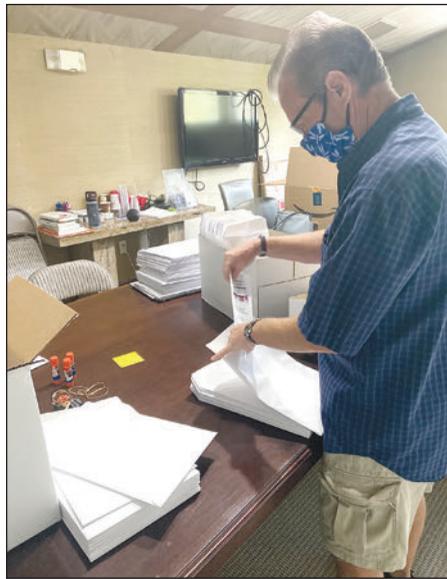
Count On FISH For Hurricane Preparation

Every year, FISH of SanCap, the City of Sanibel, Lee County Emergency Management and others work together to review plans and changes for the upcoming hurricane season. FISH then compiles an updated hurricane resource packet providing information on where to go, what to do and how to prepare in the event of a storm.

The resource packet and hurricane season preparation were first introduced to the community when FISH began 40 years ago. "When the program began, FISH helped evacuate residents off island, put up storm shutters and even made hotel reservations for folks," said Maggi Feiner, president and CEO of FISH. "While we do not offer those specific services any longer, we do provide critical information and helpful steps to stay safe before, during and after a storm."

FISH and its team of volunteers verify evacuation routes, flood zones, hotels with generators, shelters and pet accommodations to update the packet annually. While the official start of hurricane season is June 1, FISH provides the resource packet beginning in May. "With the safety of our neighbors in mind, we want to make sure everyone has reliable information in case a storm approaches," said Erika Broyles, senior services director. Broyles oversees the program and coordinates the efforts of the team to ensure all information is accurate.

Over the past few years, the organization has seen a shift in travel schedules of seasonal residents and many new residents that are experiencing their first-ever hurricane season. To help them prepare, FISH offers the packet of information and checklists. FISH volunteers, in collaboration with other stakeholders like the City of Sanibel, also works with the vulnerable residents to ensure their annual emergency evacuation plan is up to date. The FISH Hurricane Committee will keep in touch with them before, during and after storms. When possible, family members out of the area are updated on the status of the



A FISH volunteer assembling hurricane resource packets photo provided

storm and their loved ones.

"This is a huge undertaking and a true collaboration between many island and off island organizations," said Broyles. "Our volunteers spend many hours updating and verifying information. When our documents are complete, they then set up appointments with our most vulnerable to discuss the packet and solidify plans for evacuation, in the event the islands are ordered to do so."

This year, the Sanibel Interact Club, sponsored by the Sanibel-Captiva Rotary Club, assembled the resource packets. The club challenges middle school students to identify places of need within the community and find ways to help. The club helps develop young leaders who are making connections in the community and elsewhere, and highlights their role in making positive change.

FISH stresses the importance of making an evacuation plan, gathering emergency supplies, creating lists of contacts and medicine, and other details listed in their packet.

To receive a free FISH Hurricane Resource Packet, call 472-4775 or email erika@fishofsancap.org. Packets may also be downloaded from the website at www.fishofsancap.org. Appointments may be arranged for those who would like a more detailed discussion on how to prepare during hurricane season.✱

Family Swim Days

The Sanibel Recreation Center leisure pool, splash pad, water features and slide are open every Saturday from 10:30 a.m. to 12:30 p.m. All children under the age of 12 must be accompanied by a parent or guardian over age 18.

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

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual



Bring the kids photo provided

memberships are available. For more information call 472-0345 or visit www.mysanibel.com.✱

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Outdoor Seating Approved For Lighthouse Cafe

by Wendy McMullen

Lighthouse Cafe on the east end of the island was given permission to place 14 outdoor seats in front of the restaurant at the Sanibel Planning Commission meeting on Tuesday.

The 60-seat restaurant, particularly well-known for breakfast, required the variance to add the tables and chairs because development is not permitted less than 70 feet from the centerline of Periwinkle Way. The existing buildings, the restaurant and adjoining Seahorse Shops are located 70 feet and 67 feet, respectively, from the centerline of Periwinkle Way. The required setback for principal structures from Periwinkle Way is 100 feet.

The additional outdoor dining increases the total number of seats at a restaurant that already does not conform to the Sanibel Plan regarding parking, developed area limits and front yard setback requirements. The existing Seahorse Shops and Lighthouse Cafe property was developed before the city's incorporation in 1974, and so it is legally existing but nonconforming.

The seating area is located beneath the existing covered walkway and will not be closer to Periwinkle Way than the existing restaurant building overhang. It will not therefore increase the nonconformance to the front yard setback.

The planning commission may grant waivers for lawfully existing nonconforming structures and properties located within the commercial districts in accordance with certain standards, providing it does not increase the maximum floor area or height allowed for commercially zoned parcels, and will not increase the nonconformance to the front yard setback.

There is already approved bonus outdoor seating that meets the required 70-foot front setback at the adjacent commercial structure on the Seahorse Shops property. That structure was permitted and constructed under city permits and is conforming to required setbacks, while the subject structure

containing the Lighthouse Cafe is not.

Conditions imposed by the city stipulated that the total number of restaurant seats, including both indoor and bonus outdoor seating, will not exceed 74 seats, that the Sanibel Fire Rescue District approve the plan and that the outdoor seating area will be adequately buffered from off-street parking with use of landscaping and potted plants.

The city also determined that there should be no food preparation or separate bar service in the outdoor dining area and that it not interfere with pedestrian or vehicular circulation. Microphones, loudspeakers and amplifiers are also not permitted.

Planning commissioners voted unanimously to allow the outdoor dining area with the conditions outlined.*

Road Rally And Fireworks Get Go Ahead

by Wendy McMullen

A suggestion to discontinue the traditional July 4 fireworks display was shot down in flames at the May 3 Sanibel City Council meeting.

The suggestion, brought up by Vice Mayor Richard Johnson at the April city council meeting was fiercely discussed and council determined to delay the discussion in order to get public input.

Their intent was successful with both city council members and the public weighing in on the discussion.

Councilman John Henshaw led the discussion in council member comment pointing to the emissions and harm to the environment caused by the fireworks.

"At some point, we have to lead by example, we have to understand the consequences of our past celebrations," he said, pointing out that fireworks are made up of heavy metals including lithium, strontium, titanium, cobalt and magnesium.

"If we are going to be leaders in environmental stewardship, which I think we really strive to be, that means we do things that may be a little uncomfortable," he concluded.

Henshaw was supported by Kelly Sloan,

coastal wildlife director for Sanibel-Captiva Conservation Foundation (SCCF).

"When fireworks are discharged on or near water bodies in coastal areas, the loud and spontaneous explosions can incite flight responses and disorientation in birds. Additionally, the debris left behind can impact wildlife if ingested by sea turtles or other species. The startled response associated with fireworks is well documented," said Sloan.

Mayor Holly Smith had some doubt about whether all fireworks presented the dangerous heavy metals mentioned by Henshaw, suggesting that certain fireworks dissipated without the dangerous elements harming the environment. She also spoke on the sentiments produced by the displays.

"We're a special community," Smith said. "And we live in harmony with nature. But to me, that doesn't exempt us as humans from being a part of that as well. And I can tell you having grown up as a kid, always having those Fourth of July parades, those festivities during the day with a combination at night. I remember those days. And I'm really going to be sad if those start to go away."

So the \$25,000 fireworks display will go ahead, but maybe not forever. Residents Arlene Dillon and Larry Haas both spoke in favor of considering alternatives in the future. Haas suggested contests and races on the grounds in front of the theater with Taste of the Islands type food vendors surrounding the area.

Meanwhile, the longest running July 4 event, the Road Rally, will go ahead too. The rally has traditionally been sponsored by the Sanibel Captiva Optimist Club but this year, longtime Sanibel resident and Optimist Club member Randy Carson will be the major organizer.

Participants in the Road Rally sign up in teams and follow a prescribed route by puzzling out clues. The rally starts at noon, and begins and ends at The Timbers restaurant on Sanibel. All the proceeds go to the Optimist Club to provide scholarships and funding for youth programs.

The 30th annual Sanibel & Captiva Islands Independence Day Parade will go on as well, beginning at 9:30 a.m. at the corner of Periwinkle Way and Tarpon Bay Road.*

City Digs Up Shared Use Path Plan For Review

by Wendy McMullen

Steps to establish a plan for Sanibel's shared use path were approved at the May 3 Sanibel City Council meeting. A shelved master plan for the shared use plan was reinvigorated with City Manager Dana Souza presenting steps to review the plan, present it at a future meeting for public comment and submit it to the Lee County Metropolitan Planning Organization (LCMPO) by November.

The 2018 master plan was funded by the LCMPO at a cost of \$100,000 but never presented to city council and languished in city offices until Souza dug it up and presented a schedule to make necessary revisions, present staff and public comments starting in July and approve it at the October meeting. It will then be submitted to the LCMPO where funding for improvements to the path may be available.

"We've received funding for marketing in the past but not for physical construction or renovation," Souza commented, adding that improvements could be made using the impact fee fund.

The master plan was developed in 2018 by consulting firm Tindale Oliver. It included a thorough review of shared use path condition and characteristics, a study of use patterns, a significant public engagement effort in 2019 and the drafting of the report. It was not, however, presented to city council and has not been transmitted to the MPO board as required. City staff did review the plan in 2019 and 2020 but the comments were not sent to the consultant for incorporation into the plan prior to the completion of the consultant's contract. It was then shelved and nothing further was done with it.

Souza described Sanibel's shared use path system as an invaluable resource, one of the "crown jewels" of the island that allows residents and visitors to move about safely and easily. He said it also reduces the need for motorized vehicles on city streets and roads.*

More city news page 10

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Discussion On Flood Protection State Mandates

by Wendy McMullen

A Florida state requirement to protect coastal ecosystems and ensure development that is responsive to sea level rise will be heard at the next city council meeting on Tuesday, June 7.

Florida has now issued mandates that cities revise their land use plans every five years to adapt to changing conditions.

City planners maintain that existing development codes based on ecological zones already address many of the perils of flood requirements by limiting development and protecting natural resources, and that no major changes are necessary in order to comply with state standards.

Policies outlined in the documents sent to the state ensure continued implementation of development regulations and building code requirements that are responsive to the threats posed by high-tide events, storm surge, stormwater runoff, flash floods and the related impacts of sea level rise.

They also ensure that the building standards established in the Sanibel Land Development Code are consistent with, or more stringent than, the requirements in the Florida building code and discourage redevelopment seaward of the 1991 coastal construction control line.

Where shoreline protection is necessary, the city already encourages the use of ecologically based projects.

The documents also promise to examine and, where necessary, amend the Land Development Code in 2023, and every five years following. The Sanibel Planning Commission, however, recommended that the plan be examined now and be more frequently revised to ensure development regulations are consistent with current best management practices and state and federal regulations.

The second reading of the ordinance will permit council and public comment.*

City Considers Speed Limits On Shared Use Paths

by Wendy McMullen

At the May 3 meeting, Sanibel City Council discussed imposing a speed limit on Sanibel's shared use paths and banning bikes entirely on the beach.

Spurred on by public calls for regulations limiting the speed and types of vehicles on the shared use paths and advertising showing bikes on the beach, council considered whether to limit the types of bikes that could be used on the paths or the speed at which they could be ridden.

Councilman Mike Miller told council

members that while ebikes that are automatic and do not rely on manual effort to pedal are not permitted on the shared use paths, they are still there and that they have a maximum speed up to 28 miles per hour.

"I think our situation probably requires some type of limitation on speed for a couple of reasons. First of all, our shared use path in many places acts as a sidewalk," he explained. "You have people out for walks. You have people walking their dogs. You have people cycling very slowly while other people are going faster. So that diversity of use creates some risk just by itself, particularly with some going at high speeds."

Councilman Dr. Scott Crater questioned the intention and goal of the speed limits and whether it was the speed itself that caused accidents.

"Is the goal to reduce accidents?" he questioned. "Do we have any evidence that the speed itself causes accidents? Or is it more likely distracted cycling with cell phones earbuds, inattention, daydreaming, ignorance of traffic laws, lack of skill, failure to warn when you're overtaking a slower cyclist or pedestrian, or lack of experience?"

"What I've observed is the proliferation of class two and class three bikes in the environment in the public realm has grown exponentially. And I think we're a touch naive when we decided that we would only allow pedal assist bikes on the shared use path," observed Vice Mayor Richard Johnson.

"We don't actively tell people that class two and class three bikes are not allowed."

City staff will put together recommendations for discussion at future city council meetings. Most council members were in favor of banning bikes on the beach.*

Definition Of Development To Be Delayed

by Wendy McMullen

Attempts to clarify some of the definitions central to the Sanibel Land Use Plan seemed to lead to more confusion at Tuesday's Planning Commission Meeting.

Finally, Commissioner Laura DeBruce suggested the commission schedule a Land Development Code Subcommittee meeting solely to discuss this and other important definitions.

At issue Tuesday was trying to decide what constituted "development" and "developed area," and whether such things as fill slopes – that transition from fill placed for the house pad down to the existing grade – and stormwater management berms were part of the developed area.

The definition of an open body of water, among other things, will also be discussed at the future Land Development Code Subcommittee meeting.*

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OBITUARY

RONALD J. KLIMARA

Ronald John Klimara passed away peacefully on May 3, 2022.

Ron was born in Chicago, Illinois to Chester and Josephine Klimara, and was the older sibling to his brother Tom. He was the first member of his family to attend college, did so on a penmanship scholarship, and graduated from Lewis University where he met his loving wife of 56 years, Marilyn (Lynn) (Dore) Klimara, at a Lewis/St. Bernard's School of Nursing mixer. They were married at St. Nicholas of Tolentine Catholic Church in Chicago. After having their two children, they relocated to Monticello, Indiana where they became parishioners at Our Lady of The Lakes Catholic Church.

Ron had a tremendous sense of humor and was always quick with a joke and ready to laugh with you. When talking with friends, family and even new acquaintances, he reached people with his humor and genuine interest, and made people feel as if they were the only person in the room.

He was a dedicated, full-time caregiver to Lynn for her last 10 years and he lovingly took care of her throughout their marriage. He was always most concerned with the wellbeing of others, before himself, and this resonated in every conversation and interaction he had with friends, family and new acquaintances.

He was an accountant by trade and founded Wabash National Corporation, along with his two business partners in 1985. As their chief financial officer, he



took Wabash public on the New York Stock Exchange in 1991, and along with his two partners, grew the semi-tractor trailer manufacturer to become the largest in the industry.

Ron was very committed to his Catholic faith throughout his life, including studying to be a priest at Quigley Preparatory Seminary for four years, assisting with expansion projects at his local parish and diocese, and was a regular donor to a myriad of Catholic charities.

He loved great food, fine wine and spending time with family and friends. He also had a lifelong penchant for hot dogs, trips to the casino, fast food and fast cars. He was very close to both his children and daughter-in-law, and was incredibly proud of the many accomplishments of his two grandchildren.

Ron and Lynn retired to Sanibel Island and then Fort Myers, Florida and resided there for the past 30 years, where Ron liked to spend time with Lynn, enjoyed spending time with his children and grandchildren on their frequent trips, enjoyed watching beautiful sunsets from the beach, cherished his daily walks, absolutely refused to sit and read a book during his 30 years of retirement, and loved watching sports in spite of his years of undying support for the Chicago Bears.

Ron now joins Lynn, who preceded him in death, and is survived by his two children, Colleen and Kevin (Angelique) and his two grandchildren, Miles (Kate) and Kelsey. Ron was also preceded in death by his parents, his brother Tom Klimara, and his dearest aunts, Bernice and Jean Ziembra.

A funeral mass will be held at 10 a.m. on Friday, May 20 at St. Columbkille Catholic Church, located at 12171 Iona Road in Fort Myers. In lieu of flowers, a memorial donation may be made to: Servants of Mary at 1439 Harlem Ave., Berwyn, IL 60402.✠

to approve would almost certainly have led to another tie vote which, according to the City Attorney John Agnew, would also mean denial, commissioners voted to defer the matter to a later date. Any motion automatically fails if there is no agreement.

There was significant neighborhood opposition to the project although dredging had been undertaken on the north side of the bayou and there were docks on neighboring properties and on homes across the bayou.✠

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Tie Vote On Dredging Leads To Continuance

by Wendy McMullen

A long and uncomfortable discussion on whether to allow a boat lift and dredging in Dinkins Bayou ended in a tie vote at Sanibel's Planning Commission meeting on Tuesday.

Despite planning staff recommendations for approval of both the dock and dredging, some planning commissioners had serious concerns about approving this first application for dredging in a natural body of water.

"I'm uncomfortable voting on it without knowing what effects it has on the rest of the community," confided Commissioner Laura DeBruce, who moved to deny the application.

With Chairman Roger Grogman absent from the meeting, it came down to a tie vote with Commissioners Ty Symroski and Matt Kirchner voting along with DeBruce to deny dredging and dock extension. Since a further vote

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Plant Smart

Shoreline Seapurslane

by Gerri Reaves

Native shoreline seapurslane (*Sesuvium portulacastrum*) is a mat-forming succulent of the fig-marigold family, also called the iceplant or carpetweed family.

The smooth reddish stems are prostrate and branching, rooting at the nodes. In the wild, it's found at beaches, dunes, fresh and saltwater marshes, and the edges of coastal wetlands.

This species is valuable in restoring and stabilizing coastlines.

This hardy wildflower endures full sun and will grow in nutrient-poor soil.

Find the right sandy spot for it and you'll have a pretty low-maintenance groundcover that is highly salt and drought tolerant.

A moderate to fast grower, it reaches a half-foot to a foot high with stems eight to 20 inches long.

The fleshy stemless evergreen leaves are opposite and roughly oval but elongated with clasping bases. They measure up to two inches long and are about a half-inch wide.

They have a somewhat salty taste, are edible and are high in vitamin C.

The solitary flowers of about a half-inch across are borne in the leaf axils. The five pink to purplish petals – actually sepals – have pointed tips and



This native wildflower blooms year-round but for only a few hours a day

photos by Gerri Reaves

greenish undersides.

The 30 or so stamens enhance the star-like appearance.

The flowers bloom year-round and attract native bees and butterflies, although they open for only a few hours a day. The plant is a nectar source for the Miami blue butterfly.

A tiny conical capsule contains 30 to



Shoreline seapurslane's mat-forming habit makes it useful in coastal restorations. This native wildflower blooms year-round but for only a few hours a day.

60 glossy black seeds.

Propagate it by division, root cutting, or seed.

This herb is used for human and animal food and also has many medicinal uses.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert

G. Haehle and Joan Brookwell, *Wild Plants for Survival in South Florida* by Julia F. Morton, [www.florawildflowers.org](http://florawildflowers.org), <http://floranorthamerica.org>, www.fnps.org, <https://hawthornhillwildflowers.blogspot.com>, <https://hort.ifas.ufl.edu>, and www.regionalconservation.org.

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Flight champions, from the left: Brian Terrell, Cheryl Perrero, Mike Weiner and Mark Willis receive their awards from Kiwanian Jason Smith. (Not pictured — Doug Ryckman.)

Kiwanis says "Thanks" to the 90 golfers who came out to compete, to The Dunes Club for hosting, and to the fine sponsors who made the day possible:



All funds raised support Kiwanis Scholarships and Youth Programs.

Tarpon Tales



by Capt. Matt Mitchell

Most of last week was very close to what I would call perfect tarpon conditions. Light winds and calm mornings made locating happy tarpon easy. Being

able to read the movement of pods of fish and position the boat to have shots at them as they slowly went by is what tarpon fishing is all about. No matter how many times I see these tarpon rolling and free jumping, it will never get old. Unfortunately, by the end of the week, winds and rain made finding these fish next to impossible for a couple of days.

Tarpon can be caught at anytime, but there is something very special about being the first boat on these fish as the sun slowly rises. Without any other boats pressuring them, tarpon are less spooked and you get more shots at them. Year after year, these fish return to the same places again and again. Knowing where to look day to day only comes with time, although once you find one of these tarpon highways, it is guaranteed they will return.

When you locate tarpon, you will be more successful if you let the fish approach you rather than racing around and bombing them with baits. Running a trolling motor on low at one consistent



Tarpon comes boatside for a leader touch

photo provided

speed will allow you to get closer to them. When casting at these pods, chains or strings, the key is to put the bait where you think they are going and

not landing a bait right on them as they spook. Anticipation and frustration collide as these amazing fish roll all around your bait. Some days, you can throw at these

fish over and over without a bite, while other days, it just takes one well-placed cast to hookup. Why one group of tarpon will eat while others refuse a bait is unknown.

When conditions aren't so perfect, tarpon fishing requires going to one of these highly travelled highways and setting up. Over the years, I have put marks on my GPS of what I call confidence spots. I will set up and fish these places with both cut baits and live baits to increase the odds of a hookup. Anchoring from the bow makes the boat a little quieter when its choppy. Run two cut baits out of the back and put them in the rod holders then throw live baits under a float out the sides. Make long casts with the live baits and let them slowly drift. With multiple rods out when you do hook up, things can get pretty chaotic until the multiple lines are cleared and out the way.

Tarpon fishing requires staying focused even during hours of what can be described as boredom. When you do get that hookup, things get crazy quick. In a perfect world, we would get to sight fish these tarpon every trip. Unfortunately, most days don't give us perfect conditions and soaking baits is what it takes. Day in day out, cut bait fishing – while not glamorous – catches tarpon when sight fishing is not an option.

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.✪

Volunteers From East End Needed

Coastal Watch and the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab are looking for volunteers that live on Sanibel's east end canals to participate in an oyster restoration pilot program this summer. Participants will allow SCCF to suspend vertical oyster gardens from their dock or seawall throughout the summer months.

If you live on the east end canals and would like to sign up to volunteer, email SCCF Community Conservation Coordinator Kealy McNeal at kmcneal@sccf.org.✪



Vertical oyster gardens photo provided

New Cobia Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) approved regulation changes for cobia in state waters.

Changes effective July 1 include:

Increasing the minimum size limit from 33 inches to 36 inches fork length for all state waters;

Reducing the commercial bag limit from two to one fish per harvester per day for Atlantic state waters; and

Reducing the recreational and commercial vessel limit from six to two fish per vessel per day for Atlantic state

waters.

These changes are consistent with pending regulations in Gulf of Mexico and Atlantic federal waters.

A recent stock assessment determined the cobia stock is undergoing overfishing and, as a result, reductions in current harvest are needed. These changes for commercial and recreational harvesters in state and federal waters are necessary to end overfishing, improve stock abundance and ensure future cobia fishing opportunities.

For recreational cobia regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Cobia." This page will be updated with new regulations when they take effect.✪

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:
Fish Crows



by Bob Petcher

The fish crow (*Corvus ossifragus*) is a solid black bird that can look very much like the American crow as they are both standard crow size with heavy bills, sturdy legs and

broad wings. Both species can be found along the eastern part of the U.S. as well.

The fish crow can generally be found around water – hence the name – and is more apt to feed on anything, including fish. Another way you can usually tell the two crows apart is by their calls. The American crow is more ear-piercing with its “caw-caw” sound, while the fish crow is more nasally with its “uh-uh” sound or sometimes a nasalized “caw-caw-caw” sound.

At CROW, four nestling fish crows were admitted to CROW after their nest was removed from a construction crane in Port Charlotte. Upon examination, the crows were severely dehydrated, thin and cold.

“Based on the nature of their case, they were unable to be put back. When a nest is removed from a construction site, it’s not necessarily a safe place for the babies to return to and any re-nesting



Patients 1977, 78, 79 and 80 will need to be relocated after supportive care, nutrition, and survival and flight training

photo by Haillie Mesics

option would have been too far from the original site for it to succeed,” said Crow Rehabilitation Manager Breanna Frankel. “In most cases, we try to keep babies with their parents for the best chance of survival but these four likely wouldn’t have made it in a construction site. It was a good idea to bring these four in since they were admitted in poor condition – thin, dehydrated, cold.”

The patients will be raised per protocol and will continue to be monitored under supportive care.

“Fish crows habituate to people very

easily, so we must prevent that at all costs if we want them to be able to be released,” said Frankel. “Nestling fish crows require feedings every hour from 7 a.m. to 7 p.m. As they grow bigger, the feeds become more spaced out, and they eat more at each feed. When they transition from nestlings toward fledglings, we introduce enrichment, various perch options and natural food options as well.

“They are receiving a base diet of soaked puppy chow – a specific type – as well as protein, fruits and vegetables. They are not on any medications, but

they do receive vitamin supplements on their food every day. Aside from feeds, they don’t require much other care.”

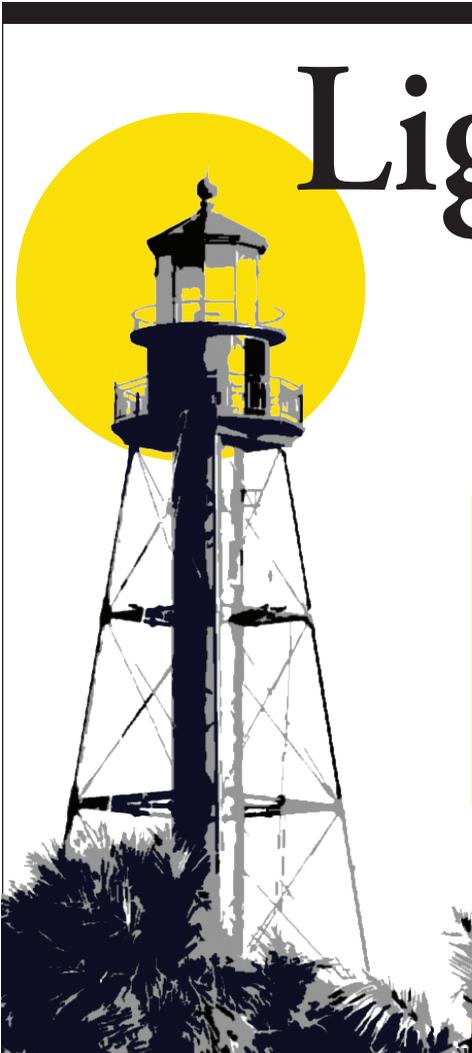
The admittance from Port Charlotte was a bit further away than some recent cases.

“We regularly take patients everywhere from the Clewiston area to Marco Island,” said Frankel. “There are some patients that miss migration up north and are put on a plane to be delivered to us to continue rehabilitation, then released into their flocks as they migrate through.”

The four small nestlings will need to spend some time at the clinic, but they are growing quickly and doing well overall.

“Fish crows take about six weeks to fledge and then may get fed by their parents for another month or so,” explained Frankel. “We need to ensure we give them a similar amount of time while teaching them about natural food sources and foraging. In total, it may be two and a half months in rehabilitation if they come in soon after hatching. Of course, they will go through flight school, but the most important knowledge for them will be that of survival – hunting, foraging and learning about predators.”

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.

Learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. 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.

For the safety of the animals and other guests, 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.

CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the



treatment process. The program has two parts: the daily presentation in the Visitor Education Center and a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds.

This program is not recommended for children under the age of 13. Masks are required at all times during the tour. 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, May 13, 11 a.m., Why Animals Come to CROW – Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, May 13, 2 p.m., Turtles, Tortoises and Terrapins – They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Saturday, May 14, 11 a.m.,

Surgery and Triage – After rescue teams have located and restrained injured or ill animals, and transported them to CROW, they are assessed and admitted to the hospital. This talk will discuss all that goes on when assessing new patients at the wildlife hospital.

Monday, May 16, 11 a.m., Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, May 16, 2 p.m., Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, May 17, 11 a.m., Species Profile: Bats – Bats are the only true flying mammals on earth and their many physical adaptations provide them with unique advantages in the ecosystem. This presentation discusses the common bat species found around Florida, general characteristics of bats, why bats come into CROW, and their benefits to both the ecosystem and humans.

Tuesday, May 17, 2 p.m., Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. This presentation explores how armadillos came to the

U.S., what benefits they provide for the ecosystem, and how they adapt.

Wednesday, May 18, 11 a.m., Species Profile: American Alligators – This species was once on the road to extinction. With the help of conservation efforts over the last few decades, alligators have made a drastic comeback. This program discusses how this iconic species contributes to the overall health of Florida's ecosystems and economy. One of CROW's animal ambassadors will be present.

Wednesday, May 18, 2 p.m., Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, May 19, 11 a.m., Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, May 19, 2 p.m., Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species, and the challenges they face in a state where human development continues to increase exponentially.*

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City Of Sanibel Vegetation Committee
Confusing Clusia

There are 300-plus species of clusia in the world. Clusia is often referred to as the autograph tree because any etching will remain on the leaf until it falls, or pitch apple after the black material surrounding the seeds, which was used to caulk the seams of boats. Clusia is a low maintenance plant that has thick, leathery leaves and a low branching pattern which makes it a nice choice for a hedge. It's also drought and salt tolerant with few pests, making it a perfect plant for Sanibel. Only one species however, *Clusia rosea*, is native to Florida.

Clusia rosea has the biggest leaves and a unique fruit. Consideration must be made when planting this native species because it is temperature sensitive below 35 degrees. In the past, cold fronts on Sanibel have led to die-offs of these trees.

Several non-native species of clusia have notably smaller leaves. Their flowers and fruits are not easily seen on Sanibel, perhaps because they are kept as hedges and trimmed regularly, which discourages flower development. They also have the leathery, paddle-shaped leaves common to the clusia genus. These dwarf or small leafed varieties have been planted with the misunderstanding that they are native plants.

Sanibel is defined as a barrier island sanctuary, living in harmony with the island's wildlife. The Sanibel Vision Statement notes that the community



Pitch apple photos provided

also decided it wanted "our development to reflect the predominance of natural conditions and characteristics." Therefore, when any development or substantial redevelopment occurs on the island, the City of Sanibel Land Development Code requires that 75 percent of the plants (in three categories: trees, shrubs and groundcovers) on the property be native.

If a clusia hedge is planted with a non-native species of clusia, it is required that enough native trees and shrubs be present on the property to meet the 75 percent native requirement. If this is not the case, it would require the installation of additional native trees to meet the required native to exotic ratio. In other words, three native trees would have to be planted for every one exotic clusia. This may be a problem, depending on the size of the property.

There are many native plants that make wonderful hedges including coco



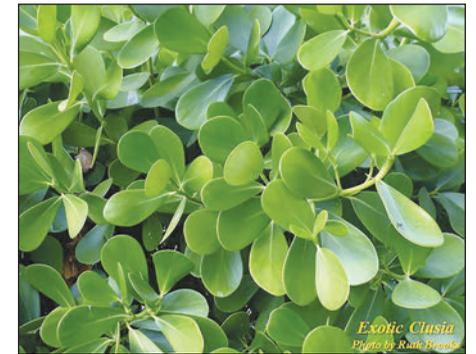
Walter's viburnum and Simpsons's stopper



Native and non-native clusia

plum, Florida privet, Walter's viburnum and Simpson's stopper. If a native hedge is planted, not only do you have plants that are attractive to wildlife and need no watering or fertilizing, you add to the goal of preserving the community as a sanctuary island.

The Natural Resources Department section of the city's website, www.mysanibel.com,



Exotic clusia

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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Bailey-Matthews National Shell Museum
Shell Of The Week

The Intermediate Cyphoma



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

Cyp^homa *intermedium* (G.B. Sowerby I, 1828) reaches about 35 mm (about 1.4 inches). The shell shape is

elongate-oval, usually white when found dead, but fresh specimens have orangish shell tinges. Unlike other species in the genus found locally (the Fingerprint Cyphoma, *Cyphoma signatum*, and McGinty Cyphoma, *Cyphoma mcgintyi*), the dorsal ridge on the Intermediate Cyphoma is very weak or absent. The columellar fold is pronounced anteriorly and posteriorly. At least one shell of this species was found on Sanibel Island. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. It is open daily



BMSM 80508
Cyphoma intermedium
Bahia Honda Key, Florida, USA

The Intermediate Cyphoma, *Cyphoma intermedium*, from Bahia Honda Key, Florida
photo by James F. Kelly

from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.*

Rare shell find? Stop by our office at 1640 Periwinkle Way so we can take your photo for publication, or email press@islandsunnews.com.

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. this Sunday, May 15. Barbecued ribs and chicken are on the menu for Sunday, May 22.



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

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

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

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

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

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

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A young Toni Skoczek (Dockery) on the ferry

photos courtesy Toni Dockery

From page 1

Rich History

to school of any kind, much less shorts. We had to go over to Fort Myers on the ferry."

With no causeway until 1963, nearly everything depended on the ferry, the *Santiva*, which is the subject in the donated painting.

"The mail boat in the painting my mother did would stop near us at Timmy's Nook, at the dock, and also at Andy Rossi's down the street," Dockery told the crowd. "I remember Andy was a big, dark man because he was always out in the sun. I used to think he was an Indian."

Dockery remembered the streets were configured differently and usually empty. They didn't have the same names as today's roads, which are named after people like Rossi and Wiles.

During her recent library visit, Dockery brought several of her mother's other paintings. She also had photographs showing her family enjoying island life. Her mother splashes in the gulf waves in one; her father scuba dives in others. A few were taken on the ferry, and some show the causeway under construction. All photos were of interest to the historical society.

"It's important to get these types

of stories from people while we can for our archives," said Captiva Island Historical Society President Tom Libonate. "Particularly from this time period, because we find we have a gap around this era."

Dockery's father died on Captiva in 1984, and her mother died about 10 years later, leaving their daughter with all the memorabilia.

"I've been trying to kind of clean out things, and we have so many pieces of her artwork," Dockery noted. "Since I'm an only child, my kids have a few pieces, but there's so much. I can't throw it away. What am I going to do with it?"

The donated painting, along with a photograph of the artist, will be displayed in the library near the historical society's exhibit featuring – appropriately – the deck of the *Santiva*.

"This whole exhibit is dedicated to this boat. Your mother will be here forever," said Captiva Memorial Library Board President Rita Ewell.

Dockery and her husband also gave small pieces of artwork to each person gathered at the library which, in addition to Libonate, included Ewell and library board members Dave Saunders, Kristen Koelmel and Anna Irvine; historical society board member Mary Jane Vinson; and Captiva Branch Library



Toni Dockery's mother, Antoinette "Toni" Skoczek, rides the ferry to Captiva



Toni Dockery stands on Munson Street, a road on Captiva in the 1950s

Manager CL Quillen.

"When we started picking out a particular day for this presentation, it wasn't until I got home and I realized today is my mother's birthday," Dockery stated through an emotional smile, which extended to everyone in the crowd.

"See, I think her spirit is here and she coordinated this whole thing," Ewell exclaimed. Dockery agreed. "Absolutely,



Antoinette "Toni" Skoczek holds a 64-pound sand shark her husband John caught off of Andy's dock

if you knew my mother, you would not doubt that."

Plans are being made for more donations from Dockery to the historical society's archives in the fall. There may be a sale of some of the artwork as well.

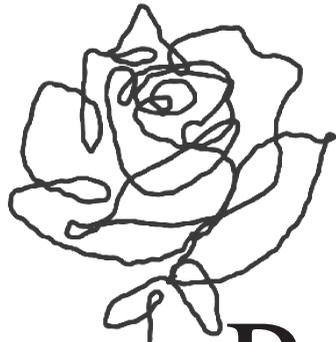
"I'm just delighted that she can be remembered in this way. I'm very proud," Dockery added. "This is such a perfect place. It means a lot to me. It's closure."*



Toni Dockery's father, John Skoczek, scuba dives in the waters around Captiva, circa 1970s



Work on the causeway to the islands takes place in the 1960s

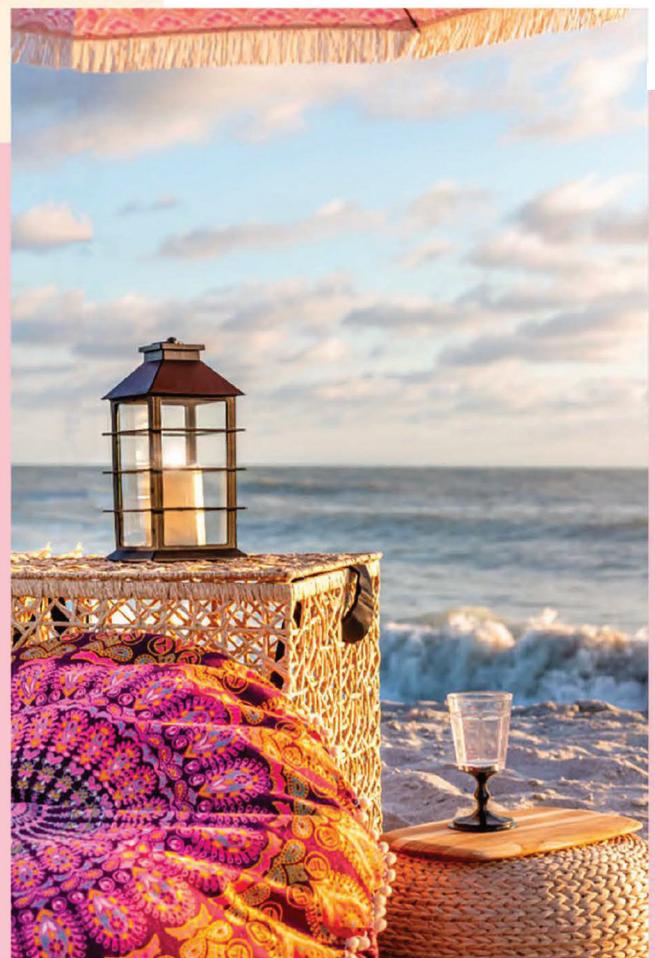


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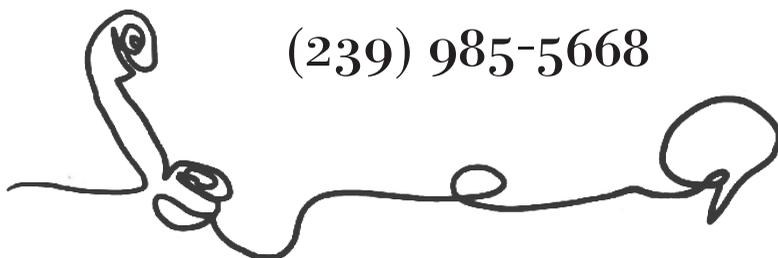
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Oldest Golf Course Getting A Natural New Look



by Allison Havill Todd

When golfers return to Sanibel Island Golf Club after the early summer months, they can look forward to some welcome changes.

The 18-hole, par 71 golf course, which originally opened as Beachview Country Club in 1976, is the oldest golf course on the island. Over time, it was neglected and became available for purchase. Drew Donnelly and his family saw an opportunity to breathe new life into the course and preserve a part of our island's history.

Donnelly previously filled the role of head golf pro at The Sanctuary Golf Club for 19 years before taking on this new venture in 2012. As with many entrepreneurs who follow the dream of owning their own business in the field of their passion, he discovered that it doesn't allow much free time to partake in enjoying the activity itself. Donnelly and his family work seven days a week running the pro shop, maintaining the golf course and striving to provide golfers



Drew Donnelly and Chad Kithcart at Sanibel Island Golf Club photo by Allison Havill Todd

with an exceptional experience. Though the course was in a state of neglect when they took it over, Donnelly brought in Chad Kithcart as superintendent in 2016. Kithcart has a wealth of experience managing golf courses and has worked diligently to turn the course around over the past several years. Despite his efforts, they have continually struggled

with maintaining the greens. After a particularly challenging winter in 2021, which left the greens in an unmanageable state, Donnelly and Kithcart decided it was time to replace them to keep the quality of play consistent with the rest of the course.

The golf course closed temporarily on May 3 to begin this endeavor. Donnelly

expects the project to take approximately two months and plans to reopen in early July. Instead of bringing in a contractor to handle the work, Donnelly is dedicated to keeping it in-house with a team of three and stated, "We're undertaking this project with the smallest crew on earth!"

The plan is to replace the turf on the greens with paspalum, a salt tolerant, warm season, perennial grass found naturally along coastal regions and widely used on golf courses. Donnelly pointed out that this decision was made in keeping with their mission to "work with nature, not against it. Using paspalum grass is more appropriate for the environment." In addition to replacing the turf on the greens, the crew will also be enlarging the greens and removing some bunkers to be replaced with native vegetation in order to preserve the natural setting of the course and require less watering and fertilization.

Members and guests at Sanibel Island Golf Club will have much to appreciate when they return to the course this summer and enjoy playing a round of golf in a beautiful, nature-inspired environment amidst an abundance of wildlife.

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

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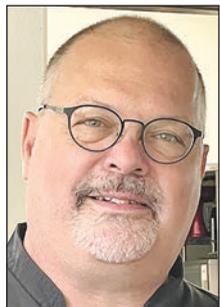
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The Community House

Heirloom Tomatoes



by Chef John Wolff

Heirloom tomatoes are open-pollinated, non-hybrid tomatoes. They are also classified as family heirlooms, commercial heirlooms, mystery heirlooms or created heirlooms. They usually have a shorter shelf life and are less disease resistant than hybrids. They are grown for a variety of reasons; for food, historical interest, access to wider varieties, and by people who wish to save seeds from year to year, as well as for their taste, according to Wikipedia.

But at this point, we all know that heirloom tomatoes are a thing. You see them at farmers markets and grocery stores, on restaurant menus and at your friend's backyard barbecue. We know that sometimes they're weirdly shaped

and colorful, and probably better tasting than regular tomatoes.

Many heirloom tomatoes are sweeter and lack genetically modified traits that gives tomatoes a uniform red color at the cost of the fruit's taste. Varieties bearing this trait have been favored by commercial growers since the 1940s, to produce fruits with lower levels of carotenoids (fat-soluble pigments that give color to plants) and a decreased ability to make sugar within the fruit.

Essentially though, it's the seeds that make an heirloom tomato an heirloom tomato. They are passed down from growing season to growing season, taken by the farmers from the plants that produced the best fruit. This process allows farmers to select for certain desirable traits such as juiciness, size, shape or color. The open-pollination means that they are allowed to pollinate naturally, by birds, insects, wind or human hands.

We love heirloom tomatoes for their unusual qualities. They often have colors, textures, sizes and flavors that vary from variety to variety, in the same way that apples do. A "Black Krim" will look and taste different from an "Azoychka." And that makes tomato salads all the more interesting. A classic caprese made with a bunch of different heirlooms becomes a wild display of color and flavor.

That's why I like buying my tomatoes at farmers markets. I can ask about the variety and how they're grown, and often taste a sample to ensure that I'm

getting what I want. And I know what I want: a bright, colorful, juicy, flavorful, rebellious tomato with some history...

you know, an heirloom.

Here's a recipe that highlights the unique qualities of heirloom tomatoes:

Heirloom Tomato And Baby Eggplant Gratin

Ingredients
 ¼ cup extra-virgin olive oil
 1 ½ lbs. tomatoes, sliced ½ inch thick
 1 lb. baby Italian eggplant, sliced ½ to ½ inch thick
 4 sprigs of thyme
 Salt and pepper to taste
 ¼ lb coarsley crumbled goat cheese (½ cup)

Directions:
 Preheat the oven to 425F. Brush a large oval baking dish with 1 tablespoon of olive oil. Arrange the tomato and eggplant slices in a single layer of overlapping concentric circles. Scatter the thyme sprigs on top and season with salt and pepper. Drizzle

the remaining 3 tablespoons of olive oil over the top. Cover with foil and bake for about 30 minutes, or until the eggplant is barely tender and the tomatoes have exuded their juices.

Uncover the gratin and bake for about 25 minutes longer, or until the juices have evaporated and the vegetables are very tender. Sprinkle the goat cheese on top and bake for about 10 minutes, or until lightly browned. Serve warm or at room temperature.

John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net.

From page 1

Hope To Ukraine

so much time to this project, Emma and Adree shared, "We want to spread hope because we know people are having a hard time. Every little bit helps."

It is uplifting to see two youngsters focus on offering some positive influence during a time of such strife. Apparently, the idea has become contagious, as it sounds like the young duo may have some other orders to fulfill with the same purpose in mind. Other interested parties may visit their website to view bracelets and to place orders: www.choosehappybracelets.com.

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](https://www.instagram.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom).



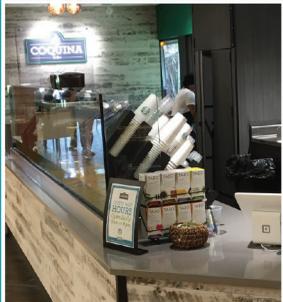
The girls design their bracelets to include inspirational messages photo provided



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The first sea turtle nest of the season was marked off on the west end of Sanibel on April 27 photo by Shane Antalick Photography

First Sea Turtle Nest On Sanibel

On April 27, Sanibel-Captiva Conservation Foundation (SCCF) staff discovered the first sea turtle activity of the 2022 season. The first crawl of the season – a loggerhead false crawl – was found on Sanibel’s west end. A false crawl means that, for a number of possible reasons, the turtle did not lay her eggs in this location but maybe she had come up later during the previous night

and laid eggs further down the beach.

Not far away, another crawl was discovered. This one had all the telltale signs of a loggerhead nest, and the first official nest of SCCF’s 2022 nesting season was marked and protected.

Since then, four more loggerhead nests and six more false crawls have been documented on Sanibel’s west end. On May 4, the first nest and false crawl were recorded on Sanibel’s east end. No activity has been noted yet on Captiva.

The first nest of 2022 did not break any records for the earliest laid, as that

record was last recorded on April 15, 2020. However, it was laid on the same date as the first loggerhead nest of last season.

To learn about how you can help protect sea turtles nesting on the beaches now through October, visit www.sancaplifed.org.

Proposed Changes For Redfish Harvest

The Florida Fish and Wildlife Conservation Commission (FWC) has approved proposed management regions and regulation changes for redfish in state waters.

The proposed rule changes would: Modify the redfish management regions;

Prohibit captain and crew from retaining a bag limit when on a for-hire trip;

Reduce the off-the-water transport limit from six to four fish per person;

Increase the bag limit for the Big Bend region from one to two fish per person;

Reduce the eight-fish vessel limit in the Panhandle, Big Bend, Northeast

proposed management regions to four fish; and Tampa Bay, Sarasota Bay, Charlotte Harbor, Southwest, Southeast proposed management regions two fish;

Allow only catch-and-release fishing for redfish in the Indian River Lagoon region.

“With this new management approach, this agency is committed to continuing to work with our partners and stakeholders in finding solutions for redfish,” said FWC Chairman Rodney Barreto.

Staff plans to continue to gather input on the proposed rules and will return to the FWC for a final rule hearing later this year.

The modification of redfish management regions and regulations, as part of the new management approach, will better capture regional differences and improve angler satisfaction.

For more information, including the May 2022 FWC meeting presentation, visit www.myfwc.com/commission and click on “Commission Meetings.”

For current recreational redfish regulations, visit www.myfwc.com/marine and click on “Recreational Regulations” and “Redfish.” This page will be updated with the new regulations when they take effect.✪

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Fried Snapper with Watermelon and Sweet Chili

14 ounces snapper, skin removed and cut into bite-sized pieces

2 cups seedless watermelon, cut into bite-sized pieces

1/4 cup carrot, shredded fine

2 cups all-purpose flour

1 cup milk

2 eggs

2 cups panko (Japanese breadcrumbs)

1 bunch green onions, washed and sliced

1/4 cup fresh mint, chopped fine

1/2 cup sweet-spicy chili sauce (your favorite kind) plus more if desired

Sea salt and fresh ground pepper, to taste

Preheat oiled fryer to 350 degrees.

Use 3 mixing bowls for next step. Bowl

1: add flour and salt and pepper to taste.

Bowl 2: combine and mix milk, eggs and salt and pepper to taste.

Bowl 3: panko and salt and pepper to taste.

Dredge snapper bites in flour to coat (shake off excess flour).

Add thoroughly coated snapper bites to the egg mixture

(handfuls at a time). Drain excess with



Fried Snapper with Watermelon and Sweet Chili

slotted spoon. Add evenly coated snapper bites to the panko (shake off excess panko). Continue until all snapper bites have been breaded. Carefully add the coated snapper to the fryer basket (do

not overcrowd). Carefully lower basket into hot oil and cook for 2-3 minutes or until golden brown and completely cooked inside. Remove from oil and drain. Place snapper bites into another

photo courtesy Fresh From Florida
large mixing bowl. Add green onions, mint, watermelon, carrot, and sweet chili sauce, lightly tossing to coat. Serve with additional sweet chili sauce.*

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Deepen Your Understanding Of Fire Safety

Sanibel-Captiva Conservation Foundation reminds residents that certain precautions must be taken at the end of the dry season to prevent wildfires from breaking out, especially near residential areas. Although some wildfires occur from natural causes, most wildfires are caused by people either intentionally or unintentionally.

Fire is a natural part of the local ecosystems in south Florida. These pyrogenic ecosystems require occasional fire to keep vegetative communities in a natural state. These fires not only keep the vegetation in balance, but many forms of wildlife depend upon periodic fire to provide habitat and food sources.

The plants in these ecosystems are adapted for fire and either overgrow and/or overtake other habitats when fire is suppressed. The best example is the loss of the open canopy upland and wetland grasslands that once dominated Sanibel. This spartina marsh is a pyrogenic ecosystem that is essential to wading birds, amphibians, aquatic insects, and the endemic and state-protected Sanibel Island rice rat.

From the lack of periodic fire and the suppressing of wildfire over the last half-century or more, shrubby hardwoods have overtaken most of the open grasslands, making much of the island



Cabbage palm is adapted for fire and mostly survives periodic fires (large trees). The palm fronds are highly combustible and allow the fire to travel to nearby trees through the canopy. photos provided

look like a massive tropical hammock. This is why controlled burning (prescribed fire) is so important to keeping the remaining open grasslands intact.

The big difference between wildfire and prescribed fire is that a wildfire is either caused by uncontrolled natural events, such as a lightning strike, or by accidental or purposeful human actions without consent from the reigning fire agency. Rather, a planned fire is one that is performed by a certified burn boss



Saw palmetto is a highly pyrogenic plant that actually has oils in its leaves to assist in periodic burning. Saw palmetto rebounds quickly after a fire has gone through, from root crowns and rhizomes.

and a trained crew that makes sure the fire stays within the prescription and is controlled.

To perform a certified controlled burn, a prescription must be written by a certified burn manager. In this prescription, the goals of the burn, areas to be burned, crew and equipment involved, safety precautions, possible smoke effects, contingencies, and the correct atmospheric conditions expected during the burn that fit the criteria to

perform a burn must be submitted and accepted by Florida Forest Service before it can begin.

Prescribed fire is used to keep native habitats healthy and for human safety due to reducing fuel loads (dead and overgrown vegetation) that could result in large, strong fires that are hard to control.

The natural cycle of the area involved lightning strikes igniting natural wildfires in these pyrogenic areas right before the

continued on page 28

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Shell Crafting

Alligator

by Anne Joffe

Used green glitter on this alligator, but you can also choose to paint it green, or just leave it natural. It's up to you. This is one that kids love to make.

Materials:

3 olives shells (medium size, beached ones with worn tops)

4 ark shells, (small, same size)

1 horseshoe crab tail

2 green animal eyes (5mm)

Green glitter

Glue gun or tacky glue

Spray adhesive

Directions:

On your worksheet, lay out the 3 olive shells – pointed end is the front of each shell – and then glue one to the other in a line.

Space the 4 ark shells as feet. The first two are glued on the last olive, one on each side, the rounded side of the ark is facing up. Then glue the other two the same way on each side of the middle olive toward the very front. This should now stand.

Spray the entire body and feet with spray adhesive and sprinkle with green glitter, covering the body and feet. Shake off excess. Let dry.

Glue the tail on at the end of the body, pointed part faces back.

Glue the eyes on each side of first olive, toward the front.

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.✳



Alligator

photo by Anne Joffe

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



From left, Sherrill Sims, Holly Peeples, Karen Bell and John Bates of the Bell Team

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



Bob Berning

Poetry Corner

by Vicki L. Wison

Remaining

The tour guide at the nature preserve tells us that the white pelican standing on the sand bar should've left by now.

All his friends have flown away to mate and he, a young bird, has stayed behind.

There are questions about why. No one knows for sure. But I am a visitor to this island, too, and I would stay, if I could.

Vicki L. Wison is from New York. She comes to Sanibel each year during April spring break with her husband and son. The sighting of a white pelican at JN "Ding" Darling National Wildlife Refuge was the inspiration for this poem.✳

From page 27

Fire Safety

wet season begins, typically from April to July. This is when the vegetation is the driest and most likely to ignite. Residents and visitors in south Florida need to be aware and cautious that they do not accidentally start these fires.

Here are some things you can do to prevent accidental wildfires:

Do not have campfires or firepit fires when in high alert.

Do not use fireworks, sky lanterns, or

throw cigarette butts anywhere but in a garbage can.

Do not plant highly combustible plants right up against your house.

Native vegetation is great for the environment, but try to keep a separation of 30 feet between your home and highly combustible plants, such as wax myrtle, saw palmetto and cabbage palms.

Try to use native plants with high water content closer to your home such as buttonwood, coontie or American beautyberry.✳

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Snowy plover with chicks

photo provided

Be Mindful Of Snowy Plovers On Sanibel Beaches

Snowy plover nests are starting to hatch on Sanibel. Though the Sanibel-Captiva Conservation Foundation (SCCF) shorebird team sets up large, protective enclosures for these ground-nesting birds, they don't always stay inside. They need to go to the water's edge to feed, and sometimes they run out to escape predators. This means beachgoers need to be extra careful, watching their step, and always be on the

lookout for these tiny birds.

It's also extremely important to obey Sanibel's beach laws, including keeping pets leashed, picking up all trash and filling in any holes. Flightless shorebird chicks (and sea turtles) could fall in and become trapped. Currently, SCCF staff and volunteers are monitoring three snowy plover nests and two broods with chicks.

State-threatened snowy plover chicks are precocial, which means they are up and running around and finding food for themselves within hours after hatching.

Typically, both parents will stay with the chicks for the first week or two. At a certain point, the female will leave the

male to raise the chicks until fledging (flight-capable), and she may find a new mate and nest again.

SCCF staff and volunteers will be out on the beaches monitoring these nests and chicks until fledging occurs, while educating beachgoers. To learn more about how to protect these shorebirds, visit www.sancaplifefirst.org.

Rabbi Reaches Out To Hostage At Texas Temple

submitted by Riv Swartz

Rabbi Stephen Fuchs of Bat Yam Temple of the Islands is a man of integrity, intelligence and compassion. These qualities remain the basis for meaningful and long-lasting relationships.

When the news broke on January 15, 2022 that four hostages were taken at gunpoint at the Congregation Beth Israel in Colleyville, Texas, Rabbi Fuchs already had ties to one of the hostages, Jeffrey Cohen, 57, who as a teenager studied with the rabbi for his Bar Mitzvah and confirmation over four decades ago. Cohen is the hostage who called 911 while a man with a pistol held the four congregants hostage for 10 hours.

Fuchs also engaged Cohen's sisters in study and remained in contact with them through the years. They contacted Fuchs to relay that their brother had been

involved in the hostage-taking scenario.

Upon hearing that the Colleyville Congregation remains traumatized by the devastating incident as well as the involvement of Cohen, Fuchs offered to spend a Sabbath weekend of prayer and study with the members of Congregation Beth Israel. His offer was accepted. Fuchs and his wife, Vickie, will travel to the Texas congregation as an expression of empathy and shared purpose.

Fuchs plans to deliver a Friday evening sermon, entitled How true is the Torah? His message holds relevance to the hostage situation. He will lead a Sabbath service the following day featuring words inscribed on the Liberty Bell, which proclaim, "Liberty for all the land."

The services and study at Colleyville will be broadcast over Zoom. Links to the adverts will be published in advance on Bat Yam's Facebook page, distributed to its members and will also appear in the press.

Congregation Beth Israel is a reform Temple as is Bat Yam Temple of the Islands. Both the Colleyville and Sanibel congregations work closely with their local police forces as well as the FBI and Anti-Defamation League. These working relationships over a number of years are credited by the members of Congregation Beth Israel for the safe outcome of the situation.

Bat Yam Temple of the Islands is proud of Rabbi Stephen Fuchs for his sincere compassion and desire to assist a sister congregation and former student after such a traumatizing situation.✧



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Book Review

A Man Of Honor



by Di Saggau

One of my all-time favorite books is *A Woman of Substance* by Barbara Taylor Bradford, published in 1979. It has sold over 30 million copies worldwide.

Now she has a prequel to that dazzling saga, *A Man of Honor*, which opens five years earlier.

Thirteen-year-old Blackie O'Neill is facing an uncertain future in rural County Kerry. He has just buried his sister, and orphaned and alone, he must leave his home to sail for England looking for a better life with his mother's brother in Leeds.

There, amid the noise and bustle, the mills and manufactories of the clothing industry that have made Leeds one of England's most prosperous cities, Blackie's ambition becomes a dream. Working in his uncle's business, he dreams of building houses and becoming a gentleman. Then, high on the Yorkshire moors, in the mists of a winter morning, he meets a kitchen maid called Emma Harte. Together, they seize a chance to build a better life and move up in the world.

Blackie and Emma are driven,

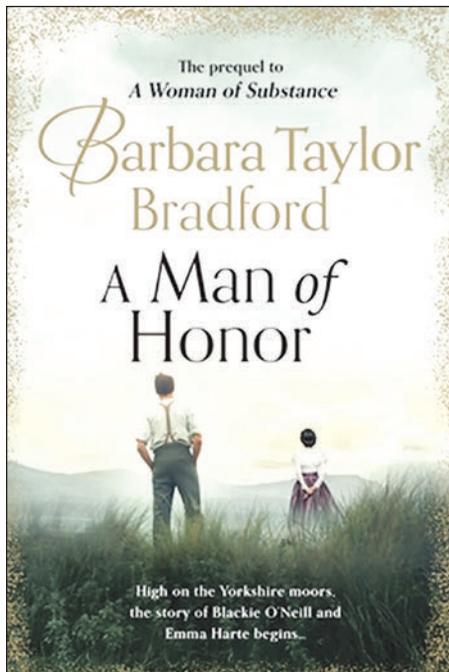


image provided

ambitious, disciplined and determined to make it to the top. Both are unforgettable characters for the millions who loved *A Woman of Substance*.

A Man of Honor is about an ambitious factory worker and a beautiful kitchen maid who start an exciting new life together.

The New York Times calls it, "an extravagant, absorbing novel of love, courage, ambition, war, death and passion."✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My son is in second grade, and he's doesn't seem to enjoy math. His grades are OK, but he will avoid math if he can. He won't do workbooks or

play math games on the computer. Do you have any other ideas of what I can do with him to help him like math more?

Joy S, Fort Myers

Joy,

Many children don't feel secure with their math skills. They can perform basic functions, but they haven't yet developed strong problem-solving skills and number sense. Both are skills that are necessary in solving basic math operations and more complicated ones as they get older. Number sense is the ability to understand what numbers mean, how they relate to one another and how they can be used in real-world situations. Typically, eight-year-olds are working on adding and subtracting with more sophisticated strategies, like "counting on" from the higher number for addition, or base-10 facts to compose or decompose numbers. Two-digit addition and subtraction are being explored too.

Here are four quick and easy games to play with your child that will help to increase problem solving skills and number sense:

This easy game can help your child memorize her subtraction math facts by figuring out "What's Hiding?" Start with 20 pennies (or other counters, like beans or buttons). Have your child cover his eyes and take a certain number away, hiding them out of sight. When your child figures out how many were taken away, write it down as a math fact (such as, $20 - 7 = 13$). Take turns hiding objects to practice more math facts.

While cutting up food to share, ask your child to help. For example, when cutting a pizza, ask how it should be divided into halves – two pieces. Then ask how it should be divided into fourths – four pieces. Have him figure out how to cut it into eight equal slices, and then

point how four out of eight slices is the same as half of the pizza.

Playing with dominos is a great way to have your child practice subitizing and adding at the same time. Subitizing is the ability to look at a group of objects and instantly know how many there are. Have your child pick a domino and then ask for the sum of the two sides – in other words, ask her to add the two sides together. If one side has three dots and one side has five, she would say, " $3 + 5 = 8$." Then flip the domino around, creating the number sentence $5 + 3$, instead. It still equals 8! Before long, your child will discover the commutative property of addition – that no matter what order the two numbers are in, they still add up to the same total.

Help your child practice adding multiple numbers with a do-it-yourself bowling game. Use 10 empty soda cans, toilet paper rolls, or water bottles to create bowling pins. Label them 1 through 10. Using a small ball, have your child try to knock down the pins from a distance. To keep score, have your child add up the numbers knocked down. The person with the higher score wins the game.

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.✱

Top 10 Books

1. *One Italian Summer* by Rebecca Serle
 2. *Woman on Fire* by Lisa Barr
 3. *Surviving Savannah* by Patti Callahan
 4. *Guncle* by Steven Rowley
 5. *The Club* by Ellery Lloyd
 6. *Remarkably Bright Creatures* by Shelby Van Pelt
 7. *Lessons in Chemistry* by Bonnie Garmus
 8. *The Book Woman's Daughter* by Kim Michele Richardson
 9. *The Dictionary of Lost Words* by Pip Williams
 10. *Honor* by Thrity Umrigar
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May Is Military Appreciation Month



Candy Heise and Ozzy Flores by the Military Appreciation Month book display photo provided

Sanibel Public Library has in-person programs including tech help and children's activities. Check the online calendar at www.sanlib.org for updates on programs for all ages.

Officially designated by Congress in 1999, Military Appreciation Month takes place every year during of May. Your local library gives you access to research people in your family tree and their military service. Make an appointment with library staff to learn how to use Library Editions of Ancestry and Fold3. Fold3 provides access to records from the U.S. National Archives, National Archives of the UK, and other international military records, and includes the stories, photos and personal documents of the men and women who served. Ancestry.com is a popular digitized genealogical search tool.

Sanibel-Captiva Art League's May and June exhibit features original artwork by Jaye Boswell, Renée Chastant, Jane Hudson Bob Marshall and Nancy Sperte.

Stop by this month to see a collection of tiny folk art, souvenir and antique miniature homes collected by Jean Klein. If you have a collection to display, contact the library.

The dollar-per-bag book sale continues under the big top near the

east service desk. Books are restocked daily. The book sale room offers DVDs, CDs, books and magazines, all individually priced. All book sales support Sanibel Public Library Foundation.

Computer Coach service is offered on Fridays and Saturdays from noon to 1 p.m. Bring in your device for assistance with library apps and learn how to download ebooks, magazines and audiobooks, or stream music and movies. For an appointment, visit www.sanlib.org/techappointment or call 472-2483.

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

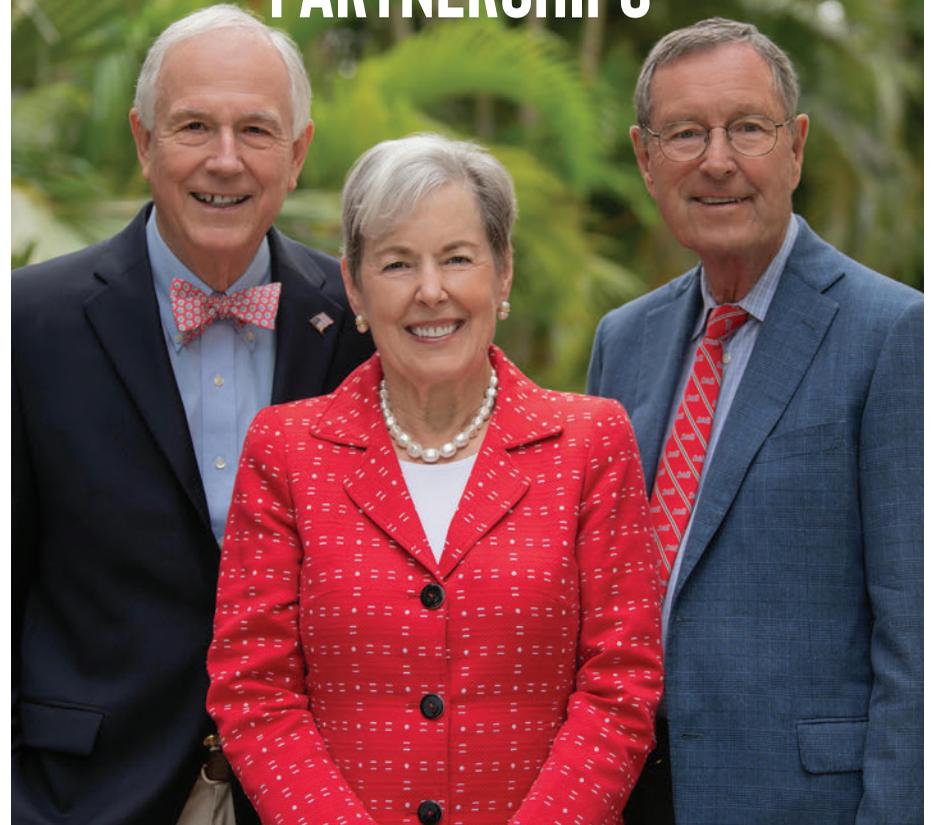
Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, call 472-2483 or visit www.sanlib.org.

towel, sunscreen and swimsuit.

This option is now available to families seeking childcare on school half days, however, these days are included at no charge for children currently enrolled in the Sanibel Recreation Center After School Program. Register in advance and receive the early bird rate.

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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Register Early For Fun Days At The Rec Center

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



Louise Crumpacker, center, with her family

photo provided

New Fund Supports Refuge Visitor Services

Louise Crumpacker understands the importance of preserving the environment through green spaces, where visitors can learn about and engage with nature. She set up an

endowment fund through the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) to strengthen visitor services and the educational experience at JN “Ding” Darling National Wildlife Refuge on Sanibel.

“We will conserve only what we love, and we love only what we understand,” said Crumpacker, who has had firsthand experience with educating the public about conservation as a volunteer

naturalist at Manatee Park in Fort Myers. “We understand only what we have learned.”

Crumpacker, who has been enjoying Sanibel with her family since the mid-1950s, passes on her wonder for nature and love of wildlife to her children and grandchildren, serving as a model example for future generations.

“My mother has always been fascinated with exploring all forms of life, and she has always embraced the outdoors and all things wild, and she instilled that love in us,” said her daughter, Janeen Overman. “Our family is thrilled to see her excitement as she makes this contribution at ‘Ding’ Darling in a way that truly matters to her.”

“Louise often has brought her family to ‘Ding’ Darling and continues to visit on a regular basis,” said Supervisory Refuge Ranger Toni Westland, who oversees visitor services. “She has a true admiration for our nation’s best restrooms at the visitor and education center and for the overall impact of the services offered to her and her family when they visit. It’s wonderful to have this fund in Louise’s name to help the refuge in our ongoing work in creating positive visitor experiences.”

“An endowed fund will continue to keep Louise’s legacy alive by supporting conservation education programs at the refuge and inspiring our future stewards to embrace a community and value our natural spaces, much like she does,” said DDWS Executive Director Birgie Miller. “We are so thankful to her and her

family for this support. What a real way to demonstrate her commitment and how important protecting and educating are to the survival of the planet.”

Refuge donors are able to establish named endowed funds for \$10,000 or more and work with DDWS staff to designate them for their areas of interest or leave them as unrestricted. The endowments can fund individual projects or ongoing education, intern, programming, research or other specific needs. To establish an endowed fund, contact Miller at 472-1100 ext. 232. Visit www.dingdarlingsociety.org/articles/endowed-funds for more information.*

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group

Bryan Hall joined Pfeifer Realty Group. Hall has been in real estate for 12 years, working in northern Virginia and Charlotte, North Carolina. After many years of vacationing on Sanibel and Captiva, Hall and his family decided to relocate to the area.*



Bryan Hall



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The Sanibel Captiva Trust Company

Current Outlook And Portfolio Strategy



by Ian Breusch,
CFA, Chief
Operating Officer

Much has transpired across the world during the first few months of the new year. Just as global economies were moving toward normalcy

as the Omicron variant began to fade, geopolitics took center stage. Russia invaded Ukraine on February 24, creating a humanitarian crisis on a scale not seen in Europe since World War

II. The war has caused several hundred global corporations to withdraw from Russia. NATO members have imposed significant economic sanctions against Russia, exacerbating inflationary concerns, particularly across energy and grain markets where Russia is a key contributor. This turmoil has certainly impacted volatility across capital markets, which is likely to continue until a peaceful solution is established.

Geopolitics aside, we entered 2022 with other economic concerns already at the fore. Year-over-year inflation readings were at a 40-year high before the Russia/Ukraine conflict began. To combat inflationary pressure, the Federal Reserve Board has been tapering its bond purchases for several months, while signaling that interest-rate increases would follow. On March 16, the Fed raised the Federal Funds rate for the first time since the beginning of the COVID-19 pandemic. Additionally, much of the fiscal stimulus discussed by

Congress last year has been sidelined due to inflationary concerns expressed by both political parties. More restrictive (less accommodative) monetary and fiscal policies are designed to reduce the pace of price increases and the corresponding erosion of purchasing power. To be clear, most economists believe inflation of approximately two percent per year is both sustainable and healthy for our economy. However, most economists also believe that our current level of inflation (seven to eight percent) is damaging – particularly to lower-income consumers.

The Fed certainly has the tools to curb inflation. A steady increase in the Federal Funds rate is one such tool. Following the most recent Fed meeting, we expect another six rate increases between this year and next. Interestingly, the rest of the Treasury yield curve began adjusting to the likelihood of higher rates months ago. Longer-term interest rates have already risen substantially, and corresponding bond prices have fallen. If the Fed decides to be even more aggressive, it can sell fixed-income assets from its own balance sheet, which would also depress bond prices, increase yields, and dampen lending markets and inflationary pressures. A successful tightening cycle will be characterized by higher interest rates, lower inflation, and sustained consumer spending and economic growth. The correct mix, scale and timing of Fed policy decisions is key to this success and is a hotly debated topic among economists for good reason.

Despite the risks mentioned, there is much to be optimistic about. Although stock markets tend to be more volatile when interest rate policy is changing, stocks tend to perform rather well when interest rates are rising, as investors initially view rising rates as symptoms of a healthy economy. However, valuation certainly matters more when rates are rising, which is why it's important to be a discriminate investor.

Despite the near-term risks presented

by inflation and geopolitical conflict, our economy remains healthy overall. While we continue to believe that value/dividend-paying companies offer slightly better forward return prospects than many of their growth counterparts, a mix of both is important in a well-rounded portfolio. For clients desiring fixed income (bonds) to reduce risk, we continue to favor high-quality, shorter maturity bonds as interest rates move higher. As always, our focus will remain on sourcing and managing high-quality investments for our clients, with valuation being at the forefront of investment decision making.

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

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The top producers for April at Kingfisher Real Estate were: Sue Plein, top listing agent; and Valerie Tutor, top selling agent.*

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

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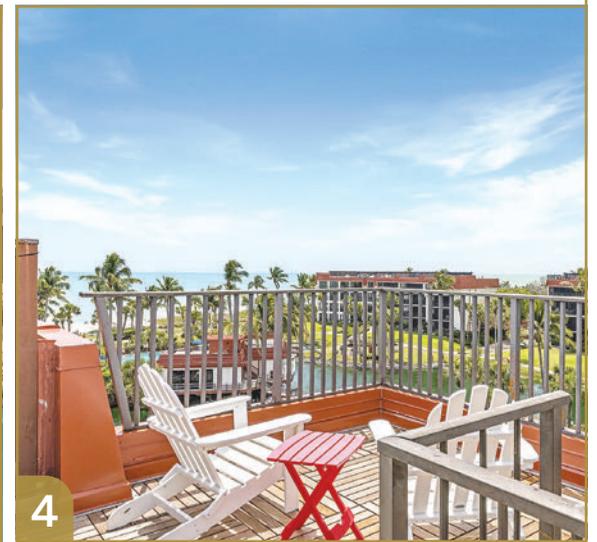
4. GULF VIEWS & PRIVATE ROOFTOP DECK AT POINTE SANTO - SANIBEL

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
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5. GOLF COURSE VIEWS IN KELLY GREENS - FORT MYERS

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The Ride of Silence honors cyclists who have been killed or injured on the roadways photo provided

Cyclists Invited To Ride Of Silence

by Allison Havill Todd

Cyclists will gather on Sanibel for the annual Ride of Silence on Wednesday, May 18 to honor those who have been killed or injured while cycling on public roadways. The Sanibel Bicycle Club has hosted the ride since May 2008 along with sponsorship from Billy's Bikes. All club members, friends and visiting cyclists are invited to ride in this short, silent, slow ride.

The ride is a global event that takes place every third Wednesday in May in

48 countries, seven continents and all 50 states in the U.S., plus Washington, DC. The event also seeks to create awareness about safe cycling and cyclists' legal rights to use our roadways as any other vehicle.

On Sanibel, riders should meet at the former service station at the corner of Bailey's Center at Aleck's Alley (next to Billy's Bikes) on Periwinkle Way, for waiver signing and equipment check no later than 6:45 p.m. The 4.5-mile ride will begin at 7 p.m. sharp and proceed east on the shared use path along Periwinkle Way, crossing Casa Ybel Road at the crosswalk, and continue on the path along Casa Ybel Road to Tarpon Bay Road back to the start point on

Periwinkle Way.

Cyclists will ride in a silent procession at 10 to 12 miles per hour in respect to those who are no longer able to ride. Participants will be required to wear helmets and no headphones or earbuds are allowed. Headlights and taillights are strongly encouraged for the entire ride. If

you are driving to the ride start, we ask that you park in the adjacent lot near Billy's Bikes in Bailey's Center as there is limited space in the service station lot.

Contact Allison Havill Todd with the Sanibel Bicycle Club if you plan to join the ride so we know how many riders to expect: allisonht13@gmail.com*

FISH Brightens Day For Moms



Volunteer Linda Uhler with Rachel Lazorik photos provided



Volunteer Mary Alice Scanlon handing a rose to Belkin Fernández

FISH of SanCap volunteers handed out roses and Mother's Day wishes to moms who visited the walk-in

center and food pantry on May 6, as well as those who are involved in FISH programs.*

13

Let this be your lucky Friday the 13th!



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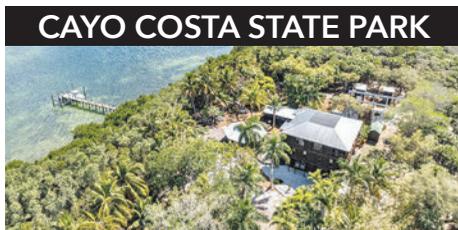
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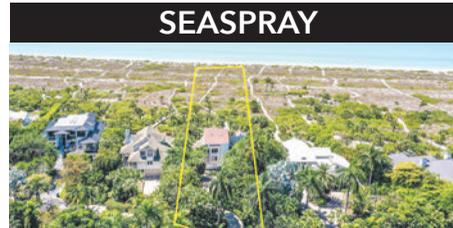


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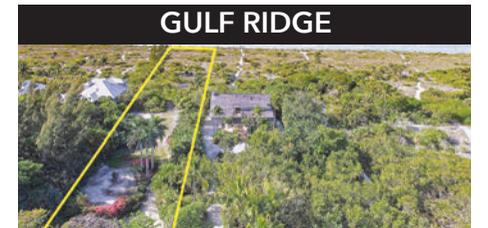
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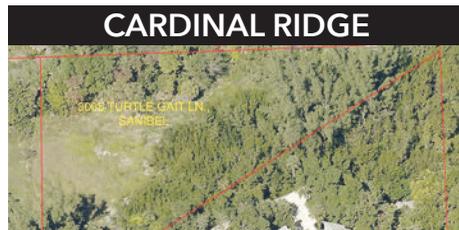
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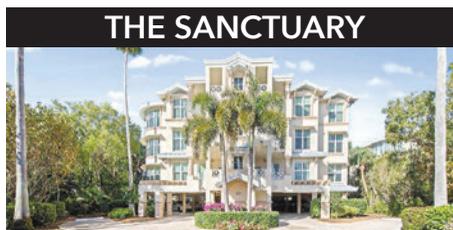
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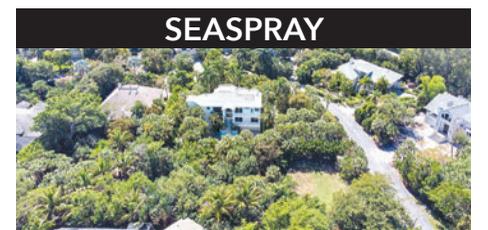
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Superior Interiors

Dress Up Your Guest Bathroom



by Linda Coin

Excited to host friends and family in the upcoming months? A perfect way to welcome visitors to your home is to ensure your guest bathroom is decorated and styled to make

them feel right at home. Even if your guest bathroom is smaller, it doesn't have to be boring. All you need is the right furniture, decor and imagination to get the guest bathroom perfectly dressed up for your loved ones.

Add plants and nature to your space. Plants can instantly add color and warmth to any space, without taking up a lot of room. Beyond that, they help set up a calming environment for relaxation...perfect for visiting family and friends. To make them last, be sure to choose hardy plants that thrive in humidity. Sound like too much hassle? Opt for high quality faux plants that match your style without the additional care needs.

Include lots of storage space. The perfect guest bathroom has all of your overnight visitors' toiletry needs tucked

away for easy access. Great examples of storage decor ideas include shelves, freestanding cabinets and woven baskets. If you don't have much floor real estate, floating or built-in shelves can instantly add more storage space without cluttering the floor. Similarly, stackable baskets can be easily tucked away under sinks and on shelves to hold your guest's items.

Play with your flooring. If you want to try something new, pick bold colors or patterns to showcase with tile flooring. If you have a specific color scheme or style, your tiles can emphasize this to create a cohesive look. For those who prefer a neutral or minimalist style, geometric tiles can elevate the space without conflicting with your current design. This is the perfect space to experiment and play with unique decor for your interior design goals.

Create an art gallery wall. Art is a great way to showcase your personal style. Choose an assortment of prints and frames that can be placed together on a wall to form your ideal gallery. This will elevate the guest bathroom while also making the space more inviting. If you're worried about humidity, metal and ceramic prints can withstand the high-moisture conditions of any bathroom.

Invest in high-quality towels. Want to go the extra mile? Choose towels, hand towels and washcloths that serve both a functional and decorative purpose. Highlight your favorite color scheme

and patterns with folded or stacked towels that will wow your guests. After all, what's better than a cozy towel after a refreshing shower? And since they match your bathroom aesthetic, you can even put them on display instead of tucking them away into a closet for storage.

Set up a statement wall. Designing a statement wall will instantly add depth

and dimension to your guest bathroom. Some popular ideas include painting a two-toned wall or experimenting with decorative wallpaper. Both are easy to incorporate into any bathroom and will instantly create a one-of-a-kind space for guests to relax.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.**

Progressive Club Virtual Meeting

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

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

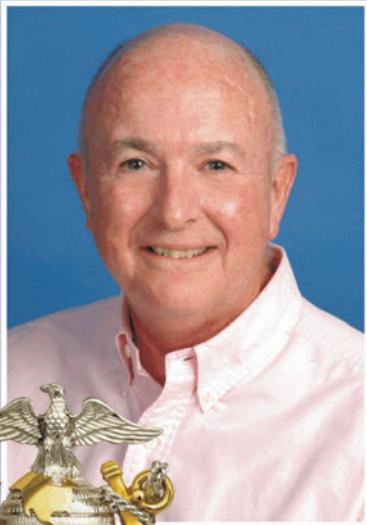
Kathy Fanny is a retired teacher with

38 years of experience in classrooms from grades one to 12, and current youth and child director at a local church. She hopes to bring her decades of experience and student involvement to the board. She has worked on federal, state and local mandates for schools, as well as serving on an advisory school board. She believes it isn't the building, the technology or the administration that teaches students, it is the teachers and staff. Every effort must be made to respect teachers, staff, bus drivers and students, treating them all as valued members of the educational community.

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

Annual dues are \$35 per individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957.

For more information, visit www.pcislands.org, call 994-3175.*



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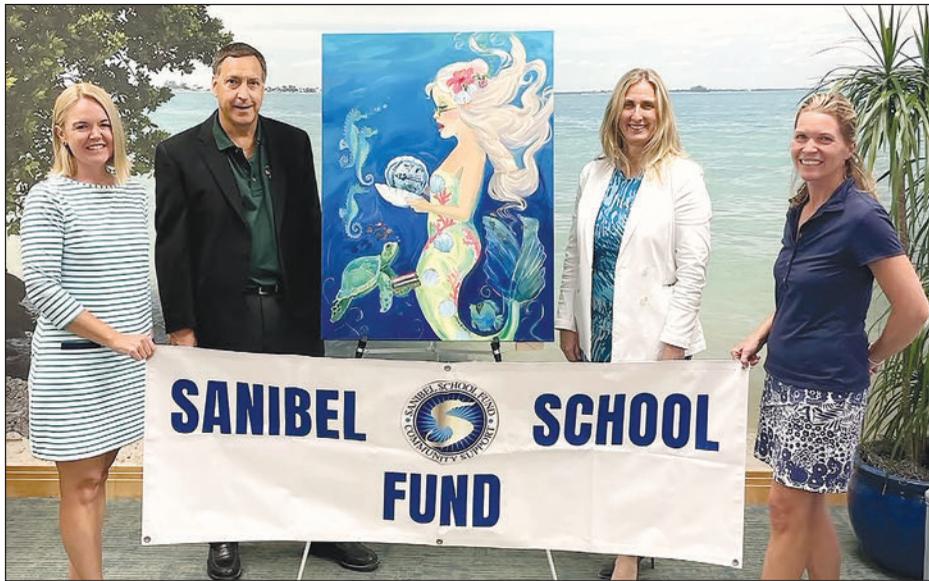
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From left, Kate Shaffer of the Sanibel School Fund, David Lowden and Susan Schulte of Bank of the Islands and Megan Doss of the Sanibel School Fund photo provided

Last Chance To Win Painting

Islanders are invited to stop by the Bank of the Islands, 1699 Periwinkle Way on Sanibel, to make a \$100 suggested donation to the Sanibel School Fund for a chance to win an original painting by island artist Myra Roberts. Donors will be eligible to win *Miss Betty's Sea School*, an original 30- by 40-inch painting. Donations can also be made online through <http://sanibelschoolfund.betterworld.org/giveaways/painting>.

"We are delighted to once again partner with the Sanibel School Fund on this great fundraising opportunity," said David Lowden, Bank of the Islands vice president, private client relations. "Proceeds from this drawing will directly support the Sanibel School's STEM program, offering science, technology, engineering and mathematics curriculum opportunities to local students."

The winner of the painting will be announced at 8 p.m. on Saturday, May 14 at a dinner party at The Community House following the Blue Ribbon Golf Classic earlier in the day.✧

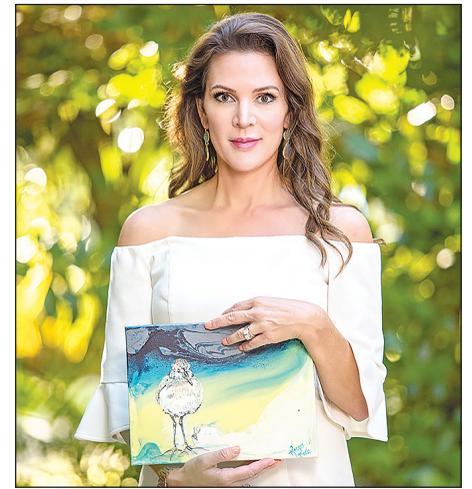
Rotary Happenings

submitted by
Cindy Carter



Who says you can't dream big? Or have several dreams? Rachel Pierce, former local TV anchor turned full-time artist, shows us that you can dream big and have your dreams come true.

Pierce grew up surrounded by art within her family yet it never occurred to her that she too could make a living simply by creating. So she opted for the field of journalism, a field which obviously mixed seamlessly with her dynamic energy and joie de vivre attitude. After 19 years of rising extremely early to be ready to greet us all on the morning news, and while having four children, she decided it was time for a change. Thankfully for us, she decided to open the Rachel Pierce Art Gallery on Periwinkle Way. Her personality is reflected in her bright, modern original art in oil and acrylic, reflecting the natural beauty and abundant wildlife found only in tropical Southwest Florida. From her abstract beachscapes to her joyful underwater tableaus, Pierce's colorful coastal creations feature everything from swimming sea creatures to soaring shorebirds, to all the beautiful flora and fauna around us. "I'm a happy, positive person and I think it comes through in my



Rachel Pierce photo provided

artwork. When you see one of my pieces, I hope it makes you smile," said Pierce.

Her artwork has been featured at Sidney & Berne Davis Art Center in Fort Myers, Hirdie Girdie Art Gallery on Sanibel, Marco Island Center for the Arts and JN "Ding" Darling National Wildlife Refuge. Pierce also served as 2021 artist in residence at "Ding" Darling.

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.✧

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Will Power

Court Finds Beneficiaries Must Submit To Drug Tests



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

A Nevada case decided in 2021, *In re Giannotti 1990 v. Premier Trust*, held that a court can order trust beneficiaries to submit to drug testing before receiving distributions. I found this case interesting and thought my readers would as well.

William and Mary Giannotti (the Settlers of the trust), had one daughter, Paula. Paula had two adult sons, William and Brad (the brothers). Paula's son William had two adult daughters and Brad had one adult daughter. After the deaths of the elder William, subtrusts continued on for Mary's benefit. Mary died, and her daughter Paula died less than 30 days later. The trusts for the Giannottis and Paula then became trusts for Paula's sons, William and Brad, and their daughters.

There was controversy whether the subtrusts were correctly funded, and whether upon Paula's death separate shares should have been established for William and Brad. The bank trustee had discretion to make distributions to William and Brad for their health, education, maintenance and support. The bank as trustee provided the brothers regular monthly stipends and living expenses from the trust.

The brothers continuously challenged the amount of the discretionary distributions and raised concerns that the trustee was mismanaging the trust investments. After two years of escalating disputes between the trustee and the brothers, the trustee filed a petition with the district court to approve its prior actions and accountings. The brothers objected. Their counsel withdrew.

The brothers then retained new counsel to challenge the actions. The brothers terminated their new counsel and sought to proceed pro se (representing themselves without an attorney).

The trustee moved for a protective order, alleging that the brothers had provided them with the incorrect addresses for their own daughters, who were rightful parties to any accountings since they were also entitled to distributions. The bank further alleged that the brothers threatened their employees.

Both the daughters and the trustee submitted affidavits stating that they feared retribution from the brothers for their participation in this case. Additionally, the

daughters' affidavits stated that the brothers deliberately concealed the nature of these proceedings from them and represented that the brothers frequently used methamphetamine.

The district court granted the protective order, and urinalysis revealed that both brothers tested positive for methamphetamine. The brothers hired new counsel. The bank trustee filed a second petition for instructions, which contained three alternative distribution plans to address its concerns regarding the brothers' purported addiction to methamphetamine.

The parties signed a stipulation and order providing that the trustee would deliver the brothers' regular monthly stipends to their counsel's trust account and that counsel would deliver the stipend to them upon completion of a random urinalysis drug test, if the test was negative for all illegal drugs. If either of the brothers refused to participate in the drug test, the stipend would be withheld for that month.

The district court found that the brothers have "an intemperate and aggressive style that alienates others" and further found that drug testing was necessary as the trustee's ability to make discretionary distributions under the trust was based on the beneficiaries' health and character – attributes directly influenced by the brothers' troubles with substance abuse. The court further determined that the terms of the trust do not allow the trustee "to fund a destructive drug-influenced lifestyle" and stated that the court will work with the trustee and the (brothers') attorneys to craft a distribution plan that prioritizes addiction recovery.

An appellate court unwound various trust transactions that occurred after the death of the elder William and during his wife Mary's lifetime. It also upheld the district court's finding that the brothers' daughters were current beneficiaries of the trust. The court further held that while the trustees are instructed to utilize trust income and principal primarily for the benefit of the brothers, that is not mandatory, and nothing in the trust prohibits the trustee from making discretionary distributions to the brothers' daughters, even during the brothers' lifetimes.

Importantly, the court found that the trial court did not abuse its discretion in requiring the brothers to submit to drug testing and approving the trustee's decision to withhold trust funds based on positive drug test results. The brothers presented no cogent argument that the court did not have the authority to order drug testing outside of child custody and criminal matters. Contrary to the brothers' assertions, the terms of the trust expressly authorize the trustee to provide discretionary distributions to the brothers in amounts "either more or less than any other Descendant as (the trustee) deems advisable because of variations in health, character, education, or other requirements."

In ordering the brothers to undergo drug testing, the district court found the tests were necessary to aid the trustee in exercising its discretion when providing distributions to William and Brad.

Moral of the story – if you suspect beneficiaries have drug problems, make sure your attorney writes provisions into the document that clearly provide the trustee to suspend distributions or make distributions to other beneficiaries if beneficiaries with addiction problems fall off the wagon.

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How's The Market? Ask Ann Selling? Trust Your Instincts.



Ann Gee Broker/Owner

As I write this article, Sanibel continues to have a very limited supply of homes, condos and lots for sale. The Sanibel MLS system shows 13 homes, only two under \$1,000,000. Similarly, just 14 condos with only 3 under \$1,000,000. According to the National Association of Realtors, we would have approximately 300 Units for sale on Sanibel in a normal market. We have less than three weeks of inventory.

Currently, I am working with buyers and sellers from the Midwest, Northeast, Hawaii and Canada. I asked them to comment on sales price reductions in their "up north" market. Their response in general reflected a subtle decline in the real estate market in these areas. We don't see local data of this happening on Sanibel. Time will tell.

There is a general agreement with national business forecasters that it is impossible to "time" a market. If your instincts are telling you to sell and you're priced to the market, your property should sell quickly. On the other hand, if you wait and prices continue to go up, you will risk losing a higher gain. Tough market to call, isn't it?

If you want to discuss this with me, call me and we can discuss the pros and cons of selling now, on a confidential basis. I continue to offer a high quality program designed to save you a substantial amount of money.

13 Closed Sales Going Back One Week: 6 Homes, 6 Condos & 1 Vacant Lot

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760 Sextant Dr. 733 Mariner Pointe \$665,000	2501 West Gulf Dr. A Pine Cove of Sanibel \$1,549,000
671 East Gulf Dr. 5A2 Sandalfoot \$1,050,000	1305 Par ViewDr. \$1,700,000
430 Lake Murex Circle \$1,155,000	2501 West Gulf Dr. 201 Pine Cove of Sanibel \$1,899,000
244 Palm Lake Dr. \$1,255,000	4322 West Gulf Dr. \$2,975,000
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Art Installations Part Of Chamber Celebration

A heart-shaped sculpture layered with shells and an original mural painting will mark a milestone for the Sanibel & Captiva Islands Chamber of Commerce this year. The two art installations in the Francis P. Bailey, Jr., Chamber Visitor Center honor the chamber's 60th anniversary celebration.

"It has been a big year already for the chamber," said John Lai, chamber president and chief executive officer. "We officially celebrated past years' accomplishments on April 20 with a special annual meeting – the first full membership meeting since pre-COVID. Now, these two extraordinary art installations celebrate and commemorate the spirit of the islands in a very real and creative way."

Earlier this year, Lai worked with local artist Ginny Dickinson as she completed a six-foot, shell-covered heart sculpture that would go on display at the 85th annual Sanibel Shell Festival in March. She agreed to exhibit the sculpture in the visitor center after the festival, and it now stands behind the front desk.

"I was so happy this heart could stay a little longer on the island," said Dickinson. "My hope is that all who view it are intrigued by the beauty of the shells, find their favorite shells, and share a smile as they walk away."



A new selfie mural will join this six-foot shell-layered heart as the chamber celebrates its 60th anniversary photo provided

When the visitor center underwent its total makeover in 2018, the chamber incorporated a floor-to-ceiling, vintage-style mural painted by local artist Pam Brodersen. It featured an antique map, island attractions, and local wildlife such as dolphins and roseate spoonbills. It quickly became a popular spot for visitor selfies.

For its 60th anniversary, the chamber decided it was time for a new, fresh look. Sanibel artist Rachel Pierce, who recently opened a gallery on Periwinkle Way, volunteered to create a new mural that

she will install in mid-June.

"This is such an opportunity for me, especially with the popularity of the chamber of commerce," said Pierce. "It's where our island visitors – hundreds of thousands – first stop to get the inside scoop on the islands' happenings, businesses, bike paths, parking and more. And now my art will be there for folks to take their picture in front of. Are you kidding me, that's awesome! I'm working on the large piece now. It's going to be bright and fun, just like our awesome islands."

The Sanibel-Captiva chamber formed in 1962, just one year before the Sanibel Causeway opened. A group called the Business Association signed a charter that changed its name. And so, the Sanibel-Captiva Chamber of Commerce was born to support the islands' business community and ready it for a burgeoning tourism trade.

Hugo Lindgren, the developer who started in motion the building of the causeway in the first place, donated the land for a chamber of commerce, ideally situated where the bridge would make landfall on Sanibel. Until construction on the building began, a billboard dominated the property, listing the islands' accommodations under a map of Sanibel and Captiva. The physical chamber office started as a desk in a closet-like space at The Community House.

The then one-story chamber building was completed in 1965, confirmed by a headline in the *Islander* newspaper on July 16 proclaiming: "Purple Provokes

Protests." The article reported that reviews were mixed about the chamber's exterior paint job.

Islanders today agree that the visitor center's current colorful paint job and gingerbread trim fit island style perfectly. The building expanded to two floors in the 1980s, the second floor relegated to administrative offices, and by 2008, the chamber added restrooms to the back.

The most impressive upgrade to the visitor center came in 2018. Although the bulk of the improvements lay in new technology that is user-friendly and appealing to the eye, the entire first floor underwent a total strip-down and green redesign.

The front desk was converted from a horseshoe shape to a kiosk-style configuration. The décor reflects the islands' rich history. Wood flooring has a timeworn look, while painted white boards line the walls for a fresh island feel.

"We look forward to keeping the 60th celebration going the rest of the year," said Lai. "June 1 brings the first chamber-hosted Islands Night as the Bailey family hands over the reins after running the show for almost 30 years. We will end 2022 in grand style with our traditional Luminary Stroll on December 2 and 3. It has been a grand year of accomplishments, and our membership has good reason to be proud."

Sanibel & Captiva Islands Chamber of Commerce is located at 1159 Causeway Road on Sanibel. For more information, visit sanibel-captiva.org.

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Frankly Speaking

by Howard Prager



If you are a reader of this column, you know I like to report on firsts and rarely occurred feats in all of sports, with a nod to some of the traditional sports we love. Let's start with Fenway Park, where something

hadn't happened in over 100 years – since Babe Ruth – involving Shohei Ohtani, the only person I (and many others) compare to the Babe. Here's how the *Kyodo News* reported it. "Shohei Ohtani made the most of his pitching debut at Fenway Park on Thursday, striking out 11 in seven scoreless innings to lead the Los Angeles Angels to an 8-0 victory over the Boston Red Sox at Fenway Park. Ohtani became the first player to both start on the mound and bat high in a lineup at Fenway Park since Babe Ruth did it in 1919. Ohtani hit third in the lineup and went 2-for-4 with one RBI and a run scored." He went one better with 29 called strikes. Think about a tennis player hitting 29 aces, a goalie shutting out the other team, that's how good Shohei was, and is. Catch him while you can.

What a great, "once in a lifetime story" from the Kentucky Derby. Someone must have gotten the movie rights to it this past week, because it's remarkable, especially on the heels of last year's finish with Medina Spirit testing positive for drugs and

the horse's trainer, multi-derby winner Bob Baffert, suspended from Churchill Downs, The Preakness and Belmont Stakes. And then Medina Spirit dying from an apparent heart attack in December, which never was proven. Instead, we have a trainer who lost his barn and 23 horses in a fire just six years ago. Eric Reed thought he was done. He then got encouragement from lots of people, including some of the big guns in the sport, urging him to rebuild. So he did. Rich Strike, the 2022 Kentucky Derby winner, was bought for only \$30,000, chump change in the world of horse racing. Last year, Reed thought Rich Strike showed promise and told owner Rick Dawson that he could have a Derby horse. Dawson never had a share in more than six horses at one time. Although the Derby was never on his radar, if he had a chance, even a long one, he was all in. They prepared him as best they could, getting him to No. 24 and then down to 21. He came to the track every day to train. Then at 8:30 Friday, he was told he wasn't going to make it into the race. Nice try, close but not quite. They would begin planning for another race, the Peter Pan. Maybe pixie dust would help.

Just 15 minutes after being told he did not qualify for the Derby, a late scratch of horse number 20 brought that opening to Rich Strike at No. 21 within 30 seconds of the deadline for entry. This is already a feel good story. From almost losing it all in a tragic fire to having a horse contend in the Kentucky Derby. It was the longest of shots and the second longest odds of a Derby winner at 80 to 1. As Dana O'Neill of the *Athletic* wrote, "It was a brilliant ride by Leon, a 32-year-old Venezuelan who

had never won a graded race... until the first Saturday in May at Churchill Downs. Leon's been riding for Reed for two years, and as trainer and owner started to eye Rich Strike for the Derby, they had a talk a few months ago about the best jockey for the horse. The conversation was brief. Though other more well-known riders might have been available, the two never wavered, respecting Leon for not just his racing smarts, but also for how he's helped Rich Strike come into his own. The jockey did not disappoint, steering the horse out of the gate quickly to save ground, and then bidding his time through a blistering early pace before steering Rich Strike through traffic as if he were weaving a car through rush hour. While everyone else was eyeing a would-be race down the stretch between favorites Epicenter and Zandon, Rich Strike came up from the inside and barreled on through and across the finish line (first). Not since Donerail in 1911 has a horse finished with longer odds."

To see Reed and his father, Dawson and Leon all together in tears at the press conference not knowing what to say and do was one of those moments that gives us reason to watch sports. Just think, 1911 Donerail and 2022 Rich Strike. This will be a moment talked about forever in the annals of horse racing.

You may have seen this beautiful baseball moment on the news from the Yankees-Blue Jays game in Toronto last week. Again, I will quote from *The Athletic* and people involved. "In the sixth inning, Blue Jays starter Alek Manoah was facing Aaron Judge for the third time. On a full count, Judge sent a 96

mph fastball into the second deck of the left-field stands. It landed right where Jays fan Mike Lanzillotta was sitting. Behind him was a 9-year old Yankees fan wearing – you guessed it – a Judge t-shirt. Lanzillotta said all game he was trying to get the fan a baseball. When he caught the home run from Judge, there was only one thing to do with it. He gave it to the young fan, Derek Rodriguez, a fourth grader. How did Derek feel when it happened? 'I said 'thank you' and hugged him a lot.' A Rogers Centre staff member also delivered a special Blue Jays gift package to Lanzillotta in recognition of his sportsmanship. He was blown away by that gesture and by the overwhelming response to his small act of kindness, one that clearly had a huge impact on the young fan. On Wednesday, Derek and his family and Lanzillotta were invited back to the Rogers Centre to watch Yankees batting practice. Afterward, Derek had the chance to meet and talk to Judge. He, of course, brought the home-run baseball with him, which Judge signed. Meanwhile, George Springer gifted a signed jersey of his own for Lanzillotta. 'That still gives me goosebumps to this day to see little kids wearing my number, wearing my jersey,' Judge said. 'That's something I dreamed of. I used to be in his position, that little kid rooting for my favorite players and team, so that was a pretty cool moment that I definitely won't forget.'" Neither will we.

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. ✨

SPORTS QUIZ

1. The Merseyside Derby is a rivalry match between what two English football clubs?
2. In 1979, New York Yankees manager Billy Martin was fired after getting into a bar fight with Joseph Cooper, a salesman of what confectionery?
3. What longtime NFL reporter and insider for ESPN was known as "The Professor"?
4. Wallace Wade Stadium is the home field of what university's football team?
5. Name the athlete, amputee and cancer research advocate who attempted to run a "Marathon of Hope" across Canada in 1980.
6. Three pitchers in Major League Baseball history threw unofficial no-hitters, having pitched eight hitless innings in losing efforts on the road. Who are they?
7. In ice hockey, what is the name of the shaded area directly in front of each team's goal?

ANSWERS

1. Everton and Liverpool. 2. Marshmallows. 3. John Clayton. 4. Duke University. 5. Terry Fox. 6. Silver King (1890), Andy Hawkins (1990) and Matt Young (1992). 7. The crease.

Nine And Dine Winners

Barb and Jim Mulka were the winners of the May 1 Nine and Dine at Sanibel Island Golf Club. The nine-hole golf and dining outing is a collaboration with Blue Giraffe 2 restaurant. Nine and Dine is offered for club members every other Sunday. ✨



Barb and Jim Mulka photo provided



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Committee members selling raffle tickets
photos provided

Over \$64,000 Raised For Breast Cancer Research

There were 128 golfers who signed up for the Play for PINK golf tournament, held on March 26 at The Dunes Golf & Tennis Club. Over \$64,000 was raised for the Breast Cancer Research Foundation. This year, a tennis tournament was added as part of the event.

Underwritten by the Estee Lauder



Golfers having lunch at The Dunes

Companies' Breast Cancer Campaign, 100 percent of the funds will go to the Breast Cancer Research Foundation.

Funds were raised by golf and tennis participants, The Dunes community, and donations from local businesses and corporate sponsors. A Challenge Fund was established by five individuals, including Dave and Gussie Blue, Barbara Chappell, Don and Pat Wentling, as well as two donors who wish to remain anonymous.

On the days leading up to the golf tournament, the auction website, sponsored by the Sanibel Captiva Community Bank, was abuzz with bidding

for over 140 items donated by local restaurants, businesses and individuals.

While golfers were having donuts donated by Bailey's, 200 numbered pink and white golf balls were dropped over the 10th fairway by helicopter. Sponsored by Pfeifer Realty Group, the helicopter ball drop awarded cash prizes for the three balls that fell closest to the pin. The winners were announced following the golf tournament at the annual luncheon, sponsored again this year by The Sanibel Captiva Trust Company.

The closest to the line contest sponsored by Bank of the Islands was won by Gussie Blue for the ladies and



The helicopter ball drop

Brad Thompson for the men. The putting contest, sponsored by John Henshaw, Inc., ladies winner was Maureen O'Brien; continued on page 46



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Health First

Health Benefits
Of Dancing

by Julie
Rosenberg, MD

Over the past several years, we've all experienced significant stress – the COVID-19 pandemic, economic uncertainty, social and racial justice, to name a few. While

there are many ways to manage stress, I've found that both artistic expression and movement are two of the best ways to support wellbeing.

Dance is a great form of both artistic expression and movement – in fact, dancing can produce physical results comparable with those of exercise training. Last year, at the urging of friends in our neighborhood, my partner and I joined the Island Cotillion. I must admit that I was reluctant to do so at first. I had forgotten that dancing is not only good exercise, but also a great way to have fun! In addition, dancing can improve psychological, emotional, social and physical wellbeing. In today's article, I review six health benefits of dancing.

1. Boosts mood and relieves stress – Dancing involves continuous movement, which is a great stress reliever. Moving

increases serotonin and dopamine levels, “feel good” hormones. This is especially true with fast-paced dancing such as hip-hop, disco or Latin dance.

Dancing is also an expressive art, which can allow you to escape and “let loose.” Letting loose helps not only to relieve stress but also boosts your mood, decreasing the symptoms of anxiety and depression and enhancing self-esteem.

2. Improves cardiovascular health – Regular physical activity is one of the most important things people can do to improve their health. Dancing is exercise, so it supports improved aerobic fitness. The cardiovascular health benefits of dance are in line with the Department of Health and Human Services' physical activity guidelines for American adults: At least 150 to 300 minutes per week of moderate-intensity, or 75 to 150 minutes per week of vigorous-intensity aerobic physical activity.

3. Enhances strength, coordination and balance – Most of the movement that we typically do on a regular basis, such as walking or climbing stairs, occurs in the sagittal plane. Dancing incorporates movements in all planes, including lateral and rotational, which helps to condition muscles and increase strength. These types of movements, along with the music and rhythm of dance, also support better balance.

4. Boosts cognitive performance – Studies have shown that dancing can help to maintain and even boost cognitive ability. How does this occur? Degeneration of cerebral white matter

is one of the major neural mechanisms driving age-related declines in cognitive and memory function. Dancing has been shown to improve white matter integrity in the brains of older adults. In addition, several studies have linked dancing with enhanced neuroplasticity (the brain's ability to develop new connections) and reduced risk for dementia.

5. Challenges your brain – Dancing requires you to focus on changing movements and necessitates that you recall different moves and patterns. Therefore, it's an excellent form of mental exercise for all ages.

6. Supports social wellbeing – Group dances can foster meaningful social encounters in a nonjudgmental environment. They offer people the opportunity to meet like-minded individuals while exploring a shared interest.

General tips for dancing
If you are thinking of taking up dancing:

Visit your healthcare provider prior to initiating dancing (or any new exercise routine) if you have a medical condition, are overweight, or unfit;

Wear layers of clothing that you can remove as your body warms up;

Do warm-up stretches before you begin a dance session.

Keep hydrated by drinking plenty of water before, during and after dancing;

Wear proper footwear;

Don't overexert yourself, especially if you are a beginner;

Cool down after a dance session, including gentle stretching.

In summary, dancing is a great way to support your mind, body and soul. Dance is not only an art form, but also involves aerobic exercise, sensorimotor stimulation, and cognitive, visuospatial, emotional and social engagement. So, dance – let yourself go!

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

From page 45

Cancer Research

the men's winner was Brad Byers. Ladies closest to the pin was Coral Bryja; men's closest to the pin was won by Bill Daly.

The winning men's foursome was Bob Senkar, Scott Rothweiler, Don Denecke and David Murphy. The winning ladies foursome was Peggy Scarpati, Sandy Perkins, Donna Perkins and Tara McKenna. The winning mixed foursome was Jim and Coral Bryja and Frank and Robbie Riley. A sixth sponsor, Doc Ford's Rum Bar & Grille, gave in support of the annual fundraiser. Prizes were donated by Golf 4 Less at the Sanibel Outlets.

The Play for PINK committee thanks The Dunes staff and management as well as the Dahlmann family for their support. The staff in the pro shop and restaurant also contributed to make the event a success.*

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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I helped with donations for Haiti.

—by M.B., *The Sanibel School*



dearRPharmacist

Mystery Liver Disease And Liver-Loving Herbs



by Suzy Cohen, RPh

Dear Readers:

We never think about our liver until it becomes inflamed or scarred, or it gets infected or overwhelmed and stops functioning properly. The most

common liver ailment is probably food poisoning, which leads to inflammation of the liver. This is called hepatitis in medical terminology.

There has been a sudden rise in children experiencing liver inflammation, and it's happening across the United States. In other words, it's not limited to a food outbreak in one state from a bad sandwich. The weird rise in hepatitis has attained global scale. This week alone, there have been more than 300 reported cases of hepatitis, spanning 20 countries.

The CDC is looking into causes for the terrifying uptick and disturbing trend in otherwise healthy young children. So far, the children impacted are very young, like age 5 and younger. The current thinking is that a virus is involved, one

called "adenovirus."

Regardless of the cause, it's very sad to think about it, so today I'd like to help you understand what your liver does in simple terms, and how you can support good liver health.

Your liver is the largest organ in your body, aside from your skin. The liver has the mundane task of secreting all sorts of chemicals that break down food, or medications, or synthetic dyes, hair color treatments, plasticizers and other chemicals. Its job is to clear out chemicals that don't belong in your body. It is also the place where we make CoQ10, glutathione and catalase – three critical antioxidants that keep us healthy and thriving.

The more pollutants we encounter, or toxins we ingest, the harder our liver has to function. Some of the very first signs of an inflamed liver include vomiting, or a sensation of nausea along with itchy skin, a tummy ache and eyes that appear a little bit yellow. Furthermore, there could be weakness, fatigue, ankle swelling, abdominal pain or swelling, and a darker colored urine. Another less discussed but common first sign of hepatitis is a strange, bitter or "metallic" taste in the mouth.

Aside from the three antioxidants I mentioned above, the following are other ways to support the liver:

1. Milk Thistle – Contains silymarin, which is a strong liver antioxidant.
2. Artichoke Leaf – Contains cynarin, which helps clear out poisons.
3. Dandelion – A mild diuretic,

popular as a tea and herbal supplement.

4. Yellow dock – Cleanses the liver and lymphatic system, and provides natural vitamin C

5. Beets – The reddish-purple pigments are great at reducing liver toxins.

6. Selenium – A mineral that helps your body make the liver antioxidant glutathione.

7. Phosphatidylcholine – Helps shuttle triglycerides and cholesterol out of the liver.

Talk to your physician about any

herbs, teas or vitamins that you'd like to take because we all have an individual response. These also may interact with your current supplement regimen so always seek professional opinions about making changes to your health regimen. If you'd like to read a longer version of this article, visit www.suzycohen.com.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My boyfriend recently broke up with me, and I am devastated. What should I do?

A: Breakups are never easy, and they can cause so much pain and heartache.

It's important that you have a support network of family and friends who are there for you. If you can focus on your passions and what you love, begin to do things that make you feel good despite the grief you are feeling. Time does heal, however, it is also what you choose to do with your time that can help you come to terms with this loss.

While it's difficult to experience down time with yourself, it can help to get you to the feeling places within for healing to

occur. Take some walks and get outside in nature. Nature is very healing. If you can, take a short trip and go somewhere you enjoy. It may be helpful to talk with a therapist to help you overcome your grief. One thing to know is that you will heal from your pain and move on to happier times. Accepting that rejection can be the universe's protection. While you most likely had good times, there is a reason this relationship ended and, at some point, you will realize there are more opportunities that lie ahead.

If you have a pet, this can be healing for you, or you could visit animals at a shelter. There is much evidence that pets help reduce stress and help with overcoming depression.

Whatever you choose, know that these things take time, and you will heal and begin to live the life you have always wanted.

*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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Restorative Yoga At Rec Center

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

Restorative Yoga creates a deep relaxation. In this class, you will hold poses for extended periods of time with the help of props to support you. This

type of yoga helps achieve physical, mental and emotional relaxation. Yoga props such as blocks, bolsters and blankets are used so that you are supported in the pose comfortably. Members are encouraged to bring their own blanket or beach towel.

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

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Salmon Health Benefits And Recipes



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

Salmon is a great source of lean protein, vitamins, minerals and omega-3 fatty acids – DHA and EPA – which help control mood and behavior as well as reduce symptoms of attention deficit hyperactivity disorder (ADHD), reduce systemic inflammation and toxicity in the body, and provide preventative measures against cancer and chemo-induced muscle loss, while also improving brain and cognitive function. Salmon is one of the healthiest foods that you could consume.

The American Heart Association recommends that we consume at least two servings per week to help improve

your health. However, not all salmon is created equal. Much of the salmon available in the stores is not caught in the wild but bred in “fish farms.” Wild salmon is caught in natural environments such as rivers, lakes and oceans where the salmon eat naturally occurring food. Fish farms, however, feed salmon a processed, high fat, high protein diet to make them larger. Because of this, wild and farm salmon have nutritional differences.

Wild salmon often contains more minerals and is lower in fat. Studies show that farm-raised salmon tend to contain higher concentrations of contaminants such as PCBs, dioxins and synthetic compounds found in industrial/commercial processes. Some salmon farms will also use antibiotics in their fish feed – and this is not so tightly regulated, so it could be a concern when purchasing farm-raised salmon.

Both versions still contain the beneficial omega-3 fatty acids and protein. But if you are trying to reduce your intake of contaminants, we recommend purchasing wild-caught salmon. Because wild-caught salmon is not always available in traditional grocery stores, many online sources have started selling it. We use www.wildalaskan.com, but many other options exist. The great thing about this type of option is that the salmon is cleaned, filleted and flash-frozen the same day it is caught in individual portion sizes that you can use right out of your freezer. Might be worth checking into something like this.

We love making salmon in many

different ways; however, our favorite is to grill it and lay it on top of a delicious salad. There are many ways to dress your salmon: Here’s a recipe for Citrus Honey Grilled Salmon: 2 salmon filets, 2 tbsp. honey, 3 tbsp. lime juice, 1 tsp. garlic powder, 1/2 tsp. cumin powder, roughly chopped lettuce, chopped cilantro, 1 medium thinly sliced red onion, 1/2 medium thinly sliced red pepper, 5 tbsp. extra virgin olive oil (EVOO), salt to taste. Mix all seasonings together and rub into the salmon and let sit for 10 minutes. Heat oil in pan and quickly toss the onions and red pepper with a little salt and pepper, then add salmon cooking 3 minutes per side. Serve with salad and drizzle with EVOO and lime juice.

Another favorite is to roast cherry tomatoes and veggies with EVOO, fresh herbs and garlic in a 400-degree oven for about six to eight minutes, then top with salmon filets. Marinate the salmon in a large handful of basil, parsley, cilantro, oregano, mint (or whatever you have) for 10 minutes prior to cooking, chop in food processor, add four to five cloves of garlic, 1/2 cup or so EVOO, pinch of salt and pepper, lemon juice and/or splash of wine vinegar and blend together. Cook the salmon atop the veggies for about six to eight minutes more.

Grilling salmon is a fast and delicious way to add more healthy fish into your weekly menu cycle. We make this at least once per week. Veggies plus salmon – does the body good.

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.

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Wendy Kirschner



Jen McSorley

The top producers for April at Pfeifer Realty were Wendy Kirschner, Jen McSorley and Cathie Lewis. Kirschner and McSorley were the top listing and sales agents, and Lewis logged the most community service volunteer hours.*



Cathie Lewis

Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. To learn more, visit www.narconon-suncoast.org or call 877-841-5509.*

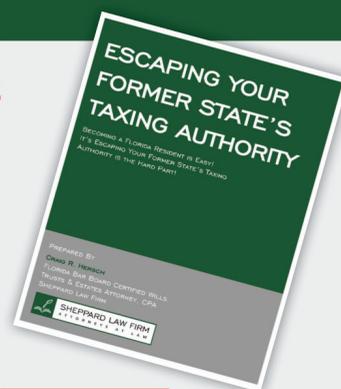
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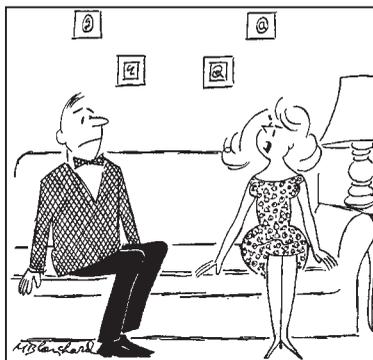
NEWSPAPER
Sanibel & Captiva Islands

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

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PUZZLES

Answers on page 55



"Did you have anything in mind besides
a _____ evening?"

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!

Father
STRIPE

Fight
TABLET

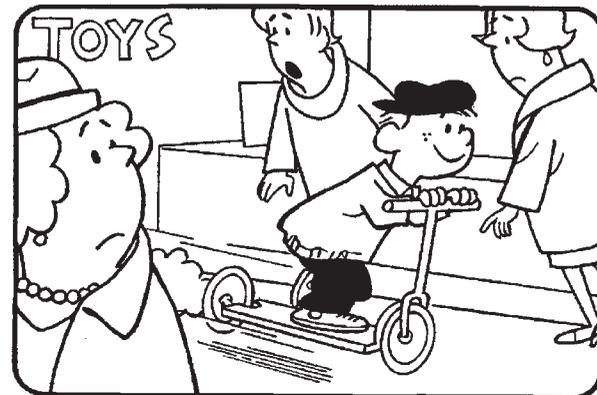
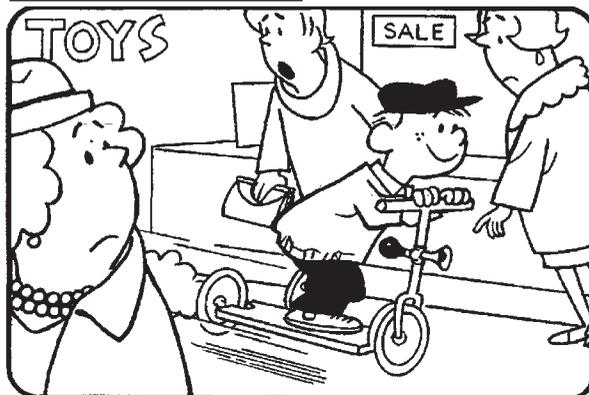
Just
GIRTH

Cover
PAYCON

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Beads are missing. 2. Purse is missing. 3. Sign is missing. 4. Cap is reversed. 5. Horn is missing. 6. Collar is different.

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

To Play Sudoku:

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

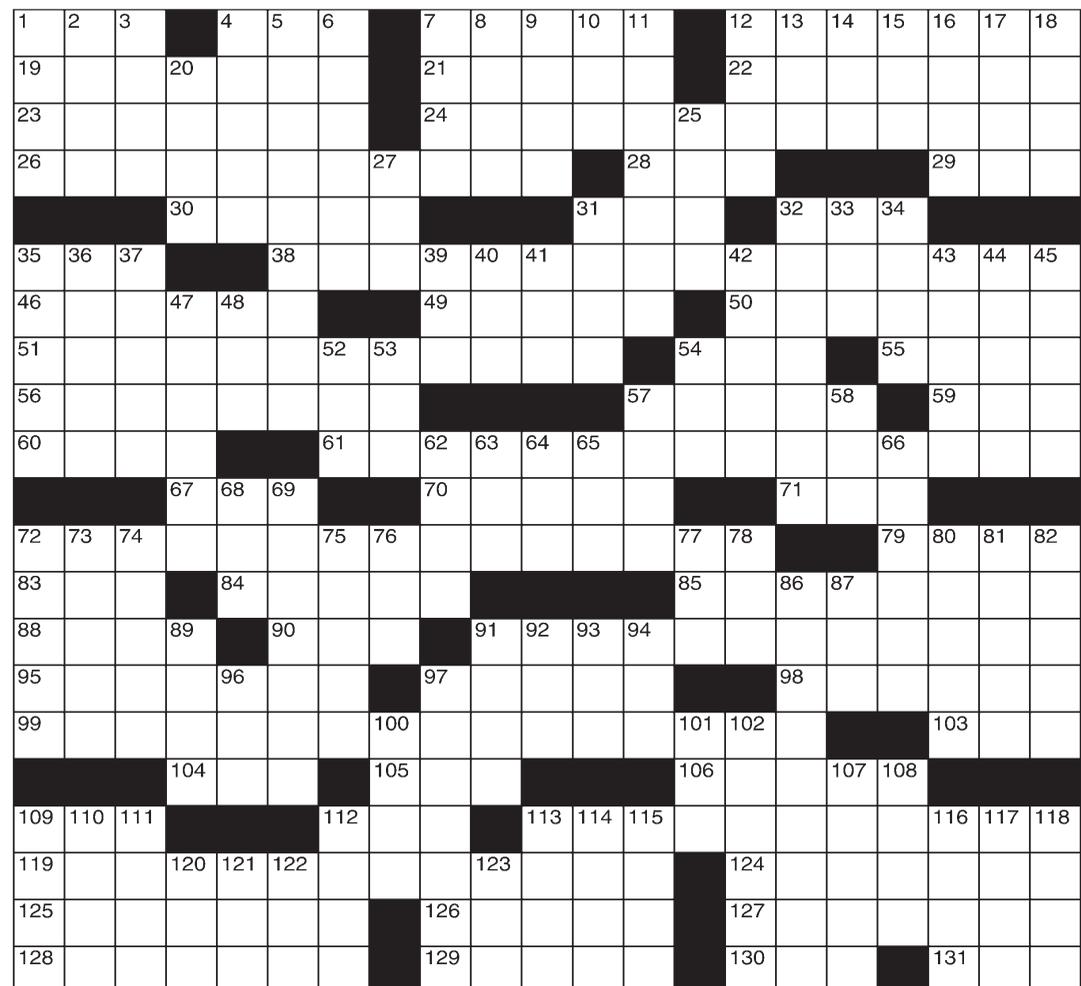
PUZZLES

Answers on page 55

Super Crossword

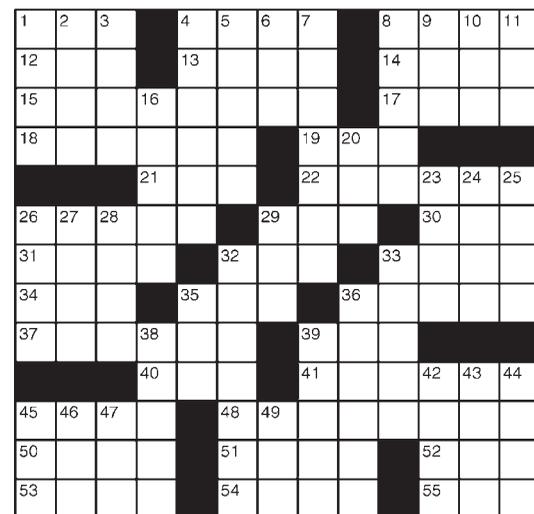
CITY NAMESAKES

- ACROSS**
- 1 June hrs.
 - 4 Cobbling tool
 - 7 Birthstone after opal
 - 12 Run-down 73-Down
 - 19 Deep musing
 - 21 Calm down
 - 22 Filled pasta squares
 - 23 Shady public walk
 - 24 1909 Literature Nobel [Alabama]
 - 26 Runner-up of tennis' 2017 U.S. Open [Wisconsin]
 - 28 Enkindled
 - 29 Authorize to
 - 30 "Ye olde" place
 - 31 Quarterback Brady
 - 32 Counterparts of egos
 - 35 Cutely shy
 - 38 Cosmetics company founder [Montana]
 - 46 Paris-based cultural gp.
 - 49 Mysterious letters
 - 50 Washington subway system, familiarly
 - 51 Alfred Lunt's comedy partner [Massachusetts]
 - 54 Poker champ Ungar
 - 55 Spicy cuisine
 - 56 Last line on an invoice
 - 57 Abu — (emirate)
 - 59 Navy off.
 - 60 Plaintiff [Georgia]
 - 61 "Today" co-anchor [Georgia]
 - 67 Take in
 - 70 Higher
 - 71 Take in
 - 72 "Jane Eyre" novelist [North Carolina]
 - 79 Goad
 - 83 Go bad
 - 84 — -ski bar
 - 85 Sedentary
 - 88 LAX stats
 - 90 Comic Carrey
 - 91 Star of the reality show subtitled "Life's a Tripp" [Connecticut]
 - 95 Birthstone after ruby
 - 97 "The Liberty Bell" march composer
 - 98 Passionate
 - 99 "Weeds" actress [New Jersey]
 - 103 — Plaines
 - 104 Mag heads
 - 105 That lad's
 - 106 Motorola competitor
 - 109 Saturate
 - 112 Iceberg part
 - 113 "National Velvet" novelist [Oklahoma]
 - 119 1970 #1 hit for The Guess Who that's apt for this puzzle?
 - 124 "Woe Is I" author Patricia T. —
 - 125 Price ceiling
 - 126 Part of FDA: Abbr.
 - 127 Toto's owner
 - 128 Having been banished
 - 129 Decade units
 - 130 Golf course units: Abbr.
 - 131 Grafton's "— for Outlaw"
 - 1 Druggist's weight unit
 - 2 Acting Ward
 - 3 Tube spot
 - 4 Retort to "Am not!"
 - 5 State of a surviving wife
 - 6 Romance novelist Banks
 - 7 Stun with a charge
 - 8 Stay in line
 - 9 Good friends
 - 10 \$\$\$ holder
 - 11 Passionate
 - 12 Greek society
 - 13 Delay
 - 14 Abel's mom
 - 15 Broadcast
 - 16 — weevil
 - 17 Healing plant
 - 18 Donation
 - 20 Send out
 - 25 See 31-Down
 - 27 Kenan's sitcom buddy
 - 31 With 25-Down, perch for a nest
 - 32 Night demon
 - 33 Mil. award
 - 34 "Keep it in"
 - 35 Niche sects
 - 36 "The joke's —!"
 - 37 "Fiddler on the Roof" matchmaker
 - 39 Age
 - 40 Ursuline, e.g.
 - 41 Actress Miller
 - 42 Fido's jingler
 - 43 Antiquated anesthetic
 - 44 From Tehran
 - 45 Clamor
 - 47 Spider web, at times
 - 48 Toronto-based gridiron org.
 - 50 Sorority letters
 - 53 Caddy drink
 - 54 "Zip it up!"
 - 57 "Aw, rats!"
 - 58 Suffix with social
 - 62 Old Saturn SUVs
 - 63 LAPD alert
 - 64 "Weekend Edition" network
 - 65 Natal lead-in
 - 66 Set of seven
 - 68 Similar to
 - 69 Superbly done tasks
 - 72 Delicate pancake
 - 73 The Ritz, e.g.
 - 74 Pong creator
 - 75 Overused
 - 76 Pro —
 - 77 — for tat
 - 78 Rock's Brian
 - 80 Irritated
 - 81 Sheeplike
 - 82 Auto dings
 - 86 Northwestern Pacific fish
 - 87 ER skill
 - 89 Large or medium
 - 91 Enjoys some 1940s jazz
 - 92 Regret
 - 93 Syr. neighbor
 - 94 Hefty Cinch —
 - 96 "Old man"
 - 97 Slope on which a vessel is built
 - 100 Wispy
 - 101 Pol. wild card
 - 102 Unimportant person
 - 107 Stravinsky and Sikorsky
 - 108 Part of A.D.
 - 109 Indian dress
 - 110 Arab nation
 - 111 Singer Seeger
 - 112 Racket grip enhancer
 - 113 "The Circle" actress Watson
 - 114 Brand of hair remover
 - 115 Stay-the-night sites
 - 116 Informed of
 - 117 Utah city near Provo
 - 118 Abstainers from alcohol
 - 120 Writer Stout
 - 121 French for "here"
 - 122 Shortstop Ripken
 - 123 Poem type



King Crossword

- ACROSS**
- 1 Knock
 - 4 "The Thin Man" dog
 - 8 Tabloid writing
 - 12 Post-op area
 - 13 Pace
 - 14 Alike (Fr.)
 - 15 Sushi fish
 - 17 "Hi, sailor!"
 - 18 "Burnt" cray-on color
 - 19 Melody
 - 21 Ordinal suffix
 - 22 Game fish
 - 26 Looks intently
 - 29 Chaps
 - 30 Man-mouse link
 - 31 Has bills
 - 32 — de deux
 - 33 Mythical birds
 - 34 Capote nickname
 - 35 Stable diet?
 - 36 Hill of "Moneyball"
 - 37 Raw bar mollusk
 - 39 Impose
 - 40 Ms. Thurman
 - 41 Tristan's love
 - 45 Tibia's place
 - 48 Saltwater fish
 - 50 Mata —
 - 51 Hotel chain
 - 52 Hot tub
 - 53 Rhyming tributes
 - 54 Lake bird
 - 55 Fixed
 - 9 "This tastes awful!"
 - 10 Asian language
 - 11 Layer
 - 16 Leg joints
 - 20 Author
 - 23 Fleming
 - 23 Earth orbiter
 - 24 Killer whale
 - 25 "One-L lama" poet
 - 26 Attend
 - 27 Wrong
 - 28 Jupiter counterpart
 - 29 Spring month
 - 32 Sunshade
 - 33 Copter blade
 - 35 Skirt edge
 - 36 Singer
 - 38 North African capital
 - 39 Steinway product
 - 42 Privation
 - 43 Hoodwink
 - 44 Coup d' —
 - 45 HBO rival
 - 46 Possessed
 - 47 Hot temper
 - 49 Comic Phillips
- DOWN**
- 1 Eyeglass frames
 - 2 Antioxidant berry
 - 3 Brownish purple
 - 4 Reps
 - 5 Jazzy
 - 6 Dead heat
 - 7 Country stores?
 - 8 June birth-



MAGIC MAZE ● ATHLETES TURNED ACTOR

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

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

- Bradshaw
- Jabbar
- Namath
- Simpson
- Chan
- Jenner
- Norris
- The Rock
- Connery
- Jordan
- Seagal
- Van Damme
- Ferrigno
- Karras
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 FRIDAY Sunny High: 81 Low: 67	 SATURDAY Sunny High: 82 Low: 69	 SUNDAY Sunny High: 81 Low: 67	 MONDAY Sunny High: 82 Low: 70	 TUESDAY Mostly Cloudy High: 81 Low: 68	 WEDNESDAY Cloudy High: 82 Low: 70	 THURSDAY Mostly Cloudy High: 84 Low: 69
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	11:44 am	5:17 am	None	6:14 pm
Sat	12:56 am	5:45 am	12:04 pm	6:59 pm
Sun	1:58 am	6:10 am	12:28 pm	7:46 pm
Mon	3:03 am	6:29 am	12:58 pm	8:35 pm
Tue	4:15 am	6:43 am	1:33 pm	9:30 pm
Wed	2:14 pm	10:29 pm	None	None
Thu	3:01 pm	11:33 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:49 am	5:19 am	None	6:16 pm
Sat	12:01 am	5:47 am	11:09 am	7:01 pm
Sun	1:03 am	6:12 am	11:33 am	7:48 pm
Mon	2:08 am	6:31 am	12:03 pm	8:37 pm
Tue	3:20 am	6:45 am	12:38 pm	9:32 pm
Wed	1:19 pm	10:31 pm	None	None
Thu	2:06 pm	11:35 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:41 am	5:31 am	None	6:16 pm
Sat	12:31 am	6:08 am	12:05 pm	7:03 pm
Sun	1:19 am	6:44 am	12:26 pm	7:50 pm
Mon	2:08 am	7:19 am	12:50 pm	8:41 pm
Tue	3:05 am	7:55 am	1:21 pm	9:34 pm
Wed	4:15 am	8:36 am	1:59 pm	10:28 pm
Thu	5:23 am	9:25 am	2:49 pm	11:24 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:02 am	8:33 am	1:54 pm	9:30 pm
Sat	3:06 am	9:01 am	2:14 pm	10:15 pm
Sun	4:08 am	9:26 am	2:38 pm	11:02 pm
Mon	5:13 am	9:45 am	3:08 pm	11:51 pm
Tue	6:25 am	9:59 am	3:43 pm	None
Wed	4:24 pm	12:46 am	None	None
Thu	5:11 pm	1:45 am	None	None

My Stars ★★★★★
FOR WEEK OF MAY 9, 2022

Aries (March 21 to April 19) You Ewes and Rams will find your ideas cheered by a mostly receptive flock. Those few dissenters could well be turned around by your charm and powers of persuasion.

Taurus (April 20 to May 20) It's time for the bold and beautiful Bovine to shake off the dust of the past and shape up with new ideas for the future. This

could surprise some folks, but they'll soon adjust.

Gemini (May 21 to June 20) Those nagging new doubts about an upcoming decision should alert you to step back (at least temporarily) so you can reassess its potential impact from a new perspective.

Cancer (June 21 to July 22) That unpleasant situation you hoped would go away by itself needs immediate attention before it affects an upcoming decision. Expect your supporters to rally around your cause.

Leo (July 23 to August 22) You're

moving up and away from that recent setback. But remain cautious about finances. An exercise in thrift today helps cushion a possible end-of-the-month money squeeze.

Virgo (August 23 to September 22) You're still dealing with overtones of pessimism that cause you to doubt your ability to make some needed changes. But the negative pressures will ease up by week's end.

Libra (September 23 to October 22) There could be some fallout from the way you handled a recent family problem. But

those who know that you were in the right won't hesitate to step in on your behalf.

Scorpio (October 23 to November 21) Financial strains ease by week's end. Meanwhile, focus on cultivating that new relationship if you hope to have it blossom into something more meaningful.

Sagittarius (November 22 to December 21) Health matters once again dominate the week. Be careful not to ignore recurrences of an old problem. An almost-forgotten commitment resurfaces.

Capricorn (December 22 to January

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PETS OF THE WEEK

Lee County Domestic Animal Services

Eeyore And Annie

Hello, my name is Eeyore. I am a black and white 2-year-old male hound mix. My breed is typically thought of as a gloomy sort, but not me. I am a lively, loveable pup that will keep you entertained with my antics. My long legs make my running style quite a sight to see. Due to the Bissell Pet Foundation Empty the Shelter promotion, my adoption fee is waived with an approved application.



Eeyore ID# A918559
photos provided

Hi, I'm Annie. I am a 2-month-old female domestic shorthair. One look at my sweet face, you will certainly fall in love. I am a feisty little girl with lots of spirit who would love to go home with a feline friend. Our adopt one kitten get a feline friend at no additional charge still applies

during the Bissell Pet Foundation's Empty the Shelters promotion. My adoption fee is waived.

Lee County Domestic Animal Services is participating in the empty the shelter promotion through Saturday, May 14. There will be waived adoption fees with approved applications. This event will be hosted in more than 275 shelters in 40 states.

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.*



Annie ID# A915849

From page 53

Now Here's A Tip

- Planning on putting in some new plants or sprucing up your garden this spring? Check with your town's yard-waste recycling center about free mulch or compost. Many facilities offer these to their residents.

STRANGE BUT TRUE

- "White noise" is named such because, just as the color white is a mixture of many different shades at different ratios, it's a combination of all sound frequencies at once.
- Some of the first soccer balls were made of clothing filled with rubble.
- A young Bangladeshi woman with two uteruses gave birth to twins less than a month after having a son.
- "Jazz on bones" or "Ribs" were bootleg vinyl recordings made from old X-rays with holes burned in the middle from cigarettes, used in the '50s and '60s to smuggle banned music into the Soviet Union.
- A vending machine offering live crabs debuted in 2010 in Nanjing, China, with sales of around 200 per day and a promised refund of three live crabs for any dead one dispensed.
- While enough was known about Halley's Comet in 1910 to predict its

arrival, rumors about its dangers were so extensive that some people bought comet umbrellas and anti-comet pills in an attempt to protect themselves from it.

- Between 2006 and 2007, Poland's prime minister and president were identical twin brothers, making them the first siblings in history to hold those titles simultaneously.

- Ever wonder why sneezes frequently occur in threes? The first loosens the irritant. The second propels it to the front of your nose, and the third expels it. Problem solved!

- Cats, dogs and even insects can all experience insomnia.

- Stephen King, who has made a career out of scaring his readers, is scared of the number 13: While reading, he won't pause on a page with that number or a page whose number adds up to 13.

THOUGHT FOR THE DAY

"Sometimes the steepest, most challenging and most rewarding paths in life are not meant to be walked, but crawled." – Toni Sorenson

TRIVIA TEST

1. **Science:** What is an organism that depends entirely upon another organism for its existence?
2. **History:** When did the Suez Canal open?

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5/6 * TFN

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1/4 * TFN

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6/5 * TFN

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4/22 * TFN

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1/26 * TFN

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4/15 * TFN

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4/20 * TFN

CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 * TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

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

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

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

To advertise in the Island Sun and The River Weekly News Call 395-1213

3. **Geography:** What nation's second largest island is called Mindanao?
4. **General Knowledge:** Where was sherry invented?
5. **Music:** Who was known as "the king of swing"?
6. **Discoveries:** In what century was the ancient city of Troy rediscovered by archaeologists?
7. **Government:** Who was the longest-serving U.S. House Speaker?
8. **Movies:** Who directed the movie *It Happened One Night*?
9. **Architecture:** How many churches did Christopher Wren design for London after the Great Fire of 1666?
10. **Television:** On *The Flintstones*, what is Bam-Bam's last name?

TRIVIA ANSWERS

1. Parasite 2. 1869 3. Philippines 4. Spain
 5. Benny Goodman 6. 19th 7. Sam Rayburn
 8. Frank Capra 9. 52 10. Rubble

SCRAMBLERS ANSWER

1. Priest 2. Battle
 3. Right; 4. Canopy
Today's Word
BORING

HORTOONS



PUZZLE ANSWERS

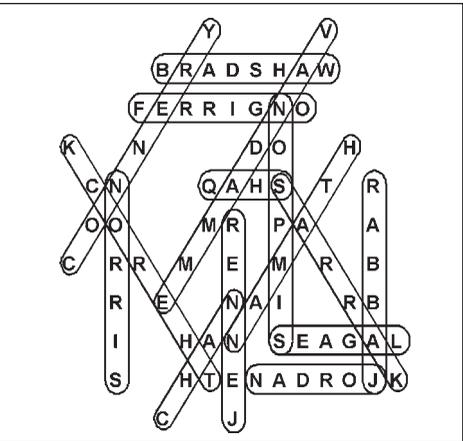
SUPER CROSSWORD

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KING CROSSWORD

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I	C	U	G	A	I	T	E	G	A	L	
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2020	5,744	\$8,295,000	\$7,650,000	44
Cases	Fort Myers Beach	1972	4,112	\$4,799,000	\$4,625,000	9
Dinkins Bayou	Sanibel	2009	3,883	\$3,700,000	\$3,700,000	2
Tuscany Isle	Bonita Springs	2005	5,392	\$3,200,000	\$3,200,000	111
Renaissance	Fort Myers	2008	10,000	\$3,389,000	\$3,190,000	259
Glenview	Fort Myers Beach	1964	2,215	\$2,995,000	\$3,100,000	1
Lane-Cochran	Sanibel	2002	3,868	\$3,295,000	\$2,975,000	55
Woodsedge	Estero	2005	3,758	\$2,950,000	\$2,900,000	0
Tuscany Isle	Bonita Springs	2002	4,475	\$2,700,000	\$2,700,000	0
Holiday Heights	Fort Myers Beach	1957	2,187	\$2,300,000	\$2,350,000	5

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