



Remember Those Who Served

Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MAY 27, 2022

MAY/JUNE SUNRISE/SUNSET: 27 6:37 • 8:14 28 6:37 • 8:15 29 6:36 • 8:15 30 6:36 • 8:16 31 6:36 • 8:16 1 6:36 • 8:17 2 6:35 • 8:17

Tournament Surpasses Million Mark In 10th Year

The “Ding” Darling & Doc Ford’s Tarpon Tournament on May 13 pushed historical earnings for the decade to more than \$1 million. The 10th anniversary tournament netted \$260,000 from sponsorships and donations to support conservation at the JN “Ding” Darling National Wildlife Refuge.

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) organizes the tournament with Doc Ford’s Rum Bar & Grille of Sanibel, Fort Myers Beach, Captiva and St. Petersburg as the title sponsor. The captain’s meeting and Silver King Awards ceremony took place at the Fort Myers Beach location.

The 2022 tournament paid out a total of \$60,000 in prizes to five winning teams out of 58 registered teams. Anglers photo-recorded 54 tarpon catches this year, the second highest number of catches since the tournament’s inception



From left, “Ding” Darling Refuge Biological Science Technician Avery Renshaw, DDWS Development Officer April Boehnen, Doc Ford’s co-owner Marty Harrity, Team Blackwater captain Henry Frazer and teammates Matt Hereld and Scott Hughes, and DDWS Executive Director Birgie Miller

photo provided

in 2012. The first place prize of \$27,000 went to Team Blackwater, including captain Henry Frazer and team members

Matt Hereld and Scott Hughes. The team caught and released a total of six fish.

“Congratulations to Henry. He now

wears the coveted pink tarpon jacket,” said Marty Harrity, co-owner of Doc

continued on page 6



A firefighting crew from Captiva Island Fire Control District includes, from left, Kyle Correia, Brandon Ehlen and Josh Hulslander

photo by Kathy Kurtz Ferrari

Captiva District Deals With More Than Fighting Fires

by Kathy Kurtz Ferrari

Those who choose to vacation or live on a remote island probably don’t think about what would happen in an emergency.

But the Captiva Island Fire Control

District is staffed with highly trained first responders that are ready for any situation, on land or sea.

The island has changed drastically since the fire district was established in 1955, staffed with a few volunteers.

“As firefighting and emergency medical care have evolved over the last 15 years – and that’s the reason our staffing level has increased – we are able to offer a much higher level of service now compared to what we could back then,” said Fire Chief Jeff Pawul.

They are the first responders for



From left, Brandon Ehlen, Paul DeArmond, Jeff Pawul and Shawn Kilgore review a fire suppression training scenario

photo courtesy Captiva Island Fire Control District

every 911 call, and have to be prepared, physically and mentally, to face the unknown. They are not immune to the emotional impact a difficult call can make.

“We see stuff people don’t want to see, can’t handle,” Pawul admitted. “We unfortunately see the worst of the worst. And that’s even out here. We’ve had children who have drowned in pools. We’ve had children who have died from

medical reasons. We’ve had stabbings. We’ve had suicides. It happens out here. It doesn’t make the news like it does in town. Stuff is kept quieter, but you still see it. And it takes a toll on everybody differently.

“Unfortunately suicide and mental health has become a huge problem in public safety as a whole. We’re supposed

continued on page 32

Community House Calendar

Letting Loose with Watercolors with Anita Force Marshall will be offered on Wednesday, June 1. The subject is the dolphin. Cost per class is \$35 for members and \$40 for guests. Bring your own supplies or purchase for \$5.

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

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.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5. Beginners to experts are welcome.

Spots are still available for Turtle Camp, which runs June 27 to July 1 and Caterpillars to Butterflies Camp, which runs July 18 to 22, for ages 6 to 14. Camp runs Monday to Thursday from 9:30 a.m. to 1:30 p.m. and Friday from 9:30 a.m. to 3 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.

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.

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

472-0345. Guests will order and pay individually.

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

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

Correction

Proceeds from the July 4 Road Rally, headed up by longtime Sanibel resident Randy Carson, will go to Community Housing and Resources. The recipient was incorrectly stated as the Optimist Club in our May 13 issue. We apologize for the error.*

Community Church Service

Sanibel Community Church will hold one service at 10 a.m. on Sunday, May 29. Regular service times at 9 and 11 a.m. will resume the following week.*

FREE Ice Cream for Military Veterans

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Day Of Discovery For Preschoolers



Students saw a variety of sealife photos provided



A preschooler holding a starfish



This youngster found out what it's like to be a sea turtle

The Children's Education Center of the Islands (CECI) had an opportunity to partner with Sanibel Sea School recently. With CECI's educators and parent volunteers, children ventured to Algiers Beach from the nearby school campus. Staff from Sanibel Sea School had set up four engaging stations for each class to explore and learn more about their backyard; the beach.

Each student was able to visit these stations. The first station was Subtidal Creature Feature. There were portable tanks with fish, sand dollars and other creatures to find. Children used small seine and dip nets to investigate.

The second station was Swash Zone, where children explored the area of the beach where the waves met the sand. They sieved for coquinas, mole crabs and other sealife.

The next station was Shells. Children explored for bivalve and gastropod shells and learned about the creatures that made them.

The last station was Sea Turtles. Students learned about sea turtles and the nesting season, which has begun on the islands.

CECI staff, parents and students thank their friends at Sanibel Sea School for a great adventure.

CECI is a nature-based preschool, located at 350 Casa Ybel Road. For more information, call 472-4538.✪

Fourth Of July Road Rally Is Back

The Sanibel Island 4th of July Road Rally, the second longest running annual event on Sanibel, after the shell fair, is back for the 42nd year. Get ready to test your mental and navigational skills with your team as you cruise the islands to puzzle out clues in the popular vehicular scavenger hunt.

This year, the Road Rally management has been passed from the Sanibel-Captiva Optimist Club to a new group: The Friends of Randy of Sanibel, Inc., a nonprofit charitable corporation. The rally will continue to run as it always has, this year with

proceeds going to Community Housing and Resources. Past and potential new sponsors are being sought for donations.

The rally begins after the Independence Day parade, with a start time of noon, departing from and returning to The Timbers Restaurant and Fish Market. Early sign up is recommended as the rally is limited to 50 vehicles. Registration forms are available at Sanibel Café and Bailey's General Store.

For more information or to donate, call Randy Carson at 699-8739, Tim Moore at 941-626-2943 or Allen Dunham at 699-9474. For early or preferred start times, email rcarsonsan@gmail.com.✪



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Teacher Nancy Pearson with several children including Russel Buck, whose hand she holds photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Landmark: Synder School

The Buck family's Buttonwood Cottage was east of The Matthews. In his teens, Russell Buck attended the Snyder Outdoor School for Boys, which operated



on Captiva during the winter. 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 or call 472-4648.✪

Churches/Temples

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

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

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

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

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

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

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

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

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

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

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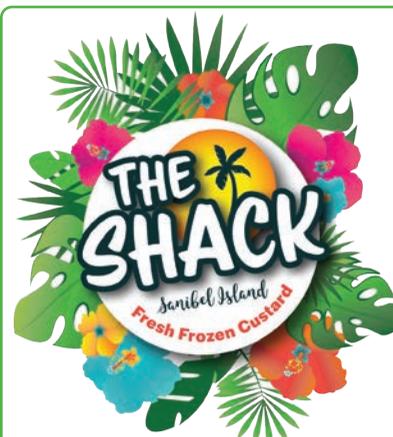
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OBITUARY

JOHN G. RAFFENSPERGER, MD

John Gould Raffensperger, 93, surgeon, author and sailor, died on May 9, 2022 in Fort Myers, Florida. He was born on November 10, 1928 in Joliet, Illinois. He grew up in the river town of Henry, Illinois where he learned to carve duck decoys with the great carver, Charlie Perdew. While carving miniature ducks, he decided to be a surgeon.



pediatric surgery at Children's Memorial Hospital in Chicago (now Lurie Children's Hospital), later becoming surgeon in chief there. He trained 26 pediatric surgeons at Children's Memorial Hospital and Northwestern University Feinberg School of Medicine. He was a founding member of the American Pediatric Surgical Association. He was a volunteer surgeon in Bolivia, Ecuador, Haiti, San Lucia and Cuba.

He was a professor of surgery and later professor emeritus of surgery at Northwestern. He was the author of more than 200 publications, including medical articles, book chapters, textbooks, essays, historical works and fiction. His scientific papers have over a thousand citations.

He continued his childhood passions for watercraft and woodworking throughout his life. He was an avid sailor who owned several sailboats of increasing size. He sailed across the Atlantic and back after he retired. He continued woodworking into his 90s.

He is survived by his wife, Dr. Susan R. Luck, five children; Carolyn E. Raffensperger (Fred), Jean R. Clark (Holly), William B. Raffensperger (Jeannie), John F. Raffensperger (Marilyn) and James C. Raffensperger (Janet); nine grandchildren, five great-grandchildren and his former wife, Rev. Carolyn M. Raffensperger.

His ashes will be interred off the coast of Miami Beach in the Neptune Memorial Reef (<https://www.nmreef.com/visit-memorial-reef/>).

Memorial gifts may be sent to: St. Labre Indian School, <https://give.stlabre.org/page/87881/donate/1>; American Society for the Prevention of Cruelty to Animals, <https://secure.aspca.org/donate/ps-memory-sl-p1>; or Science and Environmental Health Network, <https://www.sehn.org/donate-page>.✱

He completed his undergraduate degree at University of Illinois. In 1953, he received his MD from University of Illinois College of Medicine.

In 1954, Dr. Raffensperger interned at Cook County Hospital in Chicago. He served for two years as a medical officer on the aircraft carrier *USS Hancock* in Japan. He did his first appendectomy at sea.

After his service in the Navy, he completed a general surgery residency at Cook County Hospital. In 1963, he was a fellow in cardiac surgery at Presbyterian-St. Luke's Hospital and Hines Veterans Administration Hospital. He was board certified in general, cardiothoracic and pediatric surgery.

In 1970, he was appointed director of

GRADUATION



Kayla Nette photo provided

Kayla Grace Nette, daughter of Trevor Nette and Kay Casperson, graduated from Bishop Verot High School. She was class vice president and was involved in planning many events and activities for her class. She received the Vikings Spirit Award for the class of 2022.

Kayla attended Summit Christian Preschool at Sanibel Community Church and continued on to The Sanibel School for kindergarten through eighth grade.

Kayla will be attending the University of Alabama this fall. She is looking forward to exciting times ahead, meeting new friends and exploring her next chapter of life.✱

Registration Open For Vacation Bible School

Sanibel Community Church is offering Vacation Bible School Monday through Friday, June 13 to 17 from 10 a.m. to 1 p.m. Students may be dropped off after 9:30 a.m.

Hidden Things – Stories from the Parables of Jesus will be the topic of study. Students will embark on an adventure to find the greatest treasure of all – Jesus' truth taught in the Bible.

Andy, an Indiana Jones-type character, his POP (Professor of Profound) and friends will lead students across a mini Sanibel Island to find the hidden treasure from a map that washed up on the beach. Each day, students will watch a skit illustrating the Bible lesson of the day. Craft time, recreation, the Memory Treasure Room and lunch will be themed around the treasure of Jesus.

The program is open to ages 3 (potty trained) through sixth grades (as of end of the school year).

Space is limited and registration is available online at www.sanibelchurch.com or by calling 472-2684.✱



Thank you for the continued support of Nanny's Children Shoppe and welcoming me with open arms for the past few years. It has been the most joyous experience with all the thanks to Nanny's loyal customers. While this 40-year tradition still could continue with someone who understands the uniqueness of this island staple, I have chosen to move on to the next chapter in my life and dedicate my time to my family at the end of this July.

Owner - Megan Shores

Please stop in and check out our "Goodbye" sale starting June 1 until inventory has been liquidated!!



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City Of Sanibel Memorial Day Operations

The City of Sanibel administrative offices will be closed in observance of Memorial Day on Monday, May 30 and will resume regular operating hours on Tuesday, May 31.

City offices and facilities are closed during this national holiday in honor of the women and men who died while serving in the United States military.

Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Memorial Day will be one day later. If your normal pickup day is Monday, May 30, your waste will be picked up on Tuesday, May 31. The altered schedule will remain in place for the remainder of the week. The normal waste collection schedule will resume on Monday, June 6. If you have any questions, call Advanced Disposal at 334-1224.

Sanibel Recreation Center will be closed in observance of Memorial Day on Monday, May 30 and will resume regular operating hours on Tuesday, May 31. If you have any questions, call the recreation center at 472-0345.

The Center 4 Life/Civic Center is currently closed. If you have any questions, call city hall at 472-3700.

The final Sanibel Island Farmers Market for the season will be held on

Sunday, May 29 from 8 a.m. to 1 p.m. at Sanibel City Hall, located at 800 Dunlop Road.✳

From page 1

Tournament

Ford's, who introduced the jacket in 2017 as an added incentive for taking first place in the tournament. "It's kind of like the green Masters tournament jacket in golf. The winning captain gets the honor of wearing the pink tarpon jacket each year."

Second place Team Spartan Stix, led by captain Cory McGuire, caught five fish and won \$15,000. In third place, captain Cliff Utt's Team Sun Country caught four and took home \$9,000. Fourth place winners Team Two Lane Lager, with captain Patrick McCafferty, won \$6,000 with three fish (the first caught at 7:47 a.m.); fifth place winners Team Fischer Kings, with captain Ozzie Fischer, took home \$3,000 also for three fish (the first caught slightly later at 7:52 a.m.).

Awards were also presented for female angler to Stephanie Miller from Team Tarpon Time, senior angler to Mary Laser with Team Chasin' Poon and amateur team to Team Kollman, with captain Will Kollman, Kevin Kollman, Tim Byal and Patrick RicVert.

"Because all boat registration fees go into the awards purse, sponsorship partners are extremely important to this tournament," said Birgie Miller, executive director of DDWS. "They

make it possible to raise vital financial support for the conservation mission of DDWS and the refuge."

To date, the tarpon tournament has raised \$1,015,000 for refuge water research, wildlife research and education. It has awarded \$321,125 to tournament winning teams during its 10-year history. The first-of-its-kind tournament to benefit conservation and award 100 percent of its fees to winners, the competition began to support local professional fishing guides and connect with anglers to educate and make them part of conservation efforts.

"We can't thank Doc Ford's enough for their incredible show of support these past 10 years," said DDWS Development Officer April Boehnen, who organized and led the 2022 tournament. "They've already committed for the 2023 tourney, which will take place in May 2023, the date to be announced soon."

Team captains met the night before the tournament to receive rules and socialize. They were surprised by a short video from country singer and songwriter Luke Bryan, whose Two Lane Lager beer was a tournament sponsor. He wished the anglers good luck and recognized the tournament's important mission.

"We are so grateful for this fundraiser, because not only does it add much-needed dollars to the ever-shrinking refuge budget, it also supports our conservation mission,"

said "Ding" Darling Supervisory Refuge Ranger Toni Westland. "Plus, it is an opportunity to remind anglers, both professional and amateur, about the importance of ethical and responsible fishing."

For more information on the tournament and this year's winners, visit www.dingdarlingtarpontourney.org.

Tournament sponsors for 2022 include: Title Sponsor: Doc Ford's Rum Bar & Grille; Silver King Anniversary Sponsors: Bill and Laurie Harkey, Raiser's Edge, The Szymanczyk Family; Premiere Sponsor: Cast About Charters; Presenting Sponsors: David and Judy Baum, Captiva Divas, Two Lane Lager; Platinum Sponsors: Diversified Yacht Services, Capt. Shawn Kelly Fishing Charters, CustomTeesNow, Law Office of Christopher Hill, Organized Chaos, Sanibel Captiva Community Bank, Whitney's Bait & Tackle, Yeti; Gold Sponsors: Anisa Stewart Jewelry, Bay Marine, Dave and Denise Bunning, Congress Jewelers, Fort Myers Brewing Co., Fort Myers Marine, Jeff and Toni Kordell, Mabry Brothers, Milestone Auctions, Capt. Matt Mitchell Fishing Charters, On Island, RS Walsh Landscaping, Trophy Case of Fort Myers; Silver Sponsors: Bailey's General Store, Captiva Cruises, Costa Del Mar, Florida Weekly, Grandstand, Jensen's Marina & Cottages, Taylor and Betsy Hay, Island Sun, Law Office of Janet Strickland, Over Easy Café, and Peter and Barb Rogers.✳



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Dredging Project Authorized In Second Hearing

by Wendy McMullen

Persuaded by the arguments of experts, Sanibel planning commissioners approved dredging perpendicular to the shore in Dinkins Bayou on the west end of Sanibel at Tuesday's meeting.

Dredging in a natural body of water is rare on Sanibel but had been authorized once before in Dinkins Bayou, which has a tendency to silt up, according to project engineer Hans Wilson and the applicant's attorney, Jason Maughan, both who grew up in the area and were familiar with the history of the bayou.

Maughan suggested that the silting in the bayou was partly the result of the dredging done by the city and the private property owners on the other side of the bayou.

"This applicant is looking for the same relief that they received and due to the same cause," Maughan said. "Thank God, frankly, that it's a totally benign desert area where there is nothing going to be affected."

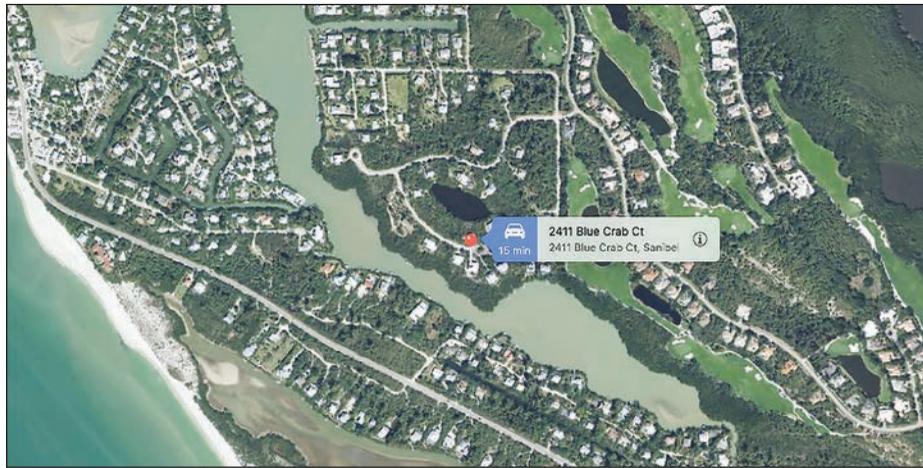
Not all attending the meeting agreed, however.

Pine Tree resident and Committee of the Islands President Larry Schopp suggested that there should be an environmental assessment of the basin's bed and the bayou waters.

"The applicant has talked a lot about the absence of damage to the environment during the dredging process. No damage to seagrass because there isn't any; no damaged oysters because there aren't any," Schopp contended. "But what I have not heard talked about is the damage to the physical environment, the bed of the bayou itself and the potential damage to the existing channel that so many people use."

Indeed, the project was controversial among most of the residents living south of the bayou who have attended both hearings and claimed that it would permanently alter the ecology and tidal patterns of the bayou.

One Pine Tree resident, Allan Antley,



Aerial photo of Dinkins Bayou and the subject property

photo provided

argued that Dinkins Bayou was a tidal basin which ebbed and flowed with the tides and that it was just a question of waiting for the tide to turn. He pointed out there were docks further down the bayou from the applicant's home on 2411 Blue Crab Court, including one with a 25-foot sailboat. He contended that there was always access from the bayou out into Blind Pass and San Carlos Bay just by following the tides.

"Do we have to say that everybody has access to Dinkins Bayou at every tide?" he asked. "There are certain times that when my boat lift goes down, I bottom out and I can't get off. I've just got to wait an hour or so for the tide to come up and then off I go."

One person having to wait, he contended, was preferable to altering a whole natural body of water, which he said was not consistent with Sanibel's approach to dealing with natural resources.

Several important environmental agencies disagreed, however. Sanibel Captiva Conservation Foundation Environmental Policy Director Matt DePaolis described the plan as an opportunity to find out what other macro-invertebrates might be there.

"There's no seagrass there, but that's not to say that there's nothing living down there. And we're actually interested in conducting monitoring to see what macro-invertebrates might be present in the sediment," he said.

The project was also approved by the state Department of Environmental

Protection and the U.S. Army Corps of Engineers.

Regular city commentator Arlene Dillon suggested the project not be approved until all commissioners were in attendance. Commissioner Laura DeBruce was absent.

Dillon expressed a concern that approval of this dredging would set a precedent, which would force approval of future requests. "People can come back to you," she warned commissioners.

City Attorney John Agnew assured commissioners that there is no precedent and that each case can be heard on its own facts and merits.

The dredging and the dock and boat lift were approved 5 to 1 with Commissioner Ty Symroski opposed and the public hearing closed. Symroski's objection was based on a preference for shallower dredging of the passage to the dock basin.

The issue will come up for final approval at the next planning commission meeting.*

Commission Approves Dock

by Wendy McMullen

The Sanibel Planning Commission issued a variance to build a boat dock and boat lift for a house that is under construction on the narrow canal that runs between Sanibel-Captiva Road and Pine Tree Drive on western Sanibel

at Tuesday's meeting.

Normally, docks and lifts cannot extend more than 20 percent of the canal's width, which would limit the dock at 5847 Pine Tree Drive to 15 feet. However, the mangroves bordering the canal and insufficient water depth at the location necessitated a longer dock and a boat lift to prevent the boat impeding other boat traffic.

The immediately adjacent properties both have existing boat docks and the property directly across the canal has a boat dock and lift. There is also little traffic in this section of the canal since there are only three properties between this and the dead end of the canal. Variances for similar extensions have been granted on the same canal.

Planning staff pointed out that the proposed dock and the additional 11 feet are the minimum size necessary to safely and effectively access the dock.

Planning commissioners voted unanimously in favor of the variance.*

Minimum Three Feet For Docks Will Stand

by Wendy McMullen

With concerns about safety in mind, planning commissioners discussed whether to dictate a minimum four-foot width for new docks at Tuesday's meeting.

Leading the charge for a more generous width was Commissioner Karen Storjohann who was concerned about elderly people with walkers and young families with toddlers negotiating a three-foot-wide dock.

The current standard for dock width is a maximum of eight feet with no minimum.

After some discussion, the commission decided to make the minimum width three feet and keep the maximum at eight feet.

The discussion on Tuesday was part of the commission's drive to clarify key terms in Sanibel's Land Development Code. The definition of "open body of water" will be discussed at the next meeting.*

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All Are Welcome At Messy Church



Ellen Lai served as a greeter for the superhero theme in May photos provided

Making slime was a big hit at last month's superhero Messy Church

The next monthly Messy Church event for all ages will be held on Sunday, June 12 from 4 to 6 p.m. at St. Michael and All Angels Episcopal Church. From little ones to teens, single or partnered, young or old, tidy or messy, all are welcome to attend this free community event held every second Sunday of the month.

for prizes, making fishy crafts and playing fish games, followed by a story and song time. A fish taco meal will be served at 5:30 p.m. (vegetarian, gluten-free and children's options available).

The theme for June is fishing, so the first hour will include activities like fishing

For more information, visit www.saintmichaels-sanibel.org/messy-church or contact Sue Van Oss at 472-2173.

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

Sea Turtle Nesting Season Picks Up



Nancy Riley and Gwenda Hiett-Clements marked off the first nest on the east end on May 4 photo provided

Sea turtle nesting activity has started to pick up, with a total of 62 loggerhead nests now on the beaches. Sanibel-Captiva Conservation Foundation (SCCF) staff and volunteers have been working each morning to survey the beaches of both Sanibel and Captiva looking for signs in the sand of sea turtles that have come ashore.

that the area is a nesting site, it is then marked off with yellow stakes, a screen to discourage predation, and signage.

Four separate teams monitor different stretches of beach every morning at dawn, collecting data from turtle nests and false crawls. If it is determined

Sanibel and Captiva have collectively logged 62 loggerhead sea turtle nests so far compared to a total of 76 reported nests at this time last year. Of these, 44 have been laid on the west end of Sanibel, seven on the east end of Sanibel and 11 on Captiva.

On the east end, one special turtle was spotted on May 7, a female named

continued on page 14



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From left, Roman Lyskowski, Jack Kelly, Janice Henley, Julie Peress, Linda Davenport, Gary Chapman, John Mackinnon, Jim Bajek and Brad Thompson photos provided

FISH Thanks Market Owners And Vendors

Established in 2008, the Sanibel Farmers Market has become a Sunday morning ritual for many, providing fruits, vegetables, breads, cheeses and other goods to islanders and visitors. The market, located at Sanibel City Hall, is run by Betsy Ventura and

Jean Baer, owners of Local Roots, which operates 10 Lee County farmers markets. The Sanibel market is open every Sunday from October through May.

Ventura and Baer coordinate with FISH of SanCap to provide fresh products to the islands' only food pantry. Market vendors pack boxes of unsold fruits, vegetables and other food items for the FISH Food Pantry. When the market closes on Sunday, FISH volunteers pick up, sort and stock donated items at the food pantry, located at 2430 Periwinkle Way. Participating vendors that donate to



Jane Boehly and Mame Bryne

FISH include European Bakery, operated by the Foerschner family; Straight From New York Bagels, operated by the Sexton family, and Aurora's Produce, operated by the Zuniga family. "We are so grateful for the products provided by the market vendors," said Maria Espinoza, executive director of FISH.

The FISH Food Pantry is a vital service for many households; the organization receives requests for assistance daily from island residents and workers struggling to afford the skyrocketing cost of groceries. FISH has increased the purchase of products weekly and now must place limits on how much one family can take

to ensure staples are available to all food pantry patrons.

The organization works to keep pace with increased demands but also has experienced procurement issues at times due to shortages as well as increased spending correlating to the increased costs of food. Last year, the food pantry provided 255,980 pounds of food equating to 213,316 meals.

"The continued support from the farmers market and their eagerness to help is an integral part of our success. We also are so appreciative of our volunteer teams who pick up from the market and

continued on page 12

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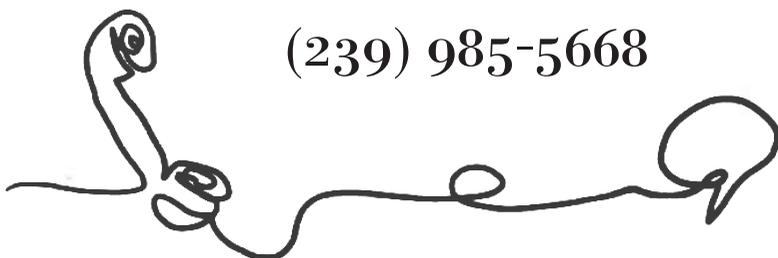
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Nonnative yellow butterfly vine is a member of the Barbados cherry family photo by Gerri Reaves

Plant Smart
Yellow Butterfly Vine

by Gerri Reaves

Yellow butterfly vine (*Callaeum macropterum*) is a member of the Barbados cherry family and native to parts of Mexico and Central and South America.

Also called yellow orchid vine and hillyhock, it grows 15 feet or more long. This erect readily twining vine has pale smooth bark and leaves that are generally oval or oblong with pointed tips.

Opposite and evergreen, they measure up to three inches long and about two

inches wide. They have short petioles, or leaf stems, and two small glands at their bases.

The plant's ornamental value is in the clusters of yellow five-petaled flowers, which are about an inch across. Petals are broad with fringed edges.

Winged papery seed pods, or samaras, are chartreuse but fade to tan with time. They resemble butterflies, thus the vine's common name.

This plant prefers full sun and well-drained soil.

Sources: www.davesgarden.com, www.inaturalist.org, and www.southwestdesertflora.com.

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

Atlantic Snook Season To Close

The recreational harvest of snook in Atlantic state and federal waters has a regular season closure that starts on Wednesday, June 1.

Snook are one of the many reasons Florida is named the fishing capital of the world. Seasonal harvest closures and anglers using proper handling methods when practicing catch-and-release methods help conserve Florida's valuable snook populations and can ensure the

species' abundance for anglers today and generations to come. To learn more and see a video about catch-and-release fishing and the best way to handle a fish, visit www.myfwc.com/marine and click on "Recreational Regulations" and then "Fish Handling Tips."

If you practice catch-and-release fishing during the closed season, you can still contribute to data collection by submitting your catch information for this and other species through the iAngler app. Learn more on the Angler Action Foundation's website at www.angleractionfoundation.com.*

From page 10

Market

organize our food pantry on Sunday afternoons. We could not provide these wonderful products to our community without their help," said Espinoza.

In addition to the food pantry partnership, FISH and several vendors worked together to provide a themed Smile Box to island seniors. Vendors donated and provided reduced cost items such as soap, pears, mini pumpkins, bread, candles, honey, jam, beet and okra chips, all tucked into a farmers market reusable bag.

The Smile Box program at FISH was established to brighten the day of island seniors. The inspiration for the boxes comes from the subscription box trend where participants receive boxes of products and goodies regularly by

mail. The boxes, often themed toward time of year, contain gifts, projects and activities for recipients to do throughout the month, household items, crafts and sometimes a sweet treat. Participating vendors included Paradise Candle and Soap Co., House of Nuts, Aurora's Produce, Euro Bakery Stand and the Sanibel Farmers Market booth.

"FISH and our neighbors greatly appreciate the generosity of the farmers market. We cannot thank Betsy, Jean and the generous vendors enough for helping supply healthy choices for those that use our pantry, and again for supplying items for our Smile Boxes," said Espinoza.

The Sanibel Farmers Market encourages shoppers to bring dry and canned foods to the market booth or give a monetary donation on Sundays to benefit FISH of SanCap.*

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One Cast Away From Being A Rockstar



by Capt. Matt Mitchell

I have been a full time guide for more than 20 years, and the more time I spend tarpon fishing the more unknowns there are. After a full week of chasing this king of all gamefish during

both challenging windy conditions and perfect slick calm conditions, it boils down to one bite making a trip.

Early in the week, I had long-time clients down from Minnesota to tarpon fish for their very first time. Due to slick conditions along with an early morning pickup, we headed to a better known spot. With just enough light, we slowly moved in with a trolling motor as we watched happy tarpon surface to gulp air. Within 10 minutes of arrival, I set up the boat on the line that the fish seemed to be traveling and pitched a crab under a float. Before I could get another rod down from the tower, we were on. The estimated 60-pound fish made some crazy runs and trademark jumps before coming boatside.

Returning to our mark, we could still see tarpon everywhere. We made long casts and drifted both pinfish and crabs as we watched hundreds of tarpon slowly making their way through this gap. The



Max from Minnesota got his first tarpon this week while fishing with Capt. Matt Mitchell

photo provided

wait for the second bite took roughly 20 minutes as another tarpon exploded on the pinfish suspended under a float. There were wild jumps and long runs as we gave chase before a quick face grab of a roughly 50-pound fish. By 7:41 a.m. we were two for two, and I had extremely happy clients.

The very next day, I was fishing with another long-time client who had caught a big tarpon with me five or six years ago

on his very first tarpon trip. Since then, we tried every year and couldn't get it done for one reason or another. Leaving the dock at zero dark 30, I had a plan and even a little swagger as conditions could simply not be any better. Pulling into the same place as the day before, we were greeted with lots of rolling fish.

We sat for almost three hours and, despite having these fish roll over our baits, simply could not get a bite. At one point, I called in a fellow guide who sat up behind me and, while throwing the exact same bait, caught one right next to me. We moved up towards Captiva Pass for the last hour, danced around pods of 20 to 40 fish and landed baits right on their track without success. We saw many more fish than even the day before, but in one day these fish had developed all that can be described as lock jaw.

Fast forward a few days and the mornings gave us that dreaded 15 to 20 mph winds to make tarpon fishing that much tougher. Even during near perfect conditions catching a tarpon is not a sure thing. Throw in high winds to make them difficult to locate and your odds drop even more. Jeff, one of two clients on this trip, had been out tarpon fishing over a

dozen times and never caught one. After spending most of the morning running all over the sound, I had not seen a single fish by 10 a.m. and really thought it was going to be another one of those days for him. Making a Hail Mary move, I set up in a confident spot to soak cut baits for the last hour in hopes of finding a bite.

About 10 minutes in, we hooked and did battle with a big shark before it parted ways. I reset the cut baits and, after about 15 minutes, I noticed one line slowly moving against the tide and lifting out the holder. As the line came tight, I handed the rod off to Jeff just in time to see a 100-pound-plus tarpon sky. I dropped the float buoy and we gave chase as this fish put on an awesome ariel display. Thirty minutes later after a few pictures, Jeff could mark tarpon off his bucket list.

After all the days we spend chasing the magnificent tarpon, the success of a entire trip can often come down to the matter of getting one single bite. In a perfect world, it would always be calm conditions and endless sight fishing opportunities. Lots of days we tarpon fish is far from perfect and getting one bite is what its all about. You see both disappointed and extremely happy clients based on that one thrilling bite. When tarpon fishing, you are only ever one cast away from being a rockstar.

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

From page 9

Nesting Season

Junonia that was satellite tagged by SCCF in 2020. Members of the sea turtle team were hoping she might return this season as they saw periods of reliable transmission from her satellite tag that indicated she was making her way from foraging grounds back towards Sanibel.

Sea turtle staff is also patrolling the beach at night as part of the nighttime tagging project. So far, 42 percent of the turtles seen have been recaptures, meaning they have been encountered before in the past, including Matcha (seen in 2018 and 2020) and Fighting Conch (seen in 2016 and 2020).

Year two of a project looking at the impacts of sand quality on incubation and hatch success is also under way.*

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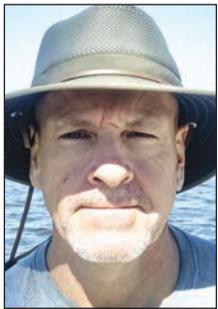


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

North American River Otter

by Bob Petcher



The North American river otter (*Lontra Canadensis*) is a semi-aquatic mammal that has short legs and webbed feet. Its long narrow body enables it to streamline fast



Patient #22-2279 may be unsuitable to return to the wild

photo by Allie Newhart

through the water.

At CROW, an adult male North American river otter was admitted from Cape Coral after being hit by a car. Upon further examination, the otter had severe head trauma, tremors and a wound behind the left ear that, when radiographed, turned out to be an old, healed wound from a pellet lodged under the patient's skin.

"This otter sustained severe injuries resulting in traumatic brain injury – head trauma. On admission, the otter was not responsive to its surroundings. We had to express its bladder for a few days because it was unable to do this on its own. Although it slowly regained consciousness, it still exhibits abnormal behavior – periods of lethargy alternating with periods of walking in an uncoordinated manner and

muscle tremors," said Dr. Robin Bast, CROW staff veterinarian. "The muscle tremors are mild; appear as twitches for intermittent periods of time. These have become less frequent over time, but are still occasionally observed during periods of stress – such as handling for treatments."

It is clear the patient will need to stay at the clinic for some time.

"The otter was in critical condition, and it has now stabilized but remains in extremely guarded condition," said Dr. Bast. "It has a long road of recovery

ahead, and we don't know if it will fully recover back to the point of being able to survive on its own in the wild."

Dr. Bast said the patient "received antibiotics due to gastrointestinal bleeding, so that would also treat any infection associated with the pellet wound." The antibiotics and pain medications were given via intravenous therapy.

"The otter kept the IV catheter in for three days before it was alert enough to pull it out on its own. This allowed us to stabilize the otter by providing hypertonic saline, a type of fluid that can help reduce

intracranial pressure around the brain that occurs from trauma," Dr. Bast said. "The otter also received maintenance fluids to maintain normal blood pressure and hydration. It received intravenous antibiotics and pain medications through the catheter for the first few days and, once it regained consciousness, it was given injections of those medications under the skin – subcutaneously – including a long-acting antibiotic that provides coverage for two weeks."

The patient has continued to be monitored under supportive care.

"Initially, the otter was not aware enough to find its food, so it had to be hand fed until it was stable enough to eat on its own," said Dr. Bast. "The patient's condition has stabilized to the point where it is no longer in life-threatening condition."

"However, it remains to be seen if the traumatic brain injury will have permanent effects. It can take months until we know if this patient will regain enough function to be able to be released back into the wild."

"If it is unable to survive on its own but has a good quality of life, we will consider placing it in an educational facility such as a zoo to live out the rest of its life."

CROW (*Clinic for the Rehabilitation of Wildlife, Inc.*) is a nonprofit wildlife hospital providing veterinary care for native and migratory wildlife. 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 or visit www.crowclinic.org.

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(helpful hint—Father's Day is coming up!)



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 27, 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 27, 2 p.m.

Patient Profiles: Vultures - Vultures are unique and play a beneficial part in the ecosystem. In this talk, you will take an overall look at vultures and their contributions to the environment. Explore vultures from different countries, learn

about their positive role in human and wildlife health, and what you can do to help their conservation efforts.

Saturday, May 28, 11 a.m.

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

Monday, May 30

Visitor center closed for Memorial Day
Tuesday, May 31, 11 a.m.

Species Profile: Bats - Bats are the only true flying mammals on earth and can be found all throughout Southwest Florida. Their many physical adaptations provide them with unique advantages in the ecosystem. This presentation discusses common bat species found around Florida, characteristics of bats, why bats come into CROW, and their benefits to the ecosystem and humans.

Tuesday, May 31, 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 will explore how armadillos came to the U.S., what benefits they provide for the ecosystem, and their interesting adaptations.

Wednesday, June 1, 11 a.m.

Climate Change: Effects on Economics, Health and the Natural World We Love - From the record hurricane season of 2017 to the wildfires and droughts in the western U.S., to a melting Arctic, this presentation explores the impacts on the economy and health, as well as what is happening in the natural world to plants and animals. Hear about renewable energy gains and the many ways to contribute to a healthier and more sustainable world.

Wednesday, June 1, 2 p.m.

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

Thursday, June 2, 11 a.m.

Patient Profiles: Owls of Southwest Florida - Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. Learn about the unique adaptations of 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, June 2, 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.*

City Of Sanibel Vegetation Committee

Choosing The Right Hedge

It appears that clusia is taking over the island as the “plant du jour” for privacy screening. Despite its popularity, oftentimes the species utilized is not the native *Clusia rosea*.

There are several native plants that can serve as hedging in the landscape, and following are some of the best options to provide owners with the privacy they need along with the low maintenance and drought tolerance they desire:

Cocoplum – New leaves are colored red or green, which gives more color to the landscape. Grows 30 to 35 feet in height. Widely used for hedges. Trimming is needed to keep it at an appropriate height. There is also a horizontal cocoplum for lower hedge requirements.

Bahama Maidenbush – a slow growing shrub that gets 12 feet high. A great alternative to cocoplum.

Firebush – Unique orange and yellow flowers. Excellent nectar source for butterflies and hummingbirds. Full or part sun. Grows 12 to 15 feet. Height and width can be managed with regular trimming.

Jamaica Caper – Showy two-toned leaves with fragrant white flowers that turn purple. Can be grown as a tree or shrub. Salt and drought tolerant once established. Mature height about 15 feet.

Marlberry – Fragrant white flowers which lead to clusters of dark berries. Bee



Simpson's stopper

photo provided

and butterfly attractant. Dense foliage that grows well in part shade. Grows 12 to 15 feet high.

Myrsine – Evergreen shrub with alternate dark green leaves. Flowers and fruit on the stems. Grows eight to 20 feet in height.

Paurotis Palm, also known as Everglades palm – Paurotis palm grows in densely packed clusters of tall, thin trunks. Fronds are fan shaped and light green in color. Dense growth pattern lends itself well to use as a privacy screen. Grows up to 25 feet in height. Prefers to grow in

wet conditions.

Simpson's Stopper – Fragrant leaves, small white flowers and attractive exfoliating bark. Grows up to 20 feet in height. Dense foliage that is drought and salt tolerant.

Spanish Stopper – Narrow, upright grower with fragrant white flowers and exfoliating bark. Small, rounded leaves form an attractive canopy or privacy screen. Grows from 12 to 20 feet in height.

Walter's Viburnum – Dense evergreen foliage. Can be used as a small tree or

shrub. Features a mass of white flowers in the spring that attract butterflies. Fall fruit attracts birds. Grows up to 20 feet in height.

Crabwood – Small tree that can be trimmed low to make a great rounded privacy hedge. Thrives well in heat and poor soil. New growth is burgundy, which adds color to the landscape. Grows to 25 feet in height. This relatively unknown native should be used more often in the landscape.

Florida Swamp Privet, also known as wild olive – Small, fragrant white flowers and tiny berries that birds love. Can be trimmed low or grown higher for privacy. Drought and salt tolerant. Easy to grow. Likes full sun. Grows 10 to 15 feet high.

If you find yourself needing that extra privacy, or if you just want to add a little variety and texture to your yard, consider these native plants. Selecting native plants over non-natives creates habitat for wildlife and helps to protect the sanctuary characteristics of the island. Consult with the experts at your local native plant nurseries to discuss which plants are best for soil, light and moisture requirements.

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

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Hexagonal Murex

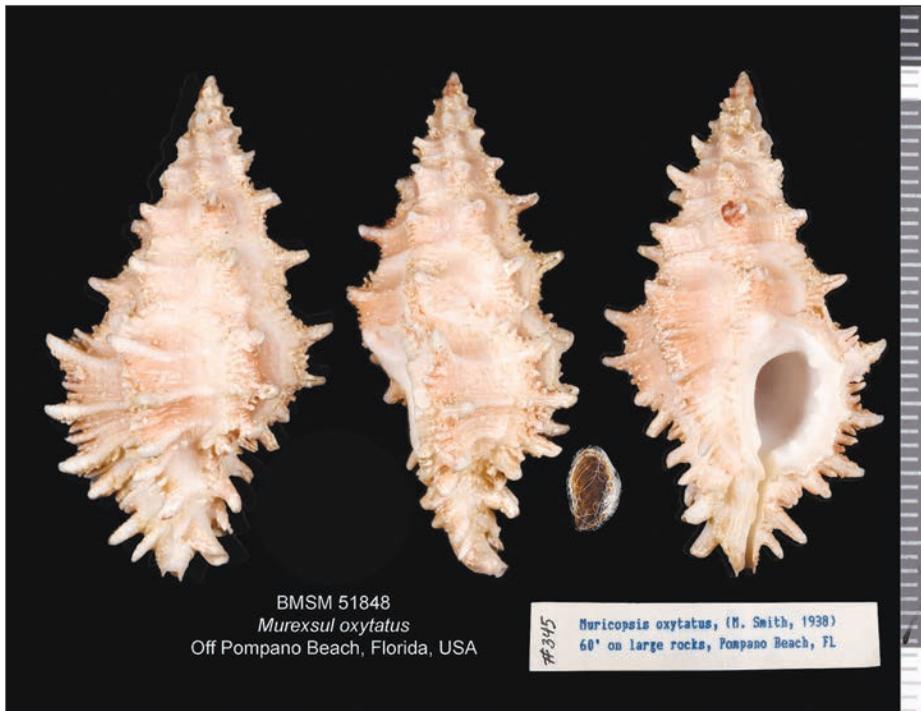


by José H. Leal, PhD, Science Director and Curator

Murexsul oxytatus (M. Smith, 1938) reaches 40 mm (about 1.6 inches). The shell is lozenge-shaped, and the shell

sculpture includes about seven to eight raised ribs per whorl, each rib bearing a number of sharp, fluted projections. The color is variable, ranging from white to salmon pink. The interior of the aperture is usually white. Read more about mollusks and their shells at <https://shellmuseum.org/shell-guide> and <https://shellmuseum.org/blog>.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. It is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.



BMSM 51848
Murexsul oxytatus
Off Pompano Beach, Florida, USA

#345
Murexopsis oxytatus, (M. Smith, 1938)
60' on large rocks, Pompano Beach, FL

The Hexagonal Murex, *Murexsul oxytatus*, from off Pompano Beach, Florida

photo by Patricia A. Starkey

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 jambalaya from noon to 8 p.m. this Sunday, May 29.



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

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

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

If you have a flag that needs to be retired, you can drop it off at Post 123. American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

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

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Riders gather to begin the Ride of Silence

photos provided

Ride Of Silence Commemorates Fallen Cyclists

by Allison Havill Todd

Over 30 cyclists of all ages and skill levels gathered on Sanibel on May 18 to join in the annual Ride of Silence. The Sanibel Bicycle Club, along with sponsor Billy's Bikes, have hosted the ride on Sanibel for 15 years. The

ride is an international event occurring on the third Wednesday in May every year with riders from around the world participating. The commemorative ride takes place to honor cyclists who have been killed or injured while riding on our public roadways. The Ride of Silence follows a short route (typically 10 miles or less) at a slow pace of 10 to 12 miles per hour in a funeral-like procession to call awareness to bike safety and the dangers that cyclists face from motorists while riding on the road.

The Florida Department of Highway



Salli Kirkland of Billy's Bikes gives a cycling safety talk

Safety and Motor Vehicles reported 6,392 bicycle crashes and 182 bicycle fatalities in Florida in 2021 – this is an increase from the previous year of 158 deaths. These numbers become very personal when attached to a close friend or loved one whose life has been unnecessarily claimed due to driver negligence. State law allows for cyclists to ride on the roads and be treated like any other vehicle.

Motorists are required to maintain at least three feet of clearance when driving next to or passing riders, but many do not observe this practice and don't understand that cyclists have a legal right to ride on the roads. Often drivers are distracted while operating their vehicles or aren't looking in both directions before making a turn.

While previous articles have mentioned safety precautions that cyclists can adopt, such as being visible, using proper turn signals, pausing at crosswalks and warning to pass others, this does not protect them from harm

inflicted by drivers who do not respect their rights.

Motorists will often raise the question of why cyclists do not stay on the shared use paths. Why do they have to ride on the road? For more advanced riders traveling at higher speeds of 20-plus miles per hour, it is unsafe for them and others to be riding on the paths. Narrow sections, blind curves, tourists stopping to take photos while blocking the path, are just a few of the potential hazards that cause many cyclists to ride on the roads.

The Ride of Silence serves as a reminder to all to observe safe cycling and driving practices. Yelling or honking your horn at cyclists can be alarming and cause a rider to fall or inadvertently swerve into traffic. Let's treat each other with common courtesy and respect. It's not worth the risk of injuring someone else in order to arrive at your destination a few minutes earlier. After all, the next cyclist you pass is a human being, someone's son, daughter, husband, wife or good friend. ✨



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From left, Community Conservation Coordinator Kealy McNeal, Marine Lab Director Eric Milbrandt, Sanibel FlyFishers President Pete Squibb, trustees Jill McCormack and Laura Shaffer, past board president Paul Roth and CEO James Evans photos by Shane Antalick

SCCF Board Gets Out In The Field

Under the leadership of Sanibel-Captiva Conservation Foundation (SCCF) Board of Trustees President Don Rice and CEO James Evans, board members have been getting their feet wet and their hands dirty as they learn more about SCCF's mission-driven work.

Instead of sitting in the boardroom or meeting via Zoom, they've gone deep

into terrestrial turtle habitat and out on the water to restore mangroves and oyster beds at a rookery island in Pine Island Sound.

Trustees accompanied SCCF Community Conservation Coordinator Kealy McNeal and Marine Lab Director Eric Milbrandt, PhD, on the RV *Norma Campbell* recently to help with research into the value of mangrove and oyster habitat restoration.

The trip to Benedict Key served as part of SCCF's Coastal Watch effort to recruit volunteers to assist with ongoing



Trustees at work planting red mangrove seedlings

restoration that includes planting mangroves grown from propagules and scattering oyster shells donated by island restaurants.

"These field trips give our trustees hands-on knowledge of the work being done across all our program areas – on our preserves and in the waters and out islands surrounding Sanibel and Captiva," said Rice. "We appreciate the staff's engagement in keeping our volunteer leadership well informed of the great work being done."

Trustees transported 1,350 pounds of oyster shell and planted 35 red mangrove seedlings, which were grown by local

community members through Coastal Watch's Adopt-A-Mangrove program. By participating, they learned firsthand what volunteers are expected to do on such trips so they can help recruit neighbors, friends and family to contribute to restoring vital marine and bird rookery habitat.

In April, trustees visited three sites to see the work the SCCF Wildlife and Habitat Management team does under the leadership of Herpetologist Chris Lechowicz to protect various species and habitats on preserve lands.

They ventured into mangroves to see
continued on page 24

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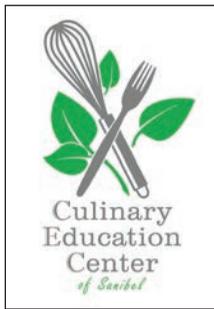
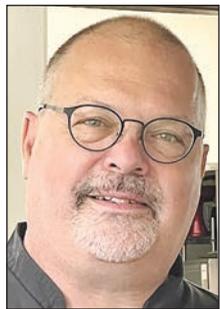
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The Community House
Papayas



by Chef John Wolff

The exact origination of papaya is unknown but it is believed to be native to southern Mexico and Central America. Papaya is a melon-like fruit with yellow-orange flesh enclosed in a thin skin that varies in color from green to orange. Papayas are a rich source of vitamins A and C. One half of a small papaya can provide 150 percent of the recommended dietary intake of vitamin C. It is low in calories, fat free, cholesterol free, and an excellent source of potassium, folate and fiber. Papaya can be found all year long in south Florida, with the peak season being early summer and fall. Ninety five percent of the papayas consumed in the United States come from Hawaii, but smaller quantities from California, Texas, Florida, Mexico, Puerto Rico and other south and central American countries are

becoming more available.

Papain is an enzyme found in papaya that, when used in marinades and cooked dishes, can tenderize meat. It breaks down tough muscle fibers and sinew. Indigenous South American people have been using papaya to tenderize meat for thousands of years. It is sold in the form of powdered meat tenderizer and available at your local grocery store.

Look for papayas that are partly or completely yellow in color, depending on variety, which give slightly to pressure, but are not soft at the stem end. Avoid papayas that are bruised, shriveled or have soft areas. Papayas that are hard and green are immature and will not ripen properly but can be used to make a great salad (see recipe). Uncut papayas have no smell. Papayas that are cut open should smell sweet, not bad or fermented.

There are two types of papayas, the Hawaiian and Mexican. The Hawaiian varieties, also known as Solo papayas, are found most often in supermarkets. These fruits are pear shaped, weigh about a pound each and have yellow skin when ripe. The meat is bright orange or pinkish, depending on the variety. The Mexican varieties, called Maradol, are not as common but can be found in Latino supermarkets. Mexican papayas are much larger than the Hawaiian types, can weigh up to 20 pounds and be more than 15 inches long. Although the flavor is less intense than the Hawaiian varieties, they are still delicious

and great to cook with.

Green papayas will ripen quickly at room temperature, especially if placed in a paper bag. As the papaya ripens, it will turn from green to yellow. Place ripe papayas in a plastic bag and store in the refrigerator. Papayas will keep for up to a week, but it's best to use them within a day or two.

One of my favorite dishes is Thai Green Papaya Salad. The papaya is still unripe so it has a nice crispiness to it, but it is the dressing that really makes the dish and brings all the components together. This salad can be served as a meal salad or in a smaller portion to go as a side with a larger meal. Here is a recipe you can try:

Green Papaya Salad

- Dressing:
 6-8 cloves garlic, roughly chopped
 6 bird eye chilies, roughly chopped with seeds (use fewer for less spicy)
 6 tbsp. dried shrimp
 1 cup palm sugar, grated using standard box grater, loosely packed
 1/2 cup lime juice
 1/2 cup fish sauce
 Green Papaya Salad:
 1 cup roasted peanuts, unsalted
 20 long beans (or regular green beans), cut in 2-inch pieces
 3 cups grape tomato, cut in half
 4 cups green papaya, shredded, tightly packed cups
 1/2 cup Thai basil leaves

Instructions
 Place peanuts in a mortar and pestle. Pound lightly to break them up into largish pieces, not into powder. Transfer to bowl.
 Place garlic and chilli in the mortar. Pound into a paste. Add shrimp and pound to crush them – no need to grind

them to a paste.
 Stir in palm sugar, lime and fish sauce until sugar dissolves. Pour dressing into a large bowl.
 Add long beans to mortar (in batches if needed). Pound to bruise, split and soften (they are raw, so they need to be bashed to soften). Add to dressing.
 Grab handfuls of tomato, crush with your hands then add into the bowl.
 Add papaya and 3/4 of the peanuts. Toss well with 2 wooden spoons or tongs.
 Once everything is coated in dressing, immediately pile up onto plates. Spoon over some dressing (there will be a bit of dressing still left in the bowl, that's normal). Garnish with Thai basil leaves, sprinkle with remaining peanuts.
*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

From page 22

SCCF Board



From left, SCCF CEO James Evans, trustees Dick Pyle, Jill McCormack and Nik Khakee, secretary Ran Niehoff, trustees Tom Libonate, Chip Roach, Christine Szymanczyk and Bob Brooks, SCCF Wildlife & Habitat Management Director Chris Lechowicz and trustee Megan Doss photo by Shane Antalick

some of the techniques used to monitor diamondback terrapin populations and collect data. Then, they hiked into uplands to see habitat management work being done where gopher tortoise dwell. As their last stop, they got their boots muddy by walking into the wetlands at Erick Lindblad Preserve to observe how telemetry is used to track various

species of turtles, and to see how the team samples for swale fish and macro-invertebrates. "We look forward to getting the trustees out next fall to experience more of what our amazing team of scientists, educators and native landscape gardeners do to protect and care for our coastal ecosystems," said Evans.*

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Great Hall of Shells

photo provided

Museum Adds Guided Tours

The Bailey-Matthews National Shell Museum has added a new daily exhibit tour to its program lineup. Great Hall Spotlights guided tours take place at 3 p.m. on the second floor in the Great Hall of Shells, a gallery of over 35 exhibits of shells, mollusks and ecosystems they inhabit. Through Great Hall Spotlights, visitors learn more about local shells of Southwest

Florida and their habitats, shells from around the world, world record-breaking-sized shells and little-recognized micromollusks. Content varies each day. Great Hall Spotlights tours complement other experiential programs including the Giant Pacific Octopus Keeper Chats (11 a.m. daily) and Queen of the Sea Keeper Chats (2 p.m. daily) that take place in the Beyond Shells Living Gallery and aquariums. Great Hall Spotlights and Keeper Chats are included in the cost of admission. "Guide-led dialogues enable visitors

to more deeply experience the museum as they learn from our experts about the shells on display and animals in our care," said Sam Ankerson, executive director of the museum. Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.

Restorative Yoga At Rec Center

The Sanibel Recreation Center is offering an evening Restorative Yoga class 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.

Shell Found



Jacqueline Pelton

photo provided

Jacqueline Pelton of downtown Fort Myers found a junonia on Captiva on May 20. She and her mother, Jerri Pelton, have been shelling on the islands for almost 20 years and this was their first perfect junonia find. Pelton said, "I stood alongside everyone else and began randomly scooping at the tons of shells rolling by. On my second random scoop, up comes this beauty in the dipper all by itself... Such an awesome experience!"

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1 pound large shrimp, peeled and deveined with tail on

4 large bell peppers (your favorite color), cut into 1-inch squares

4 large onions, cut into 1-inch squares

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

Cooking oil spray for grilling

Sea salt and fresh ground pepper, to taste

Skewer Marinade and Sauce

½ cup olive oil

2 tablespoons fresh garlic, minced

1 teaspoon cumin

1 teaspoon chili powder

2 tablespoons lime juice

¼ cup fresh cilantro

Sea salt and fresh ground pepper, to taste

Combine olive oil, garlic, cumin, chili powder, cilantro and lime juice in a blender and puree until smooth.

Taste and adjust seasoning with salt and



Shrimp and Beef Tacos

pepper. Set aside.

Assemble skewers by alternating beef or shrimp, peppers, and onions. Do not put beef and shrimp on the same skewer since they have different cook times. Cover the skewers with half of the marinade. Reserve the remaining half

for sauce. Lightly season the assembled skewers with salt and pepper.

Preheat the grill to medium-high heat. Place beef skewers on the grill; cook to desired temperature. When done, remove from grill and let rest for five minutes. While beef skewers are resting, place

photo courtesy Fresh From Florida

shrimp skewers on the grill; cook until the shrimp are just done.

To serve as tacos, remove meat and vegetables from skewers and place into corn or flour tortillas. Serve with Florida avocado, shredded cheese, lettuce, and sauce.✽

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Vivi Whalen of Sanibel Public Library is ready for summer fun photos provided



Youth Services Librarian Deanna Evans patients to take home. This summer, as in year's past, babies through sixth graders will earn books (and prizes). Teens can earn volunteer time when they read a book and write a book review, while gaining community service hours.

In-person programs for elementary-age programs are planned for Tuesday afternoons, with storytimes for younger children on Wednesday mornings this summer. Some school-age program presenters include Sanibel Sea School mobile unit, a mammal program with live bats, Master Storyteller Windell Campell, Clinic for the Rehabilitation of Wildlife, and reptiles from Adam's Animal Adventures. On Tuesday, June 7 at 3 p.m., staff from Bailey-Matthews National Shell Museum will present a talk about



Children watching a summer movie

octopus and mollusks and their ability to camouflage to their surroundings. A live local mollusk will be available to touch.

Teens and 'tweens (grades six to 12) can take part in Thursday evening

programs including an escape room, craft programs, VR and competitive cupcake decorating. On Thursday, June 9 from 6:30 to 7:30 p.m., teens can learn how

continued on page 30

Summer Reading Program To Begin

The Sanibel Public Library Summer Reading Program begins this weekend. Families with children from babies to 12th graders can register online with Beanstack at www.sanlib.org/children starting Saturday, May 28.

Over the past decade, children have read for others during the program. By logging reading and activities, participants earned books for their personal collection, and for patients at Golisano Children's Hospital of Southwest Florida. Since its inception in 2012, readers have helped to contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young

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Shell Crafting

Kissing Cousins

by Anne Joffe



My friend, Fae Muller, originated this cute idea. She was kind enough to share it with us.

Materials:
 1 large flat shell, sunray clam
 2 pair cockles about 1 1/2 inches

long, glued together (body)
 2 pair cockles about 1/2-inch long, glued together (heads)

4 matched size augers (arms)
 4 small kitten's paws (hands)
 2 pair same size coquinas (feet)
 4 wiggle eyes
 1 tiny scallop
 1 plastic or straw hat
 Dried flowers
 1/4-inch ribbon

Directions:

Glue both of the 1 1/2-inch cockle pairs to the flat shell, rounded side down and point facing up. Shells need to be touching at middle, as these face each other.

Glue a pair of coquinas for feet on each body.

Glue the other 2 cockle pairs on top of the other ones, points facing in and touching.

Glue eyes on both sides of both



Kissing Cousins photo by Anne Joffe

heads.

Glue the kitten's paws over the augers for the hands.

Glue one auger on each side of the cockle body, facing the middle of each body.

Glue the hat on one cockle.

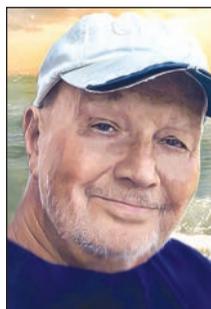
Glue the scallop on the other as a hat and add a few dried flowers.

Make a bow and glue on the woman at neck.

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

Poetry Corner

by Jim Weyant



Civility

Something Is happening everything's gone awry. We've lost all decorum and the question is why?

What happened to civility, where did it disappear to and kindness and respect qualities we once held true?

When did rude and insolent suddenly turn fashionable? Why is common decency to some seem so irrational?

Empathy and compassion have become extremely rare with anger and intolerance sadly the more common fare.

let us try to come together to end these boorish ways by reintroducing the world to the civility of yesterdays.

*Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.**

Shell Found



Caroline McNeil photo provided

Caroline McNeil, 22, from Orlando, Florida found a junonia at Blind Pass. She said, "I've been coming to Sanibel since 2002 (20 years) and I've been looking for the junonia my entire life. I finally found it on May 16, on the Captiva side of Blind Pass near the sandbar by the jetties. I screamed when I found it, I felt like I was dreaming!"*✧

Local Named To Dean's List

Malia Pak of Sanibel was named to the Spring 2022 Dean's List of Missouri Valley College. Requirements for the Dean's List are a 3.3 or higher grade point average; at least 12 graded hours for the semester and no D, F or Incomplete grades for the semester.*

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Children's Programs At Captiva Library

The Captiva Memorial Library is offering the following free programming for children in June:

Glitter Fish Craft – June 1 to 4, available during normal library operating hours. Stop in and decorate a tropical fish mosaic with stickers and string (while supplies last).

Treasure Chest Craft – June 7 to 11, available during normal library operating hours. Decorate your own cardboard chest to hold all of your treasures (while supplies last).

Flowerpot Whale Craft – June 14 to 18, available during normal library operating hours. This sea creature art project made from papier-maché and foam pieces is an ocean of fun (while supplies last).

Under the Sea Picture Frame Craft – June 21 to 25, available during normal library operating hours. Decorate a foam picture frame with stickers and add your own beach photo (while supplies last).

Adam's Amazing Animals – Thursday, June 23 at 2 p.m. Local wildlife biologist Adam Pottruck is bringing his critters to the library for an interactive show and tell experience. Space is limited.

Wood Sea Life Mobile Craft – June 28 to July 2, available during normal library operating hours. Create an under-the-sea mobile. Color or embellish the sea creature shapes before stringing them on metallic cord (while supplies last).

Magic with Joey Evans – Thursday, June 30 at 2 p.m. This master magician is back to tickle your funny bone with magic, mystery and fun. Prepare to be amazed and inspired by illusions, puppets and tricks.

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

For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at www.leelibrary.net to find out

about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.

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

Recreation Center Closing For Maintenance

The Sanibel Recreation Center will be closed from Saturday, June 4 to Sunday, June 12 for numerous maintenance projects. The facility will reopen on Monday, June 13. Some of the improvements will include resurfacing of the gymnasium floor, deep cleaning of the facility and equipment preventive maintenance.

All major projects have been scheduled during this time in an effort to minimize the inconvenience to patrons as many of the projects are odiferous and disruptive.

The youth summer camp program will not be offered the week of Monday, June 6 during the facility maintenance closure. Youth programming will begin with summer camp on Monday, June 13 for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m.

All Island Seniors programming will be closed during this time as well.

Beach parking permits will be available for purchase Tuesday to Friday, June 7 to 10 from 8 a.m. to 11 a.m. at the Sanibel Recreation Center. Bring a valid vehicle registration for each vehicle and a valid government issued driver's license. Payment may be made via cash, check, MasterCard, American Express, Discover or Visa.

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.✪

Inaugural Captiva Pride Weekend

Tween Waters Island Resort & Spa is hoping to create a more welcoming and inclusive environment by hosting Captiva's first celebration of pride this summer.

Each June, Pride Month is celebrated nationally, which honors and represents members of the LGBTQIA+ community. "Growing up, Sanibel and Captiva Islands were my second home," said Nicholas Royka, group sales and events manager of Sanibel Captiva Beach Resorts. "Being out since my teen years, I always felt a sense of community and belonging on the islands."

To continue providing that same atmosphere for guests, Tween Waters is hosting its first inaugural Pride Weekend in June. CEO of Sanibel Captiva Beach Resorts Doug Babcock said, "Establishing an environment

where all are welcome, regardless of background, is vital to us."

Captiva Pride Weekend is set to take place from Friday to Sunday, June 3 to 5 at the resort. There will be a variety of performers and entertainment, including a pool party, DJs, drag queens, contests and pride merchandise. Royka said, "We are dedicated to making this an annual event with community representation. All talent is from the local LGBTQIA+ community."

Individual passes will be available for \$60 per person to gain access on Saturday, June 4. Full weekend passes will be available for an additional \$40 per person. People can also attend Pride Weekend free of charge if they choose to stay the weekend at one of the resorts or vacation rentals on Sanibel and Captiva, which can be found on the event website.

Babcock said, "Comfort and hospitality for everyone is something we take seriously at each of our resorts and strive to make sure it's achieved."

Royka said, "We hope to host a weekend of fun and celebration... Above all, this is a weekend to celebrate."

For more information, visit www.captivapride.com.✪



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Book Review

Hour Of The Witch



by Di Saggau

The main character of Chris Bohjalian's new novel, *Hour of the Witch*, is Mary Deerfield, a young girl who moved to Boston in 1662 as a teenager with her wealthy Puritan

parents. She marries a widower Thomas Deerfield, twice her age and it's not a happy union. Thomas seems pleasant at first, but he soon becomes mean and physically cruel as he is given to drink. To make matters worse, he can't get her pregnant.

Mary remains a dutiful wife, hiding her bruises until one night Thomas grabs one of the new three-tined forks that Mary's father has given her and stabs it through her hand. Shocked and enraged, she decides to divorce her husband.

Surprisingly, the community has a judicial system that gives voice to abused or neglected wives. While divorce wasn't common in 17th-century Boston, it was possible. However, we see in detail just how evidence can be manipulated and ignored, and the laws be twisted and turned into untruths. Soon whispers

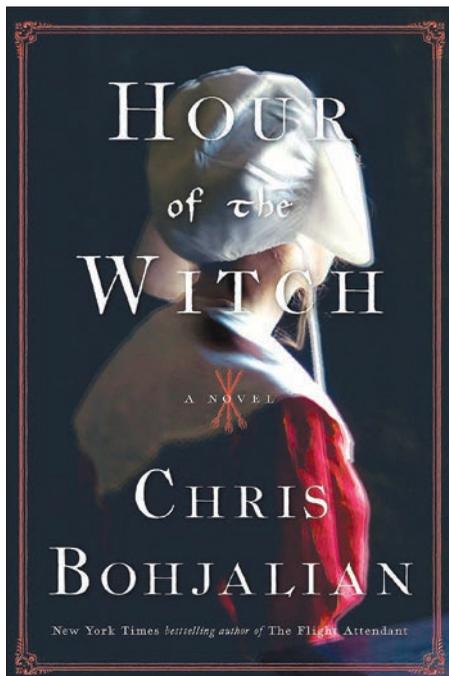


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accuse her of witchcraft, her divorce is denied and she is sent back to live with her husband.

Mary does not know whom she can trust, and she fears she may not stay alive due to her husband's temper. The suspense as she races against time to prevent hanging for her supposed crimes is believable, and the ending is quite satisfying. *Hour of the Witch* is a timely and terrifying story of socially sanctioned brutality, a twisting, tightly plotted novel

of historical suspense from one of our greatest storytellers.

Bohjalian's research and his sense of humanity shows the reader a real world and the people who live in it. He also understands women, handling the specifics in the book with great skill and

delicacy. Mary is to be admired for her determination, independence and clear headedness. She is a person of her own time, and Bohjalian makes it clear how the systems of that time work. *Hour of the Witch* is a riveting and propulsive historical thriller.*

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, I have two children in kindergarten and first grades whose motor skills seem slower than their friends. With summer almost

here, we'll have more time to play outside. What games are good for developing better coordination and muscle skills?

Alyssa G, Cape Coral

Alyssa,

A typical playground provides lots of opportunities for great fun as well as for physical and intellectual development of your children. You don't need to spend hours and hours there, but a 30-minute visit two to three times a week should help your children develop their motor skills more effectively. Below is some information about play and the developmental process.

Swinging, a basic playground activity, is one of the very best activities for children's development in many areas. It helps with balance and teaches them to know where their body is in space which is important for successful vestibular development. It also provides practice with fine motor skills like gripping the chain, gross motor skills such as pumping their legs to swing higher and coordination. Swinging helps the brain to figure out speed and direction.

Climbing playground equipment and even climbing trees can help with children's motor planning and flexible thinking (to think about something in a new way). To climb, children need to build an awareness of where their body parts are and what they can do with them. Climbing helps them understand and experience spatial directions like up, down, left and right. Climbing also encourages problem solving and predicting what's going to happen. For example, your child may wonder, "Where should my right foot go next?" or "How will I get down from the top?" This kind of problem solving can help on the playground and in the classroom.

Playing on overhead equipment, like monkey bars, helps children develop both fine and gross motor skills. Practicing small movements like gripping the bar as well as big movements such as swinging from one bar to the next develop strength, balance and practice coordination.

Free play from organized games to just running around with other kids is great. Free play helps children learn to communicate with other kids and practice conversation and vocabulary. Playgrounds can teach children how to follow and

change rules, share and take turns. Social interactions on the playground can help children learn and practice social cues like body language and tone of voice.

No matter the game like kickball and tetherball, or activity like swinging, climbing or just free play, a great deal of children's development occurs through play. As children figure out how to hold on to and climb playground equipment, manipulate, throw or kick a ball, they are practicing very important fine and gross motor and coordination skills. As they develop strategies about play, where to put their feet next or whether it's time to run to the next base, they're working on critical thinking and problem solving.

Learning through playing is a great way to help your child develop. Have fun at the playground this summer.

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.*

From page 27

Reading Program

to make jellyfish "lanterns" while having snacks.

Family-friendly feature films will be shown in the library on Friday afternoons. On Friday, June 10 at 1 p.m., the featured film is *Finding Nemo*.

The full summer schedule is listed online at www.sanlib.org.

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

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

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program.

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

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

For more information, call 472-2483. Sanibel Public Library is located at 770 Dunlop Road.*

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Fly Fishing Club Supports Interns



From left, SCCF CEO James Evans, Sanibel FlyFishers member Mike Marston, treasurer Tom Cunningham and vice president Gary Long, and SCCF Marine Lab Director Eric Milbrandt
photo provided

Sanibel FlyFishers is contributing \$15,000 in funds raised during a recent online auction to support research internships at the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab. Beyond that contribution, Mike Marston, a FlyFishers member, has pledged another \$8,500 as a challenge grant to raise even more funds for SCCF interns.

As a club intended to serve as more than a group who likes to fish, Sanibel FlyFishers is dedicated to shaping the future of the marine resources of the community through education and research. Partnering with SCCF is a natural fit.

"We believe in conservation education. To ensure the future of our natural resources, we believe we must foster a new generation of resource managers – the nature stewards of tomorrow," said Sanibel FlyFishers President Pete Squibb. "We raise funds to help educate and provide practical experience for young conservationists."

In 2018, the Sanibel FlyFishers created an endowment fund at the FGCU Water School to provide scholarships for graduate students. In four years, they raised over \$300,000 to endow that scholarship for the long haul. It supports and will continue to actively support graduate students at the Water School.

"Now, our focus is even more local," said Squibb. "We are strengthening our relationship with SCCF with a partnership to help support conservation research on the island."

For the next five years, the club has agreed to support research internships at the SCCF Marine Lab. To fund that initiative, it recently held an online fundraiser, called Fishin' with a Mission.

"The event was a great success because of the fantastic people who participated. At our call, the community came together and we collected \$28,000 for an array of marine conservation initiatives in Southwest Florida," said

Squibb. "We thank all our many participants and supporters who made this event successful. We hope you are proud of your engagement."

Of that \$28,000, Sanibel Flyfishers earmarked \$15,000 for the SCCF internship program, marking a great start on this powerful long-term initiative. To add to this amount, Marston made an additional pledge of \$8,500.

"In the spirit of cooperation, he is asking others to join him in investing in the future of our island's marine resources. Let's band together to match Mike's investment," said Squibb.

SCCF Marine Lab Director Eric Milbrandt said, "In addition to research on other projects, we ask our interns to formulate their own projects, purchase necessary supplies to complete the projects, and collect and analyze data. At the end of their internships, they present their findings in a seminar with lab staff and others who are interested."

The Marine Lab has a strong history of interns and staff is looking forward to building the program into the future.

"Internships allow people to explore the field of marine science and gain connections with other professionals in the field. It also gives them on-the-job training to help them decide on a direction for graduate school and gives them practical experience," said Milbrandt.

In addition to contributing to career development, these young people live and work in the island community, enriching it and deepening residents' understanding of the challenges faced by local marine environments.

The partnership between the Sanibel FlyFishers and SCCF helps ensure the future of natural resources, and that enriches the community.

To donate funds to the challenge grant, contact SCCF Development Director Cheryl Giattini at cgiattini@sccf.org or 822-6121. No donation is too small to make a difference in the future of Marine Lab interns.✧



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Firefighters work on joint water rescue training in the gulf with the Lee County Sheriff's Office
photos courtesy Captiva Island Fire Control District

From page 1

Captiva District

to be the tough guys and stuff doesn't bother us, but unfortunately it does and it can."

Support services are available for firefighters who struggle after a call. Pawul said there are protocols in place after dramatic incidents.

"There is a lot more support out there now and it's becoming more publicized than it ever was. Ten, 20 years ago, for a guy to say a call bothered him, that would be unheard of," Pawul explained. "It's definitely become a more acceptable topic."

But then there are those heroic success stories, and Pawul shared one about a child who was saved from drowning at one of the resorts by Captiva firefighters. The family still keeps in touch with the district and sends updates on the child's progress. Many others who have received services drop in to the station with gifts as a show of appreciation.

"When someone comes back and says, 'Hey, I'm standing here because of you guys,' that definitely makes it worth it," Pawul said, apologizing as tears welled up in his eyes. "It still gets to me."

Of course, they also battle fires, and there have been a handful in the past year. Captiva and Sanibel crews usually work together on those.

"We had a condo fire at South Seas between last Thanksgiving and Christmas. The guest actually locked himself out of the unit trying to find help," the chief remembered.

On any given day, those passing by the fire station in the village can see firefighters doing drills that look like an intense boot camp. They have to stay in shape, as their equipment weighs around 70 pounds.

"We train every shift, every day. If our guys aren't in shape, we're not going to be able to show up and carry you down the stairs when you're having a medical emergency. We're not going to be able to drag the hose to put out a



A car fire extinguished by Captiva firefighters leaves the car in ruins

fire," he said.

Rescue training includes working in a confined space maze in the Sanibel district training tower.

"The guys' air masks are blacked out so they can't see anything, and then you crawl in there like a little rat in a maze," the chief explained.

Structures set for demolition offer perfect training opportunities. Sessions were held with the Sanibel district in the old Island Cinema at Bailey's Center before it was demolished earlier this year.

Stormy days on the water are often embraced to practice water rescue, "because," the chief said, "people aren't usually calling for help when it's a perfectly flat calm, sunny day."

The district's equipment includes a fire boat, and each firefighter is trained on basic boating and water rescue skills. Each shift has at least two members that are advanced boat operators.

The district recently inspected all island businesses for hurricane preparedness, sharing safety and evacuation information. If a direct hit is predicted, firefighters spread out around the island to make sure people heed the



The two engines from Captiva Island Fire Control District get regular hose tests



A Captiva firefighter saws into a building during rescue training

warning.

"There's nothing here worth risking your life over," the chief stressed, suggesting a tactic for those worried about items left behind. "The dishwasher is the only appliance you own that locks and is water-tight. So even if your house floods, if you've got documents or something that you can't take for some reason, throw it in the dishwasher and close that thing up."

Another concern for the district is the increasing number of large rental properties.

"It's obviously meant an increase in call volume, but it's presented a little bit of an issue of regulation," said Pawul. "I was in a house the other day, and I had no idea the amount of people you could pack into it. I think it had seven or eight bedrooms, two kitchens. The whole lower level was like its own apartment..."

"We go in some of these houses and say, this isn't a single family home. This was built purely for profit or built as a rental where you've got tons of people in here."

"So it's hard for us to know what we're going into, especially if it's in the middle of the night."

While firefighters train in various structures, it doesn't always translate to homes on Captiva.

"It's posed some challenges... I don't want to control anybody's ability to rent their house. But from a safety standpoint, we are trying to figure out some avenues we can use to help make that safer."

Some homes also have locked gates or driveways lined with vegetation, making it difficult for firetruck access. Homeowners have been asked to trim vegetation, or install an Emergency Vehicle Access Control (EVAC), a universal emergency gate-opening system.

Pawul is hopeful every property will come into compliance.

"As a whole, our homeowners out here are very supportive and loving of us," Pawul emphasized. "Being able to have a healthy tax base like we do, and supportive residents who understand what it is we're doing here, it's pretty amazing."

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

Classical Music Scholarship Winners

The annual BIG ARTS Classical Music Scholarships are allocated for classical music students pursuing a professional path. This year, 40 applications were received and seven were selected for audition featuring students from Florida State, Florida Gulf Coast University, Lynn University and University of Miami. The instruments that were auditioned were cello, piano, violin and viola.

The juror panel consisted of Ken Nees, Lee Ellen Harder, Richard Mattern and Erik Entwistle.

The first place scholarship for \$25,000 went to Robiyakhon Akromova, 22, piano, Lynn University. Akromova is seeking a bachelor of music in piano performance with expected graduation in May 2022.

Hailed as a pianist of distinction, with sensitive musicality and a true ability to communicate through music, Akromova is a native of Tashkent, Uzbekistan. She garnered awards in several international competitions, including first prize in the Gray Perry Young Collegiate Piano Competition, second prize at NSL Piano Competition, third prize in the Suzov Competition and third prize in the Iste dot International Music Contest. As a chamber musician, the Peña -Akromova duo was a finalist at the annual Lynn Chamber Competition in 2018.

Akromova is currently a senior at Lynn University Conservatory of Music in Boca Raton, Florida, continuing her musical journey through her studies with Dr. Roberta Rust. She began playing piano at age 9 in her hometown.

In 2015, she was admitted to the Reinhold Gliere Academic Lyceum, where she studied for three years with the honored teacher, Milova Violetta Fedorovna. Akromova has participated



Robiyakhon Akromova

in masterclasses with Rebecca Penneys and Nelson Delle-Vigne Fabbri, and in chamber masterclasses with Wu Han, David Finckel, Judith Burganger and Leonid Treer. In addition to solo performances, Akromova is experienced in chamber music concerts and contests, as well as teaching piano lessons for students of all ages. She is a self-motivated, inspired pianist with a strong sense of artistry.

The second place scholarship for \$15,000 was awarded to Jannina Eliana Peña, 23, piano, Lynn University. Peña is seeking a bachelor of music in piano performance with expected graduation in May 2022.

Filipina pianist Peña was awarded GCC 2020 Artist of the Year. She is a top prize-winner in her country, having garnered first prize and Best in Contest Piece in the Piano Teachers' Guild of the Philippines Beethoven Competition, and second prize in the National Music Competition for Young Artists, among others. She has given solo concerts at the Cultural Center of the Philippines (CCP) and the National Arts Center. She has also performed as soloist with the Philippine Philharmonic Orchestra and



Jannina Eliana Peña



Jonathan Reichenberger

the Manila Symphony Orchestra.

Aside from the Philippines, Peña has performed in concert venues in Malaysia, Taiwan, Japan, Indonesia and the United States. She enjoys engaging herself in chamber music and collaborations with other artists of different fields. The Trio Veritas was recently selected as a finalist in the 2021-22 MTNA Chamber Music Competition. The Peña-Akromova Piano Duo won the Delray Prize of the 2018 Lynn Chamber Competition.

Peña believes in the importance of music education and community engagement. She is a certified Suzuki piano teacher (Asia Region Suzuki Association) and currently teaches privately. She has also organized and taught in various music workshops and outreach programs such as Developing Youth Leadership Through the Arts, a week-long arts and music camp held in Manila, and the Museo Pambata Children's Arts Fest 2014 and 2016. She was also the assistant director of the first

Making Music Festival.

Peña graduated valedictorian at the Philippine High School for the Arts, under the tutelage of Prof. Carmencita Arambulo and is a recipient of the CCP's MARIA scholarship award. She is currently pursuing a bachelor of music degree under the tutelage of Dr. Roberta Rust at Lynn Conservatory, where she is a recipient of The Harold and Patricia Toppel Endowed Scholarship (2021-22) and Nettie Birnbach Endowed Scholarship (2020-21).

The third place scholarship for \$10,000 was awarded to Jonathan Reichenberger, 21, piano, University of Miami. Reichenberger is seeking a bachelor of music degree in keyboard performance with expected graduation in May 2023.

Reichenberger has been playing the piano since he was 4 years old, and since then has received numerous local, state, regional and international awards. He

continued on page 36

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Gold's Role As A Hedge Still Stands



by Edwin C. Ciskowski, Senior Vice President

Legendary banker and financier John Pierpont Morgan is reported to have said, "Gold is money, everything else is credit," when asked about the

difference between paper money and the metal in 1912. In a mere seven words, JP Morgan captured the essence of money. Since that time, gold's function has morphed into an investible asset class with respectable long-term performance. Gold's value has risen faster than prominent stock indices the past 20 years.

In fact, since 1971, when the gold standard effectively ended, gold has appreciated approximately 8.3 percent per year. A 2019 Willis Towers Watson pension study found that on a risk-adjusted basis, owning gold slightly adds alpha to any portfolio.

So, gold is money, it generates long-term returns, it improves portfolio performance, it's generally negatively correlated to stocks during times of stress, it's a hedge against inflation and

depreciating currencies, and it provides liquidity on a global basis with no credit risk. This makes gold a unique "asset." How? Why? Principally, it's a function of scarcity. Unlike fiat currencies, gold can't be printed in unlimited quantities. Whatever is in the ground is the total available market (TAM). In the last 20 years, production has increased about 1.5 percent per year, and all the gold known to exist would fill approximately two and a half Olympic-sized swimming pools. Based on recent above-ground estimates, about 47 percent of known gold is held as jewelry, 20 percent is bars and coins, 17 percent is held by central banks and the remaining 15 percent is held by ETFs, or others.

Gold is a hedge against depreciating currencies. We don't advocate buying gold to try to outperform stocks. Rather, it should be owned if you think currencies will continue to decline in value due to the printing of money and inflation. When we note gold has appreciated 8.3 percent per year, that's another way of saying how much currencies have been debased.

So, what's the downside to owning gold? There's an adage in the metals markets that says, "if you don't hold gold, you don't own gold." Hold is an operative word. We can own gold several ways, but do we hold it? Many investors buy gold ETFs to "own" their gold, but in reading the fine print of the prospectus, it makes clear some of the ETFs own futures contracts on gold or have borrowed the gold from large owners

of bullion and must keep proper daily accounting of the amounts borrowed and repaid. The investor in those ETFs has no claim on actual gold. Here, the ETFs serve more as a trading vehicle than a depository.

Second, you could buy specifically allocated amounts of gold and hold it at mints (e.g., U.S., Canada, Australia). While this is an improved form of ownership (specifically allocated serial numbers of gold bars), you are depending on the mints to hold your gold under all circumstances. Lastly, you could own gold physically.

Bottom line, gold is money and a unique asset. Like many unique assets (e.g., cryptocurrencies), it's something best owned outside your trust account due to the limitations associated with holding it. The same basic notions apply to silver, platinum, copper, etc.

*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.**

must be accompanied by a parent or guardian over age 18.

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.*

Causeway Work Advisory

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

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

Sanibel Causeway Bridge Structure: Lee County began making repairs to the Sanibel Causeway bridge structure span C, over San Carlos Bay, on April 18. Work will continue from 9 a.m. to 4 p.m. through November 24. All work will be performed over the bridge on a snooper truck. Lee County will do several lane shifts with no lane closures.*

Family Swim Days

The Sanibel Recreation Center leisure pool, splash pad and water features are open for swim days on Saturdays from 10:30 a.m. to 12:30 p.m. All children under the age of 12



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New Board Positions For Business Women

Sanibel Captiva Business Women's Association (SCBWA) made three new board appointments recently. Maureen McGauran, owner of Beachwalker Marketing & Communications, LLC, takes on a new position as communications chair. Angi Semler of Cultivate Advisors is the new membership chair. Emily Hess Ankerson, executive director of Captiva Civic Association, is the new treasurer.

McGauran moved to Sanibel in 2019 and a year later opened her business, Beachwalker Marketing & Communications LLC. Her business works to promote visibility and enhance brand awareness of island businesses and nonprofits.

McGauran has a bachelor of arts in public relations and a master of arts in government-political communication from Regent University. She is a scholarship subcommittee member and membership subcommittee member with the Sanibel Captiva Rotary Club and will begin the role of a board member for a three-year term in July. She is also a member of the Sanibel & Captiva Islands Chamber of Commerce, Sanibel-Captiva Republican Caucus, and an active member of Cypress Lake United Methodist Church.

"Appointing Maureen as our



Maureen McGauran

communications chair was the natural next step as she has served as a key board member since our group's inception in January of 2020. Maureen has continually stepped up since day one by supporting SCBWA in several areas, from handling press releases, to participating in ongoing fundraising efforts and assisting in day-to-day activities. Maureen has been played a vital part in forming the foundation of our group," said SCBWA President Taylor Osborne and co-owner of Iris Print & Designs. "I am happy to have her on my team and truly look forward to continuing to work with her in the coming year."

McGauran said, "I am excited to take on this new role in engaging current



Angi Semler Welch

members and prospective members to feel welcome and informed about the group."

Welch and her family moved to Sanibel in 2021. She is a partner at Cultivate Advisors, a small business advisory firm in Chicago. Prior to joining Cultivate, she founded and ran her own marketing firm for 10 years. Welch has dedicated more than 20 years to helping small business owners grow their companies. She said, "I'm honored to be a part of this new and vibrant organization. I look forward to helping the board drive strategy, member engagement and programming."



Emily Hess Ankerson

Ankerson is the executive director for the Captiva Civic Association (CCA) and Captiva Civic Association Foundation (CCAF). She and her husband, Sam, executive director of Bailey-Matthews National Shell Museum, are residents of Sanibel. Prior to accepting the position with CCA, Ankerson worked for the Center for Creative Education, a nonprofit organization in West Palm Beach, in various administrative and leadership roles such as arts integration curriculum specialist, curriculum director, and program manager for its extensive outreach program.

Ankerson said that she hopes, "by serving on the SCBWA board of directors (she) will help grow the organization and give back to the community (she) calls home." Ankerson also enjoys meeting people who care about the islands and the people who

live and work here.

Osborne said, "I am very excited by the growth of our board. I am confident that the addition of Emily and Angi will continue to support the amazing growth our organization has experienced over the last year and a half as we continue to expand our footprint on the community of Sanibel and Captiva."

Sanibel Captiva Business Women's Association meets on the third Tuesday of the month at various businesses and restaurants at noon. For more information, email taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.✪

From page 33

Scholarship

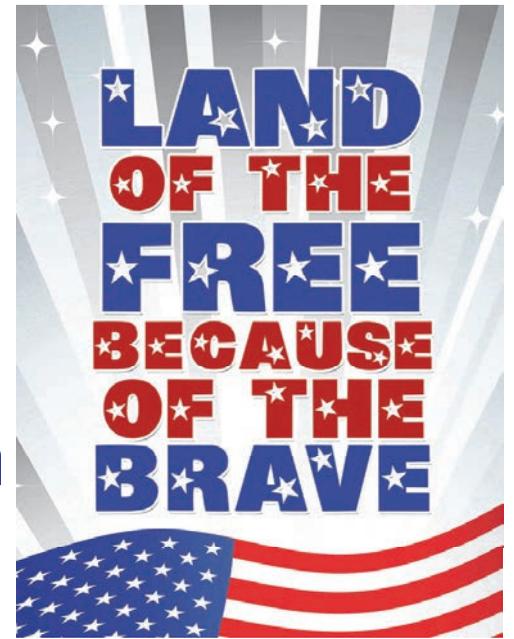
was a winner of the International Young Musicians Festival, which earned him a performance at Carnegie Hall in New York. He was the first place winner in the Louisiana International Piano Junior Competition, second place winner in the 2015 SEPF Arthur Fraser International Piano Competition, second place winner in the 2016 Lee University International Piano Competition, as well as the secondplace winner in the Oberlin Summer Piano Competition.

Reichenberger is a six-time MTNA Florida state winner since sixth grade, and he was a 2017 and 2019 MTNA national finalist in the Senior Piano Competition. Currently, he studies with Professor Santiago Rodriguez at University of Miami.✪



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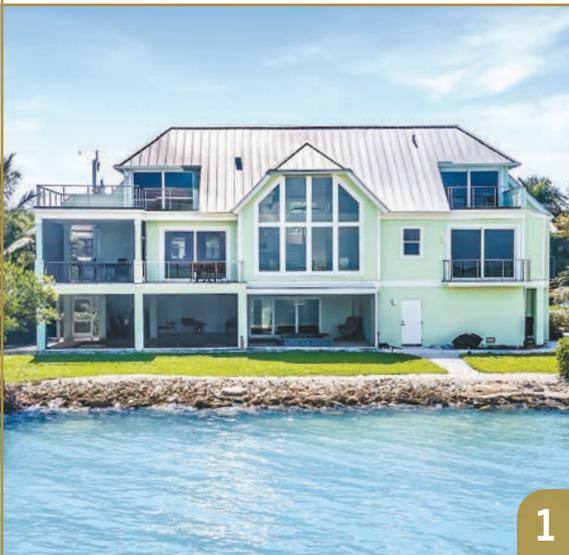


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- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase

• **\$4,350,000 EURO 4,015,156**

2. BUCK KEY - CAPTIVA

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

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

- 3 BR/2 BA home situated just off West Gulf Drive
- Nicely updated with private pool, newer roof, impact rated windows, and just a short walk to the beach

• **\$1,299,000 EURO 1,204,082**

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

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access

• **\$1,399,000 EURO 1,281,499**



3



4

NEW PRICE



5



6

5. GOLF COURSE VIEWS IN KELLY GREENS - FORT MYERS

- 2 BR/2 BA + den top floor corner unit in the desirable Kelly Greens community.
- High ceilings, updated kitchen, and large lanai. Community amenities include 18 hole golf course, tennis, pool, restaurant, and more

• **\$449,000 EURO 424,038**

6. GULF FRONT CONDO AT GULF BEACH - SANIBEL

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Superior Interiors

How To Style A Bookshelf



by Trinette Nelson

A bookshelf says a lot about your personality, from the books to the shelves themselves. Why not have fun and express your personal style through this home staple? Get inspired.

Read on and discover unique ways to style your bookshelf so that it is a beautiful addition to your space.

Although the classic rule of thumb is to place your books side-by-side (think library-style), a simple way to break up the shelves is to stack some of your books. To ensure it looks purposeful, be sure to leave space on either side of the stacked display or choose books that have the same colors on their spine.

Try to match your favorite books with the color palette of your living area. If you love bright, fun colors, put your books with bold-colored covers on the bookshelves. Similarly, if you love a neutral color palette, place matching books on your shelves. If you love a book that has a clashing cover, simply remove the book jacket, or create your own to personalize it.

Although bookshelves are mainly for

books, a great way to add personalization is to leave space for art. Between your favorite classics and prized bestsellers, place your favorite framed print or stylish vase. This will help create the display of your dreams.

Be sure to consider the aesthetic of the home. Are you a committed minimalist? Opt for the “less is more approach” and make sure your bookshelves have space to breathe. This will highlight your prized collection while fitting cohesively with your room. Meanwhile, if you love maximalism, don’t be afraid to add knick-knacks between your wide variety of books. This can break up the clutter while still filling the space.

A great way to add color to your shelves is through plants and flowers. Add potted succulents as bookends or place a hanging plant from the top shelf. This will create a warm, welcoming shelf that will brighten any room. If you’re worried about maintenance or keeping moisture near your books, opt for faux plants that will add the same effect without all the upkeep. A small potted succulent is the perfect decor addition to any bookshelf.

To keep your bookshelf from looking top-heavy, make sure to place your heaviest and sturdiest books on the bottom shelves. Meanwhile, your lighter reads should be positioned near the top. This creates a balanced bookshelf that won’t look cluttered or like it’s about to topple over.

Want to play with color, patterns or metallic shades? Simply add a trim to your shelves to personalize the look of

any bookshelf. This can be done with paint or wallpaper, depending on the material of your shelf. If your bookshelf has back paneling, get inspired and paint it a different color. This will help your books stand out from the background, especially if it was originally a neutral color. If your bookshelf is in your living room, try matching your color to an accent color in the room (like colorful throw pillows or a patterned carpet).

Atmospheric lighting can make all the difference. Add a small lamp, twinkle lights or hidden LED strips into your shelf to highlight your one-of-a-kind bookshelf. Not only will it make finding your go-to read easier, but it’ll add a bright warmth to your room. Styling your bookshelf is an exciting and easy way to change up your space, it might even inspire you to upgrade the rest of your interior design.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindcedden.com.✪

Lee Health Hospitals Again Earn Top Grades

The Leapfrog Group released its Spring 2022 Hospital Safety Grades, and four Lee Health hospitals continue to be recognized.

HealthPark Medical Center earned an “A” grade for the sixth straight reporting period, and Gulf Coast Medical Center advanced to an “A” from the last reporting

period. Lee Memorial Hospital retained its “B” grade but increased its numeric score from the last reporting period, and Cape Coral Hospital retained its “B” grade.

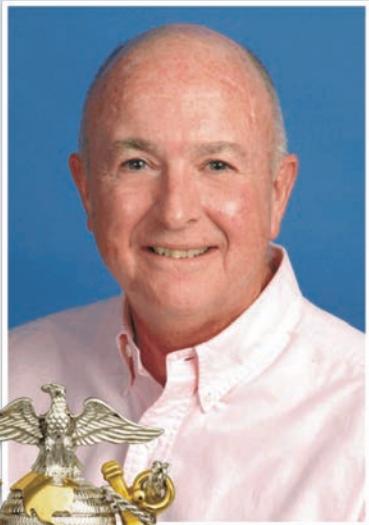
“I want to thank the entire Lee Health team for continuing to provide the safest and highest quality of care to the patients we serve. Every day, I am proud of the incredible work our team does,” said Dr. Stephanie Stovall, chief clinical officer of quality/safety and hospital-based care for Lee Health.

The Safety Grade assigns letter grades of “A,” “B,” “C,” “D” and “F” to hospitals across the country based on their performance in preventing medical errors, infections and other harms. Every Lee Health hospital earned a raw score over 3.0 on a 4.0 scale, and the hospitals that earned a “B” grade were within only six percent of the 3.202 threshold of earning an “A” grade.

Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses 22 measures of publicly available hospital safety data to assign grades to more than 2,700 U.S. acute-care hospitals twice per year. The Leapfrog Group’s grading system is peer-reviewed, fully transparent and free to the public.

Children’s hospitals are not included in The Leapfrog Group’s Spring grades, but Golisano Children’s Hospital has been named as a Top Children’s Hospital by The Leapfrog Group four times.

To learn more about Leapfrog’s Spring 2022 Hospital Safety Grades, visit www.hospitalsafetygrade.org.✪



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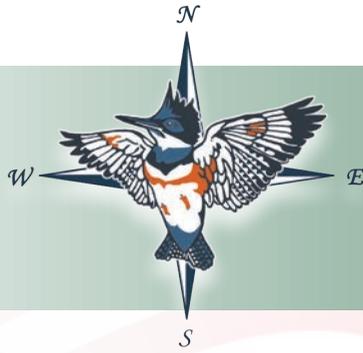
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An Innovative Approach To Retirement Living



by Allison Havill Todd

As more and more baby boomers enter their retirement years, the demand for senior living options that meet their needs continues to grow. One local

community is offering a new concept that provides its residents with peace of mind during uncertain times.

Amavida Living, a retirement community in Lee County, opened its doors in December of 2018 and is not your typical senior living concept. New residents are able to move in without the large entrance fee that many other facilities charge. In fact, Amavida's upfront fee, equivalent to approximately one month's rent, is typically one percent of what many competitors charge. In addition, residents will have the long-term assurance of knowing what their monthly rent will be well into the foreseeable future despite the financial effects of hurricanes, pandemics, recession or whatever setbacks may come our way. Martha Davila, director of business



Residents at Amavida live worry-free knowing they will not be faced with unexpected rent increases photo provided

development, shared that they are seeing other retirement communities increase their monthly rent from six to 20 percent on an annual basis, making it difficult for seniors on fixed incomes to plan for future expenses.

Aside from the stability of a worry-free lifestyle, Amavida is all encompassing in what it provides to its community of residents. The community offers one- to three-bedroom cottages or apartments for independent living along with assisted living options and memory care as those needs may arise. This senior community is seeing younger and more active residents living well into their 90s and beyond and is committed to providing a

variety of activities to keep them socially and physically engaged. Amavida has many choices in which to participate such as pickleball, tennis, bocce ball, basketball, fitness classes and putting greens. With over 20 different clubs, residents can choose to join a myriad of activities including art classes (with artists on site to mentor, coach or teach), book clubs, a garden club and many more. The community also boasts its own restaurants, bistros, outdoor dining, clubhouse as well as a theater and library on the property.

Kristopher Svetliak, executive director of independent living, explained that Amavida is dedicated to providing a resort-style retirement experience all on one campus. The beautifully designed 32-acre property was created with the intention of preserving the natural wetlands and offering views of nature from most residences. The community is also adjacent to Lakes Park with its own entrance path onto the adjoining 258-acre property.

In addition to all of the amenities and the "rent freeze program" offered by Amavida, one of the biggest things that sets this community apart from

other senior living accommodations is the care provided for residents. Svetliak stated emphatically that, "Our care is untouchable. While most retirement communities may only have an LPN (licensed practicing nurse) on premise, Amavida has true nurse practitioners who oversee the care of residents. Amavida also partners with local skilled nursing facilities to provide a very high level of support when needed. Physical therapy, speech therapy and occupational therapy programs are available on site without the need for transport to another medical office.

Svetliak explained, "We want our residents to move here and be able to age in place appropriately with a sense of community, stability and a worry-free lifestyle." When prospective residents ask him if Amavida is concerned about competitors stealing their idea of providing resort style retirement with pre-established rent increases, Svetliak replied, "We can only hope that other communities will embrace this model to better serve our seniors and consider their wellbeing as the priority, providing the best living environment for our senior population. They deserve to be honored, not discarded or misled."

If you would like to explore a retirement living community without enormous entry fees and unknown monthly rent increases, contact the friendly staff at Amavida to schedule your personal tour and learn how you may experience resort-style living within reach. Amavida is located at 7820 Fanning Court in Fort Myers, adjacent to Lakes Park on Gladiolus Drive. For more information visit www.amavidaliving.com or call 345-4077

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

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Is Insurance A Wise Purchase For Estate Liquidity?



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

When I started practicing law more than 30 years ago, the federal estate tax exemption amount was only \$600,000. Nearly everyone with any means bought life insurance to cover estate taxes. To exclude the insurance from the estate, clients typically created an irrevocable life insurance trust (ILIT) to own the policy. When the client passed away, the insurance provided liquidity to pay estate taxes so the family wouldn't have to sell off other assets such as homes, stocks, land and family businesses.

Today, the federal estate tax exemption is \$12.06 million so only those with significant wealth believe it necessary to provide liquidity to pay estate taxes.

Two questions – will the exemption remain this high? Are there other reasons besides estate taxes to purchase insurance?

While it's true that today's federal estate tax exemption exceeds \$12 million, without further legislation enacted by Congress and signed by the president, the law sunsets on December 31, 2025. Consequently, in 2026 the exemption will fall to \$6.5 million. Whether new legislation is enacted is anyone's guess and largely depends upon the political situation between now and then.

Even if the estate tax is not a liquidity problem for your estate, there are other reasons to purchase insurance to provide much needed liquidity. Retirement accounts such as IRAs and 401(k)s are frequently a large portion of a client's net worth. Withdrawals from those accounts are taxed as income to the account owner. When you die and leave your retirement account to your beneficiaries, the same holds true.

If you're one of the lucky ones who don't need your IRA for living expenses, it might make sense to use your required minimum distributions to pay for a life insurance policy. That way, you're converting dollars that will be taxed into tax-free distributions for your loved ones.

Those in blended families may also consider liquidity needs. Assume that Joe is married to Nancy. This is the second marriage for each. Nancy is not the mother of Joe's children. If Joe leaves Nancy his assets in a marital trust for the rest of her life, and Nancy lives to be 90 years old or more, Joe's children may be in their 70s before they

inherit anything from Joe's estate.

The marital trust ties Nancy to Joe's children economically for the rest of her life. Every dollars she spends is one less dollar that Joe's children will receive. Joe may wish to consider a life insurance policy that pays his children when he dies. This way, they inherit something at his passing, and he can leave Nancy his assets outright so that there's no tug of war over his estate.

This is especially true when Joe's estate consists mainly of qualified retirement accounts like IRAs and 401(k)s. When Joe names Nancy as his primary beneficiary, Nancy rolls over the account into her own name. She can then choose the beneficiary of the account. If Nancy has children and names them, Joe's children will not inherit unless Joe leaves them other assets, such as life insurance.

Other reasons to consider life insurance is when most of the estate is illiquid, such as real estate investments, business interests and home values. Here, the surviving spouse may have a healthy balance sheet, but her liquidity needs may surpass the income that she receives, especially if her decedent spouse's pension is reduced or even eliminated entirely on his death. Often, I've seen circumstances where the decedent thought that he was leaving his spouse a healthy retirement only to find that she doesn't have the liquidity necessary to support her lifestyle.

One last thought. If you own a life insurance policy through an ILIT and it doesn't make any sense to do so, are there options available to you? Yes, there are many. This depends largely on the terms of the policy itself, its current cash value, the terms of the trust and your current estate planning goals. So, if you're reluctantly paying premiums because you feel you don't have any other choice, or if you have a paid-up policy that languishes inside of an old trust that isn't relevant any longer, that's something that can be explored and often rectified.

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Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients

needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information, visit www.leehealth.org/our-services/blood-centers.**

How's The Market? Ask Ann

Where is the market heading?



Ann Gee
Broker/Owner

For the last several months, it's been common to hear our real estate market described as "crazy." Recently, I started hearing the word "uncertain," particularly from current prospective buyers. Sellers, on the other hand, continue to list properties at higher than recent comparable sales. Inventory levels continue to be at historically low levels, with only 9 homes for sale and 16 condos on the market.

In my view, Sanibel continues to be a Seller's Market. Net migration in Florida continues to increase at a high rate, with approximately 200,000 new residents a year. Many of our recent sales have been to buyers between 50-65 who intend to enjoy the benefits of Sanibel for several years as opposed to being an investor-buyer. The majority of these were cash buyers. I also noted that long-term owners on Sanibel want to stay in their homes as long as they have their general health.

If you are considering a sale, call me and we can discuss, on a confidential basis, the "pros" and "cons" of selling in today's market. I can save you \$15,000 on an average sale.

8 Sales Going Back One Week: 4 Homes, 2 Condos & 2 Lots

601 Periwinkle Way D5 Captains Walk \$569,000	1072 Blue Heron Dr. \$939,000
490 Sea Oats Dr. Vacant Lot \$660,000	1243 Sand Castle Rd. \$1,694,500
827 East Gulf Dr. H7 Sanibel Arms West \$890,000	824 Birdie View Pt. \$1,750,000
860 Lindgren Blvd. Vacant Lot \$925,000	836 Angel Wing Dr. \$1,875,000

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

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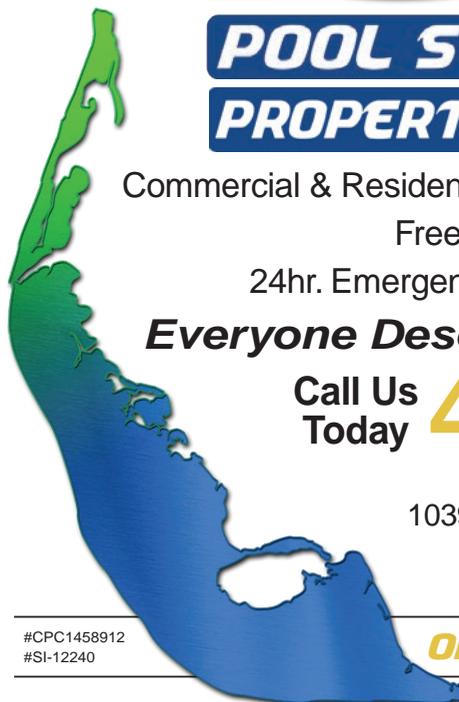
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◆◆ Additional Information?? Contact Trish Phillips at 239-246-2981 ◆◆

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



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2022 Parade Categories

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

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

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

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

Name of Business or Organization: _____

Contact Person: _____

Mailing Address (required): _____

E-mail Address (required): _____

Daytime Telephone Number (required): _____

Number of Participants: _____

♪♪ Music ♪♪ Music

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

Other? _____

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

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

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

Frankly Speaking

by Howard Prager



“The Summer Game, Chapter 14, The Interior Stadium. The last dimension is time. Within the ballpark, time moves differently, marked by no clock except the events of the

game. This is the unique, unchangeable feature of baseball, and perhaps explains why this sport, for all the enormous changes it has undergone in the past decade or two remains somehow rustic, unviolent and introspective. Baseball’s time is seamless and invisible, a bubble within which players move at exactly the same pace and rhythms as all their predecessors. This is the way the game was played in our youth and in our fathers’ youth and even back then – back in the country days – there must have been the same feeling that time could be stopped. Since baseball time is measured only in outs all you have to do is succeed utterly; keep hitting, keep the rally alive and you will have defeated time. You remain forever young.” This excerpt is from *The Summer Game* by Roger Angell, who passed away last week at 101. There is no writer that captures the essence of the game as poetically as Angell. I spoke to baseball historian Ralph Moses who describes Angell in this way. “He’s such a good writer because unlike

a beat writer, he’s a feature writer and takes an aspect of the game – a player, a team, a series, some historical aspect, fans or a position – where he will talk to different players who have played that position and will focus on that aspect and provide insights that perhaps no one has ever done before. In 1981, the year of the player’s strike, he wrote *The Web of the Game*. No MLB going on. Angell took in a college game between St. John’s University and Yale. Pitching was Frank Viola for St. John’s and Ron Darling for Yale. The scoreless game went into extra innings and Darling had a no-hitter going. What made the game most unique was that Roger chose to have Smokey Joe Wood sitting next to him talking about that game and a game from 1912 when Wood went 34-5 for the Boston Red Sox in his rookie season and the first year of Fenway Park. Wood was later a coach at Yale from 1923 to 1942. Angell tied the generations together and you don’t see that necessarily from other writers.”

We may be experiencing more sweeps in the playoffs as the Tampa Bay Lightning swept the Panthers four games to none in the NHL, and Golden State could be doing the same in the NBA. From the *USA Today* “Coming into the playoffs, the Panthers had the NHL’s best offense and won the Presidents’ Trophy for having the best record in the league by season’s end. And yet, the Panthers scored just three goals in four games in the series, not nearly enough at all to best the reigning Stanley Cup champions and Andrei Vasilevskiy in net.” The Lightning now moves on to the conference finals and

then a chance for a Stanley Cup threeppeat. The Golden State Warriors can sweep and propel themselves back to the NBA Finals by eliminating Dallas on Wednesday. You’ll know the results after this column is in print. Both of these teams had challenges in earlier rounds and now seem to be clicking on all cylinders.

In a first for sports, the US Soccer Federation is paying the same salaries to both men and women, with milestone agreements reached just last week after years of difficult negotiations. The agreements go through December 2028. Said U.S. forward Margaret Purce, “I feel a lot of pride for the girls who are going to see this growing up and recognize their value rather than having to fight for it.” “This agreement ended 20 years of federation discrimination against the U.S. Women’s National Team,” said Men’s Union Counsel Mark Levinstein. “They achieved what they said was impossible – an agreement that provides fair compensation and equal pay and working conditions. The new federation leadership should get tremendous credit for working with the players to achieve these agreements.”

Our good news story, courtesy of the Good News Network, happened earlier this year in Africa. “For the first time in their country’s history, the talented footballers of Senegal won the African Cup of Nations in thrilling overtime fashion, defeating Egypt 4-2 on penalties after extra time in the final. Their success throughout the prestigious AFCON tournament has been marked with scenes of extreme joy and inspiration – but also generosity.

Senegal’s top goal-scorer Sadio Mané was named The Player of the Tournament. He scored three goals and assisted on two others – and scored the penalty to win the shoot-out. And it couldn’t have happened to a nicer man. A Premier League and Champions League winner playing for Liverpool, Mané has taken every opportunity to use his world-class paycheck for acts of generosity, both at home in England and more recently during the AFCON. During the tournament, he personally paid for airline tickets so that 50 Senegalese fans could fly to Cameroon to watch the games. After the first knock-out round game against Cape Verde, Mané was hospitalized with a concussion and,

whilst being treated, discovered that a local boy arrived in critical condition after being struck by a motorcycle. After Mané heard the story, he paid the boy’s entire bill, which the parents were unable to afford. This was not the first time Mané has lent a helping hand in West Africa. He has donated more than \$1 million to build a school, a hospital and soccer academy in his home village of Banbali, where he grew up playing soccer bare-footed. “Why would I want 10 Ferraris, 20 diamond watches, or two planes?” says the man who will become a forever-legend in African football. “I built schools, a stadium, we provide clothes, shoes, food for people who are in extreme poverty. I prefer that my people receive a little of what life has given me.”

Congratulations to Senegal. It’s always nice to see a leader in sports also be a mensch and leader in humanitarianism.

*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@islandssunnews.com.**

New Weight Training Classes

Weight Room 101 with Mark Paxton will be offered on the first and third Thursdays of the month for Sanibel Recreation Center members starting on Thursday, June 2. Classes are held from 1 to 2:30 p.m.

Weight Room 101 includes weight room orientation, instruction on upper and lower body exercises, and cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants gain muscular strength and cardiovascular endurance.

For safety purposes closed toe footwear is required. Class is limited to 10 participants per session.

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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SPORTS QUIZ

1. What three-time Norris Trophy winner and four-time Stanley Cup champion holds the single-season record for the most goals scored by a defenseman with 48 in 1985-86?
2. Name the British racing pioneer who held the land and water speed records simultaneously in 1930.
3. What French Formula 1 driver crashed into a recovery vehicle at the 2014 Japanese Grand Prix and died from his injuries nine months later?
4. What 1981 song by Terry Cashman included the lyrics “Willie, Mickey and the Duke” in the refrain?
5. Which Pro Football Hall of Fame running back had the higher career average yards per carry in the NFL regular season: Emmitt Smith or Walter Payton?
6. In 1960, team owner Bill Veeck installed Major League Baseball’s first “exploding” scoreboard – complete with flashing lights, pinwheels and pyrotechnics – at what stadium?
7. Name the Oscar-winning biographical film from 2021 that was executive-produced by tennis stars Venus and Serena Williams.

ANSWERS

1. Paul Coffey. 2. Sir Henry Segrave. 3. Jules Bianchi. 4. Talkin’ Baseball. 5. Emmitt Smith. 6. Walter Payton had 4.4 yards per carry, Emmitt Smith had 4.2. 7. King Richard.

Rotary Happenings



submitted by
Cindy Carter



Elizabeth Piersol

Abraham Harold Maslow was an American psychologist who was best known for creating Maslow's hierarchy of needs, a theory of psychological health predicated on fulfilling innate human needs in priority, culminating in self-actualization and human motivation. Maslow's hierarchy of needs identifies the first two levels of his pyramid as covering human physiological and safety needs. Our physiological needs are met when we have access to water, food, shelter, sleep, clothing, etc. Our safety needs are met when we feel we have personal security, resources and good health. Our health is dependent on the place in which we live. Making the place we live more than just a house but a home is what Elizabeth Piersol is all about.

Piersol is the owner of Piersol Design

Inc., an interior design firm established in 2003 that focuses on residential interior renovations and construction. In 2020, she founded the nonprofit Furnish with Care to provide design and furnishings for families in economic need throughout Lee County. For many families in our area facing the current housing crisis in Southwest Florida, finding a home is a challenge with a huge financial burden, so much so that furnishing that home becomes a luxury that many families can't afford. In partnership with other nonprofits, Furnish with Care's goal is to make a house a home for those in financial need.

Piersol's firsthand experience in designing a home for a woman with a disability allowed her to see the transformative power that a well-designed home can have. Furnish with Care works with Lee County not-for-profits and social service agencies, and identifies individuals and families in need with secured housing, and who are in need of their services. Then, the design team meets with the residents in their homes, and case workers when appropriate, to identify the unique design needs for the space and circumstances. They work with volunteers and donors to provide the items needed to completely furnish and transform their houses into homes.

Piersol is a graduate of The George Washington University Elliott School of International Affairs, and the Trachtenberg School of Public

Administration, where she received her master's certificate in nonprofit management. Her thesis was on affordable housing for seniors, displaced families and people with disabilities.

Prior to starting her design firm, Piersol worked in politics, both in the field as an organizer and on Capitol Hill, before shifting to journalism as a TV producer in Washington for news and public affairs, domestic and international politics.

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 Tuesday before the meeting to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

Lifeguard Training Course Offered At Rec Center

The Sanibel Recreation Center is offering the American Red Cross Lifeguard Blended Learning certification course from June 10 to 12. Course hours are: Friday, 3:30 to 7 p.m.; Saturday and Sunday, 9 a.m. to 5 p.m. Cost is \$214 for members and \$280 for nonmembers.

Blended learning combines online learning with in-person skills sessions

where you will practice skills and demonstrate competency. American Red Cross lifeguard training gives participants the knowledge and skillset to become professional lifeguards. This course requires all participants to pass the in-water prerequisite test on the first day of class in order to continue being enrolled, and you must be at least 15 years old by completion of the course.

Swim requirements: 300-yard continuous swim using front crawl, breaststroke or a combination of both; two minutes of treading water with hands in your armpits without stopping; within one minute and 40 seconds, swim 20 yards, retrieve a brick at seven to 10 feet deep and swim 20 yards back to start point with both hands on the brick and face above water; and exit the pool without using ladder or stairs.

All participants must complete the entire online course before the first day of class and bring their completion print out to class. Instructions on how to access the online material will be emailed to you one week prior to the start of your course.

To obtain certification, participants must be able to attend all online and classroom sessions, complete the pretest, all skill checks and score an 80 percent or higher on the written exam.

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

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Health First

Herbal Teas For Better Sleep



by Julie Rosenberg, MD

Good sleep is essential to good health. However, if you're like me, you may have trouble falling asleep and staying asleep. In fact, between 50 and 70 million Americans

suffer from some form of sleep loss, and approximately 35 percent of adults report regularly sleeping less than seven hours per night. (Most adults need seven to nine hours of sleep per night).

One of the ways to promote healthy sleep is by drinking certain herbal teas. Herbal teas contain micronutrients like magnesium and potassium, as well as a host of ingredients that promote a sense of calm and enhance feelings of sleepiness. Of course, drinking a cup of tea by itself doesn't guarantee a good night's sleep. However, coupled with other healthy sleep habits (such as keeping a consistent sleep schedule, and going to sleep and waking up at the same time each day, among others), sipping a cup of non-caffeinated herbal tea 60 to 90 minutes before bedtime may help to both lull you to sleep and keep you asleep. In

this article, I discuss six of the best herbal teas for sleep.

1. Chamomile – Chamomile is a white petaled flower that resembles a daisy. For sleep, the key active component of chamomile is the flavonoid apigenin, which binds to gamma-aminobutyric acid (GABA) receptors in the brain. GABA is the brain's main inhibitory neurotransmitter; binding GABA receptors has a calming effect on the body, helping to promote rest and sleep.

2. Lavender – Lavender is a purple flower, often used as aromatherapy to promote calm. Lavender tea is made by brewing the buds of the lavender flower in water, creating a purple beverage with a distinct flavor and aroma. Sipping a cup of lavender tea can help you to deeply relax and feel calm, as the plant's active ingredients stimulate the GABA system. In fact, simply inhaling the aroma of the lavender tea can help to promote calm.

3. Valerian – Valerian is a wild flowering plant known for its sedative properties. Valerian root is effective as a sleep aid due to two naturally occurring sedatives: valepotriates and sesquiterpenes. Studies have shown that valerian root extract can improve sleep without the side effects of traditional sleep aids. Of note, valerian root has an odor and somewhat earthy taste; some people find it to be unpleasant. Adding honey or maple syrup to valerian tea may help improve its taste.

4. Passionflower – Passionflower is a purple flower known for its sleep enhancing properties. Passionflower contains certain flavonoids that bind

to the same receptors in the brain as benzodiazepines. These receptors are part of the GABA receptor complex. Passionflower has also been shown to promote sleep by increasing concentrations of GABA in the brain.

5. Lemon Balm – Lemon balm, also known as *Melissa officinalis*, is a member of the mint family. The most common forms of lemon balm are tea and essential oil. Drinking a cup of lemon balm tea at night may reduce symptoms associated with insomnia. Lemon balm may also help to reduce symptoms of anxiety and depression.

6. Magnolia Bark – If you want to fall asleep quickly, try drinking a cup of magnolia bark tea before bed. Magnolia bark is derived from the houpou magnolia tree, which is native to China. Magnolia bark has been used for thousands of years as a supplement in traditional Chinese medicine. The polyphenols in magnolia bark – honokiol and magnolol – have been shown to help induce and improve sleep. Therefore, magnolia bark may be used as a remedy for insomnia or simply to promote better sleep overall. Of note, this tea may have an unpleasant taste to some people since it is made from the bark of the magnolia tree.

In conclusion, sipping a warm cup of sleep tea before bed can support a healthy sleep routine. Sleep teas are a natural way to improve sleep quality and quantity. Consult your healthcare provider before initiating a nightly sleep tea routine if you are concerned about drug interactions or allergies.

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.✧

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, June 17 from 9 a.m. to 2 p.m.

It is estimated that one in every 44 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✧

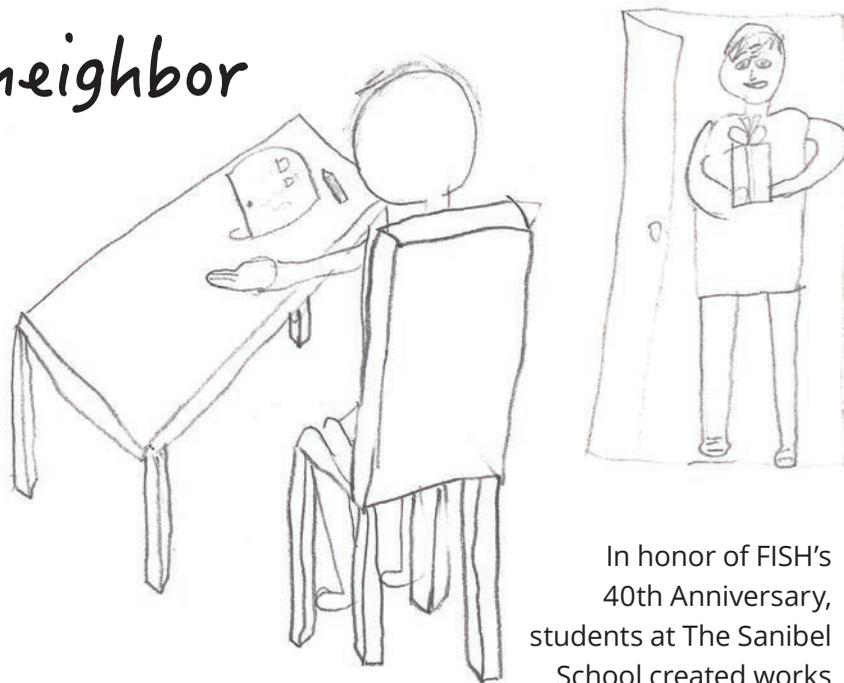
When I was having class, a neighbor came over with a gift to congratulate us for moving here and told my dad about a lot of things here.

—Max from *The Sanibel School*



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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.

dearRPharmacist

How Lavender, Rosemary And Peppermint Heal



by Suzy Cohen, RPh

Dear Readers: Since the dawn of time, give or take a few thousand years, civilizations across all continents have been learning how to heal their people.

We figured out that we could reduce, heal, alleviate – dare I use the word “cure” – ailments with certain plants.

With time, the awareness of what specifically could be used to heal has evolved, as science allowed us to find active components within the leaf, stems, root or flowers. Perhaps some of this occurred by accident, or through trial and error.

Nowadays, when you're not feeling well, you call your doctor in order to receive a prescription for relief. But I think you would agree, there are plenty of mild health concerns that can easily be remedied at home. Let's take a look at three popular plants you can grow at home. These will give you plenty of health benefits.

1. Lavender – An antimicrobial best recognized by its beautiful violet-colored florets. This common herb makes for a fragrant and colorful addition to any home or garden. It's great at reducing stress and insomnia, healing skin wounds

and reducing pain/itching from bug bites.

Growing Tip: Lavender likes sunlight and a quick-draining soil. I have it growing in my backyard as a perennial. I suggest a pot with drainage holes at the base so any excess water can be flushed away. When those pretty flowers start showing, handle them with care and shape your plant to keep it happy.

2. Rosemary – Not just a pretty name, this little plant is hardy and bushy, plus it's a perennial. If you can't grow it, buy some fresh herb in the produce section to include in recipes. Rosemary is a wonderful anti-inflammatory, anti-cancer compound plus it's a strong antioxidant. Studies show it improves circulation and immunity.

Growing Tip: I have this in my garden, it is frost tolerant. Do not overwater it. It needs at least six hours of sunlight each day. If you get it right, this plant will bring you joy (and healing) for up to 30 years.

3. Peppermint – Commonly used as an ingredient with food and drink, tea and in sweets, peppermint might surprise you with how many healing qualities it offers beyond your seasonal peppermint mocha latte. Peppermint can be used dried, fresh, as an oil or as an essential oil. It can lift depression, soothe anxiety and, in some cases, help with gastrointestinal issues such as nausea, diarrhea and flatulence.

Growing Tip: It is very easy to grow and easy to propagate. This will overtake your garden really fast so be careful with it. Partial shade will be the ideal location.

Not only does tending to a garden (or a single pot if that's all you desire), keep us more active, but it's kind of like therapy. What comes around, grows around. This peaceful hobby provides

glorious health benefits as you can see from the three herbs I covered already. When you're kind to your plants, they are terribly generous in return.

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: Can you give me some tips on how to become a better inner listener? I tend to ask opinions of others which tells me I don't trust myself.

A: Many of us tend to ask opinions of others when we really need to go inward and realize that the answers are within. Listening to your inner voice, or as I refer to your inner guidance system, plugs you into something bigger than yourself. You can ask your inner voice about things such as your life purpose, directions you want to take, friendships, relationships, career or just about anything you want to know. I like to write these questions or thoughts down on paper. It's up to you.

Here is an exercise to try that you may find helpful:

1. Find a quiet, comfortable place to sit with a pen and paper.

2. At the top of the paper, write down a question or issue you would like to address and receive guidance on. Be sure to phrase it as clearly as possible.

3. Gently close your eyes and take several deep breaths.

4. Ask your inner guidance system the question that you wrote down. Sit with it for a few moments. Then gently open your eyes and start writing whatever comes to you. Continue writing until your hand feels like it cannot move anymore. Do not read what you have written until you are finished.

5. Now take your time and read what you have written. You may surprise yourself at the wisdom and knowledge that comes out. That is trusting your inner self to give you what you need. Even if you haven't written much, sometimes it's just a word or phrase that can get you jump-started.

*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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Doctor and Dietician

Look Up Child



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

We were recently listening to favorite artist Lauren Daigle's *Look Up Child* – and we thought to ourselves, this should be our theme song for Caring Medical Florida. For more reasons than one, this song is appropriate now. "Where are You now, when darkness seems to win, where are You now, when the world is crumbling?" She goes on to say, "Oh, I hear You say, look up child..." Further on in the song, "You're not threatened by the war, you're not shaken by the storm, I know You're in control, even in our suffering, even when it can't be seen, I know You're in control."

For two reasons, we just want to encourage our readers to look up. It is certainly easy to start feeling down regarding the happenings in the world today. But God is in control. We are still

blessed. During these uncertain times, people feel more isolated, lonely, anxious and depressed, causing even more stress, which in turn can weaken the immune system, causing people to feel unwell – and the cycle builds and repeats.

Love and relationships can break this cycle. Our good friend Marylou reminded us the other day, "You will always be filled by whatever you are hungry for... and eventually you will be consumed by whatever has filled you." Let's focus on the good. We can still show love, kindness and compassion to each other. Let's be intentional. Let us be the lights in the darkness. Share a smile, talk to someone you encounter at the grocery store or on the beach. Look up, child!

The second way we encourage our readers to look up is by actually – looking up. As you know, we run The Hauser Neck Center as a branch of Caring Medical FL. What we discover every day using our dynamic testing procedures is quite astounding. Dynamic tests mean that we are analyzing symptoms while a patient is in motion, not just lying flat (when the symptoms do not present themselves.) We utilize digital motion x-ray, cone beam CT scan, and high velocity ultrasound to assess blood flow to the brain, heart rate variability and more. Patients with seemingly bizarre, transient and often horribly disabling symptoms finally find answers.

One of most disturbing and widespread symptoms we find is related to what we call "Brain Toilet Obstruction." In short, it often goes like this – sudden anxiety

develops; depression, lethargy and emotional numbing creep in; cognitive decline follows, resulting in loss of focus and inability to work. Why? The short answer is that the stretching of the posterior cervical ligaments that hold the facet joints, the spinous process of each vertebrae leads to instability in the cervical spine and neck pain, which leads to loss of the natural curvature of the neck which pushes the head forward. Compression of the arteries and veins in the cervical spine is what causes the brain obstruction. These structures are too loose and move where they are not supposed to move. Tightening them using proliferative injection treatments can be curative, but the process is more complex.

People must change their habits to change their lives. If they continue to look down (specifically at the cell phone or computer) for many hours per day – this problem will never stop and will only further accelerate. So when we say, "look up, child" we mean it. Constant scrolling for hours each day, coupled by many hours of TV or computer watching is killing our brains. Work to reduce or eliminate social media scrolling, put your phone away. Develop proper ergonomics for your computer set up – feet flat on the floor, abdominals contracted, shoulders back, chin slightly up. Look up, child. Your brain with thank you.

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.**

Free Mobile Challenge App

The new Fort Myers Discovery Challenge app gives residents and visitors a unique way to discover arts as well as historic and nature attractions throughout Lee County.

The free app, launched by the Lee County Visitor & Convention Bureau (VCB), includes about 100 Lee County attractions, some offering discounts on admission and exclusive deals to participants. Visit www.visitfortmyers.com/challenge to download the app to any mobile device.

The app can be used to check in at participating locations to earn points toward a variety of prizes, including: Fort Myers Tervis Tumbler (15 check-ins); Fort Myers specialty T-shirt (30 check-ins); and a chance to be entered into a drawing for a stay at the Luminary Hotel & Co. in downtown Fort Myers (50 check-ins).

Locations include Alliance for the Arts; Bailey-Matthews National Shell Museum; Fort Myers Beach Art Association & Gallery; Four Mile Cove Ecological Preserve; Gasparilla Island Lighthouse; Koreshan State Park; Randell Research Center & Calusa Heritage Trail; Sanibel Historical Museum and Village; and Williams Academy Black History Museum. The challenge ends on December 20.*

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- BIG ARTS 395-0900
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- 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
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- Audubon Society..... 472-3744
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- Sanibel-Captiva Power Squadron ... www.sancapboating.club
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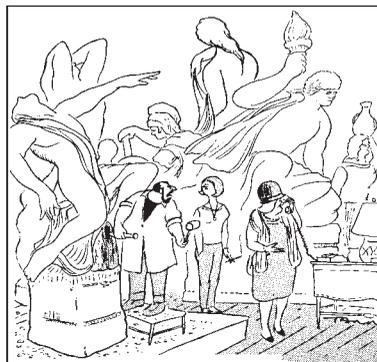
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PUZZLES

Answers on page 55

SCRAMBLERS

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



"I wish your mother would stop referring to me as her son-in-law, the _____."

Rift

SCHAM

Fine

LACER

Legend

BAFEL

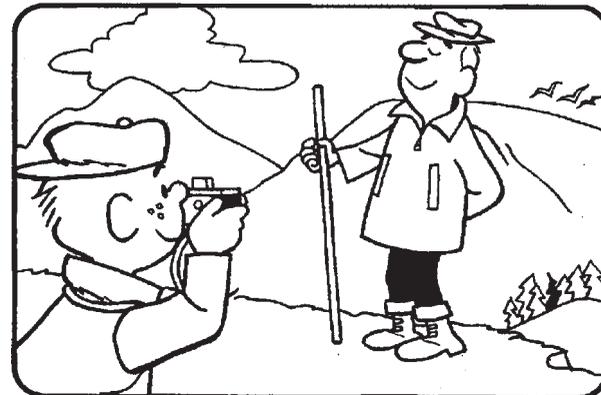
Whisker

BLISTER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sun is missing. 2. Ear flap is missing. 3. Camera cord is shorter. 4. Stick is shorter. 5. Arm patch is missing. 6. Stripe is missing. 9. Camera cord is shorter.

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

To Play Sudoku:

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

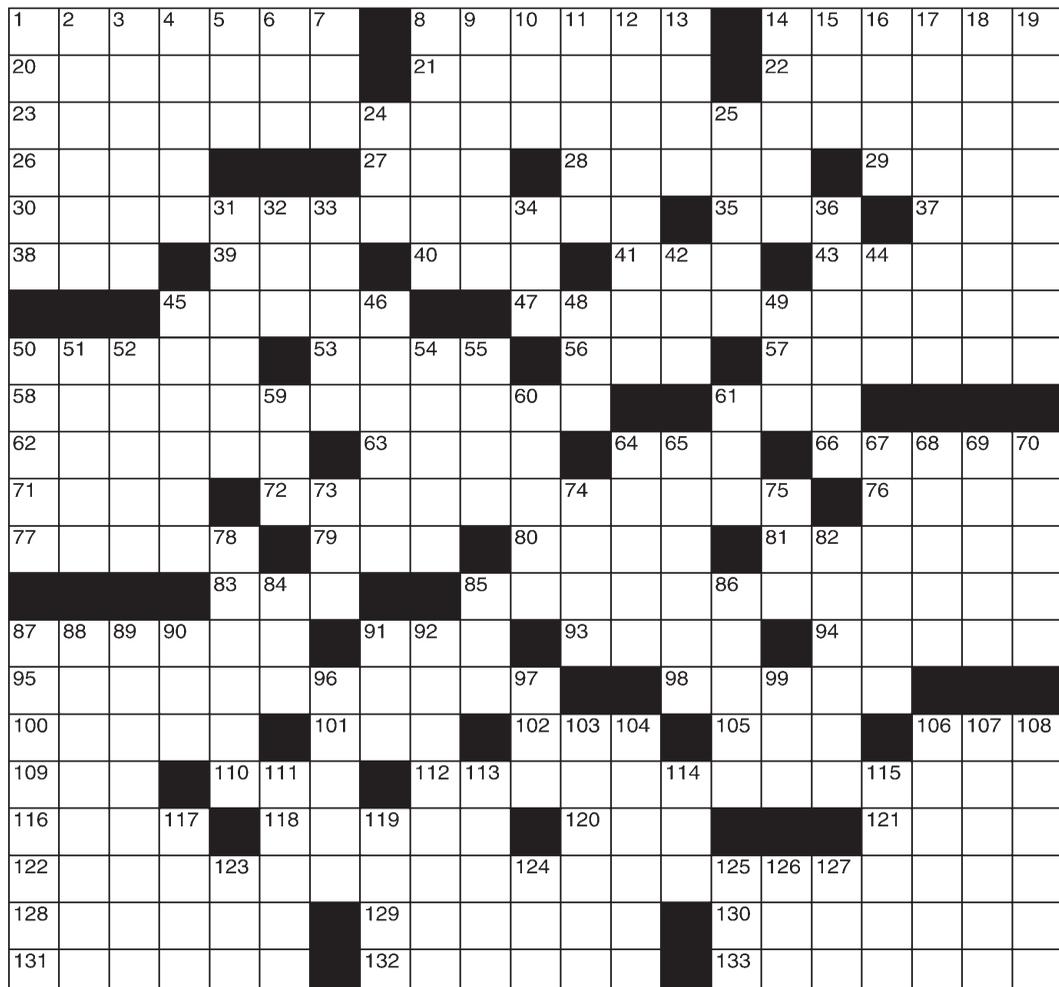
PUZZLES

Answers on page 55

Super Crossword

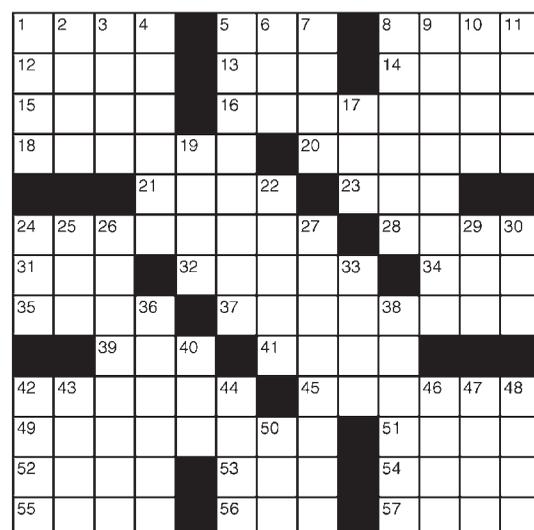
COUNTRY MUSIC

- ACROSS**
- 1 Chartbusters
 - 8 Farthest point in an orbit
 - 14 Uncommon
 - 20 Salary reductions
 - 21 Child raiser
 - 22 Add insult to injury, maybe
 - 23 Question in 1 Corinthians 15:55
 - 26 Europe-Asia border river
 - 27 Wood splitter
 - 28 Ski lift part
 - 29 Prefix with lock
 - 30 Supplicate on behalf of
 - 35 — polloi (commoners)
 - 37 Sermon topic
 - 38 Suffix with Sudan
 - 39 Massage
 - 40 Old booming jet, for short
 - 41 “— changed man!”
 - 43 Designer Geoffrey
 - 45 Salon colorists
 - 47 “Is this actually happening?”
 - 50 Oviedo locale
 - 53 Situated over
 - 56 Brine source
 - 57 New Hampshire academy
 - 58 “I’m going through the same thing!”
 - 61 Shipping charge, e.g.
 - 62 Steering part on a ship
 - 63 Long (for)
 - 64 Vikings’ org.
 - 66 Refusing to be cheerful
 - 71 Regarding
 - 72 Agree
 - 76 Pop’s mom
 - 77 Actress Amy
 - 79 SSNs, e.g.
 - 80 Pressing tool
 - 81 Fig treat from Nabisco
 - 83 Seeming eternity
 - 85 DNA-studying partner of James Watson
 - 87 “My turn is coming right up”
 - 91 He KO’d many rivals
 - 93 Ball- — hammer
 - 94 Forrest Gump player
 - 95 “Quantum Leap” actor
 - 98 Bend down
 - 100 Abrupt
 - 101 Body pouch
 - 102 Secretive U.S. gp.
 - 105 She bleats
 - 106 Part of UCLA
 - 109 33rd prez
 - 110 Restaurant bill addition
 - 112 Crucial component
 - 116 Long (for)
 - 118 Boyfriends, in Paris
 - 120 Dir. opposite 7-Down
 - 121 Viking org.
 - 122 Tune whose opening lyric, and lyricist, begin eight answers in this puzzle
 - 128 Motion detector part
 - 129 Agee of the old Mets
 - 130 Small eating alcove
 - 131 Waiters take them
 - 132 Like training at the location itself
 - 133 Occupy fully
 - DOWN**
 - 1 Wedded partner
 - 2 Chennai, before 1996
 - 3 “Sure thing, cap’n!”
 - 4 La — (Milan opera house)
 - 5 Crude abode
 - 6 Biblical verb suffix
 - 7 NYC-to-Miami dir.
 - 8 High points
 - 9 Peeling tools
 - 10 Raw metal
 - 11 Allstate rival
 - 12 Put into a hall of fame
 - 13 Kett of old comic strips
 - 14 — Gyra (jazz fusion band)
 - 15 Prefix with gender
 - 16 Utah ski spot
 - 17 Slide in again
 - 18 Go on with
 - 19 Train operator
 - 24 Barn feed
 - 25 Cymbal pair in a drum kit
 - 31 Nathaniel Hawthorne’s Hester
 - 32 Feel remorse over
 - 33 James — Garfield
 - 34 Consumer protection agcy.
 - 36 Wild Alpine goats
 - 42 Soccer great Hamm
 - 44 Summer, in Soissons
 - 45 Royal crown
 - 46 Worried
 - 48 E-cig’s lack
 - 49 Busy insect
 - 50 Its capital is Damascus
 - 51 16 ounces
 - 52 Lindley of “The Ropers”
 - 54 NYC stage awards
 - 55 Small bunch of flowers
 - 59 Spock and Seuss: Abbr.
 - 60 Alternative to “his” or “her”
 - 61 Go by plane
 - 64 Nary a soul
 - 65 Backyard borders
 - 67 Open, as a present
 - 68 Language of “mea culpa”
 - 69 Be a rapper?
 - 70 BoSox rivals
 - 73 Freud’s “one”
 - 74 Ensnare
 - 75 “Cannon” has three
 - 78 The Brady kids, e.g.
 - 82 Restated
 - 84 Gambling parlor, briefly
 - 85 Chick- — -A
 - 86 Prefix with lock
 - 87 “No kidding?”
 - 88 Artist known for illusions
 - 89 Boston area with the Paul Revere statue
 - 90 UFO crew
 - 91 Alias abbr.
 - 92 Find by chance
 - 96 In line with
 - 97 One or more
 - 99 Be indebted
 - 103 “Belt out that tune!”
 - 104 She founded the U.S. Shakers
 - 106 Crude abode
 - 107 First phases
 - 108 Long looks
 - 111 Letter-shaped girders
 - 113 PSATs, e.g.
 - 114 “No kidding!”
 - 115 Deep-seated
 - 117 To be, to Claudius
 - 119 Regarding
 - 123 Blue Jays, on scoreboards
 - 124 Abbr. for someone with only one given name
 - 125 34th prez
 - 126 Firewood box
 - 127 Repub. west of
 - 133



King Crossword

- ACROSS**
- 1 Battery fluid
 - 5 Sandwich meat
 - 8 Barks
 - 12 Leaf
 - 13 Out — limb
 - 14 Ganges wrap
 - 15 Warner —
 - 16 Naughtiness
 - 18 Flashing disco light
 - 20 Trumpet’s cousin
 - 21 Legal wrong
 - 23 Wee dollop
 - 24 Sushi bar bowlful
 - 28 NYC gallery
 - 31 Dos Passos trilogy
 - 32 Fizzy drinks
 - 34 Bankroll
 - 35 Humorist Sahl
 - 37 Chooses the wrong actor
 - 39 Prattle
 - 41 Unpaid TV spots (Abbr.)
 - 42 John of “Full House”
 - 45 Morals
 - 49 Blunders
 - 51 “Damn Yankees” vamp
 - 52 Celestial bear
 - 53 Hosp. section
 - 54 McGregor of film
 - 55 Euclidean subj.
 - 56 Burst
 - 57 Orange veggies
 - DOWN**
 - 1 LAPD alerts
 - 2 Shopper’s aid
 - 3 Mr. Stravinsky
 - 4 Explorer Hernando
 - 5 Where the school day starts
 - 6 Blackbird
 - 7 Fem. counter-part
 - 8 Hindu retreat
 - 9 Colorful arcs
 - 10 Gratis
 - 11 Winnow
 - 17 Massachusetts cape
 - 19 Pear choice
 - 22 Dutch bloom
 - 24 Silent
 - 25 Equal (Pref.)
 - 26 Sea of the North Atlantic
 - 27 Refuses, as an offer
 - 29 Wrestling sur-face
 - 30 Billboards
 - 33 “Shoo!”
 - 36 Large gong
 - 38 Actress Judd
 - 40 Fluffy neck-piece
 - 42 Overconfident
 - 43 Lose energy
 - 44 Omit
 - 46 Hawkeyes’ home
 - 47 Chowder morsel
 - 48 Without
 - 50 Author Umberto



REMOVE THE MAGIC MAZE ● A’S TO MAKE A NEW WORD

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

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

- Baiter
- Imperial
- Praying
- Rotated
- Bloat
- Launch
- Predication
- Twain
- Chain
- Laying
- Raider
- Wheat
- Failings
- Loaner
- Roads

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 FRIDAY Sunny High: 84 Low: 74	 SATURDAY Sunny High: 85 Low: 76	 SUNDAY Partly Cloudy High: 87 Low: 77	 MONDAY Partly Cloudy High: 88 Low: 79	 TUESDAY Mostly Sunny High: 91 Low: 81	 WEDNESDAY Sunny High: 92 Low: 83	 THURSDAY Partly Cloudy High: 91 Low: 81
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:39 am	5:01 am	11:39 am	6:42 pm
Sat	1:41 am	5:23 am	11:58 am	7:20 pm
Sun	2:37 am	5:41 am	12:19 pm	7:56 pm
Mon	3:31 am	5:55 am	12:42 pm	8:31 pm
Tue	4:24 am	6:06 am	1:10 pm	9:07 pm
Wed	1:43 pm	9:47 pm	None	None
Thu	2:21 pm	10:29 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:44 am	5:03 am	None	6:44 pm
Sat	12:46 am	5:25 am	11:03 am	7:22 pm
Sun	1:42 am	5:43 am	11:24 am	7:58 pm
Mon	2:36 am	5:57 am	11:47 am	8:33 pm
Tue	3:29 am	6:08 am	12:15 pm	9:09 pm
Wed	12:48 pm	9:49 pm	None	None
Thu	1:26 pm	10:31 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:43 am	5:32 am	None	6:25 pm
Sat	12:41 am	6:12 am	12:12 pm	7:07 pm
Sun	1:19 am	6:47 am	12:36 pm	7:48 pm
Mon	1:56 am	7:17 am	12:54 pm	8:31 pm
Tue	2:37 am	7:39 am	1:09 pm	9:15 pm
Wed	3:27 am	7:49 am	1:31 pm	9:59 pm
Thu	4:25 am	8:04 am	2:04 pm	10:42 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:49 am	8:17 am	1:49 pm	9:58 pm
Sat	3:51 am	8:39 am	2:08 pm	10:36 pm
Sun	4:47 am	8:57 am	2:29 pm	11:12 pm
Mon	5:41 am	9:11 am	2:52 pm	11:47 pm
Tue	6:34 am	9:22 am	3:20 pm	None
Wed	3:53 pm	12:23 am	None	None
Thu	4:31 pm	1:03 am	None	None

My Stars ★★★★★

FOR WEEK OF MAY 23, 2022

Aries (March 21 to April 19) You might have to turn your Arian charm up a few degrees if you hope to persuade that persistent pessimist to see the possibilities in your project. Whatever you do, don't give up.

Taurus (April 20 to May 20) A tip about a co-worker's betrayal might well raise the Bovine's rage levels. But before charging into a confrontation,

let an unbiased colleague do some fact-checking.

Gemini (May 21 to June 20) Although a relationship still seems to be moving too slowly to suit your expectations, it's best not to push it. Let it develop at its own pace. You'll soon get news about a workplace change.

Cancer (June 21 to July 22) A continually changing personal situation makes you feel as if you're riding an emotional roller coaster. But hold on tight; stability starts to set in early next week.

Leo (July 23 to August 22) Believe it or not, someone might dare to say "No!" to the Regal One's suggestion. But instead of being miffed, use this rebuff to recheck the proposition and, perhaps, make some changes.

Virgo (August 23 to September 22) You might find it difficult to make a decision about a family matter. But delay can only lead to more problems. Seek out trusted counsel and then make that important decision.

Libra (September 23 to October 22) Concentrate your focus on what needs

to be done, and avoid frittering away your energies on less-important pursuits. There'll be time later for fun and games.

Scorpio (October 23 to November 21) Although the conflicts seem to be letting up, you still need to be wary of being drawn into workplace intrigues. Plan a special weekend event for family and/or friends.

Sagittarius (November 22 to December 21) Your quick wit helps you work through an already difficult situation without creating more problems. Creative aspects begin to

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PETS OF THE WEEK

Lee County Domestic Animal Services

Chloe, Zoey And Lindsey

Hello, we are Chloe and Zoey, a bonded pair of sisters that are the definition of "two peas in a pod." We are both black 3-year-old female lab mixes possibly blended in with some corgi if you were to go by our legs. Where one girl goes the other is sure to follow. We have been a joy to have at the pet shelter and would be a great addition to any home.



Chloe and Zoey ID# A920506 and A920507
photos provided

Our adoption fee is \$75. Hi, I'm Lindsey. I am a brown tabby 2-month-old female domestic shorthair and cute as a button. Kitten season is in full swing at Lee

County Domestic Animal Services (LCDAS), and I am just one of the adorable kittens that are currently available.

The (LCDAS) adoption package also includes rabies and a county license at four months of age. Just call the clinic and schedule an appointment.

My adoption fee is waived. *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.* ✨



Lindsey ID# A922134

From page 53

Now Here's A Tip

right out. I thank my mom for this tip." – JR via e-mail

- Sprinkle baby powder in dish gloves to help them slide on in an instant.

STRANGE BUT TRUE

- During World War II, French actress/dancer Leslie Caron's wealthy family suffered such severe financial reversals that she was once forced to make shoes out of her grandmother's opera gloves.
- Until 1937, it was illegal for men to be topless in the U.S., even on beaches.
- Is there a junk drawer in your house? If so, you're in good company, as a whopping 80 percent of Americans have at least one, but the average household actually boasts three. The most common items found in these catchalls are super glue (57 percent), writing utensils (also 57 percent) and duct tape (51 percent). What's in yours?
- Gary Kremen, the founder of Match.com, one of the world's largest and most popular online dating websites, lost his girlfriend to a guy she met on Match.com.
- The origin of the phrase "in the limelight" comes from the early days of theater, when spotlights were produced by directing a flame at calcium oxide, or quicklime.

- In 1922, Americans consumed around 1,000,000 Eskimo Pies a day, which not only hiked up the cost of cocoa beans by 50 percent, but also single-handedly lifted Ecuador's economy out of a depression.

- According to the market research firm Euromonitor International, worldwide chewing gum sales have declined by 15 percent since 2007, the same year that the iPhone came out. The firm attributed the decrease to consumers distracted by their phones in checkout lines, where most gum purchases are made.

- Ichiro Suzuki, baseball's all-time hits leader, learned Spanish solely for the purpose of trash-talking opponents.

- An "endling" is a term used for the last animal of an entire species. When an endling dies, the species is considered extinct.

THOUGHT FOR THE DAY

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power."

– Clint Eastwood

TRIVIA TEST

1. **Geography:** Which country in Africa is the largest in land area?
2. **Music:** What was the original name of the punk rock band Green Day?
3. **U.S. Presidents:** Which president

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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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4/20 * TFN

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5/27 * TFN

HELP WANTED

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

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 * TFN

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

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

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

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

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

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

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



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1/26 * TFN

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