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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 17, 2022

JUNE SUNRISE/SUNSET: 17 6:35 • 8:23 18 6:36 • 8:23 19 6:36 • 8:24 20 6:36 • 8:24 21 6:36 • 8:24 22 6:36 • 8:24 23 6:37 • 8:24

Governor Vetoes Bill Detrimental To Water Quality

Gov. Ron DeSantis' announcement that he vetoed Senate Bill (SB) 2508, made just minutes before, lent a celebratory mood to the June 8 business luncheon meeting of the Sanibel & Captiva Islands Chamber of Commerce at Marriott Sanibel Harbour Resort in Fort Myers.

One could call it "poetic justice" that the scheduled speakers for the meeting were water-quality authorities Eric Eikenberg, CEO of The Everglades Foundation, and Chauncey Goss, board chair of South Florida Water Management District. The two were on the docket to speak at an earlier meeting in February when the luncheon was canceled, and many involved dropped everything to head to Tallahassee to oppose the sudden appearance of SB 2508 on the political horizon.

"Some days, water quality advocacy is frustrating, like when you need to cancel a chamber water quality lunch, travel to Tallahassee, and speak for two minutes or 20 seconds to oppose a horrendous bill that was introduced in a manner that gave one opportunity for public input on extremely short notice," said John



Gov. Ron DeSantis made his announcement at a press conference on June 8 at Doc Ford's Rum Bar & Grille on Fort Myers Beach

photo provided

Lai, chamber president and CEO. "Then there are days like today, when that bill gets vetoed by the governor on the same day that the water quality lunch is rescheduled. I love these days and

the great organizations that we get to collaborate with."

The lunch was co-hosted by Florida Restaurant and Lodging Association (FRLA) and co-sponsored by Bailey's

General Store and Captains For Clean Water. The latter headed up the last-minute efforts to block the passage of Big Sugar-skewed wording in SB 2508 in

continued on page 6

Plans For The Next 50 Years Forge Ahead

by Wendy McMullen

In the latest stage of strategic planning for the future of Sanibel, council members directed City Manager Dana Souza to conduct a staff retreat to draft amendments to the recommended strategic goals presented by the public at the May 11 town hall meeting.

The recommendations from citizens included strategic goals on environmental stewardship, city infrastructure, fiscal health, customer service and quality of life. Here's what residents attending the town hall meeting had to say about each of them.

The recommended strategic goal statement on environmental stewardship reads:

Lead by example in environmental stewardship to restore, preserve and enhance our island sanctuary, lead on



issues to positively impact local water quality and support land conservation, water use minimization, renewable energy and provide recurring education on the Sanibel Plan.

Participants particularly recommended that the city "lead" rather than just "advocate" for environmental measures. Advocating, they declared, directed someone else to do something instead of actually doing it.

Among the other exhortations was that the city enforce current dark sky laws that

direct electric lights downward, ban all fertilizers, install solar panels on the school and recreation center buildings, provide charging stations for electric vehicles and be outspoken with Lee County and the State of Florida about Sanibel's needs.

"Young families are moving to Sanibel from around the country because of environmental values," one participant opined, stressing the importance of the city's environmental laws.

Residents also urged the city to take charge in assessing the island's vulnerability to climate change and to integrate environment and infrastructure in future plans.

There were plenty of recommendations regarding the city's infrastructure.

The strategic goal statement suggested that the city:

Focus on quality-of-life infrastructure needs that sustain and protect the island's roads, pathways, bridges, sewer and stormwater systems, as well as coastal resiliency initiatives.

Specific recommendations to fulfill this goal included updating city servers and computer systems, making city power

renewable with no downtime.

Transportation was frequently mentioned with suggestions for using artificial intelligence to regulate traffic congestion, providing bus service from Fort Myers for tourists coming to the island, widening and expanding the shared use path system to provide paths both north and south of Periwinkle Way and Palm Ridge Road, and creating plans to manage multiple types of transportation, such as golf carts and the various types of e-bikes and e-scooters on the roads and shared use paths

Participants had less to say on the island's fiscal health, perhaps because it's fairly robust at this time. The strategic goal recommended that the city:

"Maintain and promote fiscal health of the city by providing efficient and transparent service delivery, and maintain appropriate financial policies that ensure appropriate fund balances and diverse revenue streams."

Residents' suggestions included increasing taxes on tourist-related activities such as hourly beach parking rates and

continued on page 8



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Lecture On Mollusk Evolution

The Bailey-Matthews National Shell Museum lecture series features five free online lectures this summer and fall. The first talk in the series, Spot the Mollusk!, will be hosted live via Zoom on Thursday, June 16 at 5:30 p.m., led by Rebecca Mensch, senior marine biologist.

Chameleons are frequently touted as having spectacular camouflage skills, but they pale in comparison to the abilities of many mollusks. Some species have evolved shells that don't just act as a hard barrier, but also help them avoid being seen in their natural surroundings. The cephalopods (such as octopus), in particular, are the real kings of camouflage, with the ability to change not just shape and texture but also individual pigment cells. Some mollusks, such as nudibranchs, take a different approach. Armed with toxic defenses, they advertise their presence as a warning to potential predators. Attendees will learn about the fantastic adaptations many mollusks have evolved to deter detection.

Mensch completed her bachelor of science degree in marine biology from Florida Institute of Technology. She



Rebecca Mensch photo provided

completed her master of applied science degree with honors from Auckland University of Technology. During her eight years with the shell museum, she has led educational programming, conducted research on local marine mollusks, and worked with the museum's specimen shell and live mollusk collections.

The 2022 online lecture series is made possible by a gift from Mark and Kathy Helge.

Online registration is required at www.shellmuseum.org/lecture-series. For more information, call 395-2233.✪

Business Women Help Nonprofit



From left, Maureen McGauran, Colleen Zurcher-McGauran, Chelsea Sweiss, Kerri Maw, Kathleen Rice and Kelly Huguenin photo provided

Members of the Sanibel Captiva Business Women's Association (SCBWA) members gathered at FISH of SanCap on June 9 to fill "smile bags" for distribution to residents in the community.

The association took on the project during the month of May and members filled over 65 bags for the program.

The FISH Smile Box program operates once a month, with volunteers delivering themed bags filled with activities, gifts and treats to neighbors on Sanibel to help make their days a little brighter.

"As an organization, we are committed not only to creating a network of women supporting women, but also to having a positive impact on the community," said Taylor Osborne, president of SCBWA. "I was so impressed by the generosity of

our group by filling more than 65 bags for seniors. It is a true testament to SCBWA's dedication to the community."

Maureen McGauran, communications chair of the association said, "We are so happy with the participation of the group in this endeavor. It has been great to collaborate with a nonprofit on the island helping those in need."

Sanibel Captiva Business Women's Association is dedicated to empowering and supporting the women who work and live on the islands through networking, mentorship, continuing education and career advancement. The group meets on the third Tuesday of the month at noon at various businesses and restaurants. For more information, contact taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.✪

f www.jerrysofsanibel.com

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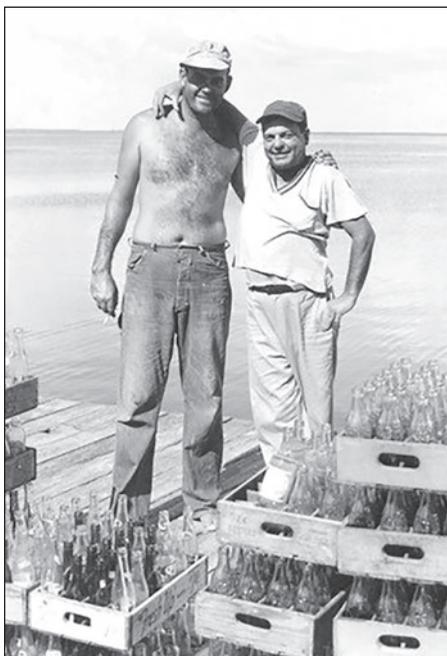
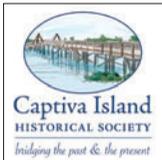
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Captiva Island Historical Society

Looking Back: Andy Rosse

This week's image depicts Andy Rosse and Hunkie Coon at Andy's dock in 1955.



Andy Rosse and Hunkie Coon at Andy's dock photo courtesy Captiva Island Historical Society Archives

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.✪

Blind Pass Beach Park Closed

Blind Pass Beach Park is closed to the public, effective June 15. Since May, the shoreline at the park has gradually eroded and a steep escarpment has developed at the end of the beach access paths, making public access to the

water unsafe. Nearby beach parks are Turner Beach Park (approximately 1,000 feet to the north) and Bowman's Beach Park (approximately 2.4 miles to the south).

The City of Sanibel will monitor the conditions at Blind Pass Beach Park continuously and will reopen the park when the public can safely access the beach again.✪

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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Community House Calendar

The Community House is offering a sampling class called Dad (and Mom) Drinks on Friday, June 17 from 6 to 8 p.m. Participants will learn how to make craft cocktails and then sample them with “street-like” tacos and savory snacks made by Chef John Wolff. Call 472-2155 to register.

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. Activities include baking, crafts, art, gardening, cooking, games and guest speakers. The program 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.

The Community House will host a blood drive on Wednesday, June 29 from 10 a.m. to 3 p.m. All blood donated stays in Lee County.

The arts and crafts fair returns on Saturday, July 2. There is no charge for admission or parking. Shop from local artists, artisans and crafters from 9 a.m. to 2 p.m.

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 on Monday, Wednesday and Friday from 9:30 to 10:30 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.

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Sanibel-Captiva Art League is exhibiting works by David Bollinger and Jim Storer for the month of June. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m.

Shell critter kits are available for purchase or to ship. Choose from 13 critters to assemble. Cost is \$5 per kit; shipping is \$10 additional.

Shell necklace kits are available for

purchase or to ship. Cost is \$20 per kit; shipping is \$10 additional. All materials and instructions included.

Art kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$10 additional.

Proceeds from art and craft kits

support operations at The Community House. Kits can be purchased during regular operating hours of 9 a.m. to 1 p.m. Monday through Friday.

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.*

From page 1

Water Quality

February and organized the June 8 press conference at Doc Ford’s Rum Bar & Grille on Fort Myers Beach, where the governor made his announcement.

“There were some things, some policy stuff, that were done during this legislative session – one of the bills that I know a lot of people were asking about, this 2508, it was going to try to change some of the stuff that was being done,” said Gov. DeSantis. “And I just want to let you know that 2508, we have vetoed that today.”

The announcement, met with applause, came during the governor’s 30-minute speech about a new state budget, which strikes some high notes for conservation efforts, including more than a billion dollars in funding for the Everglades and \$35 million to alleviate blue-green algae and red tide issues.

Captains For Clean Water co-founder Chris Wittman announced the governor’s veto at the chamber luncheon. “Today is a monumental day for clean waters in Southwest Florida,” he told the gathering of about 110 chamber and FRLA members. “When we are vocal, we see progress, and we see change. It was because of your voices and your ferocity that the governor vetoed that bill. Thank you for your commitment to our waters and your advocacy.”

Eikenberg called it “a special day not only for the local economy here in this part of Florida but also for our beloved Everglades, our Caloosahatchee estuaries, and all these critical habitats.” He reported that the “crown jewel” 32-foot reservoir south of Lake Okeechobee will be finished in 2029. “This is the decade for Everglades restoration,” stemming from a 30-year

commitment. “We’re in the third and final decade,” he added.

Sanibel resident Goss commented that “probably most of the people in this room went to Tallahassee,” in February, and commended the current chamber administration for taking a strong water quality advocacy stance for the first time in chamber history. “There was a void there, and it’s just made such an incredible change,” Goss said. “I think back 15 years ago when SCCF (Sanibel-Captiva Conservation Foundation) and the chamber wouldn’t even talk to each other. They were probably suing each other. Now we’re working together... Today’s the culmination of that.”

Goss went on to report about the progress of various projects leading to the end goal of fewer harmful algal blooms, a situation that has seen improvement in past years due to regulated discharges from Lake Okeechobee and grassroots movements.

“So many chamber members and islanders made a stand in Tallahassee in February,” said Lai, who was among constituents who made the pilgrimage. “This is a sweet victory for us all. This is why we advocate so heavily as an organization representing the business community. Our government affairs committee has prioritized water quality as the number one threat to our businesses. SB 2508 caught us by surprise, but our community’s response to our calls to action and our ability to mobilize quickly proved that we remain vigilant.”

The next business luncheon will be held on Wednesday, July 13 at Thistle Lodge at Casa Ybel Resort on Sanibel. It will feature speaker Catherine Curtis, director of resort and hospitality management at Florida Gulf Coast University. Members will receive emails about registration.

For more information, visit www.sanibel-captiva.org.*

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From left, *Island Sun* publisher Lorin Arundel and City of Sanibel Director of Recreation Trish Phillips, parade committee members, with David Lowden and Kelsey Hamilton of Bank of the Islands photo provided

Independence Day Parade Shirts Now On Sale

The Sanibel & Captiva Islands 30th Annual Independence Day Parade is fast approaching and Bank of the Islands has parade shirts available for sale. T-shirts and tank tops can be purchased at the bank's Sanibel office, located at 1699 Periwinkle Way.

"We are so proud to be joining the *Island Sun* and the City of Sanibel as

co-presenting sponsors of the 2022 4th of July parade. Helping with this popular island tradition is such a great way to show how much we appreciate being your island bank," said David Lowden, Bank of the Islands vice president – private client relations. "Please help defray the parade expenses and show your patriotic spirit on Independence Day by buying these great T-shirts while they last."

This year's artwork was done by Sanibel resident Rachel Pierce of Rachel Pierce Art Gallery.

T-shirts and tank tops are \$10 each for sizes S-XL and \$12 for XXL.*

New Minister At Sanibel Church

Rev. Mark Boyea, PhD, is the new senior minister at Sanibel Congregational United Church of Christ. The announcement was made on May 15.

Dr. Boyea and his wife, Cindy, and their adult children visited Sanibel and were greeted by members of the congregation. Dr. Boyea delivered a sermon followed by a reception before returning to Massachusetts.

Dr. Boyea is coming from First Parish Church in Manchester, Massachusetts where he has served as full-time minister since 2020 and First Congregational Church of Westfield, New Jersey where he served as the full-time senior minister for 15 years. He will return to Sanibel in mid-September, along with his wife, to begin his tenure at the church.

Dr. John H. Danner retired from as senior pastor in April. Pastor Emeritus Dr. Ran Niehoff is serving as interim pastor until Dr. Boyea's arrival in September.

Sanibel Congregational Church is located at 2050 Periwinkle Way. For more information, call 472-0497.*



Rev. Dr. Mark Boyea

photo provided

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Defining An Open Body Of Water

by Wendy McMullen

What constitutes an “open body of water,” a term, it seems, that is unique to Sanibel, but which determines whether and what can be built on a site, took up much of the Sanibel Planning Commission meeting on Tuesday.

The open body of water question became particularly controversial when the house a couple was trying to build in Sanibel Bayous was denied because of a large puddle created by an uprooted tree was deemed an “open body of water.” The couple has since been given permission to build.

But the question remains, What is an open body of water? Is it a lake? A river? A slough? A puddle? Or a great big ocean?

Planner Kim Ruiz, with expertise in coastal zone management and barrier island dynamics, has been charged with working on a definition to distinguish between the different types of open bodies of water and has proposed an innovative measure that differentiates between open bodies of water in coastal areas and those in the interior wetlands.

Open bodies of water in coastal areas

will be measured in terms of sea level but those in interior wetland areas of Sanibel will be measured in relation to a series of groundwater wells that were put in by the U.S. geological service to look at and monitor water levels in the groundwater aquifer on Sanibel between 1971 and 1977.

This may mean that an area currently defined as an open body of water may no longer be categorized as such. The definition used by the city currently is any area that is filled with water for three months of the year, a definition planners admit is difficult to determine.

The standard used is that groundwater will remain standing for three months when the land is 1.3 feet or below. However, Ruiz suggests that could be very different in different parts of the island and that the well system data could help identify how long the water would remain standing.

The proposal put forward by Ruiz is to use the NAVD (North American Vertical Datum) as established by the groundwater well system to determine how long water would remain on low areas.

The determination of an open body of water is important because on Sanibel there can be no development within 20 feet of an open body of water, be it a gigantic lake or a shallow swale. This can severely limit the amount of development

that can take place on a piece of land.

Sanibel’s system of eco zones will still be used in addition to determine buildability. An important survey of Sanibel not long after the city’s incorporation divided Sanibel into eco zones based on the height of the land. This innovative approach formed the basis of the Sanibel Plan that limited development.

Commissioners suggested that Ruiz examine classifications by the depth of the open body of water as well as the square footage of the area.

The definition of open bodies of water will be considered again by the full commission at a future meeting.✪

Dock Variance Approved

by Wendy McMullen

The Sanibel Planning Commission approved a variance to allow the owner of a 1.3-acre vacant lot at 5706 Sanibel-Captiva Road to construct a new boat dock and boat lift that will extend five feet more into the canal than is permitted.

The variance was necessary to minimize damage to the roots of the mangroves. Docks are permitted to extend 20 percent into the water. The addition of a boat

lift for the dock, however, entailed a total extension of 22 feet, which is eight feet more than allowed. The canal is approximately 70 feet wide.

The city’s natural resources department indicated that the dock is located to minimize impact to vegetation and not reduce navigability.

Planning Commissioner Ty Symroski suggested the addition of a ladder to the planned dock advising that anyone falling into the canal at that point would have enormous difficulty getting back on the dock. His suggestion was added as a condition of approval.

All four commissioners present voted for the variance. Commissioners Paul Nichols, Eric Pfeifer and Matt Kirchner were absent from the meeting.✪

Application Delay

by Wendy McMullen

Chip’s Place restaurant, located in Forever Green Shopping Center on Periwinkle Way, once again delayed its application to take over retail units and add 65 seats to its popular restaurant, planning commissioners were informed at Tuesday’s meeting.

The application for a conditional use permit was delayed at the applicant’s request.✪

From page 1

Next 50 Years

taxing bike and equipment rentals. They also urged the city to take advantage of grant opportunities related to water quality and adapt to climate change.

There were many more contributions on customer service. The recommended strategic goal at this station was to:

“Manage human capital to achieve customer-oriented service delivery by investing in technology, maintaining competitive pay and benefits for city employees, adjusting organizational structures as needed and supporting feasible workforce housing initiatives.”

A new user-friendly city website was top of the list. Participants suggested that the city make building a comprehensive, holistic, integrated digital platform a top priority with the ultimate goal of putting all city business online and making the city

services more customer friendly and more transparent while reducing administration costs. A Chatbot feature was also recommended, as well as staff information and contact information. The current city website does not have a search engine.

Recommendations to alleviate the current staff shortage in the city included offering staff housing or low interest loans to purchase homes, and increasing salaries to attract employees. The city council approved a new pay scale at its meeting earlier in the month.

Quality of life attracted the most comments of all the categories. The strategic goal posted at this station read:

“Sustain the safety and wellbeing of residents, businesses and visitors by ensuring that resources are provided for law enforcement and disaster preparedness, that recreation activities are designed for a diverse multi-generational citizenry, and that a strong

and collaborative relationship with The Sanibel School be maintained to ensure educational facilities are available on the island.”

Recommendations to encourage and enhance the spirit of community prevailed in this section. Suggestions ranged from fostering a pedestrian-friendly “main street” to encouraging more island-wide activities such as Luminary Night. The Sanibel Recreation Center was proposed as a central agency for many activities and residents suggested the city launch a community-wide campaign to increase membership.

Other suggestions included more intergenerational activities, particularly for children, and more support of the The Sanibel School and Children’s Education Center of the Islands (CECI), the nature-based preschool on the islands. Participants also wanted the recreation center to offer activities such as dance

and gymnastic classes, and reinstate the Sanibel Water Aquatics Team (SWAT) for island youth. It was also suggested that the wording “ensure educational facilities” be replaced with “ensure excellent educational facilities.”

This latest stage of the city’s plan for the future began with a town hall meeting in February which led to a two-day retreat with 42 participants drawn from city staff and directors along with people invited from various segments of the community. The town hall meeting last month was to seek input from the public at large to join in this process which is intended to guide the city into the future. Some 100 residents attended.

It has been nearly 50 years since the city was incorporated and while its goals and mission remain largely unchanged, many citizens were unhappy with what they felt was a lack of direction for the next 50 years.✪

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the inflation STRUGGLE is real*



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—Maria Espinoza, FISH Executive Director

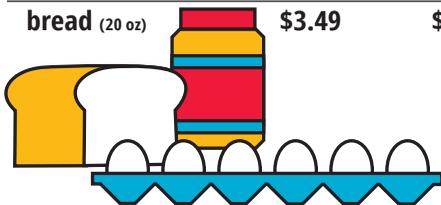
FISH HELPS FEED THE NEED

INFLATION STRAINING FOOD BANKS

food banks reporting declines in donations	55%
demand on food banks	↑ 15%
spending on food by food banks	↑ 40%
donations to food banks by manufacturers	↓ 20% projected
federal commodities to food banks	↓ 45% projected

IMPACT ON LOCAL FOOD PRICES

ITEM	PRICE (Apr 2021)	PRICE (Apr 2022)	INCREASE
eggs (12 ct)	\$3.68	\$4.29	14.3%
peanut butter (16.3 oz)	\$3.11	\$3.49	11%
bread (20 oz)	\$3.49	\$3.89	10.3%



Food prices rose 10% overall in the 12 months ending March 2022, driven by an *inflation rate that hit a 41-year high*.

When a person lives each day unsure of when—or if—they'll get to eat because they lack money or access, that's food insecurity. As inflation drives prices higher, more people are taking two or even three jobs, struggling to keep up. Others are making impossible choices between feeding themselves and their families, or paying costs like housing or health care.

Food pantries are being hit hard, too. According to Feeding America, **pantries are paying 40% more for the same volume of food supplies as last year, while demand is up 15% on average.**

The FISH Food Pantry is the most used program, hosting nearly 6,000 visits last year alone. The Food Pantry receives donations from food banks and grocery stores, as well as through local food drives and direct gifts. These are essential to keeping hungry people fed in our community.

As high demand and spiraling costs strain the program, more help is needed now.

Please consider a gift today.



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*sources—U.S. Inflation Calculator based on U.S. Bureau of Labor Statistics data, <https://bit.ly/3yLmjrN>; local vendor information; Feeding America, <https://bit.ly/3klgTyX>

OBITUARY

JAMES STANIEL BRANYON

James "Jim" Staniel Branyon, 76, passed away peacefully on Saturday, May 28, 2022 at his home in the care of his wife Carroll and granddaughter Eliza, and the wonderful caregivers of Hope Hospice. He was born on October 23, 1945 to the late Wade and Gladys Branyon.



After graduating from the College of William and Mary with a degree in business administration, Jim was commissioned into the Army as a second lieutenant. He served four years, one of which was in Vietnam, and attained the rank of captain.

Jim and Carroll moved to Florida in 1989 from Memphis, Tennessee. He was a member of the Sanibel & Captiva Islands Association of Realtors, National Association of Realtors, 25th Infantry Division Association and Rotary International.

He was a strong, respected, intelligent man whose family loved him immensely. He was an exceptional and loving husband of 55 years, a wonderful father, and he greatly enjoyed spending

time with his grandchildren to whom he will always be "Das."

Surviving are: His wife, Carroll Branyon of Sanibel; a son, James Branyon, Jr. of Cape Coral; a daughter, Darby Branyon of Fort Myers Beach; four granddaughters, Eliza Chamberlain of Sanibel, Sarah Branyon, Emma DeFonzo and Ella DeFonzo, all of Fort Myers; a grandson, Jack Branyon of Fort Myers; and a sister, Lorraine Tooley of Zephyrhills.

In lieu of flowers, consider donating to: Lewy Body Dementia Association at <https://www.lbda.org/donate/> or LBDA, 912 Killian Hill Road SW, Lilburn, GA 30047; or Hope Hospice at <https://hopehospice.org/donate/> or Hope Hospice Development Department, 9470 HealthPark Cir., Fort Myers, FL 33908.✽

Recreation Workshop Set

by Wendy McMullen

The Recreation Visioning Workshop to discuss findings of a study commissioned by the City of Sanibel to examine recreation facilities and make recommendations will take place on Monday, August 15 at 5:30 p.m. in MacKenzie Hall at Sanibel City Hall, located at 800 Dunlop Road.

Consulting firm Barry Dunn, McNeil and Barker was on island in February and March to complete a

comprehensive recreation department assessment, analysis and evaluation study. The visioning workshop with city council and the public is part of that study.✽

FISH Recognizes National Men's Health Month

In recognition of National Men's Health Month in June, FISH of SanCap is providing information on health and wellness, how to take care of health through exercise and diet, and regular visits to the doctor.

During Men's Health Week, June 13 to 19, FISH is showcasing the importance of men's health through information displayed at the walk-in center and by wearing blue on Friday, June 17. Men's Health Week was created by Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. It is generally observed on Friday during Men's Health Week. At the end of Men's Health Week, June 16 and 17, FISH will celebrate Father's Day by providing cards and treats to male visitors to the walk-in center and food pantry, located at 2430-B Periwinkle Way on Sanibel.

According to Men's Health Network,

"There is an ongoing, increasing and predominantly silent crisis in the health and wellbeing of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and wellbeing are deteriorating steadily." Men's Health Network is a national nonprofit whose mission is to reach men, boys and their families where they live, work, play and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities and patient navigation. For more information, visit www.menshealthnetwork.org.

"Awareness is key in helping to educate the community about health issues impacting men," said Maria Espinoza, executive director of FISH. "Our goal is to provide information and encouragement to our neighbors about the importance of taking care of your health year-long."

FISH offers assistance not just to residents of the islands, but also to the workforce and visitors. The organization receives requests for assistance with health-related issues from both male and female neighbors. Those requests have increased significantly during the last two years of pandemic living conditions.

"By honoring National Men's Health Month, we want to emphasize that FISH is here to help with information, community referrals and assistance through our services," said Espinoza.

For more information on programs and services offered by FISH, call 472-4775 or visit www.fishofsancap.org.✽

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Island Seniors Activities 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.

Hot Dog Lunch – Wednesdays, 11 a.m. to noon. 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 10 to 11 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

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.

The next Page Turners book discussion will be held on Tuesday, July 12 at 2:30 p.m. as hybrid Zoom/in-person meeting in the Osprey Room. The book for discussion is *Rules of Civility* by Amor Towles. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Members and guests are invited to attend a Broadway Palm Dinner Theatre matinee showing of *Wizard of Oz* on Saturday, August 13. Contact Jessica at 472-0345 ext. 711 by Saturday, July 9 to purchase tickets. Pricing is \$55 for Island Seniors members and \$65 for nonmembers. Van transportation is available on first come basis.

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

Celebrate the 30th Annual Independence Day Parade Monday, July 4, 2022, 9:30 a.m.



Presented by:



Entry Fee: Commercial \$30.00 Non-Commercial \$15.00
Each Entry Fee is for a Maximum of 3 Vehicles

Please Make Checks Payable to: **4th of July Parade Account**

Mail/Drop Off: Bank of the Islands, 1699 Periwinkle Way, Sanibel Island, FL 33957

◆◆ 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)



Make Sure to Purchase Your 2022 Parade T-Shirts at Bank of the Islands



2022 Parade Categories

- | | | |
|--------------------------|----------------------------------|---------------------|
| 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

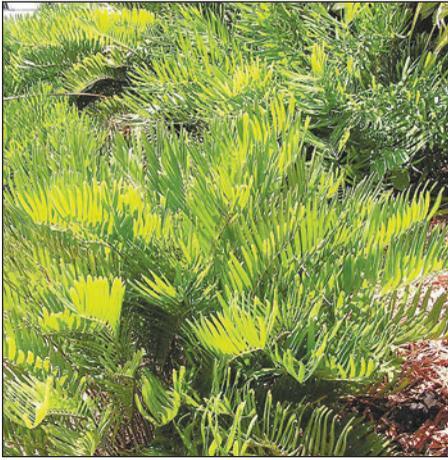
Live? (Yes) ___ or (No) ___ Boombox or Amplifier? (Yes) ___ or (No) ___

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)



Native coontie was once intensely harvested for the flour made from the starchy root
photos by Gerri Reaves

Coontie's emerging leaf stems resemble unfurling fern fronds

Female cones bear bright red-orange seeds, a food source for wildlife

Plant Smart
Coontie
Curiosities

by Gerri Reaves

Native coontie's (*Zamia integrifolia*) very existence is chief among its many curiosities, since it belongs to a "relict" classification of plants, remnants of ones that were abundant about 325 million years ago.

This species is the only native member of the sago-palm family in Florida. In the wild, it's found in hammocks, pinelands and shell mounds.

It's slow-growing, and harvesting and habitat loss have threatened wild

populations. The State of Florida lists it as "commercially exploited."

The International Union of Conservation of Nature (IUCN) rates it as "near threatened," according to IUCN Red List criteria.

Other curiosities include a strong resemblance to ferns, although it's not a fern, and the two types of cones: male, or pollen cones; and female, or seed cones.

The fact that the plant bears cones hints that it is more closely related to pines than to ferns, despite the "fronds."

When new coontie leaves unfurl, they are reminiscent of a fern or palm frond. The stiff evergreen pinnate leaves have linear leaflets up to three feet long and are sometimes twisted.

The narrowly cylindrical male cones are about seven inches long, with brown scales

and interior pollen sacs.

The brown fleshy female cones are squatter than the male ones and six to eight inches long. Rounded with blunt tips, they produce bright red-orange seeds.

Upon maturity, the cone covered with brown hairs swells and breaks apart to release the seeds.

Coontie couldn't be more low maintenance. It endures full sun and heat and is highly drought tolerant but not salt tolerant.

It's an excellent choice as a groundcover or a replacement for high maintenance turf grass.

This ancient cycad is the larval host for the atala butterfly and echo moth, and the seeds feed a variety of birds, insects, and small mammals,

Another name, Florida arrowroot, derives from its use as a main food source for indigenous people, including the Seminoles in Florida. Early white settlers also harvested the starchy root for the flour.

The plant contains the toxin azoxy glycoside cycasin, which is removed in the harvesting process. Take caution to keep pets and children away from the plant.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G.



Male cones bear pollen

Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Sheryl Bowman et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, <http://floranorthamerica.org>, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.*

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Shell Found



Abby and Caleb Umphrey photo provided

Abby and Caleb Umphrey from Gallant, Georgia were excited to find an uninhabited horse conch on Sanibel last week. They were staying with their family at Shell Island Beach Club.*

Fish Caught



Steve Pyle photo provided

Steve Pyle caught a number of mangrove snapper recently while fishing with Capt. Sean Middleton of Feelin' The Mojo Fishing Charters. Pyle is enjoying Sanibel and his stay at Shell Island Beach Club.*

Local Earns Master's Degree

Kristin Van Olst of Sanibel received a master of science degree from The University of Alabama during spring commencement ceremonies. Faculty awarded 5,907 degrees during the commencement ceremonies, held May 6 to 8 in Tuscaloosa, Alabama.*



42nd ANNUAL SANIBEL ISLAND ROAD RALLY

The FRIENDS OF RANDY OF SANIBEL 2022 Official Entry Form

For an early start time, preregister and mail this form along with entry fee of \$50.00 to:

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2301 Periwinkle Way #2, Sanibel, Florida 33957

Additional Info: Randy @ 239-699-8739 or Tim 941-626-2943 or Allen 239-699-9474

Register on-line: rcarsonsan@gmail.com



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Team Name: _____

Driver's Name & T-Shirt Size: _____

Navigator's Name: _____

Where Can We Contact The Team Leader? Please Print:

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Mileage Out: Mileage In: Total:

Route Score: + Bonus: - Penalties: Total:

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- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida

Friends of Randy of Sanibel, Inc is a Nonprofit Florida Corporation

Tarpon Frustration



by Capt. Matt Mitchell

With tarpon trips all this past week, I cannot remember in my guiding career having such a bad streak. Although we found tarpon everyday, no matter what I did I just

could not get my clients hooked up. We sat in a group of other guide boats in several well-known tarpon highways and, at times, had lots of fish passing right through our bait spread over a five-day period. The only thing that may have made this agony worse is if other boats around were hooking up. That was not the case. Over this five-day period, I may have seen a total of two tarpon caught.

Frustration and tarpon fishing can go hand in hand, and it is definitely part of the game. It's not that unusual to be in tarpon and not get a bite as they fin or basically give you the finger as they pass by. All you can do when this happens is continue to present different groups of passing fish with an assortment of baits. Downsizing leader and baits can often be the difference to get that bite.

No matter how long I'm lucky enough to tarpon fish, I don't think I will ever quite know what was different from the day you hook four fish to the very next day you can't get a single bite. During this time of year, many of the tarpon we locate are in daisy chains and exhibiting



John Scott from Illinois with a snook caught with Capt. Matt Mitchell this week

photo provided

mating behavior. The last thing on their mind is eating. The tarpon we look for are the ones that are slowly rolling and have very little movement to them. They are often just raising up. From the way tarpon show themselves, it's often possible to know if they will respond to a bait. Fast-moving, high-rolling fish are almost impossible to catch.

Without a doubt, our best tarpon bite will come in the fall. Although these fish are a little harder to locate than our spring fish, they are packing on calories before they migrate south and are thinking food not love. Often these fish can be found out along the beaches

on massive schools of fry bait. Without a doubt, this is the most wide open tarpon bite we ever get. Casting baits to cruising tarpon results in hookups. The difference between spring and fall tarpon fishing can be night and day.

Tarpon fishing, like most things in life, requires patience for success. With or without a bite, presenting baits to pods of fish is as exciting as it gets. When it boils right down to it, if you put baits in front of enough tarpon, you will get that magical bite.

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.✪

Red Snapper Season Begins

The recreational red snapper season starts Friday, June 17 in gulf state and federal waters off Florida and will remain open through July 31 with 12 days in the fall.

"We are excited about Gov. Ron DeSantis' recent announcement of this year's 57-day gulf red snapper season, which is the longest we've had since the FWC began managing the season in state and federal waters," said Florida Fish and Wildlife Conservation Commission (FWC) Chairman Rodney Barreto.

For-hire operations that do not have a federal reef fish permit may also participate but are limited to fishing for red snapper in gulf state waters only.

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

State reef fish anglers might receive a questionnaire in the mail regarding their reef fish trips as part of Florida's State Reef Fish Survey. These surveys were developed specifically to provide more robust recreational data for management of red snapper and other important reef fish and have allowed the FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters. If you receive a survey in the mail, respond whether you fished this season or not.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure), such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. For more information, visit www.myfwc.com/fishhandling.

The gulf federal season for for-hire operations with federal reef fish permits began June 1 and will close at 12:01 a.m. on August 19.✪

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Mottled Ducklings



by Bob Petcher

The mottled duck (*Anas fulvigula*) is known to be a surface feeder and not much of a diver when it comes to food. It is roughly the same size of a mallard, but is distinguishable by

richer colors, its yellow bill and a black patch at the opening of its bill.

Unlike most dabbling duck species, the mottled duck stays with their mate well into the incubation period and beyond. Ducklings tend to be fluffy and dark brown with pale yellowish faces and a dark eyeliner.

At CROW, eight nestling mottled ducklings were admitted after they were found in a storm drain on Fort Myers Beach with no mother in sight. Upon initial examination, veterinarians noted they appeared to be clinically healthy.

"The mother had abandoned the babies after they were trapped overnight in a storm drain so, in this case, there was a low likelihood of reuniting the babies with their mother," said Dr. Charlotte Cournoyer, CROW veterinary intern.

Baby birds or animals without the presence of a parent or guardian nearby can be a sign that the immature creatures



Patients #22-2866 through #22-2873 share some tub time

photo by Haillie Mesics

have been left either intentionally or unintentionally.

"It depends on the specific case, but if the babies are well hydrated and in good body condition — not thin, not injured — then we recommend monitoring the nest site from a distance for 12 to 24 hours depending on the situation to determine if intervention is needed," said Dr. Cournoyer.

While it doesn't apply in this particular case, the main focus of CROW's "If Your Care Leave It There" program is that a human is never a young animal's best chance of survival.

"Often, people inadvertently assume that babies that are alone need to be

rescued, but in most cases, the parent is out foraging for food or is nearby but not wanting to draw attention to the nest site, and only visits a couple times a day," said Dr. Cournoyer. "If you find baby wildlife and are unsure if intervention is required, please call us at CROW and we can help determine if the babies need medical attention or if they are truly orphaned."

In the eight days since admittance, the siblings have been receiving daily enrichment, nutrition and supportive care while they continue to grow in rehabilitation.

"These ducklings are receiving supportive care to ensure they grow up properly, (including) starter duck chow diet

and tub time multiple times throughout the day," said Dr. Cournoyer.

Temperature regulation is needed for these immature patients, who are capable of flight at approximately 60 to 70 days of age.

"Tiny ducklings need to be provided with a heat lamp when they first come out of the tub to prevent them from becoming hypothermic, otherwise at this age, they huddle together to keep each other warm when they're bedded down in their enclosure," said Dr. Cournoyer. "Once they become older, they will be moved to an outdoor enclosure so they can learn to fly."

The young patients will need some time at the clinic to go through their growing process.

"These ducklings will stay at CROW until they're fledging. They get most of their food as they're swimming, but it is important for them to be able to fly before release so they can easily evade predators," said Dr. Cournoyer. "The ducklings will be released together in an appropriate habitat nearby the area they were rescued. It will likely be at least another four to six weeks before they're ready for release."

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

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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk With Rehabilitators and Staff – Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission.

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. This program is not recommended for children under the age of 13. Advance registration is



required. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

**Daily Presentation Schedule
Friday, June 17, 11 a.m.**

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.

Friday, June 17, 2 p.m.

Shorebirds and Seabirds – When walking the beach, have you ever noticed the diversity of birds on the shore and in the water? This presentation discusses the different birds from the tiny snowy plovers to massive white pelicans. Take a look at how they play a role in the environment and learn why they are important to the health of ecosystems.

Saturday, June 18, 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. See what happens behind the scenes.

Monday, June 20, 11 a.m.

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem.

Monday, June 20, 2 p.m.

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

Tuesday, June 21, 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. See what happens behind the scenes.

Tuesday, June 21, 2 p.m.

Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. Learn how armadillos came to the U.S., what benefits they provide for the ecosystem

and how they adapt.

Wednesday, June 22, 11 a.m.

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

Wednesday, June 22, 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 23, 11 a.m.

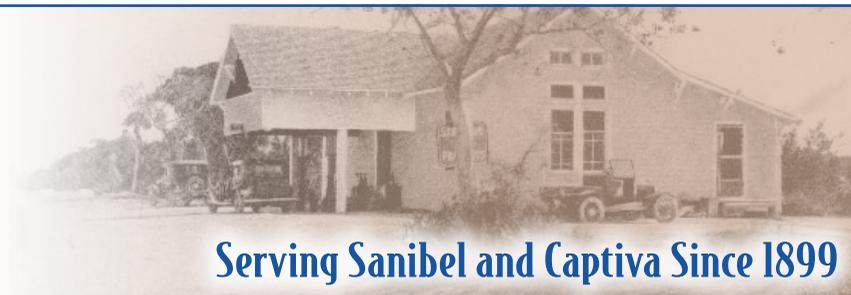
Patient Profiles: Birds of Prey – Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Thursday, June 23, 2 p.m.

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



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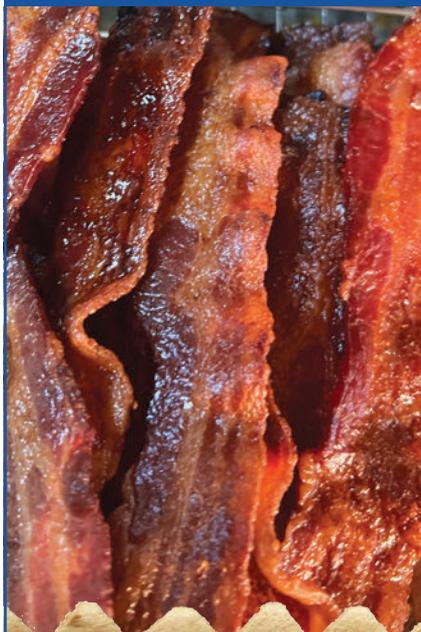
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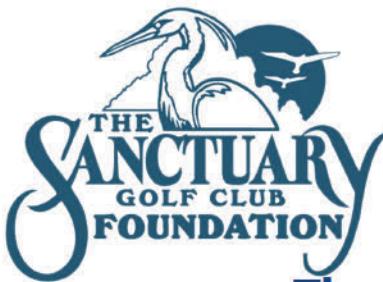


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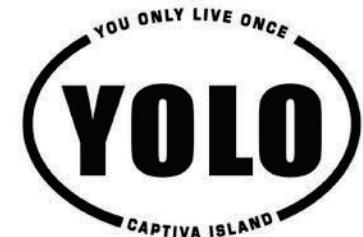
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Bailey-Matthews National Shell Museum
Shell Of The Week

The Atlantic Yellow Cowrie



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

N*Naria acicularis* (Gmelin, 1791), reaches 31 mm (about 1.2 inches). The shell is very variable in coloration and

shape, but with a general coloration of yellow to tan with whitish or darker spots. The base and apertural "teeth" are white. The species has a broad distribution in the tropical western Atlantic (but is not present in Southwest Florida) and is related and relatively similar to the recent Caribbean invasive Trush Cowrie (*Naria turdus*), and must not be confused with the latter, which tends to be a little bit larger and darker above. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. It is open daily from 10 a.m. to 5 p.m., located at



The Atlantic Yellow Cowrie, *Naria acicularis*, from off Lake Worth, Florida

image by Chris Kovasz

3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.✱

Generator Safety

If you power your home with a portable generator during electrical outages, consider the health and safety risks to your family, your neighbors and line crews working in the area.

Determine how much electricity you need for your home and be sure to buy the right size generator. Read the operating instructions carefully. Do not

connect a generator directly to your home's electrical system. Plug appliances directly into the generator.

Never use a generator indoors or in an attached garage. Keep in an open, well-ventilated area outside and away from open windows. Buy a battery-operated carbon-monoxide alarm, which will alert you if carbon monoxide levels become dangerous. Do not touch a generator if you are wet or standing in water. Consult an electrician if you have any questions.

For more tips and to download the Lee County Electric Cooperative (LCEC) Hurricane Guide, visit www.lcec.net.✱

American Legion Post 123

The Marty Stokes Band is playing at American Legion Post 123



on Friday, June 17 from 6 to 9 p.m. On Saturday, June 18, the Yabo food truck will be on site and there will be live music from 6 to 9 p.m. A ham dinner is on the menu for Father's Day, Sunday, June 19. 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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Dogs At Work



by Allison Havill Todd

For those planning to rent a bicycle, purchase cycling accessories or have their existing bicycles serviced, you will be greeted by a friendly staff member in the service department

at Billy's Bikes in Bailey's shopping plaza. This employee may seem a bit shy at first, but she will warm up to you quickly and is especially helpful with the younger clientele.

Visitors will be able to easily identify this particular bike shop assistant by her sleek, shiny gray hair, which is typically accented with some pink attire. The piercing stare of her hazel eyes may initially seem a bit off putting, though you will find her to be the gentlest of souls. She is also inseparable from her best friend, Lead Mechanic Derek Deshane, who saved her from a difficult life and adopted her as his own.

Angel is a pitbull that was previously living with one of Deshane's neighbors. Knowing that his neighbor was frequently in and out of the hospital with substance abuse issues, Deshane recognized that Angel was being horribly neglected and often left alone to fend for herself. Deshane and his neighbor agreed that Angel would be better off living with



Angel photos by Allison Havill Todd

Deshane and his family rather than being turned into a shelter. He has known Angel since she was 8 weeks old and knew she had always been friendly and was great with his three kids, ranging in age from 2 to 6 years old. Deshane commented on how docile Angel is with his children, especially the 2-year-old, and how this behavior has carried over into her work environment.

Most days, Angel will accompany Deshane to work where the staff welcomes her presence and customers adore her. They all agree that it helps having Angel in the shop. She offers great emotional support and helps to relieve stress on busy days. Plus, she is just fun to have around. Even customers, who may have been disgruntled upon entering, experience



Derek Deshane with Angel

an immediate change in attitude upon seeing Angel. While many are fearful of this breed of dog, Deshane has found that their customers are able to look past the stigma surrounding the breed to discover her caring and benign nature. And there's something about her pink harness that lets visitors know she is really just a sweet little girl.

Pitbulls are found in large numbers at local animal shelters, as many people

are not willing to evaluate the individual personality of the dog rather than misinformation about the breed as a whole. Deshane encouraged those who are considering a dog for their family not to overlook adopting this breed, as Angel has proven to be a true jewel of a companion and a wonderful family friend. She also has a long list of admirers who frequently stop in at Billy's Bikes just to say hello to her!

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

Top 10 Books

1. *Our Last Days in Barcelona* by Chanel Cleeton
 2. *One Italian Summer* by Rebecca Serle
 3. *Something's Cooking in Chianti* by Jennifer Schiff
 4. *Sea of Tranquility* by Emily St. John Mandel
 5. *It All Comes Down to This* by Therese Anne Fowler
 6. *Book Lovers* by Emily Henry
 7. *The Lioness* by Chris Bohjalian
 8. *Honor* by Thrity Umrigar
 9. *Dream Town* by David Baldacci
 10. *What We Wish Were True* by Tallu Schuyler Quinn
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Shells Found

Jennifer Combs of Shoreline, Washington found a wonderful collection of shells during her stay on Sanibel between May 28 and June 4. She found all of her shells during her morning walks between West Wind Inn and Blue Dolphin Hotel. She said, "When the shelling is good, it's very, very good."

Combs was visiting her mother, Judith Hicks, a resident of Lake Murex subdivision on Sanibel.✪



Jennifer Combs

photo provided

Shell Found



Christian Grabenstein photo provided

Christian Grabenstein of Elkhorn, Nebraska found a junonia the day after the recent tropical storm came through and created a "shelf of seashells." He said, "Finding a junonia is like finding a pot of gold at the end of the rainbow. When you encounter one, you know immediately it is something special. It will be treasured by our family for generations to come."

Grabenstein and his family have been coming to Sanibel-Captiva since 1997.✪

Shell Found



Trisha King photo provided

Trisha King found a Cabrit's murex in shallow water nearshore at Blind Pass on June 5, just before sunset. King and her family are from Winter Haven, Florida and were staying at King's Crown with her brother's family from Clayton, Georgia.

King said, "I've found a lot of beautiful shells in the 27 years we've been coming to Sanibel, but this is the first Cabrit's murex. It's one of God's amazing creations!"✪

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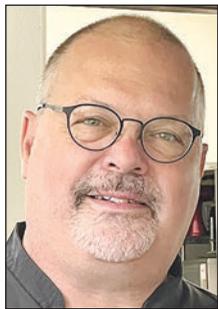
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The Community House
Mangoes



domestically in India over 4,000 years ago and are considered a sacred fruit. Mangoes spread gradually throughout Asia and then to the rest of the world. Due to the mango's large center seed, the fruit needed humans for transport across the world. The spread of Buddhism across Southeast Asia resulted in the spread of mangoes. Persians carried mangoes across western Asia and planted seeds in east Africa in the 10th century. Portuguese explorers introduced mangoes to Brazil in the 16th century and from Brazil mangoes spread throughout the Americas. They were first planted in Barbados in 1742 and by the early 19th century were being grown in Mexico. Mangoes were not really grown in the United States until the late 1800s. Today, most mangoes found in grocery stores are grown in Florida, Mexico, Haiti and South America. However, Asia grows about 75 percent of all mangoes in the world.

Mangoes have been used in art and fabrics for centuries. The paisley pattern originated in India and is said to be a stylized depiction of a mango. In the language Tamil, spoken by the people of southern and eastern India, Sri Lanka and a few other surrounding countries, the pattern has been called "man Kolam"

which means "mango design."

Here are a few interesting facts about mangoes:

Mangoes are related to pistachios and cashews;

In East Indian folklore, it is said that mango trees can grant wishes;

Mangoes are eaten across the world more than any other fruit;

India is the top producer of mangoes in the world;

Green mangoes contain more vitamin C than ripe mangoes;

As mangoes ripen, they contain more vitamin A;

Mangoes continue to ripen after they have been picked;

Mangoes are considered the "king of fruit" because their flavor is a mix of orange, peach and pineapple.

Most people in the U.S. consider mango an exotic fruit and it is still not very widely distributed here in the lower 48. We're lucky to be living in south Florida where we have mango trees in our own backyards.

by Chef John Wolff

Mango season is upon us. We have quite a few dangling from the branches of our mango trees here at The Community House and soon we'll have hundreds of mangoes from them. We'll also be completely inundated with donations of mangoes as well. As anyone with a mango tree can attest, a mature mango tree can produce as many as 300 mangoes each season. Typically, mango trees live for around 200 years but there have been trees that have been confirmed to be over 300 years old.

Mangoes were originally cultivated

Mango Coconut Soup

Ingredients for the soup:

2 tsp. olive oil

1 onion, diced

2 tsp. Thai red curry paste

2 large mangoes, peeled and quartered

1 tbsp. light brown sugar

2 tsp. grated ginger

1 can (14 oz.) unsweetened coconut milk

1/4 cup plain non-fat yogurt

2 tbsp. freshly squeezed lime juice

Ingredients for the relish:

1 large mango, diced

2 tbsp. light brown sugar

2 tsp. chopped fresh basil

Prepare the soup: In a skillet, heat oil over medium heat. Add onion and sauté until softened, about 6 minutes. Add curry paste and sauté for 1 minute.

In a food processor or blender,

puree onion mixture, mangoes, brown sugar, ginger and salt until smooth. Add coconut milk, yogurt and lime juice; process to combine (1-2 tbsp. of water can be added to adjust consistency). Transfer to a bowl, cover and refrigerate until cold, about 3 hours, or overnight. Taste and adjust seasoning with salt, if necessary.

Prepare the relish: In a small bowl, combine mango, brown sugar and basil. Let stand for 15 minutes.

Ladle soup into chilled bowls and top each with a dollop of mango relish.

*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.**



Dear Dad,

If you were here I would take you to The Sanibel Grill for a dozen cold juicy oysters and thank you for introducing me to them at Lundy's when I was eight years old. We'd walk down the hall to The Timbers Fish Market, grab a couple of prime New York steaks (and a piece of salmon for mom) and then go home and I'd cook them for you with real charcoal as you had taught me.

I'm sorry you never got to see any of my restaurants but know that my success was greatly due to you!

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Mango Mignonette
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 ¼ cup quality vinegar (Champagne or similar)
 1 lemon, juiced
 1 teaspoon sugar
 ½ teaspoon sea salt
 Fresh ground black pepper, to taste
 1 tablespoon fresh spicy chili pepper (jalapeno or similar), sliced paper thin or diced small
 2 tablespoons red onion, diced small
 2 tablespoons fresh scallion or chives, chopped fine
 In a small bowl, combine all ingredients. Mix ingredients and let sit in refrigerator until ready to use. Serve as a sauce on the side of fresh shucked oysters.*



Mango Mignonette

photo courtesy Fresh From Florida

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Historic Milestone For Recovery Of Endangered Bird

It was not the most dramatic animal release of all time, but it was a dramatic milestone for one of North America's most endangered birds. On June 1, the 501st grasshopper sparrow completed its journey from White Oak Conservation with 12 friends, flew out of its enclosure and joined its fellow birds in the wild of the central Florida prairie.

Florida grasshopper sparrow populations were on the decline prior to 2019 due to habitat loss, among other factors. Without intervention, the extinction of these tiny birds was a real possibility. In response, the Florida Fish and Wildlife Conservation Commission (FWC), U.S. Fish and Wildlife Service (Service), White Oak Conservation, the Fish & Wildlife Foundation of Florida (Foundation) and partners have collaborated on a multipronged strategy including a conservation recovery and release program to bring them back from the brink.

The first releases took place in May 2019 and since then the wild Florida grasshopper sparrow population has increased. A year following the first release, biologists detected released birds successfully pairing and breeding with wild Florida grasshopper sparrows. In 2021, biologists confirmed that



Florida grasshopper sparrow

photo provided

some offspring produced by released birds had become breeders themselves. During both the 2020 and 2021 breeding seasons, 65 percent of the young that were produced in the wild at the release site came from nests that had at least one parent that was part of the recovery program. From 2019 to 2021, biologists have seen an 84 percent increase in the sparrow population at the original release site.

"Along with other important conservation measures, such as habitat management and nest protection, the conservation-recovery and release program has had a clear positive impact on the Florida grasshopper sparrow population at the release site," said Juan Oteyza, lead sparrow research scientist at the FWC Fish and Wildlife Research Institute. "We are incredibly happy with these results but Florida grasshopper sparrows are still critically endangered and therefore we must stay committed to our conservation efforts

to create a more resilient population."

Since 2012, the partnership has dedicated significant financial resources and personnel to the recovery of the Florida grasshopper sparrow, including proceeds from the foundation's "Conserve Wildlife" license plate.

"We are excited about the progress the program has been making over the past few years," said Mary Peterson, endangered species recovery biologist for the service. "Many of the lessons we have learned with the Florida grasshopper sparrow could be applied to other Florida imperiled species, such as the endangered Cape Sable seaside sparrow, or other grassland birds."

The program has grown in recent years, including other conservation breeding facilities, including the Avian Preservation and Education Conservancy, Brevard Zoo, as well as support from Welaka National Fish Hatchery. In 2021, the program's expansion included the release of 99 sparrows from these partners at a second site, where partners are starting to see positive results.

In addition to the success of the conservation breeding and release program, crucial habitat for the birds was conserved recently. With 6,000 acres of sparrow habitat, the DeLuca Preserve in Osceola County has one of the largest known breeding populations of Florida grasshopper sparrows.

"This is a once-a-generation gift of land, 27,000 acres," said Andrew Walker, foundation president and

CEO. "Conserving this land was a key component in pulling the Florida grasshopper sparrow back from the brink of extinction."*

Shell Found



Trae and Liam Kerstetter photo provided

Trae and Liam Kerstetter of Lewistown, Pennsylvania found a junonia at Lighthouse Beach at approximately 1:30 p.m. on June 8. Trae scouted the spot about 20 yards out into the ocean. The first shell they dug out was the junonia. Liam exclaimed, "Oh, my gosh! We just found a junonia!"*

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Shell Crafting

Mermaid On A Rock



by Anne Joffe

You can use any shell or a piece of coral for your gal to sit on. She resembles *The Little Mermaid* statue in Copenhagen.

- Materials
 1 large fig shell
 1 small shark's



Mermaid On A Rock photo by Anne Joffe

This is for the upper torso.

Glue the small clam shells on as her breasts.

Attach the body to the rounded part of the fig shell, and then glue the head with hair on top of the body. There is no reason for arms as the hair should cover that area.

Glue the entire finished mermaid onto the base.

*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.**

- eye, painted flesh color
 2 small clam shells
 Small white gar scales
 Small piece of cardboard
 Iridescent shredded paper (for hair)
 A shell or piece of coral (for base)
 Wooden doll head, painted face (16mm)
 Glue gun or tacky glue
 Directions
 Cut a tail shape out of cardboard.
 Glue gar scales on, overlap each one and each row for the tail, and go longer at the bottom.
 Glue the tail to the narrow end of the fig shell.
 Glue the hair on the doll head, all over the back and the sides. Make it long and wild.
 Glue doll head onto shark's eye, then glue shark's eye to the top of the fig shell.

Poetry Corner

by Lorraine Walker Williams

This Is America?

21 Dead Uvalde, Texas

And the child dipped her hand in the blood of another so the shooter would think she was shot. She survives.

And the child dialed 911 again and again begging police to come in, come in, whispering, *Some students are still alive.*

And these children, terrified, wait... wait... wait... 78 minutes in the classroom where once they felt safe.

Police stood outside.

Will these children's lives stopped by bullets—denied by a depraved shooter awaken this gun-hungry nation, or do we too, wait...wait...wait and stand outside?

*Lorraine Walker Williams is the author of six books of poetry. Her work is also featured in the 2022 tribute anthology to Laurence Ferlinghetti, Light on the Walls of Life. Twice nominated for the Pushcart Prize, she has read at the Library of Congress and Legion of Honor. She was awarded Dodge Foundation grants at the Fine Arts Work Center in Provincetown, Massachusetts. Creator of ArtPoems.org, she was Literary Artist of the Year in Fort Myers. She received awards from the National League of American Pen Women and numerous publications. Online poetry journalist and New Jersey summer bard, she has chaired writing groups in New Jersey and Florida.**

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Kelly Huguenin



Greg Demaras

The top producers for May at Pfeifer Realty Group were Kelly Huguenin, Greg Demaras and Wendy Kirschner.*



Wendy Kirschner

Kingfisher Real Estate

Brooke Brownyard was the top listing and top selling agent for May at Kingfisher Real Estate.*



Brooke Brownyard

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Kelsey Hausmann from Bailey-Matthews National Shell Museum shows children a live horse conch during a program at the library photos provided

Borrow A State Park Pass From Sanibel Library

Your library card is going to be one of the most powerful tools in your summer of fun tool box. You can enter into almost every Florida state park this summer using your public library card.

Sanibel Public Library is circulating two Real Florida Reader state park passes. Patrons can place a hold or check out a pass on a first come basis. Limit of one pass per household, loaned for one week. Each pass is good for one vehicle with up to eight passengers. The Real Florida pass is for day use entry and is valid at most Florida state parks.

"Florida has a rich cultural and historical heritage. Patrons can use the passes to explore nearby places like Koreshan State Park or Mound Key Archaeological State Park. The Real Florida passes provide the perfect opportunity to experience our state's diverse natural and cultural treasures," said Sanibel Public Library Executive Director Margaret Mohundro.

Borrow a birdwatching kit from the

Sanibel Public Library (adults and child versions) on your state park visit. For an extra challenge, check out a book about Florida's wildlife and see if you can identify any of the flora, fauna or habitats seen at the park. The Real Florida Reader program runs through September 12.

The library also offers passes to four of the area's most popular attractions – Bailey-Matthews National Shell Museum, Sanibel Historical Museum & Village, Golisano Children's Museum of Naples (C'mon) and Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center. Passes may be checked out for one week using a current Sanibel Public Library card. Call 472-2483 to place a hold on a pass.

Children from babies to 12th grade can register for the summer reading program online with Beanstack at www.sanlib.org/children. In-person programs for elementary-age children are planned for Tuesday afternoons. Presenters include Master Storyteller Windell Campell, CROW and Adam's Animal Adventures.

Tampa Bay Bats returns on Tuesday, June 2 at 3 p.m. The program starts with a presentation on Bats of the World, which includes photos of bats along with commentary, followed by a closeup



Duane Shaffer and Ian Wainwright with Real Florida Reader state park passes

in-person look at live bats.

Family storytime (for children ages 5 and under) is held on Wednesday mornings. Parents and caregivers should



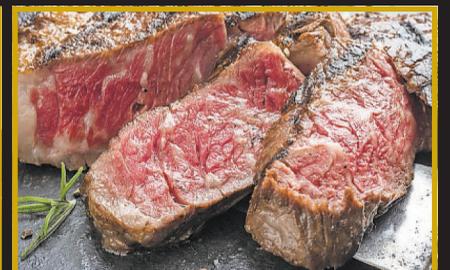
A free-tailed bat from Tampa Bay Bats rescue organization

plan to be engaged with their child for this program. Storytime runs approximately 20 minutes and is followed by play and craft continued on page 32

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Book Review

Nothing To Lose

by Di Saggau



JP Beaumont is back again in JA Jance's *Nothing To Lose*. He's retired from the Seattle Police Department, living a quiet life in Bellingham, Washington, where his wife, Mel

Soames, is the chief of police. Years ago while still with the Seattle PD, Beaumont's partner Sue Danielson, was murdered by her ex-husband. Beau saved her two boys, Jared and Chris, who were sent off to Ohio to lie with Sue's family..

It's now 20 years later, the doorbell rings and when Beaumont answers it, a young man says he is Jared Danielson. He is looking for his younger brother Chris, not having seen him in over two years. Beau takes the case and follows a lead all the way to the wilds of wintertime Alaska.

Chris had been a troubled teen who ran with a rough crowd. He left Ohio and ended up in Homer, Alaska, with another grandparent. Two years before his high school graduation, he left his pregnant girlfriend and was not heard from again. Jared suspects foul play. Beau has Jared get a DNA test to help

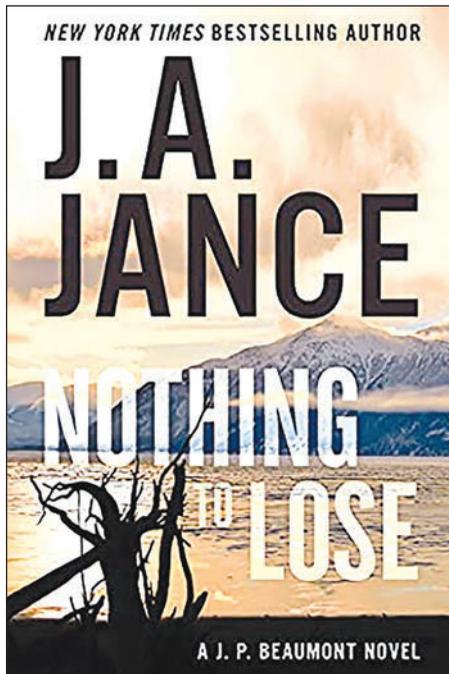


image provided

him track down Chris. An Alaskan female called Twink Winkleman owns an old Travelall with heavy-duty snow tires and a front snow blade to get them through all kinds of situations. She's a memorable character, to say the least.

Together they encounter a tangled web of family secrets in which a killer with nothing to lose is waiting to take another life. This is JA Jance at her best. She has the ability to spin a tale that keeps you turning the pages.✱

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My

11-year-old daughter will be going to a sleep away camp for the first time in July, and although she wants to go very

much, she is quite anxious about it. How can I help calm her anxiety?

Nadia B, Sanibel

Nadia,

Summer camp brochure photos typically show us the sun-splashed children playing sports, swimming and having a great time. We never see any discussion about how to deal with the anxiety that most kids experience prior to a major life experience as sleep away camp. Some anxiety is a natural reaction to a new adventure, and the family separation will occur. All children experience a mixture of excitement and nervousness when summer camp approaches and, for most, the excitement exceeds the nerves, but for some children the anxiety interferes in what should be a fun, formative experience.

Children are typically ready for sleep-away camp around ages 10 to 12, given individual skills, experiences and temperament. Summer camps help kids develop many skills important for future success: resilience, self-reliance and social adaptability. The camp experience being away from home and among peers can help kids develop social skills, separate in a healthy way from parents and develop independence. Camp activities can help them build confidence by enjoying success in their chosen activities.

The key to helping your child get over pre-camp nerves is to acknowledge her feelings and give her tools to help her manage them.

Help your child get excited about camp – Take her shopping for new gear and focus on all the fun things about camp that she can anticipate.

Avoid focusing on what makes children anxious – Instead of asking leading questions like, “Are you nervous about water skiing?” ask open-ended questions like, “How are you feeling about the water skiing?”

Don't trivialize her concerns or offer glib reassurances – “There's nothing

to worry about!” or “Everyone loves camp!” may discourage your child. Instead, show that you have empathy and acknowledge her concerns.

Go through “rehearsals” – A shorter-term sleepover or a night at Grandma's will make it easier for your child to be away from home.

Make communication easy and accessible – Pack envelopes and stamps, outline a schedule for phone calls or emails if they're part of the camp's routine and make sure your child understands how easy it will be.

Help your child formulate realistic, goal-oriented plans for making friends or passing a swimming test – Having a framework for completing these plans can give your child a feeling of success and take her mind off her anxiety.

What you want to share is your confidence in your child and the summer experience – Keep the goodbyes short, as delaying just causes more mixed feelings and may communicate your own anxiety. Kids can pick up on your feelings even if you don't verbalize them.

If your child has psychiatric, medical or learning issues, make sure the staff and counselors know anything they need to know to head off problems and maximize her experience – And let your child know that counselors are there to support her, whether she has a simple question or a larger problem.

Summer camp is a unique situation where your child engages with a large community of peers and learns how to interact socially in a less-structured environment than school. This is a time for her to actively make decisions for herself and develop a sense of self-reliance. Even though you may be concerned and want to intervene, give your child the space to take ownership over the experience herself and watch her grow.

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

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From left, Nicole McHale, Marcus Preece and Kerri Maw

photo provided

Premier Sponsor Named For Race

Cielo is the premier sponsor of the 10K Race 4 FISH, scheduled for Saturday, October 22. The annual road race supports programs and services offered by FISH of SanCap.

Cielo, winner of countless awards for its cuisine, focuses on farm to table fine dining. “Year after year, the Boler family, Marcus Preece and the entire Cielo team graciously support FISH as premier sponsors of our annual race,”

said Nicole McHale, race committee chair. “Their generosity and commitment to our community is incredible and we’re thankful for their support.”

Preece, general manager of Cielo, said, “Cielo is proud to sponsor the race in support of the FISH organization and everything they do for our community. FISH’s ability to provide assistance as a ‘neighbors helping neighbors’ organization truly shows their commitment to those that live on, work on and visit our special islands.”

The 10K race will be held in two formats this year; as an in-person running

event and a virtual option where runners can participate and submit their time at any point from when they register through October 22 at 11:59 p.m. Participants will receive a runner’s tank top featuring the Hortoon 10K logo. As in years past, Hortoons creator Dave Horton designed the logo, this year with one of his alligator characters holding the FISH 40th anniversary banner.

Registration is open on the Fort Myers Track Club website at www.ftmyertrackclub.com. FISH hopes to

see runners from across the country register in support of a great cause. The organization added a kids run, business expo and other opportunities to highlight its 40th anniversary. Information on sponsorship opportunities as well as 10K Days – where island businesses can showcase their establishments while supporting FISH – are available online at www.fishofsancap.org.

For more information, contact Diane Cortese at dianerc10@gmail.com or Nicole McHale at noel2me@icloud.com.

Bank President Earns Award

Sanibel Captiva Community Bank President Kyle DeCicco was selected by the Independent Community Bankers’ Association for its annual 40 Under 40: Emerging Community Bank Leaders Awards.



Kyle DeCicco

This national award program recognizes 40 community-minded, innovative leaders under 40 years old who represent the future of the community banking industry. Candidates from all over the country are chosen based on their character,

leadership, community involvement and innovation in community banking.

In January 2022, DeCicco was named bank president while maintaining his role as senior loan officer. He oversees management, operations and the expansion of the bank’s lending division.

DeCicco joined the bank in 2016 as vice president and commercial loan officer, with a focus on commercial real estate lending and relationship development with local businesses and investors. He was instrumental in leading the bank’s efforts in administering the Small Business Administration Paycheck Protection Program in 2020 and 2021. Under his direction, the bank successfully secured over 1,100 loans totaling nearly \$109 million, helping save nearly 10,000 Southwest Florida jobs in the wake of the COVID-19 pandemic.

With over 15 years of banking experience, he has worked in commercial real estate and lending, credit analysis,

continued on page 30

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Superior Interiors

How To Make Your Home Feel Like A Cottage



by Linda Coin

When it comes to cozy home decor, the cottagerecore aesthetic is a great interior design option, no matter where you live. The classic cottage style is a surefire

way to bring rustic charm to your home, while still having room to add your own personal touches.

The popularity of romanticized country decor originally stems from European nobility that would temporarily get away to rural areas for a simpler living situation compared to their opulent homes. That's why the cottagerecore aesthetic is primarily nature-driven, with floral patterns and indoor plants a common staple.

Cottagerecore is all about going back to the basics, and that includes the materials you use to decorate your home. From furniture to pillows to art, get inspired by rustic elements that cozy up your space easily to transform it into your own cottage.

When shopping for furniture, keep an eye out for wicker and wood, which can easily match existing pieces and transition any room into your ideal vintage home. Meanwhile, for other cottage materials, you can opt for cotton, wool and/or macrame pieces made from hemp. All of these will instantly add a cozy feel to your home.

Art pieces can quickly transform any space into a rustic country home. Fill your walls and bookshelves with floral art prints and/or scenic landscapes to make it feel like you're in the country, even if you're not.

When choosing a color scheme for your new home design, take inspiration from nature. Soft, pastel blues and earthy neutrals are ideal places to start. Similarly, off-white, cheery yellow and dusty pink can brighten a space while still building a calming environment.

Whether in your entryway, bedroom or bathroom, try decorating with wallpaper. Rustic homes often have simple patterns and styles that emphasize the great outdoors. Today, wallpaper comes in a wide variety of patterns, colors and subjects to choose from.

Plants add color, brightness and coziness to any space seamlessly. Spruce up your kitchen with a bright flower arrangement or herb garden to create a little cottage haven. Other exciting ideas to try are decorating with dried herbs or hanging a bouquet of lavender in your bathroom. Both work as decor and calming home fragrances.

Cottagerecore style is a romantic interior design, so you can be free to choose a light fixture that achieves that

feel. Even though this design mostly uses simple and rustic elements, you can choose more intricate pieces for your focal light fixture, just prioritize natural-looking material. A great example is an intricate chandelier designed with delicate crystals or beads. Similarly, you can complete your home dining room with a wooden candelabra centerpiece.

Bring coziness to your living spaces with comforting textiles. From the master bedroom to your living room, make sure every living space has access to soft, homey textiles. Classic quilts, soft pillows and knit throws will help bring in cuddly nights and create warm memories with the family and friends.

Shop for antique kitchenware and cutlery. As previously mentioned, your cottagerecore home doesn't have to match perfectly. With this in mind, you can nail the vintage kitchen look with antique dishes, china and cutlery, just like from your childhood.

Bring the outdoors inside through your windows. Invest in light linen drapery that can complement the shining daylight and brighten the space. If you prefer colorful and/or patterned drapery, try adding a layer of sheer drapery behind the main fabric.

Experiment with atmospheric lighting. Candles, decorative lanterns and string lights can all help build the perfect romantic glow to your cottage-inspired home. As the sun sets, instead of turning on your overhead lights, you can recreate the simpler atmosphere of past country living with softer ambient lighting.

Excited to get started on your home's interior design? A design professional can help you transform your home into a cottage getaway – whether in one room or your entire home.

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

From page 29

Bank President

performing and nonperforming loan portfolio management, and management of FDIC insured loss-share assets. His efforts have resulted in the bank closing nearly \$300 million in commercial loans in six years, the majority of which supported local individuals and businesses seeking to launch a business, grow operations or purchase real estate.

DeCicco is a graduate of the Florida Bankers Association Florida School of Banking and holds a bachelor's degree in business administration from Florida Atlantic University. He is in his final year of the American Bankers Association Stonier Graduate School of Banking at the Wharton School of University of Pennsylvania and will graduate in June.

The Southwest Florida native serves as a board member and treasurer of The Foundation for Lee County Public Schools and as a member of the foundation's grant selection committee. He also serves on the Heights Elementary Student Advisory Committee and is a captain-level Keel Club member of United Way of Lee, Hendry, and Glades, among other volunteer efforts. ✨



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UNDER CONTRACT

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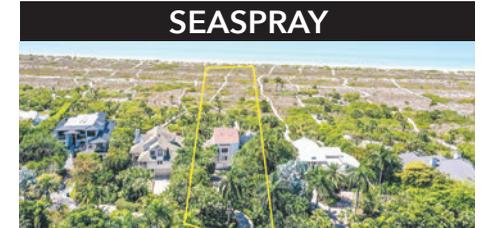
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NEW PRICE

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 • 100' Canal Frontage w/Direct Gulf Access
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Rotary Happenings



submitted by
Cindy Carter



Jeff Muddell

If you have had children attend The Sanibel School, you are familiar with how it is unique in so many ways. It offers our children a safe, continuous educational experience until the eighth grade in small classrooms with excellent teachers and an extremely supportive community. The test scores of our students, although not a complete indication of student performance and success, are far above other Lee County schools and the State of Florida standards.

However, in recent years, the number of students has declined with a direct correlation between the red tide events of a few years ago and then COVID-19. The amount of funding a school receives is directly tied to the number of students attending the school. In steps the Sanibel School Fund. Jeff Muddell, president of the Sanibel School Fund, shared with us how the fund supports our students.

The Sanibel School Fund is an

extension of the Lee County School Foundation, a registered 501(c)3, and raises funds for classroom enrichment, the foreign language program and the ever-growing technology needs of the students. It also supports The Sanibel School's robust STEM program, a unique science, technology, engineering and mathematics focused specialty program at the school which will be available for all its K-8 students, a program that the school is hoping will lure potential students to the island school.

The island community has always been generous in supporting the events of the Sanibel School Fund such as the Seahorse Festival and the Blue Ribbon Golf Classic, which raised over \$135,000 to help fund 100 percent of STEM program, as well as contributed to several science-themed field trips planned for students next year, including overnight adventures to Kennedy Space Center. Sponsors are always needed as well as volunteers interested in sharing their talents to further enrich the students. For more information, contact The Sanibel School at 472-1617.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray & Members



Maureen Ahmed



Trevor Nette

The top producers for May at Royal Shell Real Estate were: McMurray & Members, top listing and top sales producers team; Maureen Ahmed, top listing producer individual/partners; and Trevor Nette, top sales producer individual/partners.*

From page 27

Library

center time.

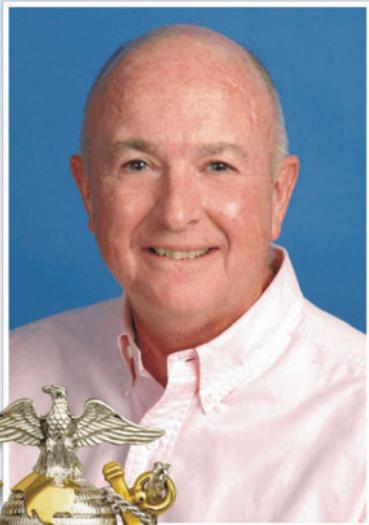
Teens and 'twens can stop by on Thursday evenings for programs including an escape room, crafts and virtual reality. On Thursday, June 23 from 6:30 to 7:30 p.m., teens can have snacks and make Shrinky Dinks.

Family-friendly feature films are shown on Friday afternoons. The movie for June 24 at 1 p.m. is *Moana*.

Try Book Bingo, a self-directed reading challenge for adults, with opportunities for prizes. Participants fill appropriate squares on their Bingo sheet as they read. Each square represents a different category chosen by library staff. Pick up your card at the service desks, or download it from www.sanlib.org.

The library is open from 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. on Tuesday, Wednesday and Friday, and Saturday from 9 a.m. to 1 p.m. Most devices can connect to high-speed WiFi from outside, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present your driver's license (or 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.*



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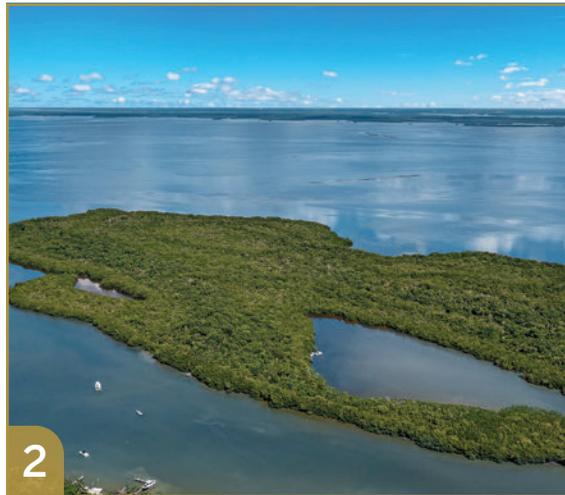
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BURNS *family* TEAM



1



2

1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - SANIBEL

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- 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.

• **\$22,000,000 EURO 20,014,556**

3. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access

• **\$1,895,000 EURO 1,774,535**

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



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

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history

• **\$1,049,000 EURO 993,225**

7. REMODELED ON DIRECT ACCESS CANAL - SANIBEL

- 3 BR/ 2.1 BA gorgeously remodeled home just a 5 minute boat ride to the Bay with the ability to accommodate a sailboat or larger vessels
- Kitchen includes GE Café appliances & quartz countertops, wide plank oak flooring in the living room, remodeled pool & spa.

• **\$2,495,000 EURO 2,390,029**

8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more

• **\$1,390,000 EURO 1,296,842**



7



8

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Will Power

Growing Older Doesn't Have To Mean Growing Old



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

When I meet a new client who has recently moved to Florida, they're usually very excited. They've wrapped up a career. The kids are grown and on their own. It's time to relax and enjoy free time. It seems that they have a new lease on life. I'm happy for them.

For some, however, things change rapidly. Over the next several years, some encounter a few health problems, perhaps major ones. Others worry about whether the money will run out. Then, one by one, friends die off.

That's when I see them grow old.

When I say "old," I really mean that they seem to lose a purpose. During our working years when raising a family, there's plenty of "purpose" to go around. But when you're no longer needed at the office, and your children are super busy building careers and raising their own families, finding purpose seems to be more difficult.

That's when the endless trips to the doctor's office, spending hours in the waiting rooms beats us down. What more is there to life?

The *New York Times* columnist David Brooks may have hit on something remarkable in his column asking whether our society is too focused on resumé virtues as opposed to eulogy virtues. The resumé virtues are the skills that you bring to the marketplace. The eulogy virtues are the ones that are talked about at your funeral – whether you were kind, brave, honest or faithful. Were you capable of deep love?

It may be ironic, but my take on his column is that building eulogy virtues keeps us young. Many of us can find a deeper meaning and purpose in late life building those eulogy virtues. We all know that the eulogy virtues are more important than the resumé ones. Our culture and educational systems spend more time teaching the skills and strategies you need for career success than the qualities that you need to radiate an inner light.

Since we tend to focus on external achievement, years pass and the deepest parts of us go unexplored and unstructured. That's when your retirement years can be spent narrowing the gap between your actual self and your desired self, between you

and those people you meet who seem to radiate joy.

We've all met those people. I believe that my daughter Courtney is such a person. She brightens a room just by entering it. Courtney recently graduated with her doctorate in physical therapy. She has a number of job offers from those whom she interned with in her program. Everywhere she's worked, it's mentioned how the patients love her and request her for their next appointment! And this was as an intern!

Courtney loves people and it shows. She doesn't mention much about herself, instead she asks all about the person she's with. What I've noticed about people who radiate life is that they are humble. Today's world wants us to promote ourselves. Social media feeds become a highlight reel of our lives. But all the people I've ever admired don't have a desperate need for approval. CS Lewis remarked that "Humility is not thinking less of yourself but thinking of yourself less." That describes my former law partner John Sheppard to a "T." He awoke each morning not thinking about what he could do for himself, but what he could do for others that day.

Sadly, John passed away a couple of months ago. Yet he remained young in outlook to the end of his days.

One thing that John was good at was making friends with those younger than him. As you get older, your friends tend to die off, leaving you lonely. John was never lonely. He engaged with the world, and in particular with those who needed help with their daily struggles. That's what kept him young. He and his wife Ellen, for example, gave Teddy bears to children being treated at Golisano Children's Hospital.

After my working years are over (which probably won't be for many years yet), I hope that I've been able to build and then strengthen my eulogy virtues. It's not because I would plan to die soon, rather I believe that building these virtues will help keep me young.

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Outcome Of Investments In Public Schools

In 2018, the citizens of Lee County approved a half-penny sales tax to be used to support the growth of and excellence in the School District of Lee County. This tax surcharge is approved for 10 years, and is projected to raise approximately \$1 billion during the decade.

To ensure accountability to the voters, the school district created the Independent Sales Surtax Oversight Committee to oversee the utilization of these funds in accordance with the voters' intentions. For the past three years, the committee has met quarterly to provide oversight and guidance to the district. Representatives of the committee want to keep the public informed regarding the impact these funds are having on schools.

Since inception, the sales tax has generated approximately \$275 million for Lee County schools. As proposed in the ballot initiative, a large part of these funds are provided by visitors to the region who pay sales tax when visiting Florida. With the exception of the pause in travel due to COVID-19 in the first half of 2020, vacation travel to Southwest Florida has been booming, as exemplified by record numbers at regional airports. Thankfully, these visitors are strengthening the regional economy and the schools.

The \$275 million has been put to good use in strengthening the educational system. As the population continues to boom, new schools are needed. The sales tax has helped build Gateway High School, the new Lehigh Acres Middle School and Amanecer Elementary, which opens in August of 2023. The sales tax has also supported the renovation

of Lehigh Acres Senior High School, Veterans Park Academy for the Arts, Riverdale High School starting in January and the remodeling of Fort Myers Tech. Over \$81 million has been dedicated to new construction so far.

The surtax also funds needed capital maintenance projects, and has benefited every school in the district. These upgrades include new roofs, updated air conditioning, efficient lighting, drainage and landscaping, electrical upgrades and covered walkways. Over \$108 million has been invested, reducing the amount of deferred maintenance required.

Safety and security is another key area for investment, and is needed now more than ever. Almost \$70 million has been invested in keeping students and teachers safe. This includes various physical barriers to entry, improved camera monitoring, limiting door access, ID measures and emergency notification systems. Due to the nature of the issues, the district does not share the hardening measures it is taking.

Finally, sales taxes are being used to strengthen technology infrastructure across the system. This was particularly valuable when large numbers of laptops were needed for students learning virtually, but also to strengthen remote teaching requirements. In addition, in-classroom smart boards and modernized AV equipment are making schools the envy of the state. A sum of \$83 million has been spent on improving technology.

This progress and growth isn't possible without the foresight of voters of Lee County to invest in their schools. This initiative offloads many of the costs to visitors, yet full- and part-time residents are better supported by schools that produce graduates ready for secondary education or to join the workforce immediately. This strengthens families, improves educational outcomes, ensures a more resilient economy, and continues to make Southwest Florida a great place to live, work, play and retire.✧

How's The Market? Ask Ann

Ask Me for an Honest Opinion on Selling Your Home at the Right Price



Ann Gee
Broker/Owner

Are we starting to see signs of change in the real estate market? In my view, yes. Inventory of existing homes and condos for sale reached a low of 24 Units in late March this year. Currently, it has increased to 46 Units.

We are hearing fewer stories about multiple offers on newly listed properties. In my opinion, sellers who list their homes at a competitive market price will continue to sell within a 30-day time period. Sellers expecting the market to continue to increase at a higher rate may be in danger of overpricing their home.

If you are considering a sale, talk to a trusted, local Realtor and get their view of current market conditions.

If you are buying for the long run (8-20 years) and you find the right home or condo that fits your budget, go for it!

Call me if you have any questions, or want a "frank" opinion on the value of your property.

7 Closed Sales Going Back One Week: 2 Homes, 4 Condos & 1 Lot

4577 Brainard Bayou Rd. **\$771,000**

3936 West Gulf Dr. Vacant Lot **\$853,750**

1196 Sand Castle Rd. **\$875,000**

1501 Middle Gulf Dr. B-206 Sundial West **\$1,300,000**

489 Sawgrass Place **\$2,183,000**

3215 West Gulf Dr. 301A Somerset at the Reef **\$3,000,000**

631 Nerita St. 5A Coquina Beach Condo **\$779,000**

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

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 - Beautiful Garden, Sun Deck, Spa, Courtyard
 - Many Improvements w/ Original Character
- \$4,125,000**

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CAYO COSTA STATE PARK

- 1.8 Acres in 2,500 Acre State Park
 - 3 BR, 3 BA, Amazing Kitchen, Dock
 - Boat to Cabbage Key, Useppa & More
 - Feels Like Private Island, Gulf/Bay Views
- \$3,450,000**

15819 CAPTIVA DRIVE



CAPTIVA ISLAND

- Gulf to Bay, Mouth of Bay & Roosevelt Channel
 - Unique Property, 125' Water Frontage
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 - Deep Water Access, Covered Boat House
- \$15,500,000**

**16151 CAPTIVA DRIVE
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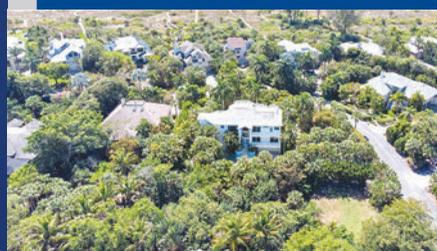
1501 MIDDLE GULF DRIVE #F403



SUNDIAL OF SANIBEL

- 2 Bedroom, 2 Bath, Partial Gulf View
 - Turnkey, Great Rental Opportunity
 - Updated Kitchen
 - Fabulous Resort Community Amenities
- \$1,325,000**

1321 SEASPRAY LANE



SEASPRAY

- Near Beach, Large Buildable Homesite
 - Small Beach Community of Fabulous Homes
 - Community Tennis Courts & Pool
 - Private Community Beach Access
- \$995,000**

**1012/1014 E GULF DRIVE
NEW PRICE**



SANIBEL ISLAND

- Updated Near Beach Duplex
 - Each Unit - 2 BR, 1 BA, Laundry
 - Separate Private Outdoor Space
 - Impact Windows, Rental Opportunity
- \$1,049,000**



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Frankly Speaking

by Howard Prager



By the numbers. If you're like me, the number of statistics that are available in sports today is as staggering as some of the salaries (and salary structure – it would take me a

month to figure that out). But to younger fans as well as analysts, that's what they follow. I talked to a young sports fan, Ben Alon, a senior at Stevenson High School, about stats in one of his favorite sports, basketball. Ben said that, "Fans who are really invested in the sport are going to look at the stats." Ok Ben, let's see what your stats predict and what actually happened. Game stats are provided by NBA.com.

FS: When you watch basketball, what do you pay most attention to?

BA: "The most important thing is efficiency – high shooting percentage and low turnovers."

STATS: In the Celtic's two wins in this NBA Finals, they shot 50.6 percent (Game 1) and 48.3 percent (Game 3) as a team, respectively. In their two losses in the series, the Celtics shot 37.5 percent (Game 2) and 40 percent (Game 4). The Celtics (15.4 percent) and Warriors (15.1 percent) have turned the ball over at similar rates during the playoffs and

during the finals.

FS: What does each team have to do to win?

BA: "Boston has to keep its turnovers below 15 per game and Golden State has to shoot the three-ball well and at a high clip – 40 to 50 percent."

STATS: Stephen Curry shot 7-for-12 (58.3 percent) on two-point shots and 7-of-14 (50 percent) on three-point shots in Game 4. He not only made the same number of two and threes, he was also assisted at the same rate on both shot types (42.9 percent). Jayson Tatum and the Celtics struggled with turnovers in Game 4, committing 16 which led directly to 19 points for the Warriors.

So far, Ben's predictions have turned out to be correct. Here's an interesting stat. How even are the teams in the finals? According to NBA.com, Golden State has outscored Boston by a cumulative total of one point (422-421). The Warriors have made four more two-point shots (90-86), while the Celtics have made seven more free throws (57-50). The teams are tied from beyond the arc with 64 made three-pointers each. Very close match-up.

FS: Ben what are some other keys to success in the finals?

BA: "Playing well in the paint changes the game. Some teams too reliant on threes and not making them. Second chance shots say a lot."

STATS: The Warriors dominated the glass in Game 4, finishing with a 38.5 percent offensive rebound rate – their highest mark of the finals. The trend that the team that wins the points in the paint

also wins the game held true in Game 4 as the Warriors finished with a 38-32 advantage in that zone. The Warriors finished Game 4 with a 16-11 advantage in offensive rebounds and a 19-12 win in second-chance points.

OK Ben, you've got game. Thanks for your insights and uncanny accuracy.

Let's keep going on stats and look at what happened in baseball last Thursday when the White Sox played the Dodgers. *Sports Illustrated* sets us up. "LA was up 6-5 in the top of the sixth inning at Guaranteed Rate Field. The White Sox had just squandered a 4-0 lead in the previous inning, when starter Dylan Cease surrendered six unearned runs. With Gavin Lux on second and two outs, Freddie Freeman lined an RBI single to make it a two-run ballgame. La Russa called on left-handed reliever Bennett Sousa, who had a 6.50 ERA entering yesterday's game, to face righty Trea Turner. Sousa quickly got ahead in the count, 0-2, before uncorking a wild pitch that allowed Freeman to advance to second. La Russa promptly signaled for the intentional walk. Muncy made him pay with a three-run home run to left field." Said La Russa to reporters, "Turner with no strikes, one strike or two strikes is very dangerous against right[ies] and especially left[ies]." "Now if maybe [right-handed hitting Will] Smith was hitting behind him it would have been a different thing. Muncy is there, so it's an easy call for me." La Russa is correct in his assessment that Turner is dangerous no matter the pitcher's handedness, and that Turner is a better hitter against lefties. What he doesn't say is that Muncy, too, does damage regardless of handedness, and that he, at least in terms of batting average, is a better hitter against lefties."

And what La Russa also doesn't say is that Sousa was ahead in the count, 1-2. That's the pitcher's pitch. At least give him a chance to try to get him to go after a waste pitch or two. Chicago fans have been incensed calling for Tony to go. Not happening with his close relationship with Sox owner Jerry Reinsdorf who gave up on Tony too soon earlier in his career. To me, this is the danger of just going by the stats instead of the game time situation.

The Good News Network again provides us with the good news story of the week. A Japanese man has once

again completed his favorite pastime of sailing across the Pacific Ocean without stopping. The undeterrable Kenichi Horie did it once before when he was 23, and probably didn't expect to be pulling the same stunt 60 years later. Embarking on the March 27 in his 2,182 pound, 19-foot-long sailboat *Suntry Mermaid III*, Horie sailed solo from San Francisco for two months across the world's largest ocean before arriving in the Kii Peninsula in western Japan. "Don't let your dreams just stay as dreams. Have a goal and work towards achieving this and a beautiful life awaits," Horie told CNN over a satellite phone. As a 23-year-old used car parts salesman, Horie became the first person ever to make a non-stop, unaided voyage across the Pacific, during which he ate only rice, canned food and had a single radio for communication aboard a plywood vessel no less. He has actually crossed the Pacific many times, often on yachts built of recycled materials like beer kegs, plastic bottles, or aluminum cans. One was even solar-powered. He does these things, and hopes to continue doing them until age 100, to raise awareness of the irreplaceable resource that is the ocean. "I didn't think I'd be sailing at 83 but I'm still healthy and I didn't want to miss this chance," he told CNN. "Challenges are exciting so I'd like to keep trying." Remarkable. What's your next adventure?!

*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@islandnews.com.**

New Circuit Training Class

The Sanibel Recreation Center is offering a Circuit Training fitness class with instructor Richard Schloss on Wednesdays at 8 a.m.

Circuit training is a total body workout that includes both strength and cardio training. Each participant will have a station with a mix of fitness equipment. The workout is structured in seven sets of 90-second bouts, repeated two times for a total of three circuits with a two-minute

continued on page 38



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SPORTS QUIZ

- In a 1990 game, what New York Mets pitcher allowed two Atlanta Braves baserunners to score while he was arguing a close call at first base?
- Name the racehorse that won both the 1986 Kentucky Derby and the 1987 Breeders' Cup Classic.
- What HBO TV drama series had Basketball Hall of Famer Jerry West threatening legal action "all the way to the Supreme Court" over how he was portrayed?
- The tennis stadium that hosts the French Open is named for what aviation pioneer and World War I fighter pilot?
- How old was Baseball Hall of Famer Satchel Paige when he played his final pro baseball game with the Carolina League's Peninsula Grays in 1966?
- Name the motorsports facility in Monterey County, California, that has segments known as "Rahal Straight," "Andretti Hairpin" and "The Corkscrew."
- What South African track star, a two-time Olympic gold medalist in the women's 800 meter, was subjected to a sex verification test in 2009?

ANSWERS

1. David Cone. 2. Ferdinand. 3. *Winning Time: The Rise of the Lakers Dynasty*. 4. Roland Garros. 5. 59. 6. Laguna Seca Raceway. 7. Caster Semenya.

The Sanibel Captiva Trust Company

The Importance Of Managing Digital Assets



by Megan M. Marquardt, CFP, CTFA, Wealth Services

Earlier in my career, I encountered a woman named "Jane" who passed away suddenly. Her trust company ran into numerous

complications that could have been avoided with proper and simple planning.

The home where she was living was owned by an irrevocable trust and the trust company was serving as trustee. Their first challenge was disarming the ADT security system. The ADT account was in her deceased father's name, and they did not have a pin number or password. After attempts to enter the home, and multiple visits by the sheriff's department, they finally were able to properly arm and disarm the property.

The problems continued as they tried to cancel Amazon orders of perishable foods that continued to be delivered to the home. Family and friends requested photos that were on Jane's Shutterfly

account. Also, Jane had not executed a valid will, so there were delays in determining who had legal rights to access these accounts and many other digital assets.

Digital assets can include social media, digital photos and videos, smart phone applications and data stored on those applications, cryptocurrency, domain names for a website, bank accounts and investment accounts. Although you may not care what happens to these assets after you pass, there are numerous problems that can arise if not properly transferred to your heirs.

Privacy issues can also arise. Most websites have strict rules against disclosing personal information to third parties and may require a court order before they will provide a password. This can be extremely frustrating if you are the executor trying to track these assets down. You may now be paying all your bills online, including newspaper and magazine subscriptions, a car loan, or utility bills. Your executor will need access to those websites and passwords to manage and shut off the payments.

To avoid some of these problems, here are a few steps to take:

Make a list of important passwords and online accounts, including email and social media. Keep this list in a safe location and be sure to let family members and your estate planning attorney know how to access the list. If you keep your list in a safe deposit box,

be sure to update it on a regular basis. You may consider utilizing a password management app which would allow you to store these passwords in an encrypted database that would be locked by a master password.

Avoid cybersecurity risks. Some social media platforms will automatically mark a deceased user's profile as "memorialized," which alerts cybercriminals to begin scanning the deceased's online accounts for information. Sometimes these assets have substantial monetary value. You might have thousands of dollars of cryptocurrency, or a PayPal balance, or a large library of music that you have paid to download. This can lead to lost music and unclaimed money for your heirs.

Don't rely on the cloud for backup. Download your data to a computer on a regular basis so that your family members or fiduciaries have easy access.

Utilize online tools to designate an individual to access your account after a certain period of inactivity, your incapacity, or your death. Facebook, for example, allows users to designate a Legacy Contact to manage their account after death. The Legacy Contact can post on the user's profile, update cover photos and request the removal of the account.

Finally, work with your estate planning attorney to include language in your documents that would provide consent to family members and

fiduciaries to access this information from providers. This power can be granted via a will, trust or power of attorney per Florida's statute called the Florida Fiduciary Access to Digital Assets Act (FFADAA). Since most people today manage their lives on a computer or smart phone, it is important to think about these "assets" when planning.

*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.**

Local Earns Two College Degrees

Hannah Alston Fay of Sanibel was one of 93 students who earned two degrees from Wofford College in Spartanburg, South Carolina.

Fay received a bachelor of science degree in accounting and a bachelor of science degree in Spanish.

Wofford College awarded 374 bachelor of science and bachelor of arts degrees to 357 graduates. The college's 168th commencement exercises were held on May 22.*



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Health First

Coffee
And Healthby Julie
Rosenberg, MD

Caffeine is a natural chemical stimulant found in coffee beans, tea leaves, cacao beans, guarana berries and yerba maté leaves. Coffee is one of the most widely consumed beverages; 62 percent of Americans drink coffee daily.

The average daily caffeine intake in the U.S. is 135 mg per day, the amount in 1.5 cups of coffee. An eight-ounce cup of brewed coffee has approximately 85 mg of caffeine (range of 65 to 120 mg). This range relates to brewing method, plant variety, brand and formulation. The U.S. Food and Drug Administration considers 400 milligrams (about four cups of brewed coffee) a safe amount of caffeine for healthy adults to consume daily.

Caffeine is absorbed into the bloodstream within 45 minutes after ingestion. Peak plasma concentration occurs one to two hours after intake. While the average half-life in healthy adults is three to four hours, the half-life of caffeine varies among individuals depending on factors such as age, liver function, smoking, oral contraceptive use

and pregnancy. Caffeine is metabolized by the liver.

Caffeine appears to exert most of its effects through an antagonism of adenosine receptors, which are distributed throughout the body. Adenosine receptors have been implicated in both physiological and pathological functions including cardiac rhythm, blood flow, immune function, sleep regulation and neurodegenerative disorders.

In moderate amounts, caffeine acts within the brain to decrease fatigue, increase alertness and decrease reaction time. Caffeine may also decrease appetite, supporting weight reduction.

Regular consumption of both caffeinated and decaffeinated coffee has been associated with a reduced risk of type 2 diabetes. A 2014 meta-analysis based on 1,109,272 study participants demonstrated an inverse correlation between coffee consumption and risk of type 2 diabetes. Compared with no coffee consumption, six cups per day of coffee was associated with a 33 percent lower risk of type 2 diabetes.

While the exact mechanism for this diabetes-preventive effect is unknown, some research suggests that long-term caffeine consumption can improve glucose responses. There is also evidence that regularly drinking caffeinated coffee can increase insulin sensitivity.

Another body of literature has consistently shown an inverse relationship between coffee consumption and liver diseases. Two meta-analyses showed that drinking more than two cups of coffee per day in individuals with preexisting

liver disease was associated with a lower incidence of fibrosis, cirrhosis and liver cancer.

A recent study analyzed coffee consumption data collected from the UK Biobank, a large medical database with health information from people across Britain. Researchers analyzed demographic, lifestyle and dietary information from more than 170,000 adults over a median follow-up period of seven years. The data showed that individuals who drank 1.5 to 3.5 cups of coffee per day, (even with a teaspoon of sugar), were up to 30 percent less likely to die during the study period than those who didn't drink coffee. These results, while promising, must be interpreted with caution due to the observational nature of the study. Individuals who do not presently drink coffee need not run to the nearest Starbucks or Dunkin' Donuts to grab a cup of Joe.

Caffeine ingestion typically causes temporary increases in blood pressure in individuals with minimal or no prior use. In higher doses, it can cause anxiety and difficulty falling asleep (especially if consumed in the afternoon or evening).

Ingestion of very high doses (more than 1,200 mg of caffeine) can cause agitation, severe anxiety, elevated blood pressure and palpitations. This is more common with overuse of caffeine supplements, energy drinks and energy shots than with drinking coffee.

Abrupt cessation of caffeine in regular users may result in withdrawal symptoms, such as headache, fatigue and depressed mood. These symptoms typically peak in

one to two days.

For most adults, coffee can be part of a healthy, balanced diet. However, individual differences exist in responses to coffee. Some people are more sensitive to the effects of caffeine than others. While there may be health benefits of drinking coffee, such benefits are not well confirmed. There remains a need for randomized, controlled clinical trials to comprehensively evaluate the effects of drinking coffee on healthy individuals and in distinct patient populations.

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

From page 27

Training Class

rest after each circuit. Some bouts may involve the whole length of the gym, like walking lunges.

Participants are encouraged to work at a comfortable level and pace. All fitness levels are welcome and various modifications will be introduced, as needed.

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.*

Picture of me and my parents doing a beach cleanup.

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.

FISH 40th Anniversary

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—Lucy from *The Sanibel School*

dearRPharmacist

Moisturizers, Serums And Sleep Masks



by Suzy Cohen, RPh

Dear Readers: They all go on your face. Men and women use these to keep a youthful appearance. I'll break it all down because you might be spending money

on the wrong skin care item. Likewise, you may read this today and decide you want to try something new for your beauty regimen.

How do you know what to use? Let's talk about the benefits of each:

Benefits of a Serum – reduces signs of aging; reduces hyperpigmentation; may ease minor skin irritation; collagen boosting most of the time; and improves firmness and elasticity.

Benefits of a Face Cream – relieves dry skin and ease irritation; stops sensations of itchiness; hydrates, moisturizes and smoothes skin to increase resiliency; helps temporarily restore youthful appearance and texture; plumps smooth and softens dull, dry skin.

Benefits of a Sleep Mask (used to be called night cream) – sleep masks are similar to a moisturizing face cream (which is an emollient) but the effects are more intense because the ingredients actually penetrate into the skin all night long. I am formulating a sleep mask right now, so I've been studying all of this lately.

Benefits of a Sleep Mask – forms a film to hydrate and maintain skins essential moisture; moisturizes and reduces redness and discoloration; fights free radicals, reduces signs of fatigue and increases skin radiance; helps prevent UV and blue light damage; and increases skin's natural ability to repair and renew.

A face cream and the sleep mask could be used interchangeably, or on alternate days. A sleep mask is applied at night. A face cream moisturizer is applied in the morning and at night if desired. A serum is applied any time, day or night, usually twice a day if there are stubborn skin

concerns.

The way a person takes care of their skin is highly individualized. Here are two suggestions:

- Beauty Ritual 1**
1. Morning – A serum, followed by face cream;
 2. Evening – Apply a sleep mask.
- Beauty Ritual 2**
1. Morning – Face cream only;
 2. Evening – Serum followed by sleep mask.

Some people just use a serum and some people use a moisturizer (also known as face cream), and some use both. It depends on your preferences, skin type, age and other factors, including where you live and what skin issues are of the utmost concern. Beauty rituals are very personal.

It makes the most sense to use a serum before your face cream because the serum is more lightweight. If you have a toner to spray or apply, that item would go on before the serum.

Whether you apply the serum at night or in the morning, or both times, is up to you.

A serum going on first however, is very typical in skin care regimens. That's because its molecular structure is thinner and lighter than that of a moisturizer. Face creams (and as well as the newer "sleep masks" that are out now) are thicker than a serum, and therefore those are applied after the serum.

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.✪✪

Restoring Power After An Outage

Lee County Electric Cooperative (LCEC) works around the clock to distribute electricity to more than 235,000 customers in Southwest Florida. Although the electrical system itself is complex, the process of restoration can be easily understood because it goes in steps.

The first step in the restoration plan is damage assessment, which includes physical inspections of LCEC facilities and plants. Once damage assessments have been made, LCEC begins repairs.

Secondly, main circuits and critical facilities such as hospitals, police and fire

stations are repaired.

The third step is to restore services to the greatest number of customers as soon as possible.

Lastly, LCEC begins restoring power to those small pockets or individuals still without power.

Storm season began on June 1, and LCEC is ready if a storm heads to

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can changing my diet for the better improve my mood?

A: Absolutely it can! Go for as much fresh and whole as possible. A balanced diet of fresh, whole foods gives our brains the necessary

raw materials to ensure that we produce abundant happiness juices on a daily basis. When we don't have those necessary building blocks, out biochemistry gets out of whack, causing all sorts of imbalances like spiked blood sugar levels, greater stress that contributes to adrenal exhaustion and a shortage of vital hormones that buffer stress in your everyday life.

By eating whole foods, you are nourishing your body as close as possible to the way nature made it. Shop the outer isles in your supermarket that have fresh

Southwest Florida. But be patient if and when power outages occur. In addition to the need for it to be safe for linemen to hit the pavement, there are global supply chain issues which may result in major service delays extending through 2023. LCEC is taking measures to mitigate the situation and thanks customers in advance for their patience.✪✪

vegetables, meats, poultry and fish.

Buy as much organic as possible. It can save you on future doctor visits and medical bills. It's also important to mention to drink plenty of cool, clear, uncolored water and stay hydrated as much as you can. We need water because our bodies are mostly water. Next time you feel like reaching for a snack, drink a glass of water first and you will get a full, satisfied feeling.

You can also improve your mood by ditching the sugar. It's a mood destroyer. We Americans eat far too much. It also wreaks havoc with your brain, resulting in depression, anxiety, low-energy states and negativity. If you are going to have sugar, have it in its natural form, as in fresh fruit, as the body can handle it better.

For additional information on healthy eating, check out Dr. Mark Hyman, who has several best selling books on human health and welfare.

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

Happiness Hints



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

First, choose to be grateful. Even during tough times, we should remember to be thankful. We have all experienced tough times, events, people, or situations. Do you still dwell on those times? Or have you chosen to forget? We can choose to have selective memory and choose not to dwell on painful memories, and instead be grateful for the good things that have come out of these situations or are currently happening. As most of you know, our Sanibel home burned to the ground in 2012. We went through a many-year fire investigation and eventual lawsuit. It was terrible all the way around. Yet so many wonderful things subsequently happened, one of which is the fact that we now live and work in Southwest Florida full time. That is a tremendous blessing!

Focus on what is right, not what is wrong – How many times do we find ourselves complaining about things? Gas prices. War. Supply chain issues. A slow driver. An irritating coworker. A grocery store line moving slowly. It could be anything. Instead, focus on what is right, what is going well, and what is good. It is amazing what happens when you change your focus from positive to negative. Give a smile to the person standing next to you. Share a positive word or compliment versus a scowl and an eye roll.

Be patient – In the age of the fast-paced, get-it-done, scrolling lifestyle, we could all stand to take a chill pill, right? We expect instant everything: instant shopping; instant movies; instant communication. Why? It is going to be okay if we do not have something instantly. Does it really matter if we must wait one minute for something? No. And speaking of patience, what about those younger or less experienced than us? Did we mature in a day? No. We had to experience life and learn and grow. So let's have some patience for those up-and-coming people in our lives. Instead of being irritated by them, let's encourage them and congratulate them on how far they have come.

Listen – Ooh, this is a big one. Have you ever asked your spouse, significant other, or child, "Who else would I be speaking to? There is nobody else in the house!?" This has definitely been spoken in our house. When someone speaks to you, intently listen. Focus on the other

person and what he/she is saying. Do not think about what you want to say next or what story you want to share. Do not steal the conversation. Ask follow-up questions. We all know what it feels like when someone steals the conversation and you are left hanging, feeling disrespected. Be intentional.

And finally, show love – Show kindness. It is what we all need... especially these days.

What is one of the quickest ways to change a bad relationship into a good one? Start praying for the person. It changes you and the person. Pray that they will grow in love, make wise choices, live with integrity and become more like the person God wants them

to be. Who would not want these things, right?

If you need an encouraging daily word, we recommend Rick Warren's *Daily Hope*. He provides an e-newsletter along with an audio message every day that inspires and motivates us each day. Rick is currently doing a series on Happiness and How to Grow Healthy Relationships. Check it out.

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

Beautifulife:

Time To Fly



by Kay Casperson

I have a beautiful osprey nest in my yard and it is always so exciting to see the babies each year. It is so interesting to see how the parents will nurture their young. They feed them, protect them from

predators, shield them from the storm and guard them against falling out of the nest until they are ready to fly. Then, when the time comes, it seems they are somewhat pushed out of the nest to learn to fly and find their own food. When this happens, they fly away on their own until the following year.

Well, it is actually the same for us as humans. We nurture our young, feed them, protect them, teach them and shield them from the storms until they are ready to fly. I am now at that point where my oldest daughter, Kayla, is ready to spread her wings. She just graduated from high school and will be off to college soon. She is excited and ready to go, but I have an array of emotions, from excitement for her next four years to a bit of sadness about letting go of my little girl.

I will not be giving a big lecture about what to do or not to do when I move her into her dorm and say goodbye, and I will tell her that we have prepared for this day all along the way. From the time they are born until the day we say goodbye as they move into adulthood and independence, we are constantly prepping for this moment.

At Kayla's graduation party, I had advice cards for guests to fill out for her. We read them together, and it was cute and fun, to say the least. Things like always take an Uber and never put your drink down. Keep your beautiful, cheerful attitude. Don't trust everyone; always watch your surroundings, and walk with your head high no matter how hard the day seems.

I have decided to send a letter with Kayla to school instead of giving a send-off speech. According to all moms I have talked to, it is quite an emotional

time, and best to part quickly. The letter will go something like this:

Dear Kayla,

Your father and I have prepared you for this day, and you are ready to be on your own and carve out a path for your future. You are a beautiful, kind and thoughtful person who will inspire others. You are strong, intelligent and sophisticated, which will help you make great friends and make good decisions. I know you will excel in this new chapter of life, and I am just a phone call away if you need an ear to listen. Pray about everything, count your blessings, stay humble and be kind to everyone. If you do, you will continue to be blessed beyond measure. We love you; it is now your time to fly. XO Mom

My affirmation for you this week is:

"I will embrace all the stages of life and trust the process."

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

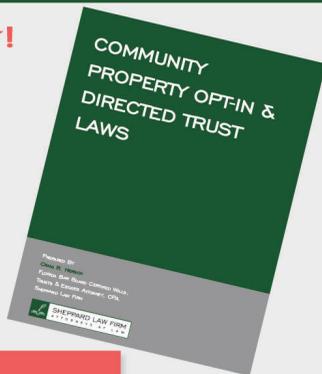
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New Instructor For Zumba Classes

The Sanibel Recreation Center is offering Zumba with new instructor Jian Heinel. This class is offered on Tuesdays and Thursdays at 5:30 p.m. and Saturdays at 10:30 a.m.

Zumba's use of pulsating Latin rhythms and easy-to-follow moves provides for a fun calorie-burning fitness experience. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is best suited for individuals who can perform cardio exercises and joint movements for an extended period of time. This class is available to participants ages 12 and over.

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.*



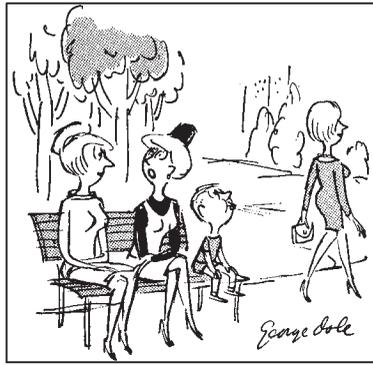
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Sanibel & Captiva Islands

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- City Manager 472-3700
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- Audubon of SWFL..... <https://www.audubonswfl.org/>
- Audubon Society..... 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service..... 472-0404
- Horticultural Society of the Islands..... 472-6940
- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
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- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society 239-699-6310
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

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PUZZLES

Answers on page 47



"He has his father's
....."

SCRAMBLERS

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

Stupid

AN N I E

Snatched

EL T O N S

Apparel

TR A S H E D

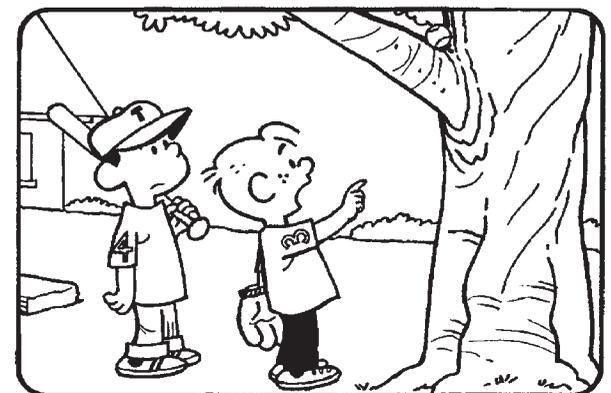
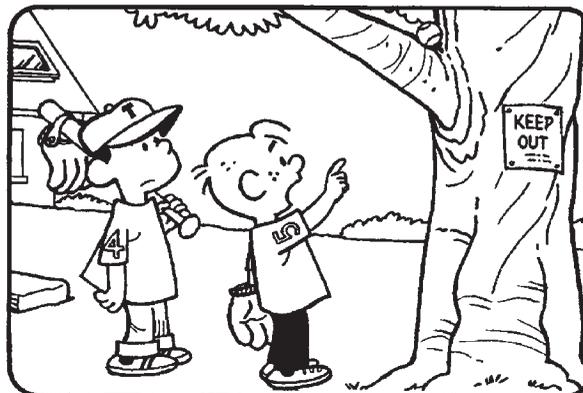
Cold

T W I N E R

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Roof panel is missing. 2. Glove is missing. 3. Shirt is different. 4. Number is different. 5. Arm is moved. 6. Sign is missing.

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

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.

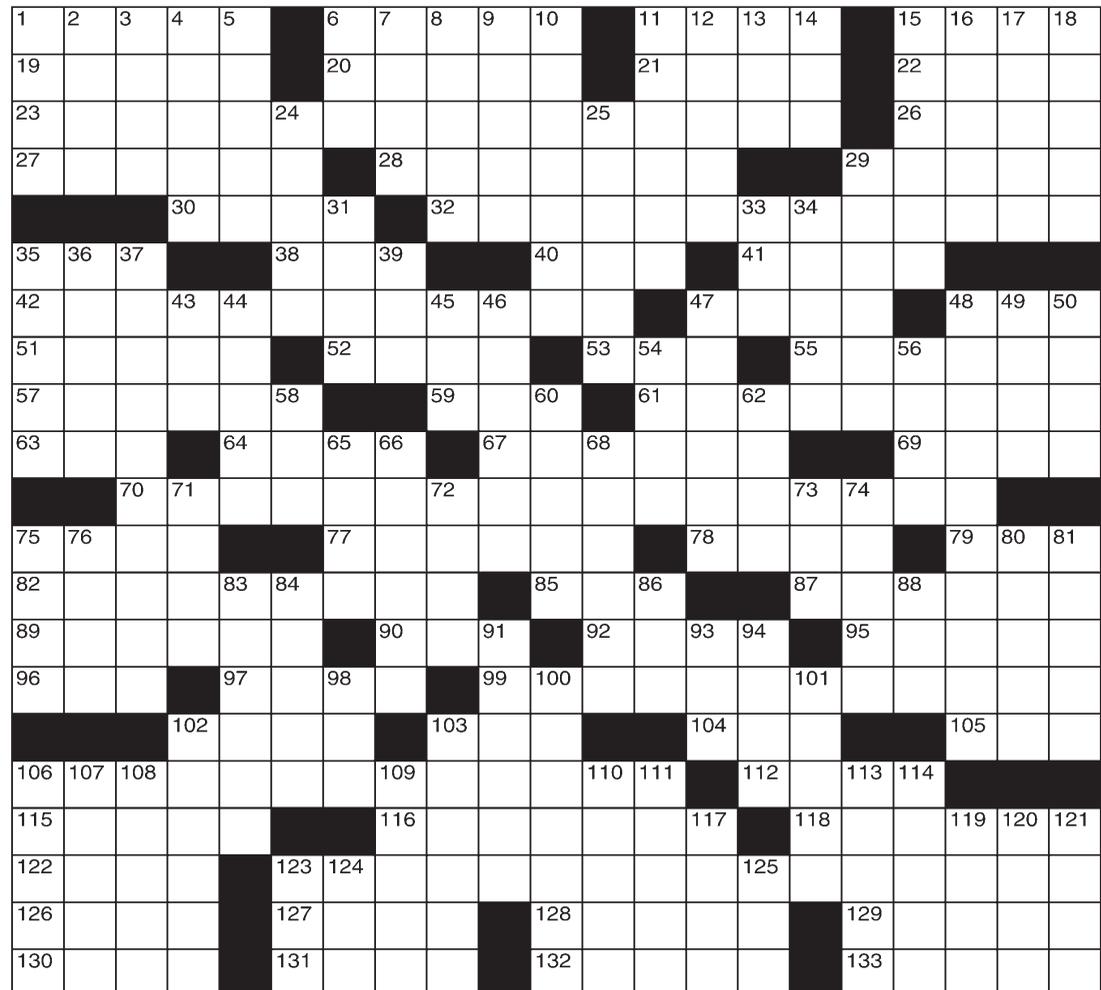
PUZZLES

Answers on page 47

Super Crossword

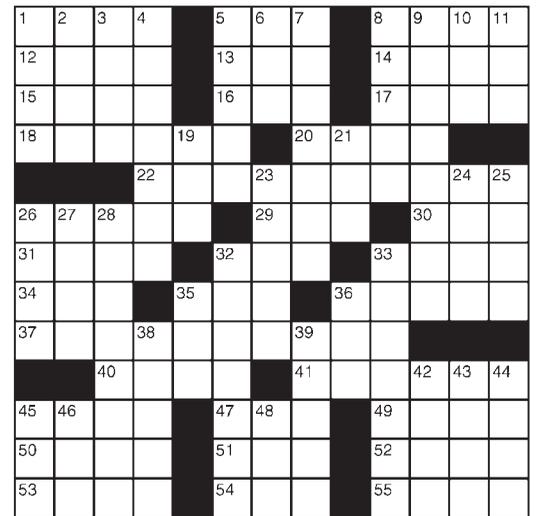
LUCKY COMPLEMENT

- ACROSS**
- 1 Statesman Kefauver
 - 6 Psi follower
 - 11 Very top
 - 15 "Dancing Queen" quartet
 - 19 Political muscle
 - 20 Plain — (obvious)
 - 21 You, to a Quaker
 - 22 — rock ('70s genre)
 - 23 "... the Sorcerer's Stone," "... the Chamber of Secrets," etc.
 - 26 Carpentry file
 - 27 Mr. Chips player Peter
 - 28 Desert of the Southwest
 - 29 Harm's way
 - 30 Fashion line?
 - 32 Solon of Athens, Thales of Miletus, etc.
 - 35 "Casino Royale" actress Green
 - 38 Director Howard
 - 40 Sinusitis-treating doc
 - 41 Bullring cries
 - 42 Hawikuh, Cibola, etc.
 - 47 Since Hector was —
 - 48 Lilt syllable
 - 51 Allow access to
 - 52 Stole third, perhaps
 - 53 Rhine tributary
 - 55 Adorable sorts
 - 57 Like tornado winds
 - 59 WWII prez
 - 61 C1, C2, etc.
 - 63 Mao — -tung
 - 64 "Beetle Bailey" dog
 - 67 Hope that one may
 - 69 Uber rival
 - 70 Great Pyramid of Giza, Colossus of Rhodes, etc.
 - 75 "Very funny!"
 - 77 Heavenly
 - 78 Gin fruit
 - 79 Paranormal skill, in brief
 - 82 "Infant," "whining school-boy," etc.
 - 85 Albeit, for short
 - 87 Boxer's combo
 - 89 Singer Franklin
 - 90 Photo badges, e.g.
 - 92 Rockies ruminants
 - 95 Diarist Nin
 - 96 "My Gal —"
 - 97 — Mawr, Pennsylvania
 - 99 Envy, gluttony, etc.
 - 102 Trilogy, often
 - 103 Furious
 - 104 Little peeve
 - 105 See 25-Down
 - 106 Red, orange, etc.
 - 112 Barber's sprinkle-on
 - 115 Jetson tyke
 - 116 Criticize petulantly
 - 118 "Eh Cumpari" singer Julius
 - 122 Petri dish stuff
 - 123 100-meter hurdles, high jump, etc.
 - 126 Romantic outing
 - 127 Provo's state
 - 128 "... his wife could — lean"
 - 129 Justice Dept. employees
 - 130 Plum pit, e.g.
 - 131 Makes illegal
 - 132 Acting Buddy
 - 133 Number of items in each set featured in this puzzle
 - 31 Bovine noises
 - 33 Dandy guy
 - 34 "Orfeo ed Euridice" composer
 - 35 Brilliant success
 - 36 Looks at
 - 37 Driving a car
 - 39 Browns' org.
 - 43 Third of IX
 - 44 2002 scandal company
 - 45 PC pic file
 - 46 Rated most likely to win
 - 47 Sharp range ridges
 - 48 Minutia
 - 49 Moray milieu
 - 50 The "A" of PDA: Abbr.
 - 54 Sacred Egyptian cross
 - 56 Cost to cross
 - 58 Brit's "Inc."
 - 60 Size again
 - 62 Hood for a monk
 - 65 Be rife (with)
 - 66 Consecrate
 - 68 Acid artisan
 - 71 Hops kiln
 - 72 FedEx, say
 - 73 Hugs, in a billet-doux
 - 74 Of kidneys
 - 75 Actor Lukas
 - 76 Indian tourist city
 - 80 Sty dwellers
 - 81 Sheriff's band
 - 83 "Wow!"
 - 84 Partner of Wells
 - 86 Outmoded
 - 88 USN jr. officer
 - 91 Justice Antonin
 - 93 Family
 - 94 Sulky mood
 - 98 Veer, as a ship
 - 100 Many an orphan, in time
 - 101 "Therein lies —"
 - 102 Sawed logs
 - 103 12 in a year
 - 106 Digests a digest, say
 - 107 Pool film
 - 108 Furious
 - 109 Channel airing hearings
 - 110 Detox place
 - 111 Epsom —
 - 113 Molten flows
 - 114 Minos' island
 - 117 Musical pitch
 - 119 "As seen —"
 - 120 Eye affliction
 - 121 The "A" of PGA: Abbr.
 - 123 Nerve center
 - 124 JFK guess
 - 125 Dijon denial



King Crossword

- ACROSS**
- 1 Bridge
 - 5 Dallas hoopster, briefly
 - 8 Untalkative one
 - 12 Architect Saarinen
 - 13 Inseparable
 - 14 Reply to "Shall we?"
 - 15 Legal document
 - 16 Sailor
 - 17 Privy to
 - 18 Debriefed person?
 - 20 Crib cry
 - 22 Enigma
 - 26 Mudville slugger
 - 29 "Certainly!"
 - 30 Half of CIV
 - 31 Exploits
 - 32 Goof up
 - 33 Fine spray
 - 34 Pickle holder
 - 35 "— was saying ..."
 - 36 "Olympia" artist
 - 37 Batting position
 - 40 Scruff
 - 41 Help
 - 45 Eager
 - 47 Energy
 - 49 Yon folks
 - 50 Anti-fur org.
 - 51 Before
 - 52 Wheelchair access
 - 53 Texter's sign-off
 - 54 Last letter in London
 - 55 Garfield's pal
 - 9 "Chocolat" actress
 - 10 From — Z
 - 11 AOL rival
 - 19 Devious
 - 21 TV spots
 - 23 Aleppo's land
 - 24 French river
 - 25 Chanteuse
 - 26 Stephen King pooch
 - 27 Now, in a memo
 - 28 Peace
 - 32 Emilio of "The Breakfast Club"
 - 33 Address for Toscanini
 - 35 Venomous viper
 - 36 Roast VIPs
 - 38 Tennis star Rafael
 - 39 Identified
 - 42 "If — a Hammer"
 - 43 Big rig
 - 44 Ilk
 - 45 Suitable
 - 46 Dog doc
 - 48 Rage
- DOWN**
- 1 Stitched
 - 2 Andean land
 - 3 Saharan
 - 4 Observes
 - 5 Slogan
 - 6 Santa — winds
 - 7 Dutch artist
 - 8 Scale



MAGIC MAZE ● NATIONAL — DAY : JUNE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Self-Portrait With Your Phone**

- | | | | |
|----------|-------------|----------|-------------|
| Bubba | Eyewear | Jerky | Upsy Daisy |
| Cheese | Flag | Lobster | Waffle Iron |
| Doughnut | Gingerbread | Olive | Yo-Yo |
| Egg | Iced Tea | Red Rose | |

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 FRIDAY Mostly Sunny High: 85 Low: 74	 SATURDAY Mostly Sunny High: 86 Low: 77	 SUNDAY Mostly Cloudy High: 87 Low: 76	 MONDAY Cloudy High: 88 Low: 79	 TUESDAY Partly Cloudy High: 87 Low: 77	 WEDNESDAY Mostly Cloudy High: 88 Low: 79	 THURSDAY Mostly Cloudy High: 86 Low: 75
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:06 pm	11:20 pm	None	None
Sat	4:07 pm	None	None	None
Sun	8:20 am	12:11 am	5:17 pm	10:28 am
Mon	8:34 am	12:57 am	6:41 pm	12:36 pm
Tue	8:56 am	1:39 am	8:21 pm	2:24 pm
Wed	9:22 am	2:17 am	10:03 pm	3:47 pm
Thu	9:49 am	2:52 am	11:36 pm	4:51 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:11 pm	11:22 pm	None	None
Sat	3:12 pm	None	None	None
Sun	7:25 am	12:13 am	4:22 pm	10:30 am
Mon	7:39 am	12:59 am	5:46 pm	12:38 pm
Tue	8:01 am	1:41 am	7:26 pm	2:26 pm
Wed	8:27 am	2:19 am	9:08 pm	3:49 pm
Thu	8:54 am	2:54 am	10:41 pm	4:53 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:29 am	9:50 am	3:47 pm	11:19 pm
Sat	6:13 am	10:51 am	5:07 pm	None
Sun	6:54 am	12:07 am	6:12 pm	11:55 am
Mon	7:34 am	12:58 am	7:13 pm	1:11 pm
Tue	8:11 am	1:49 am	8:11 pm	2:23 pm
Wed	8:46 am	2:34 am	9:07 pm	3:20 pm
Thu	9:21 am	3:14 am	10:06 pm	4:11 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:16 pm	1:43 am	None	None
Sat	6:17 pm	2:36 am	None	None
Sun	10:30 am	3:27 am	7:27 pm	1:44 pm
Mon	10:44 am	4:13 am	8:51 pm	3:52 pm
Tue	11:06 am	4:55 am	10:31 pm	5:40 pm
Wed	11:32 am	5:33 am	None	7:03 pm
Thu	12:13 am	6:08 am	11:59 am	8:07 pm

My Stars ★★★★★

FOR WEEK OF JUNE 13, 2022

Aries (March 21 to April 19) Recently obtained information could open a new opportunity for a career change. But temper that Arian impatience and act on it only when all the facts are made available.

Taurus (April 20 to May 20) You're moving into a more active cycle. So put your ideas back on the table, where they'll be given the attention they

deserve. Expect a favorable change in your love life.

Gemini (May 21 to June 20) A friend might ask for a favor that you feel would compromise your values. Best advice: Confront him or her and explain why you must say no. A true friend will understand.

Cancer (June 21 to July 22) A relationship continues to develop along positive lines. Meanwhile, a job situation is brewing that could create complications for one of your pet projects. Look into it right away.

Leo (July 23 to August 22) Your interest in a co-worker's project could lead to a profitable experience for you both. But before you agree to anything, be sure to get all your legal I's dotted and T's crossed.

Virgo (August 23 to September 22) Be careful whose counsel you take about a possible long-distance move. Some advice might not necessarily be in your best interest. Stay focused on your goals.

Libra (September 23 to October 22) Someone might try to complicate efforts

in an attempt to work out that confusing job situation. But don't let that keep you from sticking with your decision to push for a resolution.

Scorpio (October 23 to November 21) A disagreement on how to handle a family problem could create more trouble for all concerned. Look for ways to cool things down before they boil over.

Sagittarius (November 22 to December 21) An unexpected change in long-standing workplace procedure and policy could provide a new career target

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PETS OF THE WEEK

Lee County Domestic Animal Services

Bell And Queenie

Hello, my name is Bell. I am a brown 3-year-old female pit bull mix that is friendly and playful towards other dogs, super sweet with people and loves to work on stuffed kongs and bones. I have the most adorable, squinty face. I am presently part of our cell dog program where I am learning basic obedience commands such as sit, stay, lay down, come when called and will soon be house- and crate-trained. If you would like to meet me and adopt me upon my graduation from the cell dog program, call 533-7387 to set up a time to meet me.



Bell ID# A913907
photos provided

My adoption fee is \$95. Hi, I'm Queenie. I am a calico 3-year-old female domestic shorthair

who is very aptly named as I think I am the queen of the castle here at Lee County Domestic Animal Services. It is quite certain if volunteers were to give me a crown, I would wear it proudly. I am your typical calico... good looking and I know it. I am quite content on my own, but when I want attention, I will let you now.



Queenie ID# A921303

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.✱*

From page 45

Now Here's A Tip

folded aluminum foil into small strips.

- The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

STRANGE BUT TRUE

- Boston College has a policy allowing employees' children to attend for free once they've been accepted. One janitor's five children all made it in, saving the family almost \$700,000 in tuition costs.
- At some point, you've probably promised someone you'd "be there in a jiffy," but did you know that's an actual unit of time? 1/100th of a second, to be precise.
- Bob Ross, known for his TV show *The Joy of Painting*, received up to 200 fan letters per day. If regular correspondents failed to keep in touch, he would phone them to make sure they were all right.
- The numbers on a roulette wheel, when added together, sum up to 666.
- The Eco Gym in Rochester, New York, uses cardio equipment that harvests energy from members' workouts as a means of reducing energy costs.

Savings are passed on to the members as an incentive to keep coming back for regular exercise.

- Women's fashion changed with the invention of cars, when skirts in the 1900s were shortened to allow women to step into automobiles with more ease.
- The "XXX" that is often used to signify "poison" originated from moonshiners, indicating that their alcohol had been run through the still three times and was now pure and strong.
- In Sweden, millennials are known as the "Curling Generation," after the sport in which teammates sweep the ice in front of their stone to guide it, in the same manner as parents of millennials have swept away obstacles from their children's paths.
- Since snowflakes fall at about the rate of 1.5 mph, every one you see has traveled from 45-60 minutes to reach the ground.

THOUGHT FOR THE DAY

Experience without theory is blind, but theory without experience is mere intellectual play. — Immanuel Kant

TRIVIA TEST

1. **Geography:** Which country owns the Canary Islands?
2. **Movies:** Which movie features the song *Moon River*?
3. **Language:** What does the Latin phrase *non ducor, duco* mean

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4/20 * TFN

PSA

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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

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

After 9, it's Turtle Time!

- Turn off all lights visible from the beach
- Only use amber (red) lights at night
- Fill in any holes on the beach
- Remove all beach furniture

- in English?
- Animal Kingdom:** What is a group of ducks called?
 - Literature:** Which 20th-century novel features a character called Sethe?
 - Television:** What drive-in diner is featured in the 1970s TV sitcom *Happy Days*?
 - Music:** When did Lynyrd Skynyrd's anthem *Sweet Home Alabama* chart in the Top 10?
 - U.S. States:** Which state's motto is "Eureka"?
 - History:** When did Wyoming give women the right to vote, hold public office and own property?
 - U.S. Presidents:** Which president had an estate called "The Hermitage"?

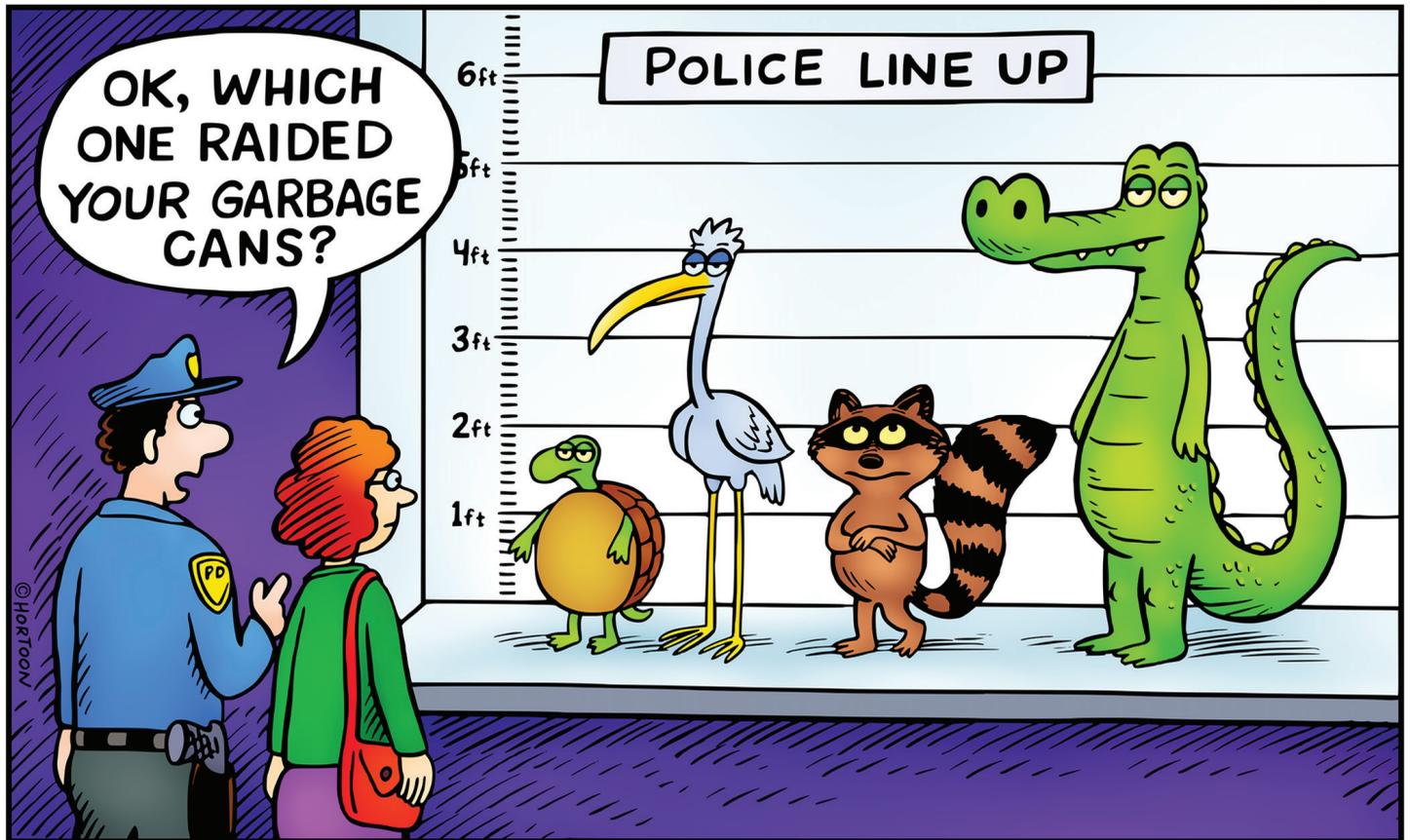
TRIVIA ANSWERS

1. Spain 2. *Breakfast at Tiffany's* 3. "I am not a doctor, but I play one on TV" 4. *Happy Days* 5. *Beloved* 6. Arnold 7. 1974 8. California 9. 1869 10. Andrew Jackson

SCRAMBLERS ANSWER

1. Inane 2. Stolen
3. Threads; 4. Winter
Today's Word
WHISTLE

HORTOONS



PUZZLE ANSWERS

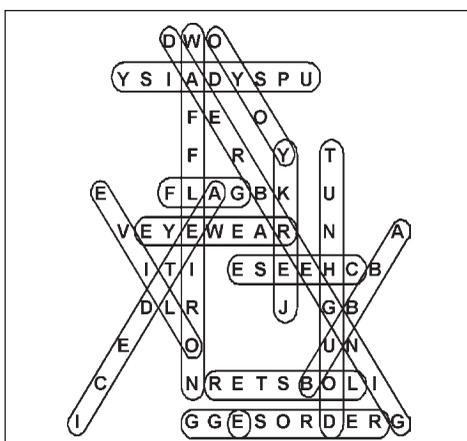
SUPER CROSSWORD

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

KING CROSSWORD

S	P	A	N	M	A	V	C	L	A	M
E	E	R	O	O	N	E	L	E	T	S
W	R	I	T	T	A	R	I	N	O	N
N	U	D	I	S	T	M	A	M	A	
C	A	S	E	Y	Y	E	S	L	I	I
U	S	E	S	E	R	R	M	I	S	T
J	A	R	A	S	I	M	A	N	E	T
O	P	E	N	S	T	A	N	C	E	
N	A	P	E	A	S	S	I	S	T	
A	V	I	D	V	I	M	T	H	E	Y
P	E	T	A	E	R	E	R	A	M	P
T	T	Y	L	Z	E	D	O	D	I	E

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva Island	2015	5,697	\$11,250,000	\$10,250,000	46
Estero Park	Fort Myers Beach	1949	2,576	\$3,500,000	\$3,500,000	4
Cape Coral	Cape Coral	2002	3,469	\$2,295,000	\$2,200,000	28
Cape Coral	Cape Coral	2007	4,432	\$1,995,000	\$1,950,000	11
Cape Coral	Cape Coral	2022	2,438	\$1,800,000	\$1,800,000	3
Edgewater	Fort Myers Beach	1995	3,147	\$1,779,900	\$1,750,000	9
Ravista	Bonita Springs	2006	3,466	\$1,700,000	\$1,700,000	0
Westlake Court	Estero	2022	2,837	\$1,559,142	\$1,559,142	0
Cape Coral	Cape Coral	2018	3,100	\$1,599,000	\$1,525,000	27
Westlake Court	Estero	2022	2,837	\$1,428,846	\$1,428,846	0

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