



Longboat Key News

November 3, 2023

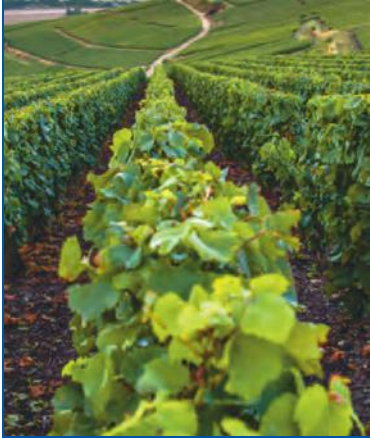
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FREE

InsideLook



Sleep & weight link explained ...page 8



The Magic of Champagne ...page 13



Caffeined-up Pacino rampage ...pages 6-7



Please stop the banging noise ...page 10

Mote, Selby boost nature in youth initiative program

“It’s all about empowering the next generation with a deep love for the environment and the knowledge to make a difference.”



Mote Marine Laboratory & Aquarium, Marie Selby Botanical Gardens and Conservation Foundation of the Gulf Coast are entering the third phase of Project Nature Bridge, an initiative to increase environmental literacy and increase appreciation and use of nature by the underrepresented and underserved area youth. It is funded by the Charles and Margery Barancik Foundation. Since 2018 this project has fostered transformative experiences in local youth through education and hands-on experiences. Building on the previous Project Nature Bridge efforts, this phase

focuses on two main goals: implementing nature-focused programming at youth-serving partner organizations (YOs), and broadening the impact of the project by utilizing previously developed materials to provide professional development to the staff of YOs. Organizations involved in the project include the Boys & Girls Club of Sarasota and Desoto Counties, Girls Inc. and Laurel Civic Association. “We’re absolutely thrilled to dive into this new phase of Project Nature Bridge, taking our passion for nature and learning to the next level,” said Elaina Wheaton, Mote’s

Director of Education. “By combining nature-focused education and providing the dedicated staff of our partner organizations with the tools they need, we’re hoping to reach more of the underserved and underrepresented youth in our community. It’s all about empowering the next generation with a deep love for the environment and the knowledge to make a difference.” Mote and the other environmental organizations (EOs) provide expertise, guidance, additional training, and support in developing and implementing nature-focused programming. This approach is **See Youth, page 2**

Longboat Public transportation in works

Longboat Key Public Works Director Isaac Brownman says they have been working with Sarasota and Manatee counties for over four years to get a more efficient public transportation system. “Sarasota County has provided a draft service agreement to Manatee County for their consideration,” says Jane Grogg, Sarasota County Transit Director. Grogg says this agreement would mean Sarasota County’s Breeze OnDemand public rideshare service would be offered throughout the entirety of Longboat Key. “Currently it stops at the county line, which is very close to Bayfront Park on Longboat Key. In the proposal, the service would go all the way to Coquina Beach,” says Grogg. Manatee County Public Works Director Chad Butzow says this single service provider would create a smoother way for travelers to get from one end of the town to the other. “There is a single point of contact where they make their reservation, and they have the same level of service that the rest of the residents of the town already had,” says Butzow.

These Uber-like public services have been rapidly gaining traction. “Since 2021, the growth of the on-demand service has grown beyond our expectations,” says Grogg. The on-demand service is something Manatee County also hopes to offer on a wide-spread scale. “We are thinking some pilot versions in the near future to determine if an on-demand service can connect out east - Parrish, Lakewood Ranch, or even east of Lakewood Ranch - to the core of the town where the fixed-route service already exists,” says Butzow, adding he hopes to have this unified service with Sarasota County running on the first service day in January.

Sarasota Orchestra Receives Grant from Barancik Foundation, Bolstering Music Programs

The Baranciks were Longboat Key residents before being struck and killed by a Longboat Police officer responding to an emergency.

Sarasota Orchestra has been awarded a \$75,000 grant from Charles & Margery Barancik Foundation to bolster the programming of the 2023-2024 season. The Baranciks were Longboat Key residents before being struck and killed by a Longboat Police officer responding to an emergency. This grant from Barancik Foundation provides essential support for Sarasota Orchestra’s artistic season, which began in October 2023 and runs through May 2024. Barancik Foundation’s grant funding will also support the Orchestra’s annual Brunch event for education and Celebrate 75, the Special Concert & Gala event featuring acclaimed conductor Peter Oundjian and world-renowned pianist Garrick Ohlsson. “We are so fortunate to have Charles & Margery Barancik Foundation as a sponsor again this year,” said Sarasota Orchestra President and CEO Joseph McKenna. “The tremendous support from Barancik Foundation touches lives in deep and meaningful ways, and significantly increases the impact of the Orchestra’s programming in our shared community. We are grateful for their continued partnership.”

USF-Manatee, Science & Technology Society to host red tide lecture

The University of South Florida Sarasota-Manatee and the Science & Technology Society will host a panel discussion on red tide featuring several local experts. The event will be held from 2:30 to 4 p.m. Monday, Nov. 13, at the Sarasota-Manatee campus. The event was scheduled in response to significant and frequent occurrences of red tide in the Suncoast over the past few years. Red tide occurs when a naturally occurring algae grow out of control **See Tide, page 2**

Sarasota celebrates first ever veterans housing project

A groundbreaking ceremony was held on 25th St. in Newtown at 5 p.m. on Monday to celebrate the first ever veterans housing project in Sarasota.

The Gulf Coast Community Foundation with the help of partners and generous donations are the ones bringing 10 rental units to help low-income veterans.

Senior Vice President of Gulf Coast, Jon Thaxton said they have invested over \$7 million into helping homelessness and providing affordable housing. Thaxton said this project is small portion of that investment and they hope to have veterans in the rentals within the year.

“We’ve been able to identify around 100 veterans that are suffering from housing insecurity,” said Thaxton.

Thaxton went on and explained the work doesn’t stop even after this project is completed.

“We have tens of thousands of families in Sarasota County that are suffering from housing insecurity. For our economy and our quality of life to continue to prosper, those people also need safe and affordable housing,” said Thaxton.

William Sterbinsky is a former Marine Corp Veteran and co-founder of SRQ Vets helping with the project. He said there needs to be more of a focus on reintegrating veterans into civilian life.

“Instead of Uncle Sam saying thanks for your service good luck to you,” said Sterbinsky.

Sterbinsky said veterans deserve better, with many who have accomplished a great deal in the military.

“Why can’t we bring them together? Hopefully, these types of communities do that, and each community should be doing that. Each community should be coming together as veterans to reidentify as, call it the new barracks, the new unit, call home that. Those are the transitional words,” said Sterbinsky.

Congressman Greg Steube also spoke at the ceremony and said as a veteran this is a project he wanted to be apart of. Steube also added that this project is a blessing.

Youth, from page 1

rooted in the research-supported idea that individuals who aren’t already strongly connected to nature view it as unsafe, uncomfortable, and not enjoyable. By facilitating the creation of ongoing, embedded opportunities to enjoy nature within the YOs, these experiences would come from ‘insiders’ who share a similar perspective and culture, compared to ‘outsiders’ meaning EOs. By creating positive nature experiences in a hyper-local context, youth participants will understand that nature is all around and not something you have to go to, resulting in more relevancy and a sense of belonging.

Staff from the youth organization (YO) establish and form the materials and lessons for their members. Each program is created specifically to meet the needs of that YO, but all programs build on the previous two phases of Project Nature Bridge. As youth-seeking organization staff complete the series of professional development workshops, they will be eligible to implement their own nature-based programming at their clubs, working with EOs in applying the skills and knowledge they have gained to enhance the positive nature experiences of their participants.

“Getting kids and teens outside and excited about nature is a core component of Conservation Foundation’s work,” notes Christine P. Johnson, president of Conservation Foundation. “Experiences in nature help shape our lifetime perceptions, build confidence, instill a love for the natural world, and motivate us to protect our environment. We are excited to enter the next phase of Project Nature Bridge and continue this collaboration’s work of empowering area youth and connecting them to the wonders of nature.”

Tide, from page 1

and release toxins that can harm humans, as well sea life. It also turns ocean water red or a murky brown.

Topics to be addressed during the seminar include the causes of red tide; an update on efforts to mitigate it; the prognosis for the future; and how efforts to reduce red tide might be affected by pending legislation in Tallahassee. The seminar, to be held in the Selby Auditorium on the Sarasota-Manatee campus, is open to the public. Admission is \$10 for members of the Science & Technology Society, and \$20 for nonmembers. Admission is free for faculty and students at



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EditorLetters



Longboat Key News and Sarasota City News encourages Letters to the Editor on timely issues. Please email to: letters@lbknews.com or mail to PO Box 8001, Longboat Key, FL 34228. We also print letters sent to Town Hall that address Longboat Key issues. We reserve the right to edit.

Boats

To: Rusty Chinnis
I will be with Tip for several hours this morning. Whose boats do you think are in your pictures and what is your understanding of where they belong?
Ken Schneier
Mayor
Town of Longboat Key

Boats

To: Longboat Key Planning and Zoning Director Allen Parsons
There are some small boats and kayaks that seem to be piling up just south of the Town’s boat ramp in the village. Would you ask Code to swing by and take a look to determine if there are any violations. Thanks!
Howard Tipton
Town Manager
Town of Longboat Key

Boats

To: Longboat Key Town Manager Howard Tipton
Copying in a few folks as the questions about boat storage on Bayside Dr. (south of the Town boat dock/ramp) and possible actions could touch a couple of different departments. The grouping of boats (currently) are generally stored between signs delineating that portion of the r-o-w for stowing of vessels. There’s one kayak that’s currently a little outside of that area. The signage delineating that area dates back to approximately 2019 and were placed there at the request of residents of the Village. Prior to 2019, boats were just generally stored in that area and had been for decades.
It’s difficult to tell whether the boats have been abandoned. There is a deflated boat covered in barnacles that is likely abandoned. Town Code Chap. 99 has procedures for dealing with abandoned property and it refers to the provisions of F.S. 705 for specifics. There are differing processes for property and for vessels (although the vessels process appears to be oriented to vessels on the waters of the state; these are located on Town r-o-w). We’ll consult with Maggie if we head down the path of removing one or more as potentially being deemed abandoned.
The other email you forwarded (attached) had a suggestion for creating some kind of sticker system to allow for storage limited to local boat owners or installing a rack system. Both of those suggestions would take further discussion and likely consultation with legal on the ability to limit to Town/Village residents.
We can discuss further at next Tuesday’s Dept. Head meeting.
Allen Parsons
Planning and Zoning Director
Town of Longboat Key

Boats

To: Longboat Key Mayor Ken Schneier
Below you will see PZB’s response to the vessels on Bayside Drive Row just south of the Town’s dock. It does appear that it is an area that was either informally and now formally designated for this purpose for many years.
My two cents - I would hope that before we put a lot of work into creating an ordinance to restrict kayaks and small vessels at this location and then finding the time to enforce whatever is put into place that a community conversation could be held to see if this can be solved with neighbors coming together and taking personal responsibility for a use that has been there for a long time.
Howard Tipton
Town Manager
Town of Longboat Key

Boats

To: Longboat Key Town Manager Howard Tipton
Agreed. Rusty Chinnis said he would appear at our meeting on Monday, so maybe we can discuss some options then. Thanks, all.
Ken Schneier

Mayor
Longboat Key

Boats

To: Longboat Key Mayor Ken Schneier
This is just an attempt to get a discussion started. I don’t believe that this was ever designated as a place to abandon boats. The LBVA will want to be consulted and their first meeting is December at the earliest.
Rusty Chinnis
Longboat Key

Country Club Shores Pipe Replacement

To: Longboat Key Public Works Director Isaac Brownman
The Mayor asked today about his project as he’s starting to get questions from residents. I’m hopeful the information is readily available.
Some of the things he has heard from residents included: are we replacing all of the pipe or just some of it? How much of the pipe replacement is the asbestos pipe? How will the project commence (north to south, south to north, everything all at once)? Understanding that things can and do change, is there a schedule when different streets/homes will be affected? Anything else that you think would be valuable to share would be welcomed. Thanks!
Howard N. Tipton
Town Manager
Town of Longboat Key

Country Club Shores Pipe Replacement

To: Longboat Key Town Manager Howard Tipton
Yes, we have already communicated with the two HOA presidents (CCS Phase 4 and Phase 5) in late September. We were of the understanding that they would be sending all the notice and information to their residents. We also placed signs within the entrances on the resident side and in the GMD ROW. We made a stack of information/contact sheets and gave those to the HOA presidents and also have those available for our team to hand out once construction activity starts, street-by-street. In addition, the HOA presidents requested an English/Spanish quick update sheet for them to place under the windshield wipers of landscape vehicles. We also gave the presidents the high-level schedule in late September (also attached), but that will be updated this week (pre-construction timeframe taking a little longer with material ordering and receipt, so Bogey has not started yet).
Answers:
We are replacing all of the asbestos cement water pipe throughout the entire subdivision(s) with PVC.
Bogey Lane, then south to north (CCS Phase 4, then Phase 5). If there is additional info or venues to push out, let us know and Bert and Guy will handle.
Isaac Brownman
Director Public Works
Town of Longboat Key

Country Club Shores Pipe Replacement

To: Longboat Key Mayor Ken Schneier
In response to your questions regarding the pipe replacement in CCS, Isaac has provided some information which has been communicated to the appropriate HOA presidents. We will be working with PW and Susan to see how else we might share this information directly with impacted residents.
Howard N. Tipton
Town Manager
Town of Longboat Key

Country Club Shores Pipe Replacement

To: Mayor Ken Schneier
In response to your questions regarding the pipe replacement in CCS, Isaac has provided some information which has been communicated to the appropriate HOA presidents. We will
See Letters, page 11



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KeyOpinion

How a caffeined-up Al Pacino threatened my home

That is how I was when my wife came out in the morning — like Al Pacino in Scarface except bags of finely ground black espresso powder lay everywhere.

STEVE REID
Editor & Publisher
sreid@lbknews.com

The following is the conclusion of the story in which my purchase of a used once-\$6,000 espresso machine off of EBay changed my life in short order. The story continues after I have committed to buying the Espresso machine unbeknownst to my wife and have returned home.

As I snuggled next to my wife, I felt a sense of accomplishment. It was like a caffeine-fueled Odyssey in which I now had my espresso machine — all 9 square feet — front and center in the kitchen.

I thought of how my wife would wake up and when she saw the morning sunlight sparkling off the Made in Italy emblem, she will melt.

I thought she may wake me up to see if it works. The working part of the equation was still far off.

I will do that tonight I reasoned. I thought I better work hard all day at the newspaper and catch up and then tomorrow night I will hook up the 220 electric and run a drain and the water. And it sounded that easy in my head.

I noticed the time was now past 4 a.m. Melissa would be getting up in a couple of hours. I saw the time change to 4:01 then 4:02. I could not sleep. I stayed up reading on my cell phone all about the right gauge wire to use for a 220 appliance that draws 13 amps. I pictured the circuits in the kitchen like a page out of Grey's Anatomy.

Why can't I take the neutral from the dish disposer, convert it to a hot lead and connect both to a 220-amp circuit with an isolated ground I asked myself. I sold myself on the strategy.

In the morning as I stood in the shower I saw my wife approaching through the mist. She had a concern.

"I see you made it home with that piece of restaurant equipment. That thing is huge; where is it going to go?"

I thought about her choice of words — "restaurant equipment." I thought I would trump and redirect at the same time.

"Yeah, it is commercial grade and that is why it is so big and expensive and well made."

"It dominates the entire kitchen," she said.

"Thank God its so good looking," I said.

"Seriously, do you have a strategy to try and offset the size of that thing? It needs to go in the corner..."

Suddenly, I felt like my wife was the Town Commission and I was presenting the St. Regis development.

"Okay honey, why don't you figure where we can put it, but not in the garage and I am not installing it in the office."



STEVE REID

And of course my wife picked a corner far from any water supply wanted to place it at the end of a long line of counter top outlets.

I was pissed. I tried to argue for my spot in the middle of the kitchen near the sink and the disposer where I could actually imagine hooking the thing up.

Stuck in the 1980s

Of course I lost that battle, and then my wife lodged an insult that went right to the core of my masculinity.

"It is kind of 1980s looking; not that that is a bad thing."

So now I have the Miami Vice backdrop espresso machine in my wife's eyes.

But long ago I have learned to persevere despite criticisms of reasonable people. I looked at the machine and saw the height of espresso engineering and sexy Italian design work. Kind of like a good Mercedes diesel from 1984 or 1985, which I also have happened to own.

Then I thought of how I collect guitars that were hand built by Kramer and Fender with West German hardware — they were made in the 1980s. Then I thought about how I graduated high school in 1986, had my first wild nights of love in the 1980s and fell in love for the first time in the 1980s. Suddenly I thought my wife might have accidentally made a compliment — "Hell yeah, this is the Eddie Van Halen of espresso machines — what does Melissa know anyway?" I thought almost out loud.

Well it turns out my wife knew quite a bit.

First, later that night, I had a revelation. I do not need to convert anything to 220 I thought. There is the air condition handler right in the corner through the wall. I checked the amperage draw of the air conditioner and calculated that their was plenty of capacity to add a disconnect box with a fuse.

Then I realized I could run a T from the air conditioner drain line and then I realized there was a faucet through the wall outside of the house.

So just after the children were in bed, I started in on the project. Unfortunately, my wife was not thrilled when I walked past her with the hammer drill at 11 p.m.

"Do you have to do that now?" she said.

Again, looking back, I was on an irrational quest, driven by some need to get the espresso machine up and running and complete this project. And when I say I had to do that, I mean I will work on a project like that until I am done or it is done.

I told my wife, "Five minutes of drilling — max."

Well the hammer drill worked great but the bit only made it 8 inches through the blocks and not quite enough. After drilling and tapping and wrestling and spewing concrete dust I finally broke through.

Once the noise was over, my wife went to bed and I spent the night running the electric, the water and the drain. I even caulked and repaired the drywall and installed conduit covers.

Problem solving

The problem is I had no clue how to even begin to operate the espresso machine. I hit the power button and waited. I saw two levers and realized one filled the pressure tank and the other was designed to bleed off pressure. I saw the pressure gauge. I filled the tank and it hissed and steamed as it warmed up.

Finally, I hit the steaming wands and steam flowed profusely. I turned the spigot and hot water poured out.

I went to the pantry and found the last of some Café Bustelo and poured a couple of espresso shots.

The first tasted a bit harsh, but by the second shot it had a good head of crema.

"I am a barista" I thought. I made two shots more of espresso and steamed some milk. I then started running numbers in my head. Every cappuccino I make saves us three dollars off Starbucks I reasoned.

I thought of our six children and my wife and I working the



machine for tea and coffee and hot chocolate all day every day. We will save thousands — this will be the best coffee we can get I said to myself.

I left the machine humming and noticed it was nearing 7 a.m. I was so hopped up on coffee I went to that emporium for the socially marginalized — Wal Mart.

And that is when I started buying coffee the way America is buying ammo these days.

I bought Café Bustelo Supremo and LaVazza espresso and I ground up two bags of Joffrey's beans and then I bought two bags of Gevalia and some Hawaiian Kona beans and something that said Jamaican Blue.

When I got home I started experimenting with the various brands and grounds. I even reground some at the setting the man who sold me the grinder insisted I use: "Estevo — put the grinder on 11 for espresso —only 11 works."

So by 8 a.m. my wife awoke to a scene that can only be described as something akin to a strange landscape of a construction zone with tools and pipes and electrical wire and connectors strewn all over the counters and a crazed demonicy-eyed husband.

Kitchen coffee seizure

I sat at the head of our 10-foot long dinner table with all the bags of coffee and little piles of coffee and notes and espresso cups everywhere. It looked just like the way drug seizures are shown with narcotic squads proudly laying our the bales of marijuana and cocaine. That is how I was when my wife came out in the morning — like Al Pacino in Scarface except bags of finely ground black espresso powder lay everywhere.

"Honey, you are insane. Were you up all night working on this?" she said.

"Off and on," I replied.

And although I was tired, I drank six or seven shots of espresso and went out the door to the Longboat Key Town Commission meeting. I found myself full of thoughts and ideas as the Commissioners spoke.

Commission problems, solved

Pickleball — that's an easy policy I said to myself. And the Roundabout art — why does the City not offer more clarity — it is simple I thought.

A commissioner made a disparaging comment about the newspaper. I wrote a counter editorial in my head.

But a strange thing happened. By the end of the meeting all those bright thoughts vaporized. My mind went into some sub-lucid state where I could barely set a lunch date. It was clear I needed to get home and have a few nice espressos.

And so life continued at this pace for about four days. I would have an impossible project each night to tackle and drink dozens of espresso shots and each night represented a major accomplishment.

I became an idea monster. I called friends all manic and said things like:

"I want to create a new marketplace where people can bet on the outcome of events in the news. The outcomes would change, as would the odds. For instance, Will Tiger win

See Steve Reid, page 7

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Sarasota City News

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KeyOpinion

Steve Reid, from page 6

another major? We can create a site that has the outcomes positioned as market futures and avoid the gambling laws.”

I then told my wife about my idea for virtual graves where people could record videos and leave messages and play them at gravesites. You could go hear and talk to grandpa when his gravestone has a retractable screen. My wife started to grow worried.

Mania continues

On the next night I converted all of our customers to a new digital customer service management database. “It will be much easier,” I told my wife.

Another night I continued to learn a Van Halen Solo on guitar I have been trying to play for 25 years.

But soon the caffeine and the sleeplessness and the mania took its toll.

My ideas grew stranger and stranger. I started to pitch ideas about voice recognition software that works in the background and then will be able to make calls and perform tasks in your voice using your speech patterns throughout the day. Basically a virtual you.

My wife told me to quit caffeine.

Then by day four or five a little switch went off and I grew argumentative and very protective of the coffee maker. I started saying accusatory statements.

“Hun, has someone been screwing with the grinder settings? Did you overfill the pressure tank?”

Then my Polish Mother who visits Sarasota in the winter shows up and innocently asks one morning, “Stephen, if you say this thing is worth so much and you only paid \$250, then why don’t you turn around and sell it and spend the money on something that I am sure would be a lot more practical for the family?”

My wife smiled as I listened. I almost exploded.

“This is a family heirloom,” I said.

“It is a coffee maker — why do you need such an elaborate coffee maker?”

I resented the simple sentiment and felt sorry as I relegated my mom to someone who could not get inspired by such a perfect piece of machinery.

After she left, I told my wife, “My Mom has all the Catholicism of a Pole mixed with the pragmatism of Stalin — I guess Russia did take its toll...”

“I mean I worked my ass off getting this machine — driving across the state, hooking it up all night and I treat everyone to these great drinks and acquire this incredible asset and this is the result — ‘Why don’t you sell it?’”

Blowing a gasket

I saw my face reflected in the mirror that looms in the foyer by the kitchen. I was tired, unshaven and looked like a derelict George Clooney in the final scenes of ‘The Perfect Storm’ before the boat goes under.

“Further,” I said, “you don’t seem to be into this machine either and I was just trying to...”

Then Melissa, sensing I was setting off on some caffeine-fueled tirade about lack of appreciation, interjected:

“This was your idea. You went all-out on some crazy quest just like that BMW and the commercial property and the rental houses and the trip to Las Vegas and”

Then, as if it wanted to join the argument, the espresso machine made a strong hissing sound. Steam started to not emanate, but rather pour out of the top. Suddenly water streamed down the granite lip and ran down a whole row of kitchen cabinets and ran across the floor.

“What the hell is wrong with it?” my wife asked.

She talked about it exploding and I stared to look closer. A gasket seal had blown and the machine was leaking.

It still made coffee, but as it heated and the pressure rose, the machine leaked like a bad catheter all over the kitchen

counter.

I put a plastic plate under the machine to catch the water, but the plate could not keep up.

In defeat, I turned the machine off, cut the 220-power supply and turned off the water connection.

I not only had no espresso maker humming in my life, I could not even make a cup of coffee.

I drove off to work and stopped at 7-11. I felt like a loser as I filled the green cup with the oxymoronic “Regular Exclusive Blend” written in script on the pot.

As if to make matters worse, I had to drive to visit our paper’s graphic designer.

She was a bit upset because in all my manic running around I owed her a paycheck.

As I greeted Dottie, she asked how I was doing and wondered if I could use “any of this stuff I am going to donate to Goodwill?”

Then as if a miracle of miracles — as if a chalice from the Gods, I see in her brown box a brand new French coffee press. It is the simplest device: you pour in water, pour in coffee and hand press.

I took the French press and thanked Dottie profusely. She had no idea what the timing meant. It was as if I was trading a high maintenance pain in the ass relationship for a simple and honest and reliable method of meeting my caffeine needs.

So to this day, the espresso maker sits in the corner waiting for its repair. Meanwhile, the French press has normalized my life. I drink about three cups a day and have gotten off the 20 shots of espresso way of life.

Now, I can appreciate the Longboat Key Commission meetings and realize that I too have few ideas that will straighten the island out or anyone or anything else out for that matter. And my family is happy to have me back.

Still, rest assured— I will never sell that espresso machine from the heart of Italy.

— Steve Reid

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KeyOpinion

Clearly, Speaker Mike Johnson is a quick learner

On policy, expect the new Speaker of the House to take strong stands against the relentless Biden spendathon. Already, Biden’s recent \$106 billion request for combined Ukraine-Israel funding and an additional \$56 billion supplemental bill for domestic add-ons are dead on arrival.

GREGORY RUSOVICH
Guest Writer
rusovich@lbknews.com

From Tip O’Neill to Newt Gingrich, Paul Ryan to Nancy Pelosi, Speakers of the U.S House of Representatives have had major impact on policy and outcomes while being second in line for the presidency. Now meet House Speaker Mike Johnson. Unlike most who come to the office as well-known political figures, Johnson, R-La, has emerged quickly and fairly quietly. So, who is this relative newcomer to politics, and which policies will he prioritize?

A graduate of the Paul M. Hebert Law Center at Louisiana State University, Johnson was first elected to the Louisiana House of Representatives in 2015 and served until 2017, when he began representing Louisiana’s 4th Congressional District in the U.S. House.

He and his wife, Kelly Johnson, have five children — four biological and one adopted — and live in North Louisiana near his native Shreveport. Johnson describes himself as a “person of very deep faith,” which he attributes to the recovery of his firefighter father, who suffered burns over 80 percent of his body while on the job. (Johnson was just 12 years old at the time. His father was given a 10 percent chance to live.)

As a fellow Louisianian, I had the pleasure of meeting with now-Speaker Johnson a couple of years ago and found him to be knowledgeable, humorous and engaging. Throughout his career, he has demonstrated a deep appreciation and understanding of the U.S. Constitution, augmented by his concentration in constitutional law. Listening to Johnson honor America’s founding principles and connect those tenets both to the constitution and to today’s challenges is a welcome reprieve from the angry knee-jerk talking heads on cable television. He bases his positions on core principles and values which are deeply embedded in his beliefs, and which flow from the constitution and his own faith. One may not agree with his positions, but the



RUSOVICH

foundation and rationale for the stance emanate from a deep intellectual base.

Demonstrating his amiable persona, Johnson reached out to Minority Leader Hakeem Jeffries during his acceptance speech, “I want to thank Leader Jeffries. I do look forward to working with you on behalf of the American people. I know we see things from very different points of view, but I know that in your heart, you love and care about this country and you want to do what’s right and so we’re going to find common ground there, all right?” Jeffries quickly halted any hope of collaboration or intellectual substance from across his side of the aisle as he responded, “I don’t know Mike Johnson well. Based on his track record he appears to be an extreme right-wing ideologue.”

In addition to regurgitating the “right-wing ideologue” narrative in alignment with President Biden’s “MAGA Republican” blabbering, Jeffries also accused Johnson of being an “election denier.”

“The twice-impeached former president ordered the House Republicans to stop Tom Hemmer and elevate a top election denier,” Jeffries posted on X in response to Johnson. But the Minority Leader forgot to include his own election denialism. “The more we learn about the 2016 election, the more ILLEGITIMATE it becomes,” Jeffries posted in 2018 amid the fabricated allegation that Trump colluded with Russia to win the presidency.

And of course, the progressive media mouthpieces are hard at work zeroing in on Johnson’s faith and reliance on the Bible. Jen Psaki, former White House press secretary-turned MSNBC host, warns her viewers of the imminent danger: “It’s not just his political ideology that should scare us. Johnson is basically a Christian fundamentalist.” But it’s good to see a person of strong faith not back down. Johnson speaks openly of his belief in God and his consistent referrals to the Bible for guidance.

On policy, expect the new Speaker of the House to take strong stands against the relentless Biden spendathon. Already, Biden’s recent \$106 billion request for combined Ukraine-Israel funding and an additional \$56 billion supplemental bill for domestic add-ons are dead on arrival. Instead, House Republicans have rolled out a bill giving \$14.3 billion in aid solely to Israel while cutting into cash Biden allocated toward the Internal Revenue Service (IRS) last year. Certainly, the ultimate House and Senate bills will be further massaged and negotiated with the Administration, but it’s heartening to see a leader recognize that the country’s current debt exceeds \$33 trillion, and spending must be curtailed.

The bureaucracy in the swamp doesn’t like cuts to its largesse, so on cue the Congressional Budget Office (CBO) scored the House Republican bill as an increase to the deficit (due to the IRS cut). Johnson nailed the response to a reporter’s question concerning the CBO score, “Only in Washington when you cut spending do they call it an increase in the deficit.”

Clearly, Speaker Mike Johnson is a quick learner. Godspeed.



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7094 LONGBOAT DR E	1,916	\$2,990,000	3	2	1	85	\$2,500,000
3572 FAIR OAKS WAY	3,052	\$2,195,000	3	4	0	0	\$2,100,000
4311 GULF OF MEXICO DR Unit#304	1,239	\$1,200,000	2	2	0	9	\$1,112,500
4234 GULF OF MEXICO DR Unit#W1	1,150	\$649,900	2	2	0	240	\$620,000
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OnPatrol

The following are actual police reports as written by Longboat Key Police Officers. They are edited for length, punctuation and to protect privacy.

Oct. 27 Noise

7:35 a.m.
Officer Swinford was dispatched to Longboat Drive North in reference to a noise complaint involving construction noise before 8 a.m. Officer Swinford arrived on scene and spoke with the construction workers advising them of the noise ordinance. Construction noise was stopped until 8 a.m. Case clear.

Dispute

7:07 p.m.
Officer Butler was dispatched to a dispute at the 4700 block of Gulf of Mexico Drive. The manager stated that there was an intoxicated guest at the resort refusing to comply with staff and causing a disturbance in the lobby. Upon arrival, Officer Butler met with the man who retreated to his room without incident. Case clear.

Oct. 28 Citizen Assist

11:20 a.m.
Officer Mathis responded to Emerald Harbor Drive in reference to a sewer issue. The complainant requested a phone call. Officer Mathis gave the complainant a phone call and he advised he was having sewer issues and needed public works not the Police Department. The man further explained that he had already spoke with public works and someone was on the way. Case clear.

Oct. 29 Dog on the beach

2:09 p.m.
While on marine patrol, Officer Pescuma and Officer Connors observed a vessel anchored at the shoreline of Beer Can Island. Officer Pescuma observed a dog on the beach adjacent to the vessel. Officer Pescuma educated the owner of the dog, about the town ordinance pertaining to dogs on the beach. The owner initially complied and took the dog back to their vessel. Once Officer Pescuma and Officer Connors departed the scene, the officer observed the dog back on the beach with the owner. Officer Connors proceeded to explain to the owner that dogs are not permitted on the beach. After several warnings, the owner got argumentative stating that there are no signs posted. Officer Connors explained that signs are not required on Longboat Key, however there are several signs at the beach access and on Greer Island. Officer Connors issued a citation, however owner's boyfriend signed on behalf due to the owner's refusal to sign. Case clear.

Boat

3:42 p.m.
Officer Pescuma while on patrol observed a man hanging off an informational buoy off Whitney Beach in possible distress, near Firehouse Lane and Firehouse Road. Sgt. Montfort arrived on scene and advised dispatch that the subject swam back to the beach. The man was not in distress, Marine rescue assistance was no longer required. Case clear

Traffic

8:48 p.m.
Officer Swinford while on patrol observed a disabled vehicle in the road at Gulf of Mexico Drive and Bay Isles Parkway. Officer Swinford assisted the motorists who advised the vehicle would not start. It was also found that the vehicle could not be put into gear to move it from the roadway. A tow would later arrive on scene to take possession of the vehicle. Tow sheet was completed, and the roadway cleared. Case clear.



Oct. 30 Noise

7:11 a.m.
Officer Maple was dispatched to the 3500 block of Gulf of Mexico Drive for a noise complaint. The complainant called dispatch to report construction work in violation of town ordinance. Sgt. Smith contacted the complainant to report construction company was previously granted an exemption to noise restriction in order to complete concrete pouring. Case clear.

Noise

5:30 p.m.
Sgt. Smith was dispatched to the 5200 block of Gulf of Mexico Drive for a report of a pressure washer being used outside permitted hours. Sgt. Smith arrived and made contact with the homeowner. He said he was not aware it was past 5 p.m. He turned off the machine and stated he would finish tomorrow during authorized hours of operation. Case clear.

Oct. 31 Lost property

12:28 p.m.
Officer Zunz responded to the front desk at the Police Department to a resident who entered to first advise that he has located his wallet that had been reported as missing on Oct. 10, and then to relay that he has now lost his cell phone. The telephone is a Samsung with a dull aluminum case, and it was last accounted for yesterday, Oct. 23, and then to rely that he has now lost his cell phone. The phone is a Samsung with a dull aluminum case and it was not accounted for yesterday when he was visiting a home on Cutter Lane. Case clear.

Nov. 1 Traffic

2:00 a.m.
Officer Mathis while on patrol in a marked Longboat Police patrol unit when a vehicle was observed blocking the bike lane and partially in the northbound lane of travel of Gulf of Mexico Drive at the 2500 block. Officer Mathis activated his emergency lights and pulled behind the vehicle which was obstructing the bike lane and partially over the white line into the northbound lane of travel. Officer Mathis contacted the vehicle owner via cell phone and she said she had a tow truck on the way. Officer Mathis arrived in an appropriate amount of time. A few minutes later at the location. The complainant advised that the car was not disabled rather it had a low driver's front tire. Officer Mathis provided the complainant with a citation for parking to please contact emergency services so they could assist her to get the vehicle to a safe and appropriate parking location. The roadway was clear at this time, case clear.

Nov. 2 Suspicious vessel

9:35 a.m.
Officer Pescuma while on patrol was dispatched to Cedar Street for a report of a suspicious sailing vessel that had dragged anchor and is resting against the complainant's dock. Once on scene, Officer Pescuma spoke with the complainant who advised that he awoke to the vessel aground, resting against his dock. While speaking with the complainant, the owner of the vessel arrived and advised the sailing vessel will be moved at the next high tide. Both vessel owner and complainant were in agreement. Case clear.

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Editor Letters



Letters, from page 4

be working with PW and Susan to see how else we might share this information directly with impacted residents.
Howard N. Tipton
Town Manager
Town of Longboat Key

Country Club Shores Pipe Replacement

To: Joe Dzialo
Each of you asked for more info about the CCS pipe replacement project. I passed your request on and received the attached info, which I hope you find helpful. All this has also been sent to the chairs of CCS IV and V for re-transmission, so you may see it again as well as further updates. Let me know if you have any further questions.
Ken Schneider
Mayor
Town of Longboat Key

Country Club Shores Pipe Replacement

To: Longboat Key Mayor Ken Schneider
Thank you Mr. Mayor. This is very helpful. I think this schedule is different from what was published in this week's Longboat Key Newspaper. But maybe I read the article incorrectly? Hakuna Mattata.
Joe Dzialo
Longboat Key

St. Regis from Manatee County and Longboat Key Joint Commission Meeting

To: Longboat Key Town Manager Howard Tipton
I believe the discussion that led to the \$200,000 payment arose in part from the absence of tennis at the St. Regis, but the obligation is to the Town and not for any particular purpose. Please confirm.
Ken Schneider
Mayor
Town of Longboat Key

St. Regis from Manatee County and Longboat Key Joint Commission Meeting

To: Longboat Key Commissioner BJ Bishop
Correct on both counts. It is a promise they have made which will need to be fulfilled before CO and it is not an incentive.
Howard Tipton
Town Manager
Town of Longboat Key

St. Regis from Manatee County and Longboat Key Joint Commission Meeting

To: Longboat Key Town Manager Howard Tipton
Not sure you consider it an incentive but they have promised \$200,000 to the tennis center since they are building a resort at a former tennis resort with no tennis courts.
BJ Bishop
Commissioner
Town of Longboat Key

St. Regis from Manatee County and Longboat Key Joint Commission Meeting

To: Longboat Key Commission
As a follow up to the questions asked yesterday, Allen has provided answers below. Typically, an economic impact study is done to justify incentives that may be given by a governmental entity (town, county, state). In this case, with no incentives offered for the project, a study was not completed.
Howard N. Tipton
Town Manager
Town of Longboat Key

St. Regis from Manatee County and Longboat Key Joint Commission Meeting

To: Longboat Key Town Manager Howard Tipton
Following up on two questions Manatee Co. Commissioners asked about the St. Regis project:

Q: What is the anticipated number of employees that will be working at the St. Regis when fully staffed?
R: Approximately 200 total employees (over various shifts).
Q: Has there been any study of the estimated economic impact of the St. Regis?
R: An economic impact study has not been done.
Allen Parsons
Director Planning, Zoning & Building Department
Town of Longboat Key

Fall 2023 Newsletter

To: Longboat Key Commission, Sarasota City Commission
Hoff off the press as of this morning, our Fall 2023 Newsletter! In it are some neat stories on the following:
The improvements in water quality seen across this bay over the past few years
Such that no part of the open waters of Sarasota Bay are considered to be out of compliance with established standards for nutrient enrichment (which can give rise to excessive algal blooms)
An article on the ribbon cutting event this Friday (sold out at 75 people) for the final phase of the habitat restoration project at the Florida Institute for Saltwater Heritage.
Check out the video of a school of mullet swimming up one of the created tidal creeks at that site, an article about the upcoming EcoSummit to be held at Van Wezel Hall in December, an update on the status of the large stormwater retrofit project at the Bobby Jones Golf Course, almost complete and doing a great job already, a story on a kayak tour carried out by one of our grant recipients for military veterans, a link to how to apply for the upcoming Bay Partners Grant Program, and lots more!
This is an exciting time to live near and work on Sarasota Bay. It is my belief that we are witnessing a degree of improvement in the bay's health that we haven't experienced since the early to mid-1990s. This isn't because of the Director and

even the staff of the SBEP. It's because we have informed and engaged stakeholders, from the general public to our local, state and federal agency staff and elected officials, who are doing, day by day, the things that need to be done to restore this bay's health. This bay is on a good trajectory, thanks to you!
Dave Tomasko
Executive Director
Sarasota Bay Estuary Program

Support for a Longboat Key Library

To: Longboat Key Town Manager Howard Tipton
Ms. Ada Levy phoned today. She was concerned that Longboat doesn't have a "public" library and only has a volunteer library. She noted that it is difficult for residents to go into Sarasota during season and felt a library should be on Longboat Key. I advised her of the upcoming development at the Town Center, and provided her with information on the Library kiosk at Town Hall and the soon-to-arrive Library Pop-Ups starting on November 7, 2023. I have put her in touch with Carolyn for more information on the library plans. She wanted to ensure that I would pass on to you her strong support for a public library at the Town Center.
If any of you would like to speak with her, please let me know and I will provide a contact number for her.
Trish Shinkle
Town Clerk
Town of Longboat Key

Bayfront Dog Park

To: Longboat Key Mayor Schneider
When Bayfront Park was in its design phase, a dog park was not part of the original plans.
Sydelle Pittas, founder and first president of the Longboat Key Rotary Club, was a full-hearted advocate of this amenity
See Letters, page 15



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StayingAlive

Less sleep, more weight?

Foul up body clocks and people eat more – and less healthily.

MATTHEW EDLUND M.D.
Contributing Writer
edlund@lbknews.com

Americans are obsessed by weight. We weigh too much, we’re told. Obesity will kill many, many of us.
The truth about weight is far more complicated. Part of that truth – a person’s weight is controlled by hundreds of different factors.
And those are ones we know about:
The color of a room can change how much we eat. The choice of rice at lunch can cause us to ingest microRNAs that immediately change our cholesterol making genes. Exercising in sunlight probably makes us make more muscle, less fat.
As for the unknown unknowns, we are beginning to learn what our six pounds of gut bacteria do to weight and size.
But amidst profound unknowledge of what really controls weight, we’ve been learning something – sleep less, weigh more.
The evidence is piling up.

A Few Hours Rest

Kenneth Wright just did a series of studies at the University of Colorado, so carefully he measured the continual ins and outs of people’s oxygen consumption in special rooms appropriate for a simulated NASA Mars mission.
He was looking to see what a few hours sleep deprivation would do to weight.
The answer – increase it. Fast.
Sixteen people studied. One half slept nine hours, ate what they wanted. The other half went to bed a midnight, got up at five.
Then the groups switched places.
What happened? Here are a few findings:
1. Staying up late used more calories. Yes, waking takes more energy than sleep. But not by much. His group added 111 calories for the night – similar to other studies. The equivalent of an apple.
2. Staying up made people hungry. They gained weight.
They ate more. Considerably more. And more importantly, they craved sugary and fatty foods.
And ate far more of them. In a few days they gained on average two pounds.
Not much, you think? Let’s say it’s two pounds a week. Multiple the weeks, and you see where that goes.
When they got the chance to sleep more, the weight came off. But much more slowly. Just like in real life. Humans are built for intermittent starvation.
We love keeping our fat stores ready for those evolutionarily expected famines. When we can we feast – even more ravenously when we’re sleep deprived.
3. Foul up body clocks and people eat more – and less healthily.
In line with many animal studies, the people who slept five hours found themselves waking



at irregular times. They then possessed irregular hungers.
Just what happens to shift workers. Who gain weight and suffer from far more GI problems than the rest of the population – along with more heart disease.
Break out from our normal biological clocks and they really want sugary, fatty foods. That’s what shift workers find – with the snack food dispensing machines so thoughtfully placed nearby in their workplaces.

Were These Findings Unexpected?

No. The University of Chicago group under Eve van Cauter has been showing for years that less sleep makes people look pre-diabetic. Since glucose is the most important fuel source in the body – and the only one usable by blood and brain until prolonged starvation – looking pre-diabetic in a matter of hours means a lot.
Though weight gets fingered as “the problem,” diabetes itself is in many ways more of a national scourge. And diabetes seems a lot easier to get if people don’t sleep enough.

Bottom Line

Sleep less, weigh more.
Subsidiary fact – sleeping more – and more effectively – should make it easier to control weight and improve overall health.
Body clocks quickly change eating patterns and weight.
The understanding is this – to regenerate your body correctly, you need certain conditions. You need sleep. You require sleep like food.
And if you don’t sleep, you’ll require more food. And you might not be that able to stop yourself from eating.

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The magical world of Champagne

The passion for a quality product and discipline to resist the temptation to cut costs to increase profits in the short-term has benefitted the populous in the Champagne region.

S.W. and Rich Hermansen
Guest Writers
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The name “Champagne” has a magical ring, promising elegance, quality, and style in wine, and carrying over to a more general sense suggesting proclivity for expensive purchases (“Champagne tastes”), a festive occasion (“Champagne reception”), or high quality (“Champagne standards”).

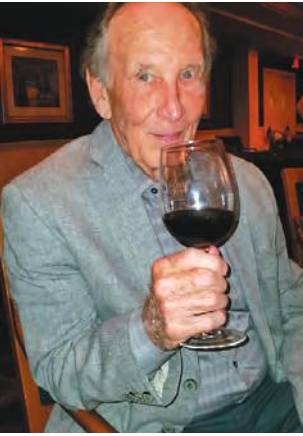
During a quick tour of Reims in the Champagne region of France, one sees headquarters of founding members of the Union des Maisons de Champagne, established in 1882. These fabled Champagne houses formed the Union to protect the integrity of the Champagne label on fine sparkling wine.

Following the paths blazed by medieval guilds of merchants and skilled tradesmen, wine merchants, grape growers, and winemakers in the Champagne region about 150 kilometres (100 miles) east of Paris created the Union des Maisons to set high standards for growing grapes and producing sparkling wines. The Maisons agreed to follow good traditional practices and customs to protect the value of the name Champagne.

The reputations of the Maisons continued to build during the ensuing decades, as did the reputation of the Champagne region as a whole. The name Champagne on the label of a sparkling wine became a valuable asset in the Paris marketplace and beyond.

In 1937, the government of France passed laws and adopted regulations that reinforced local regulation by the Union of Maisons. These government actions established the Champagne Appellation d’Origine Contrôlée (AOC) as a legal entity and defined its boundaries. Over time the government of France succeeded in negotiating international agreements that limited use of the name Champagne to refer only to wines from the Champagne AOC.

Only a few varieties of grapes, primarily Chardonnay, Pinot Noir, and Pinot Meunier, can be used to make Champagne. Regulations limit the yield of grapes planted per hectare, currently roughly 12-15 thousand kg/ha. (A hectare has an area of a 10,000 meter square, or 2.47105 acres). Champagne AOC regulations require wineries to conform to standard spacing and heights of vines, harvest grapes by hand, and only use juice from the first press of the grapes. The traditional Méthode Champenoise for fermenting sparkling wine prescribes fermentation in the bottle, a lengthy process that involves rotating bottles (riddling). A Champagne bottle has a dimple, called a “punt”, at its base which adds strength to the bottle and aids in riddling. Gripping the punt makes pouring Champagne easier. The Champagne AOC imposes a number of other quality control steps and requires aging bottles for a minimum of 15 months



in cellars. In effect, the name Champagne on the label of a bottle of sparkling wine guarantees that the Maison has met the traditionally strict standards of the Champagne AOC.

How has this maze of voluntary and governmental regulations worked out for the Maisons in the Champagne region? Critics of regulation of industries, especially those stuck on the simplistic Adam Smith model of free enterprise and price competitive markets, would predict economic disaster. Au contraire, the Champagne region is showing every sign of prosperity. The enterprising Maisons and their allied grape growers have nurtured neat rows of wine grapes in plots that blanket the valleys and hillsides. The leaves of the grape vines have turned yellow-gold since the fall harvest, and the vineyards glisten in the rain and glow in the sunshine. The massive stone Maisons’ Headquarters line the streets of the villages. Immaculate landscaping and displays of artwork showcase the successes of these businesses, while underground their massive cellars protect hundreds of thousands of wine bottles awaiting shipment when their time comes.

The passion for a quality product and discipline to resist the temptation to cut costs to increase profits in the short-term has benefitted the populous in the Champagne region. The Maisons realize that they have created a potentially fragile niche in a global economy. Climate change, to name one threat, is an increasingly worrisome threat. Yet the chances seem good that the Champagne region will continue to prosper.

Worldwide, the International Organization for Standardization (ISO) and technical communities on the web appear to be our best hopes for improving quality of products and services through international cooperation. These voluntary efforts deserve fuller support from businesses and governments.

S. W. Hermansen has used his expertise in econometrics, data science and epidemiology to help develop research databases for the Pentagon, the National Institutes of Health, the Department of Agriculture, and Health Resources and Services. He has visited premier vineyards and taste wines from major appellations in California, Oregon, New York State, and internationally from Tuscany and the Piedmont in Italy, the Ribera del Duero in Spain, the Barossa Valley and McLaren Vale in Australia, and the Otago Valley in New Zealand. Currently he splits time between residences in Chevy Chase, Maryland and St. Armand’s Circle in Florida.

Rich Hermansen selected his first wine list for a restaurant shortly after graduating from college with a degree in Mathematics. He has extensive service and management experience in the food and wine industry. Family and friends rate him as their favorite chef, bartender, and wine steward. He lives in Severna Park, Maryland.



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Editor Letters

Letters, from page 11

being added. Sydelle was not a pet owner herself but felt such an inclusion was important for dogs—and for people. Because of her advocacy, the Rotary Club raised over \$10,000 for the establishment of our dog park and it was added to Bayfront.

Over the years, others have seen the importance of it and have themselves contributed to improvements. Several are recognized by markers at the entrances.

Sadly, Sydelle did not live to see the reality of what truly was one of her dreams. And, also sadly, I was unable at the time to make a convincing enough case to the Commission at the time that she be given recognition at the Park.

I am hoping that the collective failure to recognize her being the inspiration in word and deed can be rectified and a marker for Sydelle Pittas can be added.

I appreciate your consideration of this request.

Terry Gans
Longboat Key

Bayfront Dog Park

To: Terry Gans
Thanks, Terry. I will ask that your suggestion be circulated for discussion. The dog parks have been extremely popular and it's only appropriate that we recognize the initiators.

Last year we had a generous gift to install astroturf in the large dog park, which has been a big hit. We are planning to do the same for the small dogs and hope that can be accomplished by donations as well.

Ken Schneier
Mayor
Town of Longboat Key

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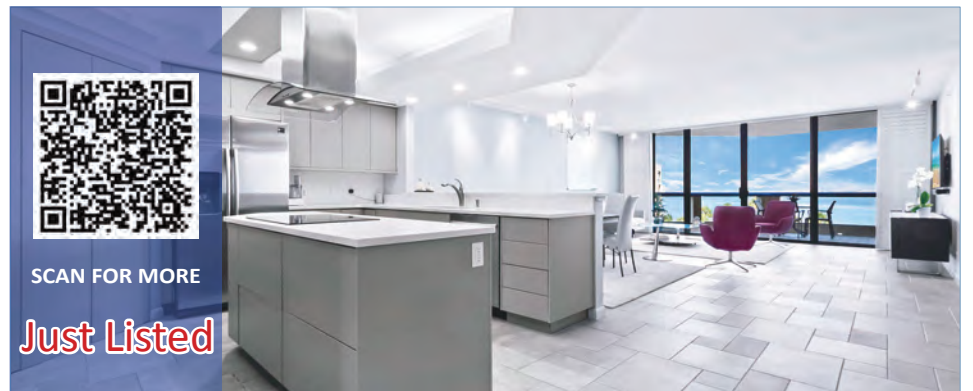
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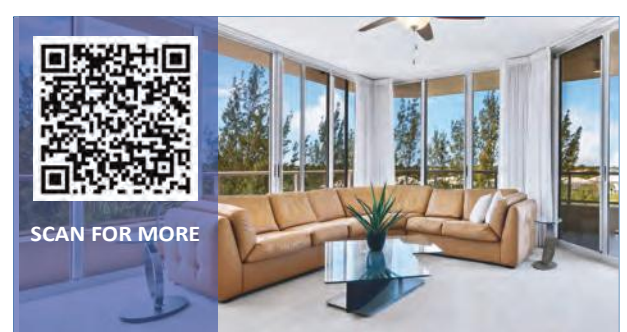
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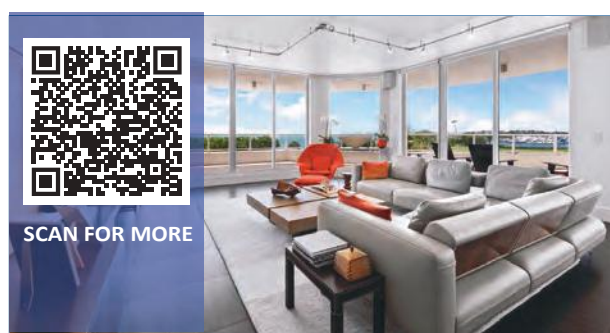
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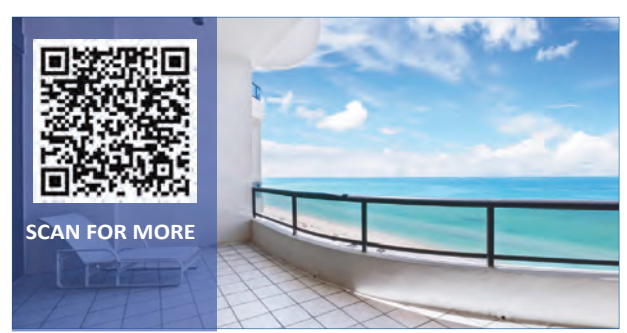
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