



## Distinguished Astronaut, Ocean Explorer To Speak

Sanibel-Captiva Conservation Foundation (SCCF) announced that Dr. Kathryn Sullivan will talk about her career as “the most vertical person on earth” at the 3rd annual Paul McCarthy Memorial Lecture Series on Thursday, February 4.

“We are honored to have Dr. Sullivan share her fascinating story of being the first person to both orbit the planet and reach its deepest point,” said SCCF CEO Ryan Orgera.

Aside from her experiences of spending more than 500 hours in space and plunging seven miles down into the depths of the ocean, Dr. Sullivan has held a variety of senior executive positions.

“Her presidential appointments to the National Science Board and as chief scientist, deputy administrator and administrator of the National Oceanic and Atmospheric Administration (NOAA) also give her a singular perspective,” said



Dr. Kathryn Sullivan

photo provided

Orgera, who met Dr. Sullivan on several occasions when he worked for the United States Senate.

A distinguished scientist, astronaut, and

ocean explorer, Dr. Sullivan joined the NASA astronaut corps in 1978 and holds the distinction of being the first American woman to walk in space. Her submersible

dive to the *Challenger Deep* in June of 2020 made her the first woman to dive to full ocean depth.

The McCarthy lecture series was conceived by the Boler Family Foundation, which underwrites the speaker fees and expenses, as a way to honor a dear family friend, Paul McCarthy, founder of Captiva Cruises and an active presence on the islands for years. February 6 would have been McCarthy’s 69th birthday.

This year, the lecture will be presented virtually through Zoom. Unlike other SCCF presentations this year, the 45-minute lecture will only be offered live at 5:30 p.m. on February 4. It will not be available for recorded viewing.

Dr. Sullivan currently serves on the boards of International Paper, Accenture Federal Services, the National Audubon Society and Terra Alpha Investments, and is a senior fellow at the Potomac Institute for Policy Studies.

Dr. Sullivan earned a bachelor of science degree in earth sciences from University of California at Santa Cruz and a PhD in geology from Dalhousie University, Nova Scotia. She is a member

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Mike Patnode

photos provided

## Chefs To Prepare Gourmet Meals For 1927 Gala

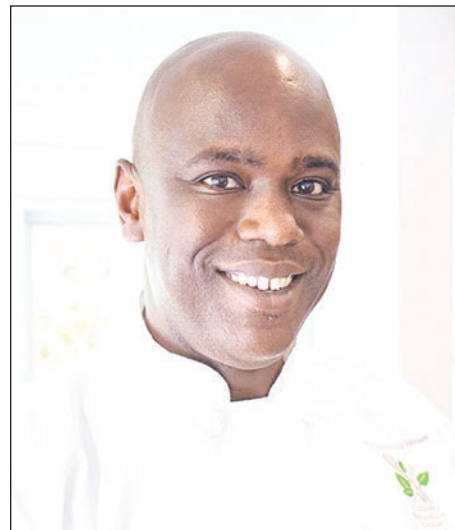
Along with many island events committees this year, The Community House 1927 Gala team had to make changes due to the COVID-19 situation. This year’s gala will feature a gourmet five-course dinner



Loretta Paganini

prepared by a noted island chefs, available as a take-out dinner to be enjoyed in the comfort and safety of your own home. Entertainment for the evening will be live streamed from The Community House stage to your home computer.

Anchoring the online program will be longtime islander Victor Mayeron, former owner and operator of The Mucky Duck on Captiva. The program will include live music by The Swingin’ Clique (jazz, standards and danceable tunes), some



Jarred Harris

memories and messages from islanders, a raffle for restaurant, retail and gift packages (\$100 value each), and a live auction of experience packages, hosted by Tommy Williams.

The dinner menu includes:

A selection of small appetizers from the kitchens of several restaurants including Doc Ford’s Rum Bar & Grille, The Island Cow and the Stilwell Restaurant Group.

A soup course featuring White Gazpacho, a signature dish from Executive



Malia Samson

Chef Mike Patnode of Traders. Chef Patnode has led Traders kitchen on an incredible journey since 1998, capturing numerous culinary awards in the process.

A special appetizer prepared by Chef Loretta Paganini – Shrimp and Ricotta Strudel with Arugula Salad in Lemon Thyme Sauce. In addition to her skills as a chef, Paganini is a noted food educator, cookbook author and TV personality. She has conducted cooking classes on Sanibel

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# Shell Museum Has A New Giant Pacific Octopus

The Bailey-Matthews National Shell Museum has a new giant Pacific octopus, and she is a sight to behold. The museum received her in early December and kept the exhibit closed for a few days to get her acclimated to the new surroundings. She has been a bit shy and initially may be a little difficult to find. She came in at just 436 grams, which is just below one pound. Carly Hulse, senior aquarist, confirmed that she is healthy and her coloration and texture are perfect. Some of the questions commonly heard at the museum include:

How do you know she is a she? The giant Pacific octopus (GPO) is sexually dimorphic, meaning there is a distinctive difference between the males and the females. The males third arm on the left, called a hectocotylus, is completely devoid of suckers at the tip and is used to insert spermatophores into the opening of the female oviduct.

How old is the new GPO? She is difficult to age, since she was wild-sourced. It is not known how old she may be at this time.

What is the life expectancy for a GPO? The average life expectancy is from 3 to 5 years; there is, however, ongoing debate as to whether males or females tend to live longer within that



Giant Pacific octopus

photo provided

range. What is the maximum size of a GPO? GPOs can grow to be heavier than 50 pounds and the museum aquarium is set up to accommodate one of that size. Given that the new GPO is now slightly below one pound, she has plenty of room to grow. As long as she eats around five percent of her body weight per week, she will double in size every 70 days.

She is becoming more comfortable in her new home. Hulse is working

daily on her tactile enrichment. This type of engagement allows the GPO to become comfortable with Hulse through taste and feel. "Her arms are covered with sensorial suckers, which in turn are loaded with taste buds, so everyone and everything feels and tastes different to her. Tactile enrichment is super important because as she gets older and stronger, we want her to feel comfortable with us so visits with our veterinarian or any other procedures are less stressful for both her and the staff. With tactile

enrichment, I simply allow her to explore and taste my hand, and reinforce this with some tasty salmon. Once, when she realized I was out of salmon, she threw her poop at me, and retreated into her den... so there's that. Just like a little kid, she was testing out her boundaries with me."

Through the generosity of an anonymous donor, the museum will be purchasing a high-end underwater camera, the new Octocam, and will soon have live streaming via the website. Stay tuned to [www.shellmuseum.org](http://www.shellmuseum.org).

The giant Pacific octopus previously on display was a star feature of the museum's new exhibits since opening. Unfortunately, in November, he started to show the last stages of natural aging progression. The exhibit was closed to give him privacy and peace and to allow for appropriate care by the veterinarian team. He will be missed and museum staff members like to believe he is happy "painting" and taking "selfies" in the big GPO ocean beyond.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that staff and the animals remain healthy. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.\*

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The Community House

photo by Logan Hart

## Community House Events

An Italian-themed community social will be held on Friday, January 8 beginning at 6 p.m. Social distancing will be observed. Curbside pickup will be available from 5 to 6 p.m. Cost is \$20 for members and \$25 for guests.

A shredding event will be held on Saturday, January 9 from 9 a.m. to noon. Cost is \$5 per box or bag.

Suzette Heeres will teach an oil painting class on Monday, January 11 at 9:30 a.m. Students will create an oil painting of a palm tree on the causeway. Cost is \$60 for members and \$65 for guests; all supplies included.

Anita Force Marshall will teach Letting Loose with Watercolors on Tuesday, January 12 at 9:30 a.m. Participants will paint a sunset. Cost is \$30 for members and \$35 guests. Beachcomber paint kits can be rented for \$10.

Wednesday, January 13 at 11 a.m. is Lunch and Learn with Chef Jarred. Learn about the benefits of an edible garden. Cost is \$30 for members and \$35 for guests.

The Community House will host its reimagined 1927 Gala fundraiser on Friday, January 22 with multiple-course fine dining in the comfort of your own home. The gala will also include an online program of live music, entertainment and a live auction, streamed from The Community House stage. Tickets are \$160 per person (tax deductible) and available at The Community House, online or by calling 472-2155. Sponsorships are also available.

Shell Crafters are on site with their handmade items for sale on Mondays from 10 a.m. to noon. No classes are being offered at this time.

Line Dancing with Maria Di Rosa is offered on Tuesdays at 1 p.m. Cost is \$5 per class.

The Sanibel Bridge Club meets on Tuesdays at 1 p.m. All are welcome. Bringing a partner is preferred. Cost is \$5 suggested donation.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring



The Community House gala will be held virtually on January 22 image provided

your own supplies to paint with fellow artists; no instruction. Cost is \$10 per session.

Sissi Janku teaches painting classes on the first and third Wednesdays of the month, January through March. Cost per class is \$60 for members and \$65 for nonmembers.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays at 1 p.m.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested donation.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. \$5 suggested donation.

Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters to assemble. Cost is \$20 per kit, shipping is \$8 additional.

Camp to Go 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 \$8 additional.

The Community House is located at 2173 Periwinkle Way. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.✱



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Toasting in the new year

photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

## Looking Back: Happy New Year

These Sanibel friends seem to be giving a beachside toast that might well have been to a wish for health and happiness in a new year.

Happy New Year from the Sanibel Historical Museum and Village!



The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required and safety precautions are in place. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.\*

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Complete Shabbat Worship Service including Torah reading Zoomed from Fellowship Hall at SCUUC every Friday night at 7:30 p.m. Shabbat morning discussion led by Rabbi Fuchs at 9:30 a.m. (email [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com) to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

### CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

### CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 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](mailto: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

Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main

Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11 a.m. in Fellowship Hall. View the Sunday Service online at [www.sanibelchurch.com](http://www.sanibelchurch.com), 1740 Periwinkle Way, 472-2684.

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 11 a.m., [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. View Sunday service online, through Facebook or YouTube. Most services and meetings have transitioned to online formats. Visit website for information on Bible studies and other offerings. Drive Up Communion every Sunday, 9:15 to 10:15 a.m., [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. [ryi39@aol.com](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.

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## Sanibel Students Create Mugs For FISH Program

Students in grades four and five at The Sanibel School became neighbors helping neighbors by creating Christmas mugs for the FISH of SanCap Senior Box Program, renamed Smile Boxes. Distributed monthly, Smile Boxes is a program that launched last year to help combat the growing issue of isolation, particularly among seniors. The program is growing, with over 30 boxes distributed in December 2020.

Inspired by the current subscription box trend where participants receive boxes of products and goodies regularly, FISH volunteers deliver the boxes to islanders on a monthly basis. Contents may include items like activity books (crosswords, word searches, etc.), cards, puzzles, soaps, DIY gardening kits, candles, crochet/knitting kits, comfy socks, handheld back massagers, stationery sets with stamps, and healthy (but sweet) treats.

If you are interested in assisting with the program or know someone who would benefit from the program, contact Susan Alexander at FISH of SanCap at 472-4775.\*



Mugs designed by students at The Sanibel School

photo provided

To advertise in the Island Sun call 395-1213

## American Legion Post 123

American Legion Post 123 is firing up the grill for barbecued ribs and chicken this Sunday, January 10 from noon to 8 p.m. Residents and visitors are always welcome.



On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays. Steak 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. Sunday specials are served from noon to 8 p.m.

The third Thursday of the month is Open Mic Night from 6 to 9 p.m.

The 8-Ball Pool League plays at 5 p.m. on Monday nights. 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 available for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.\*

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OBITUARY



MARGARET (KENNEDY) WHITE

Margaret (Kennedy) White, age 91, passed away on December 19, 2020. She was a resident of Shell Point Retirement Community in Fort Myers, Florida, previously of Sanibel, Florida for 30 years. Margaret is survived by three children, Deborah W. (Robert) Rizzo of Sanibel, Douglas K. (Elizabeth) White of Nebo, North Carolina and Allison (Jeffrey) Hoffman of Loveland, Ohio; six grandchildren, Christopher Rizzo, Emily (Michael) Feldman, Barrett White, Benjamin, Samuel and Peter Hoffman; great-granddaughter, Avery; beloved and devoted brother, Bruce (Anne) Kennedy of South Bristol, New York; brother-in-law,

Edwin (Joanne) White of Winchester, Virginia; and numerous loving nieces and nephews. She was predeceased by her husband of 66 years, Albert W. White, in 2018. Margaret was born in Canandaigua, New York and was the daughter of Howard and Marion Kennedy. She was a graduate of Canandaigua Academy, class of 1946 and Syracuse University, class of 1950, with a degree in home economics and early childhood education. Margaret was also a cheerleader and a member of Alpha Phi sorority, while at Syracuse. She and Al were married in 1951. While Al was in the Air Force, they lived in various places for four years. Returning to Canandaigua, Al worked with his family in the automotive business before getting his CPA degree and accreditation. Margaret set up a nursery school with her sister-in-law, Charlotte White, which they ran for 12 years before Margaret moved to Pittsford, New York. She and Al were charter members of the Canandaigua Shufflers Club and active members of the First United Methodist Church. Al's employment resulted in moves to Orchard Park, New York, Nashville, Tennessee and finally to New Orleans, Louisiana before retiring in 1989. Margaret and Al had a long and happy retirement spending winters on Sanibel, where they were very active volunteers and made many good friends. They volunteered with FISH of SanCap, Meals on Wheels, Sanibel Congregational United Church of Christ, PEO and Sanibel Historical Museum and Village. Margaret and Al traveled the world and

spent summers on Canandaigua Lake and at family cottages in Ontario, Canada. She loved being with friends and family, entertaining and helping others. A celebration of her life will be held at a later date and time to be announced. Interment will be in Woodlawn Cemetery, Canandaigua. In lieu of flowers, memorial contributions may be made to the following charities: Harry Chapin Food Bank,

3760 Fowler St., Fort Myers, FL 33901; FISH of SanCap, Inc., 2430 Periwinkle Way, Sanibel, FL 33957; Sanibel Congregational United Church of Christ, 2050 Periwinkle Way, Sanibel, FL 33957; or The Salvation Army, P.O. Box 510, Canandaigua, NY 14424. Arrangements are by Johnson-Kennedy Funeral Home, Inc., Canandaigua. Condolences may be offered at [www.johnsonkennedy.com](http://www.johnsonkennedy.com).✽

OBITUARY



PAUL DILLON GODDARD

The Rev. Paul Dillon Goddard died in Fort Myers, Florida on Tuesday, December 29, 2020 after a month's long battle with failing health, including cancer. Paul was born on September 23, 1938 in Lancaster, Pennsylvania, the second child of Alpheus John Goddard Jr. of Freeport, Illinois and Jane Dillon Goddard of Sterling, Illinois. He attended public schools in Lancaster until his family moved to Sterling, Illinois in 1950. Paul graduated from the Eaglebrook School in Deerfield, Massachusetts in 1953, and Shattuck Military Academy in Faribault, Minnesota in 1956. In 1960, he graduated from the University of the South and The General Theological Seminary in New York, New York in 1963. Upon ordination as an Episcopal priest, he served as associate rector at St.

John's Episcopal Church in Lancaster, Pennsylvania and then as rector of a mission parish in Rochelle, Illinois, where he directed the building of its first church. His final parish was Grace Episcopal Church, in Galena, Illinois. He then retired and moved to Madison, Wisconsin, where he and his lifelong companion, the late Boyd Johnson, enjoyed many good years. During this time, he and Boyd owned and operated a restaurant and gift shop in Middleton, Wisconsin, known as The Gallery. Eventually, Paul established his residence on Sanibel Island, Florida and spent his summers in the Madison area. Paul was always an active and devoted clergyman in retirement, serving his churches gratuitously, both in Madison and Sanibel, in whatever capacities may have been needed. He was steadfast in his faith, and a comfort and friend to many. Aside from his professional pursuits, he, with Boyd, enjoyed traveling, boating and entertaining, always in the company of their beloved poodles.

Paul is survived by his brother, Alpheus John Goddard III of Rockford, Illinois and nieces Katherine Page, Sarah Adler and Mercy Goddard, nephews Paul Goddard and Christopher Goddard, and eight grandnephews and grandnieces. Paul was especially grateful to nieces Kate and Mercy, nurse Linda, nurse Wendy, case worker Michelle and care consultant Lisa for their special attention during his final days, as well as his good friends in Madison, and the wonderful and caring parishioners and clergy of St. Michael and All Angels Episcopal Church of Sanibel, Florida. A memorial service for Paul will be scheduled for a later date. Memorial gifts may be made through Harvey-Engelhardt Funeral & Cremation Services, 1600 Colonial Blvd., Fort Myers, FL 33907, [www.wecare@harvey-engelhardt.com](mailto:www.wecare@harvey-engelhardt.com), for the benefit of St. Michael and All Angels Episcopal Church of Sanibel, FL. Descansa en paz, Pablo.✽

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From page 1

## Astronaut

of the National Academy of Engineering and the American Academy of Arts and Sciences, and has been elected into the Astronaut Hall of Fame, Women Aviators Hall of Fame, Women Divers Hall of Fame and Ohio Veterans Hall of Fame. She was recognized as one of the 46 distinguished First Women by *Time Magazine* (2017), the 15 Women Changing the World by the World Economic Forum (2015) and *Time's* 100

Most Influential People (2014). She has been awarded the Explorers Club Medal, the Rachel Carson Award, an Emmy Award and nine honorary degrees. She is also the author of *Handprints on Hubble, An Astronaut's Story of Invention* (MIT Press, 2019), which will be the January selection for SCCF's nature-inspired book club, The Green Readers. Visit <https://www.eventbrite.com/e/sccf-paul-mccarthy-memorial-lecture-series-dr-kathryn-sullivan-tickets-135394924865> to register for the lecture. Cost is \$20 for adults and \$10 for students.✽



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White pelicans

# Audubon Christmas Bird Count Results

submitted by Bill Jacobson

The Sanibel-Captiva Audubon Society conducted its annual Christmas Bird Count on December 19. There were 113 participants that counted a total of 15,975 birds comprised of 96 different species. The results of the Sanibel-Captiva count will be reported to the National Audubon Society and will become part of the 121st Audubon Christmas Bird Count (CBC). The overall count was about average. The fish and eel kill caused by the recent red tide bloom contributed to a historically large number of laughing

photos by Rick Bunting

gulls and pelicans being in the count. Cold temperatures may have also played a part in high or low totals for some specific species. Audubon Christmas Bird Counts are conducted throughout much of the Western Hemisphere from mid-December through early January. The CBC is a fertile source of historical information on the status and distribution of early winter bird populations, and is studied by scientists and interested individuals the world over. The Sanibel-Captiva Audubon Society thanks all those who took part in this year's successful count. Many thanks also to Sanibel-Captiva Conservation Foundation (SCCF) for their count support and JN "Ding" Darling National Wildlife Refuge for their count contributions and continued support.✱



Reddish egret and roseate spoonbill



Osprey

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## OBITUARY

**CHARLENE L. HANSEL**

Charlene L. Hansel, 96, of Sanibel Island, Florida, died of COVID-19 Friday, January 1, 2021, at Hawkeye Care Center in Dubuque, Iowa. Her passing was peaceful, and her son and daughter-in-law were able to be with her. All of her children and many of her grandchildren were able to see and talk to her remotely.

Charlene was born on June 6, 1924, in Galena, Illinois, the daughter of Charles and Louise (Lawyer) Jeffrey. She grew up in Galena among a large extended family of grandparents, aunts, uncles and 26 cousins who were all very close. She was gifted with a beautiful singing voice, and music was a very important part of her life. During her high school years, she was the emcee of pep rallies and student functions at which she led the singing. She was Queen of the Mardi Gras parade in Galena in the late 1930s. She graduated from Galena High School and Henrotin Hospital School of Nursing in Chicago, Illinois, during WWII. She worked as a nurse at both Mercy and Finley hospitals in Dubuque.

She married Richard V. (Dick) Hansel on July 14, 1946, at Emmanuel Congregational Church in Dubuque. They spent 61 years together and raised four children. He was a well-known contractor and land developer in Dubuque, and throughout all of those years, they worked together as a team. Charn, as she was always known, was a gifted decorator and decorated all of Dick's open houses through the years. She used her voice singing in the choir at Grandview Methodist Church where she was active as a Sunday school teacher and member of the women's circle. Along with church organist, Amber Jones, who played piano, Charn sang at various nursing homes every week for the residents. She also was in demand to sing at weddings and other functions. She was involved in all of her children's activities and worked with the PTA at Irving Elementary School as well as being a cub scout leader and a member of The Republican Women's group.

Charn and Dick cherished their family and spent time boating on the Mississippi River almost every weekend along with a wonderful group of family friends. They loved to dance and were great dancers. After moving to Sanibel Island in 1976, they spent seven months of each year there and made even more friends, fished on the Sanibel River behind their home, walked on the beaches collecting shells and were always busy. They raised and showed budgerigar birds and won lots of prizes for them. Charn did exquisite shell crafts, even winning at the Sanibel Shell Fair one year. They loved their church, the Sanibel Community Church, where Charn was a long-standing member of the choir. She was also one of the founding members of the Sanibel Community Chorus. She continued to play piano even until this past year.

Charn is survived by her children: Holly Hansel Kamm, Richard L. (Diane) Hansel, and Jeffrey (Julie) Hansel all of Dubuque; and Deborah Hansel of Loveland, Colorado; grandchildren Heather (Scott) Clark, Erin (Shawn) Story, Bryan (Ilena) Hansel, Becky Hansel, Eric (Destiny Meyer) Hansel, Adam (Kristina) Hansel, Angie (Chuck Johnson) Hansel, Elizabeth (JJ Bockenstedt) Hansel, Jennifer (Troy) Steffen, Curtis (Dana Gross) Rogers, and Jody Rogers; 17 great-grandchildren; and four great-great-grandchildren; her sister, Barbara Parkinson; and sister-in-law, Patricia Jeffrey. She was preceded in death by her husband, Richard; her parents Charles and Louise (Lawyer) Jeffrey; her brother, Wesley Jeffrey; her parents-in-law, Wilbert and Blanche (Haught) Hansel; and her sister-in-law, Phyllis Seipp.

There will be a private family burial service at Bethel Church cemetery in Ostedock, Iowa, on Saturday, January 9. Egelhof, Siegert and Casper funeral home is in charge of arrangements and will livestream the service at 1 p.m. Saturday. A celebration of Charlene's life will be held at a later date. Memorials may be given to Sanibel Community Church, 1740 Periwinkle Way, Sanibel, FL, 33957.

The family would like to thank the staff at Hawkeye Care Center who took such loving care of Charn. You helped her to be comfortable and to get through this difficult past year.\*

## Grief Support Group Meetings

Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, contact Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.\*



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OBITUARY



**THOMAS FRANCIS SULLIVAN**  
Thomas Francis Sullivan, age 75, passed away peacefully in his sleep in Westfield, Massachusetts on January 1, 2021 with his son at his side. Born in Litchfield, Connecticut on May 8, 1945, he was the son of the late Richard and Katherine (Carey) Sullivan. Tom is survived by his brother and sister-in-law Garry and Maria (Casadei) Sullivan; his sister Kay (Sullivan) Tracy and brother-in-law Mike Chepiga; his daughter Gretchen Sullivan and son-in-law William Schnell; his son Patrick Sullivan

and daughter-in-law Ashley Winn; three step-grandchildren and two step-great-grandchildren; many nieces and nephews; and several cousins. In addition to his parents, he was predeceased by his niece Maureen Sullivan, nephew Jason Tracy, and sister Marlene (Sullivan) Chepiga. Tom, known as "Sully" to his fellow Marines, who all loved him and were his brothers for life, served four years in the U.S. Marine Corps. From 1967 to 1968, he served with FMF/WestPac, III MAF, 1st Marine Air Wing, which was based in Chu Lai, The Republic of Vietnam. Sully and his fellow Marines were at Chu Lai on January 31, 1968 when the Tet Offensive began. The remaining months of Sully's tour in 1968 were some of the most battle-ridden months of the Vietnam war. Promoted to the rank of sergeant, Sully was honorably discharged shortly after returning to the U.S. Tom's military service informed his lifelong commitment to serving communities and people in need, particularly veterans. He was recognized as Disabled Veterans' Outreach Program Officer of the year during his tenure with the State of Connecticut Department of Labor, and later advanced employment and training support for veterans while working for the U.S. Department of Labor in Washington, D.C. Throughout his life, Tom was an active supporter of POW-MIA recovery efforts and many other veterans' causes. Upon retiring from federal service in 2005, Tom moved to Sanibel, Florida. There, he started his own small business, The Irish Guard, which provided home watch and care services to part-time

residents of Sanibel, and of which he was enormously proud. Tom's greatest joy in life was his family. In March of 2020, he moved to the Westfield Center long-term care facility in Westfield, Massachusetts to be closer to his children. In the last 10 months of his life, he delighted in weekly visits outside on the patio with Gretchen and Patrick, and

The family will host a celebration of Tom's life in Litchfield, Connecticut at a later date, when it is safe to travel and gather. In the meantime, if you are moved to honor him, please feel free to donate to the Association of Service Dog Providers for Military Veterans in his name at <http://servicedogs4vets.org/>.✧



Anthony Morales and George Schnapp prepare for delivery photo provided

Meals Delivered For Friendly Faces Virtual Luncheons

FISH of SanCap, along with George & Wendy's Seafood Grille, continues the community-wide Friendly Faces Luncheon in a virtual format. The first virtual luncheon held in December was a huge success. Twenty community members joined the lunch where games, conversation and socialization through the Zoom platform brought smiles, laughter and renewed connections. The next virtual luncheon will be held on Tuesday, January 19. George & Wendy's will prepare the lunch and FISH volunteers will deliver to islanders. There will be activities, games and plenty of

time for conversation. FISH will cover the cost for everyone joining the January 19 luncheon. "We hope community members won't let technology get in the way, as we want everyone to join us," said Susan Alexander, senior services and community engagement director of FISH. "Our staff can help you with any technology concerns. We want everyone to join the fun, catch up with friends from the past and make new connections." The Friendly Faces lunch consists of a cold entree, side, bottle of water and dessert. Meal choice details are provided upon sign-up. Reservations and meal choices are required by Friday, January 15 to Susan Alexander or Anthony Morales by calling 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access. FISH can also provide assistance with registration and/or Zoom instructions.✧



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Clyde and Niki Butcher

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## 'Ding' Darling Free Lecture Series To Begin

The upcoming season's "Ding" Darling Friday Lecture Series will evolve with the times and persisting distance protocols by moving to the larger venue of The Community House, located at 2173 Periwinkle Way. The free lectures will occur on five select days throughout the season with one 10 a.m. lecture per day.

The 17th annual "Ding" Darling Friday Lecture Series, which runs January 29 through March 19, features photographers Clyde and Niki Butcher, *Feather Thief* author Kirk W. Johnson, and eminent authorities on water conservation, eagles and owls.

"The uncertainties of COVID-19 challenged us to experiment with a new lecture series format so we could accommodate high-quality lecturers but still abide by new distancing guidelines," said Ann-Marie Wildman, "Ding" Darling Nature Store manager and lecture series organizer. "We would be very limited on how many we could seat at our usual venue in the "Ding" Darling Visitor & Education Center auditorium, but The Community House gives us more latitude. So, we've decided on fewer lectures with topnotch speakers."

Seating for the free lectures is limited and available on a first-come basis. About 200 socially distanced seats will be available. Face masks will be required. "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will be filming all lectures and broadcasting them on Facebook Live at [www.facebook.com/dingdarling](http://www.facebook.com/dingdarling).

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS

management, staff and board of directors. The season schedule is:

Friday, January 29 – Ocean Doctor David E. Guggenheim, *Lessons from the Deep: What the Oceans Are Telling Us and Why it Matters*, sponsored by HighTower/Thomas & Swartz Wealth Management

Thursday, February 4 – Photographers Clyde and Niki Butcher, *The Everglades*, sponsored by Wayne and Linda Boyd

\* Friday, February 19 – Author Jack Davis, *The Bald Eagle: Symbol and Species in American History*, sponsored by Southwest Florida Eagle Cam

\* Friday, March 12 – Author Paul Bannick, *Gray Owl: A Visual Natural History*, sponsored by Bill and Laurie Harkey

\* Friday, March 19 – Author Kirk W. Johnson, *Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*, sponsored by Ashton Kirchner Group/Keller Williams Realty Sanibel & Captiva, HighTower/Thomas & Swartz Wealth Management, Geoffrey and Karen Moss, and Sanibel Carts

Book signings follow all starred lectures; books will be available for purchase that day, profits from sales benefitting research and conservation at the refuge. Visit [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series) for more information on lecturers.

As a nonprofit 501(c)3 organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research and public education through charitable donations and Refuge Nature Shop profits.

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 472-1100 ext. 4, or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org). ✨

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Chinese garlic's umbrels of creamy white flowers have ornamental and culinary value  
photos by Gerri Reaves

Plant Smart  
**Chinese Chives**  
by Gerri Reaves

Chinese chives' (*Allium tuberosum*) star-like flowers make it a pretty ornamental, but this plant is also a useful addition to the herb garden.  
Be careful if you plant it in the ground, however, for it has invasive tendencies. Alternatively, it's easy to grow in a pot either from seeds or a

small purchased plant. Choose a plant pot to accommodate the long tuberous roots.  
It grows in clumps from a small bulb, which unlike that of onions, is not edible.  
Also called garlic chives, Chinese leeks and gow choy, it is a member of the lily family and onion genus. Native to China, it has many uses in ancient Chinese herbal medicine.  
The flat grass-like edible leaves have both a garlic- and onion-like flavor. They differ from standard chives in that their leaves are solid, not hollow.  
The umbrels of creamy white flowers appear on tall slender stems and attract bees and butterflies. Flowers can be used in floral arrangements and even dried.  
Keep it moist but well-drained. It prefers some sun and organic matter in the soil. It grows to about 18 inches high.  
The leaves can be chopped and used fresh or frozen or dried for later use, just



This herb's flat grass-like leaves have many culinary and medicinal uses like other herbs.  
The flowers are edible too and should be consumed when fresh and young or as buds.  
Both flowers and leaves should be used as regular garlic and onions, cooked or sauteed in stir-fries, soups, scrambled eggs and other dishes.  
Sources: [www.gardeningknowhow.com](http://www.gardeningknowhow.com), <https://harvesttotable.com>, <https://thisnzlife.co.nz>, and [www.washingtonpost.com](http://www.washingtonpost.com).  
*Plant Smart explores the diverse flora of South Florida.*✽

**Virtual Workshops  
On Mangrove  
Restoration**

Coastal Watch launched a new initiative recently called Back to Our Roots, which offers residents an opportunity to "adopt" their own mangrove. The educational initiative includes a mangrove workshop where participants can a deeper understanding of mangrove biology and how these trees are so integral to Southwest Florida's marine ecosystem. After the workshop, participants will receive a starter kit to grow a mangrove at home until it is ready to be planted at a local restoration site during a community planting event later this year.  
To get involved, attend one of Coastal



image provided

Watch's virtual workshops.  
The Back to Our Roots virtual workshops will include an educational component focusing on mangrove ecology and the threats mangroves face in Southwest Florida. Coastal Watch will share more about conservation efforts for these vulnerable trees and discuss how the community can get involved to help protect mangroves on Sanibel and Captiva. The workshops will also include key tips on how participants will grow their own mangroves as part of the initiative.  
The Coastal Watch Advisory Committee will host virtual workshops on Saturday, January 16 at 1 p.m. and Thursday, January 21 at 6 p.m.  
To register for the virtual workshop, go to <https://sancapcoastalwatch.org/back-to-our-roots>. Registration opened January 5.  
Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Coastal Watch creates and implements conservation initiatives that promote and improve the future of marine resources and the coastal heritage. For more information, visit [www.sancapcoastalwatch.org](http://www.sancapcoastalwatch.org) or email [coastalwatch@sanibelseaschool.org](mailto:coastalwatch@sanibelseaschool.org).✽



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# Start The New Year With A Garden Calendar

by Melinda Myers

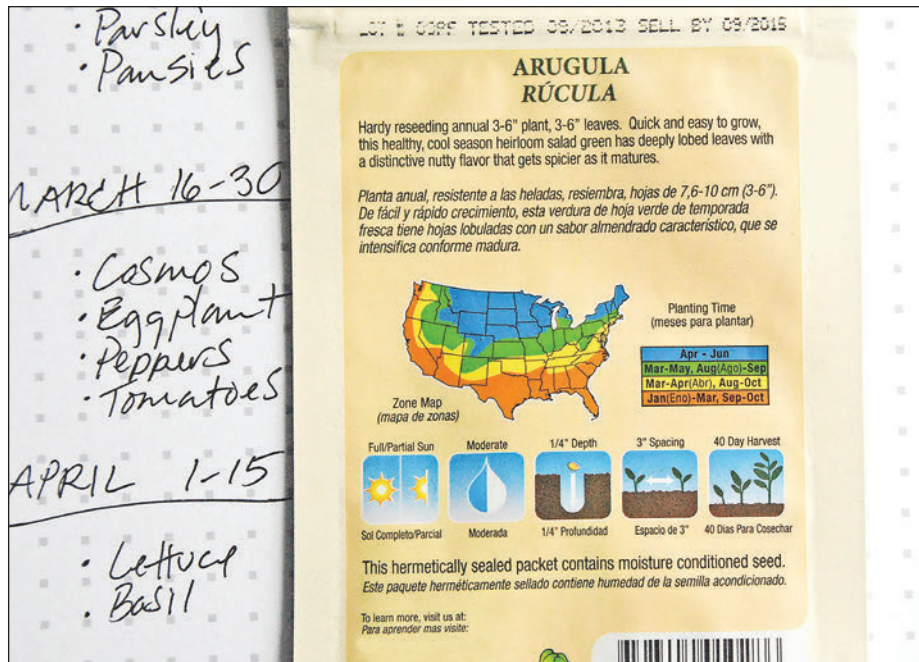
**R**inging in the new year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and much more.

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete your inventory,



**Check the back of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden**

photo courtesy [www.MelindaMyers.com](http://www.MelindaMyers.com)

review new catalogs and make a list of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights and gather the needed seed starting mix and clean containers. Soak

used containers in a one-part bleach and nine-parts water solution for 10 minutes. Then rinse with clear water before reusing them this year.

Once you know what you want to grow, it is time to create a seed starting calendar. Check the catalogue, university extension recommendations and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended

date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and increases your success.

Mark your calendar for peak harvest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmers markets and pick-your-own farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends for a harvest and preservation party.

Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter when you are away from the garden.

Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment and other gardening benefits.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her website is [www.MelindaMyers.com](http://www.MelindaMyers.com). ✨

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# Shiner Stress



by Capt.  
Matt Mitchell

With conditions improving following a bitter cold Christmas after days of shrimp fishing, it was time to switch to shiners. It only took the slightest warmup to

go from targeting sheepshead and redfish around the passes to catching just crazy amounts of snook. This quick change made for very hungry snook.

Inside the passes was a parking lot over the holiday week. Amazingly, despite the massive amount of boats and riding by almost everyone, we were catching fish. I opted to stay away from this congestion and fished mostly in lesser known mangrove creeks. We had a few really impressive trips when we got to fish the minus-low incoming tide. Catching lots of snook and redfish was a normal day. Once we located the fish, this bite went on for an hour or more in the same 100-yard area. Add in a few 30-inch snook or larger ones and a couple of upper slot redfish, January fishing can be amazing.

Shiners have been plentiful on the causeway bridges. During calm periods right after sunup, they can be seen flipping around the pilings. Picking up enough bait for the day's fishing has required only a few well-placed casts. Throwing a net on the bridge requires

basically scrapping the piling with a well-placed open cast net. Use a heavy three-eighths mesh net to quickly reach the bottom in this deep water.

So you're all baited up with a live well full of candy snook shiners and then your heart just sinks. Shiners are floating up to the surface and dying while others leap out of the water onto the deck trying to escape. Start up the boat and run fast to the mouth of the river to reach clean water. This way at least a percentage of the prized bait may live. After a couple of times, this scenario gets old.

You should fill the live well full of water away from the red tide and close off the flow. Also, add a running Airhead live well circulator. These floating recirculating pumps inject the live well water with oxygen. Once away from this bad water, you should reopen the intake. Constantly tending to the bait and looking for any signs of bad water that will kill your bait, your chances at a great day's fishing will be nerve racking.

These small patches of red tide have been somewhat isolated. The majority has been around the Causeway bridges at the eastern end of Sanibel. The Roosevelt Channel and areas just inside Redfish Pass have been a little sketchy during the end of the outgoing tide. There are very few signs of this red tide besides seeing a few old floating dead mullet. Concentrations have been bad enough in certain areas to kill your bait. Taking live shrimp as a backup has been a must, as they are not effected by the red tide.

Although dealing with slight effects of red tide sucks, the fishing has been outstanding. Going through the added daily stress of keeping your bait alive



Porter from Michigan with a big snook caught while fishing with Capt. Matt Mitchell this week photo provided

has paid off with some memorable trips this week. Even these small effects of red tide bring back the memories of the nightmare we dealt with in 2017. After an amazing rebound in our fishery, we have red tide within three weeks of massive nutrient rich water releases from Lake Okeechobee. Until the flow of water from Lake O is diverted south through

the Everglades, this will continue to be a major problem.

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](mailto:captmattmitchell@aol.com).\*

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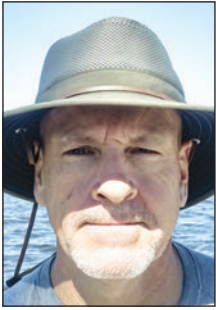
Dave Doane



## CROW Case Of The Week:

## Swainson's Thrush

by Bob Petcher



The Swainson's thrush (*Catharus ustulatus*) is a medium-sized bird that lives on the ground and feeds on insects, other invertebrates and fruit. These slim songbirds have

round heads and short, straight bills.

At CROW, a Swainson's thrush was admitted after experiencing unknown trauma. Upon presentation, the patient had swelling around the eyes and dried blood on its lower left eyelid.

"The Swainson's thrush was admitted to CROW with eye swelling and suspected head trauma. These symptoms are most likely a result of flying into something, like a window," said Morgan Hester, CROW wildlife rehabilitator. "The eye swelling cleared up within a few days with the help of eye drops and pain medications."

While the patient passed a flight test, it was still uncoordinated.

"The patient was standing and able to perch after a few days, so the staff felt it was time to flight test," said Hester. "Upon the first flight test, the patient 'failed' in the sense of being uncoordinated and not strong enough



Patient #20-5128 will be wintering at CROW instead of Central America or South America

photo by Yvette Carrasco

to sustain flight. The slight wing droop could have been a lingering side effect of the head trauma or even something like muscle soreness from the injury."

While the patient was able to lift well in flight, CROW staff did not feel confident yet in a total recovery. Six days after admittance, the patient was ready to flight test again, however, the Swainson's thrush had already missed the southward migration period. The decision was made to overwinter the patient until April 2021 when it could rejoin the migration flocks heading northward.

"We have to consider environmental temperature, if there are others of its species still around, if the patient is strong enough to fly any distance alone, if the patient is at a good migration weight and much more," explained Hester. "Based on all the above questions, CROW's rehab team felt, to better the patient's chance of survival after such significant trauma, the best thing was to overwinter until the species returns to Florida for spring migration."

"In Southwest Florida, we see many migrating birds that stop through Sanibel

on the way to their wintering grounds which are typically in Central and South America. The Swainson's thrush is one that winters in such places and migrates in large colonies. In Southwest Florida, we only see this species of thrush as it passes through from September to October and again in April or May. Because these birds travel such vast distances to reach their wintering ground, there is a lot to consider before release."

The patient's slight wing droop was reported to be improving. It is doing well overall and regaining strength. The Swainson's thrush will remain at CROW for a few more months.

"Missing migration means the patient will remain at CROW all winter and hopefully be released into a colony as they pass through on their northern migration," said Hester. "At this time, the patient is being housed in both an outdoor spacious enclosure for sun time and flight conditioning when the weather is appropriate, but also an indoor enclosure to get the patient safely out of the cold. The patient is fattening up to migration weight, so come April, the patient will be ready to fly off and rejoin the species group."

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](http://www.crowclinic.org).

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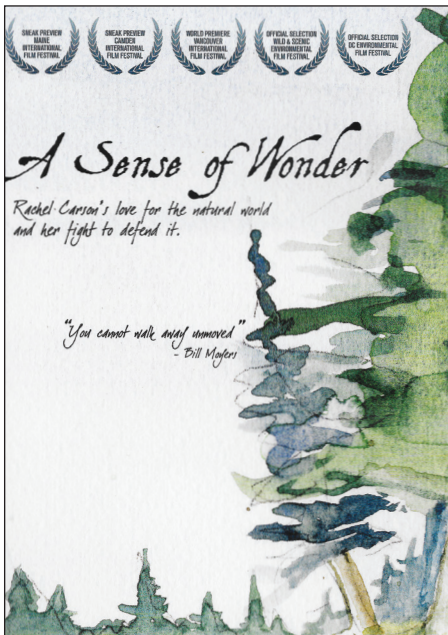
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The free filming of *A Sense of Wonder* honors International Women's Day on March 8  
image provided

## Refuge Film Series Lineup Moved To Virtual Format

The 9th annual "Ding" Darling Film Series will adapt to distancing and pandemic safety protocols with virtual airings and follow-up discussions via Zoom. Pre-registration for the four films will be required. Watch [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series)



From left: Sierra Hoisington, DDWS development officer and series organizer; Rick Boyd, general manager of Beachview Cottages and Castaways Beach & Bay Cottage; Rene Affourtit, Sanibel Captiva Beach Resorts CFO; Laurent Bosc, Sanibel Captiva Beach Resorts food and beverage director; Doug Babcock, Sanibel Captiva Beach Resorts vice president and CEO; and Erin Myers, "Ding Darling deputy refuge manager" photo provided

[dingdarlingsociety.org/articles/lecture-and-film-series](http://dingdarlingsociety.org/articles/lecture-and-film-series) for details and wine-pairing suggestions for the films from Bailey's General Store wine buyer Calli Johnson.

The series kicks off on Wednesday, January 20 with the film *Smog of the Sea*. The 30-minute documentary follows a group of marine and citizen scientists who, while researching the ocean's storied plastic garbage patch, discovers the more serious problem of pervasive

microplastics that "smog" the water and sicken marine and human life.

On February 17, the 94-minute *Bird of Prey* documentary explores the plight of the rarest eagle on earth, the great Philippine eagle, with stunning, exclusive film footage of the critically endangered species.

Environmental pioneer Rachel Carson is the topic of *A Sense of Wonder*, to air on March 8, in honor of International Women's Day. The 54-minute film depicts Carson as she reminisces about the impact of her landmark book, *Silent Spring*, which drew attention to the tragic effects of pesticides on wildlife when it published in 1962.

From farm to fridge, *Just Eat It* delves into the modern problem of food waste in the United States. The 75-minute documentary airs on April 12.

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free film showings with sponsorship from Sanibel Captiva Beach Resorts (SCBR). Following is the schedule of the season's films. There will be a discussion after each film. For more information, visit [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series).

The film schedule is as follows:

Wednesday, January 20 – *The Smog of the Sea*

Wednesday, February 17 – *Bird of Prey*

Monday, March 8 – *A Sense of Wonder*

Monday, April 12 – *Just Eat It*

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 472-1100 ext. 4, or [dingdarlingsociety@gmail.com](mailto:dingdarlingsociety@gmail.com).\*

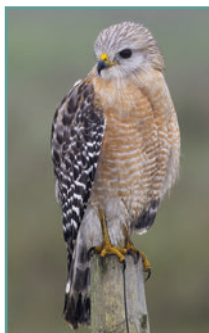
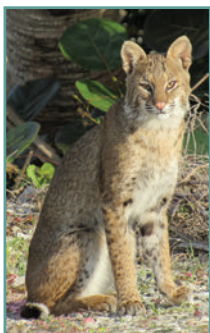
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**SCCF 472-2329 • [www.SCCF.org](http://www.SCCF.org)**

From page 1

## Gala

since 1995, which now are based at The Community House.

A main entrée prepared by Community House Resident Chef Jarred Harris featuring Petit Veal Loin Mignon with Truffle Butter and Poached Maine Lobster Tail, Sautéed Asparagus Tips and Dauphinoise Potatoes. There will also be a vegetarian option: Portobello Wellington. Chef Harris heads the staff of the Culinary Education Center at The Community House. He previously held the executive chef position at several restaurants, five-star resorts and country clubs, including The Sanctuary Golf Club.

The dessert will be a concoction from baker Chef Malia Samson: Mexican Chocolate Cake with Blood Orange Spoodrift. Chef Samson is one of the new generation of chefs, known locally for her work creating the desserts at Malia Island Fusion Cuisine, where she won Best Dessert of the Islands in 2019 (Coconut Tres Leches Cake), now a classic on the island. Currently, she manages and is co-owner of Spoodrift

Island Bowls.

To accompany these dishes, each order will be paired with a bottle of white wine and a bottle of red wine, and packed in reusable thermal bag.

All dishes for the gala will be packaged for take-out and delivered to your car curbside at The Community House with home delivery by request.

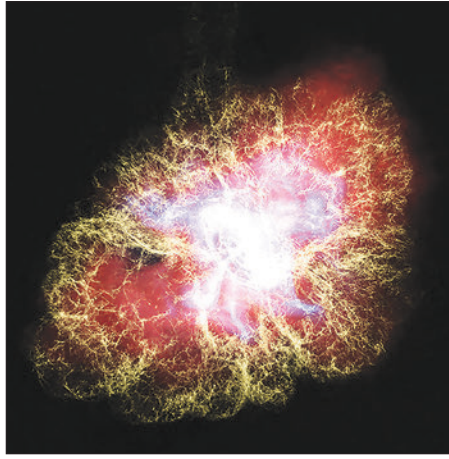
The 1927 Gala commemorates the year The Community House was created as a gathering place for island residents. It was built on private donations of land, money and materials from citizens of the islands. As the major annual fundraiser for the Sanibel Community Association, all proceeds from the gala are used to help to keep The Community House running throughout the year.

Tickets are \$160 per person (tax deductible) and are available at The Community House office, 2173 Periwinkle Way, online at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or by calling 472-2155. Sponsorship packages are also available that include multiple tickets plus recognition in the gala program and in event public relations. The deadline for reservations is Friday, January 15.\*





Learn about life in space photos provided



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reimagined at the IMAG.

The IMAG is planning several Inspiration Takes Flight programs, exhibits and events, displays and hands-on activities for guests, families and members as well as homeschool students and scouts that feature Science on a Sphere shows, IMAG LIVE science shows, IMAG Science Saturdays, workshops and mini-workshops and a special Member Night. As part of Inspiration Takes Flight, the IMAG is also presenting a series of "spacious murals" from the Hubble Space Telescope along with a history and science display of the famous telescope in the gallery. Some additional planned specials also include the introduction of the IMAG Junior Astronaut Training Program and the IMAG Frequent Flyer



Hubble Space Telescope over planet Earth

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out about life support in outer space.

Guests can try out their skills for liftoff, flying and landing a space craft on the moon, Mars or Jupiter in astronaut training simulators. Also, test your talents to maneuver a rover on the rocky crater surface of a planet.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, reservations or a list of programs, visit [www.theimag.org](http://www.theimag.org) or call 243-0043.✪

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Shell Of The Week

# The Antillean Caecum

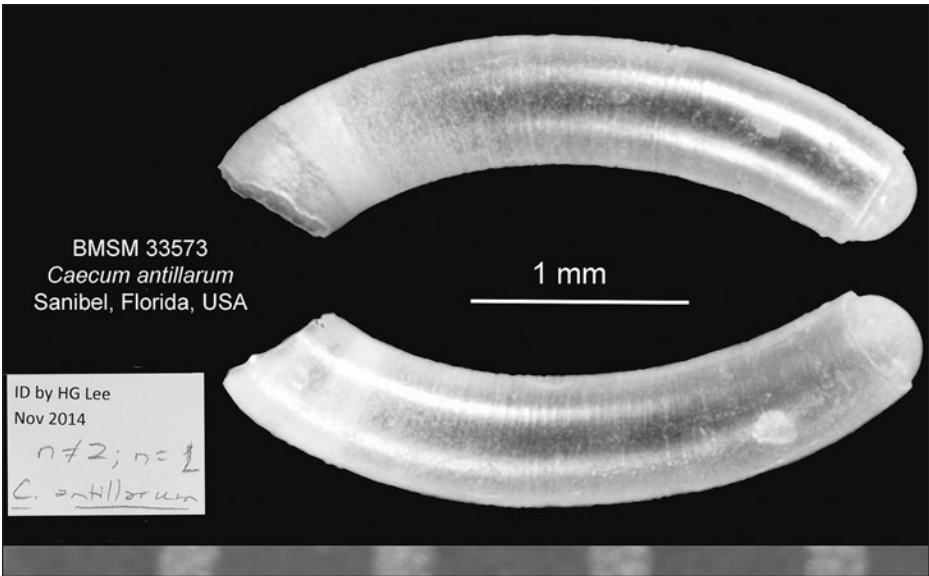


by José H. Leal, PhD, Bailey-Matthews National Shell Museum Interim Director and Curator

Giving continuation to local species of the family Caecidae, today I present the

Antillean Caecum, *Caecum antillarum* Carpenter, 1858. The small, curved, tube-like shell in this species is smooth, glossy in well-preserved specimens, and measures only up to 3.5 mm (about 0.14 inch). The structure opposite the aperture (shell opening), called the apical plug, is dome-shaped, hemispheric; shell color is white. The shell in the image was collected in 1998 by Lois Dunnam, at Gulfside City Park on Sanibel. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.



The Antillean Caecum, *Caecum antillarum*, from Sanibel

photo by Patricia A. Starkey

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✧

## New Fee For Boat Ramp On Sanibel

There is a new \$20 boat ramp facility use fee that is required at the Sanibel Public Boat Ramp, located at 888 Sextant Drive. The fee is good at the Sanibel boat ramp only and

is required for all facility users without a valid City of Sanibel Boat Ramp Permit. The fee is paid at the on site parking meter kiosk, which accepts credit cards and cash.

Visit [www.mysanibel.com/content/download/27999/181719o](http://www.mysanibel.com/content/download/27999/181719o) to view Ordinance No. 20-007 for more information.✧

## Shell Found



Allison Rhodes

photo provided

Allison Rhodes found a small piece of a junonia on January 2 on Captiva. She said, “I have been looking for one for years, so I was excited to at least be able to finally find a piece of one.”✧

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## 'Ding' Darling To Release Branded Beer

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) had hoped to toast the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge last December with a privately labeled pilsner beer in partnership with Fort Myers Brewing Company. However, aluminum shortages due to COVID-19 have pushed that brand unveiling to late 2021, in time to celebrate DDWS' 40th anniversary. Profits from sales of Wild Daze Pilsner will benefit wildlife research, education and conservation at the refuge. "For the new year, we're announcing a new beer," said DDWS Executive Director Birgie Miller. "We have a lot to celebrate in 2021 and Wild Daze promises to add sparkle to the celebration. We thank Fort Myers Brewing Company for this spirited collaboration."

JJ Taylor Companies will distribute canned Wild Daze Pilsner throughout Southwest Florida to restaurants, bars and stores. The exclusive brew will be available with a limited window of around



Artist Emily Alvarez at work on the label for Wild Daze Pilsner

photo provided

six months starting in late 2021. The Wild Daze Committee has commissioned native Miami Latina artist Emily Alvarez to design an exclusive label for the

canned beer. "Having originated in a bustling city where fruit grows all year-round, I try to incorporate the abundance of energy and life I grew up surrounded

by within my work; this manifests in dynamic composition, brilliant colors and larger-than-life characters," said Alvarez, who grew up near the Florida Everglades. "This beer label will be directly inspired by my experiences with South Florida wetlands."

"Our goal is to expand 'Ding's' appeal to a wider, young, multi-cultural audience in a fresh, new way," said Miller. "Fort Myers Brewing staff share the refuge's mission to get people outdoors."

"Community involvement has always been important at Fort Myers Brewing," said founder Rob Whyte. "This past year has proved how important getting out in nature can be for everyone's mental and physical health, so when the 'Ding' Darling Wildlife Society reached out about this collaboration, it was an easy decision. Encouraging people to get outside, conserve our wild spaces and enjoy a nice cold beverage as they do it, is a great opportunity. We are excited about supporting the JN 'Ding' Darling National Wildlife Refuge in this unique and special way."

To serve on the Wild Daze Committee or for more information, contact DDWS Development Officer and Project Leader April Boennen at 472-1100 ext. 4.✱

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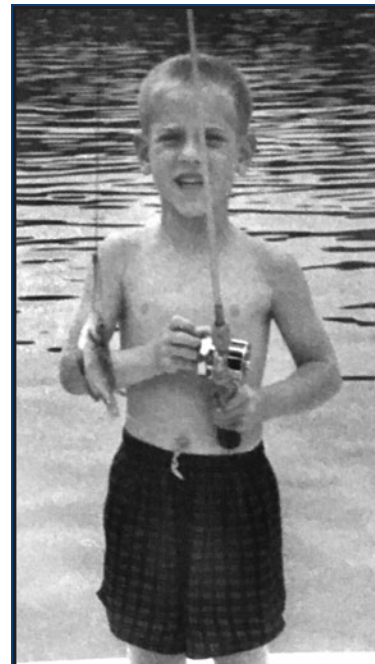


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# Introducing A New Dog Into Your Home



submitted by  
Allison Havill Todd

So, after careful consideration, you have decided to get a dog. You have made a commitment that should last for the life of the animal. Whether you are adopting an adult

dog or deciding on a puppy, there are steps you can take from the beginning to make this a smoother transition for everyone.

It is important to establish a space for your new furry friend. He should have a designated area for a crate or bed that is quiet but not remote from the rest of the household. Dogs like to be with their pack, and you are your dog's pack. Consider setting up a comfortable bed in your bedroom or a corner of your living area where he can feel safe without being isolated. This "place" is somewhere you can teach your dog to go when they need to rest or be out of the way, but it should never be used as a punishment.

While you are likely very excited about your new dog, this is not the time to invite all your friends, neighbors and extended family to visit him. The first few days in a



It is important to establish boundaries at the onset so your dog knows what is expected of him photo provided

new home can be very stressful for your pup. If you have adopted an animal from a shelter, he may need even more time to decompress from the noisy environment from which he came. Surrounding him with too many new people at once can be overwhelming. Instead, give yourself some time to bond with your new companion and then slowly introduce him to others. If there are children in your household, they should never be left unsupervised with a new dog. It is important that they first learn how to treat the new family member responsibly and respectfully.

Dogs crave structure and routine. Establish a regular time for feeding, walks, letting them out, etc. This will also help to avoid unwanted "accidents" indoors. Allow time daily for exercise, training and play. Helping your dog learn desired behaviors can be fun and also provide a sense of structure. If you are a first time dog owner or have struggled with training your dog in the past, consider working with a professional. Remember that your new friend does not automatically know what is expected of him. It is your responsibility to learn how to communicate with him in a way he can understand. Always treat your dog with patience, consistency and kindness while he is learning the new rules.

Establishing boundaries from the onset can help to prevent unwanted behavior later on. Introduce your new friend to the different areas of your home under close supervision (preferably on a leash at first) until they have earned your trust to roam freely. If you do not want your dog in the way when you are in the kitchen, for example, then teach them to go to their "place" by rewarding them for doing so.

While it will require more time in the beginning to help your new pup get situated and learn the rules, it will be worth it! You will both be much happier for the life of your animal.

(This is the first of a two-part series. The next article will include introducing a new dog into a home where there are existing pets.)

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 @thedoggie mom and facebook.com/thedoggie mom.\*

## Grant Awarded For New Facilities At Linear Park

The Lee Board of County Commissioners recently accepted a \$180,000 grant from the Florida Department of Environmental Protection to develop trailhead facilities at the southern end of John Yarbrough Linear Park.

The facilities would be built on 1.4 acres of a roughly seven-acre parcel off Ben C. Pratt/Six Mile Cypress Parkway, purchased by the Lee Board of County Commissioners in 2018. The planned facilities will include: paved parking, including ADA-compliant parking; restrooms; and picnic pavilions.

Construction of the facilities is expected to begin in February and take five months to complete, weather permitting.

The park opened to the public in 2005 and stretches for 4.8 miles between Colonial Boulevard and Ben C. Pratt/Six Mile Cypress Parkway along the 10 Mile Canal. It is a popular spot for walking, hiking, jogging, rollerblading, bicycling, fishing, birding and picnicking. It is dog friendly for dogs on leash.

For more information on all Lee County Parks & Recreation facilities, visit [www.leeparks.org](http://www.leeparks.org).\*

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# THIRD THURSDAY OF THE MONTH

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# THE 2021 BIG ARTS TALKING POINTS



## JOIN TALKING POINTS VIRTUALLY!

### FROM GRIEVING FATHER TO GUN SAFETY ADVOCATE

**January 28, 2020**

Fred Gutternberg, public safety advocate and founder of the foundation “Orange Ribbons for Jaime.”

### FAKE NEWS: HOW TO TELL FACT FROM FICTION

**February 4**

Lyn Millner, M.F.A., professor of journalism, Florida Gulf Coast University.

### IS INTERNET PRIVACY EVEN POSSIBLE?

**February 11**

Ian Sherr, Editor at Large for CNET News, a division of CBS.

### RACE RELATIONS IN SOUTHWEST FLORIDA: A PHOTOGRAPHIC STUDY

**February 25**

Kinfay Moroti, documentary journalist and photographer at *The News-Press*

### REDUCE YOUR CARBON FOOTPRINT

**March 4**  
Katharine Hayhoe, atmospheric scientist and professor at Texas Tech University.

### POP UP: A CURRENT EVENT BOOKING YOU WON'T WANT TO MISS!

**March 11**

Stay tuned for an exciting sixth series session featuring timely topics of the day. You won't want to miss this engaging session!



Fred Gutternberg



Lyn Millner, M.F.A.



Ian Sherr



Kinfay Moroti



Katharine Hayhoe



Tickets available by phone only. Call 239.395.0900.



The Community House

## Cardamom



by Resident Chef Jarred Harris

Cardamom is the seed pod of a plant related to ginger. The pods contain seeds and are usually found dried. They are very fragrant and have a complex camphor flavor. This unique flavor is essential in certain types of Indian, Middle Eastern, Asian and Scandinavian cooking.

Cardamom is one of the world's most expensive spices (only saffron and vanilla are more expensive). Native to India, cardamom has been used for medicinal and culinary purposes for over 5,000 years. Ancient Greeks and Romans used cardamom because they believed it contained aphrodisiac properties.

There are several types of cardamom, green also known as "true" cardamom, black, white and red. Green cardamom pods are the most common type found in North America and

are also the most pungent. They are primarily used for culinary purposes. Cardamom is used to treat digestive disorders, nausea, loss of appetite and heartburn. It is also used as an inhibitor of certain types of cancers, immune booster, expectorant and as a blood pressure regulator. This fragrant seed pod can be used as an antiseptic, anticoagulant and used to kill pathogens.

Cardamom contains vitamins A and C, manganese, calcium, potassium, magnesium, riboflavin and thiamine.

The next time you visit the supermarket, pick up a container of ground cardamom and try this simple recipe:

**Cardamom Cookies**

Ingredients

1 cup butter (melted)  
 ¾ cup sugar  
 1 egg yolk  
 1 tbsp. vanilla extract  
 2 tsp. ground cardamom  
 2 cups all purpose flour  
 1 cup powdered sugar

Method

Pre-heat oven to 350F.

Combine the butter and sugar until well blended.

Add the yolk, vanilla and cardamom to the sugar and butter mixture and mix well.

Gradually add the flour to the mix until a dough is formed.

Gently scoop the dough and form into balls, then place on parchment paper. Bake until golden about 12

to 15 minutes.

Remove from oven and cool slightly, then toss in powdered sugar.

Resident Chef Jarred Harris heads the Culinary Education Center at

## Lecture Series To Be Held Online And On Campus

The Elliott Katz Lecture Series, now in its eighth year, will be held on the Fort Myers Campus of Hodges University and live online.

Co-sponsored by Hodges University and Simon Wiesenthal Center, the lecture series schedule is:

January 26 and 28: Brains, Beauty and Scandal

February 2 and 4: Chamberlain Blinks and Hitler Makes a Promise

February 9 and 11: The IVYS Welcome the Nazis. The Jews Not So Much

February 16 and 18: Oh Canada Oh Canada, Why Are Your Doors Shut So Tight?

February 23 and 25: "Jewish Blood," German Uniforms

March 2 and 4: Corporate Greed and Corporate Shame

March 9 and 11: Righteous Among The Nations

Tickets for the entire series are \$175 per person in-person or \$90 per person online. No tickets will be available at the door. All lectures begin at 10 a.m. Due to COVID-19, in-person seats are limited in order to ensure social distancing, but each lecture is offered twice a week. Attendees are required to wear masks.

For the last eight years, Elliott Katz a former Holocaust Museum docent

The Community House on Sanibel. For volunteer opportunities or questions, contact him at [kitchen@sanibelcommunityhouse.net](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.✱



Elliott Katz

photo provided

and lecturer, has explored the issues of religious, racial, national and political hatred in the 20th century. In a series of six presentations using video, audio, photographic and archival material, he explores how countries, political leaders, academics and ordinary people reacted to discrimination, persecution, mass murder and genocide. These sold-out lectures are presented in a manner to educate, inform and inspire.

Hodges University is located at 4501 Colonial Boulevard in Fort Myers. For more information and to order tickets, visit [www.historyuncompromised.com](http://www.historyuncompromised.com).✱

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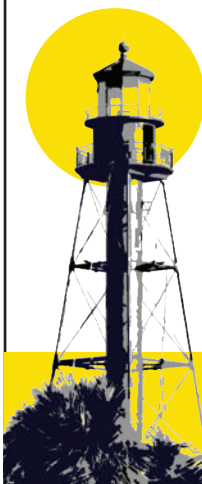
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## Program On Climate Change Preparedness

The League of Women Voters of Lee County (LWV) will hold a virtual educational program on Coastal Resilience and Climate Change Preparedness in Southwest Florida on Saturday, February 6 from 9:30 to 11 a.m.

Michael Savarese, professor of Coastal Resilience & Climate Adaptation, The Water School, Department of Marine & Earth Sciences at Florida Gulf Coast University (FGCU), will discuss local water issues and global consequences. Dr. Savarese is an expert in sea-level rise and environmental change; he studies the history of environmental change in coastal areas and how this can inform the future. His research has helped foster environmental management and restoration efforts in Southwest Florida and has assisted archaeologists to understand the environmental context of the Calusa Native American cultural evolution. The Water School at FGCU has an interdisciplinary approach to explore water-based issues of Florida's complex freshwater and saltwater systems. The health of waterways impacts surrounding

ecosystems, regional and state economies, and people who rely on water for life and leisure.

The LWV has a long history of concern and action for climate issues and promotes an environment beneficial to life through the protection and wise management of natural resources in the public interest. The LWV supports climate goals and policies that are consistent with the best available climate science and that will ensure a stable climate system for future generations.✱

## Be Cautious With Effects Of Soma

Many people would find it surprising but Soma abuse is very common, and Soma is being prescribed by many pain management clinics. Be cautious of the effects this medication could have on you or someone else. A person abusing Soma also builds a tolerance and dependence for the drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about Soma abuse, visit [www.narconon-suncoast.org/drug-abuse/soma-effects.html](http://www.narconon-suncoast.org/drug-abuse/soma-effects.html).

Narconon can help you take steps to overcome addiction in your family. Call 1-877-841-5509 for free screenings or referrals.✱



## BIG ARTS Corner

Workshops  
And Seminars

**B**IG ARTS is offering the following workshops and seminars:

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

Photography, Beginners, with Denny Souers – Thursdays, January 7 to 28: first class, 9 a.m. to noon; classes 2, 3 and 4, 7 a.m. to noon. Member \$111; nonmember \$139.

Watercolor Painting (beginner) with Sunny Krchmar – Fridays, January 8 to 22, 9 a.m. to noon. Member \$156; nonmember \$195.

Watercolor Painting (intermediate/advanced) with Sunny Krchmar – Fridays, January 8 to 22, 1 to 4 p.m. Member \$156; nonmember \$195.

Virtual Workshop: Beginner Pastel with Donna Filomio – Friday, January 15, 1 to 4 p.m. Member \$85; nonmember \$106.

Virtual Workshop: New Techniques in Pastel and Preservation with Donna Filomio – Monday, January 18, 9 a.m. to 4 p.m. Member \$145; nonmember \$181.

Virtual Workshop: The Joy of Writing with Vicky Lettmann – Mondays, January 18 to February 22, 9:30 to 11:30 a.m. Member \$110; nonmember \$138.

Seed Bead Weaving: Spiral Rope Technique with Anita Gober – Wednesday, January 20, 9 a.m. to noon. Member \$57; nonmember \$72.

Art Evening: Shorebird on Palm Bark with Jenny Licht – Thursday, January 21, 6 to 9 p.m. Member \$44; nonmember \$55.

Drawing Basics with Douglas David – Saturday, January 23, 9:30 a.m. to 3:30 p.m. Member \$125; nonmember \$156.

Paint Seascapes in Oil with David Douglas – Monday and Tuesday, January 25 and 24, 9:30 a.m. to 3:30 p.m. Member \$250; nonmember \$313.

Virtual Workshop: One Day Drawing Workshop: Ears with Francesco Gillia – Tuesday, January 26, 9:30 a.m. to 3 p.m. Member \$95; nonmember \$119.

Art Evening: Glitzy Jellyfish on Canvas with Jenny Licht – Thursday, January 28, 6 to 9 p.m. Member \$55; nonmember \$69.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, January 29 and 30, from 9 a.m. to 3:30 p.m. Member \$160; nonmember \$200.

Art History: Casualties of War with Anne-Marie Bouche – Mondays, February 1 to 22, from 9 a.m. to noon. Member \$188; nonmember \$235.

Portrait Drawing/Painting with Mary Klunk – Monday, February 1, 9:30 a.m. to 3 p.m. Member \$55; nonmember \$69.

Adobe Photoshop (Beginner/Intermediate) with Denny Souers – Mondays, February 1 to 22, 1 to 4 p.m. Member \$80; nonmember \$100.

Virtual Workshop: Figure Drawing from Photographic References with Francesco Gillia – Tuesdays, February 2 to 16, 9:30 a.m. to noon. Member \$93; nonmember \$116.

Pastels with Mary Klunk – Tuesdays, February 2 to 23, 9:30 a.m. to noon. Member \$85; nonmember \$106.

Glass Fusing with Petra Kaiser – Wednesdays, February 3 to 24, 9:30 a.m. to 12:30 p.m. Member \$99; nonmember \$124.

How Three (3) Pandemics Changed Our World with James Rudin – Wednesdays, February 3 to 17, 9:30 to 11:00 a.m. Member \$80; nonmember \$100.

Glass Fusing with Petra Kaiser – Thursdays, February 4 to 25, 9:30 a.m.

to 12:30 p.m. Member \$99; nonmember \$124.

Photography, Intermediate/Advanced with Denny Souers – Thursdays, February 4 to 25: first class, 9 a.m. to noon; classes 2, 3 and 4, 7 a.m. to noon. Member \$111; nonmember \$139.

Life Drawing – Open Studio Non-Instructed with Carol Rosenberg – Fridays, February 5 to 26, 9:30 a.m. to noon. Member \$69; nonmember \$86.

Music and Art Series with Thomas Cimarusti – Tuesdays, February 9 to 23, 9:30 to 11:30 a.m. Member \$95; nonmember \$118.

Art Evening: Life is Better in Flip Flops with Jenny Licht – Thursday, February 11, 6 to 9 p.m. Member \$58; nonmember \$73.

Virtual Workshop: Beginner Pastel with Donna Filomio – Friday, February 12, 1 to 4 p.m. Member \$85; nonmember \$106.

Basket Class: Un-Basket with Gisela Damandl – Thursday and Friday, February 18 and 19, 9 a.m. to 4 p.m. Member \$121; nonmember \$151.

Opera, DVD and Discussion (Giovanni Pergolesi, *La Serva Padrona*) with Thomas Cimarusti – Friday, February 19, 1 to 4 p.m. Member \$40; nonmember \$50.

Sunrise & Sunset: Capture the Glow in Watercolor with Patty Kane – Monday and Tuesday, February 22 and 23, 9 a.m. to 3 p.m. Member \$175; nonmember \$219.

One Day Drawing Workshop: the Nose with Francesco Gillia – Tuesday, February

continued on page 25

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### Strawberry and Goat Cheese Tarts

3 cups strawberries, sliced thin  
 ½ cup strawberry jam  
 Honey to drizzle  
 1 tablespoon natural sugar  
 6 ounces goat cheese  
 1 egg, beaten  
 2 (9-inch rounds) prepared pie crust, homemade or store bought

Cut out three equal-sized circles from each of the two larger pie crusts. Place all the cut outs on one or two lightly greased cookie sheets for baking. Spread an even amount of strawberry jam in the center of each of the cut outs. Have fun evenly arranging or layering the sliced strawberries around the inside of all the cut outs leaving room for a crust. Fold the crust onto itself all the way around to form a crust edge. Crumble an even amount of the goat cheese over each of the strawberry tarts. Brush the crust edges of each of the filled tarts with the beaten egg wash. Lightly sprinkle the sugar evenly over all the crusts where they were just brushed with the beaten egg.



### Strawberry and Goat Cheese Tarts

Place the tarts in the preheated oven. Cook the strawberry tarts for about 15 to 20 minutes or until the crust is golden

brown and the strawberries are bubbling. Remove the strawberry tarts from the oven and let cool slightly. Lightly drizzle

strawberry tarts with honey. Serve with fresh whipped cream and extra honey if desired.\*

photo courtesy Fresh From Florida

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# Corruption In America Topic For The FORUM

by Di Saggau

The BIG ARTS FORUM Speaker Series will feature Michael Herschman on Sunday, January 17 at 7:30 p.m. in Christensen Hall. His topic will be What Does Corruption in America Really Look Like?

Herschman is a global expert on corporate and government compliance, business intelligence, and investigation and security issues. Governments, corporations, law firms and international financial institutions use him as their go to expert on matters relating to the conduct of senior-level officials, overseas dealings and the complexities of regulation.

I asked him to give us an idea on what to expect from his talk. He said, "My discussion will address some of those very ethical and value related problems which we face both here in the United States and globally. Almost every white collar crime has a corruption related element hidden within it. For example, the drug trade is facilitated by corrupt politicians, police and military in many countries. As is the trade in human slavery and weapons. The root of corruption is, of course, money and dirty money is hard to hide and to use without first being laundered. For this, you often need corrupt lawyers, accountants and bankers."

I asked him how serious is corruption in America? He said, "That is not easy to



Michael Herschman photo provided

answer because there really is not a good definition of corruption. The dictionary definition is simply dishonest or illegal behavior, especially by powerful people. The definition used by industry experts is giving something of value to a government official in order to influence his decision.

"Both these definitions leave many unanswered questions. For example, the financial crises of 2007-08, sometimes called the subprime mortgage crises, was mostly caused by mortgage brokers writing loans which were obviously substandard. Those loans were packaged and sold to major financial institutions which by all indications knew that some of the paperwork was falsified. Is this corruption or fraud, or both for that matter? Is abuse

of power by the president of the United States corruption?

"There are no real statistics to show if corruption by any definition is growing in the United States. However, lax laws at the state and local level have led to more prosecutions for corruption. There is also a noticeable growth in private section corruption which is often punished under state laws banning 'commercial corruption.'

"The most authoritative global index on corruption, called the Corruption Perception Index and published by Transparency International, has shown the United States losing ground in the battle against corruption. I can say that our standards of ethics and values have declined and when that happens, corruption often follows."

For the first time, you can live stream all the FORUM lectures in the comfort of your own home. Following the lecture, you may text your questions and comments to the speaker. The program and technical support instructions will be sent one week in advance of each speaker. For more information and to purchase tickets, call the box office at 395-0900.

BIG ARTS is practicing the highest standards of safety during this challenging time. All visitors are required to wear masks and are asked to be mindful of social distancing. BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats will be available for any event in the hall, and a maximum of 30 people will be allowed in the gallery at any given time. BIG ARTS has enhanced its air filtration system, all

surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering, and there are hand sanitizing stations throughout the ground floor.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, visit [www.bigarts.org](http://www.bigarts.org).

From page 23

## Workshops

23, 9:30 a.m. 3 p.m. Member \$95; nonmember \$119.

Art Evening: Dirty Pour with Jenny Licht – Thursday, February 25, 6 to 9 p.m. Member \$99; nonmember \$124.

Virtual Workshop: New Techniques in Pastel Painting and Preservation with Donna Filomio – Friday, February 26, 9 a.m. to 4 p.m. Member \$145; nonmember \$181.

BIG ARTS staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited.

*Pre-registration is required for all classes and workshops. For more information, call the box office at 395-0900, open 9 a.m. to 3 p.m., or stop by BIG ARTS, located at 900 Dunlop Road on Sanibel. For complete course descriptions, workshop and class schedules, visit [www.bigarts.org](http://www.bigarts.org) or email [info@bigarts.org](mailto:info@bigarts.org).*

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BIG ARTS Monday Night Film Series

The Reports On Sarah & Saleem

by Di Saggau

The BIG ARTS Monday Night Movie for January 11 is *The Reports on Sarah & Saleem*, an absorbing drama from Palestinian director Muayad Alayan. It concerns an affair between a Palestinian man and an Israeli woman and how outsiders misinterpret their efforts to cover for their infidelity. When they are spotted in the wrong place at the wrong time, they become involved in a dangerous political dimension.

When we first meet Sarah and Saleem together, their affair is already in progress. Every day, he makes deliveries to her cafe. Gradually, the film brings Saleem's pregnant wife and Sarah's husband, a colonel in the Israeli military, closer to the truth, and shows how suspicion and bureaucracy raise the political stakes for all involved.

*The Reports on Sarah & Saleem* is a film about human nature: about desire, recklessness and emotions. It runs 127 minutes. Tickets are \$10 and can be purchased online or at the box office. There will be no discussion following the film.

BIG ARTS is practicing the highest standards of safety during this challenging time. All visitors are required to wear masks and are asked to be mindful of social distancing. BIG ARTS is



image courtesy Big Arts

selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats will be available for any event in the hall, and a maximum of 30 people will be allowed in the gallery at any given time. BIG ARTS has enhanced its air filtration system, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering, and there are hand sanitizing stations throughout the ground floor.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900 or visit [www.bigarts.org](http://www.bigarts.org)

Bank Official Elected To Foundation Board

Amy McQuagge, Sanibel Captiva Community Bank's vice president and director of marketing, has been elected to the Uncommon Friends Foundation board of directors.

McQuagge joined the bank in 2018 as the organization's first in-house marketing director and is responsible for providing direction, guidance and leadership of the bank's marketing and community outreach efforts. She was previously the senior marketing and event manager for the Lee County Economic Development Office. A lifelong Lee County resident, McQuagge holds a bachelor's degree in communications from Florida Southern College.

Celebrating its 27th anniversary this year, the Uncommon Friends Foundation is dedicated to lifelong character building among today's youth and business leaders, as it inspires future leaders toward excellence of character, a spirit of innovation and a sense of purpose. Located at the historic Burroughs Home & Gardens



Amy McQuagge photo provided

on the waterfront in downtown Fort Myers, it offers a sheltered pavilion and water views for public and private events and tours year-round. For more information, call 337-9503 or visit [www.uncommonfriends.org](http://www.uncommonfriends.org)

To advertise in the *Island Sun*, call 395-1213

Community Housing & Resources is excited to continue our fundraising series GIVE BACK WEDNESDAYS #GBW

40 years of fulfilling dreams

SUPPORT CHR SUPPORT LOCAL THIS SEASON

The following Sanibel & Captiva businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts, retailers and your community grocer—has selected a date that they will host the GBW fundraiser and donate a portion of their proceeds to CHR.

So eat, shop and play at these businesses on Wednesdays to support CHR.

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<b>FEB 10</b> SPOONDRIFT ISLAND BOWLS Bailey's	<b>FEB 17</b> Gene's Books Music & More	<b>FEB 24</b> SANIBEL CAFE paper fig kitchen ADVENTURES IN PARADISE	<b>MAR 3</b> SUNDIAL BEACH RESORT & SPA sea breeze cafe
<b>MAR 10</b> whims Savory Spoon SANIBEL ISLAND, FL	<b>MAR 17</b> The Sanibel Sprout 400 RABBITS	<b>MAR 24</b> The Sanibel Sprout Island OEC Island Paws	<b>MAR 31</b> Island OEC Island Paws
<b>APR 7</b> Normandie SEASIDE CAFE AT WEST WIND INN	<b>APR 14</b> BUTTER'S MARKET	<b>APR 21</b> Bailey's	<b>APR 28</b> J. McLaughlin TRADERS





Youth Services Librarian Deanna Evans leads online storytime for children photos provided

# Library Offers Virtual Programs, Online Storytimes

Sanibel Public Library is open to the public and offering its popular contactless curbside service, with hundreds of green bags going out to patrons each week. To use the service, place items on hold online, or make requests by calling 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday and Sunday) to pick up items. Hours for curbside pickup are noon to 3 p.m. Monday through Friday.

Locals and visitors are welcome to virtually attend WWII History programs with Duane E. Shaffer of Sanibel Public Library. No in-person programs will be presented. Shaffer will present programs on 1943 WWII via Zoom. Go to the homepage on [www.sanlib.org](http://www.sanlib.org) and click on the link to login a few minutes before 10 a.m. on Wednesday, January 13 to watch 1943 Operation Chastise online. His next virtual program is scheduled for Friday, February 12 at 10 a.m. Shaffer's WWII History programs will be available

for replay. No registration is required to log in.

The book sale room has lots of new fiction, coffee table books and many illustrated children's books. Most books are priced under \$4.

Youth Services Librarian Deanna Evans shares virtual stories and songs during online storytimes, which can be found on the children's page at [www.sanlib.org/children](http://www.sanlib.org/children). New storytimes are posted each week.

Digital archives are now online. With nearly a thousand items, this ever-growing collection is a dynamic view of Sanibel's past. From the first homesteaders to important events in the island's recent history, the digital archive collects, preserves and provides access to island history. To see the images, newspapers and oral histories, go to the homepage at [www.sanlib.org](http://www.sanlib.org). Seed development for this ongoing project is supported in part by the Roni Jo Freer Fund of the Sanibel Public Library Foundation.

Public access computers, copiers, scanners and printers are available for use. The Tech IT Out service offers cardholders an easy way to borrow a Dell laptop or MacBook Air for use anywhere inside the building. To make social

continued on page 30



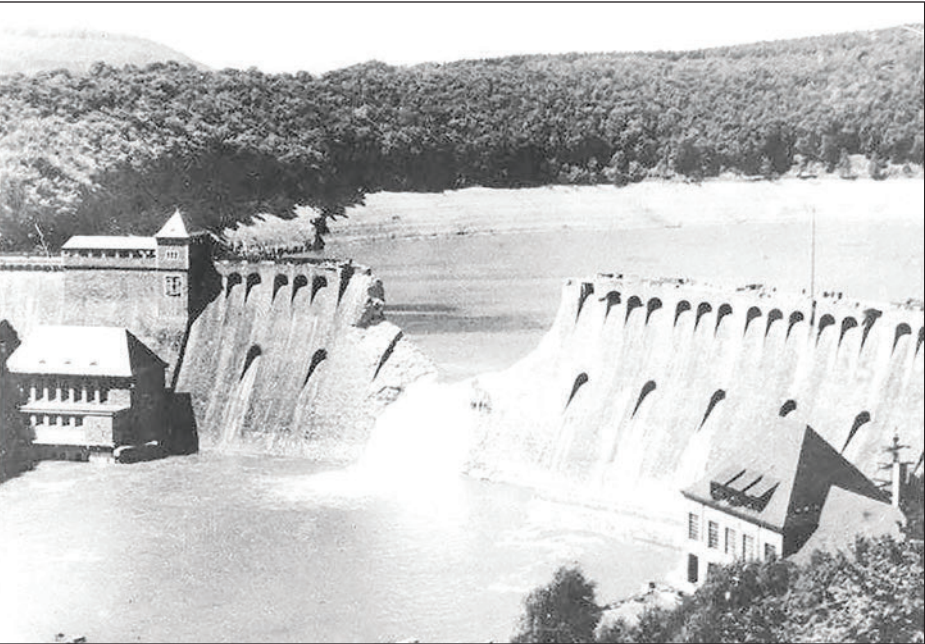
Duane Shaffer's virtual WWII programs will focus on 1943

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Eider Dam damage during WWII Operation Chastise in 1943 photo courtesy German Federal Archives



Only

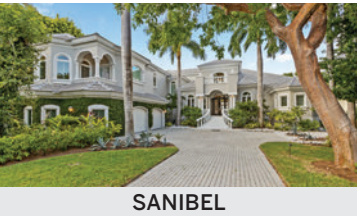
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\$1,990,000



CAPTIVA

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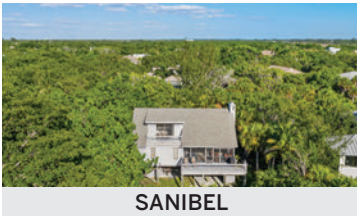
SANIBEL

**950 Victoria Way**  
Burns Family 239.464.2984  
\$2,300,000



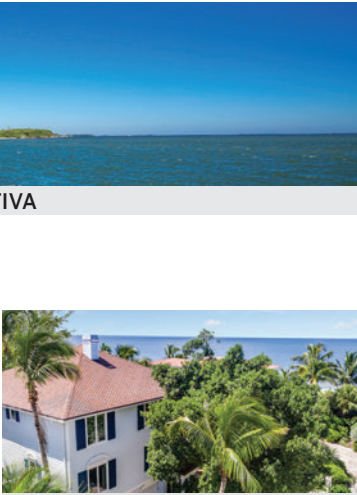
CAPTIVA

**14865 Mango Court**  
Burns Family 239.464.2984  
\$1,195,000



SANIBEL

**4397 Gulf Pines Drive**  
Burns Family 239.464.2984  
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CAPTIVA

**11549 Wightman Lane**  
Burns Family 239.464.2984  
\$3,395,000



CAPTIVA

**16813 Captiva Drive**  
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**301 Useppa Island Unit B**  
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SANIBEL

**3308 Saint Kilda Road**  
Burns Family 239.464.2984  
\$475,000



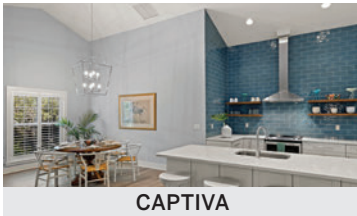
CAPTIVA

**15107 Captiva Drive**  
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# BURNS *family* TEAM



## 1. Magazine Ready Home in the Sanctuary – Sanibel

- 5 BR/ 5/1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole.
- Boasting 11,000sqft, the interior finishes include luxurious accent wall of glass, walk-in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates.
- **\$2,998,000** Euro 2,658,932

## 2. Captiva Village Home with Gulf Views

- 4 BR home w/ pool located just 1 property from the beach on Wightman Ln
- Rental company estimates \$180k annually. New septic, roof, generator & offered furnished
- **\$2,395,000** Euro 2,031,701

## 3. Duplex Style Home on Sanibel

- Unique property in the heart of Sanibel fit for a family compound or vacation retreat
- Features two separate 3 bed/3 bath residences each with a 2 car garage. Pool, spa, & garden area
- **\$859,000** Euro 725,801

## 4. Remodeled in Victoria Cove – East End / Sanibel

- 4 BR + Den / 4 BA home, steps to the beach with private boat dock & 16K lift
- Gorgeously remodeled, large porches, private pool & spa, sundeck with Gulf views
- **\$2,300,000** Euro 1,936,499

## 5. Gulf Pines with Lake Views – Sanibel

- 3 BR/3 BA home close to the beach path
- Community amenities include pool and tennis courts
- **\$725,000** Euro 596,781

## 6. Direct Access Canal Home with Private Dock -Sanibel

- 3BR/ 2 BA ground level home on corner lot in Water Shadows community
- Remodeled home with garage and private pool overlooking the canal
- **\$995,000** Euro 911,259



## 7. Bright & Airy Condo in The Sanctuary

- Spacious 3BR/3.5 BA condo with private garage that lives like a home
- Tropically landscaped golf course views, abundance of natural light throughout, 10ft ceilings with crown molding, and elevator to private entrance
- **\$749,900** Euro 632,117

## 8. Private Meets Paradise in the Dunes – Sanibel

- 4BR/3.5 BA home located at the end of a cul-de-sac with panoramic lake and golf course views
- Open kitchen, screen enclosed pool and lanai, new roof and whole house generator
- **\$870,000** Euro 735,772

## 9. Updated Tropical Beach Condo at Loggerhead Cay -Sanibel

- 2 BR/2 BA condo with remodeled kitchen, baths, French doors, plantation shutters, & Gulf views from lanai
- Large pool, pet friendly, & weekly rentals make this a great option for families and investors
- **\$685,000** Euro 562,525

## 10. Captiva Village Home with Stunning Gulf Views

- 3 BR/4 AB fully remodeled home designed to take advantage of the Gulf views from every level
- Wood floors, stainless steel kitchen, stone fireplace, multiple lanais, large master suite, grotto inspired pool with hot tub, wet bar, & shower
- **\$3,395,000** Euro 3,021,269

## 11. Multi-Use Property on Captiva

- Rare opportunity to own 2 separate buildings connected by a breezeway.
- Front bldg. a commercial space with parking & elevator. Back bldg.. beautifully designed living quarters with vaulted ceilings
- **\$1,799,000** Euro 1,516,083

## 12. Near Beach Home off West Gulf Drive – Sanibel

- Fully furnished 3 BR/ 2 BA home (Currently configured as a 2 BR)
- Recently remodeled with coastal finishes, impact resistant windows
- **\$649,500** Euro 547,486



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Book Review

Leave The World Behind



by Di Saggau

Leave the World Behind is a magnetic novel about two families. Late one night, a vacationing couple hears a knock at the door of their Airbnb rental on a remote corner of

Long Island. Amanda and Clay, with their teenage son and daughter, are expecting a quiet vacation from life in New York City and quality time together. When the couple, who are white, opens the door to a couple outside who are black, conversational awkwardness begins.

Clay is a tenured professor and Amanda is an account director. They are a comfortable middle class, white, liberal couple. Ruth and GH, are a couple in their 60s, who knock at the door late during the second night of the family's vacation. Amanda is suspicious about their claim that they are owners of the house, seeking shelter due to a massive blackout that's blanketed the Northeast. TV service and cellphones are not working, so it's impossible to check their story.

In Leave the World Behind, Alam combines comedic rhythms alternating

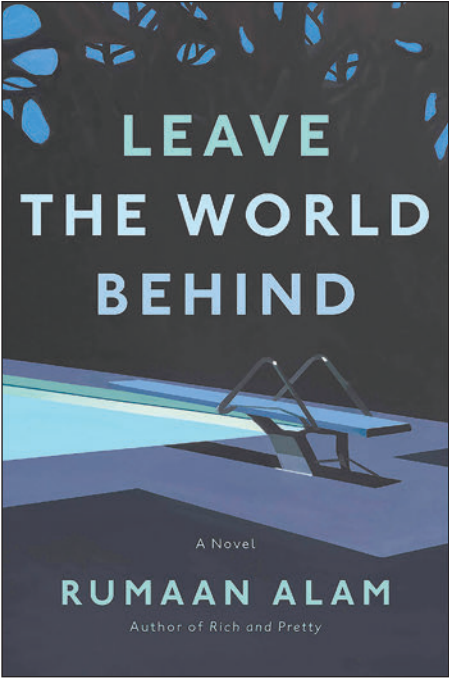


image provided

with shock and despair, and it's believable. This remarkable novel takes on some of the toughest questions of our time about class, race and who we become in moments of growing uncertainty. Should the couples trust one another and what happened back in New York? You are bound to enjoy this read, and it's also Hollywood-bound with Julia Roberts and Denzel Washington set to star in a Netflix adaptation.\*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's resolutions for

parenting. These suggestions are worth considering.

Parental New Year's Resolutions by Dr. Alex Thomas:

Well, it is time for Parental New Year's Resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two

meals a week will be eaten in front of the television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if it the reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.

I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (Nagging Quotient) and act instead of yak.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\*

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*Jerry's Foods Open Daily: 7am-9pm*

**Located on Casa Ybel and Periwinkle Way**



Archival photo of Matthews Wharf, which was destroyed by a hurricane in 1926

From page 27

Library

distancing easier, patrons can sit at any table or chair in the library and use the laptop for up to three hours. The Macs offer apps like Keynote, Google Chrome, FaceTime and GarageBand. The Dells have PowerPoint, Excel, Word and games like Mahjong.

Precautions are in place to help protect staff and patrons from

COVID-19. Patrons have to maintain social distance inside the building and wear masks (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or www.sanlib.org.\*





### JUST LISTED

Fully-equipped delightfully-furnished top-floor Sandalfoot 1 bedroom. This view & easy on-site rentals with low fees. Seller usually uses winters, but not this year, so great opportunity for similar buyer or investor who'd like income. Convenient east-end location, handy to bike path & with high-speed WiFi, heated pool, tennis/pickleball, shuffleboard, laundries, & on-site bike rentals. \$549,000



### BEACHFRONT

White Sands #23, 2311 West Gulf Dr. 2nd floor 2 bedroom with den in small complex with just 14 owners. Exterior renovation completed last fall. Interior updated with easy-care plank-look tile floors & furnishings that complement colors of gulf & beach. Easily sleeps 6 with weekly rentals contributing to appeal. Fully furnished, with rental bookings, & storeroom below. \$1,099,000



### GROUND-LEVEL

With 3 bedrooms & in bay-facing building with just 4 owners. Spacious furnished condo with open kitchen & expanded living space. Assigned parking just outside, boat dockage & fishing pier steps from front door, & view of pool. 760 Sextant Dr, #411. Open kitchen with breakfast bar. Screened lanai with storeroom off master suite. Community has many amenities & beach access. \$599,000



### RESIDENTIAL LOT

If you like the olde-Florida-style design, but want a new home, this could be the spot for you! at 1894 Farm Trail just inside the entrance to Island Woods, this tropical parcel just off Periwinkle Way is just across street from the bike path & just a short ride or stroll to the Jerry's Center shops. Midway between gulf & bay beaches, with community pool & tennis. \$199,000



### BAY-FRONT POOL HOME WITH LOT WITH DOCK/LIFT IN SANIBEL HARBOUR'S BOAT BASIN

Watch dolphins play, pelicans dive, & manatees meander from recently remodeled inside & out, top-to-bottom 1238 Isabel Dr. From air-conditioned 3-car garage, the 4-stop elevator goes up a few steps to main living level, then stops at media room with 1/2 bath & mini-kitchen over garages, then to upper floor. Main level foyer opens to stunning 2-story living room with soaring ceilings, gas fireplace, French doors to bayside porch with screened porch (electric screens) & pool (also with electric cover). Main level east side is gourmet kitchen with gas cooking, butler's pantry & oversized island breakfast bar open to family &/or dining room. West wing bayside is new master bedroom with French doors to new bayside deck. Also has ensuite bath & walk-in closet. West-wing street side has guest room, full bath with shower. Top floor, east-side, is original master, now renovated. With high ceilings & stunning bay views, it opens to open deck that spans top floor. Spacious master bath has new stand-alone tub, plus walk-in shower, & enormous walk-in-closet. Along upper walkway are laundry & a small office. On westside top-floor is bayside office with skylights, full bath with jacuzzi tub, walk-in closet, & oodles of built in closets. Street side next to this bath is 4th or 5th bedroom with large walk-in cedar closet. If you need privacy with space, this home checks the boxes. With easy on-/off-island access via Bailey Rd, seawall protection, renovated pool, new mechanicals including multiple HVAC systems & appliances, metal roof, impact windows landscaping, paint, carpet, & more, this home is special & the views are AWESOME! Available at \$3,495,000 including Lot O with dock & lift in nearby community boat basin. Discount for buyer not wanting that additional lot.

**Sanibel** REALTY ASSOCIATES *Susan*

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**888-603-0603**  
2242 Periwinkle Way  
Sanibel Square Suite #3

More Info & blog at [SanibelSusan.com](http://SanibelSusan.com)

Work with The SanibelSusan Team in 2021



Susan Andrews



David Anderson



Lisa Murty



Elise Carnes

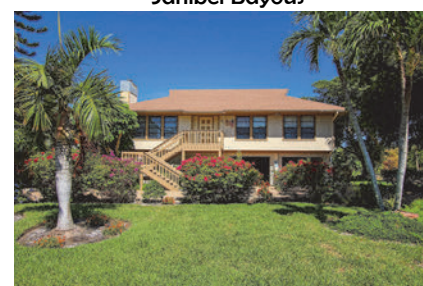
### These Listings Under Contract, Closing Soon



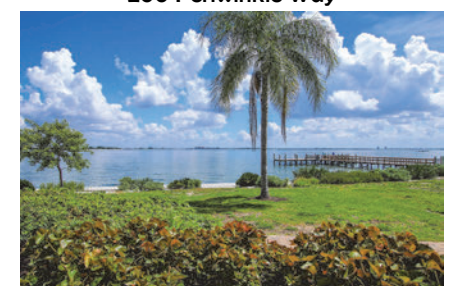
4566 Buck Key Rd  
Sanibel Bayous



Lighthouse Point #117  
200 Periwinkle Way



1015 Fish Crow Rd  
Gulf Shores



Mariner Pointe #541  
760 Sextant Dr



# Meet Zonta Grant Partner: Dress For Success

submitted by Sue Denham

Every summer, the Zonta Club of Sanibel-Captiva, through its foundation, invites applications from 501(c)3 organizations in Lee County for grants to be awarded early the following year. Those selected become Zonta partners, each with a club member as liaison.

And every March since 2002, Zonta has raised grant funds through A Peek at the Unique home tour. In January 2020, Zonta distributed \$104,700 from its 2019 Peek to 16 local partners, including Community Housing and Resources (CHR), FISH of SanCap, SalusCare, Habitat for Humanity, Dress for Success and PACE Center for Girls.

Despite cancellation of the 2020 Peek last March, out of concerns for health and safety, funds for distribution in January 2021 – while reduced – will be available through the generosity of benefactors, sponsors and 2020 tour ticket-buyers.

Zonta is proud to introduce some of the wonderful organizations supported by these funds. One partner is Dress for Success of SW Florida.

Dress for Success of SW Florida empowers women to achieve economic independence by providing development tools and a network of support. Also, professional attire for an interview, along with a work-week wardrobe upon



Dress for Success Executive Director Nickole Hendra receiving her 2020 grant award from Zontian Marla Manning photo provided

employment, including accessories, footwear and toiletries, are given to every woman in the program. The development tools furnish each woman with a confidence that allows her to define her goals, her life's direction and what success means to her.

Zonta's 2020 grant funds have been used by Dress for Success for the Women Empowered Through Employment Series (WETES) and the Entrepreneurial Spirit Program (E\$P). This six-week program educates women on such topics such as Dressing the Part, Resume Writing and Nailing the Interview. The skills learned in the WETES and E\$P, along with the complete interview outfit, empower the

participant to succeed in her job search.

Dress for Success offers long lasting solutions that break the cycle of poverty, which disproportionately affects women. Zonta and Dress for Success believe that achieving gender equality is imperative to developing a sustainable and just world. Recognizing the significant role of women in economic development is the smart thing to do. With a mission of empowering women through service and advocacy, the Zonta Club of Sanibel-Captiva embraces partnering with Dress for Success.

Look for information soon about a "Repurposed Peek" set for Saturday, March 13. To support Zonta's work, visit [www.zontasancap.org](http://www.zontasancap.org) and click on "Donate."✴

## ISLAND SUN BUSINESS NEWSMAKERS

The top listing and selling agent for December at Kingfisher Real Estate was Valerie Tutor.✴



Valerie Tutor

## ISLAND SUN BUSINESS NEWSMAKERS



Jesse Lerner



Larry Hahn



Deb Hahn



Nancy Finch

The top producers at John Naumann & Associates for December were: Jesse Lerner, top listing agent; Larry Hahn and Deb Hahn, top listing team; Nancy Finch, top sales agent; and Harrell, Tolp & Albright, top sales team.✴



Harrell, Tolp & Albright Team

Share your community news with us.  
Call 395-1213 or email [press@islandsunnews.com](mailto:press@islandsunnews.com)

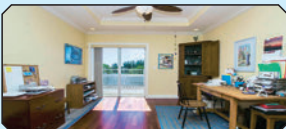
## 2391 Shop Road, Sanibel

Pandemic Social Distancing Quandry?  
*This house can help!*

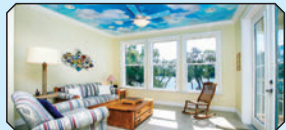
Awesome outside space



Separate office



A place to Relax



Space to spread out



\$1,695,000

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## 6418 PINE AVENUE



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  - Two Master Suites w/ screen lanais & plenty of space
  - Short Walk to beach or west end village
  - Great for entertaining, quick access to Gulf & Bay
- \$1,849,000**

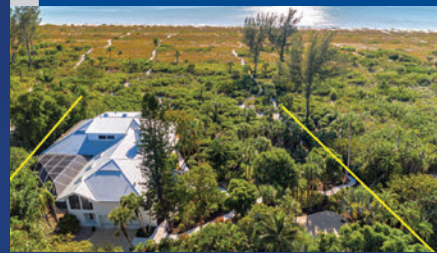
## 11520 WIGHTMAN LANE



### STEPS TO THE BEACH

- Beautiful & Open 3 BR, 2 BA, Pool/Spa Over 2,590 S.F.
  - Old Florida Style Home, w/ Lush Landscaped
  - Great Rental Income, Beautiful Beach Home
- \$2,589,000**

## 4961 JOEWOOD DRIVE



### PERFECT BEACH ESTATE

- 4 Br, 4 BA, Beautiful Beach Home, OVER 3,900 SF
  - Huge Ceilings, Skylights, Picture Windows, French Doors
  - Meticulous Grounds, Tropical Landscape, Two Beach Paths
- \$5,200,000**

## 15146 WILES DRIVE



### BEACHFRONT COTTAGE

- 2 BR, 2 BA, Open concept, light & bright cottage
  - Great Investment opportunity w/ Weekly rentals
  - Perfect Island Getaway, your own piece of Paradise!
- \$2,389,000**

## 1314 SEASPRAY LANE



### NEW CONSTRUCTION GULF FRONT ESTATE

- 5 BR /5.5 BA w/2 Master Suites & lounging areas
  - Great Rm w/ Soaring Beam Ceilings, Fantastic Woodwork
  - Amazing Multi-level Deck Space, Negative Edge Pool and Spa
- \$6,995,000**

## 11559 LAIKA LANE



### MODERN, ICONIC, BEACHFRONT ESTATE

- Two Master suites & additional guest areas, 5,000 SF
  - Balconies w/ breathtaking panoramic Gulf views
  - An Awesome Investment Opportunity for Vacation Rentals!
- \$7,700,000**

## 1246 & 1250 SEAGRAPE LANE PENDING



### SANIBEL BAYFRONT

- Last Large Underdeveloped Bayfront Estate
  - Located on Sanibel's East End
  - Natural Shoreline w/Beach to walk
- \$2,789,000**

## 15261 CAPTIVA DRIVE



### MODERN BAY ESTATE

- 4 BR, 4.5 BA, furnished home, 5,690 + SF under air
  - Open Concept, Amazing Chef's kitchen, Master retreat
  - Heated Pool/Spa, Deep-water dock/lift & private beach
- \$12,500,000**



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# CHR Give Back Wednesday At Sanibel Deli And MacIntosh Books



Brian Bohlman and Melissa Rice photos provided



Linda and Greg Sherer



Rebecca Binkowski and Sarah Ashton



Jerry Edelman and Al Hanser



Susan and Les Pendelton



Nicki and Brent Williamson



Rachel Wexler and Arlene Dillon



Malia and Jada Bak with Kona



Bonnie and Richard McCurry

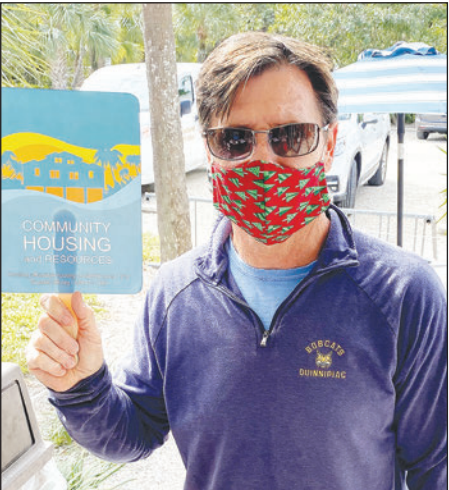




Jeff Weigel



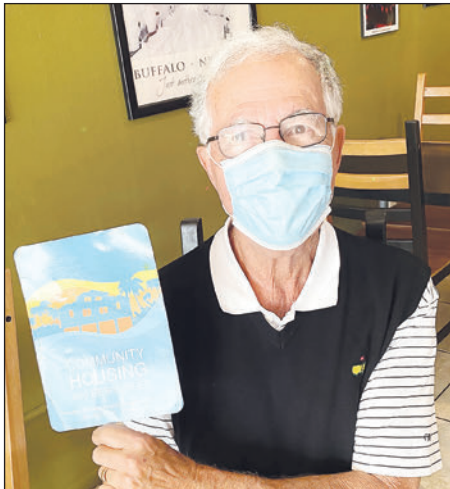
Nancy Dreher



Eric Maw



Dakota Phillips



Tony Lapi



Chris Davison



Maryann Daly



Robyn Moran

# Successful Community Partnerships

Hank Humphrey, Trust Company Advisory Board Member, will often take the time to visit with members of our team - resulting in ideas that give our clients the best possible experience.

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Superior Interiors

Enhance Your Dining Room



by Linda Coin

The dining room is a special place for many, especially during recent months. It's a place to gather with your close family members and feel an ounce of normalcy. Enjoying a meal together, playing a

board game, or getting lost in conversation are just a few of many activities that make the dining room one of the foundational spaces of intimacy in the home.

For some, the comfort of this room comes naturally. For others, paying close attention to the design scheme, furniture setup and decor options make a major difference. Whether you frequent the dining room on a regular basis, or you are interested in getting more use out of this room, there are many ways to elevate the space and make it more inviting.

Even if your dining room space is carpeted, an area rug can tie everything together and add another comforting element while you and your guests gather for dinner. Just remember, sizing means everything when placing an area rug under a table. Make sure it is long and wide enough to provide coverage when the chairs are pulled out.

Just as the area rug brings comfort,

cushions on the chairs can provide the same contentment. Find a set of seat coverings that are just comfortable enough while still providing the support needed to sit properly. Use color and styles that complement the room's theme to make your selection on cushion style.

If you're looking for a drastic change, a new coat of paint may satisfy your wants and needs. The walls are a great place to start if you want to mix up the dining room theme entirely. A new paint color can give you a stronger foundation to express your creativity and establish the flow that we desire in a design plan. Consider wallcovering also for style and sound absorption.

Natural lighting can be ultra-comforting to both you and your guests. Create a seating arrangement near the window to gain maximum sunlight access and enjoy the outdoor view when staying inside.

Another simple move that makes a major statement is adding a tablecloth to the dining table. Using your dining room theme as inspiration, find a table covering that stands out and makes the room feel more put together.

Taking your dining room space to the next level does not have to be an impossible venture. If you're lacking design experience and want to get it right the first time around, consider consulting a design professional. They will evaluate your current dining room, collect information about your personal style and devise a plan to create the gathering space you've always wanted.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeden.com](mailto:linda@coindeden.com).✧

Commissioner To Address Progressive Club

On Wednesday, January 13, the Progressive Club of the Islands will hear from Agriculture Commissioner Nicole "Nikki" Fried in a virtual meeting at 4 p.m. Fried will share her vision for Florida in 2021.

Fried is Florida's 12th commissioner of agriculture and consumer services, a lifelong Floridian, attorney and activist. Born and raised in Miami, she graduated from the University of Florida where she received her bachelor's, master's and juris doctor degrees. While at the university, she served as student body president – the first woman to hold this position in nearly two decades.

As an attorney, Fried was head of the felony division at the Alachua County Public Defender's Office, and worked in private practice in south Florida, defending homeowners against foreclosure during the 2007-08 housing crisis.

Prior to being elected, Fried worked at law firms as a government consultant, advocating on behalf of clients before the Florida Legislature. In 2017, she formed her own firm to advocate in Tallahassee for at-risk children, the Broward County School Board and for the expansion of patient access to medical marijuana.

Throughout her career, Fried has served with numerous organizations including University of Florida Board of Trustees, Florida Children First, Young Lawyers Board of Governors, and Legal



Nikki Fried

photo provided

Needs of Children Bar Committee. She is a member of Florida Blue Key, the oldest and most prestigious leadership honorary in Florida.

Attendees will hear her plans for Florida, and what she sees happening in 2021. She will also tell Progressives what they can do to help win in the Florida gubernatorial election in 2022.

This will be an interactive meeting with time for questions. To attend, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) to receive the Zoom link, or watch live at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap)

Progressive Club of the Islands dues for 2021 are now payable to PCI for \$30 per individual or \$60 per couple. Mail to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information call 994-3175.✧

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The City of Sanibel reminds motorists of the city's Street-Cam system which provides real-time live-stream viewing of traffic conditions at various key intersections on Sanibel.

Live-streaming for real-time road conditions, browser recommendations and links to download the free Apple and Android mobile apps can be found on the city's website at: <http://www.mysanibel.com/Live-Street-Cams>.✧



Sanibel traffic app available for download  
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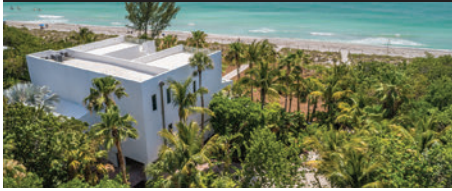


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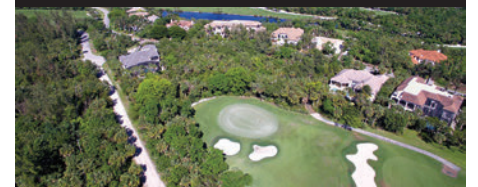
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# Humane Society Challenges And Adoptions In 2020

The year 2020 will be one in which no one will soon forget. The COVID-19 pandemic affected every operating area at Gulf Coast Humane Society (GCHS). But as the challenges and unknowns mounted with every day after the pandemic hit, the reason why GCHS has been able to exist for 73 years helped the shelter overcome these obstacles... and that is community.

Instead of taking steps backward in the shelter's development during these difficult times, GCHS was able to make leaps and bounds forward.

"There were definite challenges which affected everyone and every business, especially nonprofits, during 2020," said GCHS Executive Director Jennifer Galloway. "There were decisions made in which we didn't have any foresight of what the outcome would be, simply because no one had ever experienced a situation like what we are going through. But we are so grateful at GCHS that instead of the results being negative, which would have been heartbreaking for the innocent shelter animals, we had very unexpected positive outcomes.

"And that is because of the help from the community."

GCHS had an upswing in its services, which during a pandemic, was very unexpected.

"Overall, we had more adoptions, more spay and neuter surgeries, more fosters helping out the shelter animals and, in return, GCHS was able to help repay the community by creating some new programs to help people in need," Galloway said.

The mission of GCHS is to add as many happy forever homes in the area as possible. In 2020, that goal was reached and beyond in record-breaking fashion. GCHS surpassed its annual goal of 2,500 adoptions by October, then went out and



**Pedro was adopted earlier in the year by GCHS Board Member Karen Allegritti. Pedro is one of over 3,100 adoptions this year at GCHS.**

photos provided

eclipsed another milestone by adopting its 3,000th shelter animal on December 20.

GCHS had 3,109 adoptions in the year 2020, smashing the previous annual record set in 2019 with 2,323 adoptions.

"I am sure there are different reasons why adoption numbers were at a record pace this year, but I feel people found out pet therapy is one of the best ways to deal with the stress and confinement the pandemic brought," Galloway said. "They also believed in adopting, and not shopping was the best way to go, as well."

A new partnership formed was a big help in the increased adoption numbers. Cattyshack Café and GCHS partnered this past summer with the unique business featuring shelter cats up for adoption. It has proven to be a great success.

Cattyshack Café, which opened this past June, adopted its 500th GCHS feline on December 28. With it being so successful, the number of cat adoptions skyrocketed at GCHS. In 2019, GCHS had 600 cat adoptions, while in 2020, that number rose to 1,428, for a difference of 828 adoptions.



**GCHS celebrated reaching its annual goal of 2,500 adoptions in November. GCHS will finish 2020 with over 3,100 adoptions.**

Another aspect which aided GCHS as the pandemic broke out, was fostering. With the unknown of whether or not owner surrenders would rise and even the possibility of the shelter temporarily closing due to quarantine, clearing space in kennels was imperative. A plea was made in early April for fosters, and the community stepped up in a big way.

"We received over a hundred applications within a couple of weeks and had over 90 animals in foster homes by the middle of April," Galloway said. "That was so awesome to experience how people opened up their homes to our shelter animals."

Those fosters directly correlated into the improved adoption numbers as well, as many fosters became "foster failures" where they ended up adopting their foster animal.

The GCHS Spay-Neuter Clinic was also directly affected by being closed for the entire month of April. But that didn't stop the clinic from performing a record-breaking 8,022 surgeries by year's end. The GCHS Spay-Neuter Surgery Center had 893 surgeries alone in August, which brings up the count to 31,833 since 2015.

Even during the shutdown of businesses, the GCHS Veterinary Clinic was able to operate, albeit not normally. Despite many challenges of taking clients



**This year's Halloween was much different, but it didn't stop GCHS Outreach Coordinator Tricia Boone from dressing up with the shelter dogs**

and their pets, the clinic remained as a reliable and low-cost veterinary clinic throughout 2020.

During normal times, GCHS relied on the many fundraising events to help raise funds and bring awareness to the community. In 2019, GCHS had over 200 events to help in fundraising.

"These events haven't happened since the beginning of April and those are a main pipeline for our fundraising," Galloway said. "We had to get creative to keep GCHS on the minds of people who donated and show we were still out here caring for these animals. Fundraising is so vital for a nonprofit and the pandemic basically forced us to think of other ways to attract donations. It's been difficult, because people need to take care of their families during these challenging times. As the saying goes, every little bit has helped care for our shelter animals."

But with GCHS receiving lots of help through the community, the organization also wants to give back to those in need. A new program was started in early April entitled Pet Food 4 Furever Families. GCHS staff started attending the Community Cooperative's Mobile Food Pantries three to four times a week, handing out pet food.

"The goal of the program was to get continued on page 49

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From left: Bill Rahe, chairman of the Rotary Charity Cup; Amanda Curran, owner of Superior Title Services; and Chet Sadler, Rotarian photo provided

## Title Company Sponsors Rotary Charity Cup

Superior Title Services of Sanibel is a Helicopter sponsor of this year's Sanibel-Captiva Rotary Club fundraiser, the Charity Cup. "We love to see money raised for special charities, especially local organizations such as FISH, Harry Chapin Foundation and CHR, said Amanda Curran, owner of the title company. "Superior Title Services of

Sanibel is an independent, locally owned and operated, full-service title insurance company licensed to perform residential and commercial real estate closings as well as refinances with our dedicated staff, always eager to exceed your expectations."

This golf scramble will be held on Saturday, February 13 at Sanibel Island Golf Club.

The Charity Cup promises to be a fun-filled day with prizes for the lowest scoring team, skill prizes for ball closest to the pin, longest drive and most accurate drive. There will also be a hole in one tournament with a Yamaha golf cart prize plus cash prizes for the three balls closest

to the pin from a helicopter ball drop.

Registration for participation in the tournament can be completed online at [www.sanibelrotary.org](http://www.sanibelrotary.org) using the "Golf Charity Cup" tab. Forms are available at Congress Jewelers in Periwinkle Place shopping center.

For sponsorship, information on Rotary's charity giving or to make a contribution, contact Bill Rahe at 395-2147.✱

## Deadline Extended For Industry Awards

Due to overwhelming demand, the Horizon Council, Horizon Foundation and Lee County Economic Development Office (EDO) have extended the application deadline for the 2021 Industry Appreciation Awards (IAA), which celebrate the Lee County business community and recognize outstanding local businesses that have positively influenced Southwest Florida. The new deadline for applications to be received is no later than 11:59 p.m. on Friday, January 15.

The honorees and finalists will be recognized during the annual IAA luncheon on Friday, May 14 at Caloosa Sound Convention Center in downtown Fort Myers.

In response to the COVID-19 pandemic, the Horizon Council, Horizon Foundation and Lee County EDO have added a special award category for the 2021 IAA event. The Business Resiliency

and Innovation Award will recognize a business that successfully pivoted its operations, products or services to be resilient and help the community during COVID-19. These companies have proven their resiliency by not only surviving but thriving during a crisis and may be companies that shifted to focus on a different set of customers in a new horizontal or vertical market. These businesses embraced challenges, listened to customers and conducted careful research in order to successfully shift operations for the betterment of the company, employees and the community.

Businesses will be honored in six additional categories:

Community Steward of the Year — Awarded to a company that partners with nonprofits, community organizations and programs to improve the quality of business and civic life in Lee County through its financial or volunteer support.

Innovator of the Year — Recognizes a local business that develops innovative advanced technologies in its own business or in its industry and has had a positive economic impact in Lee County.

Manufacturer of the Year — Awarded to a Lee County manufacturing business that exhibits excellence in leadership, performance, profitability and workforce relations.

Start Up of the Year — Awarded to a company founded in Lee County in the last three to five years that has overcome challenges and demonstrated continued growth in revenue and staffing to emerge as a business leader.

Large Business of the Year — Awarded

continued on page 44

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Will Power

# Man’s Search For A Meaning



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

The late Victor Frankl, a social psychotherapist, discovered his vocation while a prisoner in Auschwitz. He saw how difficult it was to sustain the will to live. Those who lost it, died. He took it as his mission to give people back the will to live. He would talk to them to discover whether they had an unfulfilled dream or a task to complete. Once he found it, he was able to give them a reason to survive. Something was calling to them from the future, and this was sometimes enough to give them the inner strength to keep going. After the war, he founded a new school of psychotherapy – he called it Logotherapy –

based on what he called “Man’s search for meaning,” the power of which he saw in Auschwitz.

Preparing an estate plan can, on its surface, become a scary exercise in confronting how your loved ones will fare after your death. Instead, if you dig deeper, you can find your own truth – that which gives you meaning to live, as well as the destinies that your loved ones seek.

We start with you. What is your truth? Here, I’m not speaking of truth in the cognitive sense of scientific, metaphysical or artistic, but what are the facts? What is ultimately real? Rather, what is your truth in the existential sense – who are you? How do you describe yourself? To what destiny were you called? How are you laying the foundation of your legacy?

Creating your estate plan can and should be more than an exercise of parceling out your assets amongst loved ones. It can instead become an internal reckoning, reviewing the chapters of your life. Looking back, you notice the turning points, which were often times of personal challenges that formed who you are.

What lessons have you learned that you would like to instill? At some point during your development, you may have wanted to emulate someone you knew, or someone you saw on television or read about. As time progressed, however, you discovered that you can’t be someone else. You have your strengths, your weaknesses, which you long ago identified and were able to get the most out of. This added to your success – what you will one day leave behind asset-wise. But how do you bequeath something more important than money or property?

How do you impart the lessons you lived?

This, in effect, is your blessing. Your God-given talent that molded you through the

years. The challenge, of course, is that you may want to make things easier for your children and grandchildren than they were for you – which in effect, could rob them of the very experiences that made you who you are!

How do you incorporate that into your estate plan? You can’t force experiences on your progeny, of course. Some believe incentive trusts are the answer. Fearful that money or property will rob loved ones of ambition, incentive trusts are designed to “match” distributions to a beneficiary’s earned income. If the beneficiary earned \$30,000 last year, she can receive distributions equaling that amount this year. If she earned more, she may receive more. This gives the beneficiary strong incentive to earn as much money as possible.

But is that the answer? Unfortunately, incentive trusts fail to account for the school teacher who inspires her students to do great things. She may not earn one-tenth the amount her neurosurgeon sibling earns, but does this mean she won’t be entitled to her inheritance share? Doesn’t an incentive trust skew too far into the material world and not enough toward rewarding character?

Our children are called to their own destinies. What we don’t want is for our estate plan to thwart the person they will one day become. Bill Gates’ and Warren Buffet’s answers involve pledging most of their net worth to charities and private foundations. You and I may have a different idea, yet we don’t want to obstruct our issues’ God-given blessings.

Perhaps the way to resolve this conflict is to return to Victor Frankl. He discovered that by identifying someone’s bigger future, he could instill the will to survive horrifying atrocities. What’s your bigger future? What bigger futures await your children and grandchildren? What are their callings, their dreams? How might your estate plan serve to accomplish those dreams? Once you’ve identified those aspirations, you may design a plan that maximizes your loved one’s strengths, and helps them achieve their highest and best callings.

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✴

## Captiva Community Panel Report

On January 4, the Florida Department of Health and Lee County government launched a reservation system and a new, larger site for free COVID-19 vaccinations for frontline healthcare workers and people age 65 and older.

The site is east of Interstate 75 off of Daniels Parkway; the site of the old airport terminal parking lot.

Only people with appointments may be vaccinated. Reservations must be made by phone at 833-618-2001.

The state has hired a vendor to handle the reservations. Its call center is open from noon to 8 p.m. Monday and from 8 a.m. to 8 p.m. the remainder of the week.

When those registered arrive on site, officials will request ID showing proof of age before allowing them to queue up. People are asked arrive no more than 45 minutes before their assigned vaccination time. Even though this is an appointment system, processing times may vary. Be prepared for some wait time.

FDOH anticipated administering 1,000 shots on January 5 and 2,000 shots per day on January 6 and 7. Reservations will resume once more vaccinations arrive.

Complete information can be found at [www.leegov.com/vaccine](http://www.leegov.com/vaccine). Visit Lee County Government Facebook and other social media channels ([www.leegov.com/socialmedia](http://www.leegov.com/socialmedia)) or monitor Florida DOH’s Twitter @flhealthlee.

The United Way 211 line for vaccine questions is staffed 24/7. Dial 211 or 433-3900.

Upcoming meetings:

Monday, January 11 – The Captiva Erosion Prevention District (CEPD) will meet via Zoom beginning at 1 p.m.

(details at [www.mycepd.com](http://www.mycepd.com)).

Tuesday, January 12 – The Captiva Community Panel will meet at 9 a.m. via Zoom. Use the following link to join the webinar:

<https://us02web.zoom.us/j/88127888232?pwd=VmhlLQXQrOS8xalhBTmlpa2xiZWFGQT09>

Passcode: 383801

Telephone: Dial 301-715-8592 or

312-626-6799 or 929-205-6099

Webinar ID: 881 2788 8232 /

Passcode: 383801

Among the agenda items:

Update on meeting with Lee County

Commissioner Kevin Ruane

RSC-2 zoning issues

Captiva Code and Ordinance update

Roosevelt Channel “Slow Speed

Zone” update

Letter from Panel, CEPD, SCCF

regarding driving on the beach

Iguana control MSTU update

Election of 2021 panel officers

Committee reports (as needed).

The MSTU petition drive is under way – the Captiva Community Panel is collecting petitions to ask Lee County to form a Municipal Services Taxing Unit (MSTU), which will fund efforts to eradicate the iguanas that have proliferated on Captiva. A letter explaining the MSTU process and the iguana problem was mailed to all Captiva property owners in early November.

If you have any questions, email [captivacommunitypanel@gmail.com](mailto:captivacommunitypanel@gmail.com)

If you missed the Sea Level Rise Committee webinar on November 19, a recording of the presentations and pdfs of some of the materials discussed are online at <http://captivacommunitypanel.com/panel-info/sea-level-rise-committee/>. Included are higher-resolution versions of the island aerals showing the impact of one, two and four feet of sea level rise.

Captiva Memorial Library is open Tuesday through Saturday from 10 a.m. to 4 p.m. All libraries will be closed on Monday, January 18 for the Martin Luther King, Jr. Day holiday.✴

## How’s The Market? Ask Ann

Considering selling in 2021? Market conditions are very favorable for Sellers; mainly low inventory and strong demand. How can you maximize your sales price, and be mindful that overpricing your listing may result in longer marketing time and a price adjustment at a later date? Start by interviewing experienced Realtors. During the interview, address their marketing plan and obtain their recommendation for a listing price and what they believe will be the final selling price. Let’s presume all the agents “score” well in answering these questions. Who do you select? Do you want a weekly update or prefer a text, email or phone call? Do you want to hear from the listing agent directly, an assistant or a team member? Very importantly, of the three agents, what is a good “fit” for you?

Make your decision and do the listing for 90 days. If you are priced right in today’s market, you will have a sale.

In conclusion, I would be honored to be one of the three Realtors you interview.

My goal is to save you \$10,000 in fees and obtain a successful sale within 90 days.

### 10 Closed Sales Going Back One Week: 4 Homes and 6 Condos

625 Nerita St. Unit 2B Coquina Beach - <b>\$452,500</b>	731 Durion Ct. - <b>\$737,000</b>
1811 Olde Middle Gulf Dr. #10 Signal Inn - <b>\$485,000</b>	1401 Middle Gulf Dr. T201 - <b>\$750,000</b>
1764 Bunting Lane - <b>\$515,000</b>	2475 West Gulf Dr. 207 Tarpon Beach - <b>\$899,000</b>
979 East Gulf Dr. 462 Loggerhead Cay - <b>\$550,000</b>	1203 Kittiwake Cir. - <b>\$985,000</b>
200 Periwinkle Way #111 Lighthouse Pointe - <b>\$645,000</b>	769 Pyrala Ave. - <b>\$1,335,000</b>

Call or email me with any questions. Stay safe & have a successful New Year!

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## Home And Garden Show Downtown

The 2021 Semi-Annual Home & Garden Show will take place at the new Caloosa Sound Convention Center this Saturday and Sunday, January 9 and 10 from 10 a.m. to 4 p.m.

Now in its 25th year, the show features more than 100 local and regional companies that display and present products and services to homeowners.

"We had a great show in September as the first event at Caloosa Sound, and we are looking forward to returning to this beautiful new facility," said Bill Anderson, president of Expo Management that produces the Home & Garden Show. "January is a beautiful month to welcome attendees to the heart of Fort Myers Downtown River District."

Attendees can see the newest in-home improvement products and services inside and out from furnishings and accessories, to decorating and remodeling ideas to landscaping.

"The real estate market has been going gangbusters in Southwest Florida in recent months, and this is the perfect event for current and future homeowners to gain information and learn about products and services for their residences," said Anderson.

The Caloosa Sound Convention Center renovations included major updates to the interior and exterior



September 2020 show

photo courtesy Southwest Florida's Home and Garden Show

of the building, including a new roof, windows and exterior walls, and 39,000 square feet of function space, including a riverfront terrace.

CDC guidelines will be observed during the show and face masks will be required.

Attendees without face coverings will be provided a complimentary mask.

For more information, call 855-321-2111, ext. 20, email [bill@expomanagementinc.com](mailto:bill@expomanagementinc.com) or visit [www.expomanagementinc.com](http://www.expomanagementinc.com) or visit <https://expomanagementinc.com>.✱

## Chamber To Host Candidate Forum

To help Sanibel Island residents prepare for the March 2 election of three city council members, the Sanibel & Captiva Islands Chamber of Commerce will host a virtual Zoom candidate forum on Wednesday, January 20 starting at noon.

Candidates have until Friday, January 15 to file for a chance to succeed Mick Denham, who is not seeking reelection, and Chauncey Goss and Jerry Muench, both of whom were appointed in November by the council as interim members to replace retiring councilmen Jason Maughan and Kevin Ruane.

"We are pleased to provide this service to the Sanibel constituency so that voters can make their most informed decisions," said John Lai, chamber president and chief executive officer. "The forum format will include a predetermined Q&A with each candidate."

Chamber members should watch their email inboxes for invitations to the forum. Attendees need not belong to the chamber and can receive an invitation by contacting Ashley Pignato at 472-8255 or [ashley@sanibel-captiva.org](mailto:ashley@sanibel-captiva.org). A Zoom recording will be accessible from the chamber's website following the forum.

On Wednesday, January 13 starting at noon, the chamber will host its first virtual luncheon of the year featuring Sanibel Mayor Mick Denham as guest speaker. Members will be receiving invitations for that Zoom meeting by email as well.✱



## NEW YEAR, *new home?*

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# Frankly Speaking



by Howard Prager

Happy new year, dear readers! And with the start of the year so much is happening as college bowl game season is almost completed, the NFL playoffs are set, and hoops, there it is.

Lots of blowouts. Even in the BCS semis, where Alabama mauled Notre Dame and Ohio State crushed Clemson. Lots of talk of changing the rules for those of us who are tired of seeing these same teams in the FBS playoffs every year. A writer for *The Athletic* said the best way to do this is to cut back on allowable scholarships. Cut back by five to 10 scholarships, and those players would find their way to other teams and elevate their games. I'm all for anything that makes games more competitive, and shares the wealth of talent. Speaking of making the most of talent, congrats to Coach Jamey Chadwell of undefeated Coastal Carolina for being named AP Coach of the Year.

There were some close matches such as the last second field goal from 53 yards out to lift Georgia over previously undefeated Cincinnati in the Peach

Bowl. And speaking of blowouts, and I don't think this sentence has ever been written, Northwestern (NU) – yes, my Wildcats – blew out Auburn 35-19 in the Citrus Bowl. It was the last game for two on the sidelines, NU Athletic Director Jim Phillips and defensive coordinator Mike Hankwitz who won his 400th game in college ball. What a great way to go out. Hankwitz coached for 51 years and his defense has ranked in the nation's top 25 14 times. He won conference championships 10 times, and 12 other times his teams were league runners-up. Phillips is leaving to become commissioner of the ACC. Phillips has another distinguishing stat to leave with. For the first time in NU's history, men's football (14th), men's basketball (19th) and women's basketball (15th) have all been ranked in the Top 20 at the same time. When you add the academic top 20, the only other schools to accomplish this feat are Duke and Stanford. Sadly this is a short-lived statistic, as men's basketball will be out of the Top 20 as of this writing after losses to Iowa and Michigan.

As far as the NFL goes, there were some last second heroics and bonuses to be won. Tennessee won the AFC South due to a last-second field goal by backup kicker Sam Sloman that bounced off the right upright and sailed through. Derrick Henry went over 2,000 yards and wide receiver AJ Brown caught over 1,000 yards to be a highly productive duo.

Welcome back Cleveland! The Browns, who haven't been in the playoffs since 2002, held on to beat the Steelers 24-22. They get to face them again this weekend in the AFC Wild Card game. Speaking of welcoming back, here come the Bucs. Another big win for Brady, who helped receiver Antonio Brown get 45 catches for the season and a \$250K bonus with some tosses his way in the fourth quarter.

And talking about stats, wow Steph Curry. He threw in 62 points as the Warriors beat the Trailblazers Sunday night. It was a bit of a chip-on-his-shoulder game after Portland beat Golden State Friday night, and several players posted that without Klay Thompson and Kevin Durant, Curry's star is faded. Bulletin board material. Curry is now the second oldest player, after Kobe Bryant, to shoot over 60 points in a game.

You may have seen the good news story of the week, because it's literally lifesaving. According to the *Guardian* and many media outlets, "Australian pro surfer Mikey Wright stepped in to rescue a woman being swept away by strong currents in Hawaii. Wright was looking out over a beach on Oahu's north shore when he saw a beachgoer struggling in the surf. Wright posted footage of the rescue on Instagram with the caption: "Hold my beer." Other beachgoers could be seen trying to help reach the struggling swimmer, but the current was too strong. Fighting the surging ocean

and difficult conditions, Wright dives in and picks up the woman, and although they were submerged multiple times, successfully pulls her out of the surf. A group of people helped pull them from the water to safety. "I didn't question if I was in danger," Wright, 24, told ABC. "I just knew that she needed help. This lady was in a very tricky situation. Even for a confident person in the water, that's not somewhere you want to be."

Making the rescue all the more dangerous were sharp volcanic rocks and 15-foot waves that were breaking so close together they took on "the force of two waves." It has been reposted by surfers around the world and viewed thousands of times as people celebrate Wright's bravery.

On a personal note, this makes for a great story and heroics, but as someone who has taught lifesaving, you don't run into the water unless you absolutely have no other choice, because too many times the rescuer gets pulled under and loses his or her life in the process. Mick Fanning, former world champion surfer, wrote: "Wow that could have ended really bad." Maybe this is the start of 2021 looking up for us all.

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 or questions to [press@islandsunnews.com](mailto:press@islandsunnews.com).✴



Mike Dopslaff photo provided

## New Head Pro At The Dunes Golf And Tennis Club

Mike Dopslaff has been named as the head golf professional at The Dunes Golf & Tennis Club.

A respected member of the PGA and highly qualified golf professional, Dopslaff has been named Golf Professional of the Year and Merchandiser of the Year by the Southwest PGA Chapter, as well as the South Florida Section's Merchandiser of the Year.

Dopslaff's experience includes head

professional at San Carlos Golf Club, Arrowhead Golf Club, Fiddlesticks Country Club and Lexington Country Club. In his role at The Dunes, he will oversee all aspects of golf course operations.✴

## Foundation For County Schools 5K Run And Walk

The Foundation for Lee County Public Schools is holding its 10th annual Strides for Education 5K Run/Walk on Saturday, February 6. Participants can run at Florida SouthWestern State College or sign up for the virtual option. CDC guidelines will be followed to ensure the safety of all participants.

Suncoast Credit Union is the event's Title Sponsor, and funds will benefit the foundation's Take Stock in Children scholarship program. Check-in starts at 6:30 a.m. and the race will begin at 7:30 a.m.

Schools and businesses throughout Lee County are challenged to create the largest team. More than 1,300 business leaders, community partners and educators participated in last year's race. The first 1,100 registered participants will receive a long sleeve, dry-fit race shirt and goody bag.

To register online, visit [www.flcpsstrides5k.com](http://www.flcpsstrides5k.com) through Friday, February 5. Registration will not be available the day of the event.

The Strides for Education 5k raises

money for college scholarships to benefit students entering the Take Stock in Children program, which was established in 1995 as a statewide scholarship program that provides a unique opportunity for deserving low-income youth to escape the cycle of poverty through education. Students enter the program in sixth or ninth grade and commit to remaining crime- and drug- free, maintaining a 2.5 GPA or higher, and meeting with a mentor regularly. Having kept this commitment, students will be awarded a four-year college tuition scholarship upon their high school graduation.✴

## New Lee County Officers Sworn In

There is a changing of the guard at two Lee County government offices. Noelle Branning was recently sworn-in as the new Lee County tax collector, replacing Larry Hart, while Matt Caldwell took office as property appraiser, replacing Ken Wilkinson. Both Hart and Wilkinson announced their retirements last year.

"Being elected to the office of tax collector is a huge honor," said Branning. "I've had the privilege of working with and learning from Larry Hart, and am looking forward to ensuring the best customer

continued on page 47

### SPORTS QUIZ

1. Which of the Houston Astros' "Killer B's" recorded his 3,000th career hit in June 2007?
2. What member of the 2005 North Carolina Tar Heels national championship basketball team was selected fifth overall by the Charlotte Bobcats in the 2005 NBA Draft?
3. College football's John Mackey Award is presented annually to the most outstanding player at what position?
4. The Isobel Cup is awarded to the season champion of what ice hockey association?
5. The five heavy spherical objects that World's Strongest Man competitors lift and place on platforms are called what?
6. Who caught the lone touchdown for the New England Patriots in their 46-10 loss to the Chicago Bears in Super Bowl XX?
7. In 2012, what Texas Rangers slugger missed five games due to ocular keratitis (dry eyes) and balance problems caused by consuming too much caffeine and energy drinks?

### ANSWERS

1. Craig Biggio. 2. Raymond Felton. 3. Tight end. 4. The National Women's Hockey League. 5. Atlas Stones. 6. Irving Fryar. 7. Josh Hamilton.



## Lions Club Hears About Climate Reality Project

submitted by Bill Sartoris

**A**riel Hoover, chair of the local chapter of The Climate Reality Project, gave a presentation via Zoom to the Sanibel Captiva Lions Club at the December meeting. She highlighted some of the extremes that have been occurring.

The last five years have been the hottest years on record. In the last two years, temperatures reached 113 degrees in Paris and 123 degrees in India, presenting a real danger to human survival. She also covered items that are a little closer to home. Florida has 53 superfund sites which sea level rise and flooding from increased precipitation could present a threat to drinking water. Miami is the number one city in the U.S. at risk for sea level rise. The infrastructure was not built to handle the current water level and it is subject to high tide, non-storm flooding. The city is raising the level of some roads, increasing the use of pumps, and talking about having to raise some ground level houses. This will be an expensive and time-consuming proposition.

The good news is that non-fossil fuel sustainable energy is becoming less



Ariel Hoover

photo provided

expensive and more widely available. Several countries, including China, have committed to being carbon neutral by 2050. Germany is providing over 50 percent of its energy needs through renewable sources. Almost 80 percent of new electric generating capacity is clean energy. Solar electric jobs are growing at five times the rate of jobs in the overall economy. The returns of renewable energy companies have been higher than the returns of fossil fuel energy companies.\*



Aerial view of The Sanctuary Golf Club

photo by Golf Shots Unlimited

## Sanctuary Charity Classic To Be Held On January 23

**T**he Sanctuary Golf Club will host its 19th annual Sanctuary Charity Classic golf tournament on Saturday, January 23 with proceeds designated for island nonprofits.

Sponsorship opportunities include: \$7,500 Diamond Partnership, which includes additional rounds of golf and dinner at The Sanctuary Golf Club; \$500 Foundation Partner, which includes Dinner Reception In-a-Box for two; and \$250 Hole Sponsorship. All proceeds go to The Sanctuary Golf Club Foundation,

whose mission is to support nonprofits that positively impact the lives of people in need living or working on Sanibel or Captiva, and to provide educational opportunity grants to The Sanctuary employees and their families.

Due to COVID-19, The Sanctuary Charity Classic will have morning and afternoon tee times, with either a grab-and-go breakfast or lunch available. All sponsors will receive a Dinner Reception In-a-Box with choice of entree and bottle of wine.

For more information about sponsorships or to sign up for play, contact Jim DiMarino at 472-6223 or jdimarino@sanctuarygc.net or Michelle Cote at 472-6624 or mcote@sanctuarygc.net.\*



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Hope Mobile Clinics are available for registered program participants of Hope PACE photo provided

# Hope Mobile Clinics Added For Local Seniors

Hope PACE, a program of all-inclusive care for the elderly, has expanded its transportation fleet to include Hope Mobile Clinics. Following rigorous safety precautions, program participants still visit the Hope PACE Centers for necessary visits and interventions, while the new vehicles provide safe, convenient and accessible options for ancillary services.

The Hope Mobile Clinics are able to deliver in-home care, facilitate virtual physician visits, provide preventive screenings and dispense vaccinations. At present, services are only available to registered program participants.

“Challenges present opportunities, and the Mobile Clinics are an example of Hope’s innovative spirit,” said Samira K. Beckwith, president and CEO of Hope Healthcare. “We’ve adapted in creative ways not only to enhance our

services, but also to ensure we continue our personal approach that helps seniors avoid unnecessary hospitalizations and remain safely in the community.”

Hope PACE is a comprehensive, coordinated healthcare program designed to meet the social, emotional and practical challenges of older adults. Participants receive medical and therapeutic care, medications, social activities and meals. With Hope PACE Centers located in Fort Myers, Cape Coral, Lehigh Acres, Naples and Port Charlotte, the program also provides transportation to appointments with specialists and other vital services. Its mission is to keep participants healthy, comfortable and living independently in the place they call home.

To be eligible for Hope PACE, which is provided at no charge to seniors with dual Medicare and Medicaid coverage, applicants must be at least age 55 and live in Lee, Collier or Charlotte counties. They must also have health issues placing them at risk for nursing home care to qualify. To learn more about eligibility guidelines or program details, visit [www.hopepace.org](http://www.hopepace.org) or call 985-6400.\*

# Virtual Programs On Health And Community Issues

The League of Women Voters of Lee County (LWV) will hold a virtual educational program on behavioral health community issues and partnerships, and the 20th Judicial Circuit Behavioral Courts. The LWV supports policies for problem-solving or specialty courts, including mental health and drug courts, in all judicial districts to provide needed treatment and avoid inappropriate entry into the criminal justice system. A panel of experts will help understand the “Wrap Around Services” treatment model and community partnerships used by the 20th Judicial Circuit Behavioral Courts in Lee County.

Program panelists include: Judge Howard Andrew Swett, 20th Judicial Circuit Behavioral Courts. Lieutenant LaDonna Brady, Lee County Sheriff’s Office. Phillip Brooks, COO, Community Assisted and Supported Living, Inc. The Lee County Behavioral Court

High Need/High Need Utilizer (HNHU) Demonstration Project is a partnership with the Lee Health Systems, Lee County Public Defender’s Office, Lee County Sheriff’s Office, Judge H. Andrew Swett, SalusCare, Centerstone of Florida, Inc. and Community Assisted Living, Inc. (CASL). The project is for persons who have a mental health disability and/or co-occurring mental health and substance abuse disorder that have a high history of admission rates in the acute care and/or forensic systems. The project goals are to demonstrate improved client stability, decreased utilization of acute care systems and to provide sportive housing and linkage to behavioral health supports.

The League of Women Voters of Lee County Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

To register, visit <https://my.lwv.org/florida/lee-county/calendar>, email [reservations@lwvlee.org](mailto:reservations@lwvlee.org) or call 278-1032. For more information on the programs and issues of the League of Women Voters, visit [www.lwv.org](http://www.lwv.org).\*

# Industry Awards

From page 39

to a Lee County company that has been in business six or more years under the same corporate name and ownership. The company must offer high-quality products and services, provide superior customer service, demonstrate strong ethical standards, be community minded, actively support employee development, and exhibit exemplary leadership within its industry and with its clients, contributing to the economic growth and free enterprise of Lee County. The Large Business of the Year category is for companies with 51 or more employees. Small Business of the Year – The same criteria apply as the Large Business of the Year, but companies may not have more than 50 employees to be eligible.

For more information or to access applications, visit [www.industryappreciationawards.com](http://www.industryappreciationawards.com).

The IAA will be part of a larger two-day celebration of business in Southwest Florida that will also include the Blue Chip Awards. For more information or sponsorship opportunities, contact Horizon Foundation Chief Fundraising

Consultant Dilman Thomas at 810-1948 or [dthomas@horizon-foundation.com](mailto:dthomas@horizon-foundation.com).

The Lee County Economic Development Office provides business assistance to retain existing businesses, attract new businesses and encourage entrepreneurship to ensure Lee County has a strong economy, thriving communities and broadly shared prosperity.

The Horizon Council is a public-private advisory board established in 1991 to advise the Lee Board of County Commissioners on economic development issues. The council’s mission is to improve Lee County’s business environment, retain and encourage expansion of existing businesses and attract new and diversified employers.

The Horizon Foundation, Inc. is a 501(c)3 organization with the mission and purpose to support, foster and encourage the economic development and diversity of business interests in Lee County. The foundation provides financial, advisory and other support for the Lee County EDO and the Horizon Council as well as financial and other support to such other organizations and entities that the foundation deems necessary.\*



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## Health First

## Four Health Goals For The New Year



by Julie Rosenberg, MD

**H**appy New Year – 2021!

Most people were happy to bid 2020 farewell and are looking forward to what will hopefully be a much better year.

A majority of Americans indicate that they want to learn something new, make a lifestyle change, or set a personal goal in an effort to better themselves in 2021. Health-related New Year's resolutions are typically at the top of the list, especially this year, as the world continues to confront the uncertainties of the COVID-19 pandemic. However, despite our best efforts to usher in a new era of health and wellbeing in 2021, research shows that even the most resolute among us are likely to lose momentum toward our personal betterment plan early in the new year.

Why? Our plans are often non-specific (I want to lose weight), negatively framed (I won't eat cookies and ice cream this year) or too challenging (I will run a marathon this year). So, in this week's column, I offer four health goals that are simple and readily achievable with a little effort. Adopting these goals will positively impact your health – and likely, your entire life!

**Move your body** – People often set high fitness goals for the new year and then fall off after a few weeks. This can lead to upset and poor self-esteem. So, stop thinking of daily exercise as a commitment with minimum requirements, such as running 10 miles. Keep it simple – commit to moving your body daily. Take 15-minute "movement breaks" throughout each day. If you are relatively sedentary, you might start with three times per day and then gradually increase your movement time. Take a walk outdoors, practice yoga for 15 minutes, or do some weight bearing exercises such as stair climbing or yard work (pushing a lawn mower or gardening). Your daily accomplishments will help you maintain a positive mindset around movement, and you will be less likely to abandon your plan.

**Make one change toward healthier**

**eating** – People often make New Year's resolutions around diet that are challenging and unattainable. A goal such as, "I want to lose 30 pounds in six months," is difficult to achieve (although not impossible and kudos to anyone who meets such a goal). Consider making one change at a time toward healthier eating. For example, a more easily attainable goal might be, "I will reduce saturated fat in my diet." Determine what you need to do to achieve this goal (e.g., eat more whole fruits and vegetables, eat more fish and chicken, use egg whites instead of whole eggs for cooking, avoid cream sauces). Consult with your doctor or a nutritionist if you need help with developing and executing a plan.

**Clear the clutter** – Evaluate your personal surroundings. If your desk is piled high with papers, if you're constantly searching through junk in your drawers, and if your shelves and cabinets are stuffed to the brim, it's time to clear the clutter. A cluttered space is often associated with a cluttered mind. Clearing clutter offers a sense of relief and greater clarity. Individuals who feel anxious and stressed typically they feel better when they organize their physical space. If you want to take on this goal, it's important to avoid overwhelm; don't

try to tackle everything at once. Clear the clutter one room at a time.

**Learn something new** – Challenge your brain by learning something new that you think will be interesting and useful. What about learning to paint, sew, scuba dive, or speak a new language? Learning a new skill stimulates neurons in the brain and allows electrical impulses to travel faster across them. This helps to maintain and may even enhance cognitive function. So, think: New Year, New Skill. What's it going to be?

In summary, I invite you to focus on your health in the new year. Consider adopting any of the above health-related goals or make up your own. Whatever you choose, make your plan simple, achievable and about you. Take notice and celebrate the success you achieve, no matter how minor it may be. Achieving small goals can lead to bigger changes that will benefit you for a lifetime.

*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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com). ✨*

## Webinar On Caring For The Memory Impaired

**F**ISH of SanCap and Alvin A. Dubin Alzheimer's Resource Center are offering a presentation on Caring for a Person With Memory Impairment on Monday, January 25 beginning at 10 a.m. via Zoom.

Jennifer Eno, community and caregiver educator of Alvin A. Dubin Alzheimer's Resource Center, will offer a brief overview of Alzheimer's and other forms of dementia as well as tips on how to successfully care for a person with memory impairment.

Alzheimer's is a complicated disease. Many times, the term Alzheimer's is used when speaking about any type of memory loss. Eno will discuss all

dementia-related diseases, of which Alzheimer's is just one. She will offer facts and information about neurocognitive diseases that affect not only patients but their family and friends.

Eno served in the Peace Corps as a health worker after obtaining her degree in health services administration from University of Central Florida. Since returning from her Peace Corps post in the Central Pacific, she has spent the last 10 years working in senior care in Southwest Florida.

Inspired by her grandmother who had Alzheimer's, she has a passion for helping those with memory impairments. She joined the Alvin A. Dubin Alzheimer's Resource Center in July of 2020.

Reservations are required by Thursday, January 21 by calling Susan Alexander or Anthony Morales at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access. ✨

## Free Autism Screening For Young Children

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for toddlers ages 18 months to 5 at the Pediatric Specialist Office on Friday, January 22 from 9 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of ASD, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project

stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit [www.rmhcswfl.org](http://www.rmhcswfl.org). ✨



## The Rotary Golf Scramble

### BENEFITING The Sanibel Captiva Rotary Club

**DATE:** Saturday, February 13, 2021

**TIME:** Check-in **8:00 AM** • Shotgun Start **9:00 AM**

**LOCATION:** The Sanibel Golf Club  
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Beautifulife:

Eyes Closed



by Kay Casperson

Have you ever wondered why we close our eyes for certain things like praying, kissing and crying? Of course, there are the obvious things we close our eyes for, like sleeping, sneezing and

sometimes drinking, but to me, there is a straightforward answer to this.

First, let's talk about all of the beautiful things we see when our eyes are open. From nature, sunrises, sunsets and shooting stars, to births, weddings, diamonds and flowers. All of these things and many more bring beauty into our lives every single day. When our eyes are closed, the things that we feel and experience bring something to our lives, such as love, peace, emotion, and connections that we could never get with them open.

These are the things that I believe happen when we close our eyes:

- We express our genuine emotions
- We connect with our hearts
- We remove distractions
- We use our other senses
- We turn our focus inward
- We embrace the experience

As you can see, if we kept our eyes open for things like praying, kissing

and crying, we would miss out on many things. We would not be able to make the best out of each of those moments. Even a simple thing like daydreaming is so much better when you find a quiet space to be, close your eyes and let your mind wander for just a bit. You might find yourself in a better or different place than where you are right now, and it's OK because it feels just right, even for that moment.

Amid the chaos and clutter of our daily lives, I encourage you to close your eyes now and then. Let peace, love and all good things surround you and bring you to a place that makes you happy.

Think about the accomplishments of a little girl named Helen Keller, who grew up blind and went on to do amazing things in life. It makes you realize how important it is sometimes to close your eyes and look at life a bit differently, or maybe just precisely how you want it to be.

This quote has touched all of us and remains one of my favorites today:

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." – Helen Keller

My affirmation for you this week is: "I will close my eyes to feel and experience the best of what this beautiful life brings to me."

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](http://www.kaycasperson.com) or follow on social media @kaycasperson.✧

DearPharmacist

Five Effective Tips To Lose Weight



by Suzy Cohen, RPh

The fastest way to lose weight is to exercise more. This is by far the healthiest way to tone up and shrink your waistline. The problem is that some of you cannot

work out, or your gym is closed, or you don't feel well enough to due to some health issue, or injury.

So if you're more sedentary than you used to be, and the pounds are piling up, then the next best thing is to eat smaller portions at each meal. Try cutting back on your portions by 10 percent each meal until you're eating a healthy amount, and no longer over-eating.

Also, try closing your kitchen earlier (like at 7 p.m. instead of 10 p.m.). Some kitchens, including mine, were open 24/7, and I'd find myself making almond butter and jelly sandwiches at 4 a.m. and going back to sleep. I'm embarrassed to even tell you that, but everyone knows that 2020 was a hard year, and stress eating was something we all did.

Increasing metabolic rate and burning fat will help you feel better in 2021. Here are some ideas below, and also, I have a longer version of this article posted on my website at [www.suzycohen.com](http://www.suzycohen.com).

Peppermint Essential Oil – This is such an easy thing to do. Just sniff peppermint (or even spearmint) essential oil every two or three hours. Researchers have proven that certain scents will make your mouth water, and others actually suppress appetite.

Rooibos Tea – With dinner, you can have a small cup of rooibos tea (hot or cold). This is naturally un-caffeinated, and the herb contains "aspalathin" which reduces cortisol. Cortisol is what leads to belly fat.

Green Tea – You can drink this or take supplements. We know that catechins and caffeine serve to activate the sympathetic nervous system, which makes you feel less hungry, burns fat and calories. Matcha tea has a much stronger benefit because it is not an infusion of the tea leaves like green tea... it is the actual tea leaves themselves that are crushed to make the matcha.

Cinnamon – Cinnamon can support healthy blood sugar levels by acting like insulin. It shuttles blood sugar out of the blood, and puts it into the cells where it belongs. So when they measure your blood sugar levels, there's less sugar floating around in it. When your blood sugar is more balanced, you crave fewer foods.

Hang A Picture – Hang a picture of yourself at your desired weight (maybe it was three years ago, maybe 30 years ago). Put it on the fridge or cabinet door. Every time you go to grab a snack, you'll be reminded of your goal. This might not work every time, but if it stops you from snacking two out of five times each day, times 30 days, that means you will have dramatically reduced snacking each month! It may sound silly, but I think it's a great little trick to try... and one that will help you keep your eye on the prize.

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](http://www.SuzyCohen.com).✧

Lee Health In Urgent Need Of Blood Donations

Lee Health is in urgent need of blood donations to help replenish low supply levels. The coronavirus pandemic has led to many canceled blood drives and the depletion of the health system's supply. Type O+ remains critically low, and supply levels for all other blood types are also below normal. Lee Health is asking the community to consider making a donation.

"We are in critical need of donations as blood inventories are at some of their lowest levels since the start of the pandemic," said Jeremy Puckett, blood center supervisor at Lee Health. "Maintaining a constant blood supply ensures optimal treatment for all children and adult patients who need it."

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in January:

January 11 – Lynx Services, 6351 Bayshore Road, Suite 18, North Fort Myers, 2 to 5 p.m.

January 12 – Babcock Ranch Healthy Life Center, 42880 Crescent Loop #100, Punta Gorda, noon to 5 p.m.

January 12 – Florida Gulf Coast University, 10501 FGCU Boulevard South, Fort Myers, 10 a.m. to 4 p.m.

January 14 – Lee County Sheriff's Office, 14750 Six Mile Cypress Parkway, Fort Myers, 10 a.m. to 3 p.m.

January 19 – Kiwanis Club of Cape Coral, 360 Santa Barbara Boulevard, Cape Coral, 2 to 5 p.m.

January 26 – Greater Fort Myers Chamber of Commerce, 2310 Edwards Drive, Fort Myers, 9 a.m. to 4 p.m.

Blood donations are essential for trauma and cancer patients. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✧

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## Doctor and Dietician

# Get Creative For Your Brain And Your Health



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

Well, it's been one weird year, that is for darn sure! We don't know about you, but it has actually been good in a way – getting back to basics and spending quality time together. One thing that resulted from this time is that one of our best buddies, Lori, taught us how to make “yard art.” You may ask, “What is that?” Well, it is the idea of taking old, used, or secondhand treasures and putting them together to make beautiful art that you can situate out in your yard or even inside on your coffee table. Add a little glue, some paint, a random trinket – and there you have it – ART!

Studies show that creative activities, such as crafting, can help focus the mind and even have been compared to meditation due to its calming effects on the brain and body. These creative activities, like gardening, sewing, or playing music, release dopamine, a natural anti-depressant. Tapping into our creativity can improve brain function,

mental health and physical health.

Have you ever gotten totally into a project where you forgot about everything else (i.e. you were in flow)? Flow reduces anxiety, boosts your mood and even slows your heart rate. It's not just being in the flow that helps your happiness. Repetitive activities, such as knitting, drawing, or writing, help activate flow, and are all tasks that create a result as well as flood our brains with dopamine. Engaging in creative activities can have some specific beneficial effects on patients with dementia. Studies have shown that engaging in creative tasks not only reduces depression and isolation, but can also help people with dementia glean more of their personalities and sharpen their senses.

Did you know that we have about 60,000 thoughts per day? Engaging in a creative activity can reduce stress, anxiety and depression, as well as help a person process a prior trauma. Writing is an excellent method for helping people constructively manage their negative emotions, and painting or drawing can help people express trauma or experiences – often those that they find difficult to speak about or put into words. One interesting fact is that writing or engaging in a creative activity increases your CD4+ lymphocyte count, the key to your immune system. Listening to music can also rejuvenate function in your immune system. With all that is going on in the world, this would be a good thing for us!

Finally, engaging in something creative makes you smarter. People who play instruments, for instance, have a better balance between their left and right brains. The left brain is responsible for the motor functions, while the right brain focuses on the melody. When these two hemispheres of your brain communicate with each other, your cognitive function improves.

From page 42

## New Officers

experience for all of Lee County.”

Caldwell will be the first new property appraiser in Lee County in 40 years. “It is incredibly humbling to follow in the footsteps of Ken Wilkinson,” said Caldwell. “I look forward to continuing his legacy of advocating for the taxpayer and serving the citizens of Lee County just as faithfully.”

“A lot of people don't realize the close relationship between the tax collector and property appraiser,” Branning said. “I'm excited to work side-by-side with Matt as we look to make Lee County a better place to live and work.”

For more information on the Lee County tax collector, visit [www.leetc.com](http://www.leetc.com) or contact [taxcollector@leetc.com](mailto:taxcollector@leetc.com). The property appraiser can be reached at [www.leepa.org](http://www.leepa.org), or by calling 1-888-721-0510.\*

Get those creative juices flowing and enjoy that feel-good dopamine rush by doing things that are genuinely good for us and make us happy. Start writing, drawing, or coloring. Get your hands in the dirt. Make some yard art. Listen to music or get back to playing the instrument you used to play. Whatever you decide to do, it's time to start getting creative!

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am trying to forgive my brother for some things he did to me a few years ago. Can you provide some tools to assist me with how to forgive?

**A:**

Congratulations that you are wanting to practice forgiveness toward your brother. You will not only feel better about reconciling a relationship with him, you will feel better yourself. Forgiveness is letting go of resentment, and when you can let go, it is a huge relief for you in your mind, body, emotions and spirit. You will not only feel more balanced and whole, you will have the opportunity to rebuild with your brother.

Below are some tools you are asking for to help you with forgiveness:

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).\**

Bring in your mind your brother who is the person who hurt you;

Feel the pain he caused you;

See him as a human being whose behavior was unacceptable towards you, then see a gleam of light emanating from him;

Observe him in the light until you see more brightness emanating from him shining through the painful seen and thoughts you have of him. Now soften the picture of him and observe him with a kinder heart healing his own wounded self;

You can now either write or say to yourself the following words: I forgive you, I release you to your highest good, I free myself from all the pain that I have held, I release the present from the past and free my future;

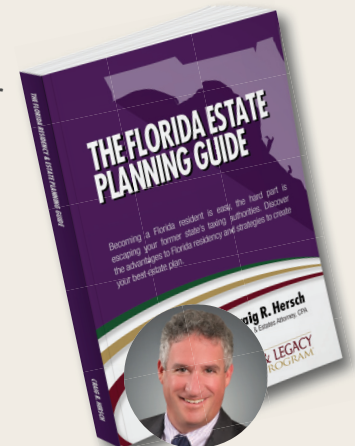
Repeat these words to yourself as needed and you will truly feel yourself full of forgiveness.

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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).\*

## FREE ESTATE PLANNING GUIDE

### Is Your Plan:

- maintaining CONTROL over your assets while you're alive
- offering PROTECTION for you and your loved ones in times of incapacity or uncertainty
- providing the PEACE OF MIND knowing everything goes where you want when you pass
- Most importantly, is your plan up-to-date and Florida-compliant?



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

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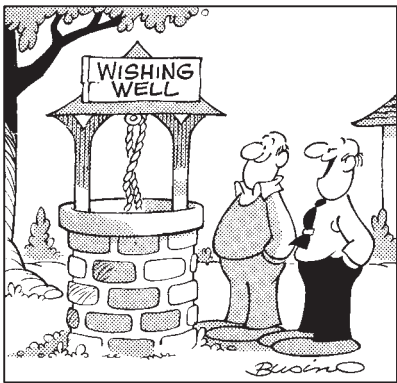


Emergency .....	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Lee County Mosquito Control .....	239-694-2174
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
ARTS	
Arcade Theater.....	332-4488
Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
CLUBS & ORGANIZATIONS	
ABWA.....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123.....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon of SWFL.....	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
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 .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 .....	984-5920
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
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 .....	239-313-6918
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
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

To be listed in calling card email your information to: [press@islandsunnews.com](mailto:press@islandsunnews.com)

PUZZLES

Answers on page 55



"I built it for my wife — she's always \_\_\_\_\_ things."

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!

Iceberg

CLEARGI

Advocate

WAYLER

Rant

READIT

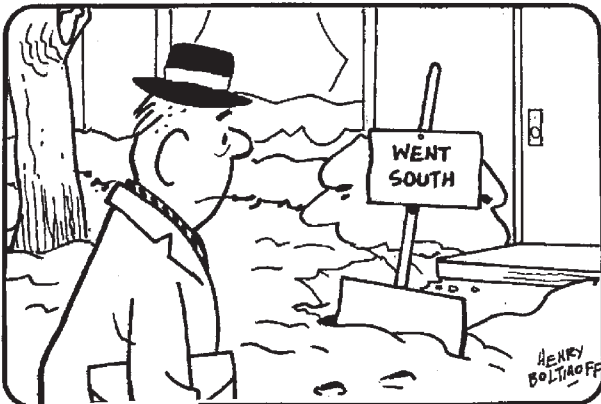
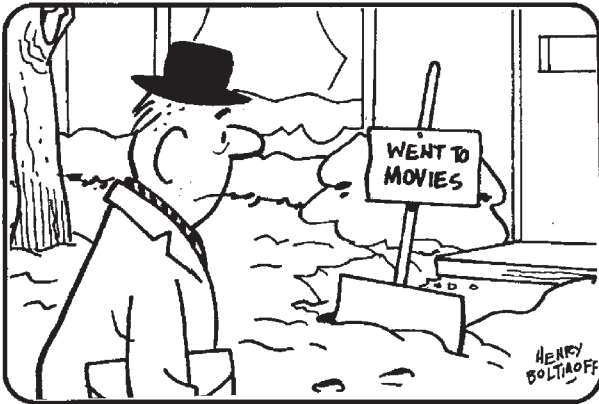
Naught

HINTNOG

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTIROFF



Find at least six differences in details between panels.

Differences: 1. Sign on shovel is different. 2. Window on door is missing. 3. Doorknob is added. 4. Man's hat is different. 5. Tree trunk is wider. 6. Man's nose is shorter.

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.

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



# PETS OF THE WEEK



Becket photos provided

Lee County Domestic Animal Services

## Becket And Ivan

Each year, millions of people make New Year's resolutions. Lee County Domestic Animal Services invites you to "Skip the Jog and Walk a Dog" as part of yours. Make pets a part of the plan for the new year and consider that a new pet can help achieve many of the most popular goals set each year.

The adoption fee for dogs will be reduced to \$30 for the entire month of January. All senior dogs (ages 6 years and over) are just \$25. So say goodbye to 2020 and hello to 2021 with a new best friend.

Becket is a 13-year-old Super Senior that would be a perfect choice to start your New Year's resolution with as his favorite thing to do when outside is to walk. In fact, he can sometimes outwalk the staff and volunteers. No one has told him that he is supposed to slow down as he gets older, so

Ivan

he just keeps on truckin'. He's very calm, quiet and seems to be tolerant of other dogs. His adoption fee is \$25.

This is Ivan giving you his best curious, yet still casual expression. He is a year old and currently resides in one of the catteries. You can typically find him lounging in one of the cubbies, that is, until he sees any form of life. Then he will instantly spring into action to see what is going on as he doesn't like to miss anything. He will sit sweetly at the door to invite you to join him for some snuggle time. His adoption fee is \$50, with a second feline at no additional charge.

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](http://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 38

## Humane Society

pet food to those families in need of it, so they were not forced to owner-surrender their pets because they couldn't feed them," Galloway said. "There definitely was a need for the program and when we asked for pet food donations, the community stepped up again."

Since April, GCHS has attended 60 mobile food pantries and has handed out over 19 tons of dog and cat food.

Fortunately, since the pandemic started, GCHS has not experienced spikes in owner surrenders, and Galloway hopes that trend continues.

"We are hoping we do not see that spike in owner surrenders, but as we are learning through these strange times, there is much unknown," Galloway said. "We just have to prepare for those unknowns."

One program that is getting started back up is the Senior to Senior Program, which for obvious reasons stalled since April. The program where GCHS staff brings senior dogs to senior nursing homes on visitations is starting to restart slowly.

With safety precautions in place, the GCHS Senior to Senior Program has been visiting Gladwell – Fort Myers, bringing up to four dogs to meet the residents.

"It's been so heart-warming to see our shelter animals bring so much joy to those senior residents who have been through a hard time during the pandemic," Galloway said. "Hopefully, our Senior to Senior Program can get back up and running when things start to creep back to some normality."

Senior homes can arrange visitations by the GCHS furry friends by emailing [outreach@gulfoasthumanesociety.org](mailto:outreach@gulfoasthumanesociety.org).

The backbone of GCHS – the volunteers – also had to make adjustments in their normal routines. For a period of time, volunteers were not allowed on the shelter's campus because of social distancing and crowd recommendations set forth by the State of Florida. But GCHS was able to welcome back volunteers by June and they have been an important part of keeping the shelter at a normal running capacity.

"Everyone came back wanting to help," Galloway said. "Our volunteers were understanding when restrictions were in place; they were just happy to be able to interact with the shelter animals again. They really have stepped up in every way to help the shelter through this."

With 2021 now upon GCHS, expectations are high, even with the unknown lying ahead in the next 12 months.

"The bar has been set higher than ever before at GCHS, but I am confident in our staff, along with the help of volunteers and the community, we will reach new heights," Galloway said.

With 2020 in the rearview mirror, the challenges of the past year will not be forgotten. A lot has been learned and GCHS has adapted.

But one thing remained consistent for GCHS – the commitment of the community to caring for the innocent shelter animals.

To donate to GCHS, visit [www.gulfoasthumanesociety.org](http://www.gulfoasthumanesociety.org) or call 332-0364.

GCHS Veterinary Clinic is located at 2685 Swamp Cabbage Court in Fort Myers. Call 332-2719.

GCHS Spay/Neuter Clinic is located at 2010 Arcadia Street in Fort Myers. Call 332-1573.

GCHS Adoption Center is located at 2010 Arcadia Street in Fort Myers. Call 332-0364.✱

## My Stars ★★★★★

### FOR WEEK OF JANUARY 4, 2020

**Aries** (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

**Taurus** (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

**Gemini** (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

**Cancer** (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

**Leo** (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

**Virgo** (August 23 to September 22) That impatient side of yours is looking to

goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

**Libra** (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good luck.

**Scorpio** (October 23 to November 21) Partnerships – personal or professional – which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

**Sagittarius** (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

**Capricorn** (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

**Aquarius** (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

**Pisces** (February 19 to March 20) Stay on your new course despite so-called

well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

**You Born This Week:** You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

### MOMENTS IN TIME

• On Jan. 12, 1838, after his Mormon bank fails in the Panic of 1837, Joseph Smith flees Kirtland, Ohio, to avoid potential criminal prosecution by angry and disillusioned former believers. Smith claimed the angel Moroni had visited him in 1823 and told him he was destined to become a modern prophet of God.

• On Jan. 13, 1968, in the midst of a plummeting music career, legendary country singer Johnny Cash arrives to play for inmates at California's Folsom Prison. The concert and the subsequent live album launched him back onto the charts.

• On Jan. 15, 1870, the first recorded use of a donkey to represent the Democratic Party appears in *Harper's Weekly*, drawn by political illustrator Thomas Nast. Four years later, Nash originated the use of an elephant to symbolize the Republican Party in a *Harper's Weekly* cartoon.

• On Jan. 16, 1938, Benny Goodman brings jazz to Carnegie Hall, a notion

so outlandish at the time that Goodman himself initially laughed off the idea. The concert at the citadel of American high culture sold out weeks in advance.

• On Jan. 14, 1942, President Franklin Roosevelt issues Presidential Proclamation No. 2537, requiring aliens from World War II-enemy countries – Italy, Germany and Japan – to register with the Department of Justice.

• On Jan. 17, 1950, 11 men steal more than \$2 million (\$22 million today) from the Brink's Armored Car depot in Boston. It was the perfect crime – almost – as the culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

• On Jan. 11, 1973, the owners of America's 24 major league baseball teams vote to allow teams in the American League to use a "designated pinch-hitter" that could bat for the pitcher, while still allowing the pitcher to stay in the game.

### NOW HERE'S A TIP

• Apply lemon juice to the cut surface of an apple to prevent browning.

• For stubborn dry patches on hands, like knuckles and around fingernails, try rubbing in a bit of Chapstick. It does the trick to moisturize, and it doesn't wash off as easily.

continued on page 54



PUZZLES

Answers on page 55

Super Crossword

AUTO SUGGESTION

- ACROSS

1 Halo sporter

6 Nest nuggets

10 Had no being

15 "Vamoose!"

19 "I wanna try!"

20 Cameo, e.g.

21 Lend — (pay attention)

22 Poi source

23 Participants in a guided discussion

25 Longtime kids' nature magazine

27 Spanish for "bear"

28 McDonnell Douglas jet

30 Refuge

31 Thelma's cohort, in film

34 Use an entryway

35 Velvet or Hallow ender

36 — hop (jitterbug)

37 14- to 18-year-old in a British youth association

40 Source copy: Abbr.

42 "BTW" part

43 You, in Berlin
- 44 Road given a no.

46 Pop-rock singer

50 Kind of sheet metal

54 Border illumination on some smartphones

57 Mini-whirlpools

58 What bran provides, to Brits

60 Grads.-to-be

61 Basso Pinza

62 Outfits anew

64 "No" voter

65 "— culpa!"

66 Slender nails

67 Large cosmological aggregate

71 Imams' God

75 U.S. tax org.

76 Berlin article

77 Ejected lava

82 Waste time

83 Party game

84 "— not lost"

86 1980s TV's

87 1966 Wilson

90 The "I" of

92 Show up for

93 Farm female
- 94 Abbr. for those with only one given name

95 Mil. unit

96 Tooth anchor

98 First extended stay on the International Space Station

104 Spiny plants

107 With 103-Down, didn't know at all

109 Radio knob

110 Loin steaks

111 Put in order

113 Writer Franz

114 "Y" athlete

115 Annual Arizona football game

117 New York City fashion-industry agency whose name is apt for this puzzle

122 Shoe fillers

123 Conical tent

124 Comics' Kett

125 "Peachy!"

126 Sommer of Hollywood

127 Lauder of fragrances
- 128 Asian nation

129 Garish

DOWN

1 TV title alien

2 Natal lead-in

3 Yukon maker

4 Avian-based skin care product

5 To a smaller degree

6 Botch it up

7 "Sheesh!"

8 Biochemical sugar

9 Erma Bombeck's "The Grass Is Always Greener Over the — Tank"

10 Alert

11 Actress Ortiz

12 Pick up on

13 1998 Winter Olympics

14 Nonkosher

15 More direct

16 — terrier

17 Curved

18 Sweet white wine

24 Word after film or play

26 Frank topper

29 Musician

31 Vowel, e.g.

32 Bull leather

33 Capsizes

35 Ending for major

38 Conn. hours

39 Compulsion

41 Inferior mags

45 Someone — problem

47 Tony winner

48 Writer Blyton

49 Huge heads

51 More, in music

52 "Psycho" co-star Janet

53 Dog in "The Thin Man"

54 Bidding site

55 Common battery type

56 Infuriated

59 "What You Need" rock band

63 Injured-arm supporter

65 Actor Paul

66 Yahoo

68 Left the bed

69 Kin of a tulip

70 Once, once

71 Mater lead-in

72 Yahoo

73 Rearmost

74 It lingers in the mouth

78 — annum

79 Bodily band

80 Benes on "Seinfeld"

81 Investigates

83 Annul

84 Author Haley

85 A lot like

88 Rub oil on

89 Wowed

91 Future louse

94 Bismarck is its cap.

97 Realm of Oedipus

99 PalmPilot, e.g., in brief

100 — Tower (Paris sight)

101 Agenda part

102 Like an oval or rectangle

103 See

104 — latte

105 Disney's "Little Mermaid"

106 Streamlet

108 Become a parent to

112 Fence "door"

113 Swiss painter Paul

116 Really small

118 Berlin article

119 Water, to

120 "Inc." cousin

121 — latte

King Crossword

- ACROSS

1 "— Lang Syne"

5 Steed stopper

9 Plead

12 Dandling site

13 Reactions to pyrotechnics

14 Preceding

15 Mid-month date

16 Automaker

17 Have a bug

18 Small winning margin

19 Go blue?

20 Air for a pair

21 "How I Met Your Mother" net

23 Census stat

25 Off-course

28 Auction, often

32 Use crib notes

33 Rechargeable battery

34 Grow canines

36 Tourist attractions

37 Moray or conger

38 Coop occupant

39 Witty one

42 Clay, now

44 "Super-food" berry

48 Tramcar contents
- 49 Teeny bit

50 So

51 Meadow

52 Expression

53 Deserve

54 Spigot

55 Whirlpool

56 "Phooey!"

6 So

7 "Heavens to Murgatroyd!"

8 Donkey

9 Suitor

10 One of

11 Money

12 Like some drivers or hitters

13 Wash

14 Aladdin's ally

15 Performance

16 The girl

17 Shirt shape

18 Interlaken

19 owl

20 Sacred

21 "Heavens to Murgatroyd!"

22 Donkey

23 Suitor

24 One of

25 HOMES

26 Money

27 Like some drivers or hitters

28 Wash

29 Aladdin's ally

30 Performance

31 The girl

32 Shirt shape

33 Interlaken

34 interjection

35 Long. crosser

36 Mag. staffers

37 Very happy

38 Vibrate abnormally

39 Filly's brother

40 Vicinity

41 Harvest

42 Byron or Tennyson

43 Burn somewhat

44 Atmosphere

45 "— It Romantic?"

46 Chowd down

DOWN

- 1 Related

2 Loosen

3 Dregs

4 Treated with irreverence

5 "Give a hoot, don't pollute"

1	2	3	4	5		6	7	8	9		10	11	12	13	14		15	16	17	18		
19						20					21						22					
23						24					25						26					
				27				28			29			30								
31	32	33						34				35					36					
37							38					39			40	41						
42							43					44		45		46			47	48	49	
50				51	52	53				54	55				56							
57								58	59					60				61				
62							63		64				65				66					
					67			68				69				70						
71	72	73	74				75				76				77			78	79	80	81	
82						83				84				85		86						
87					88				89					90	91							
92								93					94							95		
					96			97		98		99	100				101	102	103			
104	105	106					107	108			109					110						
111							112				113						114					
115									116			117				118				119	120	121
122						123						124					125					
126						127						128					129					

MAGIC MAZE SPOTTED WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: A BEAM OF LIGHT ON STAGE

- Despotism

Eyespots

Fusspot

Hotspot
- Ink spot

Nightspot

Spot-check

Spot-weld
- Spotless

Spotsylvania

Spotter

Spotty
- Starspot

Sunspots

Unspotted



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FRIDAY  
Sunny  
High: 70 Low: 58




SATURDAY  
Partly Cloudy  
High: 67 Low: 57




SUNDAY  
Mostly Cloudy  
High: 68 Low: 56




MONDAY  
Few Showers  
High: 69 Low: 59



TUESDAY  
Mostly Sunny  
High: 65 Low: 53



WEDNESDAY  
Mostly Cloudy  
High: 64 Low: 54



THURSDAY  
Cloudy  
High: 68 Low: 56

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	10:23 am	3:04 am	8:22 pm	1:36 pm	Fri	9:28 am	3:06 am	7:27 pm	1:38 pm	Fri	9:30 am	2:56 am	8:14 pm	2:34 pm	Fri	12:33 pm	6:20 am	10:32 pm	4:52 pm
Sat	12:07 pm	4:11 am	9:08 pm	2:14 pm	Sat	11:12 am	4:13 am	8:13 pm	2:16 pm	Sat	10:56 am	3:54 am	9:06 pm	3:23 pm	Sat	2:17 pm	7:27 am	11:18 pm	5:30 pm
Sun	9:57 pm	5:09 am	None	None	Sun	9:02 pm	5:11 am	None	None	Sun	11:49 am	4:50 am	10:08 pm	4:16 pm	Sun	None	8:25 am	None	None
Mon	10:46 pm	6:01 am	None	None	Mon	9:51 pm	6:03 am	None	None	Mon	12:27 pm	5:44 am	11:03 pm	5:09 pm	Mon	12:07 am	9:17 am	None	None
Tue	11:36 pm	6:49 am	None	None	Tue	10:41 pm	6:51 am	None	None	Tue	1:03 pm	6:33 am	11:48 pm	5:58 pm	Tue	12:56 am	10:05 am	None	None
Wed	3:36 pm	7:32 am	None	5:22 pm	Wed	2:41 pm	7:34 am	11:29 pm	5:24 pm	Wed	1:42 pm	7:21 am	None	6:46 pm	Wed	1:46 am	10:48 am	5:46 pm	8:38 pm
Thu	12:24 am	8:12 am	3:54 pm	6:21 pm	Thu	2:59 pm	8:14 am	None	6:23 pm	Thu	12:27 am	8:06 am	2:27 pm	7:36 pm	Thu	2:34 am	11:28 am	6:04 pm	9:37 pm

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From page 49

Now Here’s A Tip

- “To protect feet from getting soggy when out in snowy or rainy weather, cut a piece of plastic wrap about 3 inches longer than your foot on both sides, then step on it and fold it up on all sides before you put your foot in your shoe. It also keeps feet warm.” – MS in Colorado
- “I use the old-fashioned round coffee filters to cover food in the microwave. Less expensive than paper plates and stays in place but doesn’t stick to food.” – NB in Texas
- DR in Illinois uses flip-flops for some unusual purposes, like covered with sandpaper as a sanding block, covered with a chamois for waxing a car or even to apply paint. He says they can be found on clearance for less than a dollar. One thing you shouldn’t do: “Don’t ever weed eat your driveway while wearing! Personal injury.”

- When making meatloaf, put strips of raw bacon on the bottom of the pan and place the meatloaf on top. It adds terrific flavor and will keep the meatloaf from sticking to the pan.
- “I purchased a dish drain pad approximately 9 inches by 17 inches, and I use it on the seat of my shower so it won’t be slippery. It fits perfect – especially good for seniors. I am 86 years old, so I need all the help I can get.” – BB In Massachusetts

STRANGE BUT TRUE

- On Earth you need heat to fuse metal, but in space, due to the lack of atmosphere, two pieces of the same kind of metal will fuse together with just a little pressure in a process called cold welding.
- The average person will grow 590 miles of hair in their lifetime. Nose hairs alone contribute 6.5 feet of that.
- Digging a hole to China is possible if you start in Argentina.
- While adult giraffes usually sleep

- standing up, their offspring get more comfortable by hunkering down on the ground and taking advantage of their extra-flexible necks, twisting around to plop their heads on their own posteriors.
- The U.S. government gave Indiana University \$1 million to study memes.
  - Caffeine, which is found in tea leaves, guarana berries, kola nuts and, of course, coffee beans, acts as a natural pesticide. It overloads the nervous systems of insects that try to eat the plants containing it, paralyzing and even killing them before they can do too much damage.
  - Liquids can boil and freeze at the same time.
  - Can’t get your kids to eat their carrots and broccoli? Perhaps they suffer from lachanophobia, otherwise known as the fear of vegetables.
  - Hurricanes release the energy of 10,000 nuclear bombs.
  - Harry Truman was the first president to celebrate Hanukkah in the White House.

- In 1951, he accepted a menorah from David Ben Gurion, the prime minister of Israel.
- Charles Dickens believed that sleeping facing north would improve his writing.
  - Finland was the first nation to experiment with autonomous vehicles in urban conditions. The country’s laws don’t oblige drivers to be inside the vehicle.

THOUGHT FOR THE DAY

“When you do the common things in life in an uncommon way, you will command the attention of the world.” – George Washington Carver

TRIVIA TEST

1. **Geography:** What is the capital of the Canadian province British Columbia?
2. **General Knowledge:** Which university or college has sports teams with the nickname “Golden Gophers”?
3. **Measurements:** How many cups equal 1 quart?

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1/8 ★ 1/8

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472-1170  
1/8 ★ 1/29

**MARINA HELP WANTED**  
Full or Part Time position available on Captiva. Must have boat handling experience and able to work with general public and customers. Email John@gocaptiva.com or call 239-770-4832.  
11/27 ★ TFN

**RUNNER**  
Runner needed for Sanibel and Captiva. Royal Shell is looking for someone that can work every Saturday from 9 a.m. to 6 p.m. Rate of pay \$12 per hour. You will check in with various managers to ensure that guests and associates have what they need at the point and time they need it. Transponder provided and use of company vehicle. You must be able to pass a background screening and a driver's license screening. Please call 239-333-3569 for details.  
12/11 ★ TFN

HELP WANTED

**CROW**  
looking for a reliable, part-time Gift Shop and VEC Associate. Duties include supervision of the gift shop and VEC operations, retail sales, inventory, program reservations and other administrative duties. The position requires someone who is dependable, organized and comfortable interacting with guests, volunteers and staff. Email mgrazioso@crowclinic.org  
1/8 ★ TFN

FOR SALE

**FOR SALE**  
  
*The Life and Times of Hurricane Charley Bennett*  
A new children's book featuring Sanibel Island. *The Life and Times of Hurricane Charley Bennett*, ages 3-103, a book about a Pug's rescue, how good can come from bad, and lessons in the power of love between people and their animals. Written by Myra Bennett Facebook page administrator for The History of Sanybel Island Florida with illustrations by Florida State Fair Artist of the Year Deborah Biasetti. Not available online. Mail check or money order for \$15 to Myra Bennett  
2726 Teague Hill Road,  
Grantsburg, IL 62943.  
Proceeds from sales go to Project Hope Humane Shelter.  
1/8 ★ 1/8

FOR SALE

**APPLIANCES**  
• White LG Dishwasher – Mint Condition  
• White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable  
• White Kenmore oven with white cooktop – Mint Condition.  
Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net  
12/11 ★ TFN

BOATS-CANOEES-KAYAKS

**BOAT LIFT RENTAL WANTED**  
Looking for long-term rental of a boat lift on Sanibel or Captiva with direct ocean access.  
Call Jim at 603-930-4549.  
10/30 ★ TFN

GARAGE SALE

**MOVING SALE**  
Sat., Jan. 9, 9 a.m. to 3:30 p.m.  
Sun. Jan. 10, 12 noon to 3 p.m.  
3101 Island Inn Road, Unit 6, Sanibel.  
All types of miscellaneous household items.  
1/8 ★ 1/8

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



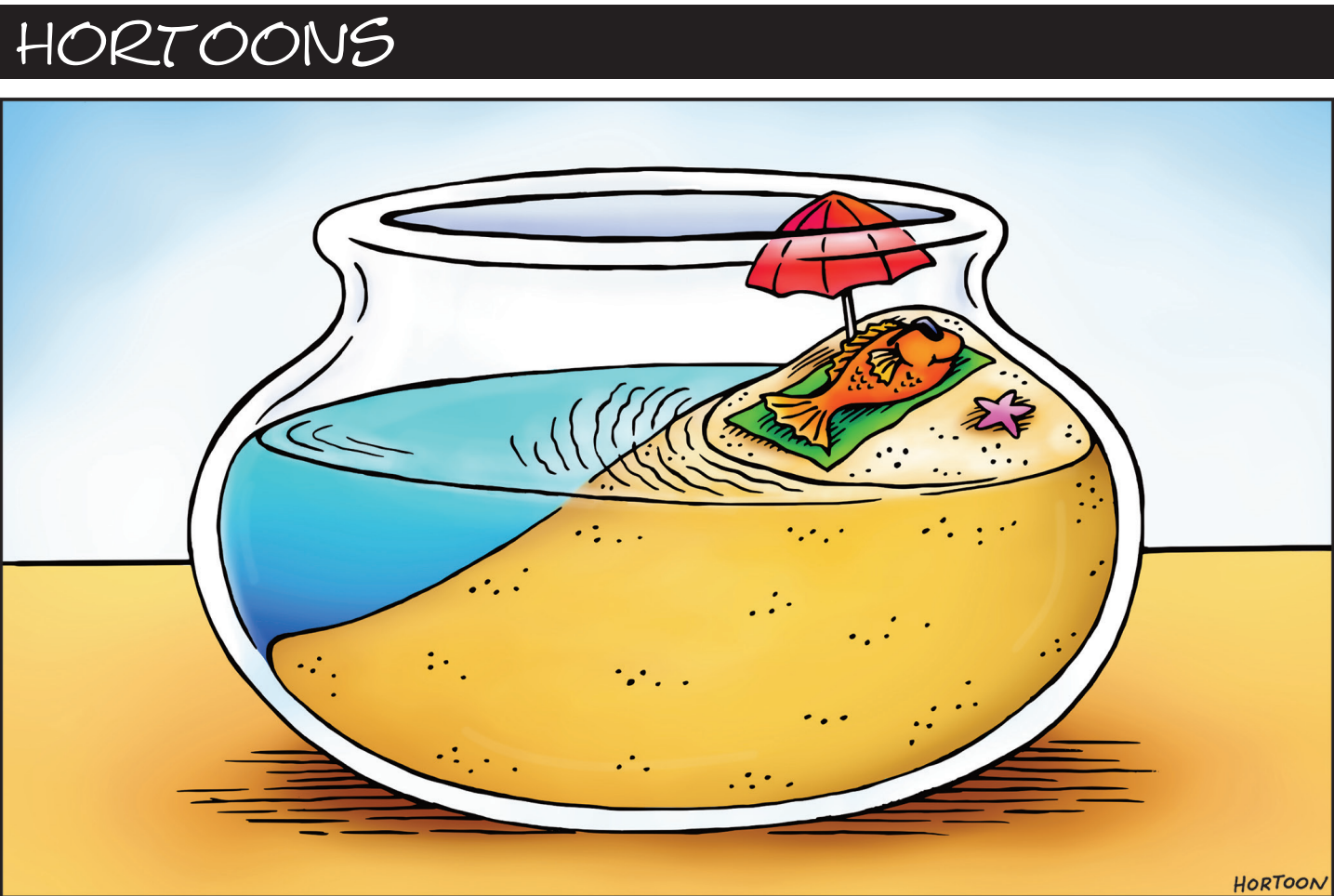
- 4. **Television:** What was the name of the mansion in the TV series *Dark Shadows*?
- 5. **Anatomy:** What are the tissues that hold bones together?
- 6. **Science:** What is the study of plants called?
- 7. **Movies:** What are the main food groups, according to Buddy in the movie *Elf*?
- 8. **Animal Kingdom:** What is the scientific adjective used to describe fish?
- 9. **Currency:** What is the basic currency of Haiti?
- 10. **Inventions:** Who is credited with the invention of vaccines?

TRIVIA ANSWERS

- 1. Victoria 2. University of Minnesota 3. Four 4. Collinwood 5. Ligaments 6. Botany 7. Candy, candy canes, candy corns and syrup 8. Piscine 9. Gourde 10. Edward Jenner

SCRAMBLERS ANSWER

1. Glacier 2. Lawyer;  
3.Tirade; 4. Nothing  
*Today's Word*  
**WANTING**



PUZZLE ANSWERS

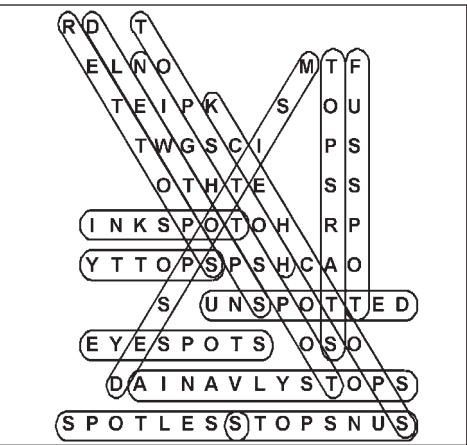
SUPER CROSSWORD

ANGEL	EGGS	WASNT	SCAT
LEMME	ROLE	ANEAR	TARO
FOCUS	GROUP	RANGER	RICK
OSO	DCTEN	SAFE	AREA
LOUISE	GOIN	EEN	LINDY
EXPLORERS	SCOUT	ORIG	
THE	SIE	RTE	ASHLEE
TINPLATE	EDGE	LIGHTING	
EDDIES	FIBRE	SRS	EZIO
RESULTS	NAY	MEA	BRADS
	GALAXY	CLUSTER	
ALLAH	IRS	EIN	RUPTED
FOAF	UNO	ALLIS	STEELE
MUSTANGS	SALLY	INTERNAL	
ATTEND	EW	NMI	DIV
	ROOT	EXPEDITION	ONE
CACTI	HAD	DIAL	TBONES
ARRANGED	KAFKA	ELI	
FIESTABOWL	FORD	MODELS	
FEET	TEPEE	ETTA	NEATO
ELKE	ESTEE	LAOS	GAUDY

KING CROSSWORD

AULD	WHO	A	BEG
KNEE	OOHS	ERE	
IDES	OLDS	AIL	
NOSE	DYE	DUET	
	CBS	AGE	
ASTRAY	RESALE		
CHEAT	NICAD		
TEETH	SIGHTS		
	EEL	HEN	
CARD	ALI	ACAI	
ORE	ATOM	THUS	
LEA	TERM	EARN	
TAP	EDDY	DRA	T

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2020	5,741	\$8,349,500	\$7,700,000	273
Captiva Beach	Captiva	1987	2,065	\$3,695,000	\$3,550,000	412
Jonathan Harbour	Fort Myers	2011	5,724	\$2,695,000	\$2,450,000	335
Town And River	Fort Myers	2020	4,350	\$2,495,000	\$2,415,000	292
Gores A M	Captiva	2015	4,050	\$2,395,000	\$2,250,000	94
Wildblue	Fort Myers	2019	3,966	\$2,169,000	\$2,169,000	35
Fa Lanes Bayview	Captiva	2004	3,555	\$2,189,000	\$1,975,000	822
Cassina	Miromar Lakes	2017	2,745	\$1,899,900	\$1,825,000	0
Cape Coral	Cape Coral	2003	6,575	\$1,975,000	\$1,785,000	590
Bonita Beach	Bonita Springs	2004	3,680	\$1,799,999	\$1,690,000	140





**"FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE."**

*The New York Times*  
Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



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