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SANIBEL & CAPTIVA ISLANDS, FLORIDA

FEBRUARY 19, 2021

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Shell Museum Appoints New Executive Director

Sam Ankerson has been selected as the new executive director for the Bailey-Matthews National Shell Museum, effective March 15, 2021.

As deputy director, chief operating officer and special projects director at the Norton Museum of Art in West Palm Beach, Florida since January 2018, Ankerson was involved in all aspects of managing an institution with a collection of approximately 8,000 works of art, 100 staff and 150,000 visitors annually (pre-pandemic). He coordinated the Norton's transitional logistics for a \$110 million expansion designed by Foster & Partners that opened in February 2019, and has managed operational and program areas including marketing, education and visitor experience.

Prior to joining the Norton Museum of Art, Ankerson spent 14 years at Shelburne Museum (Shelburne, Vermont)



Sam Ankerson photo provided
overseeing fundraising, marketing and membership for Vermont's largest museum, renowned for its collections of art and Americana, which number some
continued on page 6

A Tribute To The King Of Soul

by Di Saggau

BIG ARTS is bringing a fantastic new show depicting the life and music of one of America's most iconic and talented performers, the legendary Sam Cooke. Alongside a live big band, Bradd Marquis utilizes his soulful tenor to captivate and inspire audiences. He has graced sold-out stages all over the country, performing his signature classic tribute to Cooke. He will be here Friday, February 26, performing in Christensen Performance Hall at BIG ARTS. There are still good seats for his 4 p.m. performance, so call now to reserve your seats, 395-0900.

I asked Marquis to give us an idea of what his performance will include. He said, "My show takes you back to a time where society was struggling with racism and social unrest. We give you a peek through the eyes of a young gospel singer who initially only had aspirations



image provided

of becoming a commercially accepted pop star but evolved into an unparalleled entrepreneur, social activist and the voice of the civil rights movement. We take you on this journey using Sam's own music to mark the times and the maturation of his inspirations, social consciousness and historical contributions to the world."

I asked when he decided to pay homage to Cooke and he said, "The seed was planted in 2008 by a producer I was working with. He said I looked like him and after reading Sam's autobiography,
continued on page 3



Suzette Heeres with her display of artwork

photo provided

Art Fair Offers Original Works At Bargain Prices

Formerly known as the Clothesline Sale, the Sanibel-Captiva Art League's Art Fair will take place on Sunday, February 21 from 9 a.m.

to 3 p.m. at The Community House. The exhibition will include original art by approximately 20 award-winning local artists.

A variety of mediums will be featured including watercolor, acrylic, pastel, oil and mixed media. There will be bargains on framed and unframed works, and plenty of local interest art representing the island
continued on page 29

Bald Eagle Released After Stay At CROW

The Clinic for the Rehabilitation of Wildlife (CROW) released an adult bald eagle in Cape Coral on February 12 after a three-month stint in rehabilitation.

The eagle was rescued on November 8 after it was spotted struggling in the water of the South Spreader Waterway just south of Veterans Parkway. The person who spotted the eagle contacted the Florida Fish and Wildlife Conservation Commission (FWC) and an officer arrived shortly after and pulled it from the canal before taking it to a CROW drop-off location.

When the eagle arrived to CROW's wildlife hospital on Sanibel the next morning, radiographs determined it had suffered a fractured coracoid, one of the bones in the shoulder that is essential for flight. Veterinarians placed the injured wing in a wrap to immobilize it and allow the bone to heal.

"Thankfully, this type of injury does not need surgery to heal," said Dr. Sasha Troiano, veterinary intern. "By limiting its use of the wing with the wrap, the bones are able to heal on their own."



Dr. Sasha Troiano of CROW releasing the bald eagle photo provided

After two months of care and rehabilitation, the eagle was cleared for release on January 7. A final check prior to release, however, revealed that the eagle had a cut on its right wing. Due to the location of the injury near one of the joints, veterinarians postponed its release until the wound had healed.

"We cleaned the wound, sutured it
continued on page 2

Interfaith Group Hosting Workshop On Resilience



Amy R. Tighe



Anne Goodwin

submitted by Brielle Ruiz
and Peter Blaze Corcoran

Together – A Way Forward is an interfaith environmental initiative on Sanibel and Captiva islands. Its aim is to inspire people of faith and spirit to demonstrate leadership in responding to the global environmental crisis. Participating congregations include Bat Yam Temple of the Islands; Captiva Chapel by the Sea, First Church of Christ, Scientist; Saint Michael and All Angels Episcopal Church; Sanibel Congregational United Church of Christ; and Unitarian Universalists of the Islands.

This March, Together is sponsoring an online workshop – Active Hope in Difficult Times: Moving from Despair to Empowerment. The Zoom workshop is

intended to assist in the spiritual challenges of the pandemic times. Its aim is to help participants remain resilient, creative and empowered to act for healing. The workshop will explore ways to envision and create a life sustaining society. The event is drawn from The Work that Reconnects, based on activist and teacher Joanna Macy’s work synthesizing engaged Buddhism, systems theory and eco-psychology, which has been developed over five decades as a resource for resistance and resilience.

Participants will gain tools that will ignite their active hope, increase their inner resources and help them experience their unique place in our shared planetary home. The journey will comprise a spiral in four parts: Coming from Gratitude, Honoring Our Pain for the World, Seeing with Fresh Eyes, and Going Forth. Each part will offer the possibility to unfold experiences for hearts, minds, spirits and bodies. The practices include shared rituals, guided meditation, small groups, songs and poetry. There will be structured time away from the screen to write, reflect or be outdoors.

The workshop will be intergenerational as a number of Florida Gulf Coast University students are expected to participate. The organizers expect that bringing young adults and elders into a shared virtual space will make for a rich experience. During a time that challenges us to embrace our active hope, it is more important than ever for people of all life perspectives to come together with each other and the community of Earth.

It will take place over three mornings,

Wednesday to Friday, March 10 to 12 from 9 a.m. to noon each day. The full cost of the workshop is \$45. There is a special student fee of \$15. Scholarships are also available. The registration website is now open at <https://activehopetogether.bpt.me/>.

The workshop will be led by Amy R. Tighe and Anne Goodwin, who have co-facilitated The Work That Reconnects over

the past four years for faith communities, activist groups and students at Boston University School of Theology and Harvard Graduate School of Education.

For more information, contact Amy R. Tighe at artighe@bu.edu. For scholarship information or questions about the initiative, contact Peter Blaze Corcoran at peterblazecorcoran@gmail.com.✪



Bald eagle takes flight

photo provided

From page 1

Bald Eagle

closed and then bandaged it,” said Dr. Troiano. “Since the wound was right at the carpus, or elbow joint, it was quite slow to heal.”

After another month of wound management, bandage changes to keep it clean, and rehabilitation, the injury

healed. Veterinarians once again cleared the eagle for release. It was transported back to the spot where it was pulled from the canal and this time, the release was a success. After flying to a nearby perch and regaining its bearings, the eagle flew off into the distance.

If you find an animal in distress, contact FWC at 888-404-FWCC (3922) or CROW at 472-3644 ext. 222.✪

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Community House Events

There will be a community social this Friday, February 19 with curbside pickup from 5 to 6 p.m. or dine-in at 6 p.m. Meal includes: homemade tortilla chips, guacamole and salsa; sweet pepper, tomato and goat cheese salad; chicken quesadilla, beef enchilada, fish taco, refried beans and Mexican rice; and churros with chocolate sauce for dessert. Cost is \$20 for members and \$25 for guests. Dessert is \$5 extra.

The Sanibel-Captiva Art League Art Fair will be held on Sunday, February 21 from 9 a.m. to 3 p.m. Approximately 20 local artists will be selling their originals works.

Suzette Heeres teaches oil painting on Monday, February 22 at 9:30 p.m. Students will create a painting of the Sanibel Lighthouse. Cost is \$60 for members and \$65 for guests; all supplies included.

Chef Jarred Harris will lead a culinary demonstration on Monday, February 22 at 10 a.m. The topic will be Desserts with Benefits. On the menu: chocolate and orange French macaroons, lavender and lemon marshmallows, and citrus and Grand Marnier pound cake. Cost is \$25 for members and \$30 for guests.

Anita Force Marshall teaches Letting Loose with Watercolors on Tuesday, February 23 at 9:30 a.m. Students will paint a sand dollar. Cost is \$30 for members and \$35 for guests. Beachcomber painting kits can be rented for \$10.

There will be a Lee Health blood drive on Thursday, February 25 from 10 a.m. to 3 p.m. Pre-registration suggested but not required.

Shell Crafters are on site with their handmade items for sale on Mondays from 10 a.m. to noon. Classes are being offered at 10 a.m. with limited spaces available.

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

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



The Community House photo by Logan Hart suggested donation.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring 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 or call 472-2155.**

From page 1

The King Of Soul

I immersed myself in everything Sam Cooke for several months and emerged with a tribute to 'The King of Soul.' My grandparents used to play Sam and the Soulstirrers throughout my whole childhood, I just didn't know who I was listening to. They have since passed away but this show is a way for me to honor their memory as much as his. As I've matured, my understanding of the man, his music and his legacy has as well and so has the show."

As to why Cooke's singing earned him the title The King of Soul, Marquis said, "Sam Cooke and Ray Charles were the pioneers of soul music. They took traditional gospel songs and rewrote them into pop mainstream songs. What made these songs soul was in the passion and conviction they are sung with, the same

passion you hear in the black church when musicians are singing their praises to the Almighty. Sam mentored many of the greats such as Lou Rawls, Aretha Franklin, Johnny Taylor and Bobby Womack, and he was the first and only artist at that time to own his own record label. He set the blueprint for Motown and every artist that followed."

When asked if he ever feels Cooke's presence, he said, "I have definitely felt the spirit enter the room in a few of my shows. I'm not sure if it was Sam, my grandparents or God himself, but there have been a few times where I had to get out of the way and just be a conduit for the moment."

BIG ARTS visitors are required to wear masks. 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.**



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Sanibel Historical Museum And Village

Looking Back: Historical Women

Laetitia Ashmore Nutt was a Civil War widow from Louisiana and was seeking a new life for her family on Sanibel. She homesteaded land along the beach; her tax bill in 1897 was \$4.66 for 109 acres on the gulf. In 1889, she built a large home, Gray Gables, which still stands on West Gulf Drive. Nutt was the first postmaster on Sanibel.

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 or call 472-4648.✱



Laetitia Ashmore Nutt photo courtesy
Sanibel Island Historical Museum and Village

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 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, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 8, 2020 through April 25, 2021. Services posted on Chapel's Website for viewing. Weekly Bible Study on Tuesdays at 10 a.m. Masks are mandatory and social distancing will be in effect. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane Captiva, 472-1646.

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 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 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, 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, 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, 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, 2050 Periwinkle Way, 433-4901.

Email changes to press@islandsunnews.com or call 395-1213.✱



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OBITUARY



BRIANNA MARIA GEERLOF

Brianna Maria Geerlof “Breezy,” originally of Belford, New Jersey, passed away unexpectedly on February 2, 2021. She moved to Sanibel several years ago.

Brianna was born in New Brunswick, New Jersey. She attended Middletown High School North (Class of 2011) and earned her GED in 2012. Brianna was vivacious, with an effervescent personality, her smile was contagious and she could light up the room! She was

kind and giving to everyone, and was the kind of person whose friends knew that she’d always be fiercely loyal and “had their back.”

Brianna had a great love of all animals in nature and at home. She enjoyed growing up with her many dogs. She loved being outdoors, she loved seeing the sunset and listening to music during long walks at the beach, gardening, and helping her mom babysit as a child, and being a big sister to those in her mother’s care. She also enjoyed many years of sharing her after school hours as a volunteer in the activities department at the nursing and rehabilitation center where her mom worked. She loved being active in almost all sports, particularly basketball, soccer and swimming, she loved being a cheerleader and participating in competitions. She was frequently called to be an “extra” on several NBC TV shows, *Law and Order* and *Law and Order SVU* among them, as well as appearing in some movies.

Her greatest love was her brindle boxweiler, Sophie.

Mourning this great loss and surviving are her loving and devoted family: mother, Angelika Geerlof; brother, Kristopher; sister, Mary; grandparents, Wilhelm and Heidi Rohrs; countless aunts, uncles and cousins; and her many friends.

Brianna was predeceased by her loving father, Raymond, and her paternal grandparents, Andrew and Eva Mae Geerlof.

Brianna Maria Geerlof... gone too soon and forever in our hearts.

In lieu of flowers, please consider making a donation to: CROW (Clinic for the Rehabilitation of Wildlife), 3883 Sanibel-Captiva Rd. Sanibel, FL 33957.✧

Bat Yam Temple Lineup Of Events

submitted by Tanya Hochschild

Bat Yam Temple of the Islands will hold four events at the end of February.

Jane Picker, a congregant and professor emerita at the Cleveland-Marshall College of Law, will present a Zoom talk titled *The 1970s, When Litigation Changed Everything* for Women on Wednesday, February 24 at 11 a.m.

Picker successfully argued before the U.S. Supreme Court that school teachers did not have to take unpaid mandatory leave of absence when they reached the fourth month of pregnancy. Her talk comes hard on the heels of an exclusive recording of Ruth Bader Ginsburg’s 2008 talk at the BIG ARTS FORUM, which was Zoomed as part of Bat Yam Temple of the Island’s Adult Education program on February 10.

On Friday, February 26, Purim will be observed. It is an evening filled with food, costumes and song. Jewish communities around the world commemorate their delivery from catastrophe, celebrating

the biblical Queen Esther and her cousin Mordecai who saved them from annihilation at the hands of the evil Haman, a Persian in the court of King Ahasuerus.

On Sunday, February 28, it is time to get out the popcorn and experience a Bat Yam sponsored movie, part of the Jewish Film Festival of Southwest Florida. *The One and Only Jewish Miss America* is a documentary that tells the story of Bess Myerson, a beauty queen from the Bronx in New York City.

The long-awaited interfaith concert titled *A Cantor, A Pastor and a Bluegrass Band* will be held on Sunday, March 7 at 4 p.m. The cantor is Murray Simon of Temple Bat Yam of the Islands; the pastor is Rev. Dr. John Danner of Sanibel Congregational United Church of Christ; and the husband-and-wife team who started Nefesh Mountain bluegrass band are Doni Zasloff and Eric Lindberg. Seats are going fast (or rather squares as the concert is being live-streamed). To register, visit www.batyam.org or email batyamsanibel@gmail.com with the heading “concert.” The concert is free to the public, but donations are encouraged and welcomed. Additional benefits are available for sponsors of the concert. Donations can also be mailed to: Bat Yam Temple of the Islands, P.O. Box 84, Sanibel, FL 33957.

Mountain music is in jeopardy right now because of the pandemic. Jam session circles sit empty, at least temporarily; musicians are reluctant to meet, especially now in the winter, having to be indoors. But the good news is that the old-time dance music, both slow and wistful, or lively jigs, will be coming to our own living rooms. Make sure you are one of the lucky ones to enjoy this unique sound.✧

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From page 1

Shell Museum

150,000 works. For four years, Ankerson was director of major gifts for the College of Arts and Sciences at University of Vermont. He began his career in the music business.

Ankerson has earned a bachelor of arts in American studies at Yale University, and is a 2019 graduate of the Getty Museum Leadership Institute in Claremont, California. Personal interests include time at the beach, reading, music, cooking, hiking and racquet sports.

Ankerson and his family have visited and shelled on Sanibel since the late 1970s.


Dr. José H. Leal will serve as interim director/curator with support from the board of trustees to ensure daily operations of the museum until mid-March. Leal will then continue in his role as science director/curator to further the collection-based research, prepare for updated and new accreditations for the museum, and provide expanded educational programs for members and a larger audience.

A welcome reception for Ankerson and his family will be held at the museum in late March.✧

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An exhibit detailing the history of the Gavin family is on display at Bank of the Islands in honor of Black History Month
photos by Kathy Kurtz Ferrari

Gavin Family Exhibit On View At Sanibel Bank

Descendants of the first African American settlers to the islands have been doing their part over the years to share their history, as well as the history of Sanibel and Captiva.

The Gavin and Walker families trace their island roots to 1917, when Hannah and Isaiah Gavin settled on Captiva from northern Florida. They later moved to Sanibel.

Other African American families followed, including the Walkers, who arrived a few years later.

The marriage of Edmund Gavin and Elnora Walker, children of those first pioneers, brought the two families together. Edmund and Elnora produced 20 children of their own, 18 of them surviving past infancy. Many of their descendants remain in the area today.

An exhibit detailing the history of the family and Sanibel and Captiva's black history has been on display in



The marriage of Edmund Gavin and Elnora Walker united two pioneering families. The couple produced 20 children.

honor of Black History Month at Bank of the Islands on Sanibel. The exhibit is scheduled to be available for viewing through Friday, February 19.



The Gavin and Walker families trace their roots to pioneers Hannah and Isaiah Gavin, who settled on Captiva in 1917



A photo in the exhibit shows children of Edmund and Elnora Gavin

The photo exhibit has also been shown on occasion at Sanibel Public Library, where a documentary entitled *Gavin-Walker Legacy: A Century*

of Sanibel's Black History is also available.

Bank of the Islands is located at 1699 Periwinkle Way.✪

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Reverend Extends Stay At Captiva Chapel

Rev. Larry Marshall and his wife Rosie have agreed to stay on for a fourth season at Captiva Chapel by the Sea. The announcement was met with applause at a recent chapel service. Due to COVID-19 and the pulpit committee's inability to conduct a regular search for a new pastor (for season starting November 2022), the board extended an invitation for the Marshalls to stay.

Outdoor services are held every Sunday at 11 a.m. with video service available at www.captivachapel.com. Click on "Watch Online" tab at top of first page. Weekly bible study is held at



Rev. Larry Marshall and his wife Rosie
photo provided

10 a.m. on Tuesdays.

Captiva Chapel by the Sea is an interdenominational church, located at 11580 Chapin Lane on Captiva.✽



Over 100 bags were delivered to guests and caregivers to celebrate in virtual format
photos provided

Sanibel Church Hosts Virtual Night To Shine

Community volunteers packaged and delivered 100-plus bags for honored guests and caregivers who participated in the Virtual Night to Shine on February 12, hosted by Sanibel Community Church. Night to Shine is a worldwide event sponsored by the Tim Tebow Foundation.

Guests had access to a 40-minute video that featured guest celebrity experiences that included Carrie Underwood, Charles Barkley, Chip and Joanna Gaines, Alex Rodriguez, Many Pacquiao and Miss Universe, Zozibini Tunzi. A worldwide tour of Night to Shine events was included along with karaoke and dancing, a Gospel message from Tim Tebow and the crowning ceremony.

Individuals with special needs, ages 18 and over, were eligible to register for the event. This is the third year that Sanibel



Guest receiving a Night to Shine bag
photos provided

Community Church has participated as a host church.✽



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A Look Behind The Tanks At Virtual Shell Show

The free 2021 Virtual Sanibel Shell Show will be held on the Sanibel-Captiva Shell Club's YouTube Channel on Friday and Saturday, March 5 and 6 from noon to 3 p.m.

A featured video, *Behind the Tanks*, will guide you through the Bailey-Matthews National Shell Museum's new aquarium gallery. Museum aquarists Rebecca Mensch and Carly Hulse will take you on a special tour to learn how they keep these animals healthy and happy.

Watch as they prepare an extensive menu to match the diet of the mollusks, fish and corals in the wild. Explore the equipment and testing necessary to ensure the water is the right temperature and chemical balance. See the veterinarian do a monthly check on the animals. Learn which ones seldom reproduce in captivity and which ones reproduce repeatedly and rapidly. Find out which can live happily with each other and which must be protected from predators. Check out the toys provided to the octopuses for daily enrichment. Mensch and Hulse will also share what they most love about their work with the animals and the visitors to the museum.

Among the other 35 original videos is another by Mensch chronicling her work with the often-elusive live junonia. Her video includes footage that shows for the first time how junonias subdue their prey.



Carly Hulse shows some of the toys given to the octopuses for daily enrichment
photos by Joyce Matthys

Several other videos feature live mollusks such as horse conchs, lightning whelk, and other strange sea creatures such as a gulf fire worm.

The video *After The Storm* highlights the shells and animals that are often thrown up on the beaches after a perfect northwest wind. And *Mollusks 101* explores reasons for the multitude of shell shapes and colors, survival strategies and sexual orientations.

Clair Beckmann, virtual shell show chair, said, "There is something for everyone in the virtual shell show. In addition to these educational videos about mollusks, there are do-it-yourself projects,



The two-spot octopus

101 ideas for displaying your shells, and tours of shell artists' studios. There is a virtual fossil field trip and updates on water quality research. Viewers will also see the more than 300 submissions made to the photo contest and vote for the People's Choice award. Door prizes will be awarded every half hour to a selected viewer who comments on our YouTube channel. Watch our website, Facebook, Instagram and this publication as we reveal more details about the programs and the schedule for each day of the show."

Museum officials are thankful for the more than 50 sponsors whose donations will enable them to continue the research grants program. Special thanks goes to the presenting sponsor, Beaches of Fort



Lewis' moon snail moves across the sandy bottom

Myers and Sanibel.

For more information, visit www.sanibelsellclub.com.✽

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JOHN HENSHAW

for City Council

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“I believe John Henshaw is the most qualified individual running for city council. John’s expertise in science, finance and public health acquired in government can only benefit the City of Sanibel. I don’t believe there is a more qualified individual running for Sanibel City Council and therefore, I fully endorse John Henshaw.”

KEVIN RUANE



“John Henshaw is running for city council... he’s kind, a super hard worker, incredibly bright and not running for his ego, but because he wants to serve. He’s got my vote. He is: Committed to and believes in the Comprehensive Land Use Plan - the Sanibel Plan and the principles behind it. Committed to making a difference - preserving our sanctuary island. Have the education and experience to tackle the issues threatening Sanibel and finding solutions to improve our community.”

CLAIR BECKMANN



“John Henshaw has the qualifications and expertise to represent Sanibel’s citizens on water quality issues, on island, in Lee County, in Tallahassee and Washington, D.C. He is an environment and conservation professional with federal and state government experience. He is committed to the safety and health of our community, and will be a great addition to Sanibel City Council.”

BOB BROOKS



“John Henshaw is committed to the safety and health of our community and the preservation of our island environment, and higher water quality. He supports island businesses and has the education and experience to find solutions in a collaborative way.”

SCOT CONGRESS



“We support John Henshaw for Sanibel City Council. His experience in public safety and environmental health, along with his community involvement in island organizations and causes, will help maintain and improve the quality of life for families on Sanibel.”

BILLY & SALLI KIRKLAND

“John has proven to be committed to our island lifestyle time and again. That’s why we are supporting John for City Council. We hope you’ll join us.”

MARTY & BRENDA HARRITY



“We strongly endorse John Henshaw for Sanibel City Council.”

STEVE & LENA BROWN



paid for by John Henshaw for Sanibel City Council

Why Me

- Committed to and believes in the Comprehensive Land Use Plan - the Sanibel Plan and the principles behind it.
- Committed to making a difference - preserving our sanctuary island.
- Has the education and experience to tackle the issues threatening Sanibel and finding solutions to improve our community.



JOHN AND JANE HENSHAW WITH THEIR DAUGHTER AND GRANDCHILDREN



Nonnative loquat is a popular ornamental tree with dense foliage and edible fruit
photos by Gerri Reaves

Plant Smart
Loquat
by Gerri Reaves

Loquat (*Eriobotrya japonica*) is one of many nonnative but Florida-friendly trees long appreciated by homeowners who like turning the yard into a food source. Like grapefruit, orange, banana, carambola, kumquat, mango and other fruit trees, it provides delicious fruit for little trouble. As a member of the rose family, it is a relative of the quince, apple, peach and nectarine, as well as the common landscape shrub India hawthorn. Also called Japanese plum, this ornamental evergreen tree grows to about 30 feet tall. It has a short trunk, upward-pointing branches and dense foliage. Sometimes wider than tall with an attractive rounded crown, it makes a good shade tree. The stiff deeply veined alternate



Panicles of fragrant flowers bloom in fall and winter leaves are oblong, with a base narrower than the terminal half. Loquats are relatively large, as long as a foot, and up to five inches wide with pointed tips, fuzzy undersides and serrated edges. During fall and winter, fragrant five-petaled creamy white flowers of about a half-inch across appear on wooly branched inflorescences, or panicles. Clusters of yellow or orange pear-shaped fruit appear in spring. Measuring one to three inches long, the fuzzy fruit contains two to four dark brown seeds. The fruit can be eaten raw, cooked, or used to make preserves or other treats. Birds enjoy it, too. This tree adapts to almost any well-drained soil and prefers full sun, but will tolerate some shade. It is moderately drought- and salt-tolerant, but is sensitive to several diseases and pests, such as fire blight, mites and scales. Plant experts are monitoring this species for invasiveness. Sources: *500 Plants of South*

Florida by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *The Florida Yards & Neighborhoods' Florida-Friendly Landscaping Guide* to Plant Selection & Landscape Design; *Flowering Trees for Central and South Florida Gardens* by Maxine Fortune Schuetz; *South Florida Shade Trees: Identifications and Selections* by Stephen H. Brown; www.edis.ifas.ufl.edu; and www.floridata.com. *Plant Smart explores the diverse flora of Soth Florida.*✽

Coastal Watch Teaches Value Of Mangroves

In January, Coastal Watch launched its newest initiative, Back to Our Roots, to teach the value of mangroves on the islands through community involvement. The advisory committee chose mangroves to be the focal point of 2021 because these unique trees play a valuable role in the barrier island ecosystem in Southwest Florida. "Mangroves protect our shorelines and homes from wind damage, erosion and storm surge and mangrove-lined shorelines decrease wind speeds and reduce wave height," said Eric Milbrandt, PhD, SCCF Marine Lab director and scientific advisor for Coastal Watch. "This provides additional protection for barrier islands facing sea level rise." The goal of the initiative is to restore mangroves in order to preserve the islands for generations to come. Around Sanibel and Captiva, mangrove populations are considered stable but there has been noticeable degradation from a lack of tidal flushing. Without mangroves, the natural shoreline becomes threatened with increasing erosion. "Degradation of mangroves occurs where roads or other development has blocked tidal flushing. Installing culverts or deepening flushing channels can improve mangroves without planting seedlings or propagules. Degradation can also occur along eroding shorelines, where waves or undercut banks can remove the understory while older trees survive. A high wind event, like a

hurricane, can remove the canopy and lead to mangrove loss," said Milbrandt. Without intervention, there will be continued mangrove loss that will lead to increased shoreline erosion. Not only are the shorelines at risk, but losing mangroves will also result in a loss of the many ecosystem services they provide. "Mangroves provide so many benefits and services including pollutant trapping, shoreline stabilization, storm protection, habitat for invertebrates and fish, and energy for our food webs," said Milbrandt. Through the initiative, Coastal Watch and SCCF's Marine Lab are partnering to restore mangroves by allowing people to "adopt" a mangrove propagule that will later be planted at one of three local restoration sites with a goal of 10 total acres of restored area. Additionally, a "living shoreline" is being researched for both sides of Woodring Road, along with a culvert or bridging project to help restore this vulnerable area. "Back to Our Roots is a way to connect people to nature by teaching them the importance of mangroves and allowing them to take part in a much broader conservation initiative," said Kealy McNeal, conservation initiative coordinator. "Through education, we can teach people to value, understand and ultimately care for our environment." Coastal Watch will be hosting one more workshop this month on Saturday, February 20 at 1 p.m. To register, visit <https://sancapcoastalwatch.org/back-to-our-roots>.✽

Top 10 Books On The Island

1. *The Paris Library* by Janet Skeslien Charles
 - 2) *What's Worth Keeping* by Kaya McLaren
 - 3) *Four Winds* by Kristin Hannah
 - 4) *The Push* by Ashley Audrain
 - 5) *The Invisible Woman* by Erica Robuck
 - 6) *Deacon King Kong* by James MacBride
 - 7) *Dear Edward* by Ann Napolitano
 - 8) *The Vanishing Half* by Brit Bennett
 - 9) *Interior Chinatown* by Charles Yu
 - 10) *The Lost Man* by Jane Harper
- Courtesy MacIntosh Books and Paper.✽

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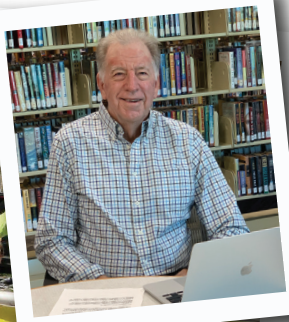
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Mike's Priorities

- ★ Protect citizens and visitors from spread of Covid-19
- ★ Maintain the City's financial strength in light of revenue risks and capital needs
- ★ Reduce harmful algae blooms by fighting nutrient pollution and Lake O. discharges
- ★ Improve resilience to storms, rain events and sea level rise
- ★ Protect our home rule authority

For more info go to: miller4sanibel.com

Paid for by Mike Miller for Sanibel City Council



Spring Fishing Has Arrived



by Capt.
Matt Mitchell

The change of seasons in South Florida is very subtle, and the signs have certainly begun. Last week, we witnessed the first changes that spring has arrived. It's still too soon to think our cold fronts are completely done, though each front will be less extreme and temperatures will rebound much faster.

Our water temperature in the sound went from mid 60s to mid 70s over just a few days last week. When our water gets in the 70s, everything just comes back to life. After seeing very few manatees over the past few cold months, we are now seeing them all over the flats as they come out from their warm water winter

hangouts. Grass flats also came alive with shiners, feeding fish and bird life.

Mangrove creek fishing went off with some of the best snook and redfish action we have seen in years. Morning minus low tides are my favorite set up for fishing these small fast-flowing tidal creeks. Clear, shallow water made for great sight-fishing action. There is nothing as exciting as watching a hungry snook charge out and grab your bait. Having these creek systems explode on live shiners is something that has to be seen. Clients got to experience snook and redfish up to 30 inches along with several freight trains that just could not be slowed. This is a close quarter fishery that turns into full combat when you hook a big fish.

Landing big fish in tight creeks requires a different style of fishing than out in the open. It's all about steering these fish out to the middle of the creek from structures where these fish have a chance to break you off. Pulling low and often – and even putting the rod tip all the way down in the water – gives you a better angle to keep the line off the sharp barnacle-crusteds roots. Solid short pumps of the rod, even if you are only gaining a few feet of line each time, can be the difference between smiles or heartbreak.

The average size and amount of the fish both in these creeks and throughout our area has been amazing over the past few years. I completely contribute this to the FWC closure letting these fish recover after what was a devastating red tide in 2016. With this prolific rebound in the populations of snook, redfish and trout, let's do everything we can to keep these fisheries a catch and release option only for at least another year. This would let more of these fish grow enough to be over the slot size and have a chance to spawn. Just imagine what another year of closure would do to help our long-term fishery. Visit www.myfwc.com and voice your opinion.

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.✱



Chris from New Jersey got to experience a wide-open snook bite while out with Capt. Matt Mitchell this week. photo provided

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CROW Case Of The Week:
**Kemp's Ridley
Sea Turtle**



by Bob Petcher

The Kemp's ridley sea turtle (*Lepidochelys kempii*) is the smallest marine turtle in the world, weighing in at an average of 100 pounds and just over three feet

in length. That is a far cry from the largest living sea turtle, the leatherback, averaging six feet, 1,275 pounds.

While it is primarily found in the Gulf of Mexico, the Kemp's ridley is also active in the Atlantic Ocean from Key West to Nova Scotia. In fact, the sometimes-called Atlantic ridley sea turtle is named after Richard M. Kemp, a fisherman from Key West, who presented the species for identification in 1906.

At CROW, a juvenile Kemp's ridley sea turtle was admitted after being rescued by Florida Fish and Wildlife Conservation Commission (FWC) officers. The turtle was floating off Pine Island and was reported to have buoyancy issues which can be indicative of brevetoxicosis (red tide poisoning) or air in the GI (gastrointestinal) tract. Sea turtles affected by red tide have not been as abundant as



Patient #21-447 succumbed to its neurological illness

photo by Haillie Mesics

two years ago, when brevetoxicosis ran rampant in marine animals and birds. "Last year, we only had one sea turtle with confirmed red tide poisoning and this year, we have had two suspected cases including this Kemp's and currently we have a loggerhead in ICU (intensive care unit)," said Dr. Robin Bast, CROW staff veterinarian. "During the extensive bloom of 2018, we saw several dozen sea turtles with red tide poisoning over the course of a few months." Radiographs showed no abnormalities in the GI tract. Initially, the patient received intravenous lipid emulsion therapy, while barnacles were removed

from its shell, flippers and mouth. "Red tide poisoning is caused by brevetoxins, which are produced by a specific algae, *Karenia brevis*. This toxin binds to fats, or lipids. So we can give lipids directly into the bloodstream to help bind any toxin so it can then be eliminated from the body," said Dr. Bast. "Intravenous lipid emulsion therapy or ILE is commonly used to treat humans, dogs and cats with other fat-soluble toxins. We have used this treatment successfully in birds and sea turtles affected by brevetoxins." The patient was placed in shallow water where it seemed neurological

symptoms began to worsen. "The toxin is processed by the liver and kidneys, and can cause damage that ultimately may result in organ failure in severe cases. Liver and kidney failure can result in neurologic symptoms," said Dr. Bast. "Additionally, brevetoxins primarily affect the nervous system and can affect a patient's sense of balance and coordination and, in severe cases, may even cause seizures." The patient continued to receive rehabilitative and supportive care. "In addition to the ILE therapy, the Kemp's received IV fluids to support the kidneys, and antibiotics," added Dr. Bast. The Kemp's ridley was monitored for neurologic improvements. Unfortunately, its health deteriorated.

"Despite intensive care, this patient's neurologic signs worsened and the turtle went into respiratory arrest (and it) stopped breathing on its own," said Dr. Bast. "Despite intensive resuscitation efforts including placing the turtle on a ventilator for 12 hours, the turtle did not survive. A necropsy or post-mortem examination will be performed according to FWC regulations." CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.*




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Dr. Alan F. Poole with an osprey

photo provided

Webinar On Osprey Revival

submitted by Bill Jacobson

The Sanibel-Captiva Audubon Society and The International Osprey Foundation will host a joint webinar program on Thursday, February 25 at 7 p.m. entitled *Ospreys 2021 – The Revival of a Global Raptor*. Dr. Alan F. Poole will bring the audience up to date on the status of one of our best-loved birds of prey using part travelogue, part biography and part scientific detective story.

The past 50 years have seen an extraordinary resurgence in osprey numbers globally. Locally, on Sanibel and Fort Myers Beach, 125 osprey nests are currently being monitored by volunteer nest monitors. This good news story has been triggered not just by cleaner waters and less contaminated fish, but also by green-

ing cultures – dedicated groups of people who have built and protected nest sites for ospreys and have brought the species back to regions where it has been missing for decades. Dr. Poole will lead us through this story with dazzling looks at some of the places where ospreys are found, and with introductions to a few of the colorful characters who have helped make this osprey revival possible.

Dr. Poole, an associate of the Cornell Lab of Ornithology, was editor of the *Birds of North America* life history series for 22 years. He lives along the Westport River estuaries in southeastern Massachusetts, and has been studying ospreys for over 35 years. Dr. Poole has written two books on the species including the recently published *Ospreys: the Revival of a Global Raptor*; Johns Hopkins Univ. Press, 2019.

To register for the webinar, go to the Programs section of the website (<http://www.san-capaudubon.org/programs>).

Free Guided Tours At 'Ding' Darling Refuge

JN "Ding" Darling National Wildlife Refuge on Sanibel has received the green light from federal officials to commence this season's free tours after an earlier pandemic freeze on refuge programming. Staff must limit the outdoor tours to 10 people or fewer.

There is no set schedule for the tours, which will run through April 11. The refuge posts its offerings weekly at www.dingdarling.eventbrite.com, where participants must pre-register free-of-charge.

Tours include a Birding the Refuge car caravan tour, Bailey Tract Tour, Indigo Trail Walk, Bike Tour, Beach Walk, Birds of the Refuge Walk, Endangered Species car caravan tour, Mindfulness Walk and Art Journal Walk. Participants must wear facemasks and bring their own binoculars and scopes.

"We are excited to be able to once more welcome visitors to our free educational tours," said Supervisory Refuge

Ranger Toni Westland. "As mandated by the U.S. Fish & Wildlife Service, we are observing strict compliance with CDC guidelines in the interest of everyone's safety."

Free educational tours are made possible through support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). For safety guidelines and other information, visit www.dingdarling-society.org/articles/free-refuge-programs or call 472-1100 ext. 221.✱

Sea School Summer Camp At Bailey Homestead

This year, Sanibel Sea School will offer summer camp in two locations – at the flagship campus on the east end of the island and at a new location, Bailey Homestead Preserve.

"With COVID still prevalent, we were in search of a location that could accommodate more campers in a safe capacity," said Sanibel Sea School Director Nicole Finnicum. "We realized that we

didn't need to look any further than just down the road because the Bailey Homestead would meet all of our needs as a safe option for camp. With the open-air pavilion at the homestead, campers will be able to socially-distance and have access to fresh air all day."

Part of the Sanibel-Captiva Conservation Foundation since January 2020, Sanibel Sea School now has use of the Bailey Homestead grounds where the restored 1896 Bailey home sits on the 28-acre preserve. The preserve includes 19 acres in the heart of Sanibel that is a wildlife corridor and hosts an abundance of native plants and animals.

"Not only is this location enveloped in nature, but also is just about the perfect place to hold a summer camp," said Finnicum. With wide open spaces, nature trails, a covered pavilion, and a five-minute drive to the beach, the Bailey Homestead will be convenient, unique and offer space for many activities.

Camp at the Homestead will have an identical format to the Island Skills camps at the flagship campus. Each day will kick-off with circle time, there will be a Monday morning beach walk, and campers will practice surf paddling each

directly to Sanibel-Captiva Audubon Society or The International Osprey Foundation. Instructions can be found on their respective websites: www.san-capaudubon.org or www.ospreys.com. All donations after costs are used to promote conservation on Sanibel, Captiva and in Florida. For more information, call 395-1878.✱

Speaker Series Is All About Bats



Malayan flying fox bats

photo provided

The Clinic for the Rehabilitation of Wildlife (CROW) weekly Virtual Speaker Series presented by LCEC continues on Tuesday, February 23 with *Bats & Lube 101 – Biology, Conservation & Education* by Brian Pope, director for Lube Bat Conservancy.

Lube Bat Conservancy is a nonprofit organization that places animal care, conservation and education as its three core institutional purposes. It is the global leader in fruit bat care, husbandry and medical management. This presentation

will cover the basics of bat biology, species that are found in Florida and Lube's role in global conservation, education and community engagement.

Programs begin at 4 p.m. and are approximately one hour in length. The talks will be presented using Zoom and are limited to 100 participants, so advanced registration is required. Admission per device is \$10 plus applicable taxes and fees. To register, visit www.crowclinic.org or CROW's Facebook page under the "Events" tab.✱

day to prepare for the Friday surf paddle race. Other camper-favorite activities like seining, snorkeling and macramé bracelet making will also be included in the daily lineup at this location. Drop-off and pick-up will occur at the Bailey Homestead, located at 1300 Periwinkle Way.

Camp at the Homestead will feature six weeks of Island Skills camps, including two weeks for just the sea squirts (ages 4 to 6), a fishing camp for teens, and options for Counselors in Training (CITs) at each Island Skills week. Each day throughout the week, campers will be bussed to the beach where they'll explore the ocean, learn new things and have fun in the sun. Camp counselors will also have activities planned at homestead, like shell art, tie dye, or campers can play games on the lawn. At lunchtime, campers will head back to the homestead to cool off under the shaded pavilion and have a picnic-style lunch before heading back out to the beach for the best time of day – surfing.

There are still some spots available in camp at the homestead. Visit <https://www.sanibelseaschool.org/camp-homestead>.✱



Arriving ospreys love TIOF platforms
photo provided

If We Build It, They Will Come

submitted by Kathryn Brintnall,
TIOF Board Member

This familiar quote from the movie *Field of Dreams*, "If we build it, they will come," is just what the board of The International Osprey Foundation (TIOF) is counting on. While it is not the crack of the bat associated with the return of baseball and spring training that they are anxiously awaiting, a much different arrival is anticipated just the same.

All winter, TIOF construction teams have been very busy doing the "building" referred to in that quote. They have been restoring nesting platforms in poor condition and installing new ones all over our area. Why? Because we know that if we build it, they will come. The ospreys will come back to make their homes among us. And today, we are happy to report that they are here.

For all of us on the islands of Sanibel, Captiva, Fort Myers Beach and Pine Island, as well as our surrounding mainland water communities, this is an exciting time of year. Not just because of the arrival of our migrating snowbirds and the usually busy social calendar, but because it is nesting season for our area's favorite raptor, the osprey (sometimes called the fish hawk).

All over this part of Southwest Florida, migrating ospreys are returning to join the resident osprey population. The hunt is on to find or reestablish a home for the season. Ospreys are birds that exhibit "nest fidelity." A mated pair will return to the same nest every year unless weather or a predator has destroyed the nest, or if one or both of the birds has perished in the off season.

What makes a good home for an osprey? Ospreys like to have a "room with a view." (Don't we all?) A 360-degree view is preferred. You will see their nests high up in tall trees or snags, as well as on platforms, and sometimes even utility poles. With over 70 active nests on Sanibel and Captiva alone, there are plenty of opportunities to see these birds in action. Nests can be found out in the bayous, lakes and canals, as well as in parking lots, ball fields and neighborhoods. Because osprey are living among us, and are

very tolerant of human behavior, you don't have to be a birdwatcher to observe them. Even the most casual of observers can enjoy quite a show.

First to arrive are the male birds, followed not long afterward by the females. Home improvement is their first priority. Quite a bit of time and energy is spent restoring the nest before mating and settling down to incubate the eggs and raise young. The male birds will snag mosses, seaweed and branches, large and small, to bring back to the nest. Strange human-made objects have also been observed in osprey nests. Yes, a milk crate, a traffic cone, a Barbie doll, and unfortunately those rings from beverage cans and monofilament fishing line have all been documented in active osprey nests. While not all these unnatural objects pose an imminent danger to the osprey, we all have a responsibility to make sure these types of items are disposed of responsibly so our neighbors, the osprey, do not get injured. While the female has been known to refuse an offering now and then, both birds are very serious about preparing a home for their new family.

Osprey nests are enhanced and rebuilt every year. While nests on platforms tend to be smaller than nests in trees and natural snags, a well-established nest that has been added to year after year can be over five feet in diameter and can weigh up to 300 pounds. A human being could sit quite comfortably inside it. While not on the federal endangered species list, osprey are considered a species of special concern here in Florida. By law, once incubation is observed, the nest should not be tampered with or removed from its location until the end of nesting season, when the chicks have fledged and learned to fish on their own.

To keep an eye on all of this activity, TIOF kicks into high gear. As a part of its mission to preserve the osprey species, teams of TIOF nest monitors are out observing and documenting nest activity from January until Memorial Day. By car, bicycle or kayak, the volunteer monitors visit the nests every two weeks (or sometimes more frequently after chicks are observed), during the nesting season. The observations are collected and published by the foundation at the end of the season. The data from these citizen scientists will also be posted on an international database called Osprey Watch. Osprey watchers all over the world are doing the same thing at this time of year and into the summer months in cooler climates.

With improved water quality, our osprey nesting season is off to a strong start so far this year on the islands and nearby local communities. TIOF hopes that your time here on the island this spring will include some osprey watching, and that if you are a snowbird, you will also look for them up north when you return home a bit later in the year. Tell all your friends about the amazing fish hawk called the osprey.

Remember, we all have an important role to play in the continuing success of the osprey species. If you see an injured
continued on page 18



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Shell Of The Week

The Channeled Barrel Bubble



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

The Channeled
Barrel
Bubble,
Acteocina
canaliculata (Say,
1826), reaches

only 5 mm (0.2 inch). The shell is thin, slightly pear-shaped, and the spire usually spans less than one-fifth of the shell length. The protoconch (larval shell, on top) is set at 90 degrees to the adult shell. Barrel bubbles are cephelaspidean gastropods, and, as such, have a well-defined cephalic shield. Very similar to *Acteocina candei* (d'Orbigny, 1841), but the latter tends to have taller spire, being more common in open-water locations. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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



The Channeled Barrel Bubble, *Acteocina canaliculata*, from Sanibel

photo by Patricia A. Starkey

wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

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

From page 17

Osprey

bird or observe an accident involving an osprey, contact Clinic for the Rehabilitation of Wildlife (CROW), at 472-3644, here on the island or your local wildlife rescue hotline. For more information about ospreys, including how to join TIOF, visit www.ospreys.com.✱

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, February 21. All are welcome.



On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays. Steak sandwiches and cheesesteak 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.

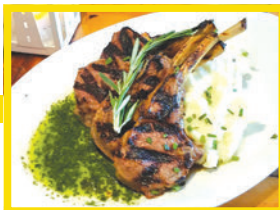
If you have a flag that needs to be retired, you can drop it off at Post 123.

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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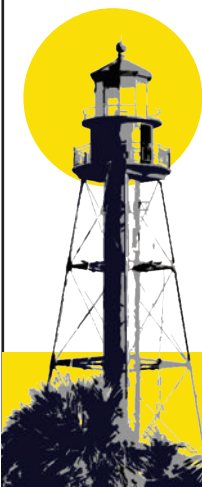
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Dogs With Jobs



by Allison Havill Todd

Often the terms “service dog,” “therapy dog” and “emotional support dog” are misused and misunderstood. While all these dogs play an important role in the lives of

others, there are significant differences between the titles that bear some clarification.

Service dogs are specially bred and trained from birth to perform specific tasks to mitigate their handlers’ disabilities. These dogs work as a team with their disabled partners to help them attain improved safety and independence from a variety of conditions that might otherwise limit them. Who qualifies for a service dog? There are a variety of afflictions that can challenge an individual and may include, but are not limited to, disabilities such as loss of sight or hearing, lack of mobility, partial or complete paralysis, epileptic seizures and mental illness. These highly trained dogs are taught to perform daily tasks or sense a seizure before it happens, and ensure their owner’s safety. The Americans with Disabilities Act protects the right of the individual to have their service dog accompany them to public places. These dogs must have the proper behavior



Luke engaging with children in a special education classroom
photos by Allison Havill Todd

and temperament to respond positively to a variety of different environments and stimuli, and others should refrain from interacting with a service dog on duty as it could distract them from their job.

Therapy dogs may be found visiting schools, hospitals, libraries, assisted living facilities, hospices, court rooms and other institutions to aid in psychological or physical therapy, or for educational purposes. While these dogs may be trained by anyone, they must meet very stringent standards, as defined by the organization of which they are a part, complete an evaluation by a professional trainer recognized by the AKC (American Kennel Club) and actively participate within the respective organization. They



Nina relieving stress with students during final exam week

must be able to perform basic obedience commands, such as sit, down, stay, come, leave it, without hesitation and must also have the proper temperament to be calm, comfortable and confident in a variety of situations.

I currently have two shepherd dogs, and previously a golden retriever, that are certified therapy dogs that I trained myself from past experience working with professional trainers. Not only did they have to perform the basic obedience commands to become certified, but they also had to pass a variety of tests that demonstrated they would react favorably

in different circumstances. A therapy dog should be comfortable around things such as other dogs and people, loud noises, crowds, children screaming and running, walkers and wheelchairs. They typically exhibit a personality that enjoys attention and interaction with others. I have witnessed some amazing things while visiting some special education classrooms, libraries and assisted living facilities with each of them. Children who test high on the autism spectrum come out of their shells; lonely or depressed people light up when they see them; those dealing with

continued on page 22



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Shell Found



From left, Marvin, Franny and Judy Kennedy photo by Willow Peterson

Marvin and Judy Kennedy, along with their dog, Franny, found a junonia while shelling at the Caribe Beach Resort on Sanibel, where they were staying. The Kennedys are from Plainfield, Indiana.*



Attendees at the Sanibel Bike Club potluck in the open-air pavilion photos provided

Bike Club Gathers For Open-Air Potluck Dinner

The Sanibel Bike Club held its February potluck dinner at The Dunes Golf and Tennis Club on February 8. Attendees were seated in an open-air pavilion with a maximum of four members per table in order to adhere to social distancing protocol. There were approximately 30 members in attendance for a meal, social time and a short presentation by club president, Jim Cryder. Members commented on how nice it was to get together again and how they hoped more would attend next month's potluck after more vaccinations have been administered.

For more information on the Sanibel Bike Club, visit www.sanibelbicycleclub.org. The club holds weekly rides either Wednesdays at 11 a.m. or Saturdays



Jim Cryder at 7:30 a.m., both leaving from The Community House on Sanibel. All levels of riders are welcome.*

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The Community House

Peppercorns



by Resident Chef Jarred Harris

Peppercorns are the dried fruit of the piper nigrum plant, which is a member of the Piperaceae family. This species produces many types of peppercorns that are used as a spice and as medicine. Peppercorns contain a chemical called piperine. This chemical gives pepper its distinctive taste and causes most people to sneeze.

The piper nigrum plant is grown throughout Southeast Asia and other subtropical regions around the world, with Vietnam being the largest producer of black peppercorns worldwide. Peppercorns are one of the most prized spices in the world today, making up 20 percent of the monetary value of the global spice trade.

Native to South India, peppercorns have been cultivated for over 4,000 years. In fact, peppercorns were found

in Egyptian tombs with pharaohs, dating back 2,500 years before Christ.

Peppercorns can be found in four colors, with black being the most common. Black peppercorns are picked when they are green, pickled and dried in the sun until they turn black. White peppercorns are black peppercorns with the skin removed. Green peppercorns are picked when they are green and then pickled, freeze-dried, dehydrated or packed in brine. Red peppercorns are the most expensive variety because they are rare. Red peppercorns are green peppercorns that are ripened before they are picked and then dried.

Peppercorns contain vitamins C, K and B6. They contain manganese, copper, magnesium, calcium, phosphorus, iron and potassium. Black pepper also has a very high caffeine content.

Peppercorn should be stored in a cool dry place, or even the refrigerator. Here is an interesting recipe to try.

Black Pepper Scallion and Cheddar Biscuits

- Ingredients
- 3 cups all-purpose flour
 - 1 tbsp. granulated sugar
 - 4 1/2 tsp. baking powder
 - 3/4 tsp. cream of tarter
 - 3/4 tsp. salt
 - 3/4 tsp. ground black pepper
 - 3/4 cup cold buttermilk plus extra for topping
 - 1 egg
 - 3/4 cup cheddar cheese(shredded)
 - 4 scallions (diced)

3/4 cup butter (cold and cut into small cubes)

Ground black pepper for topping

Method

Preheat oven to 425°F. Line a baking pan with parchment paper or a non-stick silicone sheet and set aside.

In a large bowl, whisk together flour, sugar, baking powder, cream of tarter and salt. Add the butter to the flour mixture. Using your fingers or a pastry blender, work the butter into the flour until the butter is well blended.

In a small bowl, whisk together the buttermilk and egg.

Add the cheese and scallion mixture to the flour mixture and blend. Create a small well in the center of the flour

mixture and add the buttermilk mixture all at once. Blend the mixture together with you fingers or a fork until a dough is formed (about 4 minutes). Form the dough 1/2-inch thick and cut into shapes with a knife or biscuit cutter.

Place the biscuits on the prepared baking pan and brush with buttermilk and top with cracked black pepper.

Bake for 15-18 minutes or until the tops are golden brown.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

From page 20

Dogs With Jobs

exceptional levels of emotional or physical distress find some relief in the presence of these dogs. I hope they will be able to get back to "work" soon!

On the other hand, emotional support dogs do not require any specialized training or certification. Their role is to provide comfort and support in the form of affection and companionship for those suffering from mental or emotional conditions. Unfortunately, the loosely defined role of an emotional support animal has led to many abusing the privilege of having their pet accompany them. I think all pets provide emotional support of some kind, but emotional

support dogs do not need to perform any specific task or pass any specialized test.

Whether you have a service dog, a therapy dog or a family pet, you undoubtedly have experienced the many ways they can enhance our lives. They offer so much without expecting anything in return, and relish in pleasing their owners. Dogs really are man's best friend.

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.*

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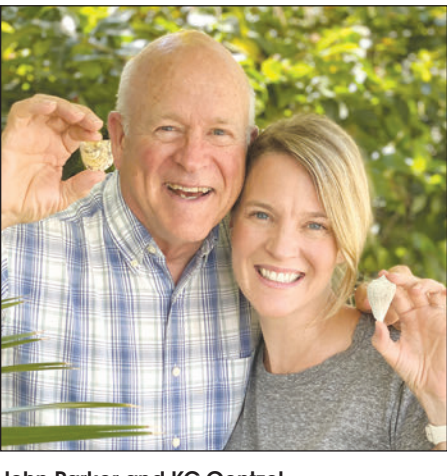
Shells Found



Angela Ellerbroek photo provided

Angela Ellerbroek from South Dakota found her first junonia (and “so much more!”) on Shell Island while on a shelling tour with Reel Kind. It was her family’s 13th annual trip to Sanibel. Her family is staying at Pointe Santo. “I was thrilled, but a little shocked and only gasped when I found it – I always thought I would scream if I ever found one. I think it was the vintage junonia clip-on earrings that brought me good luck,” she said.✪

Shells Found



John Parker and KC Gentzel photo provided

John Parker and his daughter, KC Gentzel, from Wayne and Bryn Mawr, Pennsylvania found several shells on Captiva and Cayo Costa. Parker found a pearl oyster and Gentzel found a fossilized alphabet cone. This was the family’s first time to Captiva. Gentzel said, “The ‘Grands,’ John and his wife Sue, both retired, came with us. We call ourselves a Quaran’team. And what better place to be Quaran’team’ing than Captiva Island?”✪

Shells Found



Rhett Gentzel and Sue Parker photo provided

Rhett Gentzel and his “granny,” Sue Parker, from Bryn Mawr and Wayne, Pennsylvania found an angel wing and an Atlantic wing oyster while shelling on Captiva and Cayo Costa. Gentzel has been doing virtual school from Captiva for six weeks and loves ending a winter day at the beach. Parker is an avid birder and enjoys all of the preserves that Sanibel has to offer, especially “Ding” Darling. She’s spent hours photographing all of the amazing wildlife there.✪

Shells Found



Adam and Hudson Gentzel photo provided

Adam Gentzel and his son, Hudson, from Bryn Mawr, Pennsylvania found shells on Cayo Costa. Adam found an alphabet cone, while Hudson found a Scotch bonnet piece and an epic worm casing. Hudson has been doing virtual school from Captiva and loves swimming in the afternoon for recess. Adam has loved trying out a “warm winter” and spends every minute he can outside on the beach, golfing and playing with the family.✪

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Salad with Beef Meatball

4 Beef and Vegetable Meatballs
4 cups salad greens
1 cup sweet peppers, seeds removed and sliced
1 cup cucumber, sliced
1/4 cup parmesan cheese, grated
1/3 cup Italian vinaigrette (your favorite)

Warm Vegetable and Beef Meatballs in a 300 degree oven until warm throughout. In four bows arrange the greens, sweet peppers, and cucumbers in a layered fashion. Top each salad with a meatball and a generous sprinkling of parmesan cheese. Serve salad with your favorite vinaigrette.

Beef and Vegetable Meatballs

1 pound lean ground beef
1 cup yellow squash, grated fine
1 cup zucchini, grated fine
1 cup mushroom, chopped fine
1 cup carrot, shredded fine
1 cup panko (Japanese breadcrumbs)
1 egg
1/2 cup milk
1 tablespoon all-purpose seasoning (your favorite)

Salad with Florida Beef Meatball

1/2 cup Parmesan cheese, grated
Sea salt and fresh ground pepper to taste
Vegetable oil for cooking
Preheat oven to 350 degrees.
In a large mixing bowl, combine egg, milk, seasoning blend, and panko. Stir until well combined. Let mixture sit for 5 minutes. After 5 minutes, stir mixture



photo courtesy Fresh From Florida

again. Add the ground beef and vegetables to the bread crumb mixture. Continue to mix the beef with all the ingredients, until everything is uniformly incorporated.

Preheat a large sauté pan over medium-high heat. Roll the beef mixture into golf ball sized or smaller meatballs. Working in batches and making sure not to overcrowd the pan, cook the meatballs in a small

amount of vegetable oil. The meatballs need to reach an internal temperature of 165 to be completely done. Continue to cook meatballs in sauté pan until they are browned all over. Place meatballs on a sheet pan and put into oven until completely done. Serve meatballs warm with extra grated parmesan cheese.✱

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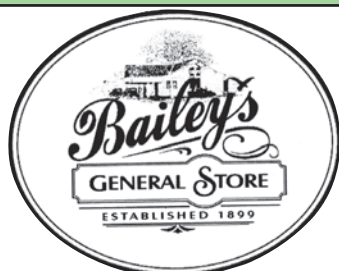
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Poetry Corner

by Clay C. Ewell

A Theatre of Dreams

We boys, adventurers all, we explorers of that vast frontier
Looming at the edges of the known world
Where lawn and hot summer pavement gives way
To tall weeds and paths meandering along the murmuring stream bed.

That magic place where the sounds of mothers' voices
And ice cream trucks and barking dogs faded to a whisper
And time stood still as our small hands lifted the glistening wet stones
Revealing sleeping salamander and lobster like crawfish, reclusive and grumpy.

This other world of swirling visions swept us away
Into that place of wonder where what we make believe
Suggests a more vivid reality than what we touch and hear and see.

And above us all, the tall trees beyond stood silent and patient
Watching over us, its shadows and muted tones
Its echoing sounds, a curtain of sorts upon a stage
Where our imaginings, our spontaneous theater would be enacted.

My life has led me away from that other-worldly place
To do what a man must do
And by choice hastily considered, forsaking these many years
That silent forest's edge with its visions, its possibilities
Its endless sublime dreams, waiting patiently.

But not until I opened my heart and allowed myself
To hear the subtle language of your love
That upon butterfly's wings stirring the still air surrounding me
Did I sense once again the depth and mystery of that living proscenium
And within it, the reflection of my wandering soul.

*Clay C. Ewell resides on Captiva with his wife and four-legged family. Self employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.**

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars:
Opera, DVD and Discussion (Giovanni Pergolesi, *La Serva Padrona*) with Thomas Cimarusti - Friday, February 19, 1 to 3 p.m. Member \$40; nonmember \$50.

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

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

Watercolors, Beginners with Sunny Krchmar - Fridays, March 5 to 26, 9 a.m. to noon. Member \$156; nonmember \$195.

Watercolors, Intermediate with Sunny Krchmar - Fridays, March 5 to 26, 1 to 4 p.m. Member \$156; nonmember \$195.

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

Three Trials that Changed America with James Rudin - Wednesdays, March 3 to 17, 9:30 to 11 a.m., Member \$80; nonmember \$100.

Painting Like Georgia O'Keeffe with Genie Kell - Wednesdays, March 3 to 31, 1:30 to 4:30 p.m. Member \$299; nonmember \$373.

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



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

Art Evening with Jenny Licht: Paint Your Pet on Canvas - Thursday, March 4, 6 to 9 p.m. Member \$70; nonmember \$88.

Photography, Advanced with Denny Souers - Thursdays, March 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, March 5 to 26, 9:30 a.m. to noon. Member \$69; nonmember \$86.

Alcohol Inks with Ann Dempsey - Saturday, March 6, 9:30 a.m. to 4 p.m. Member \$60; nonmember \$75.

Basket Class: Un-Basket with Gisela Damandl - Monday and Tuesday, March 8 and 9, 9 a.m. to 4 p.m. Member \$121; nonmember \$151.

Art Evening with Jenny Licht: Lanai Fish on Palm Frond - Thursday, March 11, 6 to 9 p.m. Member \$72; nonmember \$90.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski - Friday and Saturday, March 12 and 13, 9 a.m. to 3:30 p.m. Member \$160; nonmember \$200.

Music and Film: Amadeus Mozart with
continued on page 28



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Jason Stretch taking a break from his business, **Legendary Automotive and Truck Service**, to check on his new hobby of beekeeping
photo provided

Businessman On A Mission To Protect The Bees

by Kathy Kurtz Ferrari

When you meet Sanibel resident Jason Stretch, it's easy to imagine him working under the hood of a car. The owner of **Legendary Automotive and Truck Service** in Fort Myers has been dealing with cars nearly all his life.

But picturing him under the hood of a beekeeper's suit is a bit of a "stretch" – no pun intended. The burly but affable guy clearly has a tender side, and he's not afraid to show it. Originally from New Hampshire, where he owned another multi-bay auto repair shop, Stretch bought **Legendary Automotive** and moved to Sanibel in 2016 to be closer to his parents who until recently lived on the island. His family vacationed here for decades and when an opportunity arose to move here, he and his wife Patty seized it. He has strived to run a good business



A jar of Sanibel wildflower honey that was produced from Jason Stretch's beehives
photo by Kathy Kurtz Ferrari

and support charities in the community. **Legendary Automotive** gives away a car annually to a worthy cause in its **Wheels to Prosper** program. That sense of giving back goes beyond his business, as Stretch is trying to do his part to care for the planet with a new found passion – beekeeping. "I'm new at this. Literally, I just made the decision I'm going to become a beekeeper during the pandemic," he said, noting many people have embraced this time to expand interests. Stretch has about 10 bee boxes set up on the roof of his garage next to his

home on a quiet side street off West Gulf Drive. The tranquil location seems almost farm-like, with lots of tomato and fruit-bearing plants growing in random plots. A pond sits serenely across the street. It's not the typical Sanibel backyard. On a recent sunny afternoon, the beehives were busy – about as cliché as it gets – with a flurry of bees entering and exiting on their quest for pollen from island blossoms. "What started it all was, when we first bought this house, I put up a screech owl box on a tree, you know,

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because that's what people do when they move here. They're like, 'What do I do? Hey, I'll put up a screech owl box,'" he said, his voice sapping with self-deprecating humor.

"After about a year, I noticed there were bees flying out of it. Being from New England, I figured, oh great, hornets."

So he knocked the box down with a pole. But when he didn't get stung, he realized they were honey bees.

"My heart literally dropped. I was pretty upset," he said.

He contacted a beekeeper who helped save the hive and set up his first bee box.

"I didn't know anything about it. I didn't have any of the equipment. But we just set the box up and thought we're just going to see what they can do."

He didn't plan on delving into beekeeping any further until COVID-19 gripped the world.

"There's no better time to get started on something. Let's not let a good pandemic go to waste," he said with a smirk.

There's an amazing science to beekeeping, and Stretch has acquired an impressive knowledge about the mechanics and hierarchy of a bee colony. There are drone, worker and nurse bees, each with a specific job.

"And they do it flawlessly," Stretch said. "And the queen commands everything. Of course. It's like my house."

He has learned how to "grow" bees, transferring a piece of honey comb with eggs, larvae and pollen from one box to



Jason Stretch has been teaching his 5-year-old granddaughter Sophie about the importance of honey bees photo by Kathy Kurtz Ferrari

another to start a new colony.

Of course, he dons a beekeeper suit, which initially he didn't have. After getting stung a bunch of times in the beginning, he now has the right equipment. He has also learned tricks of the trade, such as how to draw out invading beetles using unscented dryer sheets.

"The bees will actually push these critters over and they'll get into the dryer sheets. Their little legs get caught in the dryer sheet and they'll die," he explained.

Stretch named his beekeeping Liberty Honey Bee and is officially insured and licensed by the state. Every two weeks,

he does hive inspections to make sure the bees are healthy and things are working properly.

"Why bees? Well, seven out of every 10 spoonful of food we're putting into our mouths wouldn't be there without pollination. And there's a lot of things that are working against honey bees right now," he said, listing the common use of pesticides and lawn fertilizers among things that harm bees and the environment. "I'm a little different than most beekeepers. I'm doing this for the bees."

Stretch does not sell honey, calling it

his "selfish indulgence." He is teaching his 5-year-old granddaughter Sophie about bees and she recently set up a honey for donations stand in front of their home which raised \$75 for Gulf Coast Humane Society of Fort Myers.

"I think my goal is just to get people aware of what honey bees do and how they can really benefit us. On Sanibel, we have this unique opportunity, because 70 percent of the island is native or natural. We can help all these native plants, and in turn all the animals that eat the plants, by having bees."

Although most people say they want to do their part for the planet, Stretch felt compelled to do something tangible.

"We all live on this planet and we have to take care of it," he said. "A lot of people give money out, to this cause or that. I've always been really passionate about being directly involved. If I'm going to do something, why don't I just do it, rather than just writing a check."

"So beekeeping really provides that for me, that satisfaction."

Stretch is looking to work with property owners with swaths of land to set up bee boxes across the islands. He'd also like to partner with local organizations to bring more awareness.

"This is one of my side things. And it's not even a side-hustle. I'm doing it just for the purpose of improving the conditions on the island and helping these bees, because if the bees go, so do we."

To learn more about helping this cause, email Stretch at info@libertyhoneybee.com.

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Book Review

The Evening And The Morning



by Di Saggau
Ken Follett's *The Pillars of the Earth* is my all time favorite book. So you can imagine how thrilled I was to learn that he was publishing the prequel to it, titled *The Evening and the Morning*.

I ordered it immediately, but for some reason didn't get around to reading it right away. You know that old saying about so many books. I have now read it and can say again that Follett is a powerful storyteller who holds your attention, even when it's about the 11th century.

It's the story of the days before England was merry. Year 997 CE was the end of the Dark Ages, and England is facing attacks from the Vikings and the Welsh and no clear rule of law is in effect. These turbulent times find three characters lives intertwined. Edgar, a young boatbuilder has his life turned upside down by a Viking raid and the death of his one true love. Lady Ragna, a beautiful French noblewoman marries the local alderman, Wilwulf, and starts a family. She soon realizes everyone around her is engaged in a brutal battle for power. A monk dreams of transforming his humble abbey into a center of learning to

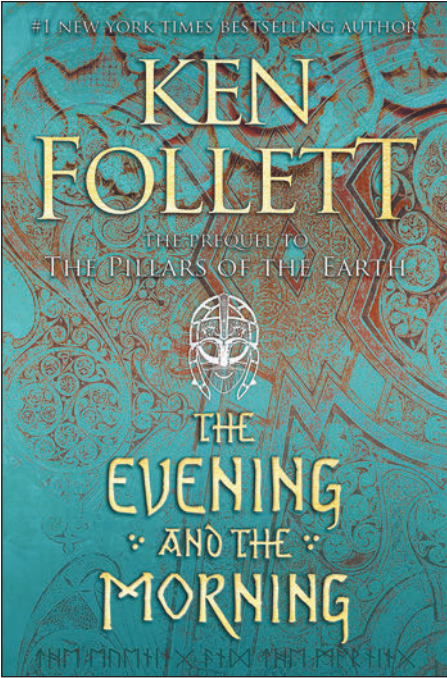


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be admired throughout Europe.
Much of the action takes place in Drang's Ferry, a tiny hamlet where Dreng is a vicious ferryman who throws his slave's newborn child into a river. He's one of several characters whose death you will root for. There are many colorful people in this richly told historical novel. The plot involves the three main characters, Edgar, Ragna and the monk. They are all sympathetic protagonists and watching them fight for their happiness makes for a thrilling and addictive novel.*

School Smart



by Shelley M. Greggs, NCSP
Dear Shelley, I need some suggestions on things I can do to help my preschool children get ready to read. They are very interested in books and I want to encourage them to enjoy books and be ready for more learning.
Sonya B, Sanibel, Florida

Sonya,
You're wise to think about preparing your children to read through reading readiness activities. While it may seem that children go from non-reader to reader very easily, research shows that this transition is quite complex.

Children start getting ready to read years before they actually read. They use critical reading readiness skills, also known as pre-reading or early reading, that are often built through play. Here are some play-based activities you can use to help build these skills.

Developing a substantial vocabulary is critical. Children use words to make sense of the world around them, and in the preschool years, vocabulary typically grows from about 200 words to closer to 2,000 words. Children use their oral vocabulary to figure out the words they see in print. It's easier to decode a word that is already recognizable and holds meaning.

To help build vocabulary, play the "What am I?" game. Think of an item and describe it, using as much detail as possible. Each detail can add new vocabulary for children to learn. Take turns describing objects and guessing.

Children with high print motivation look through books on their own and may even recite memorized books, looking closely at the words to match them to the words they're speaking. They're less likely to give up trying to learn to read, even if it's difficult for them.

An activity to encourage this is to retell a book in their own words and include a beginning, middle and ending. If your child is struggling with this, you can prompt them in their retelling by asking them questions like, "What happens next" or by describing the actions taking place.

Understanding that print has meaning and is organized in a certain way, such as that letters form words, that words form sentences, and that the spaces in between matter, is a very important skill. Children learn that books start at the front cover, that English print is read from left to right and top to bottom, and that the words they point to match the words being said. Children with strong print awareness skills tend to "pretend" read books long before they can read.

Children recognize environmental print, such as the logo of a favorite cereal, restaurant or toy brand, long before they can read the words. Making a book with these recognizable words in it will reinforce the concept that print has meaning. Add more of these words to the book as children learn to recognize them. It will give them a great feeling of accomplishment as they read their special book.

Letter knowledge is recognizing and understanding that letters are different from each other and that they have names, and that certain sounds are associated with each letter. Letter knowledge provides children with a symbol which, when combined with phonological awareness skills, helps them decode words more easily.

Here's are some ideas for practice. Children notice the shapes of letters when they do alphabet puzzles or use letter-shaped cookie cutters in damp sand or play dough. Magnetic letters and alphabet blocks allow children to explore letter-sound connections, arrange and rearrange letters to form words, and become more aware of the sequences of sounds within words. So, make sure to have magnetic letters or other representations of the alphabet available so your children can play and practice letter recognition.

*Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or www.schoolconsultationservices.com.**

From page 25
BIG ARTS

Thomas Cimarusti – Tuesday, March 16, 9:30 to 11:30 a.m. Member \$40; nonmember \$50.

"Are You Stuck?" Open Paint & Critique with Jan Atkielski – Friday, March 19, 9 a.m. to 3:30 p.m. Member \$79; nonmember \$99.

Opera, DVD and Discussion: Giacomo Puccini, *Gianni Schicchi* with Thomas Cimarusti – Friday March 19, 1 to 3 p.m. Member \$40; nonmember \$50.

Drawing Basics with Douglas David – Saturday, March 20, 9:30 a.m. to 3:30 p.m. Member \$125; nonmember \$156.

Paint Seascapes in Oil with Douglas David – Monday and Tuesday, March 22 and 23, from 9:30 a.m. to 3:30 p.m. Member \$250; nonmember \$313.

Music and Film: Immortal Beloved (Beethoven) with Thomas Cimarusti – Tuesday, March 23, 9:30 to 11:30 p.m. Member \$40; nonmember \$50.

10...10...10 & You: 2-day Abstract Painting Workshop with Genie Kell, Friday and Saturday, March 26 and 27, 9 a.m. to 4 p.m. Member \$239; nonmember \$299.

Music and Film: Immortal Beloved (Beethoven) with Thomas Cimarusti – Tuesday, March 30, 9:30 to 11:30 a.m. Member \$40; nonmember \$50.

All students and instructors must wear a mask and social distance. Class seating is carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes are 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 or email info@bigarts.org.**

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Ethics In Film: High Noon

by Di Saggau

This March will mark the third year that the BIG ARTS Film Committee is offering its Ethics in Film series. This year's films are *High Noon*, March 3; *Official Secrets*, March 10; 4 *Months, 3 Weeks and 2 Days*, March 17; and *Arrival*, March 24.



Ronald M. Green

The films will be shown in the BIG ARTS Christensen Performance Hall at 12:30 p.m. Following each film, Ronald M. Green will lead a discussion. Green is a Sanibel resident and professor emeritus for the study of ethics and human values at Dartmouth College.

Green has applied three criteria in selecting this year's films. Each must be cinematically excellent; each must raise challenging ethical questions (Did the lead characters do the right thing?); and each must convey important ethical lessons.

Asked what he wants his audience to learn from the series, Green said, "I used to tell my undergraduate students that ethical discussion is one of the

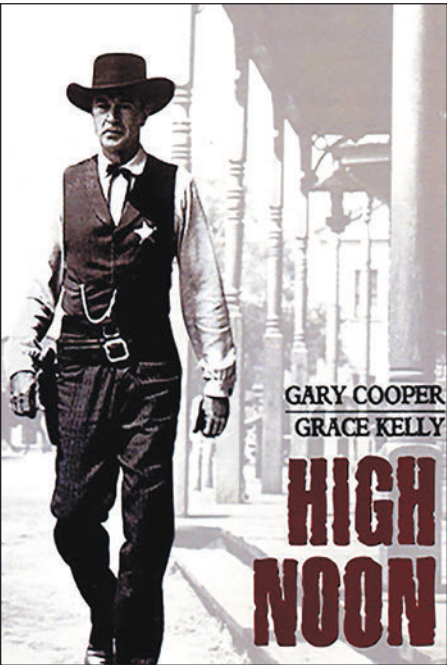


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most basic features of humanity. I would say, 'Even when we dwelled in caves, there was vigorous discussion of how to fairly divide up the day's catch.' I hope the audience will enjoy participating in ethical debate about really important issues, as these are brought to us by outstanding films."

Next week's film, *High Noon* (1952) is a classic of American cinema, standing number 27 on the American Film Institute's listing of the 100 Greatest American Films of All Time.

Directed by Fred Zinnemann with a screenplay by Carl Foreman, it stars Gary Cooper as Marshal Will Kane, and Grace Kelly, in her second film role ever, as his wife, Amy. Cooper won an Oscar for his performance.

Over the protests of his newlywed bride, Marshal Kane must face a gang of deadly killers at high noon when the gang leader, Frank Miller, an outlaw Kane sent up years ago, arrives on the noon train. We watch in real time as the clock counts down the film's 85 minutes until the train arrives and Kane, abandoned by the townsfolk and his Quaker wife, must face Miller and his gang alone.

The film raises many ethical questions. Is Kane right to reject Amy's pleas to leave Hadleyville and not face Miller's gang? What about the citizens of the town? Individually and collectively, they must decide whether to support the marshal or work out their own modus

vivendi with Miller and his thugs. Why do they make the choices that they do?

And then there is the historical context of the film itself. Zinnemann has written that his approach to filmmaking involves "using the raw material of history in order to make a dramatic document." Against the background of what history (or histories) does *High Noon* emerge? And what are its lessons for our history today?

Tickets are \$10 and available in advance or on the day of the film at the BIG ARTS box office, located at 900 Dunlop Road on Sanibel. For more information, call 395-0900 or visit www.bigarts.org.

BIG ARTS has enhanced its air filtration system and only 50 percent of the seats in Christensen Performance Hall are being sold. Visitors must wear masks and observe social distancing. Hands sanitizing stations are available.*

From page 1

Art Fair

environment and lifestyle.

This year, all sellers will be situated indoors at The Community House, and COVID-19 protocols will be in place for everyone's safety. Masks will be required, temperatures scanned, and ingress/egress routes will be limited. The number of visitors will be monitored to enable social distancing.

Many of the artists will be on site to

discuss their work and help guests make their selections. This is a once-a-year opportunity to view and purchase original works by some of the best artists in Southwest Florida. There is no admission charge and parking will be available at The Community House and across the street at the BIG ARTS Herb Strauss Theater.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit www.sancapart.org.*



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Virtual Programs And Local History At The Library

Sanibel Public Library is open to the public and also offering its popular contactless curbside service. To use the service, place items on hold online at www.sanlib.org or make requests by calling 472-2483. You will be notified when your items are ready for pickup.

The Fill-A-Bag for A Dollar book sale will continue until Tuesday, February 23. The books are restocked daily, and can be found in the downstairs meeting room near the main entrance lobby. Proceeds from the sale go toward the Sanibel Public Library Foundation, which helps support programming.

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 via Zoom. Go to the homepage on the website at www.sanlib.org. Click on the link to login a few minutes before 10 a.m. on Wednesday, February 24 to watch 1943 Operation Tidal Wave online. No registration is required to login to these virtual presentations.

February is Black History Month, a time to recognize, celebrate and honor the rich and diverse history and important contributions and achievements of African Americans. In addition to print books and DVDs, patrons can borrow eBooks from curated lists that highlight African



From the archives, 1960s Boy Scouts on Sanibel

photo provided

American achievements and history via Hoopla or Overdrive Libby apps. Kanopy has also created a special collection of films and documentaries to celebrate Black History Month.

Digital archives are available online. With over 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 library collects, preserves and provides access to these items. To see the images, newspapers, and oral histories, go to the homepage at 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. The library is seeking stories, photos, and videos of people and places of Sanibel and Captiva for the archive.

Youth Services Librarian Deanna Evans posts online storytimes each week. Her videos can be found on the Children's Page at www.sanlib.org/children. Library cardholders can stream or download eBooks, movies, music, newspapers and

magazines through eShelf. Computers, printers, scanners and fax machines are available and are sanitized between each customer use.

WiFi is available throughout the building. Mobile WiFi hotspots are available for checkout.

Many eBooks and several new apps have been added in the past year, including online access to newspapers from around the world.

Due to the COVID-19 pandemic, masks, hand sanitizer and gloves, when appropriate, are used by all staff.

Following City of Sanibel guidelines, the library requires that everyone in the building wear masks and follow social distancing practices.

As another safety precaution, the library is quarantining all materials between loans. The items sit for 24 to 72 hours depending on format (print, acrylic, plastic, etc.). During this time, library materials may appear as overdue on your account. Do not renew the item if you have returned it. Contact the library at 472-2483 or notices@sanlib.org if you have any questions.

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 visit www.sanlib.org.

Historical Society Hosts Drive-In Movie



Some audience members arrived by golf cart submitted by Tom Libonate

photo provided

An audience of some 85 people enjoyed a beautiful night in the open-air environment of McCarthy's Marina on February 8 to watch the acclaimed documentary film *Queen of Swing* by Florida filmmaker John Biffar. The screening was presented by the Captiva Island Historical Society (CIHS).

The second of historical society's Open Air History programs this season was a cart-in or walk-in movie night that in many ways resembled an old-style drive-in. Many viewed the film from the comfort of their golf carts, while others sat safely distanced in their chairs.

The 2006 full length documentary film highlighted the astounding life of Norma Miller, the youngest original member of Whitey's Lindy Hoppers, and the role she and her fellow artists played in the globalization of racial integration. Miller, a Fort Myers resident, passed away in 2019 just shy of her 100th birthday.

Following welcoming remarks by CIHS board member Mike Boris, Biffar, the film's director and producer, introduced the film.

Boris said, "As board members, we all feel it's wonderful to be able to present acclaimed documentaries in a unique and socially comfortable setting. There's no better 'theater' than one surrounded by the pleasant weather and natural beauty of our barrier island."

The program was sponsored and hosted by Captiva Cruises and McCarthy's Marina, the property of which is historically designated by CIHS. The society also recognizes the season presenting sponsor, The Sanibel Captiva Trust Company, for their continued support in helping defray the cost of our programs.

Join us Monday, March 8 when we return to the fresh-air environment of McCarthy's Marina for the CIHS presentation of the WGPU documentary film *Mullet: A Tale of Two Fish*, especially appropriate for viewing in the bayside setting.





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BIG ARTS Monday Night Film Series

The Last Black Man In San Francisco

by Di Saggau

The BIG ARTS Monday Night Movie for February 22, *The Last Black Man in San Francisco*, is both the story of a city and one of two friends caught between wanting to escape the town and wanting to reclaim it. The film is co-written by Jimmie Fails, who also stars in the tale based on his life. Jimmie fantasizes about reclaiming the home his grandfather built in the heart of San Francisco, lost by his estranged father over a decade ago.

He and his best friend, Mont (Jonathan Majors), try to figure out a way to get the house back while navigating a rapidly changing city. Jimmie has a habit of returning to his former family home to repair and repaint window sills, and tending to the garden, against the will of the current owners. The two friends are concerned with family ties, and the brief histories of the Bay Area being wiped away time and again. *The Last Black Man in San Francisco* is a deeply moving lament on the effect of gentrification on people living on the margins of the Bay Area.

The film runs two hours and will be shown at 7 p.m. in Christensen

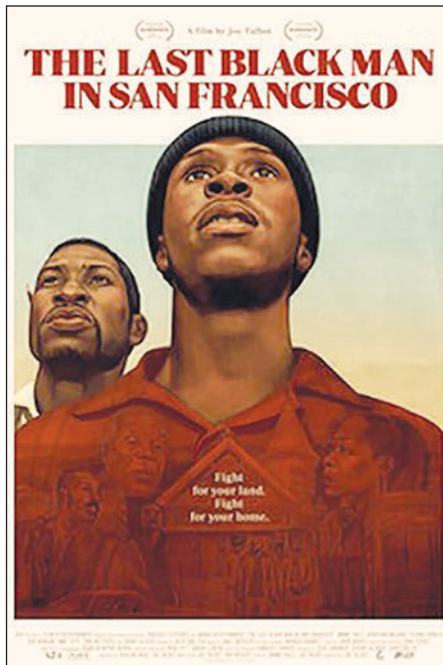


image provided

Performance Hall. Tickets are \$10 and can be purchased online or at the box office. There will be no discussion following the film.

Visitors must wear masks and be mindful of social distancing. A sanitizing fogger is being used after each gathering and hand sanitizing stations are available.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900 or visit www.bigarts.org.*

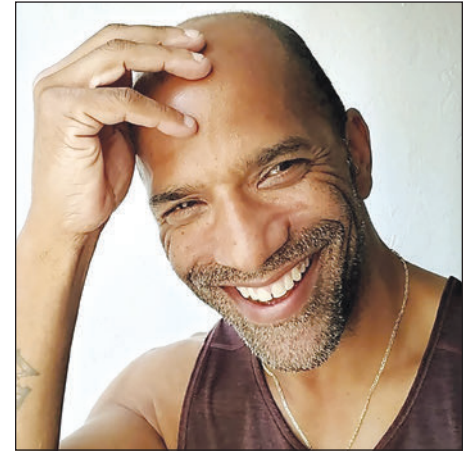
BIG ARTS Talking Points Series

The BIG ARTS Talking Points series continues with former *News-Press* photographer Kinfay Moroti. In his talk, Moroti will expand on his exhibit titled *A Beautiful Struggle*, which is on display in the West Entrance gallery, a space donated by George and Susan Heisler. Moroti will talk about his inspiring journey and issues of racial injustice and economic inequality. He will speak on Thursday, February 25 at 4 p.m. in Christensen Performance Hall. The program will also be streamed live.

Moroti's photographs capture the complexity of both black and white lives in Southwest Florida. His work showcases the triumphs and struggles of a community striving toward racial equality.

"I'm known for capturing moments and being a storyteller," said Moroti when asked about his exhibit. "But to do that, you really have to cut your vein and put it all out there on the canvas. Just putting pictures on the wall doesn't require me to give enough of myself, so I wanted to find a way to deepen these expressions and finally say what I thought about them."

Moroti has captured moments in communities around the world for more than 20 years as a documentary visual journalist. His work from the Iraq War, national political conventions, mass shootings, and various civic and social topics has been published by *Time* magazine, *The New York Times*, *USA Today* and National Public Radio. While



Kinfay Moroti

photo provided

at *The News-Press*, he documented life in poor communities of Southwest Florida.

Moroti's work tells the story of struggle and hope that plays out every day in communities across the country. Using a combination of photographs and objects sourced from the Fort Myers-Dunbar communities, he gives a rare and beautiful look at his city.

Tickets for the hall are available through the box office, located on 900 Dunlop Road, or by phone at 395-0900. Virtual tickets are available through the box office and online at www.bigarts.org. The exhibit is open to the public Monday through Friday from 9 a.m. and 4 p.m. and Saturday and Sunday from 9 a.m. to 1 p.m. in the Heisler Gallery, located at the west entrance. Masks and physical distancing are required, and hand sanitizing stations are provided.*

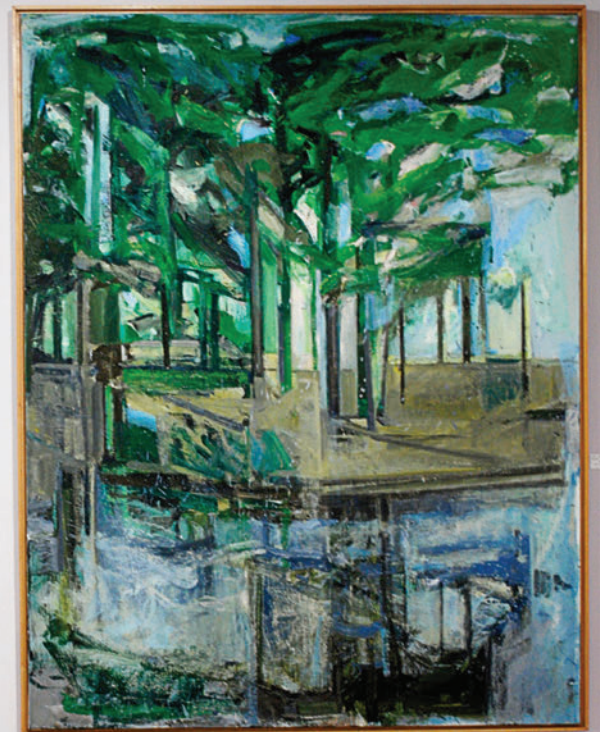
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Question Of The Week

by Wendy McMullen

This week's question to the Sanibel City Council candidates is: We have a wealth of nonprofit organizations and all of them offer valuable services to our community, but which two do you think contribute most to the overall wellbeing of the majority of islanders and why?

The question is designed to help voters understand what motivates candidates to run for an unpaid position in which they must devote a great deal of their time.

It was a challenging question in that there is a myriad of enormously valuable nonprofits on the island and selecting just two which contribute most to the overall wellbeing of islanders as a whole is a difficult task. It may also disclose or offend allegiances that candidates have to one organization or another.

There are six candidates running for the three seats left vacant by two council members resigning to run for state or county office, and one fulfilling his term. Residents qualified to vote on Sanibel may register at <https://www.lee.vote/Voter-Resources/How-do-I-register-to-Vote> or by calling 239-LEE-VOTE (533-8683). The deadline for requesting an absentee vote by mail ballot is this Saturday, February 20.

The election will be held on Tuesday, March 2.

Dr. Scott Crater

The Sanibel-Captiva Conservation Foundation (SCCF) and Friends in Service Here (FISH) are the two nonprofits that contribute most to our island. SCCF has preserved huge tracts of land on Sanibel, Captiva and off-island all around San Carlos Bay. They work to oppose developments on and off island, such as Eden Oak and Sanibel Passage in order to save animal habitat and maintain water quality. They sponsor important scientific research to monitor the health of our fragile ecosystem. And through the Sanibel Sea School, they have educated thousands of children and adults about the value of the marine environment that surrounds us.

FISH provides a critical safety net for working families and our fragile elderly on the island. They provide food for families going through hard times. They provide emergency financial assistance for individuals and families who are caught in circumstances beyond their control. FISH provides transportation to medical appointments and companionship for those who are isolated. During the pandemic, these needs have been more acute than ever. Organizations like SCCF, FISH and many others bind Sanibel residents together in a true, caring community.✪



Tim Drobnyk

We are fortunate to have a number of nonprofit organizations Sanibel, and I choose to support those that focus on the younger members of our community. While managing youth sports on Sanibel over the last decade, I have seen the work and dedication that the Children's Education Center of the Islands (CECI) has provided our younger families. Both of my kids attended CECI, and were more than prepared to enter The Sanibel School. While also focusing on the needs of children and young adults, the Kiwanis Club of Sanibel & Captiva typically raises over \$125,000 annually, and distributes in the form of scholarships and donations.✪



Mary Bondurant

Our island and all its nonprofit organizations offer very valuable services to our community in many ways. Sanibel generously supports more than 50 different nonprofits. These organizations contribute so much to the wellbeing of our residents, our workers, our wildlife, our water quality and our businesses, all of which make Sanibel Sanibel. For me to choose only two nonprofits is to devalue and dismiss the important contributions the others make. It is as if I am being asked to choose my favorite child. I support all of Sanibel's nonprofits equally, and respect the value and contribution each makes.✪



Mike Miller

In answering the question as to which local nonprofit organizations make the most significant contributions to the wellbeing of our community, I am guided by the Vision Statement of the Sanibel Plan. I select the Sanibel-Captiva Conservation Foundation because in their championship of the environment and wildlife, they demonstrate our collective commitment to the ideal of "sanctuary" as stated in the plan.

I also select FISH of Sanibel-Captiva because in



providing food and other resources to those of us in need and fulfilling their mission of "neighbors helping neighbors," they demonstrate the ideal of "community" to which we aspire. But there are many other organizations on the island which make similar contributions and they also should be frequently recognized and thanked.✪

John Henshaw

Sanibel does have a wealth of nonprofit organizations, and each offers valuable services to its targeted groups. As chairman of the Sanibel-Captiva Rotary Trust Fund, I am familiar with most of them, and through the Sanibel-Captiva Rotary Club's efforts, we distributed over \$160,000 last year to local, regional and global charities. On Sanibel, the club made major contributions last year to FISH, CROW, Bailey-Matthews National Shell Museum, BIG ARTS, Children's Education Center of the Islands and The Community House, to name a few. All are very worthy organizations servicing our community. I am also currently on the Sanibel Community Association board of directors and recognize the vital role The Community House plays in maintaining Sanibel's small-town feel.✪



Jason Maughan

While I appreciate the journalistic thought and positive intent of this inquiry, I fear I am unable to reply with the desired specificity. Asking a resident who has served on or aided nearly every charity on the island which two are their favorites, is akin to asking parents to pick their favorite child or friends to declare from amongst their close friends who their "best" friend is – it is just not done.

All communities are made up of diverse charitable/social interests and mission statements, variety being the spice of life as they say, but each charity plays such an integral role in the creation of the whole community's identity that they are equal in appreciation for their service and impact. Now, so there is a scoop to keep this interesting: I can tell you that my wife and I have a favorite child, our son Ronan, though in full disclosure, we only have one child, so this may not come as a surprise.✪



SCCF Reveals New Logo



image provided

Sanibel-Captiva Conservation Foundation (SCCF) has unveiled a new logo. The official launch was made through the publication of a new magazine, *Connecting You to Nature*, that was mailed to all SCCF members, elected officials, and Sanibel and Captiva postal customers this week.

"The iconic SCCF logo served our organization well for 53 years. Our new logo acknowledges how we have evolved from our founding focus on land to our expanded focus on coastal

ecosystems today," said CEO Ryan Orgera.

As explained in a video on its YouTube Channel ([youtube.com/SCCFSanibelCaptiva](https://www.youtube.com/SCCFSanibelCaptiva)), SCCF has been engaged in the development of a new logo, one that represents the nonprofit for what it is today.

"The new logo is based on three elements and inspired by the work we do to protect land, water and wildlife," said Orgera.

In launching the new logo, the SCCF is gradually transitioning from the familiar pelican and island outline drawing that has served to represent it since it was drawn by founding board member Ann Winterbotham in 1967.

In 1978, renowned island artist Ikki Matsumoto stylized it, giving it the iconic look that has established SCCF's visual motif for more than four decades.

"SCCF has thrived since its founding because of the amazing partnership we have with our community to protect and care for nature," said Orgera. "Our new look and tagline, 'Connecting you to nature,' will help us widen our net and grow our network of support, educating newcomers to our region as well as visitors on the value of our environment and our collective commitment to stewardship."

The new logo will be phased-in, with all digital assets, including the website and social media platforms as of this week. Signs for preserves, facilities and vehicles will gradually be changed over starting this summer and into 2022.✧



From left: Randy Carson, first vice commander, Post 123, Navy; Bill Oxford, national commander American Legion, former Marine, U.S. Army (ret); and Tim Moore, commander, Post 123, USAF (ret) photo provided

Commander Visits Post 123

American Legion National Commander Bill Oxford visited American Legion Post 123 on February 8 as part of his southern Florida tour. He spent over an hour meeting with members as well as visiting with patrons. The highlight of his visit was hearing about his vision and priorities for the American Legion.

Commander Oxford noted the many accomplishments of posts throughout the

United States, from youth scholarship programs to veteran aid campaigns to support for Boys State.

He emphasized that none of these accomplishments would be possible without the Legion's membership – the foundation upon which the American Legion stands and which is linked to Legion's future. However, Commander Oxford noted that membership numbers are moving in the wrong direction. He said it is every Legionnaire's responsibility and challenge to reach out to the growing family of veterans and to those in your local communities and invite them to

continued on page 7B

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Cyber Warfare Topic For FORUM Speaker Series

by Di Saggau

The BIG ARTS FORUM Speaker Series will feature Admiral Michael Rogers on Sunday, February 28 at 7:30 p.m. in Christensen Performance Hall. His topic is Understanding the Threat of Cyber Warfare to American Government, Business and Its Citizens.

Admiral Rogers served as director of the National Security Agency, chief of the Central Security Service, and commander of the Cyber Command. He served under Presidents Obama and Trump, overseeing the NSA and Cyber Command responses to both the Snowden leaks and Russian interference in the 2016 elections.

I asked him to share some of the topics of interest about cyber warfare that he will be talking about. He said, "I want to talk about how is it changing because as we all saw with the SolarWinds activity that's come out in the last six weeks or so, it's not the same as it was four years ago, nor will it be the same four years from now. I also want to talk about how do we address these challenges. I think all of us are getting frustrated with picking up a newspaper or turning on the television and it just seems every week, there's some major new cyber penetration in



Admiral Michael Rogers photo provided

the theft of information, either from the government or the private sector. I sense a fair amount of frustration from people about why don't things seem to change in cyber?"

I asked if this is something we just have to live with and he said, "I think in some ways it's a little like crime. Despite centuries of attempts, we have never been able to do away with crime totally. What we've tried to do is drive it to a level where our society can deal with it. At times, we tend to focus on a particular type of crime as being a concern like murder, the use of drugs. We tend to focus on

specific areas. I suspect cyber is going to be something like that. I don't think that we are ever going to completely eliminate the theft cyber system and the theft of information, but I do think we can do a better job of eliminating the level of activity. Every nation in the world is increasing their efforts and making a significant effort in increasing investment in cyber that's in both a defense and offense perspective. This is an area that will be with us for the indefinite future. I don't see hope that this is just a passing thing. As to a technology that can get us out of this, I don't think it exists. I don't think technology is going to get us out of this.

"Everyone is doing it, both our friends and those we consider adversaries, and competitors."

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. Tickets for both the FORUM and Talking Points lectures can be made now on the BIG ARTS website at www.bigarts.org. For more information and to purchase tickets, call the box office at 395-0900. BIG ARTS is located at 900 Dunlop Road on Sanibel.✧

New Staff Member At Historical Village

The Sanibel Historical Museum and Village has hired Magen Roberts as its new finance administrator.

Roberts has been a business development director and administrative professional, and has more than 10 years of experience providing support to more than 200 clients. Most recently, she served as tax and accounting liaison for Paradise Tax Consultants in Cape Coral.

In her new position, Roberts will be responsible for banking, finance, database tasks and the museum's social media. She will be in the office on Wednesdays, Thursdays and Fridays from 9 a.m. to 4 p.m. and can be reached at magen@sanibelmuseum.org or at 472-4648.✧



Magen Roberts

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MARY BONDURANT FOR CITY COUNCIL DEDICATION – COMPASSION – HARMONY

“Mary’s community service and involvement speaks volumes about her commitment to Sanibel. I believe she will be fair for the citizens and the community, and will do her best to **preserve the uniqueness of the Island** as put forth in the Sanibel vision.”

—Richard & Bonnie McCurry,
 Sanibel Cafe

“When I think of Sanibel, I think of Community and Harmony. Mary Bondurant has proven time and again her commitment to our community. No matter what the needs of Sanibel are, she has consistently been one of the first volunteers to ask **“How can I help.”** Whatever the issue, Mary works diligently to reach out in order to bring people together. Mary is our choice for City Council.”

—Brenda & Marty Harrity, Doc Ford’s Rum Bar & Grille

“I rarely do this. I wholeheartedly endorse Mary Bondurant for Sanibel City Council. She has proven her leadership and love for this community. She will be **ALL IN** and represent all residents, regardless of their stripes. Mary is interested in serving Sanibel without using it as a stepping stone. She has never wavered on public health in concern to a city mask mandate or keeping business open safely without compromise to it’s residents. **You are in safe hands with Mary.**”

—Daniel Thompson, Suncatchers’ Dream



“We know of no other Sanibel resident who is more suited in personality, temperament, ability, work ethic and experience to serve on City Council than Mary. She has served both country and community, ranging from her years in the Air Force and Air National Guard to volunteering for more than a dozen local organizations including Sanibel schools, museums, nonprofits and business groups. Over the years, Mary has received numerous accolades for excellence and commitment to Community. She was recently awarded the Sanibel-Captiva Rotary Club’s Business Person of the Year Vocational Service Award for **“Service Above Self”** which sums up Mary perfectly. In short, a vote for Mary is a vote for Sanibel.”

—Barbara Beran & Rick Shewring

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Rotary Happenings

submitted by Cindy Carter

Today's news is full of conflict, both locally and worldly. We are constantly bombarded with news stories full of details about the conflicts as well as pictures of the conflicts. All of which are spun to portray a certain feeling by the audience. Last week at our Sanibel-Captiva Rotary meeting, the featured speaker was Steve Youngblood, a world leader on the subject of Peace Journalism.



Steven Youngblood photo provided

workshops in 27 countries/territories. He is an honorary Rotarian (Parkville), and the Rotary District 6040 Peacebuilding ambassador. Youngblood is a two-time J. William Fulbright Scholar (Moldova 2001, Azerbaijan 2007). He also served as a U.S. State Department senior subject specialist in Ethiopia in 2018. He has been recognized for his contributions to world peace by the U.S. State Department, Rotary International, and the World Forum for Peace, which has named him a Luxembourg Peace Prize laureate for 2020.

*The Sanibel-Captiva Rotary Club is holding hybrid meetings on Zoom and in person at The Dunes. To attend a meeting in person (limit 20), email Bill Harkey at william.harkey@gmail.com by Wednesday. Zoom meetings are held on Fridays. Log on as early as 7 a.m., meeting begins at 7:30 a.m.**



Chamber representatives with staff of Blue Giraffe at the ribbon-cutting photo provided

Celebration Held For Restaurant's Second Location

Earlier this month, the Sanibel and Captiva Islands Chamber of Commerce celebrated the December opening of Blue Giraffe restaurant's second location at 1100 Par View Drive in Beachview Estates. Under the ownership of Geoffrey and Flavia Letendre, Blue Giraffe has been serving its brand of island-inspired American cuisine at Periwinkle Place for four years.

"The opportunity to engage more with the Sanibel community through a second location drove our decision," said Brad MacKenzie, clubhouse and public relations manager. "The menu is similar to our Periwinkle Place restaurant, but has quite a few different menu options."

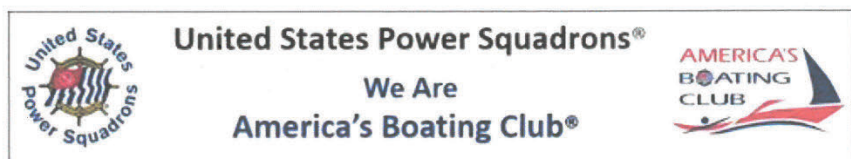
The new Blue Giraffe also has different hours from the original: lunch and dinner daily from 11 a.m. to 8 p.m.; and Saturday and Sunday brunch from 11 a.m. to 3 p.m. It has added seasonal live music to its Beachview operation every Friday and Saturday from 5 to 9

p.m. through March.

Like the Periwinkle Place location, it offers a full bar and SanCap Safe pandemic protocols with a pet-friendly patio. The Beachview Blue Giraffe seats 30 outside and 58 inside its newly renovated dining room and bar. It also has seating for 12 in the private dining room and 24 in the clubhouse. The restaurant takes reservations and offers take-out. Daily happy hour runs from 11 a.m. to 6 p.m.

"Blue Giraffe has become such a culinary fixture in our community," said John Lai, chamber president and chief executive office. "We are happy to see it expand its wonderful cuisine to the Beachview neighborhood to accommodate golfers, beachgoers and residents."

"The chamber and the Blue Giraffe have always worked together to promote the preservation of the islands, local character and local businesses," said MacKenzie. "The chamber helps keep us connected to those groups and our common interests. We are proud to participate in chamber activities and sincerely appreciate the support of the chamber throughout the year."*



BOATING SEMINARS

Learn to be a Better Boater. Update your boating knowledge with Members of the Sanibel-Captiva Sail & Power Squadron

Saturday, March 20

BASIC WEATHER & FORECASTING 10 AM - 12 Noon with Bob Orr

"A veering wind will clear the sky; A backing wind says storms are nigh." The safety and comfort of those who venture out-on-the-water have always been weather dependent. This seminar is a must for boaters who have never taken a weather course. The complex subject of weather is presented in a way that is both understandable and useful. Topics include Air Masses and Fronts; Winds; Storms; Clouds and Thunderstorms Fog; and Forecasting.

INTRODUCTION TO NAVIGATION 2 PM - 4 PM with Steve Abbott

Modern marine electronics like GPS and Chartplotters make it easy to plan, navigate, and check your progress on the water. This seminar will introduce you to using nautical charts to determine safe routes, creating waypoints in your Chartplotter and other GPS devices. It also introduces basic electronic navigation with free software and charts.

Saturday, March 27

AIS ELECTRONICS FOR BOATERS 1 AM - 12 Noon with John Fridlington

AIS. Automatic Identification System conveys position, speed, course, name, MMSI, and dimensions. AIS provides Collision Avoidance by displaying relative position of nearby vessels, Triggering proximity alarms, and providing ship identification to facilitate radio calls. With AIS marine electronics onboard, you can identify potential dangers and quickly make decisions on the water. Many systems share your boat's information with other boats so they can also make better, safer boating decisions.

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Latest Winners Of Mask Challenge

A mask applied with a smile in the shape of Sanibel Island and another featuring a lottery ticket won the second round of the Mayor's Mask Challenge for January entries. In partnership with the Sanibel & Captiva Islands Chamber of Commerce, Sanibel Mayor Mick Denham has been awarding cash prizes monthly, December through February, for the most fashionable, flamboyant or ostentatious masks entered into the challenge.

Each month, typically one prize-winner from Sanibel and one from Captiva receives a \$200 award. Since there were no Captiva entries in January, both awards went to winners on Sanibel.

Part-time Sanibel resident Lauren Schneider emailed the chamber a photo of her wearing a mask with a copy of a lottery ticket attached in Bailey's General Store. Photo entries must be taken indoors at an island place of business.

"Once I found out that Mayor Denham had actually donated half of my winnings out of his own pocket, my husband and I decided that we are going to donate half of my winnings to FISH," said Schneider.

Eleven-year-old Neven Connor, who is living temporarily with her family on Sanibel, where her grandfather resides, entered three masks, which won as a set.

"The Sanibel Smile was meant to signify a smile because you cannot see



Lauren Schneider won for her lottery ticket mask photos provided

someone's smile through a mask," she wrote when she submitted her photo entries by email. "During times of COVID-19, a smile has to replicate a hug, kiss and high five. The smile on the Sanibel Smile mask is the shape of the Sanibel and Captiva islands."

Her other two entries she titled The Junonia Jumble and The Abstract Art. The fifth-grader said she would be using the \$200 in award money to put toward her college fund.

"We had 17 entries in January, a jump from the 12 we received previously for the partial month of December when



Neven Connor wearing her Sanibel Smile mask

we started the challenge," said John Lai, chamber president and chief executive officer. "Exactly as we were hoping, people are having fun with the challenge, which is meant to lighten the dire pandemic mood."

The mayor will award more cash prizes, matched by the chamber, after the end of February. Entries can be made by the end of the month to the chamber's Instagram or Facebook page using #mayorsmaskchallenge or via email to island@sanibel-captiva.org. Once Mayor Denham and the chamber's executive board choose the month's two winners,

they will award the cash prizes at the beginning of the following month.

"We all know wearing a mask helps keep the pandemic numbers down, so we're trying to ease the tension while facing a very serious problem," said Denham. "It still has the same objective to keep the islands safe."

Entrants can submit as many photos as they wish, but cannot submit the same mask for more than one month. Business owners and city or chamber employees are ineligible to enter.

"The Mayor's Mask Challenge celebrates those doing their part to comply with the chamber's SanCap Safe initiative," said Lai. "We know that wearing a facemask is so important and will ultimately be a symbol of this time, so we might as well have some fun and work together to slow the spread and fight COVID-19."✴

From page 2B

Commander

join the Legion family, now open to all veterans regardless of place and time of service.

Post 123 Commander Tim Moore issues a challenge to every Sanibel and Captiva veteran to visit their American Legion and see for themselves; a smoke-free place for veterans to meet and support the programs for less fortunate fellow veterans and their families. The American Legion needs veterans like you more than ever. To join or renew your membership, call 472-9979.✴

Tim

DROBNYK

for

City Council

SANIBEL ISLAND

- Sanibel resident for 21 years with two children that attended the Sanibel School
- Supportive of the Sanibel Plan and fiscal responsibility
- Connected to younger island families through continued management of island youth sports programs



Discover more about Tim and his views on topics important to Sanibel by visiting

SanibelCityCouncil.com

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Captains For Clean Water Fundraiser Returns

Captains For Clean Water joins forces with Sanibel's Best Homemade Ice Cream again this season for a year-long fundraising effort supporting education on the issues facing Florida's estuaries and Everglades. Capt. Chris Wittman invented the popular Dolphin Tracks flavor in 2020 to bring attention to water quality issues. "Every scoop of Dolphin Tracks sold raises funds to support water education and outreach," said Wittman, a self-proclaimed ice cream lover. "We are pleased to continue this effort into the second year in partnership with Sanibel's Best Homemade Ice Cream."

The Captains for Clean Water 2021 gift basket raffle is under way at Sanibel's Best Homemade Ice Cream, located at 362 Periwinkle Way. A select number



From left, Kevin Ruane, Laurie Verme, Vice Mayor Holly Smith, Alice Verme, Capt. Chris Wittman, George Veillette and Capt. Daniel Andrews sampling a new flavor of ice cream at a previous fundraiser photo provided

of high-profile gift baskets representing the generosity of island businesses will be raffled in support of Captains For Clean

Water, including A Day at the Beach and Sanibel Jewelry Spectacular. Raffle winners will be announced on Friday,

March 12 and Captains For Clean Water will be presented with a fundraising check. "Captains for Clean Water is fighting to overcome the most important challenge facing our community," said Laurie Verme, owner of Sanibel's Best Homemade Ice Cream. "I grew up on the North Shore of Long Island and my father was a bayman. I recall dolphins swimming in Long Island Sound until the water became unfit; they migrated south and so did we. Now with the risk of history repeating, my family and I want to take a stand for clean water. Water is life and is the most important part of our world. Working with Captain Chris and his team, we aim to make a difference and hope to turn heads in government at all levels." "We encourage the public to stay informed and consider becoming a member of Captains For Clean Water," said Wittman. "Water quality impacts everything from our economy to our way of life. We invite everyone to join us as advocates for long-term, science-based solutions to the manmade water crisis in South Florida."✧

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From left, Jeff Muddell of the trust company, Tony Lapi and Nancy Riley of CIHS, Al Hanser of the trust company, Tom Libonate of CIHS, Robin L. Cook of the trust company, and Jewel Jensen and Mike Boris of CIHS photo provided

Trust Company Partners With Historical Society

The Captiva Island Historical Society (CIHS) and The Sanibel Captiva Trust Company – the organization's season presenting sponsor – continue to move through the 2020-21 season with robust programming for islanders and visitors. The open-air cinemas have been particularly popular, featuring films on the area's history and trending topics about local culture and the environment. Al Hanser, founder and chairman of the trust company said, "We've enjoyed

being a longtime sponsor of the CIHS Speaker Series in the past and we are so impressed this year by the creativity of moving these interesting and entertaining programs outdoors in various locations for all to enjoy." On February 8, CIHS held a well-attended drive-in cinema night at McCarthy's Marina featuring *Queen of Swing*, a documentary by Florida filmmaker John Biffar. CIHS has one more cart-in or walk-in cinema night on Monday, March 8 featuring *Mullet: A Tale of Two Fish*, a WGPU documentary, also at McCarthy's Marina. Admission is free. Call 472-2323 to make a reservation. Visit www.captivaislandhistoricalsociety.org "Events" page for more information.✧

Record Breaking Sale On Sanibel

Kingfisher Real Estate brokered Sanibel Island's new highest price home sale at \$11,000,000. Phaidra McDermott, owner of Kingfisher Real Estate Inc., represented the seller and also procured the buyer on the gulf front property on West Gulf Drive. The previous record-breaking sale on Sanibel was achieved by McDermott

in 2017 for a property on West Gulf Drive. In addition, the most significant residential sale of Captiva Island was also accomplished by McDermott in 2016 for the Rapture Estate on Captiva Drive with a selling price of \$16,300,000. McDermott said the market for spacious luxury homes has increased dramatically. "We are seeing many new buyers on our shores who would traditionally visit other areas in the world. COVID has changed their thought process on a location that is safe, tropical and easy to travel to," she said.✧



COTI'S Choices for Sanibel City Council

Since 1975 Committee of the Islands (COTI) has worked to ensure the continuity of good local government, protect the environment, and preserve the sanctuary character of our barrier island community. That is our mission.

Over the years we have supported candidates for local public office who in addition to other qualifications, demonstrate a shared commitment to our mission.

Our choices for Sanibel City Council on March 2 are Mike Miller, Scott Crater and John Henshaw. We have evaluated written responses to a series of our own questions from all of the candidates, read their responses as well to questions posed by the local press and their oral presentations at forums conducted by organizations including the Sanibel - Captiva Chamber of Commerce and the Sanibel League of Women Voters.

While we admire and applaud all six candidates for their willingness to serve and their ongoing involvement in public service, Mike Miller, Scott Crater and John Henshaw showed the greatest understanding of the complex issues that confront our city and a vision for addressing those issues consistently with the underlying principles of the Sanibel Plan and Vision Statement. Visit COTI.org to view candidate responses to our questions.

COTI's choices for Sanibel City Council
MIKE MILLER, SCOTT CRATER AND JOHN HENSHAW

A paid political advertisement sponsored and paid for "in kind" by the Committee of the Islands, PO Box 88, Sanibel, FL 33957 and approved by Mike Miller, Scott Crater and John Henshaw



America's Boating Course graduates and instructors

America's Boating Course Graduation

On a windy and chilly day recently, graduates of America's Boating Course gathered on the Sanibel Causeway to celebrate as well as meet their virtual course instructors in person. Over 20 students took the two-session

course, which covers basic boat operation and safety with an emphasis on boating the local waters around Sanibel and Captiva. Included with the course is an on-the-water sunset cruise on San Carlos Bay during which students experience navigation during daylight hours and after dark. By successfully completing the course, students receive a Boating Safety Education ID card from the State of Florida. This ID card satisfies State

of Florida education requirements for operating boats in Florida waters. The next virtual session of America's Boating Course will be held Wednesday and Saturday, March 3 and 13. To learn more about the class, contact lead instructor, Bob Orr, at 579-0139 or robert.orr1663@comcast.net. To register, go to www.sancapboating.club, click on "Education" at the top of the page and complete the registration form for the 28JAN20 ABC class.✧

photo provided

Family Purchases Iconic Captiva Restaurant

Captiva Hospitality Restaurant Group, LLC, owned by Tim and Julie McGowan, originally of St. Louis, Missouri, announced the recent acquisition of Captiva Island's iconic waterfront restaurant, The Green Flash. The Green Flash has long been a mainstay on Captiva and has been considered one of the finest restaurants on the island. The restaurant is situated in the heart of Captiva directly upon the busiest part of Roosevelt Channel. It is an ideal place to sit and enjoy outdoor dockside dining and watch the manatees, otters and fishing boats compete for the local catch. The McGowans purchased The Green Flash from Andreas Bieri who created the concept and opened the restaurant in 1994. Terms of the deal were not disclosed but the acquisition included both the real estate and the restaurant operations. Initially, the McGowans were interested in expanding their family's successful Rosalita's Cantina brand and had searched for years on Sanibel and Captiva for a viable opportunity. After many visits and wonderful meals at The Green Flash, the focus gradually changed from converting to the Rosalita's brand to continuing the

continued on page 12B



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FISH Social Services Director Nitza Lopez receiving her 2020 grant award last January from Zontian Kelly Turnage photo provided

Meet Zonta Grant Partner: FISH Of SanCap

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, the 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, Habitat for Humanity, and a dozen more.

Despite cancellation of the 2020

Peek, out of concerns for health and safety, funds for distribution in January 2021 – while reduced – were available through the generosity of benefactors, sponsors, and tour ticket-buyers. Zonta is proud to introduce some of the wonderful organizations supported by these funds.

Meet FISH of SanCap, celebrating 39 years serving the islands, neighbor to neighbor. The vision of FISH is to enrich the daily lives of all people on Sanibel and Captiva with social services, education and assistance. In 2020, FISH answered over 25,000 service requests and distributed 246,545 pounds of food through its Food Pantry program. “The depth and breadth of the services we offer would not be possible without our generous donors and dedicated volunteer force,” said FISH President and CEO Maggi Feiner. “We run on a lean staff of about seven full-time employees, so the majority of our work from delivering hot meals to seniors, stocking our food pantry, filling kids’ food backpacks, and delivering medical equipment is being carried out by our 200 volunteers.”

Zontians have long volunteered at FISH by gathering food for the shelves, delivering services to neighbors in need and staffing its annual fundraiser, the 10K Race for FISH. Describing the 2021 Zonta grant award to FISH, Zonta liaisons Betty Abbott and Kelly Turnage pointed out that FISH considers women’s health intrinsically linked to economic self-sufficiency, noting that many of the clients it serves are female heads of households, often the only parent. The 2021 Zonta grant provides funds to help women with medical expenses so they need not decide between their own health and the ability to support their families.

Look for information soon about a 2021 Peek Repurposed, set to begin on Monday, March 1. To support Zonta’s work, visit www.zontasancap.org and click on “Donate.”✱

Superior Interiors

Bold Ways To Style A Bathroom



by Marcia Feeney

The bathroom is often considered a place for comfort. It is a space to gather yourself after a long day and put yourself together before the start of a new one. While

this space is touted as a relaxation station, there is no reason for dull design and outdated decor. There are various bold and adventurous ways to spruce up your bathroom space without taking away from a calming and cozy atmosphere.

If you’re currently in the brainstorming phase of redoing one of your bathrooms or you are simply considering a revamp, here are a few daring design tips and ideas.

Choose a daring color combination (and don’t forget, you can paint the ceiling, too). Bathrooms tend to be covered in standard neutral colors such as white, gray and similar tones, but that doesn’t mean this space needs to be traditional in your home. Bold color combinations, such as rust and turquoise or navy and gold, are options that stand out and turn your bathroom into the next conversation starter.

While painting the walls can make a dramatic difference, bold wallpaper can go the extra mile. There are dozens

upon dozens of fun and bold wallcovering options to consider; from bright pink oversized flamingos to abstract art and floral designs, there’s an intriguing option out there for everyone.

Decorating your bathroom in a bold way means stepping outside of the box when it comes to traditional washroom decor and accessories. Your wall art doesn’t have to showcase bathroom toiletries, and countertop trinkets don’t have to be pampering tools. Consider hanging vintage portraits and placing unusual vases and plants in a way that showcases your personality.

If you’re looking for a single accessory that can make a major difference in the atmosphere of the bathroom, a bold mirror is a step in the right direction. Find a frame with an unusual design, style, texture, or color that complements the tone of the walls and accessories.

An elegant yet quaint consideration, gold or bronze hardware, can take your bathroom from one level to the next. It is a great opportunity to make the finishing touch that exudes a sleek and polished vibe. Black hardware, on the other hand, can stand out as more distinct features in a bathroom filled with color. Both options are built to make a bold statement and stand out from what is usually expected.

While the bathroom is a small living space, it can still be intimidating to redesign, especially when you’re taking on a bolder scheme. Professional guidance and assistance during the design process can help you avoid costly mistakes and increase the functionality of the bathroom and adjacent dressing areas.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✱

From page 10B

Restaurant

excellent traditions of The Green Flash.

The McGowans credit Bieri with having a wonderful vision back in 1994 as well as having the talent and tenacity to have operated The Green Flash as a first-class restaurant for over a quarter of a century. “It is our goal to continue the traditions of The Green Flash and honor all of the hard work and dedication that has been consistent throughout the years,” Julie McGowan said.

The Green Flash is open for

lunch and dinner daily (except for Thanksgiving and Christmas day). The fare is traditional gourmet dining with a European flair. There are ample parking spots and 15 boat slips if you decide to come by water.

The McGowans have already expanded the outdoor patio and initiated dinner service to the dockside tables.

Tim McGowan said, “We are very grateful to Andreas and Sandy Bieri for entrusting us with the historic legacy of The Green Flash. It is now our family’s obligation to continue to provide for the employees and the loyal customers of The Green Flash.”✱

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Will Power

Between Liberty And License



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

John Locke, a British Enlightenment figure of the late 17th century, is credited with some of our Founding Father’s foundational thinking. In Locke’s time, European monarchs were thought to be God’s appointed representatives on earth, and therefore weren’t accountable to earthly authority. Among other things, monarchs made the rules, changed those rules on a whim, waged war, and imprisoned or killed dissenters. They ruled as they pleased, even though a monarch’s sole responsibility to his subjects was to protect them.

Locke’s ideas were radical in his day. He rejected monarchs’ divine origins, writing in his Two Treatises of Government volumes (1698) that every man was endowed by our Creator with inalienable rights that governments are responsible to protect, including “life, liberty and the pursuit of estate.” Power flows from the consent of the governed, not the other way around.

Sound familiar? As an aside, the reason Jefferson changed Locke’s finals word from “pursuit of estate” to “pursuit of happiness” is because the former, in Locke’s writings, referred to property, which was controversial amongst the revolutionaries framing the Declaration of Independence, since that term included slaves. Jefferson’s vision of happiness was the pursuit of wealth.

The idea of ordinary citizens having property rights is a notion we take for granted today but was not a historical western norm until sometime in the past 350 years. Until then, the king had the absolute authority to appropriate other people’s property. English scientist and philosopher Thomas Hobbes (1588-1679) wrote of a social contract theory in his seminal work, Leviathan, where citizens abdicate themselves to a sovereign who, through 12 principal rights governing every aspect of their lives, protects them.

Locke, in contrast, saw that private property rights were essential to a free society. Therefore, private ownership of investments, properties and wealth (around which I’ve based my estate planning career) is a modern phenomenon. These concepts spawned the freedoms resulting in exponential human progress that otherwise couldn’t have been possible.

Yet a free society requires something more than property rights. Edmund Burke, an 18th century Anglo-Irish statesman and philosopher said, “Men are qualified for civil liberty, in exact proportion to their disposition to put moral chains upon their appetites.”

How’s The Market? Ask Ann

Today’s market... mid February 2021. Using the expression “Caught between the horns of a dilemma,” both buyers and sellers can be challenged to make a decision on how to negotiate a sales price. In my view, we are in a “Seller’s market” and this creates the “dilemma.”

Pretend you are the Seller and you want to make sure you get “top dollar” for your property. I agree and as a listing Realtor, here is the challenge: If you go too high, you may lose the advantage of an early sale (which is the time period you will get a “top” price with a minimum of price negotiations). Now, pretend you are the buyer. In today’s Internet world, most buyers are very armed with comparable sales and Zillow price estimates. If they (informed buyer) view your home as being over priced to the current market, they may not want to see it and other Realtors will not be promoting it. That’s the downside of overpricing. At the end of the day, free market conditions are very efficient.

Thinking about Selling? Make sure you talk with me. I will save you \$9,000 on average in fees based on a median priced sale on Sanibel. Call me at 239-850-0979.



Ann Gee
Broker/Owner



15 Closed Sales Going Back One Week: 8 Homes, 4 Condos & 3 Lots

- 2307 Wulfert Rd. Vacant lot - \$160,000
2319 Wulfert Rd. Vacant lot - \$160,000
1501 Middle Gulf Dr. F205 Sundial West - \$400,000
671 E. Gulf Dr. 4B2 Sandalfoot - \$475,000
1030 Kings Crown - \$820,000
2445 W. Gulf Dr. E-23 Pointe Santo - \$830,000
761 Nerita St. - \$853,870
2647 Wulfert Rd. 1 Sanctury Golf Village - \$899,000

- 5757 Pine Tree Dr. - \$915,000
201 Violet Dr. - \$1,000,000
2520 Caloosa Shores Dr. - \$1,025,000
829 Pyrula Ave. - \$1,175,000
836 Limpet Dr. Vacant Lot - \$1,260,000
5771 Baltusrol Ct. - \$1,700,000
2564 Wulfert Rd. - \$1,785,000

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

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Society depends on a system of restraints, and these can be imposed from the outside by enforcers like the police, or from within, in the form of conscience. The less law is internalized as conscience, the more society – if it is to avoid anarchy – will resemble a police state. Burke noted in Reflections on the Revolution in France (1790), “It is ordained in the eternal constitution of things that men of intemperate minds cannot be free. Their passions form their fetters.”

Which leads me to the conflict between liberty and license. Liberty meaning freedom bound by widely accepted moral constraints, while license refers to freedom without responsibility.

In a free society, man has the liberty to do as he pleases, yet there are expectations of self-restraint. We recognize responsibilities toward other members of society. Freedom without restraint, when individuals feel no such responsibility to others, when one only considers one’s rights without regard to how the exercise of those rights affects others, results in anarchy.

An example of this can be found in the traffic stoplight. There are not enough police to monitor drivers’ adherence to the requirement that one stops one’s vehicle when that light is illuminated red. When you approach an intersection at 45 mph and the light is green, you rely on the conscience of other drivers not to run their red light so that you may proceed to your destination unharmed. If enough drivers feel the license to do as they please, when no one stops when the light is red, danger ensues. The societal norm breaks down.

When societal norms break down, as Locke and Burke suggest, freedom is lost.

What stage is our society in?

Personal injury attorney advertisements appear to me as one “canary in the coal mine.” These ads essentially ask, “Isn’t there anyone I can sue for you?” Those firms’ target audience are people who feel victimized. Victimization is the opposite of taking responsibility for one’s actions. While true victims deserve representation, are there really that many in Southwest Florida to warrant millions of dollars of advertising to attract them?

Might it be a feeling of “I’ve got mine, and I don’t care how my claim affects my neighbors’ insurance premiums?” Should we ask ourselves whether that mindset is a cascading effect from others; the “haves” taking advantage of the “have nots” who then seek their revenge given the opportunity?

On the national stage, acrimony between Democrats and Republicans signals another warning. Depending upon who’s in office, the pendulum swings right, then left. There’s no middle ground. The majority party lacks self-restraint, taking everything that they can until the minority becomes the majority party, when the opposite occurs. This is the cycle of American politics.

We look to our party to protect us. Until they can’t, because they’re no longer in power. Doesn’t that feel closer to Hobbes’ social contract description than it does to Locke’s and Burke’s views that all men have inalienable rights, enjoying the fruits of freedom by exercising self-restraint, listening to an inner moral conscience?

I pray we haven’t fallen that far.✽

FISH Offers Webinar On Financial Health

FISH of SanCap is hosting a workshop entitled Take Control of Your Financial Health, where you can learn budgeting, saving and how to boost credit scores while eliminating debt. The Zoom call will be held on Thursday, March 4 from 5:30 to 7 p.m. Registration is required.

Financial health can be as important as physical health, as lacking the first can have an impact on the latter. The presentation will detail how to create a budget and savings plan, which can lead to boosting credit scores and eliminating debt. Ruben Perales, financial wellness manager at Fifth Third Bank, will be the presenter. Register in advance by contacting



Ruben Perales photo provided

Susan Alexander at 472-4775. You will be provided with a link and meeting ID number for access to the webinar.

For more information, visit www.fishofsancap.org.✽

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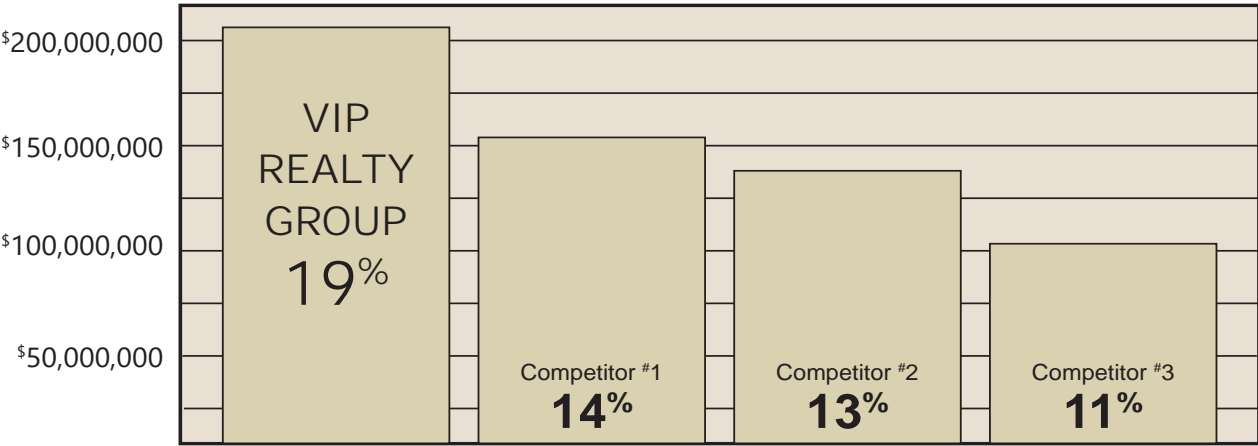
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- 4. REMODELED IN VICTORIA COVE - EAST END / SANIBEL**
- 4 BR +den/ 4 bath home on Sanibel's East end, steps to the beach with private boat dock & 16k lift.
 - Gorgeously remodeled, large porches, private pool & spa, top floor master with sundeck and Gulf views
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- 5. GULF VIEWS AT LOGGERHEAD CAY - SANIBEL**
- Enjoy your 2 BR/2 BA condo with vaulted ceilings, situated 1 back from the Gulf with incredible views from the corner lanai
 - Pet friendly community offers large pool, tennis, shuffleboard, and weekly rentals – great for families & investors.
 - **\$945,000 Euro 777,541**
- 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
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- 7. HAPPY DAZE - CAPTIVA**
- 4 BR + den/ 4 BA home situated amidst tropical vegetation just steps to the Captiva Village area
 - Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking your private pool & spa
 - **\$1,699,000 Euro 1,398,507**
- 8. GULF PINES WITH LAKE VIEWS**
- 3 BR/ 3 BA home close to the beach path on Sanibel's west end
 - Community amenities include pool and tennis courts
 - **\$725,000 EURO 624,266**
- 9. ON A WHIM - CAPTIVA**
- 2 BR/2 BA cottage located steps to the Bay in the Captiva Village
 - Newly painted, wood plank tile floors, multiple lanais and colorful décor
 - **\$1,195,000 EURO 1,059,848**

- 10. CAPTIVA VILLAGE HOME W/ GULF VIEWS**
- 4 BR home w/ pool located just 1 property from the beach on Wightman Lane
 - Rental company estimates \$180k annually. New septic, roof, generator, & offered furnished
 - **\$2,250,000 EURO 1,864,852**
- 11. 4 BEDROOM HOME ON INTERSECTING CANAL - SANIBEL**
- 4 BR/3 BA home with boat dock, lift, and private pool
 - Large kitchen, private elevator, multiple lanai's including rooftop deck with Bay views
 - **\$2,095,000 EURO 1,708,046**
- 12. NEAR BEACH HOME OFF WEST GULF DRIVE - SANIBEL**
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Frankly Speaking



by Howard Prager

Now that football is over and spring training hasn't yet started, it's gotten to the "quiet" time of year with just college and pro hoops, hockey and some golf and tennis tournaments.

Some players are already at spring training camps as pitchers and catchers were due to report this past week. MLB exhibition games with colleges have been cancelled for this year. A limited number (25 percent of capacity) of fans can attend spring training games this year. For the CenturyLink Sports Complex and Twins games, the first game will be the home opener, February 28 against the Red Sox. No season tickets this year, though. Individual tickets will be sold in groups of 2 or 4. Check the website of the Twins and Red Sox for the latest information and updates.

With so many games being cancelled in the NBA, LeBron James is leading an outcry to cancel the All-Star game this year. Some sportswriters have suggested to just have some socially distanced contests for slam dunk and three-point shooting, just like HORSE was played last year from player's locations keeping players safe from one another. The NBA isn't buying it and has sent out a memo regarding safety protocols for All-Star weekend in Atlanta on March 6 and 7. Players will need to test for COVID-19 each day and are allowed four guests each. Given the number of games the NBA has already cancelled, players may just want to stay home and stay healthy.

The regular season for NCAA hoops wraps up in a few weeks and many familiar names are not at the top. Particularly absent are ACC teams, especially Duke, North Carolina and Notre Dame, along with Kentucky and

other regulars. Only Virginia from the ACC is ranked in the Top 10, and the runaway leaders are undefeated Gonzaga and Baylor. Tournaments are also being moved. The Big Ten Men's Basketball Tournament, originally scheduled to take place in Chicago from March 10 to 14, will now be hosted in Indianapolis this year, as will all of March Madness. NCAA will be using facilities both at Indianapolis and nearby schools including Purdue and Indiana U. There's even talk of using some high school gyms, after all, Indiana is the state known for basketball.

Some tennis news from down under, where the Australian Open is being played without fans but with butterflies. Naomi Osaka was playing in her fourth round match when a butterfly landed on her. Again. And again. During her women's singles match on Friday someone yelled, "There's a butterfly on your legs." Before serving, Osaka took time to not only acknowledge the butterfly, but to gently escort the insect off of the court. During the exchange the butterfly lands on Osaka's legs, arms and even face. Osaka is third-ranked in the tournament and may not need the luck the butterfly brought, but she certainly welcomed it.

One other player of note that is doing well at the tournament without any extra luck is Jessica Pegula. She has reached her first Grand Slam quarterfinal at the Australian Open by earning her first victory over a Top 10 opponent. The 61st-ranked American, whose parents own Buffalo's NFL and NHL franchises, beat No. 5 seed Elina Svitolina of Ukraine (6-4, 3-6, 6-3) in Rod Laver Arena. Pegula, 26, has won four matches at Melbourne Park over the past week after entering the tournament with a total of three Grand Slam match wins for her career.

Daniel Berger won for the second time since the PGA Tour returned to golf in June with a victory in similar fashion to his earlier win at Colonial, where a half-dozen players had a chance to win over the final hour. At Pebble Beach, Berger was tied for the lead, needing a birdie on the par-5 18th to win. "I was going to go down swinging," he said. And swing he did,

hitting two of his best shots ever, a driver into the fairway and a 3-wood from 250 yards away in the cool air at sea level, which left him just 30 feet and two putts away. Berger capped it off with an eagle putt for a 7-under 65 and a two-shot victory over Maverick McNealy. "To step up there and hit a great drive and then one of the best 3-woods I've ever hit in my life, and then to make that putt, is just as good as it gets for me," Berger said. He finished at 18-under 270 for his fourth career victory.

The good news story of the week is from the Super Bowl. Not the game, but the halftime show. A 23-year-old Tampa man made history Sunday night during the Super Bowl LV halftime show. Joshua Felder was one of the dancers seen in a red sports coat and a white face covering surrounding performer The Weeknd. "He has high-functioning autism and is the first known person with an intellectual and developmental disability to take part in the show," CBS This Morning tweeted of

Felder. Felder told CBS his autism helps him. He has a photographic memory and could easily recall all the dance moves. "I use my autism and my photographic memory to help me stay focused," Felder explained to CBS. "Pretty much, it's a superpower. It's like a gift that I was given from birth." The 23-year-old dancer got his halftime audition after catching the NFL's attention with a TikTok video, CBS reported. And, the news network says his football connections don't end there. Felder and Super Bowl MVP Tom Brady are both ambassadors for the nonprofit Best Buddies, which works to improve the lives of people with intellectual and developmental disabilities. And you thought all the Super Bowl stories had been told. Stay safe and have a good week readers!

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@islandnews.com.

Tarpon Hunters Club Offering Free Fishing Clinic

The Fort Myers Beach Tarpon Hunters Club will hold its annual free tarpon fishing and tackle clinic at Bonita Bill's Waterfront Café clubhouse on Wednesday, March 3 at 7 p.m.

The guest speaker will be Capt. Matt Mitchell, local captain, fishing guide and 2016 winning team captain of the "Ding" Darling Tarpon Tournament. Joining Mitchell will be additional speakers discussing how to find and catch the mighty "silver kings" using various fishing techniques. There will be tabletop and instructional displays on the essentials of rigging and choosing the right baits.

The Fort Myers Beach Tarpon Hunters Club is the oldest tarpon fishing club in the world. Established in 1962 with the principal objective of furthering the grand sport of tarpon fishing with sportsmanship and safe boating practices, the club is committed to the preservation of tarpon and the conservation of their habitat while following the International Game Fish Association rules for catch



Capt. Matt Mitchell photo provided

and release. The club meets on the first Wednesday of each month at Bonita Bill's clubhouse.

Bonita Bills Waterfront Café is located at 702 Fishermans Wharf on San Carlos Island. For more information or membership, contact Steve Johnson at 630-880-1023 or fmbtarponhunters@gmail.com.

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SPORTS QUIZ

1. What Seattle Seahawks defender scored a safety 12 seconds into Super Bowl XLVIII when he tackled Denver Broncos running back Knowshon Moreno in the end zone?
2. The "Blake Street Bombers" – Larry Walker, Andres Galarraga, Dante Bichette and Vinny Castilla – were members of what MLB team in the mid-1990s?
3. What club did astronaut Alan B. Shepard use to hit golf balls on the moon during the Apollo 14 mission in 1971?
4. Who was knocked out by Muhammad Ali's controversial "phantom punch" in the first round of a May 1965 heavyweight boxing championship rematch?
5. What style of cheese do competitors chase down a hill in England's famous Cooper's Hill Cheese-Rolling and Wake event?
6. Montreal Canadiens goaltender Gump Worsley suffered a concussion in a 1967 road game against the New York Rangers after being hit in the head by what?
7. In 1938, what American tennis player won the Grand Slam – all four major tournaments – in a single calendar year?

ANSWERS

1. Cliff Avril. 2. The Colorado Rockies. 3. A modified Wilson 6-iron. 4. Sonny Liston. 5. Double Gloucester. 6. An egg thrown from the upper deck. 7. Don Budge.

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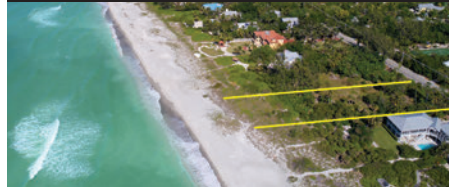
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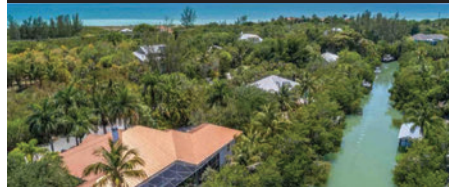
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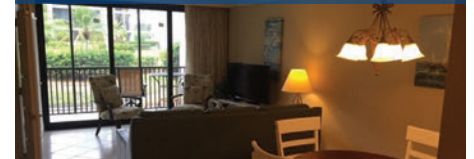
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Health First

What You Need To Know About Nondairy Milk



by Julie Rosenberg, MD

Cow's milk is rich in high-quality protein and it also contains important vitamins and minerals, such as calcium, phosphorus and B vitamins. One cup of whole milk has 149

calories, 8 grams of fat, 8 grams of protein and 12 grams of carbohydrates.

While cow's milk is a staple in many people's diets, others can't or choose not to drink cow's milk due to personal preference, dietary restrictions, milk allergy or lactose intolerance.

If you're like me and you don't drink cow's milk, there are many nondairy milk alternatives available. In fact, there are so many options that it may be difficult to determine which one to choose to best support your needs.

Let's look at how five top milk alternatives compare with cow's milk.

Soy milk – Soy milk is made with either soybeans or soy protein isolate, although it often contains thickeners and vegetable oils to improve taste and consistency. Nutritionally, soy milk is a close nondairy substitute for cow's milk. One cup of

unsweetened soy milk contains 80 calories, 4 grams of fat, 7 grams of protein, 3 grams of carbohydrates and 300 milligrams of calcium. Scientific studies show that drinking moderate amounts of soy milk may offer modest health benefits. Soy isoflavones are believed to be one of the main reasons behind the purported health benefits of soy-based foods. Soy milk is my personal favorite among the nondairy milks.

Almond milk – Almond milk is made from ground almonds and filtered water. However, most commercial almond milks also contain thickeners, preservatives and flavorings that are added to improve flavor, texture and shelf life. When compared to cow's milk, almond milk contains less than one quarter of the calories and less than half the fat. It is also significantly lower in protein and carbohydrates than cow's milk. One cup of unsweetened almond milk contains 39 calories, 3 grams of fat, 1 gram of protein and 3.5 grams of carbohydrates. Of note, almond milk is a natural source of vitamin E, a fat-soluble micronutrient.

Coconut milk – Coconut milk (a beverage) is made from water and the white flesh of coconuts. One cup of coconut milk contains 45 calories, 4 grams of fat, but no protein and almost no carbohydrates. Importantly, about 90 percent of calories in coconut milk are from saturated fat. Canned coconut milk is the liquid expressed from coconut meat. Canned coconut milk has 36 grams of fat per cup, so it's the nondairy equal of heavy cream! Don't choose coconut milk if you are on a low-fat diet.

Oat milk – In its simplest form, oat

milk is made from a mixture of oats and water. However, manufacturers often add extra ingredients such as gums, oils and salt to achieve a desirable taste and texture. One cup of oat milk contains 140 calories, 4.5 grams of fat, 2.5 grams of protein, and 20 grams of carbohydrates. Oat milk is high in total fiber and beta-glucan, a type of soluble fiber that binds to cholesterol, reducing its absorption in the body. Drinking oat milk may help lower cholesterol.

Rice milk – Rice milk is made from ground brown rice and water. Rice milk is the least allergenic of all nondairy milks, making it a safe option for individuals who are allergic to dairy, gluten, soy or nuts. One cup of rice milk contains 130 calories, 2 grams of fat, 1 gram of protein and 27 to 38 grams of carbohydrates (because it's made from rice). Rice milk has a high glycemic index; it is absorbed quickly by

the gut and rapidly raises blood sugar levels. Rice milk is not a good choice for those with diabetes or for individuals who have high protein requirements, given its low protein content.

In conclusion, there is a wide range of nondairy milks available on supermarket shelves. It can be difficult to discern which one to choose. First, know your dietary needs – do you have allergies or intolerances to certain ingredients in nondairy milk such as nuts or soy? Next, read labels. When selecting a product, keep in mind protein content, calcium content, added sugar, additives and, of course, cost.

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 www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.

Shell Museum Lecture Series

To celebrate the H2O Art Exhibition on display at Bailey-Matthews National Shell Museum through April 30, the museum is presenting a free three-lecture series on water, which will be available virtually via Zoom. Visit www.shellmuseum.org for a link to the Zoom invite. The lineup is:

February 25, 5 p.m. – Southwest Florida's Water Quality Challenges and the Urgent Need to Complete Everglades Restoration by James Evans, environmental policy director, Sanibel-Captiva Conservation Foundation.

March 25, 5 p.m. – Shells and Bad Water: Ocean Acidification and its Effects on Mollusks by José H. Leal, PhD, interim director and curator, Bailey-Matthews National Shell Museum.

April 22, 5 p.m. – Blue Revolution: A Water Ethic for America and Florida by Cynthia Barnett, award-winning environmental journalist.

The H2O Art Exhibition was created in partnership with Alliance for the Arts to bring many interpretations and responses



James Evans



José H. Leal

to the individual and communal connections to water. The exhibition can be viewed on the second floor of the museum during regular museum hours (with paid admission). Most artwork on display is for sale, and a commission will be donated to the museum.

For more information, visit www.shellmuseum.org or call 395-2233.



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Local Chambers To Host Update On Legislation

Two speakers with the Florida Restaurant & Lodging Association (FRLA) will address hospitality industry issues in the upcoming state legislative session during a Hospitality Virtual Legislative Update 2021 scheduled for Wednesday, February 24 from 9:30 to 10:15 a.m. The Sanibel & Captiva Islands Chamber of Commerce and Greater Fort Myers Chamber of Commerce are partnering on the presentation, which is sponsored by SENTEXT.

"We dive into this year's legislative updates for Southwest Florida and get the inside scoop on what to expect from Tallahassee this year, and how it will impact the hospitality industry," said Lois Croft, FRLA Southwest director.

As FRLA general counsel, Samantha Padgett provides legal advice and services to FRLA and its leadership, and serves as an advocate for the restaurant and lodging industries at the federal, state and local levels. She previously served for 10 years as the vice president and general counsel of the Florida Retail Federation.

Padgett, a member of the Florida Bar, graduated cum laude from the University of Florida College of Law and received her bachelor of arts from Emory University. She has served on the VISIT FLORIDA Board of Directors, the University of Florida Center for Retailing Executive Advisory Board, and the Florida Recycling Partnership Board of Directors.

Richard Turner assumed the role of FRLA senior vice president of government



Richard Turner



Samantha Padgett

relations in September 2002. He has been a member of the Florida Bar for more than 25 years, and has more than 17 years of experience in state government. His last position at the state level was as director of the Division of Alcoholic Beverages and Tobacco, Department of Business & Professional Regulations.

Turner represents the industry before the Florida Legislature and such various Florida organizations as the Florida Cabinet, Department of Revenue, Department of Agriculture, and Department of Business and Professional Regulation, plus, on occasion, in Washington, DC.

"These two are the experts on how the 2021 Florida legislative session could affect the outlook for hospitality in the coming year," said John Lai, chamber president and chief executive officer. "This is a presentation that chamber members won't want to miss. Non-members can also register by emailing me for information."

The Sanibel-Captiva chamber has sent Zoom invitations to members. When they RSVP, they will receive a link to the meeting. For more information, contact Lai at john@sanibel-captiva.org.

Sanctuary Foundation Supports CHR



From left, Joel Levine, Linda Linsmayer, Steve Peltzman, Melissa Rice, Lisa Schmidlin and Ken Kouril photo provided

Community Housing and Resources (CHR) recognizes The Sanctuary Golf Club Foundation as presenting sponsor for its annual fundraiser, Manatee Madness. This unique initiative involved local artists who handpainted manatee mailboxes, which are now on display at 15 different locations throughout Sanibel.

John McCabe, president of The

Sanctuary Golf Club Foundation said, "Our mission is to support nonprofits that positively impact the lives of people in need who are living or working on Sanibel or Captiva. Together with CHR, we are making our community a better place to call home for all. I encourage everyone to visit the area businesses of Sanibel and

continued on page 25B

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Beautifulife:
Love Is



by Kay Casperson

Years ago, when my daughters were just toddlers, I had a favorite book that I would read to them called *What Is Love*. I got it from my parents, who received it from my cousin,

whose daughter is an artist and was the illustrator for this book. Valentine's week is a time for many to express their love for each other in various ways. From getting couples massages, sending someone special to the spa, buying flowers, cards, or even dining out with friends or family.

For some reason, my mind wandered back to the days of reading this book to my kids, so they could determine what love was for themselves. "What is Love?" is the question that it asks over and over again. Can you see it? Can you feel it? Can you touch it? Can you hear it?

All of these questions can be answered with a big "Yes." Sometimes bringing back a lesson that we used to teach our kids can remind us of important things that we overlook and maybe even take for granted. We forget that we can express our love in many ways, but sometimes the smallest ways can significantly impact us.

Love is the smile you get when you

do something nice for someone. Love is the smell of a meal cooked specially for you by someone who cares. Love is that sweet embrace and the sound of laughter between friends. Love is all around us in the big and little things.

This particular book's actual point is that love is God and God is everywhere, always and forever. If you look for it, you will see that love is in the beauty of the earth and the people we surround ourselves with every day.

One of my favorite bible verses is 1 Corinthians 13:4-8 (NIV): "Love is patient, Love is kind. It does not envy; it does not boast, it is not proud. It does not dishonor others; it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hope, always perseveres. Love never fails."

We don't need to wait until Valentine's week to express it; in fact, we speak it in the little things we do every day without even knowing it. Love is the most powerful word, thought and expression that we have. It is the reason there is creation, kindness, humanity, peace and all the things that lead us to our best and most beautiful life.

My affirmation for you this week is: "Love is what inspires me to be my best every day, and I will continue to give it away freely."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva

islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✧

dearRPharmacist

How To Make
An Herbal
Immune Tea



by Suzy
Cohen, RPh

Dear
Readers:

Upper respiratory tract infections often necessitate the need for time off work and various nonprescription medications to help

relieve symptoms. But how would you like to make a tea that helps? Teas are very easy to make at home. Everything in my recipe below can be purchased at a health food store, or from an online apothecary. My video for this recipe is on my website by the way, and you can search it by the title *Make Your Own Immune Tea*.

Ingredients
5 cups water
1 tbsp. Elderberries
1 tbsp. Echinacea
1 tbsp. Orange Peel
2 tsp. Licorice Root

Optional: Honey to sweeten

Directions: Pour five cups of water into a pot and stir the herbs in. Over medium low heat, bring the water to a soft boil and then reduce heat to a very gentle simmer. Continue simmering for about 20 to 30 minutes. Strain the herbs and pour the tea into a glass jar to store. Sweeten if desired. Store in refrigerator for three days. Drink one cup daily.

Here are the benefits of each herb:

Elderberry – Elderberries (*Sambucus nigra*) have been used as a natural defense against virus and bacteria for centuries. Studies prove that it can even help inhibit growth of certain influenza strains. Furthermore, studies suggest that this herb can help with obesity, insulin signaling and various other biomarkers of endocrine dysfunction.

Echinacea – This herb has been used

for centuries to help control symptoms of the common cold, influenza and other pathogens. Most consumers and physicians are not aware that commercially available products containing "echinacea" differ appreciably depending on what species and part of the plant is used. Echinacea inhibits hemagglutinin and neuraminidase, controlling spread and severity of influenza.

Orange Peel – This is dried orange rind, and it imparts vitamin C which is useful as a strong antioxidant. A lot of research has been conducted on C because it is known to help shorten duration of misery. As a side note, you cannot synthesize collagen without vitamin C, and it's not made in the human body either. Wrinkles are more profound when you run low on collagen, and it starts to slowly decline after age 20 or 25 in most people.

Licorice Root – This contains an active compound called glycyrrhizic acid, which is known to slow down the growth of many viruses. It can also directly kill certain viral particles. What I am talking about here is not candy, it's an herbal extract from the plant called *Glycyrrhiza glabra*.

Honey – Unprocessed (raw) honey has anti-bacterial and anti-viral properties that can serve to improve immune system function, so don't feel guilty if you want to sweeten your tea. Just use a good brand such as Manuka, or similar.

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.✧

Continental
Women To Meet

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, March 4 at 11:30 a.m. The guest speaker will be Eric Lane, campaign and partnership manager of The Salvation Army. He will discuss how this local charity is weathering the pandemic. Masks are required. Cost is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call Liz Paul at 691-7561.✧

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Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you suggest your top ways I can let go of stress that I don't want to carry into this new year?

A: Having the desire to let go of stress is a great way to begin a new year.

There are many techniques to help reduce stress, and you requested the top tips, so I will give you what I believe to be the top suggestions to pave the way for many other strategies.

Your soul wants to be light, not

burdened with heaviness, so releasing stress is a way of domesticating your ego, as the ego is a pack rat. The soul can become weighed down by all of the ego's possessions through perception and material means. Letting go of stress is a way of releasing possessions, attitudes and beliefs of the ego.

The following are some initial steps in releasing and reducing your stress:

1. Respond and Breathe rather than React – Our ego is prone to reacting to a perceived threat out of defensiveness and insecurity. Become aware of how you act under duress and choose a more appropriate response. Allow your soul to respond rather than your ego to react. With awareness, each time you encounter a stressor, breathe, practice patience and learn to respond rather than react. Survey the situation, review your options and act accordingly. It is such a powerful shift that you will like.

2. Surrender Your Ego – Once you learn to let go and surrender, your mind, body, spirit and emotions will all work together in harmony and integrate the wholeness of you. You will detach from your emotions long enough to observe your behavior and how it can impede progress toward your self-awareness. Surrendering the ego is the first step necessary to claim responsibility and begin to resolve the stressor at hand.

Take a moment to reflect on some issues you have now. As you reflect, become the observer and ask yourself which of these issues you are able to detach from, surrender and work on to resolve.

3. Notice and Follow your Dreams – The soul uses the unconscious mind to communicate to our conscious mind through thoughts, memories, insights and dreams. It was psychiatrist Carl Jung's opinion that dreams were a way to deal

with our daily situations that can help us resolve problems in our waking state. Remembering dreams is not always so easy, however it can become a skill that can be effective with some practice. One way to begin is to write down the dream and play with the dream fragments and see if they can be encoded. By increasing the fluency in the language of dream symbols and processing their messages, we release the stress that holds us captive. In fact, it was Jung who suggested to follow the insight of your dreams, for to ignore these messages – just because they may seem irrelevant or incoherent – is unwise and unproductive to the soul's growth.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.*

Doctor and Dietician

What Is The Anti-Inflammatory Diet?



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

Most of us have been taught that inflammation in the body is bad for you – and it is – if the inflammation is systemic and chronic. But please note, inflammation can be bad AND good.

Remember, God made the body so that the natural inflammatory process releases healing cells to an injured area, such as when you sprain your ankle or twist and fall, or when your body is fighting infection. Immediately popping anti-inflammatory pain pills will stop that healing process, thus we recommend that people avoid them and only take them occasionally.

Systemic inflammation that occurs chronically can lead to a breakdown in the body, accelerating disease processes and even lead to weight gain. Some evidence of the widespread increase in the incidence of chronic systemic inflammation is the rise in autoimmune diseases.

Studies show that what we eat plays a major role in fighting and/or preventing systemic inflammation.

As you know, we encourage a plant-slant diet. Adding superfoods to every meal with high levels of antioxidants can help you stay healthy and ward off disease. We have access to so many great fruits and vegetables here in Southwest Florida with our local grocery stores, farmer's markets and produce delivery options such as Misfits and SWFL Produce. Make it a lifestyle, not a diet.

Include nutrient-packed foods such as berries (strawberries, blueberries, raspberries and blackberries); cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, arugula, collards and cabbage); green leafy vegetables (spinach, kale and romaine); celery; avocado; fatty fish (salmon, sardines, herring, mackerel and anchovies); as well as spices like turmeric and ginger; and oils such as extra virgin olive oil and coconut oil. And the good news, include dark chocolate, organic cocoa and red wine (especially good is Sardinia, Italy's Cannonau red). We eat these (and other plants) regularly and truly enjoy them... and we know you will too!

As we stated above, inflammation

occurs naturally in the body when the body is sick or injured. Chronic and sustained inflammation, however, is linked to many chronic diseases such as heart disease, obesity, diabetes and metabolic syndrome. These foods, however, can be the cause of inflammation and pain in your body, so it is best to avoid them: fried foods; vegetable oil high in omega-6 fatty acids; grain-fed meats (choose grass-fed); highly refined white flour products; sugar; high levels of alcohol; dairy products; trans fats (hydrogenated oils and margarine); processed meats; additives and dyes; iodized salt; and artificial sweeteners (such as aspartame); and pasteurized juices.

Help your body stay strong, fight

disease and function optimally by choosing foods that are health-promoting versus health-deteriorating. If you are receiving regenerative injection treatments at Caring Medical in Fort Myers, you will heal faster and accelerate your recovery if you eat a superfood-packed diet. We aim to help keep you active for life!

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

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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.....	http://abwasanibelcaptiva.org
American Legion Post 123.....	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL.....	https://www.audubonswfl.org/
Audubon Society.....	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 31B



"I'm not _____ the bride away,
Reverend. It's costing me \$10,000!"

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!

Swish
LAGGER

Trajectory
COVERT

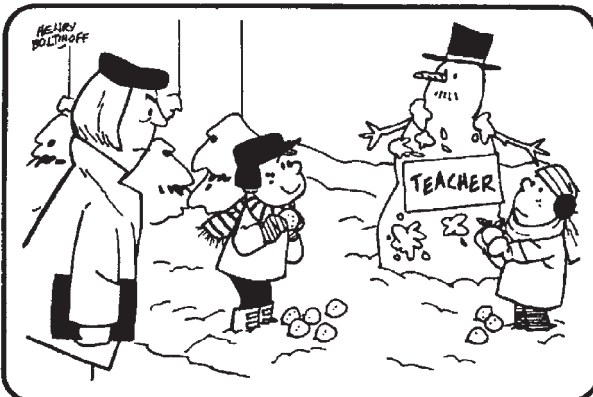
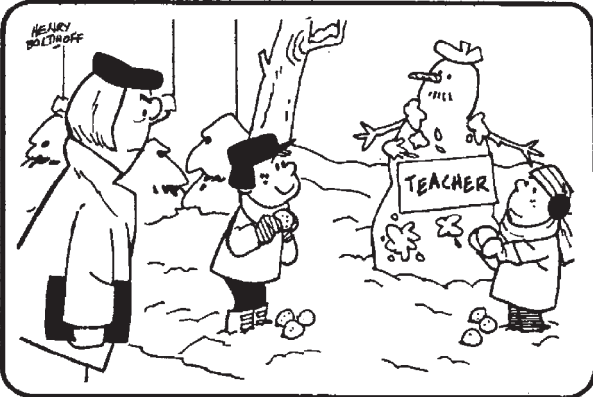
Scoundrel
VINILLA

Tarsus
KLEAN

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Snowman's hat is different. 2. Boy has a scarf. 3. Snowballs have been added. 4. Tree is missing. 5. Teacher's nose is different. 6. Boy is holding an apple.

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.

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

PETS OF THE WEEK



Tank ID# A709161 photos provided
Lee County Domestic Animal Services

Tank And Daisy

Hi, my name is Tank. I am a love-a-bull, hug-a-bull, adopt-a-bull 6-year-old red male pit bull. I am 85 pounds of love in need of a little more exercise and a lot less treats so I can have many more years to share that affection with my new family. My previous owner passed away, and my family could not care for me and knew how much I have to give. My adoption fee is \$25.
Hello, my name is Daisy. I am a beautiful 4-year-old male tuxedo cat that was quite timid when I first came to the shelter, but I'm coming out of my shell. I love attention and lounging in my bed. My favorite pastimes include eating and



Daisy ID# A850684
cavorting in the free roam room with volunteers. I'm happiest when I am the center of attention now that I have gotten used to the love and affection I have received at animal services. My adoption fee is \$50, and you can adopt a kitty friend for me at no additional cost.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, February 26 from 9 a.m. to 2 p.m. A physician referral is not required. It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Sanctuary

From page 21B
enjoy the Manatee Madness before it's over." everyone to visit the area businesses of Sanibel and enjoy the Manatee Madness before it's over."
"On behalf of the staff and board of directors, we are truly grateful for the ongoing support from The Sanctuary Golf Club Foundation," said Melissa Rice, CHR executive director. "Our residents have been deeply affected by the pandemic over the course of the past year, as we all learn what the new normal means. CHR is dedicated to providing affordable housing to families and individuals who work on and who serve our island community." Rice said, "The Manatee Madness fundraiser is a fun and safe way to raise funds for CHR over the next few months."
Co-chairs Arlene Dillon and Laura DeBruce have been actively involved in

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

arranging this year's Manatee Madness. "This entire process in organizing this fundraiser was one of the most fulfilling personal challenges I have experienced since becoming a full-time resident of Sanibel," said DeBruce. She and Dillon supported the fundraiser in finding sponsors and contacting them for confirmation, as well as verifying the artists who participated.
"The manatees are scheduled to be auctioned off to the highest bidders at our 'walk-through' event at the Sanibel Historical Village on Sunday, April 11 and we hope to see everyone participate leading up to this fun and safe event," said Dillon.
Visit CHR's website to select your favorite manatee and cast your vote by donating \$10 to support CHR and learn more about the artists who created these works of art. Visit www.sanibelchr.org/mm2021 and keep up to date by signing up for CHR's newsletter at www.sanibelchr.org.

My Stars ★★★★★
FOR WEEK OF FEBRUARY 15, 2021

Aries (March 21 to April 19) Doing something nice for others is typical of the generous Arian. But be prepared for some jealous types who might try to question one of your more recent acts of kindness.
Taurus (April 20 to May 20) You're eager to take on new responsibilities. But before you do, you might want to check out exactly what would be required of you so that you don't face any "surprises" later.
Gemini (May 21 to June 20) It might be best to put off an important decision until a fluctuating situation becomes more stable. Recently received news could help resolve a long-standing family matter.
Cancer (June 21 to July 22) If you still have a problem getting that information gap closed, you might consider asking a higher authority to resolve the matter, leaving you free to move on to another project.
Leo (July 23 to August 22) A family matter needs to be dealt with at the start of the week. Once it's resolved, the Big Cat can devote more attention to that new opportunity that seems to hold so much potential.
Virgo (August 23 to September 22) Pay attention to those niggling doubts.

They could be warning you not to make any major decisions until you've checked them out -- especially where money matters might be involved.
Libra (September 23 to October 22) A business venture might need more of your attention than you are able to provide. Consider asking a trusted friend or family member to help you work through this time crunch.
Scorpio (October 23 to November 21) A more-positive aspect helps you get a clearer focus on how to handle your time so that you can deal with several responsibilities that are just now showing up on your schedule.
Sagittarius (November 22 to December 21) A very close friend (you know who that is!) has advice that could help you work through a confusing situation. So put your pride aside and ask for it. You'll be glad you did.
Capricorn (December 22 to January 19) A workplace situation could turn a bit tense. The best way to handle it is to confront it and deal with it openly. Doing so can help reveal the underlying reasons for the problem.
Aquarius (January 20 to February 18) A colleague's remarks appear to be especially cutting. But don't waste your time or your energy trying to deal with the situation. You have more important things

to do.
Pisces (February 19 to March 20) Support for your work comes as a surprise from someone you thought was critical or, at least, indifferent. Your spouse or partner has big plans for the weekend.
Born This Week: Your spiritual strength often acts as an inspiration to help others make decisions about their lives.
MOMENTS IN TIME
• On Feb. 24, 1786, Wilhelm Karl Grimm, the younger of the two Brothers Grimm, is born in Germany. The Grimm collection of folk and fairy tales includes *Hansel and Gretel* and *Little Red Riding Hood*.
• On Feb. 25, 1862, the U.S. Congress passes the Legal Tender Act, authorizing paper notes to pay the government's bills. It ended the long-standing policy of using only gold or silver in transactions.
• On Feb. 26, 1919, the Grand Canyon National Park is established. The chasm, home to more than 1,500 plant and 500 animal species, is more than a mile deep, and 15 miles across at its widest point.
• On Feb. 22, 1959, Lee Petty edges Johnny Beauchamp in a photo finish to win the first-ever Daytona 500 in Florida. Beauchamp was initially named the winner,

until Petty challenged the results using news photos.
• On Feb. 27, 1964, the Italian government begins accepting suggestions on how to save the Leaning Tower of Pisa from collapse. The top of the 180-foot tower was hanging 17 feet south of the base. The tower's lean is caused by the remains of an ancient river estuary under the building.
• On Feb. 23, 1980, speedskater Eric Heiden captures the 10,000-meter race at the Winter Olympics in Lake Placid, New York, in world record time to win an unprecedented fifth individual gold medal. Heiden had overslept and rushed to the rink after eating just a few slices of bread.
• On Feb. 28, 1993, in Waco, Texas, federal agents launch an unsuccessful raid against the Branch Davidian compound as part of an investigation into illegal possession of firearms and explosives by the Christian cult. On April 18, U.S. Attorney General Janet Reno approved a tear-gas grenade assault on the compound. A fire erupted and at least 80 people died.
NOW HERE'S A TIP
• Line your veggie and fruit drawers with plain paper towels to avoid messes in the refrigerator. Check through produce daily to remove any spoiled items.

PUZZLES

Answers on page 31B

Super Crossword

AM TOO!

- ACROSS
- 1 Kuwaiti rulers

6 Pin to hang a chapeau on

12 Clothes

16 "This is so frustrating!"

19 Maui porch

20 Single-celled creature

21 Old term for margarine

22 Sooner than, in sonnets

23 Incriminated dancer

25 Possible cause of sneezing

27 Petri dish gel

28 A handsome Greek god put half-and-half in his coffee?

30 Scholars' milieu

34 See

35 56-Across

36 Cornhusk-wrapped treats

43 Pizazz

44 Psychic glow

45 Volt-per-ampere unit

46 Stephen of film

49 Temporarily smiling broadly?

56 With

59 Sweetheart

60 Oklahoma city

61 Shoe retailer

62 Former flying inits.

63 Gas suffix

64 Tuscany city

66 Negative particle

67 Iowa's tree

68 Tony-winning musical performed in France's capital?

73 Graynor of "The Sitter"

74 Nabisco treats

76 Valleys

77 Wish to undo

78 Pince- —

79 6/6/44

80 Colonel North, briefly

82 Broadway star Rivera

84 Spokane-to-Boise dir.

85 Actor Ralph having reached a saloon's counter?

89 "— -hawl!"

90 Suffix with brilliant

91 Rod go-with

92 Memo starter

96 Group journey that has made everyone really hungry?

104 Memo starter Brian

106 British rocker

107 Cold carnival treats

108 Group of truck drivers who were once in the same college fraternity?

115 "After that ..."

116 Belgium's capital

117 Doubled radius of a toy on a string?

122 Go astray

123 Intro studio course

124 By wagering

125 Plant used to make tequila

126 Hankering

127 Pony pattern

128 SEALs' mil. branch

129 Renowned

DOWN

1 Pixieish one

2 Damage a bit

3 — funk (sad)

4 Ninth Muslim month

5 Gangster

6 Singer

7 "Yo te —"

8 Roman wrap

9 Small chirp

10 Spanish river

11 Illuminated like old streets

12 "Beat it, kid!"

13 Actor Guinness

14 Back area

15 Foreshadow

16 Some math specialists

17 French city

18 Ibsen's "— Gabler"

24 Matriarch

26 Pitch a tent

29 "— -di-dah!"

30 Feasted

31 Nev. neighbor

32 Docs' org.

33 — worse than death

37 Rhine feeder

38 Nev. neighbor

39 Yoga pad

40 Corn bases

41 Cronus' wife

42 Singer Sumac

47 Audience extras

48 Really suffer

49 Licked parts of envelopes

50 Actress Chaplin

51 KOA patron

52 Newsy bits

53 Tax-free bond, in brief

54 Israeli airline

55 Adult males

56 Supported

57 Oscar winner, e.g.

58 Not go right or straight while driving

64 Paper unit

65 Actor Ziering

66 Lend — (listen)

69 Inuit-language word for "house"

70 Small error

71 Chi-Town daily paper

72 Let — sigh

75 Popeye's gal

80 Old Dodge

81 Corrosive cleansers

82 Rice — (cereal)

83 Assists

86 Archer's skill

87 Pt. of NATO

88 Ball balancer

92 In a single try

93 Wicked act

94 Wingtip tip

95 Walk- — (small roles)

97 Santa — (hot winds)

98 Entraps

99 Walk- — (no-appointment customers)

100 "I meant someone else"

101 Real thing

102 Qatari port

103 "The — Cometh"

104 Monks' home

105 — Haute, Indiana

109 Despot of old

110 Architect Saarinen

111 Utah ski site

112 Ages on end

113 Meg of film

114 Japanese noodle

118 Actor Patel

119 Tit for —

120 Night before

121 Ruby, e.g.

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	
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56	57	58			59						60				61		
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108					109	110	111				112	113	114		115		
116																118	
																	119
122					123						124				125		
126					127						128				129		

King Crossword

- ACROSS
- 1 To boot

5 Tummy muscles

8 Writer Rice

12 Appeared suddenly

14 Earth

15 Regatta

16 Pout

17 "— a Camera"

18 Decisive moments

20 A Musketeer

23 Prejudice

24 Reddish horse

25 Lake activity

28 CCV x X

29 Pre-diploma hurdles

30 Dig in

32 Straw hats

34 Carton sealer

35 School orgs.

36 Used a sponge

37 Stir-fry veggie

40 Crony

41 Slanted type (Abbr.)

42 Yacht lover's event

47 French 101 verb

48 Veteran

49 Easy targets

50 Ballot marks

10 Egyptian river

11 BPOE members

13 Historic times

19 "Phooey!"

20 Branch

21 Pyramid, maybe

22 Sainly ring

23 Wild pigs

25 Challah holder

26 Tide variety

27 Be slack-jawed

29 "Beetle Bailey" dog

31 Danson of

33 Granny Smiths

34 Mild cheese

36 Bulb measure

37 Slapstick arsenal

38 Jazzy James

39 Seniors' org.

40 Cushions

43 Flamenco cheer

44 Med. plan option

45 Not 'neath

46 Like some humor
- DOWN
- 1 NYPD alert

2 Brit's restroom

3 Hotel amenity

4 Choice

5 Leading man?

6 Tampa Bay NFLer

7 Dishes not on the regular menu

8 Home of St. Francis

9 Entre —

100 "I meant someone else"

101 Real thing

102 Qatari port

103 "The — Cometh"

104 Monks' home

105 — Haute, Indiana

109 Despot of old

110 Architect Saarinen

111 Utah ski site

112 Ages on end

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114 Japanese noodle

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

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

- Apple pie
- Chocolate
- Hamburgers
- Pizza
- Baked beans
- Cornbread
- Ice cream
- Pot roast
- Casseroles
- Custard
- Meatloaf
- Roast beef
- Chili
- Dumplings
- Pasta

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FRIDAY
Mostly Cloudy
High: 76 Low: 69



SATURDAY
Sunny
High: 74 Low: 70



SUNDAY
Sunny
High: 71 Low: 64



MONDAY
Sunny
High: 69 Low: 65



TUESDAY
Sunny
High: 67 Low: 60



WEDNESDAY
Mostly Sunny
High: 68 Low: 63



THURSDAY
Sunny
High: 64 Low: 57

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	7:57 am	12:25 am	5:25 pm	10:06 am	Fri	7:02 am	12:27 am	4:30 pm	10:08 am	Fri	6:37 am	12:36 am	4:58 pm	10:01 am	Fri	10:07 am	3:41 am	7:35 pm	1:22 pm
Sat	6:15 pm	1:45 am	None	None	Sat	5:20 pm	1:47 am	None	None	Sat	7:49 am	1:50 am	5:52 pm	10:21 am	Sat	8:25 pm	5:01 am	None	None
Sun	7:22 pm	3:01 am	None	None	Sun	6:27 pm	3:03 am	None	None	Sun	7:34 pm	2:51 am	None	None	Sun	9:32 pm	6:17 am	None	None
Mon	8:37 pm	4:04 am	None	None	Mon	7:42 pm	4:06 am	None	None	Mon	10:41 am	3:49 am	9:00 pm	2:16 pm	Mon	10:47 pm	7:20 am	None	None
Tue	1:23 pm	4:55 am	9:45 pm	3:08 pm	Tue	12:28 pm	4:57 am	8:50 pm	3:10 pm	Tue	11:26 am	4:43 am	10:10 pm	3:35 pm	Tue	3:33 pm	8:11 am	11:55 pm	6:24 pm
Wed	1:29 pm	5:37 am	10:43 pm	4:14 pm	Wed	12:34 pm	5:39 am	9:48 pm	4:16 pm	Wed	11:58 am	5:29 am	11:01 pm	4:43 pm	Wed	3:39 pm	8:53 am	None	7:30 pm
Thu	1:38 pm	6:15 am	11:34 pm	5:05 pm	Thu	12:43 pm	6:17 am	10:39 pm	5:07 pm	Thu	12:28 pm	6:11 am	11:41 pm	5:37 pm	Thu	12:53 am	9:31 am	3:48 pm	8:21 pm

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From page 25B

Now Here’s A Tip

- “For grease stains on fabric, I don’t reach any further than my kitchen sink. I saturate it with dishwashing liquid and throw it in the washer. it works better than any stain stick.” – WD in Pennsylvania
- “Everyone knows probably five uses for pantyhose with runs in them. Here’s one I heard from a friend that I had never heard before. Scrunch one leg up and use it like a dusting mitt on upholstered furniture to get rid of cat hair. I guess it would work for all pet hair, but I do this every day now, and it’s so easy.” – GT in Washington
- If you have a stinky sink problem, check your garbage disposal. The plastic insert in the drain will usually pull out to give you a better look. Sometimes, all that is needed is to clean the plastic insert – it can collect a nasty food slime on the disposal-facing side. You can also try running it for a few minutes with ice cubes, citrus peels or baking soda and vinegar.
- If you have many books on a

- bookcase, here’s a tip that’ll blow you away: Use a hair dryer on the cool setting to blow dust off the top of the books. Work from the top down, wipe the visible shelf with a microfiber cloth, then vacuum the floor.
- “In one of my pizza boxes, I noticed a sheet of plastic netting that keeps the pizza crust crispy during delivery. I saved it, thinking I would find a use for it. I did – in my dishwasher. I had several small plastic containers that kept flipping up and collecting water, so I lined them up and placed the netting over them. I laid a spatula on top to keep it in place. It totally worked.” – AA in Florida
- STRANGE BUT TRUE**
- In 2003, Rapper Pusha T wrote the famous McDonald’s jingle *I’m Lovin’ It*, but does not own any of the publishing rights. After wisely learning from that multimillion-dollar mistake, he now owns 40 percent of the publishing rights for the “We have the meats” campaign from Arby’s.
 - Baked beans aren’t baked. They’re

- stewed.
- After he seized power in Cuba, Fidel Castro banned the board game Monopoly and ordered every set to be destroyed.
 - Researchers have found that there are 19 different types of smiles, but only six occur when we’re having a good time. The rest happen when we’re in pain, embarrassed, uncomfortable, horrified or even miserable.
 - Genoan sailors were known colloquially as “Genes” and wore cotton pants, which is where we get the word “jeans.”
 - A singing birthday card has more computer power than the entire Allied Army of World War II.
 - There is a spacecraft graveyard in the Pacific Ocean. Known as “Point Nemo,” it is the farthest place on Earth from land and is home to over 300 spacecraft and associated space debris, including the Russian MIR space station, the first object assembled in planetary orbit.
 - Horrormeister Stephen King has triskaidekaphobia (fear of the number 13)

- and won’t stop writing if he’s on the page number is 13 or a multiple of it.
- OMG, the popular acronym for “Oh my God,” was first used in writing in a letter to Winston Churchill in 1917, by John Arbuthnot Fisher, a retired Admiral of the British Navy, who said, “I hear that a new order of Knighthood is on the tapis, O.M.G. (Oh! My God!).”
- THOUGHT FOR THE DAY**
- “Most heroes live quiet, unassuming existences. They lend a hand and help, without any expectation of gratitude or fanfare.”
- Ray Madaghiele
- TRIVIA TEST**
1. **Anatomy:** What is the hardest substance in the human body?
 2. **Geography:** Off which U.S. state’s coast is Santa Catalina Island located?
 3. **U.S. Presidents:** Who was the first president to hold a press conference?
 4. **General Knowledge:** How many breaths does the average human being take in one day?

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Call 395-1213

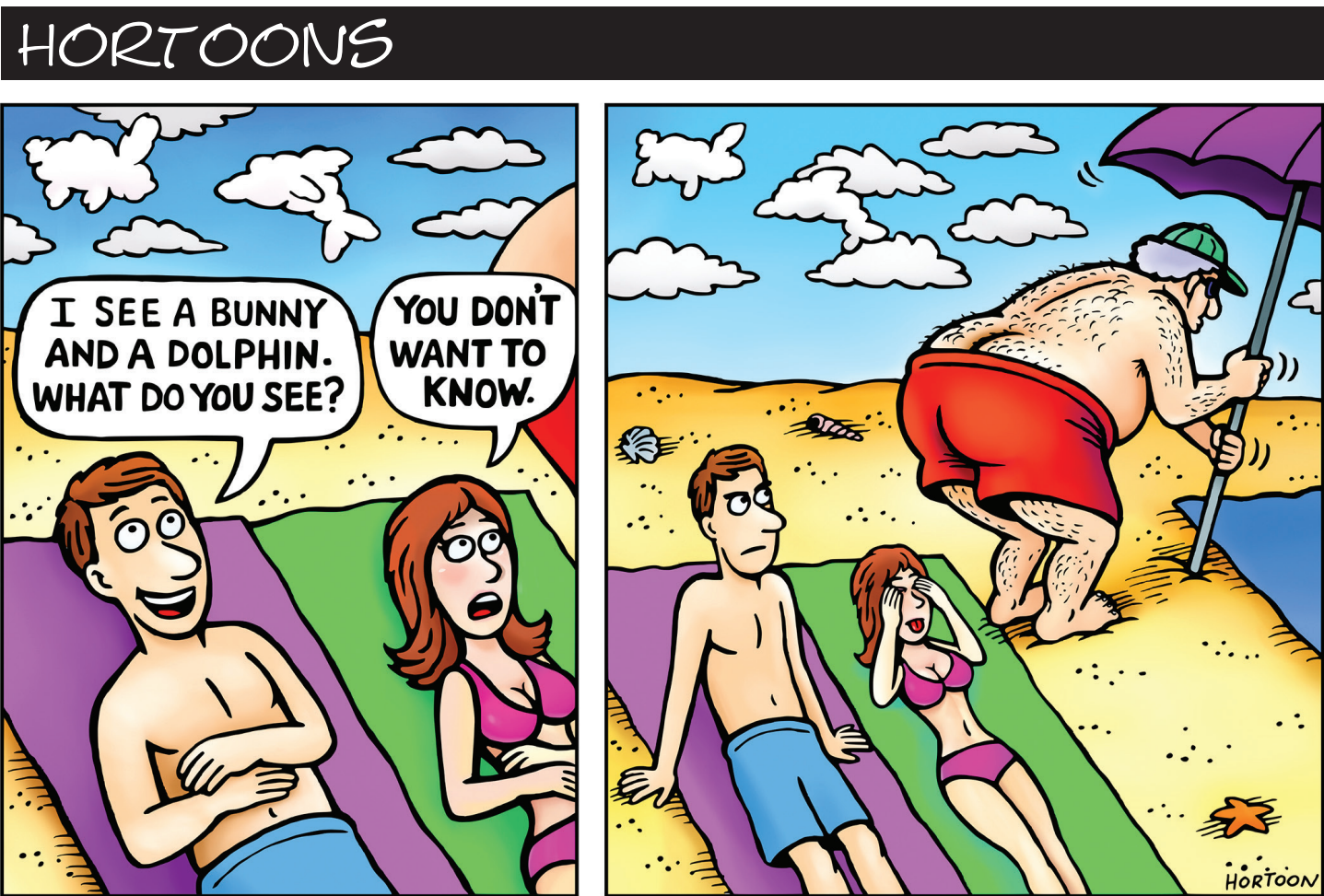
- 5. **Movies:** Which movie featured the Seal song *Kiss From a Rose*?
- 6. **U.S. States:** A city in this state became the first in the world to install a parking meter?
- 7. **Ancient World:** Before he became a philosopher, what was Socrates' profession?
- 8. **Language:** What is the only letter that does NOT appear in any of the U.S. states' names?
- 9. **Animal Kingdom:** What is a group of giraffes called?
- 10. **Literature:** Which dystopian 1950s novel was originally titled *The Fireman*?

TRIVIA ANSWERS

1. Tooth enamel 2. California's 3. Woodrow Wilson, March 1913 4. About 23,000 5. *Batman Forever* (1995) 6. Oklahoma (Oklahoma City) 7. Stone mason 8. Q 9. A tower 10. *Fahrenheit 451*, Ray Bradbury

SCRAMBLERS ANSWER

1. Gargle 2. Vector;
3. Villain; 4. Ankle
Today's Word
GIVING



PUZZLE ANSWERS

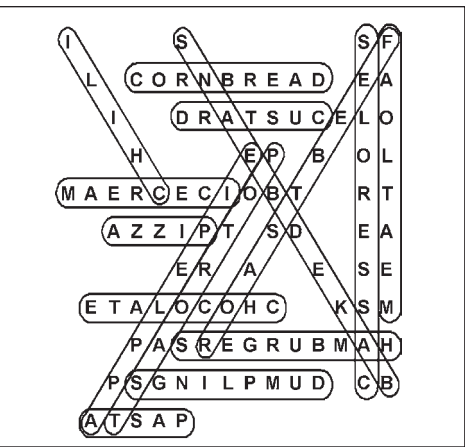
SUPER CROSSWORD

EM	IR	S		HAT	PE	G		GAR	B		GA	H
LAN	AI		AMO	EBA		OLEO		ERE				
FR	AM	ED	RO	GERS		HEAD	C	OLD				
		AG	AR		APOL	LO	CRE	AMED				
AC	AD	EM	I	A		I	AM			ME	SA	
TAM		AL	ES	FROM	THE	CRYPT						
EL	AN			AURA		OH	M	REA				
				FOR	THE	TIME	BE	AMING				
SAM			LO	VER		TUL	SA	EC	CO			
TWA			ANE		SI	ENA		AN	ION			
OAK			PAR	ISH	AM	IL	T	ON	ARI			
O	RE	OS		GLE	NS		RUE	NE	Z			
DD	AY		OLL	IE		CH	ITA		SSE			
BEL	L	AMY	U	P	TO	THE	BAR					
YEE			INE		RE	EL		AS	TO			
			FAM	ISH	ING	EX	P	EDITION				
ATT	N			ENO			SN	OC	ONES			
B	ET	ATE	AM	S	T	ERS		THEN				
BR	US	S	ELS		YO	YOD	I	AM	ETER			
ERR		ART	I	ON	AB	ET		AG	A	VE		
YEN			RO	AN		US	NAVY		NOT	ED		

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2000	4,803	\$4,395,000	\$4,200,000	71
Cape Coral	Cape Coral	2018	4,522	\$2,875,000	\$2,750,000	390
Tuscany Isle	Bonita Springs	2003	4,922	\$2,449,000	\$2,250,000	58
Tuscany Isle	Bonita Springs	2002	6,785	\$2,499,999	\$2,225,000	1
Southport on the Bay	Bonita Springs	1995	3,143	\$2,495,000	\$2,100,000	0
Tuscany Isle	Bonita Springs	1999	4,346	\$1,999,999	\$1,930,000	316
Laguna Shores	Fort Myers Beach	1952	2,286	\$2,195,000	\$1,887,500	47
Key West Courtyards	Fort Myers Beach	2005	2,187	\$1,990,000	\$1,800,000	46
Westlake Court	Estero	2021	3,147	\$1,786,000	\$1,786,000	0
Deep Lagoon Estates	Fort Myers	2008	4,550	\$1,750,000	\$1,670,000	150



Sandalfoot #3B3



671 East Gulf Dr



Delightful top-floor 1-bedroom condo overlooking courtyard to gulf. Handy on-site mgmt/rental office (with low fees) provides stress-free ownership & easy income. Assigned

parking, community pool, tennis, shuffleboard, WiFi, laundries, elevators, & more. Furnished & with future bookings. \$549,000



White Sands #23



2311 West Gulf Dr



Tropical setting, with just 14 owners in recently-renovated beach-front building with pool, tennis, BBQs. Expansive screened balcony views gulf. Roomy remodeled 2nd floor

2 bedroom with den. Exterior storeroom too. Offered turnkey including rental bookings (weekly minimum). \$1,099,000

Properties Below Under-Contract Closing-Soon, Looking for Listings



1238 Isabel Dr

In Sanibel Harbours & including separate lot with dock/lift in community boat basin, recently-remodeled 5-bedroom 4.5-bath pool home overlooking San Carlos Bay. \$3,495,000



Kings Crown #104

Remodeled reconfigured 2 bedroom, one floor over covered parking. Views of gulf, beach, & sunsets. Impact glass, cork floors, breakfast bar island & island-style décor. \$999,000



1894 Farm Tr

Last vacant parcel for single-family home in Island Woods. Just off Periwinkle, charming inland community of 38 older Florida-style homes with shared pool & tennis. \$199,000



Mariner Pointe #541

Easy-living easy-access ground-level corner 2 bedroom with this bay view. Handy to community fishing pier, waterside pool, boat dock, BBQs, & assigned parking. More amenities too. \$515,000

2242 Periwinkle Way
Suite #3 in Sanibel Square

Sanibel
REALTY ASSOCIATES



472-HOME (4663)
888-603-0603

Susan

More Info & blog at SanibelSusan.com

Work with The SanibelSusan Team in 2021



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Andrews,
Realtor
Broker/Owner



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Anderson
Realtor
Closing Coordinator



Lisa
Murty
Realtor



Elise
Carnes
Listing Coordinator
Notary