

Luminary Holiday Stroll

Sanibel • Friday, December 3
Captiva • Saturday, December 4
5:30 to 9 p.m.

Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 3, 2021

DECEMBER SUNRISE/SUNSET: 3 7:01 • 5:36 4 7:01 • 5:36 5 7:02 • 5:36 6 7:03 • 5:36 7 7:03 • 5:36 8 7:04 • 5:36 9 7:05 • 5:36



Florida Gulf Coast University Bower School of Music Chamber Choir

photo provided

Luminary Kicks Off With Concert

Luminary weekend launches with a twilight concert at 4 p.m. featuring the orchestra and choir from Florida Gulf Coast University's Bower School of Music. The concert is presented by the

Sanibel Music Festival Emerging Artist Series, in cooperation with the Sanibel & Captiva Islands Chamber of Commerce and sponsor Colleen Zurcher-McGauran.

"It's not too late to register online or call us to register for what promises to be an inspiring concert," said Gloria Garrett, festival board member and Emerging

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News Anchor To Judge Captiva Golf Cart Parade

NBC-2 News Today morning anchor Lisa Spooner will emcee and judge this year's Captiva Cart Parade, according to the Sanibel & Captiva Islands Chamber of Commerce. The parade is part of Captiva Island's Luminary Holiday Stroll on Saturday, December 4.

The slightly wacky, fun-loving parade of holiday decorated golf carts is a 15-plus-year tradition on the streets of Captiva. Check-in begins at 2 p.m. and judging starts at 3:30 p.m.

Spooner, a familiar face at Southwest Florida television news desks since 2010, will announce the 70-some parade contestants and judge the winners of the best-decorated contest.

"I've never been to the golf cart parade on Captiva but have always wanted to go," Spooner said. "So, when I saw the opportunity to emcee and judge it, I jumped at the opportunity. You don't get much better than combining one of my favorite places in Southwest Florida and



Lisa Spooner

photo provided

getting into the holiday spirit."

Luminary Holiday Stroll, in its 37th year on Sanibel and Captiva islands, takes place over the first weekend of December. Luminaria will line the island walkways on Friday, December 3 on Sanibel and Saturday, December 4 on Captiva.

Besides the golf cart parade, the weekend features open houses at businesses, churches and organizations throughout the islands from 5:30 to 9 p.m. both evenings. Refreshments, live

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Marker for an unknown male who died in 1961

photos provided

Learn About Pioneer Cemetery At Holiday Exhibit

This year's holiday exhibit at the Sanibel Historical Museum & Village will focus on the history of each of its nine historical buildings. The exhibit, Trees, Timelines, and Special Memories, opens Friday, December 3 and runs



William H. Reed lived to be 91 years old through January 9.

After much research, village volunteers found each building to have an interesting history all its own. A timeline will be exhibited in each building, telling the tale of that building's life through the years. Holiday trees and exhibits will reflect the items found on the timelines.

In keeping with the theme of the historical village's holiday displays, visitors



A grave marker for "Isaac" Newton Rutland

can learn some interesting information about the Sanibel "pioneer cemetery." Located along the bike path off Casa Ybel Road adjacent to Gulfside City Park, the land was donated by the Rev. George Barnes' family near the turn of the 20th century as a public burial ground, although it was never dedicated as a cemetery. It contains at least 31 graves, many unmarked, on a north and south ridge.



The gravesite of Baby Wiles, 1967

Rutland House in the historical village was the home of island pioneer "Uncle" Clarence Rutland from 1928 to 1982 and is a favorite with visitors to the village. Clarence's brother, (Isaac) Newton Rutland, who died in 1915 at the age of 23, is buried in the little pioneer cemetery.

Islanders and visitors alike often pause thoughtfully as they pass and wonder

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Community House Calendar

Letting Loose with Watercolor classes with Anita Force Marshall are offered on select Tuesdays from 9:30 to 11 a.m. The subject for the December 7 class is the monarch butterfly. Cost per class is \$35 for members and \$40 for guests. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10.

On Saturday, December 4 from 3 to 6 p.m., the Friends of Judie group will host a "Thank You Judie" reception for outgoing Sanibel City Manager Judie Zimomra. There is no charge to attend but RSVP is requested to office@sanibelcommunityhouse.net.

The Community House cookie exchange will be held on Sunday, December 5 from 5 to 7 p.m. Sign up by calling 472-2155 or email office@sanibelcommunityhouse.net.

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

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost per class is \$5 for members and \$10 for guests.

Line dancing is offered on Tuesdays from 1 to 2 p.m. Cost per class is \$5 for

members and \$10 for guests.

Social Bridge is in play on Tuesdays from 1 to 3 p.m. Cost is \$5.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring a work in progress and your own supplies. Cost per class is \$10.

Chair stretching exercises with Mahnaz Bassiri are offered on Thursdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

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

Sanibel-Captiva Art League will be exhibiting works by artist Maureen Ginipro during November. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually through www.sanibelcommunityhouse.net.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison at office@sanibelcommunityhouse.net if you are interested in sponsoring either of these programs.

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

Art Kits to Go are also available for purchase or to ship. There are eight different postcards to color and

Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is following current CDC guidelines.

Leave A Letter For Santa At The Historical Village

When Santa delivered surprises to children on Sanibel in the past, he probably used a mule to help him. At the Sanibel Historical Village, it is known that mules were able to survive the mosquitoes better than other work animals. So, in wanting to keep Rudolph and the other reindeer safe, Santa probably used a local mule – a "Yule Mule" – while spending Christmas Eve on Sanibel. A holiday sticker shows what Santa might have looked like on that festive night.

When children visit the Sanibel Historical Village's Yule Mule, they can write a letter to Santa at the same time. There is a letter-writing station set up with a special Air Mail to the North Pole mailbox. Come any time before December 15 to write your letter, and Santa will write back to you wishing you holiday cheer.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. The village has

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155. CDC guidelines are being followed.*

Happy Holidays!



Santa and the Yule Mule photo provided

handicap access to all but one building. Admission is \$10 for adults over age 18; no charge for members and children.

Masks are required inside the buildings. Guided tours are available if reserved in advance for groups of no more than six, depending on docent availability.

The Sanibel Historical Village is located at 950 Dunlop Road, next to BIG ARTS. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.*



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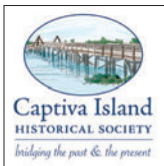
Looking Back: Gratitude To Karel Aster

This week's image depicts Karel Aster, a Captiva Island

resident who was given three awards from the Czech Republic on April 23, 2015. He was the last survivor of a group of 14 nationals who volunteered to serve in the U.S. Army after Japan attacked Pearl Harbor and invaded the Philippines in 1941.

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

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



Karel Aster photo courtesy Captiva Island Historical Society Archives

Email your editorial copy to: press@islandsunnews.com

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Shabbat services including Torah reading at 7:30 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes at 9:45 a.m. on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

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

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

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

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. Sunday Worship at 7:45, 9 and 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 9:30 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. Service schedule through April, Saturday at 5 p.m., Sunday at 8 a.m. and 10:30 a.m. The 10:30 a.m. Sunday service is also livestreamed at 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

DAVID L. MILLER

David L. Miller of West Des Moines, Iowa, Sanibel, Florida, and Nisswa, Minnesota, beloved husband and father, passed away peacefully on November 21, 2021 at Grand Living Memory Care in West Des Moines at the age of 89.



Dave was born in 1932 to Leo and Mary Bernadine Miller. He grew up in Davenport, Iowa where he met his wife, Joan. They were married in 1953 while Dave was attending University of Iowa. He graduated in 1954 with a degree in business administration and moved back to Davenport where he worked at a local bank. He later took a job as a bank examiner and moved his young family to Des Moines in 1959. In 1961, he joined West Des Moines State Bank where he became president in 1968. Dave continued at West Bank, which grew under his guidance to become a leading small business lender in the country. Not bad for a man who got a D in his college banking course! He retired in 2003 to spend more time with family, enjoying his favorite sports of golfing and fishing on Sanibel and

in Minnesota.

Dave loved the Des Moines and West Des Moines communities and was an advocate for both. He believed in buying local and supporting the community. As a mover and shaker who believed no matter how good you do, you can always do better, he was instrumental in growing both cities. He was a founding member of both the Des Moines and West Des Moines development corporations and recruited many businesses to the area. He was the first suburban leader to serve on the board of the Greater Des Moines Convention and Visitor Bureau. He served as the chair of the local chambers of commerce and was active on the boards of many organizations including Mercy Medical Center, Drake University, West Des Moines and Dowling high schools, Des Moines Civic Center and many others. He received numerous awards including being named to the Iowa Business Hall of Fame in 2008.

Faith and family were important to Dave. He made sure his children received a good Catholic education, sending them to Catholic grade schools and Dowling High School. He modeled for them the Christian value of service to others. He taught his children and grandkids financial wisdom, the importance of living below your means, generosity and, most importantly, commitment to family. He cherished his role as Grampa Dave and enjoyed sharing his passion for golf, fishing and swimming with them all.

Dave was preceded in death by his parents, his brother Leo, and his son Matt. He is survived by his spouse, Joan Miller of West Des Moines, and his children, Audrey (Steve) Masimore, Steve (Karinne) Miller, Sandra Miller (wife of Matt), Larry (Sharon) Miller and Mary Ann (Joel) Goodman. He also left behind 12 grandchildren, four step-grandchildren, 13 great grandchildren and numerous nephews and nieces.

A funeral service will be held on Monday, December 6 at 12:30 p.m. at Sacred Heart Catholic Church in West Des Moines with a gathering afterwards at Glen Oaks Clubhouse. In lieu of flowers, the family requests any contributions be made to the David Miller Endowment Fund at Dowling High School, Pancreatic Action Network or the Alzheimer's Association.✽

Dedication At Sanibel Church

The public is invited to St. Michael and All Angels Episcopal Church for the new office building dedication and Sanibel & Captiva Islands Chamber of Commerce ribbon-cutting ceremony on Thursday, December 9 at 5 p.m.

The dedication and ribbon-cutting ceremony will take place outside in front of the new office building off the main parking lot, weather permitting. Hors d'oeuvres, wine and punch will be served afterwards in Parish Hall, and

guests may tour the buildings.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. For more information, www.saintmichaels-sanibel.org.✽

OBITUARY

EDWARD M. AUGUSTYN, JR. (AUGIE)

Edward M. Augustyn, Jr. (Augie), a dear friend, loving husband and all around genuine guy, peacefully passed away on the morning of Thursday, November 18, 2021. His wife, Susan Harrison, son, Edward M. Augustyn, III, and daughter, Jessica Augustyn Daiber, were by his side when he left this arth for a better place.

Augie was a permanent resident of Sanibel since 2014, and he loved everything about this magical place – especially all of the wonderful people he got to know. He touched so many people's lives. His family knows that he is sitting on a beach in the sun somewhere, happy and smiling.

A celebration of Ed's life will be held on Sanibel; the date, time and place will be announced.✽



SanCap Catholics Third Annual Angel Tree Project

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The SanCap Catholics' Angel Tree Project is under way!
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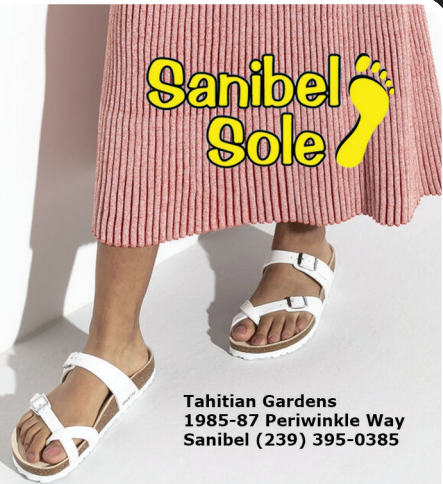


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'Ding' Darling Amateur Photo Contest Winners

On November 16, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its 29th annual "Ding" Darling Day Amateur Nature Photography Contest with a presentation on its Facebook page and emails sent to participants, along with a video showcasing the winners.

On November 8, judges had selected three winners and eight honorable mentions out of 118 entries from 18 states and two countries. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

"As this year comes to an end, we start to reflect on what we are thankful for. For us here at 'Ding,' nature always seems to be at the top of that list," said Sierra Hoisington, DDWS development officer and contest coordinator. "This photo contest is a reminder to all of us as to how gentle, constant and gracious our wildlife and wild spaces are. We acknowledge that the peace and solitude we feel at the refuge is shared by many and has the power to bring us all together."

First place went to Doug Meurer of Fort Myers for his portrait titled *Roseate Spoonbill & Reddish Egret*. Kevin Godsea, contest judge and refuge manager, said, "I love the colorful and playful nature of this photograph, as well as the variety of subject matter and the action it portrays."

In second place was Kathleen Colligan from Bokeelia, with her photograph titled *Tri-colored Heron with its Reflection*. "I particularly am drawn to the dark and light contrast in this photo, the composition, the framing of the mangrove branches and the reflections on the water," said Karen Watson, contest judge, part-time Sanibel resident and interior designer.

Donald Howe from Savannah, Georgia took third place with a photo of a snowy egret drinking water, titled *Blowin' Bubbles*. "I like the contrast



Doug Meurer's *Roseate Spoonbill & Reddish Egret* took first place honors

photo by Doug Meurer

between the dark water and the white feathers of the snowy egret as well as the photograph's composition," said judge Susan Beittel, a refuge volunteer who subbed for local photojournalist Kinfay Moroti when he had to cancel that day for medical reasons.

"We always choose three judges for the contest," said Terry Baldwin, a DDWS emeritus board member who coordinates the contest along with Hoisington. "They include a refuge staff member, a professional photographer and a member of the Sanibel community."

The three winners received cash

awards from DDWS – \$300 for first place, \$225 for second and \$175 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee. Due to three ties, only eight honorable mentions were chosen after eliminating second entries by the same photographer to break the ties.

The winning photographs and honorable mention award entries will be on display in the "Ding" Darling National Wildlife Refuge Visitor & Education Center throughout the year, once it reopens.

To view the other top-ranking



Tri-colored Heron with its Reflection by Kathleen Colligan won second place

photo by Kathleen Colligan



Blowin' Bubbles by Donald Howe won third place

photo by Donald Howe

entries, visit www.dingdarlingsociety.org/articles/photo-contests. That page also contains information for entering the photo contest in 2022. The deadline for submissions will be September 15, 2022.

Honorable Mentions (in alphabetical order):

Frank Brinker, Oberägeri, Switzerland – *Formation Flight*
Rebecca Clemens, Sanibel – *A Simple Touch*
William (Bill) Fischer, Sanibel – *Mangrove Cuckoo*
Stephen Hilger, Sanibel – *Great Blue*
Scott Joffe, Highland Beach, Florida – *I Better Tell Her*
Gail Markham, Fort Myers – *Roseate Spoonbill*
Barry Nagle, South Barrington, Illinois – *White Morph Joins the Fun*
Frank Wickstrom, Bonita Springs – *Eye to Eye*.*

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Free Lectures On Climate Crisis

St. Michael and All Angels Episcopal Church is hosting a two-part speaker series on the climate crisis – Care of Creation – on Wednesday, December 8 and Wednesday, December 15. The in-person lectures will begin at 6 p.m. in Parish Hall. A Zoom option is also offered and the link is available at www.saintmichaels-sanibel.org. The public is invited to attend one or both of the free sessions.

On December 8, the topic will be Making a Difference in the Climate Crisis.

After 40 years of climate science study, 72 percent of Americans trust that global warming is happening. In Lee County, 64 percent trust the science and more than half trust that the climate crisis is caused by humans. The consequences of climate change include more intense hurricanes and rain events, larger and more frequent wildfires and pervasive drought. Human suffering has increased most in poorer countries, which have contributed the least to the causes of climate change.

But what can we do, will anything make a difference, and, if so, where is our energy best directed? Buff Grace of Minnesota Interfaith Power & Light will present a tested method of response that can move you beyond despair, and examples of what other people and communities of faith are doing in their contexts. He will discuss ways that



Buff Grace

people of any age can make a difference in the climate crisis and where you can get the most success for our actions.

Having worked as a wilderness guide, market gardener, news reporter, nonprofit entrepreneur and an Episcopal priest, Buff brings a wide variety of perspectives to environmental justice efforts. He speaks regularly with faith groups, strategizing on how to bring their gifts to the climate movement.

The topic for December 15 will be The Call to Live Creation Care: Integral Ecology, Intergenerational Learning, and Parable.

In his encyclical, *Laudato Si; On Care for Our Common Home*, Pope Francis raises fundamental questions



Peter Blaze Corcoran



Maria F. Loffredo Roca

for consideration at this time of the civilizational crisis of climate collapse and climate anxiety. This talk will focus on the call of faith to what the Episcopal church calls “creation care.” Three wide-ranging topics will offer possibilities for inspiration to heed this call.

Peter Blaze Corcoran will explain Pope Francis’ concept of integral ecology – a profound vision inviting individuals to respond to the cry of the earth and the cry of the poor. He will also discuss the challenge of intergenerational learning – working together across generations to create possibilities for action.

Maria F. Loffredo Roca will raise the power of parable to change minds and hearts as individuals seek meaning and purpose. Time will be reserved for comments, questions and suggestions for actions that might be taken at the level of the individual and of the congregation.

Roca, PhD, is chair of the department of integrated studies at Florida Gulf Coast University. In 2015, she received the Rachel Carson Award for distinguished service to the field of environmental and sustainability education. Roca directs the Roots of Compassion and Kindness (ROCK) project at FGCU, is a GreenFaith fellow, serves on the board of the Restorative, Ecological, Social & Economic Transformation (RESET) SWFL Center, and directs RESET’s daily inspirations project, Earth Moments.

Corcoran is professor emeritus of environmental studies and environmental education at Florida Gulf Coast

University. He has been a faculty member at College of the Atlantic, Swarthmore College and Bates College. He has held appointments as a visiting professor at universities in Australia, The Netherlands, Fiji, Malaysia and Kenya. Current academic positions in retirement include adjunct professor of environmental and sustainability education at University of the Sunshine Coast in Queensland, Australia and research fellow at the Earth Charter Center for Education for Sustainable Development at University for Peace in San José, Costa Rica.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. For more information, call 472-2173.*

City Looks To Fill Commission Seats

Sanibel City Council is accepting applications to fill two planning commission terms. The two full term appointments begin January 11, 2022, with an expiration date of January 13, 2025.

Responsibilities include attending planning commission meetings on the second and fourth Tuesdays of every month at 9 a.m. at city hall.

To fill out an application, visit the homepage at www.mysanibel.com. The deadline for submission is Friday, December 17 at noon. If you have any questions, call 472-3700.*

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Starry rosinweed photos by Gerri Reaves
Plant Smart

Impatient With Impatiens

by Gerri Reaves

It's the time of year that homeowners rush to add "color" to the landscape. Too often, those attempts to jazz up the landscape result in planting non-native species that, although colorful and pretty for a few weeks, soon languish and have to be replaced. Popular winter annuals usually are short-lived, high-maintenance and, in the end, more expensive than natives evolved to thrive in the region.



Blue mistflower

Impatiens, for example, needs plenty of water and ample shade in South Florida. Additionally, many of those favorite "disposable flowers" provide no benefit to wildlife. This season, consider adding some color and pizzazz with native species that won't end up in the compost heap in short order. The ones pictured here are just three of the countless wildflowers to choose from, and they will even reseed and keep the colors coming. Starry rosinweed (*Silphium asteriscus*) is a show-stopper of the aster family with daisy-like flowers that attract butterflies and other pollinators.



Tropical sage

Deep roots make it hardy and drought tolerant and it spreads via rhizomes. It readily self-seeds and prefers well-drained soil and full sun to partial shade. Blue mistflower (*Conoclinium coelestinum*) is short-lived but reseeds so readily that it hardly matters. It also spreads via rhizomes. The blue color alone makes it a bit unusual, for there are not many blue wildflowers. Ranging from blue to lavender or violet, they can make attractive color contrast in a flowerbed, so get creative with this flower. It prefers moist soil and provides nectar for butterflies, skippers and other pollinators. Tropical sage (*Salvia coccinea*) is not only beautiful but beautifully persistent. Add it to the garden – even in a pot – and you'll find this self-seeder popping up all over for months. A member of the mint family, it is usually bright red but there are also white and pale pink cultivars. The tubular two-lipped flowers attract

butterflies, hummingbirds, pollinators and several species of birds. Once established, it does not require irrigation and has moderate drought tolerance. If you're impatient with ripping out leggy spent impatiens and replanting, give some native wildflowers a try. It can save you time and money and look just as pretty. *Plant Smart explores the diverse flora of South Florida.*✧

Native Plant Walks At City Hall

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours are scheduled for:
Wednesday, December 8
Wednesday, January 12 and Saturday, January 22
Wednesday, February 9 and Saturday, February 26
Wednesday, March 9 and Saturday, March 26
Wednesday, April 13 and Saturday, April 23
Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with little maintenance, is good for the environment and will attract birds and butterflies. Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires little maintenance, no fertilizer and no supplemental irrigation. Registration is not required. Attendees meet at the main entrance to Sanibel City Hall, located at 800 Dunlop Road. For more information, email san.dnr@mysanibel.com or call 472-3700.✧

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Islanders Band Together To Help Injured Artist

Local artist Lacy McClary was in a life-threatening motorcycle accident this summer and is facing an overwhelming amount of medical bills from reconstructive surgeries. She is on the road to recovery but is facing more procedures ahead.

Community members have planned two fundraisers to help McClary with her medical expenses. All are welcome.

The first benefit will be held at George & Wendy's Seafood Grille during the evening of Saturday, December 18. There will be a 50/50 raffle and live auction for two pieces of artwork. The Pitbull Blues Band will play from 9 p.m. to midnight.

American Legion Post 123 will hold a benefit for McClary on Sunday, December 19 from 1 to 6 p.m. There will be live music with blues artist Albert Castiglia, sponsored by Sanibel Cafe, and a special appearance by the Marty Stokes Band. A silent auction will feature items donated by island businesses. There will be a 50/50 raffle, bake sale and food donated by George & Wendy's, 400 Rabbits and Paper Fig Kitchen.

McClary is a longtime island resident. She is one of the artists who participated in the CHR Manatee Madness fundraiser in 2020. She hopes to be able to participate again this upcoming year. She has donated



Lacy McClary

photo provided

artwork for auctions to benefit many community organizations including Children's Education Center of the Islands (CECI), The Sanibel School, Clinic for the Rehabilitation of Wildlife (CROW), Sanibel-Captiva chapter of American Business Women's Association (ABWA) and PACE Center for Girls.

George & Wendy's Seafood Grille is located at the corner of Periwinkle Way and Tarpon Bay Road. American Legion Post 123 is located at mile marker 3 on Sanibel-Captiva Road.

Live and silent auction items are still needed. For more information or to make a donation, contact Rachel Stokes at stoked4learning@gmail.com, Heather Silbar at 443-8862 or David Queisser at 308-5353.✱

Bobcat Kittens At Play On Sanibel



Two of the bobcat kittens exploring the picnic table photos provided

Jan Gabrielson of Sanibel's east end saw three bobcat kittens playing in her yard on November 11. It was around 7:20 a.m. Gabrielson said she watched them play for about a half hour before their mother called them in. It was a beautiful sight.✱



Curious visitors



Three bobcat siblings

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Pieces In The Puzzle



by Capt.
Matt Mitchell

Just when you think you have a pattern figured out some days, you might as well just forget it. Our water temperature bottomed out with a low of a chilly 62

degrees while fishing early in the week during the coldest mornings. Taking the usual 100 live shrimp, my plan for the day was to find some redfish and maybe even a few sheepshead back in the mangrove creeks while ducking from the brisk north wind. I headed to the causeway to make a few throws of the cast net and hopefully add some shiners to the mix.

Even with a few hundred shiners, I was confident any action would still be on the shrimp in the live well. Shrimp are always my go-to bait when the water is any cooler than 65. During this coldest morning of the week, the last thing I would of thought of doing would be snook fishing. Snook are generally more effected by cold than any other species and often just do not eat.

While anchoring up deep in a narrow mangrove creek, I slung out a few live shiners. After taking my rods rigged for shrimp fishing down from



Susannah and Jake both braved the cold and caught lots of snook with Capt. Matt Mitchell this week photo provided

the tower, I was amazed to watch snook chasing and popping these baits. We then switched it up to the free-lined rigged rods and immediately starting catching snook. For the entire trip, we caught snook after snook while going from creek to creek. Although we did not catch any trophy snook, we had a banner day and caught over 30 fish ranging in size from 16 to 26 inches.

Catching so many snook during such a cold period is just not a normal occurrence. Days like this make you wonder if you really know anything at

all. Seems the more time I spend on the water, the less I know about what is a forever changing puzzle. Be ready to adapt and change the day's game plan to take advantage of what Mother Nature gives you.

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

From page 1

Cemetery

about his large grave marker in the cemetery. "After some historical sleuthing, village volunteers learned about Newton's untimely death, along with new information about some of the other adults and children buried there," said Executive Director Emilie Alfino. Volunteer Ginny Darby led the effort to uncover the facts.

As part of the Trees, Timelines, and Special Memories holiday celebration, there will be historical signage as well as a lighted bare-branch tree in memory of the founding settlers buried in the pioneer cemetery. "Visitors will learn more about the lives and deaths of our pioneers as the village honors the memory of their hard work and spirit in settling Sanibel," Alfino said.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. The village has handicap access to all but one building. Admission is \$10 for adults over age 18; no charge for members and children.

In accordance with City of Sanibel regulations, masks are required inside the buildings. Guided tours are available if reserved in advance for groups of no more than six, depending on docent availability.

The Sanibel Historical Village is located at 950 Dunlop Road, next to BIG ARTS. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.

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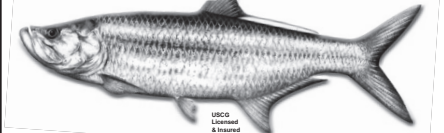
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:
Green Heron



by Bob Petcher

The green heron (*Butorides virescens*) is unlike many of its cousins in the Southwest Florida area, not tall and leggy like the great blue heron, grey heron and tri-colored heron. This

particular bird is smaller in stature, stocky in body with relatively short legs and a thick neck that is often tucked up against its chest.

While they don't have the size to wade in rivers, streams and creeks, green herons do have similarities to their larger relatives with dagger-like bills and a penchant for a motionless stance at the water's edge when they hunt for fish and amphibians.

Strangely, green herons will occasionally dive for deep-water prey and then swim back to shore with help from the webs between their middle and outer toes. They are also unique in being known as one of the world's only tool-using bird species, enticing small fish by creating "fishing lures" using items such as bread crusts, insects and feathers, and dropping them on the surface of the water.

While it can be viewed as a dark-colored bird, the green heron is so-called due to its appearance on a clear bright



Patient #21-5838 has seen improvement with its eye but still has mentation problems
photo by Haillie Mesics

day, when you can see its feathers shine with an almost iridescent green color. They are mostly native to North America and Central America, but some have been spotted as far away as England and France.

At CROW, an adult green heron was admitted after being found in a depressed state in Bonita Springs. Upon examination, veterinarians noticed that the bird had thickened hyperemic conjunctiva on its right eye.

"(Hyperemic conjunctiva) means the membrane tissues that surround the eye

under the eyelids – conjunctiva – have inflammation," said Dr. Charlotte Cournoyer, CROW veterinary intern. "Hyperemic means increased redness, which is associated with infection/inflammation."

Allergy and injury are two causes of hyperemic conjunctiva. Medication treatment involves two different types of eye drops.

"In this case, we suspect injury to be the most likely cause. Another cause could be bacterial infection," noted Dr. Cournoyer. "We treated with antibiotic eye

drops and anti-inflammatory eye drops." At intake, the patient's condition was paired with a systemic disease suspected to be red tide toxicity. The two appear to be unconnected, and the treatment seems to be working.

"In this case, the hyperemic conjunctiva is responding well to treatment and seems to be unrelated to his systemic disease," said Dr. Cournoyer. "The eye is showing great improvement, and we suspect we will be able to stop the eye medications in the next few days. The next steps will be to continue to treat his systemic disease with oral antibiotics and nutritional support."

While all signs point to a positive recovery, Dr. Cournoyer pointed out that there are still hang-ups regarding his mental activity.

"The patient's prognosis is still guarded," she said. "While his eye is expected to make a full recovery, his mentation is still quiet and he has not yet started to eat on his own, and is still requiring force feeds. He will need to be outside to condition for flight prior to release, but we do not have a timeline for that yet as he is still requiring intensive care."

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

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CROW Calendar Of Events

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

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

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

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

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

Wildlife Walk Guided Hospital Tours – \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment



process. The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 11 a.m. Capacity is limited to eight participants. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

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

Daily Presentation Schedule

Friday, December 3, 11 a.m.,

Why Animals Come to CROW – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital. One of CROW's animal ambassadors will be present.

Monday, December 6, 11 a.m.,

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, December 7, 11 a.m.,

Turtles, Terrapins and Tortoises – Is it a turtle, a terrapin or a tortoise? They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Wednesday, December 8, 11 a.m.,

Wildlife Rescue 101 – Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW's animal ambassadors will be present.

Thursday, December 9, 11 a.m.,

Patient Profiles: Birds of Prey – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✱

Season Reopens For Flounder

The recreational harvest of flounder in all state and federal waters reopened on December 1.

The minimum size limit for flounder is 14 inches total length and the daily recreational bag limit is five per person.

The annual season closure and other management measures were approved by the Florida Fish and Wildlife Conservation Commission late last year because a stock status update suggested statewide, the flounder fishery has been in a declining trend and it is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other south Atlantic and gulf states have also reported declines in flounder populations and have been making their own regulation changes.

Learn more about flounder regulations at www.myfwc.com/marine or download the Fish Rules App at www.instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.✱

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Fish Caught



Jack Smith photo provided
Capt. Jack Smith caught a 24-inch crevalle jack near Blind Pass while fishing with Dwight Dunlap.✪

Fish Caught



Dwight Dunlap photo provided
Dwight Dunlap caught a juvenile goliath grouper near Blind Bass while fishing with Capt. Jack Smith. This fish will grow to over 200 pounds when mature.✪

Volunteers Sought For Bird Count

submitted by Bill Jacobson

San-Cap Audubon will conduct its annual Christmas Bird Count on Saturday, December 18. The results of the local count will be forwarded to the National Audubon Society for inclusion in the 122nd National Christmas Bird Count. Due to the COVID-19 outbreak, social distancing and masking will be required for all participants in the field.

More than 50,000 observers participate each year in this census of early-winter bird populations. The results of their efforts are compiled into the longest running database in ornithology, representing over a century of unbroken data on trends of early winter bird populations across the Americas. Simply put, the Christmas Bird Count is citizen science in action.
Those who would like to be part of this year's Sanibel-Captiva Christmas Bird Count may obtain additional information by calling 395-1878. Birding skills are desirable but not necessary.✪

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Brown Moon Snail



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

Polinices hepaticus (Röding, 1798), is a member of the Naticidae (the family of moon snails) that has a broad distribution in

the tropical western Atlantic and Gulf of Mexico. The species is not found along the coast of Southwest Florida, though. It reaches 55 mm (about 2.2 inches) in size, with brown shell color and white on the area of the aperture (around the opening). Like shark eyes in the genus *Neverita*, the Brown Moon Snail has a brown, horn-like operculum, in contrast to moon snails in the genera *Naticarius* and *Natica*, which have mostly white opercula made of shell material. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell Museum is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. To make a secure donation, visit www.sanibelmuseum.org. For more information, call 395-2233.✴



The Brown Moon Snail, *Polinices hepaticus*, from Coral Cove, Florida

photo by Patricia A. Starkey

Rare shell find? Stop by our office at 1640 Periwinkle Way so we can take your photo for publication, or email press@islandnews.com.

American Legion Post 123

American Legion Post 123 needs volunteers for a tiki cleanup on Saturday and Sunday, December 4 and 5 from 9 a.m. to 3

p.m. Homemade pot pies will be served on Sunday. The ladies auxiliary will meet at 6 p.m. on Tuesday, December 7.

There will be a silent auction and raffle on Sunday, December 19 from 1 to 5 p.m. to benefit artist Lacy McClary.

On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

The first 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. Two tables are in play.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

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



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\$10+ Million capital investments on our immediate horizon!

The City has identified several important facilities needs, including:

- **New Police headquarters, first priority**
- **Departments with inadequate quarters in City Hall**
- **Senior activities to enhance physical and mental health**

The City owns assets that could help address these needs affordably and efficiently, including the former SanCap Bank building, the Center 4 Life building and the City's Recreation Center. The Community House is also a valuable resource that can play a role for seniors.

Members of the Council have expressed their desire to take a holistic view of all the City's needs, not address them piecemeal. Yet they are prepared to spend \$10 - \$13 million for the Police and Center4Life without yet taking that holistic view. Costs for other City departments are still unknown.

Council approved a Request for Proposals to perform a thorough review of the Sanibel Recreation Center, including all senior activities, and alternative methods of operating the Recreation Department of which the Center 4 Life is a part. This review has not yet been done.

Questions that must be asked and answered:

- Are there synergies between the Police and Fire Departments that would arise by locating them close together, using the Center 4 Life site or the SanCap Bank site? Can facilities or resources be shared to improve operations or reduce cost?
- Are there environmental or economic advantages to using an already developed site (e.g., the Center 4 Life and/or the former SanCap Bank building) for Police rather than a virgin site with possible endangered species?
- What are the real facility needs to address the physical and mental health of our seniors, including alleviation of social isolation?
- How is it working with a dedicated space for seniors at the Recreation Center and exercise classes at both the Recreation Center and The Community House? Are there adjustments that could improve the situation?
- Can the buildings or land of the Center 4 Life and/or bank help alleviate overcrowding at City Hall? Is cost-effective renovation possible?

Please - let's pause for that holistic view of all the City's facility needs, make decisions with all relevant information in hand, and create a cohesive, affordable and efficient program to enhance the city of which we are all so proud.

West Coast Reservoir Under Way

by Wendy McMullen

The new reservoir, C-44, that officially opened east of Lake Okeechobee last week, will solve some of the problems of polluted water flowing from Lake Okeechobee in the middle of the state to Florida's east coast.

With a great deal of hoopla, Florida Lt. Gov. Jeanette Nunez cut the ribbon and started the pumps, heralding the revitalization the newly opened reservoir will bring to the Indian River Lagoon near Port St. Lucie.

But there is another, much larger, reservoir under way; one that will be vital to our west coast environment. It is the Caloosahatchee River West Basin Storage Reservoir, known as C-43.

This reservoir, on 10,700 acres of former farmland west of Labelle in Hendry County, will hold approximately 170,000 acre-feet of water, with a maximum depth ranging from 15 feet to 25 feet (170,000 acre-feet represents an amount of one foot deep spread over 170,000 acres). When complete, the reservoir will provide storage for the Caloosahatchee estuary by capturing and storing local basin runoff as well as releases from Lake Okeechobee.

This will benefit Sanibel in both the wet and dry seasons. During the wet season from June to October, it will capture and store stormwater from the C-43 basin



South Florida Water Management District priority projects
Image courtesy South Florida Water Management District

and reduce excess water flowing to the coastal estuary surrounding Sanibel. During the dry season from November to May, water releases will provide essential flows, improving salinity, balance, the survival of young fish and shellfish, and ecological

health generally.

Water flowing west along the Caloosahatchee will be directed down the Townsend Canal and into the reservoir. It is widely acknowledged that the amount of phosphorous and nitrogen in the water

from Lake Okeechobee contributes to the algae blooms that ravaged Southwest Florida in 2018, so the water will be treated with an alum injection system, which, along with normal attenuation, will settle the pesky nutrients on the bottom of the reservoir. When the river and estuary need it, the cleaned and stored water will be discharged back through the Townsend Canal into the river and estuary.

The entire reservoir project is expected to be completed by 2023 at a cost of a little over \$1 billion. The initial 2008 design has been updated to meet current dam safety standards and all demolition work, and the construction of the S-476 pump and the main S-471 pump stations are now complete.

"We're excited to see the progress made on the C-43 because it's a project that's critical to our dry season flows," commented James Evans, environmental policy director for Sanibel-Captiva Conservation Foundation.

Randy Smith, South Florida Water Management District media relations supervisor, echoed the sentiment.

"The C-43 reservoir is a critical component, working with other projects, for overall Everglades restoration," Smith said. "The tangible and important benefit for the Caloosahatchee is the reservoir's ability to store water and release it when the estuary needs fresh water to maintain a good, healthy salinity level."

Both projects are part of the Comprehensive Everglades Restoration Plan, a Congressionally approved program to restore, protect and preserve the water resources of central and southern Florida.✳



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Chuck Wells of Mobile Glass Blowing Studios
photos provided

Luminary At Jensen's Marina

Jensen's Twin Palm Marina and Cottages on Captiva will participate in the 37th annual Luminary Holiday Stroll on Saturday, December 4 from 5 to 9 p.m. The community-wide holiday event that brings together residents, visitors, businesses and organizations, spreading goodwill and community spirit. In addition to candle-lined walkways and holiday decorations, Jensen's will feature live music by Brotherly Love



Glass blowing will take place on the beach

(featuring one of the Jensen brothers, Jimmy), free popcorn, holiday cheer and a glassblowing exhibit. The newly renovated ship store will be open for holiday shopping, and beer, wine and refreshments will be available for purchase. "There is no place like Captiva during the holiday season. It is the start of our month-long celebration of Christmas. You owe it to yourself to listen to the music, wildlife, the moon and stars, luminary and the sounds of the gulf. Welcome to Captiva," said Michael Polly, president of Royal Shell, parent company of Jensen's Twin Palm Marina and Cottages.✱

Shell Found



Ian McMichael photo provided

Ian McMichael, 10, of Toledo, Ohio found a junonia while shell hunting at South Seas Island Resort on Captiva. Ian's parents, Scott and Amy, have been visiting for 35 years. This is the first junonia the family has ever found.✱

Shell Found



GERALYN LeGrand photo provided

GERALYN LeGrand of Chafee, Missouri found a junonia on Sanibel on November 20. LeGrand said, "I found the shell on the section of beach between Silver Key and Blind Pass after kayaking there from Bowman's Beach with friends and family. While I didn't know what type of shell it was at first, its beautiful markings caught my eye immediately!"✱

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Holidays And Dogs: Creating A Joyful Season



by Allison
Havill Todd

‘T’is the season to be merry and no matter what holiday you may be celebrating, there are bound to be extra social activities and events that can create stress

for your dog companion, if not properly managed. By following a few tips, you can better handle situations that could potentially cause undue anxiety for your pup.

Consider your dog’s personality when inviting friends and family to your home. You know your dog best, and it’s important to be their advocate and not place them in uncomfortable situations. Not all pets are party animals, and many are accustomed to a quiet living environment; or maybe your canine companion is very sociable and enjoys the extra attention. Either way, a house full of new people, noise and lots of activity can cause behavioral problems in the best of animals. It is important for your dog to have its own place to go to escape the chaos of having



Be mindful of your dog’s personality when entertaining guests photos provided

company. Never force your dog to accept the attention of strangers, particularly children. If your dog is already crate-trained, this is the perfect safe place for them. However, this is not the time to confine your pet to a crate for the first time. Perhaps they have a designated sleeping space in a quieter place in your home such as your bedroom, office or laundry room; add a few of their favorite toys and treats to occupy them while you entertain your guests. Instead of closing your pet off in another room where it may feel isolated, consider adding a dog gate to create a barrier from the main gathering area but allowing them to still see what is going on. It is recommended to do this a few days in advance of house guests so your pet has time to adapt.

Dogs are creatures of habit and it’s best to stick to the same routine for their



Make sure you spend quality time with your pup during the holidays

feeding, exercise and playtime as much as possible. Often, during the holidays, we become preoccupied with preparations and time with guests, and we may overlook our dogs’ morning walks or neglect spending special time with them. It is especially helpful to exercise your dog before your company arrives so they are not too overly enthusiastic when meeting your guests. If your dog is not well-mannered about greeting people at your

front door, consider bringing him outside on a leash for first introductions before your guests enter your home. Maybe your dog is overly friendly; you will need to closely monitor its interaction with your guests so as not to be a nuisance. Hopefully, you have already dedicated regular time in the training of your friend, teaching it acceptable behavior. This is an opportunity to brush up on your training routine in advance of having visitors and reinforce your pup’s good manners with affection and praise.

Advise your guests not to slip any treats to your dog or feed him from the table; many holiday foods are toxic to him. This also prevents the undesirable behavior of begging for food. Always supervise your dog around guests and err on the side of caution. If your furry friend is exhibiting signs of stress or is trying to avoid people, remove him from the situation and lead him to a safe, quiet place. Being aware of your dog’s personality and behavior is the first step in determining how much social interaction is appropriate for him. By following a few simple steps, you and your canine companion can experience a joyful holiday season!

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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Performance On Captiva Salutes World War II Era

by Kathy Kurtz Ferrari

The date was December 7, 1941, and life on an idyllic tropical island would never be the same.

While the attack on Pearl Harbor forever changed an up-to-then little known Hawaiian enclave, the island of Captiva experienced effects as well.

On the 80th anniversary of that “date which will live in infamy,” launching the United States into World War II, the Captiva Island Historical Society (CIHS) will present *Sentimental Journey*, a theatrical salute to those war years and what life was like on Captiva.

The stage production will take place on Tuesday, December 7 at 7 p.m. in the ballroom at South Seas Island Resort.

Singer-songwriter Austin Church, a frequent visitor to the island, will share the story through letters to and from Captiva during the war from the historical society’s archives uncovered by CIHS archivist Queenie Viglione. Instrumentalist Terri Schafer will also take part in the performance.

“We will have music of the era, and visuals to tell the whole story of what it was like to be on the island during World War II,” said CIHS President Tom Libonate.

There will be live music, vintage



A cartoon from the World War II era by JN “Ding” Darling is from the Captiva Island Historical Society’s archives photo courtesy Captiva Island Historical Society

photos and film clips to bring memories to life from that historic time.

Seating is limited. World War II veterans and their spouses will receive complimentary reserved tickets by calling the CIHS office at 472-2323.

Admission is \$12, which includes desserts, soft drinks and water. A cash bar will be available. Those attending

the historical society’s indoor events are requested to be vaccinated and masked upon entry and departure.

For more information, visit www.captivaislandhistoricalsociety.org. Visit www.eventbrite.com/e/sentimental-journey-tickets-189210241927 to purchase tickets.

South Seas Island Resort is located at

5400 Plantation Road on Captiva.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com.✱

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Lee Health is seeking blood donations to help replenish supply levels. For more information, visit www.leehealth.org/our-services/blood-centers.✱

From page 1

Golf Cart Parade

entertainment, special discounts and the release of the 2021 Luminary Lager, brewed in partnership with Point Ybel Brewing Company of Fort Myers, are highlights of the event.

“We are so delighted to welcome Lisa to this year’s festivities, which bring out both Captiva and Sanibel residents and visitors for a great time for all ages and a kick-off to a festive and fun holiday season,” said John Lai, chamber president and chief executive officer. “She will be our first celebrity emcee, so we’re extra excited.”

The Captiva Cart Parade begins at Chadwick’s Square, proceeds down Andy Rosse Lane, to Captiva Chapel by the Sea, and ends at Chadwick’s Square. For more information, visit www.sanibel-captiva.org.✱

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City Of Sanibel Vegetation Committee

Pines: The Native And Invasive

There are seven native pines in Florida: loblolly pine (*Pinus taeda*), longleaf pine (*Pinus palustris*), pond pine (*Pinus serotina*), sand pine (*Pinus clausa*), shortleaf pine (*Pinus echinata*), slash pine (*Pinus elliottii*) and spruce pine (*Pinus glabra*). Locally, the slash pine can be found in various parks and on private properties throughout the island. Depending on their geographic location, each species can serve a commercial value when cultivated as products like paper, industrial chemicals and lumber or, most importantly for Sanibel, as an ecological commodity by providing habitat and foraging grounds for native and migratory species of wildlife.

Although each of the pines are adapted to Florida's climate and growing conditions, they are still at risk for competition by other, often more harmful, species of vegetation. One example that is located here on Sanibel is the Australian pine. They grow an average of three to five feet per year, produce thousands of seeds during that time, and form monocultures that serve little to no benefit. Similar with other areas around Florida, Australian pines were initially introduced on the island to provide stabilization for the canals, hold the shell roads from washing away during storms and provide wind breaks for crop fields.

Since then, it has been discovered that



Swallow-tailed kites nesting in an Australian pine photo by Veronica Runge

they actually encourage beach erosion by displacing deep-rooted vegetation. Their shallow root systems also tend to topple during high winds and pose a significant hazard to coastal storm evacuation routes. In 2004, Australian pines, blown over by Hurricane Charley, wreaked havoc on Sanibel's roadways and water, phone and cable transmission lines, delaying resident reentry for several days. Despite the many issues caused by Australian pines, many residents did not support island-wide eradication. As a result, Sanibel City Council passed an ordinance in February 2006 that allows property owners to retain Australian pines currently on their properties, with the caveat that, if the tree is a danger to public health and safety or city infrastructure, they must be removed or topped. However, the planting of new Australian pines on the island is prohibited due to their aggressive nature and invasive status.

Sanibel has recently seen an increase in the number of swallow-tailed kites, a slender, graceful, high-flying raptor that



Australian pine debris from Hurricane Charley

photos courtesy City of Sanibel

nests in the tops of the tallest trees. They prefer older trees with an open crown but are seen on island in Australian pines, creating an environmental dilemma. The Australian pine does not have the same supportive structure as the native pines, disrupts the native flora, and is not allowed to be cultivated in Florida. So, what can be done for the swallow-tailed kites? The answer: Plant slash pines. Many species of birds already utilize slash pines, including woodpeckers, screech owls and eagles. Native to the southeastern United States, this tree grows naturally in wet flatwoods, swampy areas and shallow pond edges, as well as well in sandy soils, making it an ideal landscaping choice for Sanibel.

If you are interested in removing an Australian pine from your property and observe a nest structure, contact the natural resources department at 472-3700 to verify whether or not the nest is active.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information on native plants, a listing of licensed

contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The committee also offers free native plant tours. For more information, call 472-3700.*

Red Kettle Bell Ringers Needed

This year's Salvation Army Red Kettle program runs from Friday, November 26 to Friday, December 24. Sanibel bell ringers will be on duty from 8 a.m. to 7 p.m. Monday through Saturday. Volunteers are needed, preferably for a two-hour session. Sign up online at www.registertoring.com. Log in with your email and password, and choose your date(s) and time(s).

Coordinators for this year's campaign are John MacLennan, 401-932-4383, and Susan MacDowell.*



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December 11, 2019
Sanibel Community Church
Director: Edith Whitten
Accompanist: Erik Knevelle



Citrus Barbecue Cauliflower

1 cauliflower
1 orange, zested and juiced
2 tablespoons finely chopped parsley, for garnish
½ cup barbecue sauce (your favorite)
1 teaspoon all-purpose seasoning (your favorite)
1 tablespoon oil, for cooking
Sea salt and fresh ground pepper, to taste

Preheat oven to 375 degrees. Slice cauliflower into ½-inch thick steaks and place on parchment-lined sheet pan. Brush oil onto cauliflower, season with all-purpose seasoning, salt and pepper. Place in oven for 20 minutes. Zest and juice orange. Combine barbecue sauce, orange juice, and half of the orange zest and set aside. Remove cauliflower from oven and turn oven on to broil. Brush



Citrus Barbecue Cauliflower

a generous amount of sauce onto each steak and sprinkle remaining zest evenly.

Place directly under broiler until sauce is caramelized, about three to five minutes.

Remove from oven and garnish with chopped parsley.✱

photo courtesy Fresh From Florida

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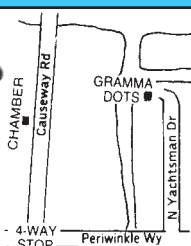
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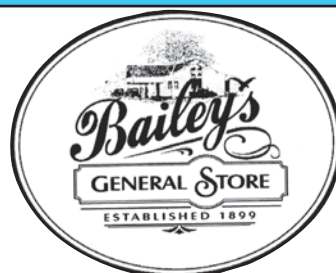


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BIG ARTS workshops are a great place to learn a new hobby or sharpen your skills. The 2021-22 workshop season offers a variety of classes with experienced instructors.

Workshops include:

Glass Fusing with Petra Kaiser – Thursdays, December 2 to 16, 9:30 a.m. to 12:30 p.m. Donor: \$74; nondonor: \$93.

Drawing from Photographic References with Francesco Gillia – Tuesdays, January 4 to 25, 9:30 a.m. to noon. Donor: \$135; nondonor: \$169.

Pastels with Mary Klunk – Tuesdays, January 4 to 25, 9:30 a.m. to noon. Donor: \$120; nondonor: \$150.

Glass Fusing with Petra Kaiser – Wednesdays, January 5 to 26, 9:30 a.m. to 12:30 p.m. Donor: \$99; nondonor: \$124.

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

Photography for Beginners with Denny Souers – Thursdays, January 6 to 27, 9 a.m. to noon. Donor: \$111; nondonor: \$139.

The Perennial Philosophy: Catching a Glimpse of Truth and Beauty in Each Religion and Every Branch of Science with Ran Nieoff – Mondays, January 10 to 24, 9 to 10:30 a.m. Donor: \$80; nondonor: \$100.

Watercolor Painting with Sunny Krchmar – Wednesdays, January 14 to 28, 9 a.m. to noon. Member: \$156; nonmember: \$195.

Paint Your Own: Pineapple Beach Bag with Sunny Krchmar – Friday, January 14, 1 to 3 p.m. Donor: \$60; nondonor: \$75.

Drawing Basics with Douglas David – Saturday, January 15, 9:30 a.m. to

3:30 p.m. Donor: \$135; nondonor: \$169.

Ode to Beethoven – The Man Behind the Music with Anette Isaacs – Saturday, January 15, 10 to 11:30 a.m. Donor: \$23; nondonor: \$29.

Greeting Card Class with Donna Lee Cole – Wednesday, January 19, 9 a.m. to noon. Donor: \$25; nondonor: \$32.

Friday with Francesco: Colored Pencils & Pastels on Toned Paper – Friday, January 21, 9:30 a.m. to 3 p.m. Donor: \$110; nondonor: \$138.

Hand Painted Wine Bottle, Coastal Theme with Lights, Shells and Embellishments with Jenny Licht – Saturday, January 22, 9 a.m. to noon. Donor: \$75; nondonor: \$94.

Paint Seascapes in Oil with Douglas David – Monday and Tuesday, January 24 and 25, 9:30 a.m. to 3 p.m. Donor: \$265; nondonor: \$332.

The Joy of Writing with Vicky Lettmann – Mondays, January 24 to 28, 9:30 to 11:30 a.m. Donor: \$110; nondonor: \$138.

Zentangle (beginners only class) with Donna Lee Cole – Wednesday, January 26, 9:30 to 11:30 a.m. Donor: \$25; nondonor: \$32.

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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Top 10 Books On The Island

1. *Once Upon a Wardrobe* by Patti Callahan
 2. *The Lincoln Highway* by Amor Towles
 3. *The Vanished Days* by Susanna Kearsley
 4. *The Lyrics* by Paul McCartney
 5. *Float Plan* by Trish Doller
 6. *The Santa Suit* by Mary Kay Andrews
 7. *The Rose Code* by Kate Quinn
 8. *November 9* by Colleen Hoover
 9. *Go Tell the Bees That I Am Gone* by Diana Gabaldon
 10. *Taste* by Stanley Tucci
- Courtesy MacIntosh Books & Paper.✱*



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

2022 Season New Exhibits and Programs



Photo by Andrew West/The News-Press

EXHIBITS

RED, BLUE, GREEN:
An Introduction to Water Quality in Southwest Florida

January 15-June 10

Produced in partnership with Sanibel-Captiva Conservation Foundation

BLACKWATER MOMENTS:
Nocturnal Photography of Open-Ocean Mollusks
December 10-May 30

LECTURES

Jan. 21: Environmental writer CYNTHIA BARNETT

Feb. 1: *The Soul of An Octopus* author SY MONTGOMERY (pictured)
 This lecture is made possible by Fran Peters/Island Vacations

Feb. 16: Metropolitan Museum of Art curator BRADLEY STRAUCHEN-SCHERER

Mar. 15: Diver and photographer LINDA IANNIELLO

Apr. 6: *News-Press* visual journalist ANDREW WEST

Registration and details at ShellMuseum.org



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Sanibel Public Library Ranks Best In Florida

State library rankings are out, and Sanibel Public Library ranks at or near the top for Florida in many areas including the amount of items to borrow in different formats – print books, audiobooks, DVDs, BluRay and music CDs, access to the new online archives, and programs for adults and children.

Sanibel was ranked number one per capita (per 1,000) for: circulation (number of books or items borrowed), availability of print, audio, video and other material to check out, website visits per capita, and square footage availability. The 2021 ratings are based on FY 2019 Florida Library Statistics, which measures 82 libraries/library systems in the state. Sanibel Public Library has been at or near the top ranking for about 15 years. It has also won national Star Library Awards (top 200 public libraries of 9,000 measured nationally) in five of the last 10 years.

The high ranking is due to support from the island community and visitors who value cultural activities, reading and lifelong learning. The library can also attribute success to a publicly-elected board of commissioners who ensure budget and infrastructure are in place to support services and staffing, and the private Sanibel Public Library Foundation grant support for enhancements to the



Library staffers, from left, Melissa Ballthaser, Duane Shaffer and Ian Wainwright

photo provided

library, such as the Author Series, cutting-edge technology and youth programming.

Melanie Congress, library district board of commissioners president, said “Executive Director Margaret Mohundro and the knowledgeable staff strive to provide the resources people need and want. During the pandemic, the library was an important resource – providing services such as curbside pickup, tech resources such as loaning WiFi hot spots, and access to online tutoring services for children to assist them with at-home learning.”

“We’re all very proud the library

continues to receive such high rankings; it is testament to the community support of the library and highlights how often locals are using library services and borrowing books or other material,” said Congress.

In addition to high state rankings, the library has won many annual Star Library awards from *Library Journal*. It has been #1 on TripAdvisor for “Things to Do on Sanibel” many times, and earned many TripAdvisor Certificate of Excellence awards.

The State Library of Florida based ratings on estimates of population, University of Florida Bureau of Economic

and Business Research, Florida Department of State Division of Library and Information Services, and U.S. Institute of Museum and Library Services. Other highly-ranked libraries on the list include North Miami Beach Public Library, Maitland Public Library, North Palm Beach Library, as well as Collier and Lee County library systems.

The Sanibel Public Library collection focuses on new and bestselling fiction and nonfiction, as well as topics of particular interest to locals including mystery fiction; history; travel; lifestyle such as cooking, decorating, and gardening; health, biographies; and current events.

The library has remained operational during the pandemic by increasing the 24/7/365 download and streaming services, as well as providing assistance via telephone and in person.

The library’s annual budget, including gifts and grants, is about \$2.4 million. The Sanibel Public Library District is an independent special district serving Sanibel with a publicly-elected board of seven members. The library ranks at or near the top among all Florida public libraries for checkouts, visits, program attendance and Internet use and other services, and it is regularly awarded high rankings among the 9,000-plus public library systems in America.

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.



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Foundation To Implement New Programming

As a result of an extensive strategic planning process, the board of directors of the Charitable Foundation of the Islands (CFI) realigned its direction and established a vision and mission that reflects community need and avoids duplication of philanthropic dollars and programs. The CFI mission is to identify community needs and collaborative opportunities that empower organizations to affect real change; support those in need and build and distribute resources that advance the vitality and health of the Sanibel-Captiva community.

Begun initially as the Francis Bailey Society, the formal foundation entity was established in 2011 under the leadership of Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. Today, through research and analysis, the foundation is identifying those areas of greatest unmet need and harnessing the strength of nonprofits with the capacity of philanthropic partners to create real solutions. The three key projects are Leadership Sanibel-Captiva, various initiatives surrounding elder loneliness and caregiver support, and the CFI Nonprofit Education Program.

The first program, Leadership Sanibel-Captiva will launch on January 11. The program objectives are to encourage the next generation of service leaders to continue to protect and grow the extraordinary community spirit and smart leadership that strives to protect and grow the quality of life on the islands for all. Ralph Clark, chairman of the 2022 leadership program, said, "One of the greatest gifts the foundation can give is to foster the next generation of committed volunteer leaders who will love and care



Ralph Clark

for our community as many before have done."

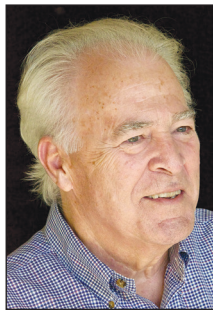
The CFI Nonprofit Education initiative will be a summer program devoted to nonprofits to provide information and expertise on efficient and effective best practices organizational management.

Finally, the elder care and caregiver initiative groundwork is just being laid to collaborate with island nonprofits and the faith community to identify and solve the unmet needs of seniors in the community.

"The process of arriving at our core mission and scope of services was a result of listening to the voices of our community in advising us as to the areas of need. We are excited to work with our philanthropic partners to help realize all three of these important initiatives," said Chip Roach, co-chair of CFI.

"Working hand-in-hand with the nonprofits in our community to help better understand their needs has been invaluable," said Ginny Stringer, co-chair of CFI.

For more information, email info@mycfi.org or visit www.mycfi.org.



Chip Roach



Ginny Stringer

Shoes And Socks Needed For Veterans

The annual Shoes and Socks for Homeless Veterans campaign is under way. Organizer Dan Perkins thanks the community for their generosity over the last five years in donating thousands of pairs of shoes and socks to homeless veterans in Southwest Florida.

Some experts are concerned about the increase in the number of veterans committing suicide. There have also been surges in cases of veterans suffering from PTSD due to COVID-19. Many veterans have lost their jobs or have medical issues, and are living on the streets.

You can help these veterans get back to work by providing shoes and socks this holiday season. Collection sites will be open through Thursday, December 23 at the following locations:

Bailey's General Store – 2477 Periwinkle Way on Sanibel
St. Isabel Catholic Church – 3559 Sanibel-Captiva Road
St. Columbkille Catholic Church – 12171 Iona Road in Fort Myers
Visit www.songsandstoriesforsoldiers.us



Award from Bay Pines VA district, presented to Dan Perkins for service to homeless veterans in 2020 photo provided

for additional drop-off sites.

You can also send shoes and socks to: Songs and Stories for Soldiers, 1224 Kittiwake Cir., Sanibel, FL 33957. For more information, call Dan Perkins at 973-687-4826.

Perkins said, "As we celebrate Christmas this year, let us be thankful for what we have, and open our hearts to those men and women who have given so much for us." ❄️



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Book Review

Apples Never Fall



by Di Saggau

Apples Never Fall by Liane Moriarty is a novel that looks at marriage, siblings and how the people we love the most can hurt us the most. The prologue will immediately grab your attention

and have you turning the pages quickly to see what will happen next. The book combines domestic realism and mystery in a story surrounding a 69-year-old Sydney woman's disappearance.

The Delaneys are well known in their community. Parents Stan and Joy are the envy of many. They are famous on the tennis court and, after 50 years of marriage, they have sold their famed tennis academy and are ready to enter the golden years of their lives. So why are they so miserable?

Their children, Bohemian Amy, passive Logan, flashy Troy and migraine-suffering Brooke, were tennis stars in their own right and now they are all successful grown-ups. Shortly after a stranger named Savannah knocks on their door seeking help, Joy disappears, leaving a text that is hard to decipher. Everyone except Stan suspects there is a problem. As details come to light, the police become involved.

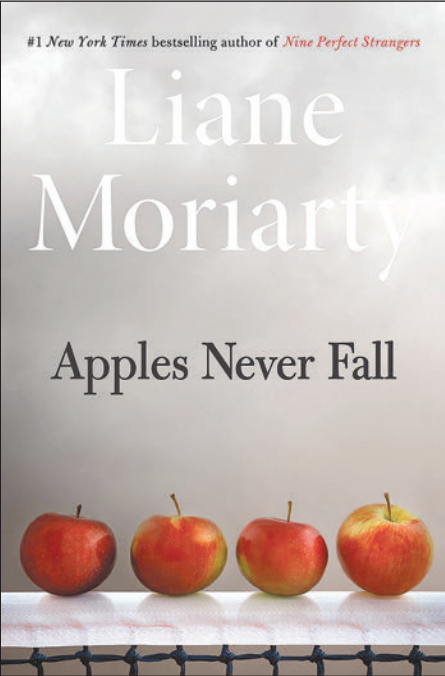


image provided

Moriarty sets up a mystery and then jumps months into the past to unravel it.

Moriarty is well known for *Big Little Lies* and *Nine Perfect Strangers*. This is her ninth novel and it's my favorite due to not only her wonderful writing and the story line, but also the fascinating characters who make up this family. The irritable and quarrelsome siblings, along with their parents, are at times funny, sad, occasionally creepy and always compelling. A snarl of allegiances,

grievances, and lingering wounds are at the heart of this new mystery. If you haven't already read it, I suggest you do. It's another on my book club's list.*

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, As we approach our holiday season, family schedules can change quickly, and these changes may alter the routines of your children.

While it's important to be flexible, it's also important to stick to some of the more critical routines more carefully. Bedtime and appropriate sleep hygiene routines are very important to maintain. Quality sleep is crucial for everyone's well-being and especially for children.

Research tells us that sleep pattern changes dramatically in early childhood. Establishing a healthy sleep pattern in early life is very important for child development. Sleep plays a critical role in learning and memory, emotional regulation and related brain structure development. Pre-school children need about 11 to 13 hours of sleep daily, elementary students need approximately nine to 12 hours of sleep and adolescents/teens need about eight to 10 hours of sleep nightly.

Sleep matters because it recharges children's bodies and brains so they can learn. Good sleep helps them feel calm and refreshed, make good choices, pay attention in school, maintain a healthy weight, remember what they have learned, avoid getting hurt and overall feel better.

Children can usually compensate for one night of poor sleep but, more than that, may cause problems. Poor sleep affects the brain's ability to retain factual

information and procedural memories, which inhibits the learning of both academic subjects and nonacademic skill. This can impact our declarative memory and our procedural memory. Children who are short on sleep may often make poor choices, have more meltdowns, forget what they've learned, lose focus on class and have more trouble in social or sport settings.

In more serious cases when children are sleep-deprived, they are more prone to making risky choices. And, for teens, there is increased use of cigarettes and other illicit substances. Children who are sleep-deprived have more difficult maintaining a healthy weight, and they experience more feelings of anxiousness, sadness and hopelessness. They are mentally and physically exhausted.

Healthy sleep routines should look like this. Children should be able to fall asleep within 15 to 30 minutes of going to bed, they will be alert in the morning, not need constant reminders to get up and will not need excessive naps.

Sleep and nightly routines can be complex, but there are some basic principles that will help create a better sleep environment. Make sure your child does not consume caffeine after midday. Screen time should end about an hour prior to bedtime, and children should avoid vigorous exercise close to bedtime as well. Also, make sure to have a simple nightly bedtime routine for everyone with consistent bedtimes and wake-up times.

The benefits of good sleep are numerous and include better concentration and performance in school as well as in sports, increased alertness and better mood and affect.

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

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Evening Of Cheer At Local Gallery



Tower Gallery

photo by Lorin Arundel

Tower Gallery on Sanibel is kicking off the holiday season with Holiday Cheer, an evening with the artists on Thursday, December 9 from 5 to 8 p.m. It will be a night of twinkling lights and artful gifts for everyone on your list. Music will fill the air, and guests can meet and mingle with the artists.

Original works by Tower Gallery's 25 local artists will be on display and for sale. A new addition this year, artists will be showing and selling hand painted

glass bottles with embellishments and lights.

The trees at the gallery will be filled with ornaments made by the artists. This is a great opportunity to add to your collection from your favorite artists or purchase one of a kind gifts. Arrive early as the ornaments go fast.

Tower Gallery is located at 751 Tarpon Bay Road. For more information, call 472-4557 or visit www.towergallery.net.

Cars And Coffee At Periwinkle Place



Stop by and see what the locals have hiding in their garages

photo provided

The San Cap Motor Club monthly Cars and Coffee Cruise-In will be held this Saturday, December 4 from 9 to 11 a.m. at Periwinkle Place shopping center. All are welcome to bring out their classics, hot rods, muscle cars or new rides. No pre-registration is necessary for vehicle owners. Cars and motorcycles welcome.

A continental breakfast with donuts, coffee and other refreshments will be

provided by The Blue Giraffe Restaurant of Periwinkle Place.

Membership dues for the season are \$50 per individual or \$75 per couple or family. A membership includes one new club T-shirt. Members gather on the first Saturday of the month for the cruise-in, and on the second Tuesday for dinner.

For more information, call Scot Congress at 472-4177 or email scot@scongress.com.

CONCERT TODAY 4:00-5:00 pm

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BIG ARTS Monday Night Film Series

Never Gonna Snow Again

by Di Saggau

The Monday Night Movie for December 6 is *Never Gonna Snow Again*, a comedy/drama from Poland about a mysterious masseur who visits a wealthy, dysfunctional gated community. Zhenia uses hypnotic, almost magical, techniques to get a residence permit to treat the well-to-do residents. While they seem to have it all together, they suffer from an inner sadness and an unexplained longing. Zhenia's hands heal and his eyes seem to penetrate their souls.

Beginning his trek in an eerily illuminated forest, Zhenia, a physically imposing young man, crosses the border from Ukraine into Poland, navigating a trail of abandoned bridges and underpasses, and carrying a folding massage table under his arm.

Zhenia senses the psychic pain in the air and feels he can cure it. He comes from Chernobyl and is plagued with bad dreams and memories of his mother and of the clouds of radioactive dust that looked like snow. The meaning of the title of the film is shown over the closing credits. This is a fairytale: but a fantasy with solidity and form in a blank suburban scene with identical white McMansion-style houses whose occupants all have their own secrets.



image provided

As Zhenia builds his devoted clientele, we follow him through a day of massage appointments with its moneyed, unhappy inhabitants, whose various domestic squabbles and eccentricities he observes with impassive patience. He holds more power over them than they seem to realize and occasionally uses that freedom to explore their vast houses, or practice silent ballet routines on the heated floors.

Never Gonna Snow Again runs 115 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the

film, Rob Rabb will lead the discussion. Tickets are \$10 and can be purchased online or at the box office. All those who are not fully vaccinated are asked to

wear masks. BIG ARTS is located at 900 Dunlop Road. For tickets, call 395-0900 or visit www.bigarts.org.

Poetry Corner

by Kindra Ringle

Sanibel Sunset Chimes

Shadows stretch across the shoreline,
Hues of sunset paint the sky,
Red, orange, and pink brush the horizon,
Bare feet tap dance on waves strumming a rhythm,
Tirelessly searching for hidden sea shell treasures,
Four pelicans soar narrowly above the tumbling waves,
Each one a silhouette of the other,
Embedded sea shells lay in the seas wake,
Retreating waves strummed a song,
Tinkling wind chimes on a xylophone rang.

Silently basking in the ocean's view,
Lightly lapping waves echo the night,
Shades of dusk engulf the sky,
Mesmerized by God's masterpiece painted on the horizon,
Darkness closes in, the canvas erased,
Embedded sea shells lay in the seas wake,
Retreating waves strummed a song,
Tinkling wind chimes on a xylophone rang,
Sanibel sunset chimes.

Kindra, Brian and Kassandra Ringle have been vacationing on Sanibel since 2013. Kindra wrote this poem on September 28, 2019, after one of their trips.

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OUR HOLIDAY SCHEDULE!



Blue Giraffe
Island Dining

Both our restaurants are closed Christmas Day so our staff can spend time with their families.

Blue Giraffe 1 at Periwinkle Place will close at 3pm Christmas Eve and 6pm New Years Eve.

Make your reservations now for Blue Giraffe 2 at Beachview for New Year's Eve & New Year's Day!!

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'tis the season for neighbors helping neighbors with **HOLIDAY** ASSISTANCE



HELP SHARE THE JOY

Each year FISH offers Holiday programs to spread the joy of the winter season to our neighbors. Whether for our island seniors or families who may be struggling financially due to work-hour reduction, job loss, or medical expenses, your generous support can make the holidays brighter for everyone!

SENIOR HOLIDAY PROGRAM

Share the warmth of the season with our special island seniors who may be feeling isolated or alone. FISH will deliver a personalized SMILE BOX with special gift items and decor to make their season bright, and remind them they're not alone! **Donate special senior items by Friday, Dec 3.**

ANNUAL TOY DRIVE

Help Santa fill his bag with gifts for our youngest neighbors. This year we will provide childrens' toys to over 50 households. Help make the holiday fun and magical for the kids of our community! **Drop off toys by Friday, Dec 10.**

ADOPT-A-FAMILY PROGRAM

Make a difference for an entire household! When you choose to adopt a family, FISH provides you with a specific wish list for a particular family. Then donors can shop more intentionally to make those wishes come true while providing requested items that fit the needs perfectly. **Drop off gifts by Friday, Dec 10.**

HOLIDAY FOOD BASKETS

A special Holiday meal is something everyone should be able to enjoy. FISH provides baskets at Thanksgiving and Christmas filled with dinner ingredients and a gift card to purchase a turkey or other holiday protein for approximately 100 of our neighbors. **Drop off food donations by Thursday, Dec 23.**

*If you or someone you know is in need,
contact FISH at 239.472.4775*



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food programs • island based education • social & senior services • helping hands & financial assistance



Beth Jarrell of Sanibel Public Library will speak on the tools available to research and digitize family history photo provided

Lunch Program On History And Genealogy

FISH of SanCap will hold its next Friendly Faces Luncheon via Zoom on Tuesday, December 14 beginning at noon. Lunch, prepared by George & Wendy's Seafood Grille, will include a cold entree, side, bottled water and dessert. The cost for the December lunch is waived and complimentary to all participants. FISH volunteers will deliver

meals to locals beginning at 11:30 a.m. The guest speaker will be Beth Jarrell, reference and archives librarian at Sanibel Public Library. She will discuss how to retrieve digitized items from Sanibel's historic past, including images, stories and oral histories. She will include an introduction on how to use the Ancestry Library Edition to track and record family genealogy and provide tips for preserving family images and stories for future generations. "We are so excited to partner with the Sanibel Public Library as they lead us in a discussion to uncover our history," said Manuela Martinez of FISH. "They

are recognized as one of the best libraries in the country and provide valuable resources for islanders and visitors. We're so glad Beth can lend her knowledge and share how we can best navigate the library." Reservations and meal choices are

required by Friday, December 10 by calling 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access. For more information on programs and services offered by FISH, visit www.fishofsancap.org.

New Record For Tourist Dollars In Lee County

Tourism hit a new record in Lee County in 2021, raking in more than \$53.3 million in bed taxes for the fiscal year, according to the latest figures released by the Lee County Clerk of Court. The five percent tourist tax, which is applied to all hotel stays and rentals of six months or less, surpassed the previous record of \$42.6 million in fiscal year 2019.

"Tourism is a huge driver of our economy, funding one out of every five jobs in Lee County," said Linda Doggett, clerk of the court and comptroller. "The best part of the bed tax is that all Lee County residents benefit from it, but it doesn't cost us a penny." The tourist tax is collected and distributed by the clerk of court and helps fund destination marketing, local sports facilities and maintenance of 50 miles of beach and shoreline. The monies also go toward funding local nonprofit organizations at more than 40 local attractions.

During fiscal year 2020 in the peak of the pandemic, \$39.6 million was collected in bed taxes, closely matching the total from fiscal year 2015. The county's fiscal year runs from October 1 to September 30. "We're hopeful that as we continue to recover from the pandemic, our tourism tax collections will continue to grow," said Doggett. "During October 2021,

we collected \$2.4 million, a 29 percent increase from October 2020 and a 65 percent increase from October 2019, which only brought in \$1.46 million."

Bank Holding Holiday Toy Drive

Sanibel Captiva Community Bank is hosting a toy drive for the Dr. Piper Center for Social Services at all eight bank branches. Each branch has a collection box in the lobby for participants to drop off donations through Friday, December 10.

The toys collected will be distributed at the 106th annual Dr. Piper Center Christmas Day Celebration. On Christmas morning, the center will open its doors to more than 400 children from the Dunbar community and all over Lee County to "shop" for gifts in its version of Santa's Workshop.

The center is accepting toys for children of all ages but is in particular need of items for pre-teens and teenagers, such as sports equipment, art supplies, board games, journals, gift cards, jewelry, purses, makeup, backpacks, hats and bikes. Items must be new and unwrapped. The Dr. Piper Center, which has been carrying on the ideals of community service exemplified by Dr. Ella Piper, has been making a positive impact in the lives of frail elderly and children with special needs in the Fort Myers area for 46 years, with the assistance of senior volunteers from the community. To find a bank branch near you, visit www.sancapbank.com.

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Zonta Gets Update From Service Partner

submitted by Sue Denham

Members of the Zonta Club of Sanibel-Captiva recently received an update on longtime service partner Habitat for Humanity of Lee and Hendry Counties, delivered by Elisha Baird, vice president for strategic partnerships. Baird, who has served with the local Habitat chapter for six years, acknowledged the multi-year relationship the club has had with Habitat, and especially with Women Build, providing financial grants and hands-on support at construction sites.

Initiated 11 years ago, Women Build aims to empower women and men in the service area to share in the extensive need for affordable home ownership, through a focused campaign that typically kicks off in March and culminates in two or more homes awarded to new owners in May. In all, through local fundraising efforts, Women Build has enabled 25 female heads of household to benefit, building strength and stability for themselves and their children.

This is in addition to 1,680 other families that have partnered with Habitat since 1982 by qualifying to purchase an affordable home, 73 of them since the start of the pandemic in March of 2020. Requirements include completing 300



Elisha Baird photo provided

hours of sweat equity, attending home ownership and financial literacy classes, and paying \$2,000 toward closing costs. Before moving in, the new homeowner's mortgage is set at 30 percent of annual income. Nearly two-thirds of new homeowner families in recent years were women-led, a percentage that is increasing.

Baird acknowledged that the pandemic has brought challenges. However, she said, "As we recover from the shared experience of countrywide shutdowns, stay at home orders, and a major shift in the lives of so many, perhaps for the first time, many of us discovered how

important a safe, stable and decent home really is."

Baird said that constructing two new Women Build homes can now cost a total of \$390,000, about 10 percent more than two years ago. For each home, \$45,000 is for infrastructure, \$145,000 for foundation to roof, and \$5,000 for homeowner counseling.

Baird shared anecdotes of some recent new Habitat homeowners, overcoming difficult circumstances and now looking forward to settling in with their children in a safe, affordable home. Habitat currently

has 43 families in the program working toward ownership, and 29 of those are led by single moms.

Habitat Women Build has applied for a 2021 Zonta grant, expected to be awarded this December. Baird ended by reminding members that individuals are also welcome as partners in the goal of making mortgages affordable for more families: "Habitat is a hand up, not a handout," she said. For information, visit www.habitat4humanity.org/womenbuild. For more about Zonta, visit www.zonta sancap.org.

Executive Director Leaving FISH Of SanCap

After three years with FISH of SanCap as executive director, Alicia Tighe Orgera is leaving the organization to relocate to the Washington, DC area with her husband, Ryan, and their 8-month-old son, Emilio.

Tighe Orgera joined FISH in January 2019 to work with Maggi Feiner,



Alicia Tighe Orgera

president and CEO, to ensure that the operations of FISH continued to meet the demands of the growing organization. Previously, she worked in the United States Senate for 10 years as a legislative policy advisor and outreach director. Now, she plans to take time out from her career to devote to Emilio.

"Working with FISH and the Sanibel-Captiva community has been an immense honor and incredibly rewarding. The islands are such a special place because of the people here," said Tighe Orgera. "The commitment to community is unlike anything I have experienced and I feel grateful to have played a small part in FISH's role in making the islands a better place to live, work and visit."

"Alicia is truly a special person who made a difference in our great community every day," said Feiner. "We will all miss her energy, input and dedication to our mission in serving island neighbors."

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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WEALTH SERVICES

The Sanibel Captiva Trust Company

Protecting Yourself From Cyber Crime



by Jeffrey A. Muddell, CFP
Wealth Services

Recently, we visited with network security engineer Evan Lutz of Blueshift Technologies to discuss some of the most frequent and

trending issues among cyber hackers and how to deal with them. Too often, we hear of friends and family who have been victims of cyber crime.

Lutz explained that a few tactics are among the most common scams to which victims fall prey:

Phishing emails are designed to compromise a person's email, whereby if you "take the bait" by responding, opening an attachment, or clicking on a link, they will pursue you further.

Smishing is the same as phishing – except by text. The scammer's goal in both cases is to gain more and more access to your identity and your money.

Credential phishing is where the user clicks on a fraudulent link that looks legitimate, such as a message from Microsoft. The email address will not

be precisely correct, and the homepage looks close to what you would expect, so the scammer hopes you won't notice. If you enter your login and password to the fake Microsoft homepage, hackers now have your "login credentials" and can manipulate your computer and gain sensitive information.

Gift cards are popular among con artists. They ask the user to purchase a gift card to pay a bill, fee, some other debt or obligation, or even claim a prize. The request comes from a scammer impersonating someone you know, or an organization you consider a credible source. Don't believe it. You will never be contacted and asked to pay for anything with gift cards. Whether you are contacted by text, email or a phone call, end the connection and don't click on any links. Then block the sender.

Social media platforms give scammers a plethora of your personal information. Much of what you put on social media can be used against you by a scammer. For instance, they are watching for hints to your security questions, which may be the name of a pet, children or grandchildren, hobby, name of school, etc. They also use social media simply to gather information like this to impersonate you in order to trick someone you know – as explained previously in the "gift card" scam.

What top three steps can you take to prevent criminals from gaining access to your data?

Use a reliable password management tool. There are several available such as LastPass, NordPass and Keeper. So many people use the same or similar passwords

for all their online access, which is easy for hackers to break. "Using a password management tool significantly reduces risk and is much more convenient. It is cloud-based (not on your hard drive) and houses all of your passwords in one place, and you should enable the two-factor authentication, so only you can access it," Lutz said. He also cautions his clients against keeping a physical list that can be lost, which could be catastrophic.

Have good protection: Keep your antivirus and malware up to date. Limit and be particular about your exposure and activity on social media.

Is one type of device more susceptible to cyber crime than another?

The issue is the age of your device rather than the type. Tablets and cell phones that are 10 years old or more are considered at "end of life." They may still work but are vulnerable to viruses and hacking because their developers will "sunset" an outdated device and no longer create fixes for it.

What are the first steps to take to mitigate damage if you have been the victim of a cyber crime?

Change your passwords and logins immediately. Contact your local law enforcement's fraud division. Contact your financial institutions and credit card companies, and inquire about freezing your credit through the major credit bureaus of TransUnion, Experian and Equifax, so no one can open accounts or credit cards in your name.

Additionally, it can be reassuring to have a trusted information technology (IT) manager among your contacts to assist

you as needed for situations like this. He or she will help bring your computer or device back to normal status.

This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.✴

CEPD Seeking Board Member

The Captiva Erosion Prevention District (CEPD) board is accepting applications from Captivans to be considered for the appointment to a vacant seat; the appointee will fill out the remainder of the late Harry Kaiser's term. This is a nonpartisan office.

Visit www.mycepd.com to complete and submit your application, which can be submitted to jelston@mycepd.com. Deadline for submitting is December 31, by the end of business day.

The next CEPD board meeting will be held on Monday, December 13 at 1 p.m. at 'Tween Waters Island Resort and via Zoom. For information, visit www.mycepd.com or call 472-2472.

The Captiva Community Panel will meet on Tuesday, December 14 at 9 a.m. at South Seas Island Resort and via Zoom. For more information, visit www.captivacommunitypanel.com or email captivacommunitypanel@gmail.com.✴



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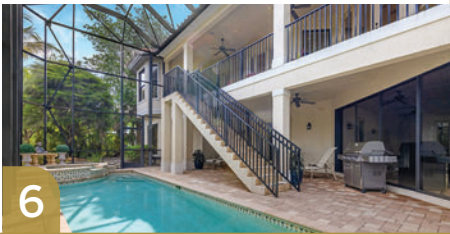
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- 3 BR/ 2 BA + loft with large kitchen, multiple lanai's, updated bathrooms, & top floor primary suite with private deck
 - Community amenities include deeded beach access, pool, tennis, shared docks, and more
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- 4. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL**
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- 5. Direct Access Basin Home on Limpet Drive - SANIBEL**
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 - Private dock with composite decking & captain's walk, travertine pool deck with spillover spa, and new roof
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- 6. SHORT WALK TO THE BEACH - SANIBEL**
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Superior Interiors

Avoid Bedroom Design Mistakes



by Trinette Nelson

Does your bedroom feel dull lately? Could it use a total revamp? Home redesign projects are always a good idea in our book, but the moment a room makes you feel uncomfortable the second you walk in, there's no doubt that the time to make improvements is now.

Before you can commit to the new adjustments, it's important that you understand the dos and don'ts of bedroom redecorating. Placement and choice of color, furniture and accessories can make a big impact on the way you feel when you enter the room, so you want to get it right the first time around.

Here are some of the most common bedroom design mistakes, and how to avoid them:

Your area rug is too small. Adding an area rug to the bedroom is one of the easiest ways to bring the room together and add additional style and comfort to the floor space. But size matters, and this can make a major difference in the look and feel of your bedroom. If you have an area carpet in a bedroom, it needs to cover much of the room. People often skimp on this because they feel it's wasted

under the bed, but your bedroom should feel super cozy. The solution: If you're placing the area rug underneath the bed (which is what we highly recommend in the bedroom) then just make sure it extends out one to two feet on each side.

Your walls are too bright. Choosing a bold color for your bedroom walls definitely creates that "wow" factor, but it can be detrimental to the vibe you want to achieve in the room. This is supposed to be a relaxation station, not a place to party. The solution: Instead of using a bold wall color, save the bright hues for accents. Vivid shades can be used in bedding, window coverings, accessories and pieces of art. The best part about shifting bright colors to the accents instead of the walls is the ease of mixing it up. Wall color is more concrete; changing your accents every few years can be much easier than painting your walls on a regular basis.

It's cluttered with décor. When it comes to bedroom redesign, it's always important to reevaluate the sole purpose of the bedroom. It's supposed to be a space for unwinding and relaxing. Unnecessary items and clutter can keep you from feeling this way, and this is something to be said about decor as well. The solution: When it comes to bedroom decorations, keep things simple. A few staple accessories placed on surfaces can bring character to the room and hanging decor can dress up the walls. Keep this in mind as you reconsider your design choices.

When you don't have a lot of experience in design and decor, you might find it more difficult to get started

or bring those dreamy bedroom visions to life. Taking on a task as big as bedroom redesign, especially on your own, can result in a frustrating project that doesn't turn out as you planned in the first place. Many of the prior common mistakes occur because of inexperience, and all of them can be avoided with professional assistance. The solution: Consult a design professional. He or she will provide you with stylistic preferences and suggestions based on design and decor expertise.

Typically during this consultation, you are encouraged to share your thoughts, style and personal wants and needs for your bedroom, but the designer will take the lead to help you avoid all common bedroom design mistakes. This will make for a happy and satisfactory experience and ensure the style longevity of your new living space.

Trinette Nelson is an interior designer on Sanibel/Captiva and can be reached at trinette@coindecaden.com.✴

From page 1

Luminary Concert

Artist Series originator. "A wonderful way to launch your Luminary experience is to attend 'All is Bright!' at 4 p.m. at the Sanibel Congregational Church, 2050 Periwinkle Way. Free-will donations welcome. Walk-ins welcome as space permits."

Register at www.sanibelmusicfestival.org for complimentary general admission seating or call 344-7025.

"The popular Emerging Artist Series was piloted this spring as a platform to encourage young talent," said Zurcher-McGauran. "It is a pleasure to be involved with All is Bright, heralding both Sanibel-Captiva Luminary weekend and the holiday season."

"Don't overlook the gift of music this season," said Garrett. "Tickets are on sale now for the return of our regular concert season next March, celebrating the festival's 35th anniversary. Every concert features festival favorite artists."

American pianist Jon Nakamatsu,

gold medalist at the Tenth Van Cliburn International Piano Competition, opens on March 5. The season lineup features the Juilliard String Quartet, hailed by *The Boston Globe* as "the most important American quartet in history." The internationally renowned nine-time Grammy award-winning Emerson String Quartet will close the concert season.

Back by popular demand is the Opera Theater of Connecticut Singing Andrew Lloyd Webber, showcasing the sold-out program that had been planned for the suspended 2020 season. This year, the concert will be presented in a matinee as well as an evening performance.

In between, the series will showcase a number of ensembles including American Chamber Players Piano Quartet plus Flute led by Miles Hoffman, Boston Trio, and Cliburn silver medalist pianist Ken Broberg.

Visit www.sanibelmusicfestival.org for tickets, discount packages, donations or concert details, or call 334-7025. Evening and matinee performances will be held March 8 to 26.✴

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Rotary Happenings

submitted by Cindy Carter

Dr. Scott Brown, chief economist for Raymond James Financial, spoke to the club this past week. He discussed the current status and future outlook of the economy and financial markets. His analysis of the markets indicated a strong rebound of the United States economy despite the turmoil created by new variants of the COVID-19 virus and interest rates rising sooner rather than later because of the strong economy. He discussed unemployment rates and the labor force issues as well.

Dr. Brown joined Raymond James in July 1993. He earned his doctorate in economics from University of California at San Diego, where he studied time series analysis and forecasting under Nobel laureates Robert F. Engle and Clive WJ Granger. Dr. Brown also holds a master of science degree in statistics from University of Illinois and a bachelor of arts degree in mathematics from University of California at Irvine. Dr. Brown serves on the economic advisory committee of the American Bankers Association, economic advisory roundtable of the Securities Industry and Financial Markets Association, and the U.S. Chamber of Commerce Chief Economists Committee.



Dr. Scott Brown photo provided

He has also served on the governor's council of economic advisors for the state of Florida. Dr. Brown has appeared on CNBC, Bloomberg TV, *Nightly Business Report* and Fox Business, and is often quoted in the financial press.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

Island Seniors Activities At The Rec Center

Island Seniors, Inc. is offering the following activities at the Sanibel Recreation Center:

Coffee Social – Monday to Friday at 9:30 a.m.

Social Bridge – Monday and Wednesday from 12:30 to 3:30 p.m.

Social Mahjongg – Thursdays from 12:30 to 3:30 p.m.

Page Turners – second Tuesday of the month at 2:30 p.m.

Cost for all games is \$3 for members and \$5 for nonmembers. Prizes are awarded.

Hot dog lunches will be held at 11:30 a.m. in the Osprey Room on the following Wednesdays: December 8 and 22. Cost is \$3. RSVP to Dave or Jessica at 472-0345.

Learn to play Mahjongg with Katie Reid. Lessons will be offered Monday to Friday, December 6 through 10, from 9:30 to 11 a.m. You must attend all five days. Minimum number of students is four and maximum is eight. Cost for members is \$15; nonmembers \$20.

The annual member/board meeting will be held on Saturday, December 11 in the outdoor pavilion at The Sanibel School. A vote will be held for three new board members.

Page Turners with Louise Fitzgerald is held in the new senior activity area. The book for discussion on Tuesday,

December 14 at 2:30 p.m. is *The Splendid and the Vile* by Erik Larson. If you would like to be added to the Page Turners email list, contact Louise Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

Paul Lawrence offers QiGong classes via Zoom for Island Seniors members free of charge. QiGong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing techniques, self-massage, sound and focused intent. The class meets on Tuesday and Thursday at 3:30 p.m. No preregistration required. Log in on Zoom and use ID: 881 9005 3793 with password: qigong.

Sanibel resident and Center 4 Life volunteer Cristina Shaul leads a simple, guided meditation via Zoom on Mondays at 4 p.m. Sessions are designed to bring peace, calm and clarity. No experience is needed. Sessions last approximately 20 to 25 minutes. Shaul encourages participants to sit in a comfortable chair. The Zoom camera can be on or off. For access, go to <https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjcxcFptVWRZbGhhVkwYUXFZdz09>.

An arts and crafts fair will be held on Saturday, February 5 at the outdoor pavilion. Volunteers are needed to help with set up and break down of tables and chairs, monitoring activities throughout the fair and directing individuals to the pavilion. Hot dogs will be sold along with soda and chips. Call 472-0345 if you would like to volunteer.

The Sanibel Recreation Center is located at 3380 Sanibel-Captiva Road.✱



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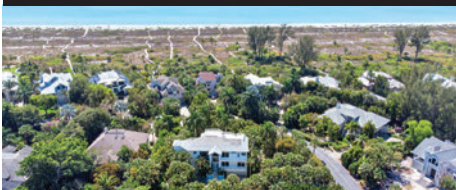
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Will Power

Information On The Internet



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

I can imagine that when patients enter a physician’s office and make demands for specific medications after being influenced by an advertisement, it is perpetually frustrating for those physicians. And don’t you just love the disclaimers? Overlaying the happy scenes of grandparents skipping along the beach with grandchildren, a serious narrative voice quickly says something like, “This medication may cause frequent vomiting, urination and even death! Stop taking the medication if you notice vision loss or blood trickles out of your ears...”

What this points to is a loss of context. Patients who ask for medications viewed on television typically don’t have a medical degree; they’ve not practiced medicine, and what little they know about whatever ails them they may have learned on the Internet, or by watching television. And, in today’s age of misinformation, who knows what can happen! That’s enough knowledge (even if false) to make them a danger to themselves.

I sometimes encounter this in my law practice. Suppose that a client is interested in forming a charitable remainder trust, so he researches it on the Internet. Which is fine. Learn all you can. I just hope that he realizes the information he’s pulled up may be dated, it may be taken out of context and it may be so broad in scope as to be useless to the particulars of his situation. That’s what you hire a professional for.

Once in a while, a client will engage in debate over an aspect of estate planning law with me. They may have read something on the Internet, believing it to be relevant to his or her situation. Most of the time, the information is relevant but lacks context. Without context, the information or advice in the column may be way off base. That includes the columns that I write here.

What’s frustrating at times is trying to calm someone down from misinformation, or misapplied information. It’s difficult to convey all the knowledge that I’ve accumulated, including accounting degrees, a CPA license, a law degree, board certification and nearly 30 years of experience, in a few client meetings lasting a couple of hours or more.

And I suppose that’s today’s thought. There’s a lot of information out there on the Internet. More so than at any other time in human history; you can Google just about any topic and find a plethora of information. Be aware of this, however, that information is usually not specific to your

individual situation and could be entirely false. It is mere information; it is not knowledge. Knowledge is accumulated over years of study and practice in any given field. Some practioners are certainly better than others, and I recognize that it’s sometimes hard for the layman to know what level of expertise his professional has.

Is my physician the cream of the crop? Does he keep up with all of the new developments? Is my CPA up to date with all of the ever-changing tax laws? Is my attorney aware of the recent legal developments and does he have the skill to apply his knowledge to a variety of complex situations?

Often, states have board certification programs that separate those who are exemplary in their field from those that are not. In Florida, for example, to become board certified by the Bar you must first be found to have high ethics and an outstanding reputation among your peers. Then you must pass a thorough examination in your specific field (such as wills, trusts and estates) and complete a serious amount of continuing education in high level course work every reporting period. Once certified, you must become recertified every five years. And only seven percent of Florida attorneys even qualify!

Knowledge isn’t the only criteria one should judge their professional on. A true professional has the wisdom to know when, how and why to apply the knowledge. Wisdom is something that’s gained over the years, certainly. I have also found, however, that those individuals I consider wise haven’t achieved that level without first having an inherent quality that seems to be factory installed. They’ve always had the capacity for wisdom and only needed life experience to shape it into something valuable for those they interact with.

And you don’t find that in areas outside of your area of education and experience by watching television advertisements or searching on Google for a few hours. Go ahead and do your research on your topic, as well as on the professional that you hire. Assuming you are comfortable with that professional, ask questions and listen to the answers. If the answers appear reasonable, relax and trust his judgment. If not, find a professional that you can trust.

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Gift Tree At Animal Services

Lee County Domestic Animal Services (LCDAS) will celebrate the holiday season with a gift giving tree in the adoption lobby. The tree is decorated with ornaments with a wish list of gifts for the

shelter pets. Visitors may pick one up and return gifts to LCDAS by December 22 to help make the animals’ holiday a little brighter. The ornament is yours to keep for your tree.

LCDAS is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com for more information and to see pets available for adoption.✧

How’s The Market? Ask Ann

The Latest Forecast

The Sanibel & Captiva Islands Association of Realtors conducts a bi-weekly meeting. The agenda includes new listings “on tour” and guest speakers who provide us with current topics concerning our Real Estate market. Our most recent speaker was Dr. Brad O’Connor, PhD, chief economist for the Florida Association of Realtors. Interestingly, he identified large migrations from major cities in California and New York City to Florida. Reasons given were lower prices, less density, lower taxes and the influence of being able to work remotely. Data used were based on specific zip codes. For example, over 9,000 families in the New York metropolitan area moved to Florida. One local Realtor at the meeting requested an estimate on future sales trends. In Dr. O’Connor’s opinion, he forecast that the current rate of price increases was not sustainable and would be impacted if mortgage interest rates increased.

Currently, there are 22 homes on the market. The current median listing price of a Sanibel home is \$2,295,000. The average listing price is \$2,779,772. Interesting how high our prices will go.

We enjoy going to these meetings. Also, a good opportunity to touch base with other Realtors.

Thank you for reading my column and please call me with any comments or questions, 239-850-0979.



Ann Gee
Broker/Owner

11 Closed Sales Going Back One Week: 5 Homes, 5 Condos & 1 Lot	
5633 Baltusrol Ct. Vacant Land - \$365,000	1434 Sand Castle Rd. - \$912,000
2445 West Gulf Dr. C-44 Pointe Santo - \$644,000	5298 Umbrella Pool Rd. - \$985,000
760 Sextant Dr. 1061 - \$725,000	2445 West Gulf Dr. B-36 Pointe Santo - \$1,389,100
5853 Pine Tree Dr. - \$775,000	2445 West Gulf Dr. B-46 Pointe Santo - \$1,395,000
2321 West Gulf Dr. 3A Villa Sanibel - \$775,000	1114 Harbor Cottage Ct. - \$1,895,000
700 Birdie View Pt. - \$850,000	

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

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BACK PAIN AND SCIATICA WORKSHOP

“How to Naturally, Prevent, and Treat Back Pain, Stenosis, and Sciatica, A 5 Step System”

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Do you get relief from back pain by sitting?
Does your back pain worsen when walking?
Do you have numbness or tingling into your leg?

If you, a friend, or family member answered “yes” to any of these questions, this workshop will provide information that could dramatically improve your life! Learn easy techniques you can immediately apply to improve your condition.

FYZICAL Therapy and Balance Centers invites you to attend an informative Workshop
Tuesday December 7 from 2-3 PM
Sanibel Community House • 2173 Periwinkle Way, Sanibel, FL
Seating is limited, so call 239-472-2155 to reserve yours!
Cost: Free with donation non-perishable food item for FISH
Each attendee will receive a copy of “Top 10 Ways To Achieve a Healthy Back” and “Be Free from Pain - A 5 Step System”
Looking forward to seeing you there!

Don Olsen, PT, EdD, OCS
APTA Board Certified Orthopedic Physical Therapy Specialist





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Frankly Speaking



by Howard Prager

I hope everyone enjoyed the long Thanksgiving weekend. I was delighted to see Michigan finally win the big one (now three more wins to go) and sad to see how close Auburn came to upsetting

Alabama and turning college football playoffs on its head. Auburn should be proud how well their limping QB played.

Let's hear from Patrick, the son of a friend. He is 7 years old and knows football unlike most adults. You'd be amazed at his knowledge and memory. He and I watched the Michigan-Ohio State game together, and here are some of his comments.

"I liked that Michigan finally beat OSU and it's been 10 years." When asked why they won, he said "Because Haskins kept scoring TDs (five total). It wasn't even a close game at the end, 15 points, that's pretty decisive in this series. Especially because OSU kept beating them so much in the past 10 years."

What was the most exciting play of the game? "When Haskins hurdled an OSU defender and kept on running to score, that was the most exciting play. I think Michigan will keep winning. They have good players. They are really good at offense and good at defense. They didn't make many mistakes and had only one turnover. There are really good teams in football this year. Georgia, Alabama and Cincinnati are good too."

Why do you like Michigan? "I like sunny teams and Michigan's uniforms look sunny. One of my favorite teams is the Miami Dolphins. In the NFL, the Arizona Cardinals are really good this year. 9-2 record."

What do you like about football? "I like that it has lots of running. Lots of good long throws along with great catches. I like

offense because I like to see teams score points. I get excited if I like the team. I like sunny teams – the Dolphins, Titans and 49ers. I think Tom Brady is going to retire soon – he's not doing as well this year. He threw two interceptions in the first quarter against the Saints. The Saints have his number. Last year, the Saints beat them 38-3 and this year 36-27." How do you remember all of this? "I have a good brain, that's why I remember this, and I pay attention to football."

I asked him what he wants to be when he grows up, thinking either an athlete or sportswriter. "I want to be a baker. I like making foods. I can even try my own yummy food that I make. I like making cookies now. Double chocolate are my favorite ones I make."

That's one pretty amazing kid, and he's been this way for at least two years. So let me add my take. With OSU's talent over the past decade, Michigan needed to play a near flawless game to win. They did. As far as the Iron Bowl, I was afraid Bama would come back. They did. The question is do they get downgraded because they had to work so hard through four OTs to beat a very mediocre Auburn team whose quarterback was visibly limping? In the first poll Sunday, they agreed with how I would rank them: Georgia, Michigan, Cincinnati, Alabama, Oklahoma State, Notre Dame, OSU. We'll see what happens in the conference championships where Michigan faces Iowa and Alabama faces unbeaten Georgia. This is what makes college football exciting.

The good news story of the week comes from the Good News Network. "In track and field, athletes compete with one another and against themselves, striving to achieve a new personal best. For one Nebraska teen running in what would likely be his final cross country outing, his personal best turned out not to be about marking the fastest time but displaying the biggest heart.

Although a long shot, Bellevue East senior Brandon Schutt knew if his time was good enough that day, he still had the potential to qualify for the state meet. A mile into the 3.1-mile race, however,

Schutt realized he wasn't going to be able to keep up the necessary momentum. Rather than risk injury, he slowed to a pace that would allow him to simply enjoy the moment and the day.

Meanwhile, Omaha Burke High School sophomore Blake Cerveney was aiming to beat his own personal record and, after a fast start, he continued to push himself hard. With less than 400 meters to go, Cerveney's legs cramped up and failed him. Determined to finish, Cerveney rose and continued on, only to fall again after another 150 meters... and again, he got up and started running. This time he'd made it only 25 meters more before going down. Concerned, his dad and his coach asked Cerveney if he wanted to stop. He didn't. With Herculean effort, the young runner pulled himself up and with an unsteady gait, moved forward for one final push. It wasn't enough. A scant 100 meters from the finish line, he lay curled on the ground. His legs had simply given out.

Another runner – Brandon Schutt – was at his side to offer a helping hand. After struggling at first, with a second tug, Cerveney was on his feet. At a measured jog, Cerveney held onto Schutt for support and Schutt helped Cerveney maintain balance. The two completed the final 75 meters of the course crossing the finish line together, although Cerveney

was automatically disqualified for having received help.

"This is the first time I've ever seen an athlete stop his race and work so hard to help his fellow competitor across the finish line," Jay Slagle, the citizen journalist who first broke the story on his blog. He added. "Perhaps more impressively, Brandon had virtually no time to think about whether he should help or not; he reacted so quickly that he did it instinctively."

Ironically, though the pair had competed in five separate races over the course of the season, they were still strangers. At the end of the day, neither Cerveney nor Schutt knew each other's names. Thanks to a whirlwind of social media, however, Schutt's uncredited act of kindness was quickly anything but anonymous. The local news outlet that picked up the story arranged an on-camera reunion and chance to meet.

In today's competitive world in which the emphasis in athletics is so often put on breaking records, it was inspiring to see that for an athlete like Brandon Schutt, the value of true sportsmanship still had legs."

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandsunnews.com.

Fun Day At The Rec Center

The Sanibel Recreation Center is offering a Half Day Fun Day on Friday, December 17 for children in kindergarten through eighth grade. There will be a variety of athletic games, craft projects and swim time. The program

operates from 12 to 5:30 p.m. Each child needs to bring a water bottle, towel, sunscreen and swimsuit. Light snacks will be provided. Face masks are required.

This option is now available to families seeking childcare on school half days, however, these days are included at no charge for children currently enrolled in the after school program.

For more information, call 472-0345 or visit www.mysanibel.com.

SPORTS QUIZ

1. Which Ismail brother had more NFL career receiving yards: Raghib "The Rocket" or Qadry "The Missile"?
2. In what U.S. city would you find the historic Blue Horizon boxing venue?
3. Georgia Bulldogs Heisman Trophy winner Herschel Walker played for what USFL team from 1983-85?
4. *Bad As I Wanna Be* is a 1996 autobiography by what five-time NBA champion?
5. The Daphne Akhurst Memorial Cup is presented to the women's singles champion of what tennis tournament?
6. Name the standout wide receiver for the University of Richmond Spiders and 1986 NFL draft pick by the Detroit Lions who flew two missions onboard Space Shuttle Atlantis?

ANSWERS

1. Raghib with 5,295 yards (Qadry had 5,137). 2. Philadelphia. 3. The New Jersey Generals. 4. Dennis Rodman. 5. The Australian Open. 6. Leland D. Melvin.

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Lee Health Implements Robotic Surgery

While already in the hospital for sepsis, Gabe Jolivet underwent a routine magnetic resonance imaging (MRI) scan and received news that was anything but routine – he had cancer. Radiologists found a mass on Jolivet's pancreas. As his physician began planning treatment, Jolivet learned he was a candidate for da Vinci robotic surgery, an innovative approach to minimally invasive surgery.

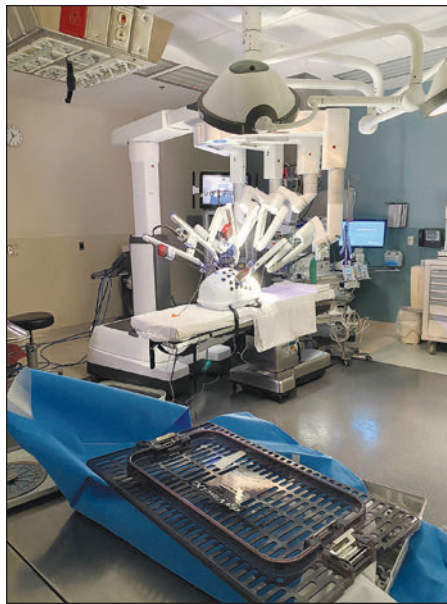
"I feel really blessed; everything went so smoothly," said Jolivet. "When I think about what the alternative could have been – a large incision, more pain, a longer stay in the hospital – I realize just how lucky I am. Surgeons were able to remove the entire mass, and I'm doing great."

Jolivet is one of the many patients in Southwest Florida to benefit from Lee Health's robotic-assisted surgery program, which features the most advanced technology in the field of robotic surgery – the da Vinci Xi Surgical System.

The da Vinci robot is designed to help surgeons perform minimally invasive surgeries, such as colorectal surgeries and unique surgeries in the areas of gynecology, urology, ear nose and throat and general surgery.

Lee Health recently expanded its innovative robotic program by adding da Vinci robots to all of its four acute-care hospitals, bringing the total number of machines from two to six.

"We wanted to create a true program of excellence in robotic surgery for the patients we serve in our community," Dr. Jonathan Velez, chief physician and operations executive for Gulf Coast Medical Center. "Now that we've increased our robots, we've seen a lot of local patients remain local. They don't have to travel outside of the region to get this kind of innovative



The da Vinci Xi Surgical System

photo provided

surgery. We've also attracted surgeons from all sorts of specialties to train on the robots. What the da Vinci does is nothing short of amazing."

The procedure is performed entirely by a surgeon who controls the system. The tiny wristed instruments on the da Vinci move like a human hand, but with a greater range of motion. The da Vinci vision system also delivers highly magnified, 3D high-definition views of the surgical area. The instrument size makes it possible for surgeons to operate through one or a few small incisions, and the instruments are designed to give surgeons greater reach during surgery.

The benefits include faster recovery times, less pain, less use of narcotics and fewer patients who have to leave the community to get this type of surgery.

The da Vinci robots were funded by the Lee Health Foundation thanks to donors in the community, including Lex and Eileen Roulston.

For more information, visit www.leehealth.org.

Workshop On Managing Stress

FISH of SanCap is hosting a hands-on Stress Reduction Workshop with Dr. Doreen Greenberg on Tuesday, December 7 beginning at 10 a.m. at The Community House. The in-person workshop is limited to 20 participants. All attendees must adhere to social distancing guidelines and masks are encouraged. Registration is requested by November 29 by calling FISH at 472-4775.

Dr. Greenberg, an expert in the mind-body connection, will discuss the symptoms of stress, the perceived stress scale and how to score it. She will introduce various exercises and techniques to elicit the relaxation response and teach participants about lifelong wellness. With a master's degree in counseling and human relations, and a doctorate in psycho-social interaction

in sport, Dr. Greenberg has always been interested in how the mind can help the body work. This focus led to years of research and work experience exploring the complex mind-body relationship, from how emotions impact athletic performance to how stress affects susceptibility to disease.

Dr. Greenberg served as a consultant to the U.S. Department of Health and Human Services, President's Council on Sports, Fitness and Nutrition, and Billy Jean King's Women's Sports Foundation.

"In our current time, self-care is important now more than ever. I'm looking forward to learning some stress reduction techniques from Dr. Greenberg and applying them to all areas of my life," said Jennifer Pagano, education and outreach director for FISH. "Please join us for an interactive class in healthy living with a focus on lifelong wellness."

The Community House is located at 2713 Periwinkle Way on Sanibel.

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Health First

Seven Tips To Combat Holiday Stress



by Julie Rosenberg, MD

The holiday season can be a magical time of the year. Festive lights and decorations brighten our homes and neighborhoods. We eat delicious (and

often too much) food. We spend time with family and friends. However, many factors, such as unrealistic expectations and excessive commitments, can lead to significant stress.

In this article, I offer seven tips to help you combat stress during the holiday season.

Take care of yourself – First and foremost, take care of yourself. Don't punish yourself if you don't feel celebratory; simply acknowledge your feelings. If you need to opt out of an event or a family gathering, do so. Pace yourself so that you do not take on more responsibilities than you can handle. Be realistic with yourself and others about what you can and cannot do.

Manage your expectations – Try to set realistic goals for yourself. Make a list and prioritize what's most important to you during the holiday season. Don't be disappointed if your holidays are not like they used to be. We've likely all experienced challenges and changes in our holiday plans due to the COVID-19 pandemic. This year, four in 10 Americans plan to travel between Thanksgiving and mid-January, according to the 2021 Deloitte holiday travel survey. Please get vaccinated ahead of the holidays, if you haven't done so already. COVID-19 remains a significant public health threat, especially for those who are unvaccinated.

Learn to say "no" – Many of us overcommit during the holidays. Why? Saying no to favors, invitations and requests can be uncomfortable. However, saying yes when you should say no can leave you feeling resentful and overwhelmed. There is freedom and power in saying no, especially during the holiday season. Don't apologize – you cannot be everything to everyone – just say no.

Set aside differences – If you can set aside differences and accept family members and friends as they are, you'll likely experience less stress and angst during the holidays. Keep in mind that you can choose how and what you think. You can decide in advance of holiday gatherings that you will not entertain negative or hostile thoughts. If you can set aside grievances until a

more appropriate time, all concerned may experience greater enjoyment during the holidays.

Seek out community – If you feel lonely or isolated during the holidays, seek out community. Your efforts could include calling or texting a friend, attending a religious or social event, or joining a support group. Volunteering your time or doing something to help others is a good way to lift your own spirits during the holidays.

Don't abandon healthy eating habits – Overindulgence during the holidays can enhance feelings of stress and guilt. Consider the following:

Eat a healthy snack before holiday meals to help curtail your appetite.

Eat regularly. Eating less prior to a holiday event and "saving room for later" is not a good strategy – it's a recipe for overindulgence.

Socialize away from food.

Eat mindfully and slowly. Savor each bite.

Limit alcohol.

Engage in daily physical activity.

Go for a walk or a jog. Go to the gym. Keep active.

Make time for relaxation – Take a step back from the pressures of the holiday season to breathe deeply, meditate and journal. Do things to soothe yourself – take a bath, read a good book, listen to soft music. Take time to reflect upon what the holiday season means to you.

In conclusion, while there are many positive aspects of the holiday season,

it can be a time of significant stress for many people. It's important to prioritize your physical and mental health, not only during the holidays, but throughout the year.

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

Free Autism Screening

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

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

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



I was welcoming someone to the neighborhood.
I felt really good about it.

In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.

—by Zane, *The Sanibel School*

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FISH 40th Anniversary

FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

dearRPharmacist

Treating Cold, Flu And Fever



by Suzy
Cohen, RPh

Dear Readers:

At this time of year, we need to protect ourselves from all the bugs out there, and this advice is aimed particularly to older people or those with compromised immune systems.

The symptoms are similar from bug to bug, however, the severity differs from person to person. As you know, you may experience any or all of the following: sore throat; cough; fever and chills; runny nose; stuffy nose; body aches; fatigue; headache; sinus pressure or pain; and loss of taste or smell.

Today's article is to help bring understanding to some important remedies that ease general and mild discomfort. Please seek proper medical attention if your symptoms are severe.

Here are the most helpful items to consider in case you feel under the weather. I have more at www.suzycohen.com (my website) if you'd like to read the longer version of this article:

Astragalus – This is an herbal remedy that can strengthen the immune system and, just like echinacea, I'd say this one is somewhat better at preventing problems than it is treating them.

Acetaminophen – This is a medication you can buy over-the-counter (OTC) and it reduces fever. Fever is your body's attempt to cook the bugs that have infected you, so do not rush to treat it. Fevers should, however, be treated when they reach 102 degrees Fahrenheit or 39 degrees Celsius. Herbal choices include elderflower (which is not the same as elderberry), catnip or white willow bark.

Probiotics – These can be taken throughout the year to support digestion and immunity. High-quality probiotics will improve the flora fingerprint in yourself and protect your body head to toe.

Eucalyptus Essential Oil – If you were to rummage in my purse on any given day in the winter, you'd find my little bottle of

eucalyptus essential oil. Eucalyptus opens up breathing passageways and acts like a natural decongestant.

Epsom Salts or Magnesium – Epsom salts are relaxing to muscles and can relieve tension and body aches through the transdermal absorption. Soak in a nice, warm bath for 15 minutes and then dry off.

Lemon Water – Drinking pure, filtered water helps move lymph and it rehydrates your cells. If you're feverish, or you have a sore throat, maybe an ice water with a spritz of freshly squeezed lemon juice in it sounds refreshing.

Garlic – It's probably the last thing you're craving when you feel miserable and your laid up in bed. But garlic has strong antiviral, antibiotic properties so if you can bring yourself to eat it in your chicken soup, or eggs or anything, please do.

In closing, there are many natural options to help yourself get through a few days of feeling sick. It is obviously better not to catch anything in the first place, so when you're out practice good hygiene. For example, try not to touch your nose or mouth if you're out shopping, and wash your hands frequently. Cover your mouth when you sneeze, and don't blow your nose then shake someone's hand. It's the little things you never think about, but they are very important in terms of reducing spread of illness.

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. ✨

Trauma Center To Relocate

Lee Health will make history in the state of Florida when it relocates its regional trauma center from Lee Memorial Hospital to Gulf Coast Medical Center on January 12. It will be the first health system in the state to move a trauma program.

The move is being done as part of a major expansion to better serve the Southwest Florida community by expanding access to healthcare throughout the region. The trauma program has earned its recertification from the state.

"We look forward to the continued

success of our trauma program as we move this vital service to Gulf Coast Medical Center," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "The relocation of our regional trauma center ensures that we have adequate treatment space to serve the trauma service needs of our growing population, and it offers a more centralized location to provide these services."

To prepare for the trauma center relocation, Gulf Coast Medical Center underwent a \$315 million expansion project, which added 268 new inpatient beds, bringing the hospital's total bed count to 624 from 356. The project

also includes an expanded emergency department and intensive care unit spaces.

The trauma center serves only the most complex and life-threatening cases. More than 90 percent of those cases are comprised of blunt trauma from falls, motor vehicle crashes and motorcycle crashes.

The emergency department at Lee Memorial Hospital will remain open 24 hours per day. Any member of the community who needs emergency care should continue to visit their nearest hospital's emergency room.

Gulf Coast Medical Center is located at 13681 Doctors Way in Fort Myers. ✨

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: Is it better to address biological causes of issues before going into therapy or should one go into therapy first?

A: As a therapist, I advise my clients in the initial intake that we want to address anything going on physically and to rule out physiological issues before we address treatment goals in therapy.

You want to assess when you last had a

physical, what's going on biologically, then address your psychoemotional well-being.

There is so much to our physiological makeup and while it's interconnected to our psychological well-being, the physiological underlying imbalances in the body that can affect normal brain function must be addressed in order to achieve optimal success of psychotherapy. While everyone should have a primary medical practitioner, they would benefit from having a primary therapist so the two can be optimized and integrated into a whole balanced life.

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

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Health Benefits Of Fresh Herbs



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

We love our herb garden that maintains healthy growth even through the hottest summer months in Southwest Florida. Adding fresh herbs to food and drinks makes them much more delicious. Dried herbs give flavor, but fresh takes the taste to a whole new level. In addition to adding great flavor, herbs also provide health benefits that you may not realize. Let's talk about some of our favorite herbs that we grow year-round in our herb garden.

Basil – Considered one of the healthiest herbs, fresh basil provides a sweet and earthy scent that we all love in Italian dishes, on fresh mozzarella and tomatoes and in pesto. Basil is an excellent source of flavonoids and beta carotenes that can help protect against oxidation/

free radical damage, thus lowering risk of cardiovascular disease and cancer. It also contains iron, calcium, vitamin C, potassium and magnesium. The oils show promise in providing antimicrobial activity.

Chives – Chives are easy to grow, thriving in sunlight and/or partial sun, and are hardy and drought-tolerant. They provide an onion-like taste with a little taste of garlic. They are considered healing herbs and contain vitamins A, C and K to provide antioxidants to stave off free radicals, as well as flavonoids like carotenes and other phytonutrients that provide anti-inflammatory and antimicrobial properties, even inhibiting salmonella in certain foods. Add chives to eggs, dips and garnish for fish, salads and soups.

Oregano – Obviously, a staple for Italian cuisine, oregano is used to enhance the flavor of tomato-based dishes or any other dish it is used in. It is similar to marjoram but has a stronger taste and smell. It is a low-maintenance plant and easily grows in our climate here in Southwest Florida. Most Mediterranean dishes include oregano to enhance complexity and flavor of the food. For example, it is commonly used in tomato, eggplant, zucchini, beef, or lamb dishes. Oregano has been used to aid in respiratory and gastrointestinal (GI) conditions. It is high in folate, vitamin A, magnesium and potassium. Oregano has one of the highest antioxidant activity ratings, neutralizing free radicals. The oil has been used for anti-inflammatory, immune-enhancing and anti-cancer properties, as well as anti-fungal properties.

Parsley – We often look at parsley as

a garnish that is pushed to the side and not eaten. However, there is a lot more to parsley than its pretty leaves. Curley or flat, parsley has been used for many ailments including GI, inflammation, menstrual irregularities, urinary conditions and skin problems. In combination with thyme and bay leaves, it is often used in soups and stews, and can be added to sauces, dips and fillings to add extra freshness. When feeling a little GI upset, eating some parsley can help aid digestion, as well as fight bad breath. It contains vitamin A, copper and manganese, plus vitamin C. Tea made with parsley can help kidney stones and increase urine output. Sprinkle it on your next casserole, add it to

a smoothie, or into soups or stews.

Think green. Try growing your own fresh herbs in some pots inside or outside. There are many places to get started – Sanibel Ace Hardware, Farmers Market, Lowes or RS Walsh to name a few. If you prefer online shopping, we like www.burpee.com for herbs and plants. Give it a try.

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

Beautifulife: Remember When



by Kay Casperson

We travel so fast through our lives, and it seems as though now more than ever, we find ourselves looking back at what was once our reality but now is just a memory. It is

essential to grasp what was important then and hold firm to the present and future essentials.

If we look back to when we were children, we will remember some of the things we did that are no longer relevant for children today. We actually rode in cars with no car seats, seat belts or airbags. If you lived even slightly close to your school, you would walk there, even if the weather was terrible. We rode bikes without helmets, elbow or knee pads and usually had only one speed. I look back at some of our bike crashes and wonder how we all survived!

We would leave home in the morning and play all day, with no supervision, and as long as we were back home by the time the street lights came on, there was never any panic or concern. Some parents would yell or whistle loudly when it was time to go home. I still remember my Dad yelling out my name throughout the neighborhood to come home for supper, and I would do just that or miss out on dinner with the family.

We drank water from the kitchen faucet or garden hose, and shared soft drinks and food with friends. No one cared about germs or passing anything on to anyone. We ate apples off the tree, tomatoes from the plants and filled our tummies while picking fresh berries. We never even thought about having to thoroughly wash

everything to get rid of the chemicals.

We did not have Internet, cell phones, cable TV or social media. The only way we could communicate with each other was to get together or make a phone call. We wrote letters, cards and thank you notes, and sent them in the mail. I actually drove from Minnesota to California after high school without a cell phone. I had to find a pay phone to make a call if I needed to contact my parents. We had no fear.

All the sports had actual tryouts, and you had to prove yourself to make the team. If you didn't, you had to learn to deal with the disappointment. Then, you worked hard to get better if you wanted to try again. We were taught not to quit something that we started and to follow through with our commitments.

People tried harder to stay together in marriage because it was a commitment to each other before God, and most did not give up on that. Very rarely did people get divorced or separated unless the circumstances were extreme. Communicating with and understanding each other was a crucial part of the foundation to the success of a relationship.

There are many other things that you may remember from years ago when you were growing up, but I know for sure that we have all come a long, long way, and things are very different now. Looking into the future for my kids, I am sure that there will be many new things to come, and they too will look back and remember the good old days.

My affirmation for you this week is: "I will remember the good old days while I continue to enjoy my best and most beautiful life today."

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

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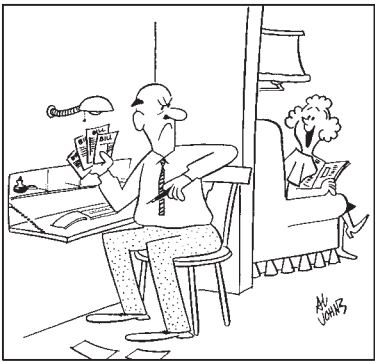


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- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol 278-7100
- Poison Control..... 1-800-282-3171
- 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
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- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
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- 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
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- 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 Choral 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 54 and 55



"Do I think money grows on trees?
Is this a _____?"

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!

Dainty
RENTED

Dream
RANEY

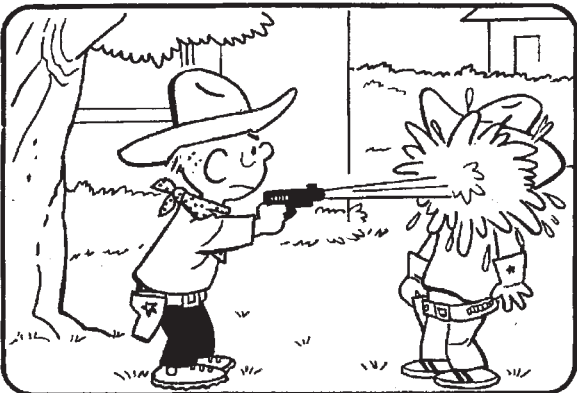
Unkind
DINES

Sniff
HEALIN

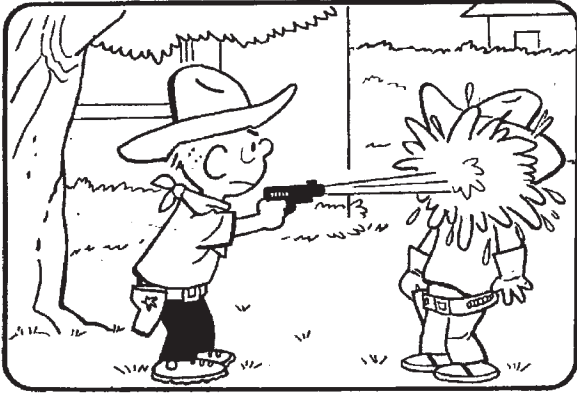
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bandanna is different. 2. Star on glove is missing. 3. Leaves are added. 4. Sleeve is shorter. 5. Sneakers are different. 6. Hedge is taller.

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

To Play
Sudoku:

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

PUZZLES

Answers on page 55

Super Crossword

OVERTHINKING THINGS

- ACROSS
- 1 Curved like a pothook

8 Some Algonquians

14 Gushes lava

20 Cartoon cel material

21 Bassett of Hollywood

22 Witch's elixir

23 Start of a riddle

25 Shoe-collecting Marcos

26 State whose cap. is Boise

27 Company that retails outdoor gear

28 FDR follower

30 Gather, as a harvest

31 Pooch's yap

32 Riddle, part 2

39 Free of charge, as legal services

41 Make knotted

42 Large simian

43 Stroke gently

44 Riddle, part 3

48 Right wrongs

49 Genesis game system maker

50 Egg, formally

54 "Cool beans!"

57 Lenin's land: Abbr.

60 Tubular pasta

64 Part of REO

65 Riddle, part 4

70 — kwon do

71 "Toyboat" singer Yoko

72 Caravan layover locale

73 See 112-Across

74 Gift for music

75 Riddle, part 5

79 Ho-hum

80 Like gear that quells mobs

81 English lav

82 Chair fixer of a sort

83 Bug spray ingredient

84 Auction, e.g.

88 Oscar winner Mercedes

91 Riddle, part 6

100 Toby drink

103 Zodiac lion

104 Hocus-pocus

105 Big retail stores

106 End of the riddle

110 Nibble on

111 Be furious

112 With 73-Across, fluorescent paint brand

113 Pampering, in brief

114 Pal, to Yves

115 Demonstrate clearly

117 Riddle's answer

125 Bleep bad words from

126 Warning on an airplane wing

127 Earhart or Lindbergh

128 Tramps (on)

129 Sub-locating devices

130 Greek

DOWN

1 Looked at

2 Apollo 7 astronaut Wally

3 Go toward

4 "— girl!" ("All right!")

5 Dads

6 Verb ending in the Bible

7 "Gloria in Excelsis —"

8 Guy's sense of self-importance

9 Neighbor of Michigan

10 Entertainer's rep.

11 "Ho-hum"

12 Land in la mer

13 Voice a quick greeting

14 Inscription on a tombstone

15 — -com (film genre)

16 In — (gestating)

17 Make a heap

18 Up till now

19 Talk testily to

24 Hi-tech address

29 Salty expanses

31 Many an iDevice game

32 The Lone Ranger's chum

33 Gung-ho for

34 Hamlet

35 Operates, as a booth

36 Northwestern French department

37 Many a YouTube journal

38 Pollen transporter

40 Triumphs over

45 Lifesaver, perhaps

46 Football field unit

47 Kind of IRA

51 Determine by ballot

52 Nervousness

53 It shows reflections

54 Passable

55 Comedian

56 "— Fideles" (Yule carol)

58 Atop

59 Doe's partner

61 "Othello" role

62 Wide divide

63 Earlier

65 Italian for "years"

66 "Dumb" bird

67 Suffix with 45-Down

68 Stringed instrument of yore

69 Canadian gas station

71 Atop, to poets

76 Essential part

77 Potential reply to "Who's there?"

78 Shredded

79 Round of gunfire

82 Lay's snacks

85 Oscar's kin

86 Hop

87 Corporate ID

89 Takes unfair advantage of

90 Girl in a J.D. Salinger story

92 Part of REO

93 Hands down, as a verdict

94 Cato's robe

95 More wee

96 Lugs around

97 Recluse under a religious vow

98 Person acting as a link

99 China's Sun — -sen

100 Influence

101 Shutter slat

102 Ferret cousin

107 High-IQ group

108 Sacred songs

109 Outer: Prefix

114 Central Asia's — Sea

116 Flaky fish

118 Winning row in tic-tac-toe

119 Rival of AOL or Yahoo!

120 NYC rail and bus org.

121 "That'll show ya!"

122 Adam's woman

123 Petroleum

124 Three, in Italy

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19
20								21							22					
23								24							25					
	26							27					28	29			30			
31				32	33	34				35	36	37				38				
39			40					41					42				43			
44								45					46			47				
			48							49						50	51	52	53	
54	55	56						57	58	59			60	61	62	63				
64					65	66				67	68	69								
70				71				72					73				74			
75			76					77					78				79			
80											81				82					
83								84	85	86	87		88	89	90					
			91	92	93	94							95	96				97	98	99
100	101	102		103				104						105						
106			107					108						109					110	
111					112						113					114				
115				116				117	118	119	120				121	122	123			124
125								126							127					
128								129							130					

King Crossword

- ACROSS
- 1 Paid (up)

6 Tennis star Graf

12 False

13 Sounded content

14 Warm, as left-overs

15 Not certain

16 Cruise stop

17 Farm unit

19 Garden of Food Network

20 Austen novel

22 Perched

24 Recede

27 Force

29 Pleasing

32 Symbolic first step toward getting hired

35 Cab

36 British noble

37 Eggy quaff

38 Existed

40 Squabble

42 Past

44 Furnace fuel

46 Volcanic flow

50 Cheered (for)

52 Ogled

54 Topical anti-septic

55 Builds

56 Strong points

57 "Midnight Cowboy" role

12 Greek consonant

18 Bach's "Coffee —"

21 1501, in Roman numerals

23 Moreover

24 Newt

25 Large snake

26 Ornamental garden trees

28 Best-selling Michael Jackson album

30 Bill's partner

31 Work unit

33 Spanish aunt

34 Sprite

39 Potpourri output

41 Swift

42 Met melody

43 Sticky substances

45 Praiseful pieces

47 Curved lines

48 Presidential power

49 TV spots

51 Dead heat

53 Epoch

MAGIC MAZE ● FOUND IN A CAN

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

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

- Beans
- Gasoline
- Pringles
- Trash
- Beer
- Oil
- Sardines
- Tuna
- Coffee
- Paint
- Soda pop
- Water
- Corn
- Peas
- Tennis balls

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FRIDAY
Sunny
High: 74 Low: 61




SATURDAY
Mostly Cloudy
High: 76 Low: 65




SUNDAY
Sunny
High: 79 Low: 66




MONDAY
Sunny
High: 80 Low: 69



TUESDAY
Sunny
High: 78 Low: 65



WEDNESDAY
Partly Cloudy
High: 79 Low: 67



THURSDAY
Sunny
High: 78 Low: 66

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:35 pm	6:06 am	11:15 pm	4:51 pm
Sat	2:44 pm	6:56 am	11:53 pm	5:12 pm
Sun	None	7:48 am	None	None
Mon	12:36 am	8:42 am	None	None
Tue	1:24 am	9:38 am	None	None
Wed	2:17 am	10:35 am	None	None
Thu	3:19 am	11:30 am	7:51 pm	10:18 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:40 pm	6:08 am	10:20 pm	4:53 pm
Sat	1:49 pm	6:58 am	10:58 pm	5:14 pm
Sun	11:41 pm	7:50 am	None	None
Mon	None	8:44 am	None	None
Tue	12:29 am	9:40 am	None	None
Wed	1:22 am	10:37 am	None	None
Thu	2:24 am	11:32 am	6:56 pm	10:20 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:44 pm	6:11 am	11:19 pm	5:46 pm
Sat	1:32 pm	7:01 am	11:55 pm	6:27 pm
Sun	2:26 pm	7:51 am	None	7:11 pm
Mon	12:33 am	8:42 am	3:24 pm	8:01 pm
Tue	1:15 am	9:32 am	4:19 pm	8:56 pm
Wed	2:11 am	10:20 am	5:13 pm	9:55 pm
Thu	3:41 am	11:13 am	6:09 pm	11:12 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	12:51 am	9:22 am	3:45 pm	8:07 pm
Sat	1:25 am	10:12 am	4:54 pm	8:28 pm
Sun	2:03 am	11:04 am	None	None
Mon	2:46 am	11:58 am	None	None
Tue	3:34 am	12:54 pm	None	None
Wed	4:27 am	1:51 pm	None	None
Thu	5:29 am	2:46 pm	10:01 pm	None

My Stars ★★★★★

FOR WEEK OF NOVEMBER 29, 2021

Aries (March 21 to April 19) Keep those sharp Sheep eyes focused on a hazy situation. As things begin to clear up, you'll find a sharper picture emerging, showing something you'll need to know.

Taurus (April 20 to May 20) Watch your expenses through the end of the month. Later, you'll be glad to have extra money to pay for something that will make an acquisitive Bovine's heart beat faster.

Gemini (May 21 to June 20) You're

now ready to make that oft-deferred commitment, if you still believe it's what you want. Don't be afraid to change your mind if you feel you should go in another direction.

Cancer (June 21 to July 22) Now that you are moving on with your life after that recent disappointment, how about reactivating your travel plans and taking someone special along with you.

Leo (July 23 to August 22) Many new friends come into your personal life, which suits all of you social Lions just fine. However, one new friend might make demands that you could find difficult to

deal with.

Virgo (August 23 to September 22) Communication doesn't exist unless it's two-way. So, if you're getting no replies to the signals you're sending, it could be time to look for someone more receptive.

Libra (September 23 to October 22) A workplace complication that you thought was ironed out develops new wrinkles that need attention. Meanwhile, expect continuing improvement in your home life.

Scorpio (October 23 to November 21) A tense personal problem needs to be talked out before someone decides to walk out. Resist making decisions until full

explanations are offered from both sides.

Sagittarius (November 22 to December 21) A technological glitch that caused problems recently will soon be repaired, and life can return to normal. A colleague has a surprising message to deliver.

Capricorn (December 22 to January 19) Your partner might feel that you haven't been as open with him or her as you should be. Deal with this now, before it turns into something more difficult to handle.

Aquarius (January 20 to February 18)

continued on page 54

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Have you done your
AC Tune-Up Yet?

From page 52

My Stars

Good news: Many of the stumbling blocks that affected the progress of some of your career projects are fading away. Things also start to look up on the home front.

Pisces (February 19 to March 20)
You'll need that strong Piscean pluck to get through waters that will be turbulent for a while. A more positive aspect soon emerges, along with some welcome news.

Born This Week: You are zealous in the pursuit of truth. You would make an excellent research scientist.

NOW HERE'S A TIP

- Cookie sheets make great temporary mud and moisture trays for dirty shoes. Stash one at the entry to your home, and you will have less dirt tracked across your floors.
- "To make your drains fresh-smelling, shake a half-cup of baking soda into the drain. Then pour 2 cups of vinegar that you have warmed on the stove. It will froth and bubble. When it's done, run the hot water and give it a little scrub."
– RC in Idaho
- Blood pressure can be affected by many things, and seeing the doctor is one of them. Instead, request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder also can make your pressure reading higher, as can positioning your arm below heart level.
- "Keep knitting yarn in check with

empty tissue boxes. Set your yarn ball inside the box, and let the string lead out of the top. When not in use, tape the string to the side of the box. Boxes can be stacked and stored for future projects."
– CW in Indiana

- "Try this baking tip from my mother: When you have a recipe that calls for dry spices (cinnamon, ginger, ground clove, etc.), cream them with the butter instead of sifting them with the dry ingredients. I do feel like they become infused in the recipe better."
– A. in Illinois
- Visit the dollar store for low-cost toys to use on car or airplane trips. You can get several busy toys and dole them out one at a time. Most parents will attest to what a lifesaver this can be.

STRANGE BUT TRUE

- After the battle of Waterloo in 1815, scavengers removed the teeth from tens of thousands of dead soldiers for use in dentures. The so-called Waterloo teeth were in such demand because they came from relatively healthy young men.
- In 2003, there were 86 days of below-freezing weather in Hell, Michigan.
- The U.S. Navy sustainably manages over 50,000 acres of forest in Indiana with white oak trees more than a century old, to replace like for like on the 220-year-old wooden frigate USS Constitution.
- Heavy metal band Black Sabbath's original name was The Polka Tulk Blues Band, after the brand name of a talcum powder used by Ozzy Osbourne's mother.

- Jellyfish are considered biologically immortal. They don't age and will never die unless they are killed.
- The party game of Twister was originally called Pretzel, but Milton Bradley changed the name in 1965 due to trademark issues.
- Hippopotomonstrosesquippedia is the fear of long words and is thought to develop from the fear of pronouncing long words incorrectly. (Hey, we get it – we tried.)
- The opposite sides of dice always add up to seven.
- "Deaf flights" were prescribed by doctors to cure hearing loss in the 1920s and '30s. Stunt pilots would take unsuspecting passengers up in planes and terrify them with loops, barrel rolls and dives.
- JRR Tolkien was nominated by fellow author CS Lewis for the 1961 Nobel Prize in Literature, but was overlooked because the jury said the quality of his storytelling wasn't good.
- Philadelphia cream cheese was actually created in New York.

THOUGHT FOR THE DAY

"Yearning for the seemingly impossible is the path to human progress."
– Bryant H. McGill

TRIVIA TEST

1. **Literature:** Which author coined the phrase "green-eyed monster"?
2. **Geography:** How many countries have nations within their borders?

3. **Acronyms:** What does RPM stand for?
4. **Psychology:** What is the fear represented in the condition called "nomophobia"?
5. **Television:** What is the address of the home on *The Munsters* (1964-66)?
6. **Math:** How many combinations of U.S. coins would add up to \$1?
7. **Music:** What was the woman's name in the Lynyrd Skynyrd song *Gimme Three Steps*?
8. **Measurements:** How many ounces are in ¾ of a cup?
9. **Movies:** Which 1959 movie had the subtitle *A Tale of the Christ*?
10. **Ad Slogans:** Which company had the advertising slogan, "Let's go places"?

TRIVIA ANSWERS

10. Toyota
6. 293 7. Linda Lu 8. Six 9. Ben-Hur
mobile phone 5. 1313 Mockingbird Lane
per minute 4. A fear of being without your
and Lesotho in South Africa 3. Revolutions
The Vatican in Italy San Marino also in Italy
1. William Shakespeare 2. Two countries:

SCRAMBLERS ANSWER

1. Tender 2. Neary;
3. Snide; 4. Inhale

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11/26 ★ 12/3

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11/19 ★ TFN

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12/3 ★ 1/7

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10/22 ★ TFN

CYCLING SAFETY NOTES

- Ride to the Right
- Warn to Pass
- Wear a Helmet
- Use Lights at Night
- Always be Courteous

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

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

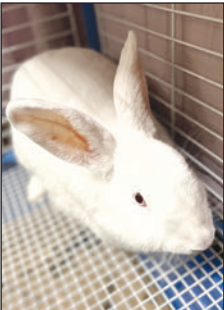
Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

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

PETS OF THE WEEK



Koka ID# A883007



photos provided Flops ID# A896966

Lee County Domestic Animal Services

Koka And Flops

Koka is a 2-year-old Catahoula mix. She's playful, but would do best in a home with no small animals. Her adoption fee is \$75.

Flops is a 2-year-old shorthair rabbit. He would love to hop around your Christmas tree. His adoption fee is \$5.

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.✱

HORTOONS



PUZZLE ANSWERS

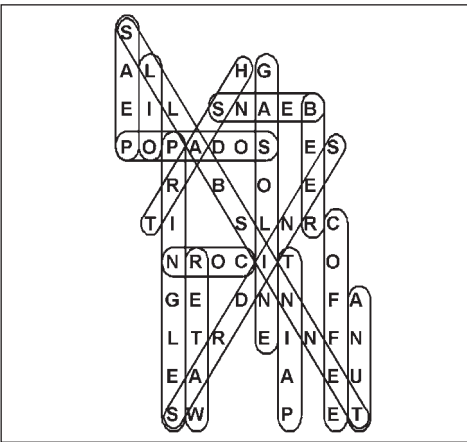
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Castelli	Miromar Lakes	2009	9,121	\$5,995,000	\$5,995,000	18
Marina Isle	Bonita Springs	2002	4,265	\$2,150,000	\$2,100,000	47
Laguna Shores	Fort Myers Beach	1969	1,822	\$1,790,000	\$1,645,000	20
Bayview Acres	St. James City	1993	2,950	\$1,400,000	\$1,400,000	85
Cape Coral	Cape Coral	2001	2,138	\$1,349,000	\$1,375,000	2
Safety Harbor Club	Upper Captiva	1999	1,684	\$1,195,000	\$1,140,000	198
Cape Coral	Cape Coral	2010	3,053	\$1,145,000	\$1,110,000	7
Island Harbors	Matlacha	1973	1,759	\$1,200,000	\$1,100,000	25
Sanibel Bayous	Sanibel	1997	2,377	\$995,000	\$985,000	1
Cape Coral	Cape Coral	2016	2,541	\$970,000	\$970,000	31



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