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VOL. 29, NO. 29

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 14, 2022

JANUARY SUNRISE/SUNSET: 14 7:18 • 5:56 15 7:18 • 5:57 16 7:18 • 5:58 17 7:18 • 5:59 18 7:18 • 6:00 19 7:18 • 6:00 20 7:17 • 6:01

Age-Old Shell Count Revived

submitted by Joyce Matthys,
Sanibel-Captiva Shell Club

Sixty years ago this January, during a very low tide, 71 Sanibel-Captiva Shell Club members and island visitors walked the beaches of Sanibel and Captiva with one single purpose – to document how many different species of shells they could find. It was the first annual shell count and described as “An event to study mollusk population trends and number of species.” They went out at low tide to collect a single shell of as many species that they could find. Then between 9 and 11 a.m., they went to The Community House to identify their shells, log them in and enjoy a cup of coffee and a doughnut. This event was repeated each January for many years.

Fast forward to the morning of January 3, a morning when the low tide was the lowest of the season. About 50 shell club members and friends braved the worst weather in weeks to head to the beach



Live Atlantic giant cockles

photo by Bill Smith

to do the first ever live mollusk count. Mollusks are the animals that create the shells that make Sanibel's beaches one of continued on page 40

Audubon Lecture On Birds In Peril

submitted by Adam Sauerland

The Sanibel-Captiva Audubon Society lecture on Thursday, January 20 features return guest Dr. Ken Meyer, executive director and co-founder of the Avian Research and Conservation Institute (ARCI). Dr. Meyer will summarize what ARCI's research has revealed about the conservation ecology of swallow-tailed kites and snail kites.

Dr. Meyer received his bachelor of science degree in zoology from University of Maine and his PhD in zoology/behavioral ecology from University of North Carolina (Chapel Hill). He has studied the conservation biology of birds in Florida since the 1980s, beginning with his research on swallow-tailed kites, which continues to this day. After serving as a post-doctoral associate and research associate at University of Florida from 1988-92, he conducted studies of red-cockaded woodpeckers and the bird communities of south Florida pinelands for



Dr. Ken Meyer with a swallow-tailed kite

photo provided

the National Park Service in Big Cypress National Preserve and Everglades National Park. In 1997, he co-founded ARCI and soon branched out to other research

continued on page 2



Pristine waters

Exhibit Spotlights Water Quality

The Bailey-Matthews National Shell Museum will open a new exhibition on Saturday, January 15 titled RED, BLUE, GREEN: An Introduction to Water Quality in Southwest Florida. The exhibit will remain on view through June 12. Produced in partnership with Sanibel-Captiva Conservation Foundation (SCCF), *The News-Press* and *Naples Daily News*, the exhibit serves as a visual introduction

photos by Andrew West, *The News-Press*

to the dynamics of water quality in the region, from Lake Okeechobee to the Everglades to the Gulf of Mexico.

Through compelling photographs, maps, timelines and other formats, the exhibition illustrates phenomena such as red tide and blue-green algae, the legacy of managing water flow in the region and impacts of both good and poor water quality to ecosystems, wildlife and the economy. Many of the photographs featured were taken by award-winning photographer Andrew West, who for over 20 years has documented changes



Red macroalgae on Sanibel, 2006

in Southwest Florida's ecosystems and the issues related to them.

The exhibit also spotlights work by local organizations to improve water quality and build awareness of these critical issues for Southwest Florida, and includes a children's activity table with art projects related to the exhibition.

“Water is among the both most universally beloved attributes and vexing challenges for our region, and with so

much good work and local expertise on water quality, this is an opportunity to introduce these often-complex issues to a broader audience, many of whom are new visitors to the area,” said Sam Ankerson, executive director of the shell museum.

James Evans, CEO of SCCF, said, “SCCF and other organizations have worked for decades to study and advocate for water quality and to protect and

continued on page 12

Community House Calendar

The Community House is hosting an art festival this Friday and Saturday, January 14 and 15 from 9 a.m. to 3 p.m. Vendors will be set up outside. A \$5 donation is required.

Cheers to 95 Years! is the theme for The Community House 95th Anniversary Celebration on Tuesday, January 18 beginning at 6 p.m. Tickets are available at \$175 per person and include a four-course meal, music and live auction. Dress code is casual with a request to wear white in honor of the anniversary. RSVP to www.sanibelcommunityhouse.net or call 472-2155.

Oil Painting with Suzette will be held on Monday, January 24 from 9:30 to 11:30 a.m. The subject will be abstract works. Cost per class is \$55 for members and \$65 for guests. All materials included. Register online at www.sanibelcommunityhouse.net or call 472-2155.

Letting Loose with Watercolor classes with Anita Force Marshall are offered on Tuesdays from 9:30 to 11 a.m. The subject for the January 18 class is the sunflower. On January 25, the subject is the sunset. 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.

Kid's Cooking classes are held on the third Sunday of the month from 1

to 3 p.m. The next class will be held on January 16 featuring sweet and healthy winter treats. Cost is \$30. Reservations are required.

The Sanibel Community Association Art Festival is scheduled for Friday and Saturday, January 21 and 22 from 9 a.m. to 3 p.m. All vendors will be set outside. A \$5 donation is required.

A guest speaker program will be held on Saturday, January 22 at 10 a.m. Cynthia Barnett will speak about State of Water, State of Mind. Cost is a \$5 suggested donation.

Wine Pairings with Chef John Wolff will be held on Saturday, January 22 at 5 p.m. Chef Wolff will discuss which wines pair well with which foods and how food can change the taste of a wine. Cost is \$50 for members and \$55 for guests.

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 from \$3 to \$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 12:30 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 on Fridays at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Cost is \$5.

Sanibel-Captiva Art League is exhibiting works by artists Nancy Sperte and Audrey Otto for the month of January. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually at 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 located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155. CDC guidelines are being followed.*

From page 1

Audubon Lecture

challenges on a broader range of species.

In this lecture, Dr. Meyer will elaborate on the evidence that, despite the stark contrasts in the diets, essential habitats and seasonal movements of swallow-tailed kites and snail kites, both species face the same threats: reckless human behaviors. These behaviors are destroying the places and systems that support their prey and reproductive efforts. Both our actions – and inactions – cloud their futures. He will show how informed management and skillful conservation planning can capitalize on these birds' natural resilience to build sustainable populations.

This is the third of eight Sanibel-Captiva Audubon Society lectures to be held in 2022 on consecutive Thursday evenings starting at 7 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. All are welcome to attend. Doors open at 6:30 p.m. and parking is available at The Community House and across the street in the Herb Strauss Theater parking area. A \$10 donation per attendee at the door is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida. Attendees can also donate by mail to the address on the website homepage at www.san-capaudubon.org or via PayPal on the website: paypal.me/sancapaudubon.

Face masks are required and social distancing is encouraged. In-person lectures may change to webinars. Updates are posted on the website and Facebook.*

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Rulland House by Susan Anderson

image provided

Historical Village To Host Art Show

The Sanibel-Captiva Art League will hold its plein air exhibit in the Shore Haven building at the Sanibel Historical Museum and Village from February 5 through 24.

Over the past months, members of the art league have been painting plein air (in the outdoors) on the historical village property. Paintings displayed will showcase the various historical structures. Works are done in watercolor, acrylic, gouache (opaque watercolor) and oil.

"The artists have been working hard to capture the essence of the historical village in their paintings. Visitors will see a wide variety of styles and subject matter in the show," said Susan Anderson, chairperson of the show. All artwork will be for sale, ready to hang and will travel easily.

The show is open to the public at no charge. Admission to the historical village is available for \$10 per adult. The exhibit and historical village are open Tuesday through Saturday from 10 a.m. to 4 p.m.

The Sanibel-Captiva Art League plein air painters meet weekly on Thursday mornings on both Sanibel and Captiva as well as Fort Myers from October to May. The group gathers to paint the local landscape scenery and architecture.

In accordance with the City of Sanibel's regulations, masks are required inside the buildings at this time. Guided tours of the village take place at 10:30 a.m. and 1:30 p.m., and advance reservations are not required. There is no additional fee for these tours.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road on Sanibel. The village has handicap access to all but one building. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org. ❄️

Sanibel Vacations Gets RV Rentals

by Wendy McMullen

The Sanibel Planning Commission approved Sanibel Vacation's new recreational vehicle rental business on condition that no recreational vehicle be parked, even temporarily, at its location in Palm Ridge Place or any other commercial area on Sanibel.

Sanibel Vacations had requested a conditional use permit to allow relocation of its bike and kayak rental operation to adjacent units in Palm Ridge Place and to open up a rental business for Airstream recreational vehicles.

Planning department officials, however, maintained that parking the Airstream recreational vehicles outside represented additional commercial floor area in a non-conforming development that already has more commercial floor area than would be permitted today.

So owners Robert Pales and Charles Hartley changed their plans and arranged

for all the recreational vehicles to be stored and rented from an off-island location.

In answer to Commissioner Karen Storjohann's comment that she didn't understand renting something on Sanibel that has no use or applicability on Sanibel, Hartley responded that he just wanted to use the 13 staff in their offices on Sanibel to handle the administrative services and rental procedures, and that there would be no staff at the off-island location.

"We're not going out of bounds," he explained. "We're just utilizing existing staff."

The proposed vehicle rental and leasing, and the continuation of the bike and beach equipment rental are permitted uses in the town center general commercial district.

Planning commissioners voted to approve the rental business with the condition that no recreational vehicle was parked on the island. Commissioner Karen Storjohann voted reluctantly for the motion and Chairman Roger Grogman opposed it on the grounds that there was no enforceability associated with it. ❄️



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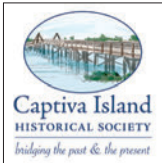


Dr. and Mrs. John Hicks photo courtesy Captiva Island Historical Society Archives

Looking Back: Dr. And Mrs. Hicks

This week's image, circa 1911, depicts Dr. and Mrs. John Hicks on Captiva.

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.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.*

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 8:30 a.m. and 10:30 a.m. www.saintisabel.org, 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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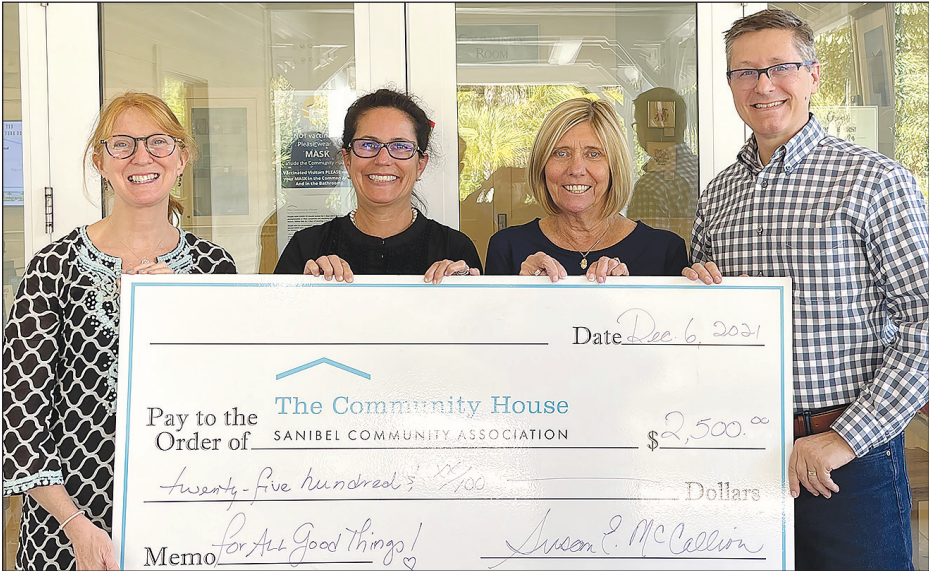
From left, SCA Marketing Director Sarah Jacobson, Sanibel Captiva Community Bank executives Craig Albert, Gaby Bell, Malorie Olson, Kyle Decicco and David Wright, and SCA Board Chairman Roger Grogman

Sponsors Step Up In Support Of Anniversary Gala

submitted by Tom Sharbaugh

Throughout its 95-year history, The Community House has received support from the island business community, in addition to the membership fees and private donations made by residents of Sanibel and Captiva. Even in the 1920s and '30s, when Sanibel's roster of businesses was still quite small, the few that existed did their

part to help The Community House get started, recognizing its importance as a core nonprofit resource for the growing community. An early example of that business support came from Frank Bailey, founder of Bailey's General Store and Sanibel Packing Company. Bailey played a central role as Sanibel Community Association (SCA) treasurer and oversaw construction of the original Community House building, beginning a long relationship between Bailey's and The Community House. Over the years, many other businesses have joined the group of corporate supporters, a list that includes merchants, restaurants, realtors and



From left, Susan McCallion, Sarah Jacobson, and SCA board members Carol Townsley and Jim McCallion

professional service providers. This year, several prominent businesses have signed on as corporate sponsors of The Community House 95th anniversary celebration to be held on Tuesday, January 18 at The Community House: The Sanibel Captiva Trust Company; Sanibel Captiva Community Bank; McCallion & McCallion Realty; Bank of the Islands; Heidrick Insurance; and Rosier Insurance. In addition to the corporate sponsors, The Community House volunteer Terri Kuhl, who chaired the recent cookie exchange, has stepped up as a founder

level \$10,000 sponsor of the event. The anniversary celebration will include a gourmet six-course dinner, plus live music and dancing, all in the spirit of the community gatherings of years past. To provide a safe environment for all, attendees are being asked to provide a COVID-19 vaccination record or evidence of a negative COVID-19 test within 72 hours of the event. Documentation can be provided in advance by emailing a copy to Teresa Riska-Hall, executive director, at www.sanibelcommunityhouse.net, or can be presented at the door prior to the event.*

SANIBEL INVITATIONAL ART FESTIVAL

JANUARY 21 & 22

SANIBEL COMMUNITY HOUSE

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What's Happening

At The House

MONDAYS

10 am Shell Crafter Lesson,
Limited Seating

MONDAY, JAN. 24TH

9:30 am Oil Painting w/ Suzette

MON., WED. & FRI.

9 & 10:30 am Aerobics w/ Mahnaz

TUESDAYS

9:30 am Letting Loose
w/ Watercolor by Anita

12:30 pm Social Bridge

1 pm Line Dancing w/ Marie

TUESDAY, JAN. 18TH

6 pm Cheers to 95 years!

WEDNESDAYS

1 pm Painting w/ Friends

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

1 pm Hearts Card Club

**FRIDAY, JAN. 21 &
SATURDAY, JAN. 22**

9 am - 4 pm SCA Art Festival

SATURDAY, JAN. 22

10 am Talk on Water

5 pm Wine Pairing Class

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Wellness Week Activities Planned At 'Ding' Darling

As part of its 40th anniversary celebration this year and to connect individuals with the natural world, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will host Wellness Week: Mind. Body. Heart. It will take place Monday to Saturday, February 7 to 12 in partnership with JN "Ding" Darling National Wildlife Refuge on Sanibel, which DDWS supports; Tarpon Bay Explorers, the refuge recreation concession; and Sanibel Recreation Center's Heart Healthy Month.

Highlights of the week will include a ribbon-cutting for the new self-guided Mindfulness Trail at Bailey Tract with the Sanibel & Captiva Islands Chamber of Commerce, a ranger-led bike tour of Wildlife Drive, sunrise yoga at the beach, guest speakers on healing through nature, discounts on paddling tours and guided mindfulness walks.

"Wellness Week makes that connection between physical and mental health and the healing properties of being out in the natural world, especially coming off the stressful holiday season and entering into our resolutions for a more centered new year," said Jessica Barry, DDWS development and outreach assistant and project leader. "We are excited to debut our Mindfulness Trail,



Guided and self-guided mindfulness walks will take place at the new Bailey Tract podcast trail photo provided

which has been something so close to my heart since I joined the refuge staff as an intern in 2020."

"We are grateful for Jess and others for encouraging us to enhance the work at the refuge in the area of true mindfulness in nature," said Supervisory Refuge Ranger Toni Westland. "It has resulted in this wonderful Bailey Tract trail with QR codes and podcasts so hikers can self-guide their mindful journey. We also welcome three visiting certified forest therapy guides who will be leading hikes and presentations that week."

Guest presenters include: Dr. Joseph Blanda, a recently retired orthopedic surgeon who now helps people with wellbeing and mindfulness; Cristina Shaul, who leads guided meditation and

mindfulness walks; and Kim Sowinski, who teaches ayurveda-inspired nature yoga in Cleveland, Ohio. Tarpon Bay Explorers will be offering a 10 percent discount on kayak and paddleboarding tours to those who mention Wellness Week.

Watch for a calendar of free activities you can pre-register for through the refuge's Eventbrite page. Participation is limited to 10 individuals in an outdoor, distanced format. For more information, visit www.dingwellness.com.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

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For individual shop information:

www.ShopOnSanibel.com





Green iguanas are herbivores who like colorful plants and fruits

photos courtesy City of Sanibel



Nile monitor lizards are most dangerous to wildlife and must be reported to the police

Contract Extended To Trap Exotic Lizards

by Wendy McMullen

City council extended the contract for a trapper to remove green and spiny-tailed iguanas and monitor lizards from Sanibel at its January 4 meeting. The current contract expires on March 4, 2022.

There was discussion as to whether the city should focus just on city-owned land and leave it up to individual owners to hire their own trappers, but council decided to leave the program as it is and allow the trapper to use his best judgement to trap and remove the iguanas from the places where they are most known to frequent.

The program to trap and kill the exotic lizards, specifically Nile monitor lizards, is needed because of the threats they pose to Sanibel’s native vegetation and wildlife populations.

The green iguana is considered least threatening because they are herbivores and most complaints are about the iguanas eating vegetation. They seem to particularly favor colorful hibiscus and fruits and other non-native vegetation. Natural resources staff recommends that

homeowners consider planting native vegetation instead of exotics.

Nile monitors or spiny-tailed iguanas have more serious impacts on the island’s native wildlife. Nile monitor lizards and spiny-tailed iguanas are omnivorous predators, known to feed on a variety of food sources including bird and turtle eggs. They may also occupy burrows of other species, such as gopher tortoises.

The Sanibel Exotic Lizard Management Program establishes procedures for receiving Nile monitor lizard and iguana complaints, and the handling of nuisance monitor lizards and iguanas.

The procedure for reporting the exotic lizards varies according to the type. Residents who want to authorize the iguana trapper to access their property and locate and kill the green iguanas can submit an online request via the city’s website: www.mysanibel.com. The procedure for reporting Nile monitor lizards and spiny-tailed iguanas is different because of their greater potential for ecological harm. They should be reported immediately to the Sanibel Police Department at 472-3111.

Neither the spiny-tailed iguana or the Nile monitor lizard is currently documented on Sanibel, although they have been present in the past.

The exotic lizard management program was designed in 2007 by



Spiny-tailed iguanas have not been seen on Sanibel since 2014

a group of local experts, including representatives from the U.S. Fish and Wildlife Service at JN “Ding” Darling National Wildlife Refuge, Sanibel-Captiva Conservation Foundation and the city’s natural resources and police departments.

Online requests for iguana removal go to the natural resources department to coordinate with the trapper, who is typically on island one day a week. As well as addressing specific complaints from residents, the trapper conducts population control activities at known exotic lizard “hot spots” and on city-owned lands. Depending on demand, it may take several weeks for the trapper to visit any given property where iguanas have been reported.

Christopher Harlow’s Wildlife Removal Services has provided contractual exotic lizard removal services for the city since 2009. Trapping work can only take place during daylight hours and the contractor has to be authorized by a property owner to remove iguanas from private property. The contractor uses a variety of tools and techniques including hand-capture,

continued on page 14

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Island Sun
NEWSPAPER
Sanibel & Captiva Islands

USPS 18: Bulk Rate permit paid, Sanibel, FL, 33957
Postmaster: Send change of address to Island Sun,
1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

Published every Friday for the people and visitors of Sanibel and Captiva Islands.
Distribution: 8,000-10,000 per week (seasonal).
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices:
Third Class U.S. \$60 one year, \$30 six months (allow 2-3 weeks for delivery).
First Class U.S. \$150 one year, \$75 six months (allow 3-5 days for delivery).
Prices include state sales tax. Subscription requests by mail, email or phone.

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OBITUARY

MARJORIE NORDSTROM
NOVEMBER 3, 1926-DECEMBER 21, 2021

As the sun was rising and an epic lightning storm started to fade, Marjorie Nordstrom passed away. "Everywhere we've lived, she directed the choir," said Fred Nordstrom, dedicated husband of 71 years. "Many of us believe she's in heaven now directing angel choirs."



Marj's colorful music career started in Hillsboro, Iowa, growing up on a farm singing while riding her pony to country school. She earned a bachelor of arts at the University of Iowa School of Music and went on to The Juilliard School in New York City. Broadway beckoned and she was offered a role in the 1950 revival of *Oklahoma*. Taking ownership of her path, she turned it down, and returned to Iowa to marry Fred. "It was the best decision of my life," she often reminisced. "I accepted his fraternity pin in 1948 and we've been on an adventure ever since."

A lifelong believer in inclusiveness and the unifying power of music, Marj made it her mission to train musicians, directors, choirs and community music

leaders. As they moved across the country following Fred's career in the U.S. Army and Cargill, Inc., Marj had opportunities to direct and perform at home and abroad.

Locally, Marj was known for music at Sanibel Community Church, Fort Myers Symphonic Mastersingers, Sanibel Music Festival, the island Thanksgiving Celebration, Old Schoolhouse Theater with JT Smith, BIG ARTS Community Chorus, and others. She was an active supporter of many organizations including PEO chapter FV, Sanibel Bicycle Club, The Dunes Golf and Tennis Club, and Sanibel Captiva Business Women's Association.

Marj is survived by Fred and her three children: Gloria (Stephen) Garrett of Sanibel; Lisa (George) McReddie of Rye, New York, and Neal (Tammy Thomas) Nordstrom of Beaufort, South Carolina, six grandchildren and three great-grandchildren.

Marj and Fred's love of Sanibel spanned over 50 years, starting as family campers in the '60s, expanding to time shares and then building in The Dunes in 1990. She leaves behind many beloved family members, friends and protégés. Her motto was "Accentuate the Positive, Eliminate the Negative." Her parting words to her family were, "I love you."

The family suggests donations in her memory to: Sanibel Music Festival, P.O. Box 1623, Sanibel, FL 33957 or Hubbard United Methodist Church, 12150 Main St., Park Rapids, MN 56470.✧

City Hall Holiday
Operation Hours

The City of Sanibel administrative offices will be closed in observance of Martin Luther King, Jr. Day on Monday, January 17 and will resume regular operating hours on Tuesday, January 18. If you have any questions, call 472-3700.

All refuse, recycling and vegetation waste collection by Advanced Disposal will be collected on your regularly scheduled day.

The Sanibel Recreation Center will be closed on Monday, January 17 and will resume regular operating hours on Tuesday, January 18. If you have any questions, call 472-0345.

Center 4 Life remains closed.✧

payment process.

Members should note that the IWA account numbers on the January statements have been updated to a new, three-segment format. Members using online bill pay through their financial institutions must update their IWA account number to reflect this modification prior to making their next payment to minimize the risk of service interruptions.

Call 472-1502 with any questions on the new invoice format.✧

Guided Bird Walks

The Sanibel-Captiva Audubon Society is offering in-person bird walks this season. All walks begin at 8 a.m. The season schedule is:

- January 15, Bunche Beach
- January 22, Harns Marsh
- January 29, Bunche Beach
- February 5, Bailey Tract
- February 12, JN "Ding" Darling National Wildlife Refuge
- February 19, Pond Apple Trail
- February 26, JN "Ding" Darling National Wildlife Refuge
- March 5, Harns Marsh
- March 12, JN "Ding" Darling National Wildlife Refuge
- March 19, Bailey Tract
- March 26, JN "Ding" Darling National Wildlife Refuge
- April 2, Lakes Park
- April 9, Lighthouse Beach Park

Visit www.san-capaudubon.org for more information, including directions.✧

Island Water
Invoice Changes

Members of Island Water Association (IWA), Inc. will notice enhancements in their water service invoices beginning this month. IWA's former blue postcard bills will be replaced with a colorized, full-page invoice with an easy-to-read layout, monthly consumption graph and space for important announcements. Remittance slips and return envelopes will be included in the invoice packages for increased convenience and a simplified

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Plant Smart

Coastal Blackroot

by Gerri Reaves

Coastal blackroot (*Pterocaulon pycnostachyum*) is native to the southeastern U.S. and found throughout Florida. It has the distinction of being the only species in its genus that is native to the state.

The name refers to the black tuberous root that makes the plant highly drought tolerant.

The root contains the chemical Coumarin that has a poisonous effect on the human liver. That chemical is used in blood-thinning medications and rat poisons.

Other common names for this member of the aster family include densespike blackroot, dense blackroot, fox-tail and rabbit tobacco.

The plant grows as high as two feet, takes an upright or sprawling form and is usually about as broad as tall.

The alternate leaves vary in shape, from lance-like to oblong, but they are narrow, usually two to seven times longer than wide. They measure an inch and a half to four and a half inches long.

The leaves have undulating edges, a prominent central white vein and lighter colored hairy undersides.

The edges are usually dentate, meaning they have sharp teeth.

The stems have wooly wings that create a ribbed appearance. The wings, or ribs, are formed by very narrow extensions of



Native coastal blackroot has cone-like flowerheads and winged stems
photo by Gerri Reaves

the base of the leaves.

Pterocaulon means winged stem. The flowering stems have cone-like flowerheads at the end.

The heads are packed with tubular rayless florets that change from whitish or greenish to pinkish. Florets bloom throughout the year, opening from the base upward. The head becomes fuzzy once the plant is ready to disperse seeds.

In the wild, this under-appreciated wildflower grows in sandy areas, pinelands and ditches, and can also spring up in landscapes.

It has a moderate growth rate, prefers full sun and well-drained soil, and can grow

in nutrient-poor soil. It has low tolerance for salt water and wind.

It provides nectar for a variety of butterflies and is worth including in your landscape for its curious appearance alone.

It will self-propagate.

Sources: *Complete Guide to Florida Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native*

Plants by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, <http://floranorthamerica.org>, <https://hawthornhillwildflowers.blogspot.com>, www.plantbook.org, www.regionalconservation.org, and <http://www.wildsouthflorida.com>.

Plant Smart explores the diverse flora of South Florida.✱



A local fisherman is not deterred

photo by Andrew West, *The News-Press*

From page 1

Exhibit

restore ecosystems throughout south Florida. This exhibition provides a new platform to educate and raise public awareness on these issues for the health of our region's future."

A related public program on Wednesday, April 6 at the shell museum is a conversation with West titled *Paradise Considered: Photographs of Nature and Change in Southwest Florida*. For more information and to register, visit www.shellmuseum.org.

The exhibition is made possible by a gift from Joe and Jo Anne Orndorff.

Additional support is from the Sanibel-Captiva Shell Club.

The exhibition can be view at the museum with the cost of admission, and Lee County residents receive half-price admission from noon to 5 p.m. on Sundays, thanks to a gift from an anonymous donor. Other exhibitions on view at the museum this season include *Blackwater Moments: Nocturnal Photography of Open-Ocean Mollusks*, open now through May 30.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel Captiva Road on Sanibel. For more information, visit www.shellmuseum.org or call 395-2233.✱

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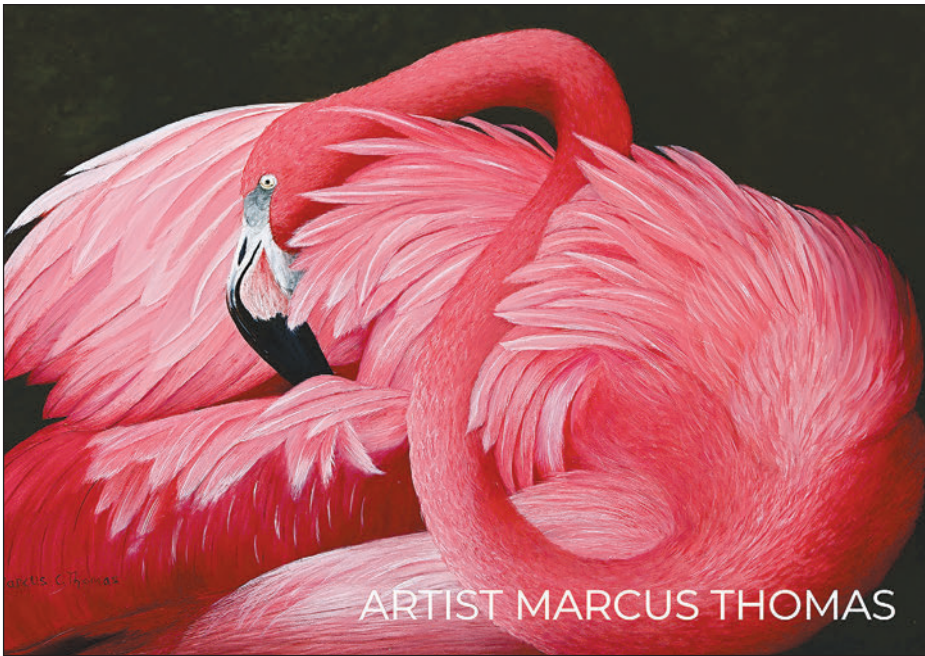
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Flamingo by Marcus Thomas

Art Festival Next Weekend

The Sanibel Invitational Art Festival will be held at The Community House on Friday and Saturday, January 21 and 22 from 9 a.m. to 4 p.m. each day.

The outdoor festival will offer 70 exhibitors selling their artwork in many different mediums. Proceeds from the event will benefit The Community House

and the Sanibel Community Association. image provided

Quadruplegic artist Marcus Thomas, who was awarded the Sanibel-Captiva Conservation Foundation 2021-22 Brushstroke of Excellence Award, will be featured. With no mobility below his neck, Thomas was able to teach himself how to paint details of bird feathers and flower petals. His artwork is now sought by art collectors across the east coast.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit www.boulderbrook.net.

Wildlife Society Promotion

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) promoted Sierra Hoisington to associate executive director of the nonprofit that supports JN “Ding” Darling National Wildlife Refuge. Hoisington began working for DDWS in 2016 and most recently served as development officer. She fills a position vacated by Lynnae Messina at the end of 2021.



Sierra Hoisington

“It was important for me to find a replacement with the knowledge, maturity and experience to take on the role,” said Birgie Miller, DDWS executive director. “The first thing I did was look within our current team and realized I had the right person for this role.”

Hoisington graduated from Clemson University in South Carolina with a bachelor’s degree in wildlife and fisheries biology. She assisted Clemson as a wildlife technician on bat research in the Nantahala National Forest. She also worked for the National Wildlife Refuge Association at Okefenokee National Wildlife Refuge in Georgia.

As part of the DDWS staff, Hoisington took charge of photography contests,

lecture and film series, and exhibitions. With refuge ranger Toni Westland, she led the project to build and develop the WoW (Wildlife on Wheels) mobile classroom that travels throughout the area to extend education to underserved communities.

During her tenure with DDWS, Hoisington has completed courses at Indiana University Fund Raising School of Philanthropy, Kellogg School of Business in Illinois, University of Notre Dame in Indiana, and the National Conservation Training Center, a U.S. Fish & Wildlife facility in West Virginia.

“I am so excited to be the ‘Ding’ Darling Wildlife Society’s new associate executive director,” Hoisington said. “‘Ding’ has been my home for nearly six years now, and I couldn’t imagine working with a more supportive, creative and altruistic group of people. The work we are doing here at the refuge and in our communities off the island ensures everyone gets a chance to be a part of the conservation. I’m excited to help continue this important work.”

“Sierra’s time with DDWS has given her the ability to understand the nuances of working with the USFWS and abiding by the partnership agreement between the two entities,” said Miller. “Having worked with USFWS staff around the state and nation on the WoW and urban outreach initiatives, Sierra is known and respected by her government peers at ‘Ding’ Darling and within the overall system. She recognizes and embraces the importance of collaboration and teamwork. We are so happy she has accepted this position as my right-hand staffer.”

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Be Flexible



by Capt. Matt Mitchell

No matter how bad we wanted to catch one particular species on some trips this week, we just had to switch it up and go a different route to the goal. Being flexible

enough to spend some time on each variety of fish during the right period of the tide throughout the trip seemed to give us the best results.

During the higher tide periods, we found the better sheepshead bite in and around the passes. Chunks of fresh shrimp on a jig head fished both in the channels and up tight to barnacle-covered structures caught them up to 19 inches. With our water temperatures still a little warmer than I like to target these fish, we also caught snapper, jacks and even a few redfish while using this method. Being able to send clients home with that coveted sheepshead dinner often required weeding through both lots of shorts along with a mixed bag of other species.

While targeting sheepshead one morning with clients from Illinois this week, we had only one keeper sheepshead in the box in the last hour of the trip though we had caught fish the whole trip. Returning to a favorite spot inside of Blind Pass that we had fished earlier in the trip without success, the bite had now turned on. Within 10 minutes, we had dinner covered



"Big Snook George" always seems to get it done

photo provided

as we went back to back to back on 16- to 18-inch dinner-sized sheepshead.

Being able to shiner fish while the sheepshead bite wasn't going on was a game changer this week. Extreme low tides proved to be the perfect set up for snook while fishing deeper mangrove creeks and pockets. Several of the areas I love to be during the "crazy low water" takes the presence of mind to get into before the tide bottoms out. This basically traps you in a creek system until the water comes up high enough to exit. This can only be described as a strong move but can really pay off as it's like fishing in a barrel when you nail it.

Dolphins are one variable both when targeting sheepshead and snook. We had

a couple of hungry dolphins follow us from spot to spot during one end of a morning trip back into JN "Ding" Darling National Wildlife Refuge this week. Although each stop would produce a fish or two, the dolphins would charge in trying to eat the fish and blow out the spot. After being followed around by what can be described as a wolf pack of dolphins, I picked up and moved. No matter where you choose to fish at some point you will have dolphins coming in looking for that easy meal. Please do not feed them no matter how cute they are. It's not only against the law it creates a nuisance dolphin. These amazing creatures are more than capable of finding their own food.

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 8

Lizards

noosing, trapping and air rifle.

From 2007 to 2010, more than 2,000 green iguanas and one Nile monitor lizard were removed from Sanibel. In the winter of 2010, prolonged cold temperatures were fatal to many of the remaining iguanas on Sanibel, and the management program was discontinued. However, after the green iguana population rebounded and an exotic spiny-tailed iguana was spotted in the vicinity of Beach Road in December 2014, the program was reinstated.

Since February 2015, 7,470 green iguanas have been removed from Sanibel. No reports of spiny-tailed iguanas have been confirmed since March 2015. There have been no confirmed Nile monitor lizard sightings since a dead carcass was recovered from an inland lake near Rabbit Road in 2008.

Most reports of green iguanas are in the Beachview and Bailey Homestead areas. Sightings of exotic lizards are lowest in the coldest winter months and increase from May through August, as warm temperatures coincide with the breeding season.

Property owners who hire their own trappers must ensure that they are licensed and city approved, council decided.✪

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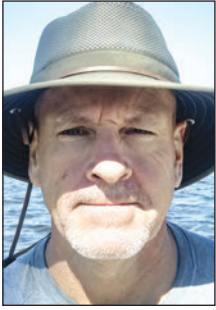
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Blue Jay



by Bob Petcher

The blue jay (*Cyanocitta cristata*) is a blue and white songbird that is known for its intelligence. Part of its expertise includes mimicking the calls of hawks to provide protective

information that a hawk is around, even though one may be seen but not heard.

At CROW, an adult male blue jay was admitted after being found stuck in a glue trap. The finders ended up cutting the jay's wings to release the bird, a procedure that resulted in the patient missing primary and secondary feathers on the left wing.

"We do not recommend cutting the wings to free birds from glue traps. This will significantly lengthen time at a rehabilitation facility, impair flight and could result in injury to the bird," said Dr. Charlotte Cournoyer, CROW veterinary intern.

If a bird or animal is found in a glue trap, there is a way to keep it from fully embedding itself in the sticky board.

"Granular substances, including flour, cornmeal and cornstarch, can be put on glue traps to help keep an animal caught in a glue trap from becoming more trapped as it struggles," said Dr.



Patient #22-16 recovers after being stuck in a glue trap

photo by Missy Fox

Cournoyer. "Removing an animal that is severely caught in a glue trap can be a tricky process, therefore we recommend putting safe granular substances on the trap then placing the animal in a dark, quiet box and immediately transporting to the nearest wildlife rehabilitator for proper removal."

The blue jay also had body abrasions from struggling to free itself. The bird was given pain medications and will continue to be monitored under supportive care.

"Luckily, the abrasions were mild and the bird was treated with pain medications and antibiotics while (it) healed," said Dr.

Cournoyer. "No bandaging or further attention was required for the abrasions in this case."

Since some flight feathers were cut, the patient will need time at the clinic to grow new ones to provide lift and maneuverability when up in the air.

"The bird is not currently able to fly but is receiving supportive care and flight is being rechecked regularly," said Dr. Cournoyer. "When feathers are cut, those cut feathers will not regrow but need to be pulled so that new feathers can grow in their place. In this case, important feathers for flight were cut, therefore it will take

time before (new) feathers grow enough for flight. It is painful to pull feathers, therefore this procedure was performed under general anesthesia. The patient will need to show great flight capabilities before being cleared for release."

The jay also suffered two different forms of trauma.

"The patient sustained head trauma and internal trauma resulting in a ruptured air sac, secondary to his struggling," stated Dr. Cournoyer. "His mentation has improved but the air sac will need to heal, and his flight will need to be great before he can be released."

Unfortunately, the patient was trapped in a place where no bird or animal wants to end up. Glue traps are not recommended for pest management.

"Glue traps are cruel and inhumane. When animals become trapped, they panic and struggle so much they can severely injure themselves. They are then trapped until they starve to death," said Dr. Cournoyer. "Glue traps are indiscriminate and often trap animals other than the species they were intended for by those who set them out. For these reasons, we urge the public to avoid the use of glue traps as a method of pest control."

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

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CROW Calendar Of Events

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

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

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

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

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

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

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 program has two parts: the daily presentation in the Visitor Education Center and a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds.

This program is not recommended for children under the age of 13. Masks are required at all times during the tour. 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, January 14, 11 a.m., Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Friday, January 14, 2 p.m., Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the

ecosystem, it is classified as a “keystone species.” CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Saturday, January 15, 11 a.m., CROW Case of the Week – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Monday, January 17, 11 a.m., A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation and share their stories. Volunteers, staff and students give an inside look at what happens behind the scenes. One of CROW's animal ambassadors will be present.

Monday, January 17, 2 p.m., Species Profile: Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides, which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, January 18, 11 a.m., Enrichment – When animals are recovering, they need certain things to help feel “at home.” Whether it's a branch, hamster wheel, hollowed-out tree or pool of ice, patients need things to keep them occupied and enhance their skills. This presentation discusses what the CROW

team does for enrichment and why this is important. One of CROW's animal ambassadors will be present.

Tuesday, January 18, 2 p.m., Patient Profiles: Owls of Southwest Florida – 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, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Tuesday, January 18, 4:15 to 5:15 p.m., Speaker Series: REEF's Grouper Moon Project, virtual presentation via Zoom – Since 2002, REEF's Grouper Moon Project has researched Nassau grouper conservation in the Cayman Islands. During full winter moons, Nassau grouper travel great distances to meet as spawning aggregations and reproduce. This species has suffered dramatic declines in populations due to fishing on spawning sites. This project aims to study this social and ecological cornerstone of Caribbean coral reefs in partnership with the Cayman Islands Department of Environment and academic scientists. Learn how scientists and researchers are protecting and monitoring Nassau grouper, and hear about practices that can be implemented to promote sustainable fisheries. To register, <http://crowclinic.org/events/?selectedMonth=2022-01-1>.

Wednesday, January 19, 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

continued on page 24

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Checkered Pheasant



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

Eulithidium
affine (CB
Adams, 1850),
reaches 7 mm
(about 0.3 inches),
and its small shell
is thin, smooth, but
strong. The shell is

basically devoid of any sculpture, and the color pattern in the species usually consists of a combination of red or pink-red, broad, zig-zag bands overlaid with a number of small red and white dots. The Checkered Pheasant and its close relatives live on Sargassum, other types of seaweeds and seagrasses. The species is found in shallow water in the Gulf of Mexico, east coast of Florida and the Keys, Bahamas and the northern Caribbean Sea. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.



The Checkered Pheasant, *Eulithidium affine*, from Lower Matecumbe Key, Florida Keys
photo by James F. Kelly

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.✧

American Legion Post 123

American Legion Post 123 is serving turkey and dumplings from noon to 8 p.m. this Sunday, January 16. Barbecued ribs and chicken are on the menu for Sunday, January 23.



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. Residents and visitors are welcome to come out and play.

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play. Stop by and watch the action.

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

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

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



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If birds alter their behavior in response to your actions, you are too close photo courtesy SCCF

Sanibel-Captiva Audubon Society Bird’s Eye View

As the snow begins to fall up north and cold weather creeps in, “snowbirds” from many states and Canada arrive on the beaches of Florida to rest and recharge in the sun. Most of these visitors are, in fact, bird neighbors. Sanderlings, red knots, terns, skimmers,

gulls and plovers of several varieties are here throughout the season but may not nest directly on the beach. Sanderlings (*Calidris alba*), named from the old English translation “sand ploughman,” are a tiny greyish bird with black legs and bill, and can be seen chasing the receding waves in search of emerging coquinas, tiny worms and mollusks. Most of them have just returned from a journey of over 3,200 miles from their breeding sites in the high Arctic. The short, tundra summer teems with insects, providing plenty of food for their



The Sanibel Shorebird animated video teaches beachgoers how to help save shorebirds on Sanibel image courtesy SCCF

young. The wide area is relatively free of predators and provides ample nesting sites. Some of these birds will be traveling on to South America, a journey of over 6,000 miles. Of course, they need to feed, build up depleted fat resources, and rest. From your beach chair or shelling in the shallows, you will see a number of other shorebirds. The red knot (*Calidrus canutus*) has one of the most remarkable journeys. Coming from the high Arctic, following the Atlantic flyway, they swarm the beaches of Delaware Bay, gorging on the eggs of the horseshoe crab as a stopover on their way north. This year, flocks of them have been seen on Sanibel as they rest and feed before continuing

their flight to the Argentine Tierra del Fuego, a total journey of 9,000 miles. In autumn, they make the return journey. In a lifetime, one bird may have traveled over the distance to the moon. Many birds flock for protection as do the terns. The royal tern (*Thalasseus maxima*) boasts a red-orange bill with a black cap. The sandwich tern (*Thalasseus sandvicensis*) is a smaller bird with a black bill, sporting a notable dab of yellow (dipped in mustard) at the tip of the bill. The Forster’s tern (*Sterna forsteri*) is an even smaller tern, marked with a black cap and orange legs that make it stand out in the group. See if you too can find continued on page 20



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From page 19

Bird’s Eye View

one on the shores of Sanibel. A flock of royals is, of course, a “highness!” If they suddenly whirl and take off, look skyward for, perhaps, a Peregrine falcon searching for a meal.

The snowy plover (*Charadrius nivosus*) is a threatened species here in Florida, that nests on the beaches from March through early July, with chicks fledging in early fall. Snowy plovers are tiny, pale birds with a thin black bill and a black ear patch. Sanibel-Captiva Conservation Foundation (SCCF) plover watchers monitor the beach for birds and their small shallow nests, called scrapes. You will see their nesting areas posted and roped off to protect the nesting birds who are so tiny and pale that they blend into the sand. Chicks are quite fast and run in all directions, foraging as soon as they hatch, and parents can be seen frantically trying to keep up with them. Plovers are hard to see, so watch out for these threatened birds when you’re on the beach.

There is also the more solitary, black-bellied plover (*Pluvialis squatarola*), who may be seen with some remnants of the black-belly breeding plumage. They often take two steps, and then stop to look for worms, insects and small mollusks. This plover has a large, striking dark bill and is mostly grey with soft barring on the chest. If you are an evening walker on the beach, listen for its mournful three-note call.

There are many other birds to watch on the shores of Sanibel. The



Scan the QR code to view a video on protecting shorebirds on Sanibel

black skimmers (*Rynchops niger*) have a markable long, pointed orange and black bill and red legs, typically flying low, with the lower mandible skimming the water surface for prey. The willets (*Tringa semipalmata*) stalk the shallows for crustaceans and small fish. There are so many remarkable birds you may see on a walk at Bunche Beach with Sanibel-Captiva Audubon Society, SCCF or at JN “Ding” Darling National Wildlife Refuge.

All these sightings carry a responsibility for visitors and residents of this sanctuary island. There are many challenges to keeping these birds safe and the following tips can help:

Do not feed the birds or any wildlife on Sanibel. It’s the law. Fish crows, gulls and ghost crabs preyed on shorebird chicks last nesting season. Attracting crows to the area puts shorebirds at risk of death.



Do not ride your bike close to shorebirds
photo provided

Dogs, on or off leash, disturb feeding and resting birds. Give them a wide berth while you walk on the beach or in the shallows. Sanibel does have a mandatory leash law that requires an eight-foot lead to be on at all times.

Bicycles should not be ridden close to the birds. Walk well around the birds during your beach combing. Causing shorebird neighbors to constantly fly depletes energy stores they need to reproduce and recover from or continue migration. Royal terns feed their juveniles for up to eight months and every time they are forced to fly, this feeding is interrupted, and calories are burned, harming bird neighbors.

Keep out of posted areas. It’s the law.

A person’s arm and camera, simply have no place in or over the posted area. The posted areas are marked to give nesting birds the correct amount of space based on their natural biology. Invading that space not only breaks laws but often leads to the parent bird coming off their nest to distract the invader. Parent shorebirds need to shade eggs from the elements. The hot Florida sun can cause sand temperatures to reach well over 150 degrees Fahrenheit, endangering vulnerable chicks.

Birders and beachgoers have a responsibility to not cause harm to the birds on the island. If a bird changes its behavior in response to your movements, you are too close. Give all shorebirds space for their health and safety. If birds are spending time trying to scare you away, then they are not feeding themselves or caring for their young.

The QR code (scan with phone camera) will take you to the short, animated film featuring the daily challenges birds face on Sanibel beaches and how you can be a beach hero and help shorebirds thrive on Sanibel. The video was created by the Sanibel-Captiva Audubon Society, City of Sanibel, SCCF and “Ding” Darling Wildlife Society. This short video was featured in the Southeast Chapter of The Wildlife Society and the Florida Fish and Wildlife Conservation Commission (FWC) *Wrackline* newsletter, and inspired FWC to create other short, animated videos on the importance of flyways to bird migration and on the dangers of free roaming dogs to shorebirds.*

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40 years THEN & now

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—Erika Broyles
Senior Services Director

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and reassuring

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in our first 6 months
2012—1122 CALLS
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and reaching
further

article from
The ISLANDER
Tuesday,
Nov 2, 1982



“I live alone and most of my neighbors leave our complex during the summer months. It can feel pretty lonely so it’s nice to have a morning chat with the FISH volunteers. They always take the time to ask how I’m doing and what I’ll be up to that day.”

—an island neighbor
and FISH client

40 year timeline

1982

—March/April First full week of operations; Ready to help 24-7; original phone number is still in use

1983

—First annual meeting at Gulf Pines

1984

—Hurricane Committee Established

1986

—First Friendly Faces Event

1987

—Volunteers jump to action before Hurricane Floyd

1988

—“Person-to-Person” calls established

1992

—FISH celebrates 10 years of service

1999

—New FISH President, Norman Bowles steps in after 12 years of volunteer work

2003

—adopted motto of “Neighbors helping Neighbors”

2007

—New logo reflecting community focus; opened first Walk-in Center

2008

—Food Pantry opened & Walk-in Center relocated

2009

—FISH becomes a United Way Partner

2011

—Backpack Program established

2012

—“30 Rocks!” FISH 30th Anniversary Celebration

2015

—New Walk-In Center opens & FISH has a “Home of its Own”

2017

—FISH assists record numbers following Hurricane Irma

2020

—New logo and Mission Statement



A New Wave Of Dolphin Research For The Islands



by Allison
Havill Todd

Most of us enjoy sharing our surrounding island waters with our beautiful bottlenose dolphin friends, but many are unaware of the threats posed against

these creatures that may impact their population in our area. Sadly, the predominant dangers stem from undesirable human behavior such as illegal feeding, forced interactions, entanglement in nets and fishing lines, aggression and negligent or uninformed boaters. Add the effects of red tide on this species and their wellbeing is constantly being compromised. These dangers along with a compelling desire to educate the public and inspire protection for the dolphins is what led husband and wife team Stephen and Stefanie Plein to form the nonprofit organization New Wave Marine Foundation. With backgrounds in marine biology, the pair wanted to have a way to document and track the activities of our resident and transient bottlenose



New Wave Marine Foundation founders Stephen and Stefanie Plein

photo provided

dolphin population. Their mission is “to conduct non-invasive field research to further advance the scientific studies of wild bottlenose dolphins near Sanibel and Captiva islands.” Through photo identification, they are able to recognize each individual dolphin by noting such characteristics as notches and scars on the dorsal fin, which provide a unique thumbprint of sorts for that dolphin. By collecting photos, along with GPS positioning coordinates, behavioral data and tracking atmospheric and celestial phases, they are able to monitor changes

within individual and pod movements. How does all this research and data collection help these mammals? By sharing their information with other organizations such as the Sarasota Dolphin Project Research, they are able to collaborate and act as stewards for the protection of the species by educating the public and encouraging involvement. Along with many others, they have been tracking three individual dolphins: Julie, El Tigre (named for the striped scarring across his back from a boat strike) and Terry. They have come across instances

of humans illegally feeding dolphins and discovered others entangled in netting or fishing lines. And while most of us cannot imagine anyone intentionally wanting to harm these animals, the effects of human aggression toward these creatures has revealed itself where deceased dolphins have been found with gunshot or stab wounds near their facial regions. In an effort to support their vision of protecting the species, New Wave Marine Foundation is offering community outreach programs such as presentations to schools and other organizations and also conducts private, half-day boat tours where participants can get a “hands on, citizen science” boating experience to track the dolphins and help collect data. The Pleins have provided 19 trips to date since November of 2021 with all the funds being raised from these outings going to support the ongoing efforts of the foundation. The vision for the nonprofit in the near future includes such things as an Adopt a Dolphin program where individuals can sponsor a dolphin and receive information about its activities, and boater education programs to help minimize the risk of boat strikes on these animals. The Pleins also plan to compile a sponsorship packet for island businesses to support research trips and youth education programs. If you love the wild bottlenose dolphins as much as most of us do and want to be part of the effort to protect them, consider becoming a donor, or sponsor

continued on page 27

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Annabelle Tometich photo provided

Former Food Critic To Speak At BIG ARTS

Ever wanted to be a fly on the wall, to secretly observe other people going about their day? Fort Myers native Annabelle Tometich did just that, using the pseudonym “Jean Le Boeuf” as the restaurant and food critic for *The News Press*. For 14 years, she stayed under the radar, reviewing area eateries, including many on Sanibel. She recently shed her alter-ego to write reviews under

her own byline and oversee the paper’s *Taste* section.

Tometich will be the first presenter for the 2022 Talking Points season at BIG ARTS on Thursday, January 20 at 4 p.m. in Christensen Performance Hall.

The Sanibel Captiva Trust Company is the presenting sponsor for the series, which runs for six Thursdays through March 10.

Before a career in food, Tometich was studying premed at University of Florida, Gainesville. “I grew up with the original Tiger Mom. Being a doctor, lawyer or engineer were the only acceptable careers.” After college, she took a job at a local Mexican restaurant. She loved the work, which dovetailed nicely with her upbringing. “My mom did all the cooking and grew lots of fruits and vegetables in our yard. But my dad was the real foodie, the one who was into gourmet cuisine and restaurants,” she recalls.

Tometich started a catering company and broke the news to her mom that she was not going to be a doctor after all. To supplement her income, she took a night job in the sports department at *The News Press*. After many food-related writing assignments, she stepped into the role of Jean Le Boeuf in 2006.

Not surprisingly, Tometich has many entertaining stories to tell about her career, as well as thoughts on the future of the restaurant scene on Sanibel.

Tickets are \$20 in advance or \$25 at the door. Visit www.bigarts.org or call 395-0900. BIG ARTS is located at 900 Dunlop Road on Sanibel.✱

Poetry Corner



by Jim Weyant

A KEEPER

They had married very young, a union some did not embrace but she saw what others missed sometimes a turtle wins the race.

It took awhile but he came through and proved that she’d known best. As time went by and their love grew, she came to feel they were blessed.

Now as she lay back in their bed watching him aside her sleeping, she mused that after all these years he was probably worth keeping.

Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.✱

Shell Found



Lauren Eggert photo provided

Lauren Eggert of Waterloo, Wisconsin found a junonia on January 4 near the public beach access at West Gulf Drive and Tarpon Bay Road. Eggert is an avid sheller and has been visiting Sanibel and Captiva with her family since 2005.✱

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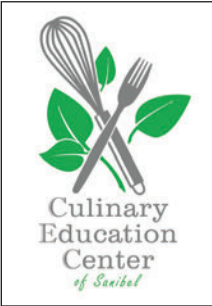
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The Community House

Florida Oranges



by Chef John Wolff

Wintertime is citrus season in Florida and the orange crop will be at its peak in a couple of weeks. From tangerines to honey bells, Florida oranges are some of the best in the world. Florida’s unique sandy soil and subtropical climate proved to be ideal for growing the seeds that the early settlers planted, and have flourished ever since. Today, it is a \$9 billion industry, employing nearly 76,000 Floridians. Florida is second only to Brazil in global orange juice production and the state remains the world’s leading producer of grapefruit. Florida produces more than 70 percent of the United States’ supply of citrus, with major export markets in Canada, Japan, France and the UK. Oranges originated around 4,000 BC in Southeast Asia and spread to India soon after. The fruit is a hybrid of the

pomelo or Chinese grapefruit and the mandarin, which means oranges are actually a modified berry. With over 600 varieties, the orange is one of the world’s most popular fruits. There are two general categories of oranges: sweet and bitter or sour. The most popular varieties of the sweet oranges include; Valencia, temple, jaffa and navel oranges. The navel orange, which is a seedless hybrid, is one of the world’s most popular varieties. The bitter or sour orange varieties include; bergamot, bitter, Lima and Seville. These oranges are often used to make jam or marmalade, and their zest is used to

flavor liqueurs such as Grand Marnier and Cointreau. The bergamot orange is grown for its oils, which are used in cosmetics and flavoring. Portuguese and Italian explorers introduced sweet oranges to Europe around the 15th century and Christopher Columbus planted the first orange trees in the Caribbean islands in the late 15th century on his second voyage to the New World. Ponce de Leon brought oranges to Florida during the 16th century, and Spanish missionaries brought them to California around the 18th century. Here is my twist on lemon bars to try:

Lemon Bars
2 teaspoons butter
1 package (1-3/4 ounces) powdered fruit pectin
1/2 teaspoon baking soda
3/4 cup water
1 cup sugar
1 cup light corn syrup
1/8 teaspoon orange oil
5 drops each red and yellow food coloring
Additional sugar
Butter a 9-inch square pan with 2 teaspoons butter; set aside. In a large saucepan, combine the pectin, baking soda and water (mixture will be foamy). In another saucepan, combine sugar and corn syrup. Bring both mixtures to a boil. Cook until foam on pectin mixture thins slightly and sugar mixture comes to a full rolling boil, about 4 minutes. Gradually add pectin mixture to boiling

sugar mixture, stirring constantly. Boil for 1 minute, stirring constantly. Remove from heat. Stir in orange oil and food coloring. Immediately pour into prepared pan. Let stand at room temperature for 3 hours or until set. Sprinkle waxed paper with sugar; invert pan onto sugar. With a knife dipped in warm water, cut candy into 1-in squares; roll in additional sugar. Place on a wire rack. Let stand, uncovered, at room temperature overnight. Store in an airtight container. *John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

From page 16

CROW Calendar

mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW’s animal ambassadors will be present.

Wednesday, January 19, 2 p.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.

Thursday, January 20, 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.

Thursday, January 20, 2 p.m.,
The Misunderstood Animals – There are some animals that humans are not so fond of. Most of these animals are not cuddly and fluffy but hold an environmental importance. This presentation discusses some of these misunderstood animals and why they aren’t so bad after all. One of CROW’s animal ambassadors will be present.



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Shells Found



From left, Donna Blackburn, Kim Whitehurst, Anne Aldrich, Jean Quinn and Ellen Diethelm
photo by A Ziehl

Donna Blackburn, Kim Whitehurst, Anne Aldrich, Jean Quinn and Ellen Diethelm of Georgia, Maine and Alabama found one perfect junonia, a large whelk, two true tulips and 27 alphabet cones on the beaches of Sanibel. They were staying at Pine Cove of Sanibel. Aldrich said, "Another amazing visit, stunning shells even after 25 years!"✱✱

Fish Caught



Lauren Tucker photo provided

Lauren Tucker of Columbus, Indiana caught a 100-pound tarpon during the new moon period in June while fishing with Capt. Jimmy Burnsed. The fish was caught near Boca Grande Pass on a cut ladyfish fished on the bottom.✱✱

Fish Caught



Dwight Dunlap photo provided

Dwight Dunlap caught a large crevalle jack while fishing with Capt. Jack Smith recently. The fish was 26 inches long and was caught and released in inshore waters.✱



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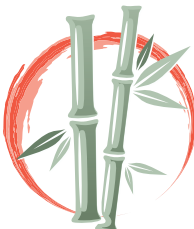
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Lemon and Herb Baked Mullet
4 (6 ounce) Mullet fillets
½ cup bell pepper, diced small
½ cup dry white wine
1 lemon, thinly sliced
3 tablespoons fresh lemon juice
2 tablespoons fresh parsley, chopped
fine
½ teaspoon fresh basil, chopped fine
1 teaspoon fresh rosemary, chopped
fine
1 teaspoon fresh thyme, chopped fine
½ onion, thinly sliced
Sea salt and fresh ground pepper, to taste
Preheat the oven to 350 degrees.
Chop all of the fresh herbs and combine into a small bowl (reserve one tablespoon for garnish). Season both sides of the fillets with salt and pepper. Place the fillets in a single layer into a buttered



Lemon and Herb Baked Mullet
or greased baking dish, and drizzle with olive oil and lemon juice. Add the fresh herbs, thinly sliced onion, diced red

pepper, and lemon slices on top of each fillet. Drizzle with the white wine, and bake for 25 to 30 minutes or until the

fish flakes easily with a fork. Sprinkle with the reserved fresh herbs and serve warm.✱

photo courtesy Fresh From Florida

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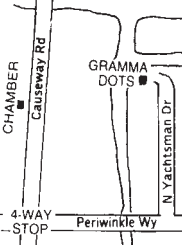
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Sheryl Steele and Susan Schulte
photo provided

Bank Selling Tickets To Sanibel Music Festival

Bank of the Islands is partnering with Sanibel Music Festival again this year as a ticket outlet, starting January 15. “Bank of the Islands is a perfect ticket sales partner,” said Sheryl Steele, Sanibel Music Festival board member and box office manager. “Both organizations strive to delight customers with their personal touch.”

“Sanibel Music Festival’s seven concerts are a beautifully curated classical series,” said Susan Schulte, Bank of the Islands assistant manager. “We have the concert schedule posted and welcome all arts patrons to stop by the bank and see Page Stefanski at the concierge desk for in-person ticket purchases.”

Sanibel Music Festival is a volunteer organization focused on presenting chamber music, piano recital and vocal ensemble of the highest caliber every year in March. Tickets for the 2022 seven-concert series are on sale now at Bank of the Islands, located at 1699 Periwinkle Way on Sanibel; check and

cash only. Concerts are held at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way. Concerts are held at 7:30 p.m. on select Tuesdays and Saturdays, with a matinee performance added this year on March 22 at 2 p.m. for Opera Theater of Connecticut.

“We look forward to the March 2022 season marking our 35th anniversary. The entire season celebrates outstanding, long-established talent,” said Sanibel Music Festival President Jana Stone.

American pianist Jon Nakamatsu, Gold Medalist at the Tenth Van Cliburn International Piano Competition, opens on March 5. The Juilliard String Quartet follows, founded in 1946 and 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 series.

Back by popular demand is Opera Theater of Connecticut Singing Andrew Lloyd Webber, featuring the sold-out program that had been planned for the suspended 2020 season. The music of *Jesus Christ Superstar*, *Cats*, *Evita* and *Phantom of the Opera* will be included with commentary from opera and musical theater cognoscente Alan Mann.

In between, the series will showcase one noted ensemble after another. These include American Chamber Players Piano Quartet plus Flute, programmed by Miles Hoffman; the acclaimed Boston Trio, launched with high praise at Tanglewood in 1997; and festival favorite Cliburn Silver Medalist pianist Ken Broberg, 2021 winner of the American Pianists Award.

The season schedule is:
March 5 – Jon Nakamatsu
March 8 – American Chamber Players
March 12 – Boston Trio
March 15 – Juilliard String Quartet
March 19 – Ken Broberg
March 22 – Opera Theater of Connecticut (evening and matinee)
March 26 – Emerson String Quartet
General admission tickets are \$50.

For ticket purchases, contributions, discount packages and student tickets, visit www.sanibelmusicfestival.com or call 344-7025.*

From page 22

New Wave

a research trip with New Wave Marine Foundation. For more information on how you can get involved, visit www.captivadolphins.org or email info@wavemarinefoundation.org. Contributions may be funded through the website or mailed to: New Wave Marine Foundation, P.O. Box 235, Captiva, FL 33924.



Bottlenose dolphin in Pine Island Sound
photo provided

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

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Book Review

The Judge’s List



by Di Saggau

The Judges List is a brilliant thriller, Grisham at his best. Lacy Stoltz, who first appeared in Grisham’s The Whistler is back and, after getting a call from a woman

who calls herself Margie and then meeting with the woman, gets involved in her accusation that a sitting judge in Florida is a serial killer and his victims are those he has grievances against.

Judges are supposed to dispense justice, not administer the death penalty on their own initiative. Margie’s father was murdered 20 years earlier in a case that remains unsolved. She has a suspect whom she has become obsessed with and has stalked for two decades, discovering other victims along the way.

The murderer is a circuit judge sitting in Pensacola, leisurely crossing off the next victim on a deeply personal to-be-avenged list. Although he is a psycho, he puts on a good face in public. We don’t meet the killing judge until halfway through the book. He’s a model of evil in a game of cat and mouse that ends with murder. He is brilliant, patient

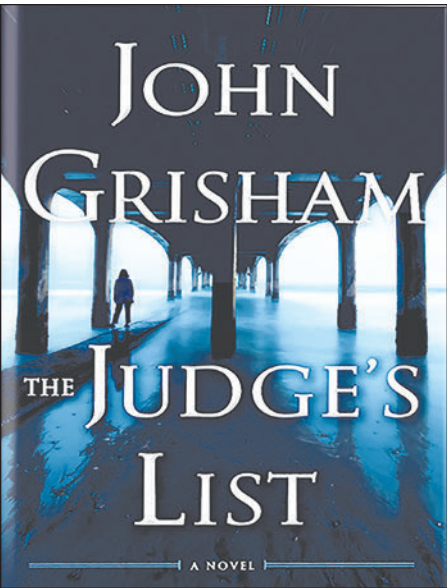


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and always one step ahead of the law. He knows forensics, police procedures and he knows the law.

The Judges List is a brilliant thriller that grabs your attention early. You will cheer for the good people and worry about them, while you loathe the villains. Grisham also shares intriguing information about serial killers and the dark web. He injects notes on crime and justice. “This country averages 15,000 murders a year. One-third are never solved.” He also leaves the door open to a possible sequel, which will please many of his fans.✱

School Smart



by Shelley M. Greggs, NCSF

Dear Readers, Here is the second article that focuses on stressors that both junior and senior year high school students face. It has been written

by Bob Schaeffer, interim executive director of the National Center for Fair & Open Testing (FairTest). For college bound students and their parents, this following article will be most informative.

Test Optional Admissions Is The ‘New Normal’ For U.S. College Applicants

For decades, taking the SAT or ACT and sending score results to admissions office has been a common rite of passage for teenagers seeking seats at U.S. four-year colleges and universities.

In part due to the COVID-19 pandemic, that’s no longer the case. According to a list compiled by the National Center for Fair & Open Testing (FairTest), 1,815 colleges and universities now do not require all or most applicants to submit test scores before admissions decisions are made. (source: <https://fairtest.org/university/optional>). The U.S. Department of Education’s National Center for Education Statistic recognizes about 2,330 bachelor-degree granting colleges and universities which enroll first-year students.

Schools that are “test optional” will consider ACT or SAT results if an applicant chooses to send them. They say that students will be neither advantaged nor disadvantaged by submitting scores. Nearly all of the nation’s most selective colleges and universities are ACT/SAT optional for

current high school seniors. At the 85 or so campuses with “test blind,” “score free” or “test free” policies, ACT and SAT results will not be considered in the admissions process even if applicants submit them. The best known test-blind institutions are parts of the University of California system, including UCLA and Berkley. The movement to reduce the emphasis on standardized exams in undergraduate admissions began more than 50 years ago when Bowdoin College in Maine dropped its ACT/ SAT requirements in 1969. Schools that followed suit generally found that they received more applicants, who were better qualified academically and more diverse. Students admitted without test scores performed just as well in undergraduate courses as test-score submitters.

After five decades of growth, 1,070 schools were test optional before COVID-19. One, Hampshire College, was test-blind. Widespread test center closures due to pandemic-related health concerns significantly accelerated the movement. Another 700 admissions offices temporarily suspended test requirements or implemented multi-year test-optional pilot programs.

At least 1,400 institutions have already extended test-optional policies through the fall 2023 admissions cycle and, in many cases, years beyond. Among the schools that will not require ACT or SAT tests from current high school juniors are well-known private institutions, such as Amherst, Chicago, Columbia, Cornell, Harvard and Stanford. In addition, many public university systems including those in California, Colorado, Illinois, Indiana, Oregon and Washington will remain test-optional or test-blind.

Clearly, evaluating undergraduate applicants without test scores is here to stay. Eighty percent of schools are ACT/SAT-optional or test-blind for current high school seniors. More than

continued on page 34

Shell Seekers!

New Oil Paintings

by Heather Slabosz

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Fine Arts Classes And Workshops

BIG ARTS offers a variety of workshops with experienced instructors. The schedule is:

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.

Drawing from Photographic References with Francesco Gillia – Tuesdays, February 1 to 22, 9:30 a.m. to noon. Donor: \$135; nondonor: \$169.

Pastels with Mary Klunk – Tuesdays, February 1 to 22, 9:30 a.m. to noon. Donor: \$120; nondonor: \$150.

Watercolor Painting with Sunny Krchmar – Wednesdays, February 2 to 16, 9 a.m. to noon. Donor: \$156; nondonor: \$195.

Glass Fusing with Petra Kaiser – Wednesdays, February 2 to 23, 9:30 a.m. to 12:30 p.m. Donor: \$99; nondonor: \$124.

Holiday Card Making Class with Sunny Krchmar – Wednesday, February 2, 1 to 3 p.m. Donor: \$40; nondonor: \$50.

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

Intermediate Photography with Denny Souers – Thursdays, February 3 to 24, 9 a.m. to noon. Donor: \$111; nondonor: \$139.

Greeting Card Class with Donna Lee Cole – Friday, February 4, 9 a.m. to noon. Donor: \$25; nondonor: \$32.

TAMPERING WITH IDOLS: When Thinking About What IS Gets Locked In a Box Labeled “-ISM” with Ran Niehoff – Fridays, February 4 to 18, 9 to 11 a.m. Donor: \$80; nondonor: \$100.

Lidded Basket with Gisela Damandl – Monday and Tuesday, February 7 and 8, 9 a.m. to 4 p.m. Donor: \$121; nondonor: \$151.

Three Pandemics That Changed Our World with James Rudin – Mondays,



Workshops are offered in a variety of media photo provided

February 7 to 21, 9 to 10:30 a.m. Donor: \$80; nondonor: \$100.

Music & Art Lecture: Impressionism with Tom Cimarusti – Thursday, February 10, 1 to 3 p.m. Donor: \$40; nondonor: \$50.

Portrait Drawing/Painting with Mary Klunk – Friday, February 11, 9:30 a.m. to 3 p.m. Donor: \$65; nondonor: \$81.

The Wonders of Tea: Re-Discovering an Iconic Beverage with Anette Isaacs – Saturday, February 12, 1 to 3:30 p.m. Donor: \$45; nondonor: \$57.

The Joy of Painting: an Acrylic Painting Workshop with Jane Slivka – Monday and Tuesday, February 14 and 15, 9:30 a.m. to 4 p.m. Donor: \$375; nondonor: \$469.

Friday with Francesco: Colored Pencils & Pastels on Toned Paper – Friday, February 18, 9:30 a.m. to 3 p.m. Member: \$110; nonmember \$138.

Zentangle with Donna Lee Cole – Friday, February 18, 9:30 to 11:30 a.m. Donor: \$25; nondonor: \$32.

Painting Palms in Oil with Douglas David – Monday and Tuesday, February 21 and 22, 9:30 a.m. to 3:30 p.m. Donor: \$265; nondonor: \$332.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, February 25 and 26, 9 a.m. to 3:30 p.m. Donor: \$160; nondonor: \$200.

Sea Turtle Palette Knife Canvas Artwork with Jenny Licht – Saturday, February 26, 12:30 to 4 p.m. Donor: \$84; nondonor: \$105.

Sunrise & Sunset: Capture the Glow in Watercolor with Patty Kane – Monday and Tuesday, February 28 and March 1, 9 a.m. to 3 p.m. Donor: \$175; Nondonor: \$219.

Pre-registration is required. For more information, call 395-0900, stop by the box office, open from 9 a.m. to 3 p.m. at 900 Dunlop Road on Sanibel. For full course descriptions, visit www.bigarts.org or email info@bigarts.org.



BAILEY-MATTHEWS

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2022 NEW EXHIBITS AND PROGRAMS



NEW EXHIBITS

RED, BLUE, GREEN:
An Introduction to Water Quality in Southwest Florida
January 15-June 10

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

Photo by Andrew West/The News-Press

LECTURES

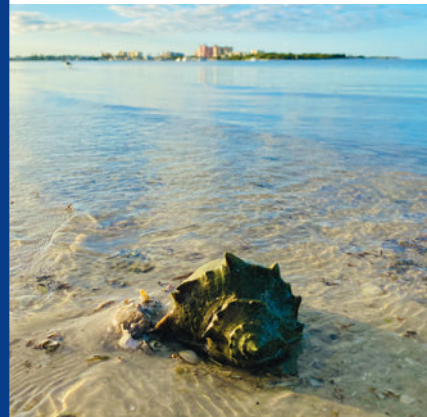
Jan. 21: Environmental writer CYNTHIA BARNETT

Feb. 1: *The Soul of An Octopus* author SY MONTGOMERY (pictured)

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



CLASSES

Feb. 10: Fantastic Shells and Where to Find Them

Mar. 2: San Carlos Bay / Bunche Beach Marine Biology and Field Lab

Mar. 17: Biodiversity and Taxonomy of Mollusks

Mar. 31: Drawing & Illustrating Shells

Apr. 13: Shell Morphology: Understanding Shell Descriptions

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BIG ARTS Monday Night Film Series

The Truffle Hunters

by Di Saggau

The Monday Night Movie for January 17 is *The Truffle Hunters*, a delicious documentary of men and their dogs, the truffle hunters of the Piedmont region of Italy. The film gives us a glimpse into a timeless, secretive way of life where we meet a group of men whose closest relationships seem to be with their dogs as they search for the rare and tasty white truffles that embody their disappearing way of life.

In the world of truffle hunting, men and dogs are very much on an even footing. Octogenarian Aurelio lives alone but the bond he shares with his beloved Birba is as deep as any family ties could be. The man and dog live, work and eat together, with Aurelio discussing matters of life and death with his companion. He plans to take his truffle-hunting secrets to his grave, sharing them only with Birba.

Sergio bathes and blow dries his dogs between bouts of cathartic rock drumming, and Carlo's disapproving wife thinks he's too old to be scouring the woods by night with his blessed companion Titina.

The directors mounted tiny cameras on the heads of the dogs to capture the thrill of the hunt. It's a gripping pursuit considering that the object of their hunt is not darting between trees but simply hiding beneath the ground. The two men spent years earning the trust of their subjects, documenting their lives with



image provided

empathy, honesty and a bit of humor. Through their eyes, we discover an ecosystem that is ruggedly permanent yet fragile and in danger of extinction.

The film runs 84 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film, Barbara Ruben will lead a discussion. Tickets are \$10 and can be purchased online or at the box office. Masks are required.

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

FISH Offers Zoom Cooking Class



Leslie Adams photo provided

FISH of SanCap and Leslie Adams will offer a virtual cooking class featuring a healthy version of the classic chicken almandine casserole complete with paleo/keto brownies via the Zoom platform on Thursday, January 20 at 2 p.m. Adams will lead the lesson in cooking class format.

"I am very excited to learn how to prepare a healthier version of this popular casserole, which will fit in nicely with New Year's resolutions," said Jennifer Pagano, FISH education and outreach director. Both recipes serve six, but can be frozen for future meals.

Adams was trained at California Culinary Academy in San Francisco and attended classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years. FISH will provide the list of

ingredients. Purchasing ingredients and delivery are available if needed. Register by Tuesday, January 18 by calling 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar.

Planners Approve Pool In Gulf Ridge

by Wendy McMullen

Sanibel Planning Commission approved an above grade elevated pool on a 2.8-acre gulf front property on Joewood Drive at its meeting on Tuesday.

Elevated pools on Sanibel are limited to seven feet above predevelopment grade. However, many property owners want their pools to be level with their lowest living floor, and need a long-form development permit to allow this.

In the case of the property at 4995 Joewood Drive, the proposed swimming pool was to be 10 feet, 11 inches above predevelopment grade.

The criteria used to approve the development permit for an elevated swimming pool include that it does not interfere with neighboring properties, that it meets all setbacks and that it does not interrupt the rhythm and harmony of the neighborhood.

It was determined that the proposed pool met all the criteria and was approved unanimously by the commission.

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ISLAND FAVORITES

Tech Help And History Programs At Sanibel Library

Sanibel Public Library offers Computer Coach services on Fridays and Saturdays from noon to 1 p.m. Bring in your device for technology assistance with Hoopla, Kanopy, Libby and other apps. These apps allow library cardholders to download ebooks, magazines and audiobooks, or stream music and movies. Visit www.sanlib.org/techappointment or call the library at 472-2483 to schedule an appointment.

The following programs are open to the public and no registration is required:

Beth Jarrell leads Online Privacy 101 on Monday, January 17 at 10 a.m. Bring your electronic devices, or just listen to the presentation.

On Thursday, January 20 at 10 a.m., Duane E. Shaffer presents WWII 1944 – Big Week. As part of the strategic bombing campaign against Germany, Big Week was a series of round-the-clock raids by the U.S. Army Air Force and Royal Air Force. The plan was to attack the German aircraft industry and crush the Luftwaffe in a decisive battle.

Use of Chemical Warfare in WWII is the topic for the presentation on Wednesday, January 26 at 10 a.m. During World War I, the Germans and then the Allies used chlorine, phosgene and mustard gases. By World War II, both sides had stockpiled huge supplies of existing gases and the Germans had invented sarin. Learn more in this history



Nancy Daversa with computer coach Florinda Patterson photo provided program with Richard Gollin.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Spend some time on the reading porch. It's not only a fresh-air place for reading, it also provides space for patrons to get their work done, with access to stable, high speed WiFi. Stop by the Selfie Station in the main lobby, which snaps photos, then makes a collage you can email to yourself or your friends up north.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) to staff, showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. For more information, call 472-2483 or visit www.sanlib.org.



From left, Penny Gregrich, Sharon Miller, Pam Salvo, Linda Grzeszak, Jerry Miller, Ken Sebree and Bill Sartoris photo provided

Lions Club Inducts New Members

submitted by Bill Sartoris

The Sanibel Captiva Lions Club inducted three new members at its January 5 meeting. Past District Governor Penny Gregrich led the induction ceremony. The new inductees and their sponsors are: Pam Salvo, sponsor Sharon Miller; Linda Grzeszak, sponsor Jerry Miller; and Ken Sebree, sponsor Bill Sartoris.

Following the induction ceremony, Dave Truelsen discussed the upcoming mobile packing session for Feed My

Starving Children, a national organization that prepares nutritious food packages which are delivered to children in 70 different countries. The food packaging will be done on Friday and Saturday, January 28 and 29 at Sanibel Community Church. The Lions Club took part in this worthwhile project in 2019 and looks forward to having a volunteer team participate again this year.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. Dinner meetings are held on the first and third Wednesday of the month. Visiting Lions or other interested parties are welcome. For more information, call 233-6261 or visit www.sanibelcaptivalionsclub.org.



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Women's Group Seeks Applicants For Scholarship

Applications for the Margaret B. Lee Scholarship are now being accepted. The scholarship will be awarded to a young woman who lives on Sanibel or Captiva or who has a parent who works on the islands.

Applicants may be either a graduating high school student who will attend an accredited college or university, or a current student at one of these institutions. Academic achievement and financial need are considerations.

The scholarship was established by Sanibel resident Jack Lee and his daughters to honor wife and mother Margaret (Margie) B. Lee who passed away in November 2019. Margie was an active member of the Sanibel PEO Morning Stars, women who remained affiliated with their northern PEO chapters.

The selection of the recipient will be made by Sanibel Chapter FV of PEO. To apply or for more information, contact Robin Wright at 660-864-3655.

The scholarship is administered by the PEO Foundation of PEO International, a women's educational philanthropic organization that grants scholarships and loans to high school graduates, graduate students and women returning to the classroom for

advanced degrees or certification. For more information about other PEO scholarships that are available, visit www.peointernational.org.✱

Yoga And Zumba Classes

Yoga and Zumba classes have begun at the Sanibel Recreation Center.

Vinyasa Yoga will be held on Tuesdays and Thursdays at noon. Vinyasa yoga teaches all the fundamentals including sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening.

Zumba will be held on Mondays and Fridays at noon. Zumba uses pulsating Latin rhythms and easy-to-follow moves providing a calorie-burning fitness experience. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat.

Zumba Gold will be held on Wednesdays at noon. Zumba Gold is perfect for active, older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The level of intensity is flexible; remain at the beginning level or advance as your fitness level permits.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345.✱

New Year Pet Adoption Special

The new year is a great time to adopt a pet from Lee County Domestic Animal Services. Let a pup help with your New Year's resolution to walk and be more healthy, or welcome a cat to comfort and cuddle.

Through January 31, the county will reduce adoption fees on adult dogs to \$25 and adult cats to \$10 with an approved application. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee; a \$500 value.

The adoption center is open from 10:30 a.m. to 3:30 p.m. Monday through Saturday, located at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to view all pets currently available and to complete an online adoption application.✱

From page 30

School Smart

three-fifths of all colleges and universities in the nation have already committed to remaining test-optional or test-blind for fall 2023 applicants. The final percentage is expected to be substantially higher.

Test-optional admissions has proven to be a "win-win" for both applicants and the institutions they hope to attend. For teenagers who grew up in the "No

Child Left Behind" era of frequent high-stakes exams, the promise of being evaluated as "more than a score" is attractive. Avoiding the time, cost and anxiety of registering for tests, prepping for them and spending hours taking them is also appealing. At the same time, higher education officials know from experience that ending test score requirements will likely enhance campus diversity without compromising the academic quality of the student body.

FairTest has led the U.S. test-optional admissions movement since the late 1980s. At that time, fewer than three dozen colleges and universities did not mandate ACT or SAT score submission from applicants. FairTest's frequently updated directory of test-optional, four-year schools is available free online at www.fairtest.org/university/optional and can be sorted geographically by clicking on "State." The web page links to a chronology of schools dropping ACT/SAT requirements with details about the duration of those policies. A sub-list of 86 campuses with test-blind, score-free or test-free policies is also available.

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



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Superior Interiors

Five Ways To Repurpose An Empty Room



by Jeanie Tinch

Perhaps there's an extra room in your home that's been collecting dust for years. Maybe it's an empty nest, courtesy of your grown child moving away to college, or it's the token

storage space. Regardless, you're ready to turn it into an exciting, livable nook, but you're just not sure which route to take. Don't worry, there are plenty of options for flipping the space around. Here are a few ideas to spark your creativity.

A master closet – The master walk-in closet of your dreams doesn't have to remain a figment of your imagination. Make it a reality by turning the spare room into the luxurious wardrobe you've always wanted. Be sure to add tiered racks, shelving and storage systems that will transform the space with ease. And don't forget a chaise lounge covered in throw pillows, should you need it to relax and ponder potential outfits.

A reading nook – If you're a bookworm who's always secluding yourself in your room to finish the latest

novel before bed, you deserve a reading nook. Consider creating a shelving system using multiple bookshelves to cover the walls and including a comfortable sofa or armchair that makes it easy to get lost in your book. The addition of a carefully chosen lighting fixture will add the right depth and character to your sanctuary.

A playroom – The days of stuffing your kid's toys in the coat closet are over. Instead, you can surrender them in the "fun zone" turning that spare room into a play place destination. Include a hard surface (which is useful for painting pictures and block building), an easily accessible chest for the trinkets and a lounge sofa for cat naps.

A guest room – There's no need to offer up the couch to your visitors when they stay in your home. Just turn your spare space into the guest room they'll never want to leave. We often suggest a convertible sofa or day bed, which is fully functional as both seating and as a pull-out sleeping arrangement. This furniture choice will ensure you're maximizing the space while also creating a comfortable area for lodging.

A fitness center – Sometimes finding time to hit the gym after a long day seems nearly impossible. But what if the fitness center was just steps away from the living room? You don't need a gym membership to stay in shape, just turn the empty room into your own exercise haven. Consult a design professional on how you can use the available space to your advantage. He or she may suggest slim shelves (for exercise equipment) that allow you as much floor space as possible

for physical activity. Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✴

State Official To Address Progressive Club

The Progressive Club of the Islands will meet via Zoom on Thursday, January 20 at 4 p.m. The speaker will be Anna Eskamani, Florida House of Representatives District 47.

Eskamani ran for office the first time in 1998, making history as the first Iranian-American elected to any public office in Florida. In 2020, she was reelected and has been championing issues like economic justice, environmental protection, equality, as well as funding for the public schools and support for the arts and culture. She has been a leading voice in carrying Florida through the COVID-19 pandemic.

Time will be provided for questions. To attend, email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pic_Sancap.

Annual dues for the Progressive Club are \$35 for an individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957.

For more information, visit <https://pcislands.com> or email pcisancap@gmail.com.✴

Crime Prevention Workshop

FISH of SanCap, in partnership with the Captiva Civic Association, will offer a Crime Prevention Workshop on Wednesday, January 19 as both an in-person and virtual event. Both opportunities, led by the Lee County Sheriff's Office, will begin at 10 a.m.

The in-person event will be held at the Captiva Civic Center, and the virtual event will be offered via Zoom. The presentation will focus on personal and home safety, and important techniques for protecting yourself. Officials from the sheriff's office will discuss issues that are threats to the community, provide crime awareness and teach participants what to do to intervene and prevent victimization.

In-person attendees must adhere to Captiva Civic Association COVID-19 guidelines, which include wearing masks when inside the building. Social distancing is encouraged at all times.

Captiva Civic Association is located at 11550 Chapin Lane on Captiva. For more information or the virtual link, contact FISH at 472-4775.✴

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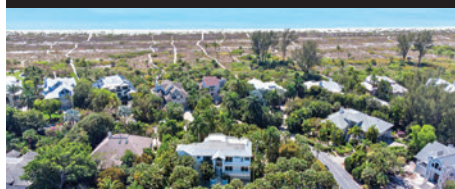
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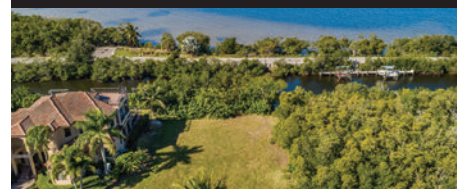
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Free Telehealth Care Reinstated

Due to the recent Omicron surge in COVID-19 cases throughout Southwest Florida, Lee Health is once again offering free urgent care telehealth visits through Lee TeleHealth.

Lee Health is making this service free for community members so they can utilize urgent care telehealth services from the comfort of their homes. This option allows anyone with non-life-threatening COVID-19 symptoms to avoid long testing lines, Lee Convenient Care locations and the emergency department. Lee Health emergency departments are not designated COVID-19 testing locations. The normal cost of a visit is \$49.

Lee TeleHealth is an on-demand medical service that connects patients directly with a physician or advanced provider and is available 24/7. All you need to use Lee TeleHealth is a smartphone, tablet or a computer with a webcam.

If you have COVID-like symptoms, providers will be able to evaluate the severity of your symptoms and make recommendations for testing, isolation and symptom management. They are also able to write prescriptions and make referrals as necessary. Anyone experiencing severe COVID-19 symptoms, including difficulty breathing, should seek emergency care.

Patients using the telehealth service

can seek treatment and receive a prescription for a variety of conditions, including cold and flu, sinus infections, rashes, pink eye, headaches, urinary tract infections, allergies, cough, and sprains and strains.

Lee TeleHealth is safe and secure. Every visit is encrypted to protect private information, and patients can expect the same level of care they would receive in a traditional doctor's office. For current patients, telehealth visits are added to their health record to ensure continuity of care.

Lee TeleHealth can be accessed from the Lee Health Mobile App, downloading the Lee TeleHealth app on your smartphone or tablet, or by visiting www.leehealth.org from a computer. For more information, visit www.leehealth.org.

Island Seniors At The Rec Center

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

- Coffee Social – Monday to Friday from 9:30 to 11 a.m.
- Bridge – Monday and Wednesday from 12:30 to 3:30 p.m.
- Mahjongg – Thursdays from 12:30 to 3:30 p.m.
- Page Turners – second Tuesday of the month at 2:30 p.m. via Zoom.
- A hot dog lunch is served from 11 a.m. to noon in the Osprey Room

on Wednesdays. Cost is \$3. RSVP to 472-0345.

Page Turners with Louise Fitzgerald is being offered on Zoom only. The book for discussion on Tuesday, February 8 will be *The Lincoln Highway* by Amor Towles. For the Zoom link or to be added to the email list, contact Louis Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

An arts and crafts fair will be held on Saturday, February 5 in the outdoor pavilion next to the ball fields. For information on vendor table rental, call 472-0345.

Kayaking outings will be held on the following Tuesdays, January 18 and 25. Signups are in person and open only for pre-registration two weeks prior to the date selected. Sign up at the Sanibel Recreation Center. Kayaking excursions will continue every Tuesday through the season. There is a \$5 fee for members; \$20 for nonmembers. Space is limited and on a first come basis. If you are interested in becoming a kayak leader, contact Shawn Shaffer at 402-305-2813 or fast2swim@aol.com. For more information, call Dave or Jessica at 472-0345.

Find out more about senior services offered by FISH of SanCap on Friday, January 21 at 10 a.m. in the Osprey Room. Speakers will be Erika Broyles, FISH senior services director, and Maria Espinoza, executive director. There will be time for questions. Coffee and muffins will be served. To sign up, call

Jessica at 472-0345.

A Security and Safety Workshop with Lt. Grace Towler of the Sanibel Police Department will be held on Friday, January 28 at 10:30 a.m. in the Osprey Room. Lt. Towler will discuss fraud, scams, community threats, increased safety concepts and awareness, and techniques for protecting yourself.

The Sanibel Recreation Center is located at 3380 Sanibel-Captiva Road. For more information, visit www.center4life.com or call 472-0345.

Republican Caucus To Meet

The first Sanibel-Captiva Republican Caucus meeting of the new year is scheduled for Saturday, January 15 at 10 a.m. The meeting will be held in Meeting Room 4 at Sanibel Public Library, located at 770 Dunlop Road.

The guest speakers will be Doris Cortese, vice chairman of the Lee County GOP Executive Committee, and Sanibel Mayor Holly Smith.

All local Republicans and Independents are welcome. Membership in the caucus is not required to attend. Refreshments will be served. Questions can be directed to Steve Maxwell at 898-8203. This schedule is subject to change should the Sanibel Public Library implement new COVID-19 restrictions.

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Zonta Service Delights Dunbar Community

submitted by Sue Denham

In December, the Zonta Club of Sanibel-Captiva made a major Christmas contribution for the children served by the Dr. Ella Piper Center in the Dunbar area of Fort Myers. Every year at Christmas since 1915, the children of the area have been treated to a visit with Santa Claus and surprise gifts donated by caring individuals and businesses.

Zonta was already connected with the Dr. Ella Piper Center, having provided financial support for several years through grants for the center's foster grandparents program that brings together children and seniors for mutual benefit.

Dr. Ella Mae Piper was a well-known civic worker and businesswoman, who established the first chiropodist's office and beauty parlor in Fort Myers over 100 years ago. Born in Georgia in 1884, she graduated from Spellman College and attended chiropody college in New York, working in the city before joining her mother, Sarah Williams, in a very segregated Fort Myers in 1916. Piper's home and business became the center for community support for needy children in Dunbar. In 1915, Williams had organized the first annual Christmas party and toy drive for local children, and, when her mother died in 1926, Dr. Piper took it



Margaret Baugher, Dr. Ella Piper Center director of foster grandparent and retired senior volunteer programs, and Melissa Bonner, CEO and executive director with donated toys photos provided

over, and it has continued uninterrupted ever since. When Dr. Piper died in 1954, she willed her property to the City of Fort Myers "for the benefit of young children and senior citizens."

This year, Zonta members transported carloads of donated gifts to the center prior to the Christmas celebration. Some Zontians brought toys to the mid-December meeting, and 11 members volunteered for a toy-organizing event on December 18, where they filled goodie bags and staged a mountain of stuffed animals from which the children could



Zontians, back from left, Julia Cacioppo, Alison Dry, Jan Alden, Jill Janda-Kanner, Ruth Mayer, Carol Gestwicki and Cathy Cryder; front from left, Susan Tucker, Taryn Manning, Marla Manning and Virginia Jones

choose. The donations included 10 bicycles, all from Zonta members and friends.

This past Christmas marked the 107th toy drive and party, and the first supported by the Zonta club as a service project. On Christmas morning, a small group of Zontians set off before dawn to help while more than 300 children received their gifts from Santa.

Erika Steiner, Pam Eccles and Nancy Dreher, who attended the Christmas Day visit, said, "The total joy expressed by children leaving with toys they were

able to choose themselves, and especially those lucky enough to win bicycles, was heartwarming. We all but forgot that very early start. It was so rewarding for us all, and a wonderful way to experience the holiday."

The Zonta Club of Sanibel-Captiva is a service organization of professional women who provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. For more information, visit www.zontasancap.org.



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From left, David Lowden of Bank of the Islands, Carol Townsley and Sarah Jacobson of Sanibel Community Association, and Susan Schulte of Bank of the Islands photo provided

Bank Supports Anniversary Gala

Bank of the Islands has donated \$1,000 in support of the 95th anniversary celebration of The Community House. The benefit evening is set for Tuesday, January 18 at 6 p.m. and will feature a four-course gourmet menu designed by the Community House's new Resident Chef John Wolff. "Since 1927, the Sanibel Community

House has been a gathering place for generations of islanders," said Bank of the Islands Vice President David Lowden. "As this anniversary celebration rapidly approaches, we are very honored to help mark the occasion." The Community House is run by the Sanibel Community Association (SCA), a nonprofit organization whose mission is to enrich community spirit through educational, cultural and social gatherings in the historic facility. Call 472-2155 for more information about sponsorship opportunities and event tickets.*

Shell Count

the best places in the country to collect seashells.

Why a mollusk count? Today Sanibel's Bailey-Matthews National Museum, devoted to the study of shells and the mollusks that create them, has identified 400 species found in our waters and on our beaches. When Dr. José Leal, the curator and scientific director at the museum, was asked if a "live" mollusk count would be of interest to the museum, he replied that it would have scientific value even though it is a "snapshot" of a single low tide on only one day. That is when the plans for the first-ever live mollusk count began.

With the help of the beach mile markers and Google Maps, Sanibel's beaches were divided into one-half mile segments. Armed with clipboards, data forms and rulers that were to be used for scale if photographs were taken of unknown or unusual species, two-member teams were assigned to walk a segment of beach between 7 and 9 a.m. The photographs would be sent to Dr. Leal for identification and then added to the species count.

The number of live mollusks seen on the beaches varied from one section of beach to another. Some teams walked their whole half-mile and saw only two or three while others found over a thousand. When the teams completed their walks, they gathered at the shell museum to turn in their data forms and enjoy some homemade cookies.

Despite the weather, the live mollusk count was a success in scientific value, and because of COVID, as the first in-person shell club activity since the March 2020 Sanibel Shell Show. Everyone agreed that the count should become an annual event. The data collected by the group will be compiled by club member Joe Heist and turned over to the shell museum.

The shell club thanks the following resorts that allowed club members to park on their grounds in order to get to their assigned section of beach: Sanibel Moorings Resort, Sundial Beach Resort & Spa, West Wind Island Resort, Shalimar Cottages & Motel and Tropical Winds Motel & Cottages.*



Large live true tulip photo by Bill Smith

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The Sanibel Community MobilePack is an annual event on Sanibel that helps feed over 500 children annually through Feed My Starving Children photo provided

Rotary Happenings

submitted by Cindy Carter

Last week, Dave Truelsen spoke from the heart about the organization Feed My Starving Children (FMSC), a Christian nonprofit hunger relief organization that provides food to help communities in developing countries become self-sustaining.



FMSC's approach is simple: volunteers hand pack scientifically designed meals, which are shipped to partners already in operation in nearly 70 countries. They are used to feed children in orphanages, clinics, schools, missions and community feeding programs. A sad statistic is that 6,200 children die daily from starvation or related causes, a statistic that could very easily be reduced. It costs just 22 cents to produce each FMSC meal, and the organization has shipped 3,336,367,294 meals to date.

The Sanibel Community MobilePack has committed to raising \$50,000 and

gathering 700 volunteers to produce 150,000 meals, which will feed 500 children for an entire year. Previously, the Sanibel Community MobilePack FMSC had a goal of 100,000 meals and surpassed that goal by packing 148,000 meals. The Sanibel Community MobilePack enables children ages 5 and above and adults to measure, scoop ingredients, seal bags and prepare boxes for shipping during a two-hour packing session. Donations are also welcome; just \$80 annually can feed a child for an entire year. The meal packing event will take place on Friday and Saturday, January 28 and 29 at Sanibel Community Church Fellowship Hall. To volunteer as a food packer or to make a donation, visit www.give.fmssc.org/sanibel. In just two hours, you can help produce thousands of meals for starving children worldwide.

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

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Will Power

My Secrets To A Successful Marriage



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

Rather than focusing on estate planning in this article, I plan on sharing the wisdom from clients who have successfully navigated many years of successful marriage. At the time of writing this, I am traveling to celebrate my wife, Patti's birthday. I'm grateful that Patti and I have 32 years behind us, which seems like a great accomplishment these days.

Nevertheless, all of us have a lot to learn from those who have traveled a longer path. So over the years, I wrote down these nuggets from those who had been married 50 years or more:

1. Be a good listener and don't offer an opinion unless asked.
2. If you think marriage would have been easier with someone else, think again.
3. Grow together. You're both going to change, but do so on the same path rather than taking separate paths.
4. While you want to grow together, also have some separate interests and friends. It's okay to take some time away from one another every now and then.
5. Everyone has their own quirks that make us difficult to live with. Do your best to minimize your own, and accept those of your spouse.
6. Marriage is an "on the job training" proposition. When the going gets rough, it's a sign that we may need new skills, not a new spouse.
7. Remind yourself daily why you fell in love in the first place.
8. Don't let the kids become the number one priority. Your marriage is your first responsibility.
9. When you're angry, it is not the time to fight.
10. If you are thinking, "I really shouldn't say this" – Don't.
11. Be the first to apologize and the first to forgive.
12. Try new things together. Don't do the same thing over and over.
13. Trying new things also applies to the bedroom.
14. Surprise your spouse in a good way every now and then. Whether that means to bring her flowers for no reason, book a trip "just because," or do something nice for her parents – those things go a long way.
15. When you screw up, don't blame your spouse. Take responsibility for your

own mistakes.

16. Be willing to compromise but also realize some situations can't be compromised – e.g., where you live, how many kids you have, etc. – but realize that when your spouse gives in on such a matter, it is both a gift to you, and potentially dangerous. Before acting you should be certain that both of you can live with the consequences.

17. Don't always make your spouse give in when compromise isn't possible.
 18. Don't rehash the past.
 19. Don't hold grudges – accept apologies graciously and move on.
 20. Keep a good sense of humor.
 21. Don't take yourself too seriously.
 22. Realize that even tragic times will end.
 23. None of us are happy 24/7 – nor do we need to be.
 24. Trust is more valuable than all the money you could possibly save.
 25. Most good marriages have one person who brings up difficult subjects or stays hopeful in difficult times. While you may wish that both of you take on this role, be grateful when one of you is willing to do it.
 26. Marriage can make you a better person or a worse person – your choice.
 27. Better to request a change than to complain and criticize.
 28. Fights are usually not about the content of the argument du jour. It's usually better to define the underlying issues of what is really upsetting and address those rather than continue arguing over trivial matters.
 29. Learn how to make up properly, as two people can't be in a marriage without upsetting one another from time to time.
- And my final marriage tip?
30. Enjoy life together – and appreciate the small things.

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Office President Appointed At Trust Company

Jeffrey A. Muddell, CFP, has been appointed as office president of The Sanibel Captiva Trust Company Sanibel-Captiva operation. He will work daily beside Al Hanser, founder and chairman, as his duties within the company and community expand.



Jeffrey A. Muddell

Muddell joined the company's wealth services team in the fall of 2019 and has worked closely with many clients, focusing a large part of his efforts on new client development as well as financial planning services for many of the firm's next generation clients.

"We are delighted to have Jeff in this role as we plan for the future," said Hanser. "He has demonstrated exceptional team leadership and a commitment to our

clients, employees and the community during this time of growth, while we prepare our new home for 2023 on Periwinkle Way."

Muddell's work at the trust company follows a successful career in the nonprofit management and philanthropy industry, having served as system director of gift planning for the Lee Health Foundation in Fort Myers, following 18 years in the Orlando area where he led fundraising efforts at Orlando Health Foundation.

"During my time in the nonprofit world, I had the opportunity to develop a unique understanding of the specialized needs of wealthy multi-generational families. I am honored to have the responsibility of this new role, working with my colleagues where we apply these skills for our clients' benefit daily," said Muddell.

Muddell holds a master's degree in business administration from University of Florida's Warrington School of Business and has obtained his certified financial planner (CFP) designation. He earned his bachelor's degree in communications from University of Miami.

He is currently on the board of directors of the Charitable Foundation of the Islands, president of the Sanibel School Fund, a committee member for SanCap Cares and a member of Sanibel Community Church. Muddell and his family reside on Sanibel.✧

How's The Market? Ask Ann *What's Your Investment Strategy?*



Ann Gee
Broker/Owner

Should we purchase on Sanibel now in a "red hot" Sellers market? My answer... in the short run, I see prices continuing to increase, influenced by a historically small amount of homes and condos on the market. Only 20 homes and 12 Condos!!! Until our supply starts to increase, I see prices continuing to rise. If you are buying for the long run - with the goal of enjoying the benefits of living on Sanibel - Go for it! If you are buying as a short-term investment, I am concerned about recommending this strategy. My concern is that prices have increased substantially. At some point, prices will stabilize.

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13 Closed Sales Going Back One Week: 8 Homes & 5 Condos

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5117 Sea Bell Rd. A202 Blind Pass \$610,000	737 Periwinkle Way \$1,900,000
1667 Atlanta Plaza \$650,000	1356 Eagle Run Dr. \$2,145,000
3041 West Gulf Dr. C-4 Breakers West \$692,000	927 Kings Crown Ct. \$2,295,000
534 Piedmont Rd. \$725,000	1146 Golden Olive Ct. \$2,900,000
4226 Gulf Pines Dr. \$852,000	2549 West Gulf Dr. Sedgemoor #205 \$4,270,000
610 Donax St. 213 Sanibel Surfside \$875,000	

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

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Members of the John Grey Painting and Construction team make their pledge to Rotary photo provided

Local Business Sponsors Rotary Club Arts Festival

John Grey Painting and Construction Services is a bronze sponsor of the Sanibel-Captiva Rotary Club Arts and Crafts Festival, scheduled for February 19 and 20 at The Community House. “We are happy to see the return of the Rotary Arts and Crafts Festival following a COVID hiatus,” said John Grey, founder and president of John Grey Painting. “We strongly believe in the

importance of supporting programs and nonprofit organizations in our community through philanthropic efforts. As past president and current member of the Rotary, I have firsthand knowledge of the impact of our college scholarships and the support of many worthy local, regional and international projects.” The juried art show will feature more than 80 artists in a variety of mediums. It is the primary fundraiser for Rotary and proceeds are used to support college scholarships and many local, regional and international projects. Each year, Sanibel-Captiva Rotary grants about \$100,000 to both local and international charities.✴

Realty Group To Sponsor Gala

Pfeifer Realty will be a gold sponsor of the Sanibel Historical Museum and Village Gala Movie Premiere on Tuesday, February 22. The documentary, *Secrets & Stories of the Sanibel Lighthouse*, will be shown. “We are proud to support the historical museum and village,” said Mary Ellen Pfeifer, marketing director for Pfeifer Realty Group. “As the years go by, there are fewer examples of our history. Preserving what is left of those rugged pioneers who were willing to live among the wilderness in a way that most of us can’t imagine is so important. It’s a privilege to be able to help preserve Sanibel’s rich history for future generations.” “Pfeifer Realty Group has always been a very history-minded company, and the whole community has been the beneficiary of their efforts,” said Emilie Alfino, historical village executive director. “They have always been big supporters of the historical village’s efforts to preserve, share and celebrate Sanibel’s wonderful history. We are very grateful.” To purchase tickets to the gala or to become a business or individual sponsor, call Alfino at 472-4648 or 357-1644. “As we all know, it really does take a village – and it takes community-minded businesses and individuals like Pfeifer Realty Group – to help keep our village, the keeper of history, a strong presence on Sanibel.” The Sanibel Historical Village is located at 950 Dunlop Road on Sanibel. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.✴



Eric and Mary Ellen Pfeifer photo provided

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Frankly Speaking



by Howard Prager

Congrats to NCAA college football champs Georgia. You held ‘Bama to only field goals and scored three TDs against them.

Let’s talk about behavior in sports

in football, tennis and even journalism, specifically Antonio Brown, Novak Djokavic and Hub Arkush. Bizarre. Brown will forever be linked with leaving the Bucs-Jets game shirtless in the third quarter of their game, having taken off his shirt and pads. There are lots of tweets and comments between Brown, QB Tom Brady and Coach Bruce Arians. Who’s at fault, who let Brown get away with questionable behavior previously, how serious is his ankle injury, and why didn’t he play more are just some of the questions. We know what we saw. Reporting in www.nj.com, Mike Rosenstein shared that “Brown told his side of the story Wednesday on Twitter, saying the disagreement stemmed from an injured ankle which hampered the wide receiver. On Thursday, after the Buccaneers released Brown, Arians disputed he asked the receiver to play on a bum ankle. Later Thursday, *The*

Daily Mail reported Brown broke NFL COVID-19 protocol the day before the game by sneaking a woman into his New Jersey hotel room. Making matters worse, www.terezowens.com reports the woman tested positive for COVID after her pregame romp with Brown.” To say this is bizarre is an understatement. Brown is scheduled to have ankle surgery January 18. If healthy, Keyshawn Johnson and ESPN both reported that the wide receiver will find another opportunity in the NFL if he wants one. Do you want him on your team?

Djokavic is the No. 1 tennis player in the world. He’s also unvaccinated, but did have COVID-19 in December. He entered Australia with support of Tennis Australia but without approval of the Australian government. He showed his exemption to border police and the findings of two “medical panels” that gave him a medical exemption from the law, stating anyone entering Australia must be fully vaccinated, based on Djokavic contracting the virus last month. He was placed in a hotel for quarantining for a few days. On Monday, he had a court hearing which freed him immediately from quarantine only because he didn’t have enough time to talk to his lawyers. It’s not over. The immigration minister can veto the judge and Djokavic may be prohibited from entering Australia for three years. This isn’t just about testing or getting vaccinated, this is about following rules. If he wasn’t No. 1, would he have

just left? What will happen in other countries? Keep tuned. Arkush is a football commentator and publisher of *Pro Football Weekly* (PFW). I remember driving down Western Avenue in Chicago as a boy and seeing the small goal post in front of a building that said *Pro Football Weekly*. Started in 1967, PFW provides weekly commentary on the NFL. Last Tuesday on AM670 The Score, Arkush came down on Aaron Rodgers and made waves when he announced that the Green Bay Packers star quarterback wouldn’t receive his MVP vote. He called Rodgers “the biggest jerk in the league” and said “I don’t think a bad guy can be the most valuable guy at the same time.” Criticism of that nature has never been Arkush’s style, and he took the heat for it. “I was wrong,” Arkush said multiple times during his Wednesday show on AM670. The station’s NFL expert kept apologizing for making denigrating remarks about Rodgers. Arkush has a vote for MVP. Should he be allowed to vote given his bias? He also said things publicly about his vote, which is against the rules. Rodgers is the best QB in the NFL this year, and did act strangely earlier in the year saying he was “vaccinated” without the vaccine but with alternative medicine, and was suspended one game by the NFL because of it. Do you think character should count in MVP voting? Now for fun. The final game of this NFL season between the Raiders and Chargers Sunday night was one of the most captivating games I’ve seen all year. A close first half led to a wild second half with the Raiders going up by two TDs with just a few minutes left, only to see the Chargers claw back with two TDs in the closing seconds. As ESPN reported, “The Chargers converted seven consecutive opportunities on plays in which a failure would have ended their season with an average of more than 11 yards to go. There were moments in which it felt like each team was holding on for dear life. Both teams knew they would make it into the postseason with a win, but a tie would have pushed each into the postseason at the expense of the Steelers, who won earlier in the afternoon. The chances of both teams

taking a knee were always nil, but it was fair to wonder whether they would be upset about settling for a tie if they got into a sticky situation late in overtime.” OT. They traded field goals in the first eight minutes. With two minutes to go, the Raiders could have taken a knee three times, game over. Instead, they drove down the field and kicked a game-winning 47-yard field goal with time expiring. The Chargers are out and Steelers are in. Rollercoaster. The good news story of the week is from CBS Sports. “Seattle Kraken fan Nadia Popovici went to watch her favorite team play the Vancouver Canucks in October, but instead of just enjoying a night of hockey, she helped extend the life of Canucks’ assistant equipment manager Brian “Red” Hamilton. Popovici, a graduate of the University of Washington who plans to attend medical school, was sitting near the Canucks bench on October 23 and, using the notes app on her cell phone, got Hamilton’s attention in between periods while he was moving equipment. The note on her phone explained to him that he had a mole on the back of his neck that could be cancerous. After the team returned to Vancouver, Hamilton had team doctors look at the mole. It was removed shortly thereafter and biopsied, according to the *Associated Press*. The biopsy results showed that the mole did have cancerous cells. Doctors told Hamilton that the situation could have become “life-threatening” if it wasn’t caught as early as it was. Hamilton never got the name of the fan who spotted the mole, so the Canucks tweeted a letter from the manager to try and find this hero. The tweet worked and the 22-year-old was identified and Hamilton had the chance to tell her she saved his life. The Kraken and Canucks donated \$10,000 towards Popovici’s medical education as a token of their collective appreciation.” Classy. If you see something, say something and stay safe. 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.✴

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SPORTS QUIZ

1. Name the nonprofit organization that promotes youth football and cheer/dance programs for some 325,000 participants worldwide.
2. What boxer defeated Felix Trinidad Jr. to claim the undisputed middleweight title in a 2001 bout at New York City’s Madison Square Garden?
3. “Better to lose honorably in a British car than win in a foreign one” is a quote attributed to what motorsports legend?
4. Cleveland’s Major League Baseball team settled a lawsuit over its new Guardians nickname with another Cleveland team that played what sport?
5. What was the original name of the Extreme Football League (X League) women’s tackle football association when it was founded in 2009?
6. What outdoor sports television program, produced and hosted by Babe Winkelman, first hit the airwaves in 1980?
7. The Omloop Het Nieuwsblad is a road cycling race held annually in February in what country?

ANSWERS

1. Pop Warner Little Scholars. 2. Bernard Hopkins. 3. Sir Stirling Moss. 4. Roller derby. 5. The Lingerie Football League. 6. Good Fishing. 7. Belgium.



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Health First

Facts About Falls In Older Adults



by Julie Rosenberg, MD

The aging population has created additional health concerns and challenges for major countries throughout the world. Fall is a major problem leading to serious injuries in geriatric populations. Each year, millions of older people – those age 65 and older – fall. In fact, more than one out of four older people falls each year, but less than half of these individuals advises their doctor. Falling once doubles your chances of falling again.

Falls are a leading cause of death in the elderly. In the United States, falls have become a leading cause of death due to injuries in people over 75 years of age. In an article published in the *Journal of the American Medical Association* in 2019, the absolute number of deaths from falls among adults age 75 years or older increased from 8,613 in 2000 to 25,189 in 2016. The crude mortality rate increased from 51.6 per 100,000 persons in 2000 to 122.2 per 100,000 persons in 2016.

Falls are serious and costly. Each year,

three million older people are treated in emergency departments for fall injuries. One out of five falls causes a serious injury. Over 800,000 patients per year are hospitalized due to a fall injury, most often head injury or hip fracture. In 2015, the total medical costs for falls totaled more than \$50 billion.

Elderly people who survive a fall may experience significant morbidity. Many people who fall, even if they're not injured, become afraid of falling and may reduce their activities of daily living (ADLs) due to fear. Compared with elderly persons who do not fall, those who fall experience greater functional decline in ADLs as well as in physical and social activities. They are also at greater risk for subsequent institutionalization.

Risk factors for falls include age, medication use (tranquilizers, sedatives or antidepressants), poor balance, visual disturbances, cognitive impairment hypotension, foot problems, generalized weakness and chronic conditions (i.e., depression, diabetes, arthritis). Home hazards, such as broken or uneven steps or throw rugs that can be tripped over, also increase a person's risk of falling.

Reducing the incidence of falls through fall prevention strategies in older adults is a matter of great significance.

Here are 10 steps that you can take to prevent falls:

- 1) Ask your doctor to evaluate your risk for falling.
- 2) Review your medications, including over-the-counter medications, with your doctor. Know the risks of your

medications and modify them as directed by your doctor.

- 3) Have an annual eye examination and update eyeglasses to maximize visual acuity.
- 4) Keep your home brightly lit to avoid tripping on objects that are difficult to see.
- 5) Do strength and balance exercises at least three days per week.
- 6) Check your home for trip hazards and remove items that you could trip over.
- 7) Improve home supports. For example, ensure your safety in the bathroom by adding grab bars inside and outside your tub or shower, and next to the toilet.
- 8) Install railings on both sides of the stairs. Always hold railings when ascending or descending the stairs. Put nonslip treads for bare wood steps.
- 9) Wear sensible shoes. High heels, loose slippers and footwear with slippery soles can lead to falls.
- 10) Engage support from family with ADLs (when needed). If you have a security system with smart cameras, make sure your family members have access to the video feed so they can call for assistance if they see that you've fallen.

In summary, falls result in increased morbidity, mortality and healthcare costs. Know your risk factors for falling. By implementing fall prevention measures, aging in place with a good quality of life can be a realistic option for many years to come.

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.✱

Rotary Club Scholarships

The Sanibel Captiva Rotary Club is offering several college/post secondary scholarships for the 2022-23 academic year. The awards are up to \$2,500 and may be renewed for up to three years, subject to maintaining at least a 3.0 GPA.

The application and requirements are available online at www.sanibelrotary.org. If you have any questions, contact Chet Sadler or Dan Cohn at chet@sanibelrotary.org or dancohn@topproducer.com. The deadline for applications is March 1, 2022.✱

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels, which are critically low. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.✱

We donated baby clothes because I outgrew them and it is good to make things go to use.



—by Henry, *The Sanibel School*

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239.472.4775 • fishofsancap.org

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

FISH

40th Anniversary

FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

dearRPharmacist

Home Remedies Are Handy



by Suzy
Cohen, RPh

Dear Readers:

As more and more people come down with ailments in their body, they are seeking complimentary ways to treat

themselves in order to avoid the hospital. Fears surrounding the coronavirus have made at-home treatments more attractive and widely sought over the past year.

Today's article will deal with a variety of home remedies. I do want to caution you that I'm not a medical doctor and that you should seek medical attention if your symptoms are serious. In the meantime, here are the best home remedies that are handy:

Chicken Legs with Skin – It's a well-known fact that if you're sick you sometimes feel better with some chicken broth. Vegetarians can make vegetable broth. There's no MSG in your homemade broth, and it's instantly soothing! Just simmer the legs in pure water with some carrots, celery, garlic and onion. Speaking of garlic...

Garlic – Garlic is best known for its beneficial impact on heart disease, specifically in lowering blood pressure and LDL levels. Emerging studies on viral replication and healing times are proving that allicin (found in garlic) can have a positive effect.

Ginger – This is excellent if you feel queasy or nauseous. This can occur from food poisoning, which is going around rampantly. Ginger exerts a positive effect on cytokine balance and oxidative stress. It can down-regulate pro-inflammatory pain cytokines.

Cayenne – It's a true story that if you dab your finger into some cayenne pepper, the bleeding will stop pretty instantly. Keep it handy in your spice cabinet.

Nano Ionic Facial Steamer – These work well if your nose is stuffed up or you have allergies. They're also nice if you have an itchy, scratchy throat from post-nasal drip. Even the CDC recommends humidifiers for respiratory problems now. Sold online and at

pharmacies nationwide.

OTC Medications – In terms of home remedies, you should keep a supply of some over-the-counter medications like a fever reducer, throat lozenges, cough syrup, antihistamines and a nasal decongestant spray.

There are other home remedies and spices that you probably have in your home right now which I didn't cover. I love the useful, inexpensive ways we can tackle discomfort and I've written a book about herbs that have centuries of use. You can now download your own free copy of my ebook at www.store.suzycohen.com/herbs regarding *Medicinal Herbs from the Bible*.

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. ✱

Beautifulife:

Life Lesson



by Kay Casperson

I recently had dinner with dear friends and was told a story that has been shared by many people over the years. I was so impressed that my 92-year-old friend remembered this story so well

and began to realize the importance of it for all of us. This story is definitely a takeaway from company inspiration to giving life lessons to upcoming graduates. A gentle reminder for us all to put things into perspective and to prioritize what is essential.

The story goes like this:

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a large, empty mayonnaise jar and filled it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly, and the pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything

else. He asked once more if the jar was full. The students responded with a unanimous "Yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things – God, family, children, health, friends and favorite passions. Things that if everything else was lost and only they remained, your life would still be full. The pebbles are the things that matter, like your job, house and car. The sand is everything else – the small stuff," he said. "If you put the sand into the jar first," he continued, "There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you."

Pay attention to the things that are critical to your happiness. Pray, spend time with your family, get medical checkups, have date nights with your spouse, and play another 18 holes of golf. There will always be time to do random jobs, so take care of the golf balls first – the things that really matter. Set your priorities, and the rest is just sand.

One of the students raised her hand

and asked what the coffee represented. The professor smiled and said, "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

My affirmation for you this week is:

"I will continue to prioritize my life with what is important first and will never sweat the small stuff."

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. ✱

Expanded Hours At Rec Center

Sanibel Recreation Center morning hours have been expanded on Mondays, Wednesdays and Fridays, from 6:30 a.m. to 5 p.m. The weight room, tennis courts and gym are available for use during that time. The lap pool hours remain the same.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit www.mysanibel.com. ✱

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Doctor and Dietician

Health Benefits Of Yellow



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

As most of our readers, friends, co-workers, and family know, Dr. Hauser loves yellow. You may wonder how he came to love yellow. Just like any other Midwesterner, he used to wear beige, brown, black, hunter green, gray and burgundy. Then he registered for his first Ironman triathlon. With that came the purchase of lots of gear. Running gear. Cycling gear. Swimming gear. Because of the need for gear, he decided he needed a theme – thus started the yellow obsession. Once he bought a yellow cycling shirt, then you need matching gloves and even a bicycle. Now he wears yellow glasses, has a yellow office, yellow couch... well, you get the picture. What you may be unaware of are the many benefits of the color

yellow. Here are a few:
When people see yellow, they typically think of summer, sunshine, warmth, the beach and happiness. It sounds like yellow should be the official color of Southwest Florida or Sanibel. It is associated with brightness and thus, in many cultures, it signifies knowledge and wisdom. When children are around, typically yellow is not far behind. Children love bright colors such as blue, pink and yellow and do not typically choose grays and browns. Unfortunately, only six percent of westerners state yellow is their favorite color compared with 45 percent who choose the color blue.

Color is the language of the soul. Yellow is a bright and cheerful color. It makes people smile. It is also a color designed to attract attention and bring optimism and pleasure. When Dr. Hauser walks into a patient exam room decked out in yellow – you know, yellow glasses, yellow scrubs, yellow shoes and even yellow underwear – people smile. Colors inspire people. Yellow is the color of the sun. It exudes life, energy and vitality. Yellow has been known to awaken inspiration and strengthen the nerves.

Yellow can also help stimulate intelligence and detoxify the body and mind to heal more quickly. According to research, it is the color of cheerfulness, curiosity, flexibility, progress, amusement and communication. It is the foundation of courage. Therefore, it was a great color choice for Dr. Hauser's ironman triathlons, don't you agree?

Yellow painted on the walls makes a

room feel warmer than a room painted white. A lamp with yellow light seems more natural than a lamp with white light. As the color of light, yellow is also associated with knowledge and wisdom in many cultures. In many European universities, yellow caps and gowns are worn by members of the physical and natural sciences faculty, as yellow is the color of reason and research. How fitting.

And, of course, we cannot go without mentioning the health benefits of yellow foods. One birthday, we had a yellow food party for Dr. Hauser. Of course, right? Yellow foods such as banana, lemons, mango, peppers, eggs, pineapple, starfruit, yellow beets, carrots, butternut squash, sweet potatoes, to name a few – all contain vitamins, minerals and fiber, plus

carotenoids (where the yellow color comes from) that help maintain good health, including avoiding heart disease, improving digestion and immune function, as well as healthy skin, vision, bones and teeth.

Next time you are choosing a new article of clothing or are painting a room in your house, you may want to consider choosing yellow. Of course, eating yellow foods are definitely good for the body too.

*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.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you suggest some habits to stay healthy and psychologically fit?

A: Yes, there are many healthy habits to feel connected and staying psychologically healthy. Here are

some that you will resonate:

Meditate, meditate, meditate. Today, there are many apps that you can use to help you learn to meditate. Meditation, even a few moments a day, can enhance calm, tranquility, better sleep, improve self-esteem, improve concentration and increase positive feelings towards yourself and others. It helps with spreading acts of kindness and compassion. It helps with breaking addictive behaviors. It improves sleep and helps control physical and psychological pain. It decreases blood pressure and enhances overall wellbeing. Be present. Be here now.

Happiness comes from your own actions. Get out in natural light. It changes your brain and charges your body with more energy. Studies show how full spectrum light can increase your serotonin levels, contributing to your happiness level. Transformation occurs in the brain as a result of being in natural light.

Drink plenty of water and stay hydrated. If you are hungry, be sure to eat a healthy snack such as an apple, cheese or nuts as they will raise your blood sugar slowly. Use movement of any kind as they will decrease mood disorders and you will naturally feel happy. Just get out and notice the little things, especially in nature.

Begin to love all of the aspects of yourself that you don't love. If you are not fond of a certain part of yourself, begin with saying that you accept it, then flourish with more self-love. Over time, your mood will develop for the better. Develop this mind set and your efforts will be far more effective. Remember to repeat positive affirmations to encourage new beginnings, happiness, prosperity and joy.

Develop your intuition, your inner knowing by paying attention to your sixth sense. We all have it. It's a matter of talking yourself into paying attention to it. It's a part of your brain. You may call it a gut feeling and it's real. You can ask for a sign, use tarot cards, set an intention, and focus divine love throughout your system. This will help you with what steps to take.

Pay attentions to thoughts, feelings, images. Dreams are another way to tap into your intuition. When you have a desire to do this, you will have all kinds of things show up for you to develop your divine guidance.

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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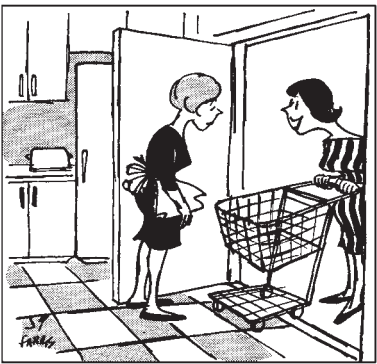


Emergency	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
ARTS	
Arcade Theater.....	332-4488
Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic 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



"May I _____ a few things?"

SCRAMBLERS

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

Escort
DAGUR

Wander
BLAME

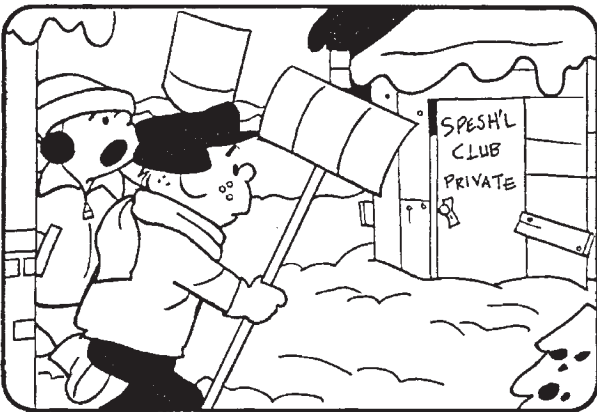
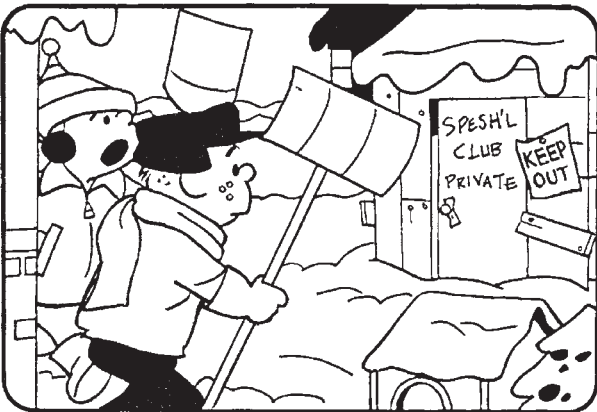
Sway
WROPE

Creak
ARGON

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Cap is different. 2. Scarf is shorter. 3. Sign is missing. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing. 7. Glove is smaller.

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

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

ACORN-STASHING
IN THE SKY

- ACROSS**

1 Exchanges for paper money

7 Takes too much, briefly

10 Gp. concerned with birdies

13 Liquid detergent quantity

19 Opere — (in the work already mentioned)

20 International news agency

22 Relaxed

23 "First Blood" actor Richard

24 Pilot Amelia

25 Like magma

26 Start of a riddle

29 930-mile-long Russian river

30 Politico Trent

31 Raw rock

32 Lakers' org.

35 Riddle, part 2

43 Styled like

44 Heir, often

45 Be a rambler

46 "I smell —!"

47 Defunct Russ. state

48 Riddle, part 3

55 Airline seat pull-down
- 57 Dir. from N.M. to Ky.

58 "Play it by ear," e.g.

59 Orem's state

61 Google program for targeted promotions

65 Brother of DDE's follower

66 Big tub

69 Riddle, part 4

74 Facial blinker

75 Caviar base

76 Manors

77 Oklahoma city

78 Livid

80 Actor Stephen

81 Basketball tourney org.

83 Riddle, part 5

90 Turner of song

93 Add to the work force

94 Vientiane is its capital

95 No. on a map

96 Liquor choice

97 End of the riddle

105 Prefix with 17-Down

106 Byrnes who was "Kookie"

107 Wayward GI
- 108 Family mem.

109 Riddle's answer

117 Mitchell of NBC News

120 Not yet encrypted

121 Is entirely unacceptable

122 Disclose

123 List the particulars of

124 Coop up

125 Officers-to-be

126 Tutu-wearing Muppet

127 D.C. bigwig

128 "— Fideles" (carol)
- 13 SLR, say

14 Makes amends

15 Animal hide

16 Jack Sprat's no-no

17 Function

18 Writer Deighton

21 Jennifer Lopez's "J to — L-O!"

27 Dull

28 Homer Simpson's outburst

32 Cruel Roman emperor

33 Male lover

34 Echidnas eat them

35 Once existed

36 Totally lost

37 Squarish, as a vehicle

38 Four minus one, in Italy

39 Gmail rival

40 Trailing plant

41 — Strauss

42 Wizard of Oz creator

49 Work over

50 Happen next

51 Comes upon

52 "Luther" star Elba

53 Repeated jazz phrase
- 54 Smoker's puff

56 Pi-sigma link

59 Sport- — (off-roader)

60 Your, biblically

61 "Billy, Don't Be —" (1974 hit song)

62 Insect egg

63 Beginning

64 Lauder of makeup

66 Seasoned, oily salad dressings

67 French buddy

68 Turner of TV

70 Big coffee dispensers

71 Vincent van —

72 Incline

73 Coffee alternative

78 Suited to —

79 Christmas

81 Court barriers

82 Flight staffers

83 Punch sound

84 Old LP player

85 Crafts' partner

86 Not stringent

87 Lead-in to "And how!"

88 Suffix with lobby

89 High-pitched warble
- 91 Nailed the performance

92 Opposite of 63-Down

98 Nuke, as leftovers

99 Standards

100 NFL

101 Legendary Manhattan restaurant

102 Pluck, as brows

103 "Stalag 17" star William

104 With 109-Down, part of a Florida orchard

109 See 104-Down

110 Mini-exam

111 A law — itself

112 Slush Puppie alternative

113 CD- —

114 Female youth org.

115 Incite

116 Subjective loudness unit

117 Circle bit

118 Org. concerned with the three R's

119 Burnable storage device

King Crossword

- ACROSS**

1 Biting remark

5 Spheres

9 Victory

12 Skin care brand

13 Joel or Ethan of Hollywood

14 Parisian pal

15 Hourly pay

16 Batman's hood

17 Beer contain-er

18 Rebuff

19 Acting coach Hagen

20 Crazy

21 Actor Brynner

23 Old Olds

25 Mourn

28 Hit song by the Oak Ridge Boys

32 Grown-up

33 Snake poison

34 Autobio-graphy

36 Herbal tea

37 Geese forma-tion

38 Computer key

39 Lose color

42 TiVo precur-sor

44 Idle or Clapton

48 Khan title

49 Close
- 50 Handle

51 Dict. info

52 Adriatic port

53 Author Hunter

54 Bygone jet

55 Staff leader?

56 Faxed
- 7 Caveat word

8 NBC sketch show

9 Texas city

10 Apple com-puter

11 Boy, in Barcelona

20 Features of romantic comedies

22 Loosen

24 Graceland idol

25 Felon's flight

26 Citric bever-age
- 27 Silent

29 Pig-poke link

30 Director Howard

31 Soul, to Sartre

35 Disclose

36 "Fab!"

39 Crazes

40 Mellows

41 Loony

43 Give a darn

45 Carry on

46 One-named supermodel

47 Penny

49 "The Voice" network

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: PLAYED BY JULIE ANDREWS

- Austria

Baroness

Brigitta

Franz
- Friedrich

Georg

Gretl

Herr Zeller
- Kurt

Liesl

Louisa

Marta
- Max

Musical

Rolf

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FRIDAY
Mostly Cloudy
High: 70 Low: 55



SATURDAY
Partly Cloudy
High: 67 Low: 54




SUNDAY
Mostly Cloudy
High: 62 Low: 47



MONDAY
Mostly Sunny
High: 63 Low: 50



TUESDAY
Partly Cloudy
High: 65 Low: 49



WEDNESDAY
Cloudy
High: 69 Low: 56



THURSDAY
Cloudy
High: 70 Low: 55

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	9:55 pm	5:19 am	None	None	Fri	9:00 pm	5:21 am	None	None	Fri	11:44 am	5:00 am	10:28 pm	4:23 pm	Fri	None	8:35 am	None	None
Sat	10:37 pm	6:00 am	None	None	Sat	9:42 pm	6:02 am	None	None	Sat	12:13 pm	5:45 am	11:07 pm	5:01 pm	Sat	12:05 am	9:16 am	None	None
Sun	11:18 pm	6:38 am	None	None	Sun	10:23 pm	6:40 am	None	None	Sun	12:43 pm	6:27 am	11:36 pm	5:33 pm	Sun	12:47 am	9:54 am	None	None
Mon	3:12 pm	7:12 am	11:58 pm	5:08 pm	Mon	2:17 pm	7:14 am	11:03 pm	5:10 pm	Mon	1:18 pm	7:07 am	None	6:02 pm	Mon	1:28 am	10:28 am	5:22 pm	8:24 pm
Tue	3:22 pm	7:45 am	None	5:53 pm	Tue	2:27 pm	7:47 am	11:44 pm	5:55 pm	Tue	12:00 am	7:46 am	1:58 pm	6:36 pm	Tue	2:08 am	11:01 am	5:32 pm	9:09 pm
Wed	12:39 am	8:15 am	3:31 pm	6:43 pm	Wed	2:36 pm	8:17 am	None	6:45 pm	Wed	12:22 am	8:22 am	2:42 pm	7:20 pm	Wed	2:49 am	11:31 am	5:41 pm	9:59 pm
Thu	1:21 am	8:45 am	3:45 pm	7:36 pm	Thu	12:26 am	8:47 am	2:50 pm	7:38 pm	Thu	12:51 am	8:55 am	3:24 pm	8:12 pm	Thu	3:31 am	12:01 pm	5:55 pm	10:52 pm

My Stars ★★★★★
FOR WEEK OF JANUARY 10, 2022
Aries (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.
Taurus (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

Gemini (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.
Cancer (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.
Leo (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship

special.
Virgo (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.
Libra (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.
Scorpio (October 23 to November 21) Partnerships – personal or professional – which began before the new year take on new importance. They also reveal some

previously hidden risks. So be warned.
Sagittarius (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.
Capricorn (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.
Aquarius (January 20 to February 18) continued on page 54

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From page 52

My Stars

A friend wants to share a secret that could answer some questions you’ve wondered about for a long time. Meanwhile, travel aspects continue to be strong.

Pisces (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what’s right for you.

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

MOMENTS IN TIME

• On January 22, 1779, famed Tory outlaw Claudius Smith meets his end on the gallows in Goshen, New York. Nicknamed the “Cowboy of the Ramapos” for his use of guerrilla tactics against Patriot civilians, legend has it that Smith’s skull was filled with mortar and included in the edifice of the Goshen Court House.

• On January 21, 1789, *The Power of Sympathy or the Triumph of Nature Founded in Truth* is printed in Boston, the first novel by an American writer to be published in America. Early editions did not carry the author’s name, but a later printing credited Sarah Wentworth Apthorp Morton.

• On January 23, 1855, John Moses Browning, sometimes referred to as the “father of modern firearms,” is born in Ogden, Utah. Many of the guns whose names evoke the history of the American West – Winchester, Colt, Remington and Savage – were based on Browning’s designs.

• On January 17, 1953, a prototype Chevrolet Corvette sports car makes its debut at General Motors’ Motorama auto show at the Waldorf-Astoria Hotel in New York City. The Corvette was named for a fast type of naval warship.

• On January 19, 1977, President Gerald Ford pardons Tokyo Rose, a Japanese-American woman named Iva Toguri, who broadcast Axis propaganda over the radio to Allied troops during World War II.

NOW HERE’S A TIP

• Generally, for every degree you lower your thermostat during heating season, you reduce your energy costs by three percent.

• Just in time for soup season (and my new year’s resolutions), here’s a great fat swap: Drain and rinse two cups of white beans and puree with a cup of no-sodium vegetable broth. You can use this as a thickener in place of heavy cream for soups and stews. – JoAnn

• To keep snow off your windshield, use a flannel-backed tablecloth stretched to cover both windshield and wipers. Put it flannel-side to the glass. Then you’ll be able to lift it (and the snow) off your windshield to drive.

• Wondering what winter fruits and vegetables are in season? Here’s a sampling: apples, dates and pears, as well as citrus, like grapefruit, oranges and tangerines. For vegetables, consider endive, bok choy, Brussels sprouts, kale, leeks, mushrooms, parsnips, radicchio, rutabagas, sweet potatoes, turnips, yams and winter squash.

• “Want to keep your pants from creasing on the hanger? Grab an empty paper-towel tube and slit it down the side. When you slip it over the bottom of the hanger, it creates a wide curve for the pants to lie across, and no more crease!” – MU in Colorado

• Remember that as temperatures drop and layers of clothing increase, children in a car seat need special consideration. Remove heavy coats before strapping in a small child or baby. Winter wear can compress during an accident, and it interferes with the straps.

STRANGE BUT TRUE

• At the height of their fashion craze in the 1580s and ‘90s, neck ruffs could include up to six yards of starched-stiff material with up to 600 pleats, supported by a wire, wooden frame or board.

• In 2017, while on a plane, a woman used her sleeping husband’s thumb to unlock his phone, thereby discovering he was cheating on her. She reportedly reacted with “such a ruckus” that the flight was forced to make an unscheduled landing in India.

• Starfish don’t have blood. They circulate nutrients by using seawater in their vascular system.

• The first baseball caps were made from straw and worn by the New York Knickerbockers in 1849.

• After the *Titanic* sank in 1912, ships sent to recover the dead ran out of embalming supplies. It was decided to preserve only the bodies of first-class passengers, due to the need to visually identify wealthy men in order to resolve disputes over their estates.

• Between 1848 and 1850, the Gold Rush caused the population of San Francisco to grow from 900 to 35,000 people.

• A mother black lace-weaver spider will drum on her web to call her babies to come and eat her alive.

• In medieval times, fruit and vegetables were cooked because they were thought to cause disease, with a book from 1500 even warning consumers to “Beware of green salads and raw fruits, for they will make your master sick.”

• Credito Emiliano, a bank in Italy, accepts Parmigiano-Reggiano cheese as collateral for small business loans, holding the cheese as insurance and aging it in climate-controlled vaults for the loan’s duration.

• A man literally died laughing while watching the movie *A Fish Called Wanda*.

THOUGHT FOR THE DAY

“Not all paths offer a vista. But every path offers a lesson.” – Toni Sorenson

TRIVIA TEST

1. **Geography:** Which Russian city used to be called Leningrad?

2. **Science:** What is the coldest city in the northern hemisphere?

3. **Language:** What does the Latin phrase “persona non grata” mean?

4. **U.S. States:** Which state’s flag is the only one currently that is two-sided?

5. **General Knowledge:** What was the first animal to appear on a U.S. coin?

6. **Food & Drink:** How many herbs and spices are in the original recipe of Kentucky Fried Chicken?

7. **Movies:** How many movies did Ginger Rogers and Fred Astaire make together?

8. **Literary:** In the *Harry Potter* book series, what are NEWTs?

9. **Television:** How many children were in *The Addams Family* sitcom?

10. **History:** In what year was the first email sent?

TRIVIA ANSWERS

1. St. Petersburg 2. Oymyakon, Russia 3. An unwelcome person 4. Oregon (state seal on one side and a figure of a beaver on the other side) 5. An eagle 6. 11 7. 10 8. Critical examinations (Nastily Exhausting Wizarding Test). 9. Two: Wednesday and Pugsley 10. 1971

SCRAMBLERS ANSWER

1. Guard 2. Amble; 3. Power; 4. Groan
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1/14 ★ 1/21

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1/7 ★ 1/14

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PETS OF THE WEEK



Isaac ID# A887545

photos provided Destiny ID# A899997



Lee County Domestic Animal Services

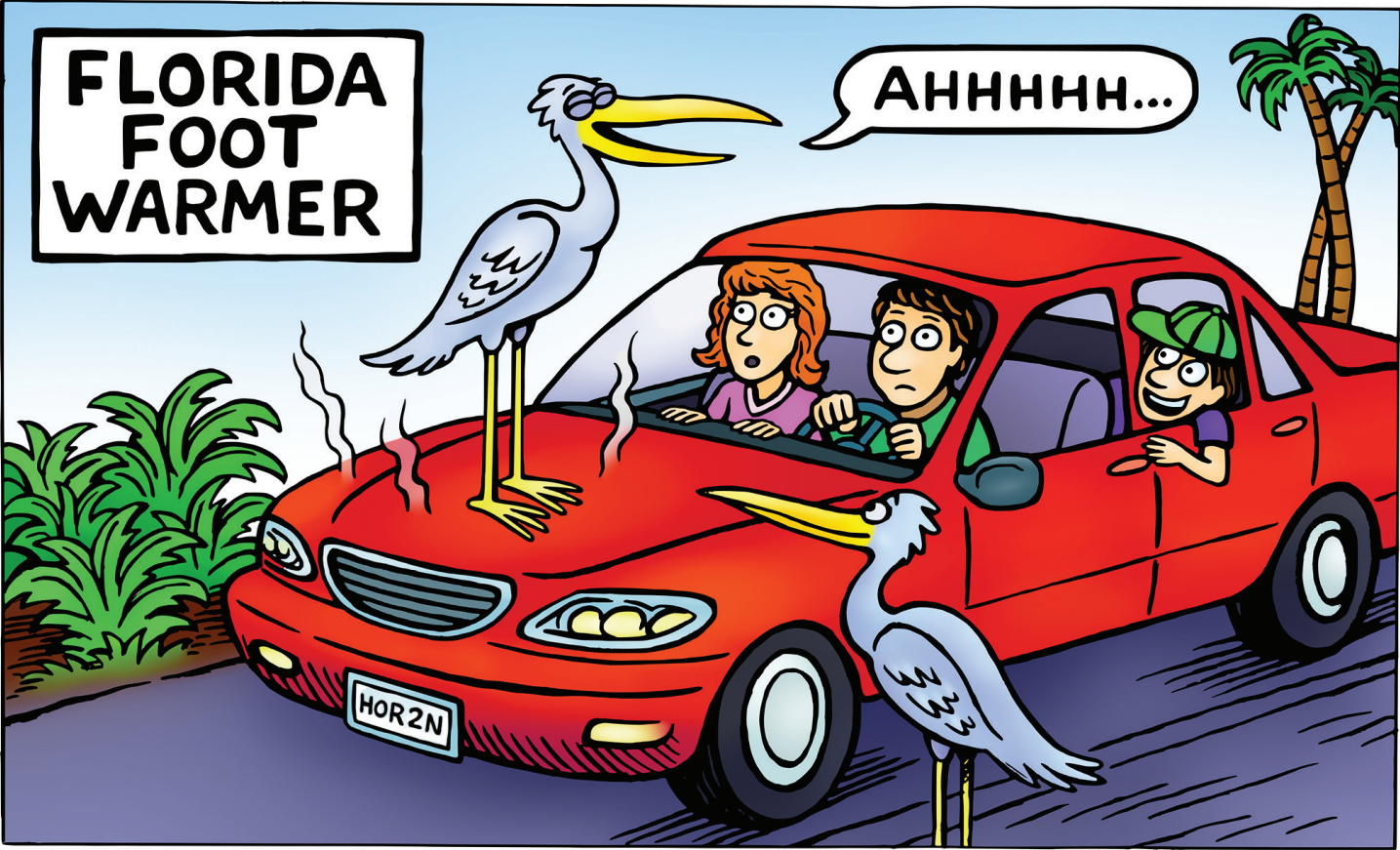
Isaac And Destiny

Isaac is a 3-year-old terrier mix. He's well-mannered, potty trained, and mostly on the chill side at their house (though he still loves to play). His adoption fee is \$25.

Destiny is a 2-year-old pit bull mix. She is absolutely adorable and she definitely knows it. Her adoption fee is \$25.

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

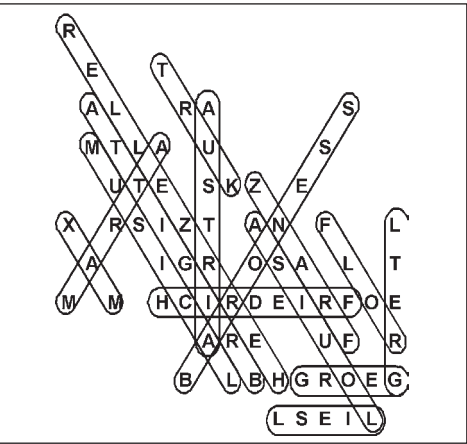
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CITATO	REUTERS	ATEASE	
CRENNA	EARHART	MOLTEN	
IFANARB	OREAL	RODENT	
OKA	LOTT	ORE	NBA
WITHAB	USHYT	TAILHAS	BEEEN
ALAS	SON	ROVE	ARAT
SSR	EXTREMELY	VIRTUOUS	
TRAY	ENE	IDIOM	
UTAH	ADSENSE	RFK	VAT
THROUGH	OUTIT	SLIFET	IME
EYE	ROE	ESTATES	ENID
WHAT	SHOULD	ITENT	RIKE
HIRE	LAOS	RTE	GIN
AFTER	ITEXIT	STHIS	WORLD
MIS	EDD	AWOL	REL
THE	SQUIRREL	LYGATES	
ANDREA	UNCODED	WONTDO	
REVEAL	ITEMIZE	CAGEIN	
CADETS	ZOE	SEN	ADESTE

KING CROSSWORD

BARB	ORBS	WIN
OLAY	COEN	AMI
WAGE	COWL	CAN
SNUB	UTA	LOCO
	YUL	REO
LAMENT	ELVIRA	
ADULT	VENOM	
MEMOIR	TISANE	
	VEE	ESC
FADE	VCR	ERIC
AGA	NEAR	NAME
DEF	BARI	EVAN
SST	CLEF	SENT

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Harbour	Cape Coral	2017	4,738	\$2,960,000	\$2,900,000	0
Mcphie Park	Fort Myers Beach	1977	1,536	\$2,599,000	\$2,450,000	63
Bellagio At The Colony	Estero	2004	4,432	\$2,500,000	\$2,325,000	26
Shell Harbor	Sanibel	1996	3,319	\$2,295,000	\$2,295,000	0
Hills TP	Fort Myers Beach	1959	2,845	\$1,899,000	\$2,200,000	6
Esplanade Lake Club	Fort Myers	2021	3,299	\$2,199,999	\$2,199,999	41
Beachview Country Club Estates	Sanibel	2002	4,145	\$2,295,000	\$2,145,000	16
Longlake	Bonita Springs	1996	3,144	\$1,799,000	\$1,749,000	5
Sanctuary	Bonita Springs	2002	3,233	\$1,500,000	\$1,727,300	2
Tarpon Estates	Cape Coral	2006	3,348	\$1,600,000	\$1,600,000	32



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