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VOL. 28, NO. 23

SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 4, 2020

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Sanibel And Ikki: A Treasury Of Stars Aligning

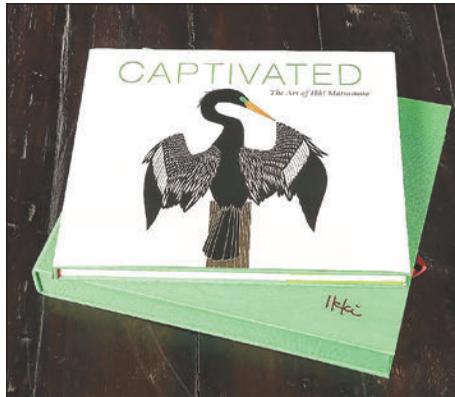
by Wendy McMullen

“Some artists are lucky to land in the right place. Think Monet in Giverny. Van Gogh in Arles. Gauguin in Tahiti. Maybe it’s the light of the place, or its atmosphere or something more cosmic. But some places, whether you’re an artist or not, seem to get under our skin.”

“Sanibel and Captiva Islands are like that for me. And they were for Ikki Matsumoto.”

So writes celebrated local musician Danny Morgan in the foreword to *Captivated: The Art of Ikki Matsumoto*, a gorgeous collection of clean, spare colorful images created by the artist known around the islands simply as Ikki.

For almost 40 years, Matsumoto was a major artistic presence in Southwest Florida. His colorful, light-hearted images were omnipresent everywhere. His



Limited edition with case image provided
paintings hung in more than 150 galleries and in private homes all around the area and the world. His images covered countless magazines and programs, and appeared on T-shirts and posters.

Yet years after his death, there had been no print book containing a collection of his art. Ikki’s daughter, Amy, explains why.

“We were just too busy with other things,” she said, referring to herself and

continued on page 2

New Mayor, Vice Mayor Elected

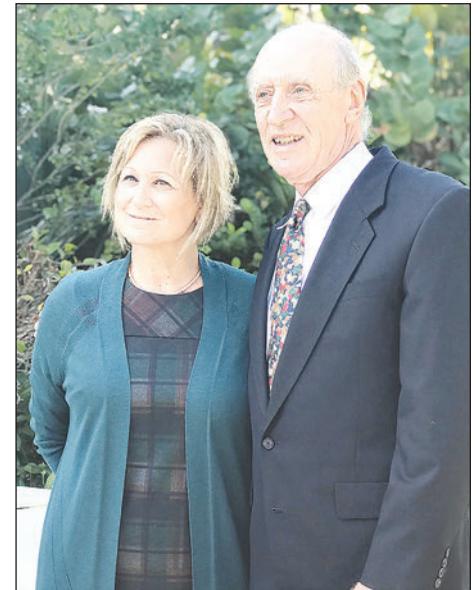
by Wendy McMullen

The new Sanibel City Council elected former Vice Mayor Mick Denham as mayor and Councilwoman Holly Smith as vice mayor at Tuesday’s meeting.

The decision was unanimous but only after lengthy discussion regarding the vice mayor position. Denham suggested newly appointed Interim Councilman Chauncey Goss as vice mayor. He felt that this move would allow the newly elected city council to select a vice mayor after the March election.

“I believe we, as a council, made a very wise decision to have someone appointed to city council for a few months. I would like to follow the same process with the vice mayor position and I propose Chauncey Goss as temporary vice mayor,” Denham proposed.

Newly appointed Councilman Jerry Muench supported the mayor’s proposal. Smith, however, expressed her disappointment.



Holly Smith and Mick Denham

photo by Wendy McMullen

“I must say I’m a little surprised. Richard (Johnson) and I have both worked hard and shown our dedication to the city.

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‘Ding’ Day Amateur Photo Contest Winners

On December 1, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its 28th annual “Ding” Darling Day Amateur Nature Photography Contest with a special exhibition at the Refuge Visitor & Education Center, part of the “Ding” Day celebration on Sanibel.

On November 19, judges had selected three winners and 12 honorable mentions out of 128 entries from 19 states and Switzerland. All photograph entries were shot at the JN “Ding” Darling National Wildlife Refuge complex.

“It was a very special photo contest for us this year because of our 75th anniversary,” said Sierra Hoisington, DDWS development officer and contest coordinator. “It really makes you think back to a time when the protection of this habitat wasn’t guaranteed. If it hadn’t been for the work of ‘Ding,’ the man, these wildlife subjects, the beautiful scenery, and the amazing views would not be here for people to photograph and share with the world. Now, more than ever, nature brings us solace and escape to a world away from the news, even if it is just for a little bit.”

First place went to Ellen Trevor of



Carry Out Lunch by Ellen Trevor

photos provided

Sanibel for her great egret portrait titled *Carry Out Lunch*. Contest judge and photographer Sara Lopez said, “I really love the beautiful reflection in this photograph. It has decent lighting, but my favorite part is the splash connecting the fish to the water that the great egret has captured.”

In second place was Rett Hill from Henrico, Virginia with a little blue heron shot titled *Standing*. “I like that this photo



Standing by Rett Hill

has a plain background that allows you to focus on the bird that is placed very nicely within the frame,” said Calli Johnson, wine steward at Bailey’s General Store, who also judged the contest.

Martha Huard from Bokeelia, Florida took third place with a photo of a roseate spoonbill, titled *Pretty in Pink*. “I really enjoyed the crispness of this photograph along with the juxtaposition of the color of the bird versus the color of the sky,” said

judge Bob Gerwig, wildlife refuge specialist. “It’s a really nice action shot, but also has hidden interest with the shadows on the wing of the bird.”

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

continued on page 38

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Egret In the Grass by Ikki Matsumoto

From page 1

Sanibel And Ikki

her late mother, Polly, an accomplished and prolific graphic and fiber artist herself. “It was suggested many times. Then a few years after my father died, my mother decided she wanted something to leave for the grandchildren. Ikki and Polly had six grandchildren, Christopher, Sydney, Dakota, Hunter, Piper and Sierra.

Now, for the first time, Matsumoto’s work has been compiled in a book. The book features Matsumoto’s classic pieces and includes many works from private collections that have never been seen before.

“The sheer volume of inventive, charming, creative images he leaves behind is amazing,” said Steve Saari of Sandpiper Press, which produced the book. Laurie Schock, who Amy Matsumoto said is a master at placement and the use of white space, was the designer.

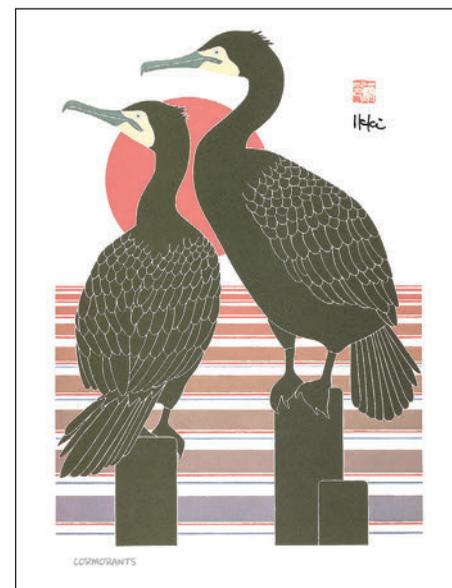
In order to produce the book, Amy and Polly Matsumoto had to preserve Ikki’s work digitally; the first time this had been done. Then they had to locate his work from the many collectors. They also found many photographs and these are included in the book to give behind-the-scenes glimpses into the artist’s life.

Ikki Matsumoto was born in Japan where his father was a cartoonist and children’s book illustrator. He moved to Cincinnati to study art and it was there that he met Polly Adamson, his lifelong partner and collaborator. Ikki and Polly married and were living on a 40-acre farm in Cincinnati when they decided to travel to Florida with their three children, then 5, 12 and 14. Ikki was working as a graphic artist and advertising director in Cincinnati and came to Florida in search of more creative freedom. When he saw Sanibel, he knew he had found his muse.

Saari describes the move to Sanibel as “two stars aligning.” The Matsumoto family moved to the islands at a time when Sanibel had just become a city evolving to preserve its natural ambiance. At the same time, Ikki was developing his unique high spirited, colorful style.

The combination of the values

images provided



Cormorants by Ikki Matsumoto

enshrined in the newly-formed city and Ikki’s lifelong love of nature was dynamic.

“There was vibrant color, a tropical feel and lightness, and more often than not, humor. From the start, Ikki’s art felt as fresh, upbeat and as singular as the island itself,” writes Saari in *Captivated*, adding that the young artist had moved to the one place that “fitted his artistic sensibilities as naturally and perfectly as his own shadow.”

Living in the Cassidy House on Woodring Point, Ikki developed his signature iconic style of striking line drawing and vibrant color producing images of birds, flowers, plants and animals in his own unique, whimsical and witty way.

“There are no heavy messages in my work,” he is quoted as saying in the preface to *Captivated*. “I simply wish to delight. If people can respond to my work with a twinkle in their eyes, a smile, an elevation of mood, I am successful.”

Captivated is on sale at 2 Islands Gallery in Chadwick’s Square on Captiva, at www.ikkimatsumoto.com or by email to ikk35@gmail.com. A special limited edition of the book in a clamshell cover is also available.✧



A lineup of Corvettes

photo provided

Check Out The Classics At Motor Club Car Show

San Cap Motor Club's Cruise-in, Cars and Social Distancing will be held this Saturday, December 5 at Periwinkle Place Shopping Center. Classics, muscle cars, antiques and hot rods will be on display from 9 to 11 a.m. Individually wrapped donuts by Bailey's,

iced coffee and other refreshments will be available.

There is no better excuse to get that classic car out of the garage and show it off. No pre-registration is necessary.

Membership dues will be collected and club T-shirts will be distributed. You can purchase additional T-shirts for \$18, available in black, white and blue.

There is plenty of parking in the rear of the shopping center. For more information, call Scot Congress at 472-4177 or email scot@scongress.com.✪

Christmas Eve Service Canceled



Chapel by the Sea is aglow for the Christmas season

photo provided

With the health and safety of the chapel family in mind, Captiva Chapel by the Sea has canceled its Christmas Eve service.

The chapel Christmas lights will be burning brightly from now until January 10 from 5:30 to 10 p.m.

On Christmas Eve, the chapel's Christmas lights will be on from 5:30 to 9 p.m. Masks are mandatory.

If at any time the chapel yard becomes overcrowded, guests will be asked to wait in line in the parking lot – six feet apart – until there's room to view the lights comfortably and safely. To avoid congestion, photos will not be permitted on Christmas Eve. Visitors are welcome to return at another time to take their pictures.✪

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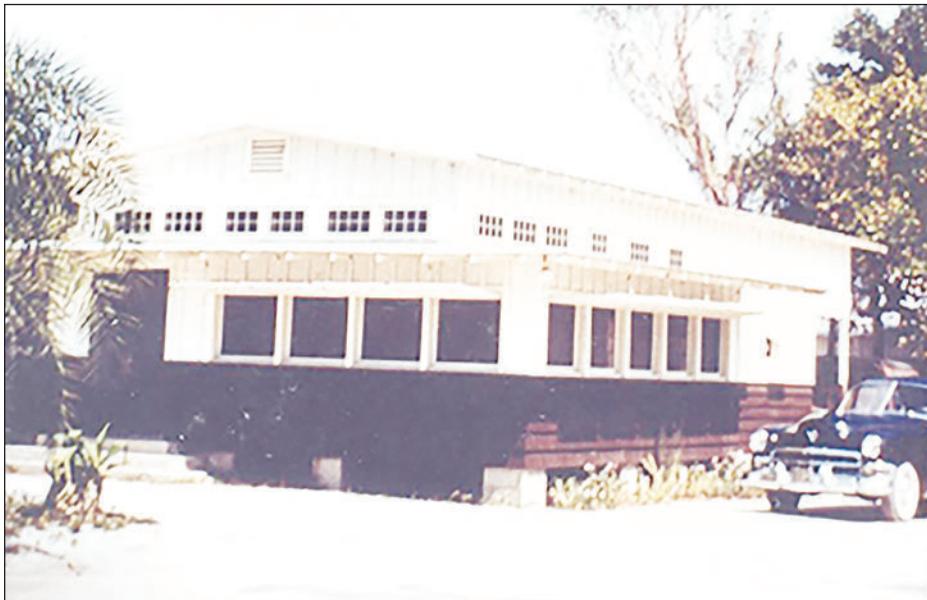
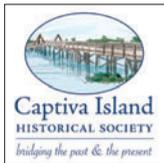


photo courtesy Captiva Island Historical Society Archives

The Island Store
Captiva Island Historical Society
Landmark:
The Island Store

This week's image gives you a look back at The Island Store after "Ding" Darling remodeled it, formerly Mrs. Miller's boarding house.



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. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are

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 at 7:30 p.m. every Friday and Shabbat classes at 9:30 a.m. Saturday mornings on Zoom (email batyamsanibel@gmail.com to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way.
 Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

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

CHAVURAT SHALOM
 (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST
 The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH
 Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only"

service via live stream at 9 and 11 a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
 The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 11 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH
 Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday, 9:30 a.m. through November. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
 The Rev. Bill Van Oss, Rector. Sunday 10:30 a.m. service can be seen at www.saintmichaels-sanibel.org, Facebook or YouTube. Other services, meetings and events are suspended until further notice, www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS
 Meets 5 p.m. on the second 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@islandssunnews.com or call 395-1213.*



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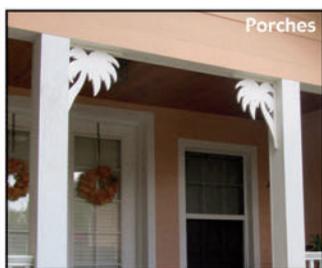
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Middle schoolers Ava Selby and Caroline Muddell work on their hydraulic arms photos provided

STEM Program Builds Excitement At Sanibel School

The challenge during the first week of school was a tough one: create a structure with only index cards and masking tape. Make it strong enough to support two textbooks – eight pounds. Plan it in five minutes, and build it in 30.

That was just one project in store for students at The Sanibel School as they returned to the classrooms this fall, and

into Kelly Johnson's STEM Class.

It's the second year of this special, community-supported Science, Technology, Engineering and Math (STEM) program at the school, which is designed to encourage students to increase their critical thinking and problem-solving skills through a hands-on approach to real world situations.

"The idea is to expose children to the four Cs identified as key in 21st Century learning: Creativity, Collaboration, Critical Thinking and Communication," said Principal Jaimie Reid.

Through the curriculum, she has



Third grader Turner Stewart tests her catapult

created herself. Johnson's program aims to prepare students for the future and the radical advancements in technology. Johnson, also in her second year at The Sanibel School, teaches STEM to grades one through eight.

This school year's projects have been wide-ranging. Middle schoolers have created hydraulic robotic arms and used crime scene investigative tools and techniques to solve "crimes." They've even explored creative solutions for local water quality issues and utilized 3D printers.

Students in younger grades have built



Middle schoolers Karsten Schafer and Charles Muddell designed and built a marble roller coaster

bridges and catapults and used computer coding skills, and are currently making paper circuitry holiday cards. More projects from hydroponics to prosthetics are on the horizon.

Current research shows that the United States is behind other countries in the number of students graduating with STEM-related degrees. Further research shows that by the time these students graduate college, they could be working in jobs that don't even exist at this time.

The community has played a critical continued on page 10

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Island Beauty for the Holidays

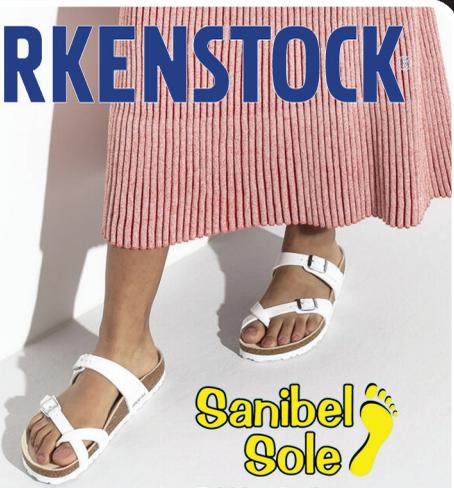


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The current Sanibel City Council, from left, Richard Johnson, Holly Smith, Jerry Muench, Mick Denham and Chauncey Goss photos by Wendy McMullen

Interim Sanibel City Councilman Appointed

by Wendy McMullen

Former Sanibel City Councilmember and Sanibel Fire and Rescue District Commissioner Jerry Muench was appointed as interim city councilmember at Tuesday's meeting.

Muench is a well known figure on Sanibel as a member of the prominent, longtime island family that owns Periwinkle Park and Campground. He has also been a coach, planning commissioner and is a 56-year Sanibel resident.

Another name suggested was John Henshaw. Councilman Richard Johnson suggested the environmental health specialist to fill one of the positions left vacant by councilmembers running for county and congressional positions, because of his experience with the coronavirus.

"We had many wonderful well qualified applicants," said Johnson. "One stuck out."

Henshaw, he said, had worked in government and with massive budgets, but it was his recent work with COVID-19 and the risks involved that Johnson said

would be invaluable to the city as they work through the vaccines and the challenges.

Henshaw, however, had stated his intention to run for council in the March election and newly elected Vice Mayor Holly Smith felt that choosing someone intending to run in the election for city council would give the incumbent an unfair advantage.

"We have 13 excellent candidates. Seven of the 13 do not seek a seat in the March election. John Henshaw does seek a seat," Smith said. "I'm staying with my position that this is an interim seat and that we should let the electorate decide."

Resident and former city councilman Peter Pappas pointed out that the city had been faced with this choice just weeks ago and chose wisely but that the situation where interim councilmembers have to be appointed may reoccur frequently.

"In the last year, you have seen two out of five with ambitions beyond Sanibel. I don't condemn that or praise it, because you all know what that means," Pappas said. "Take a look at who we are. We have wonderful people. I want to see these same wonderful people run for office."

Councilman Chauncey Goss, who was the councilmember appointed at the last council meeting,



Holly Smith being sworn in as vice mayor, accompanied by newly elected Mayor Mick Denham

suggested that the Sanibel City Charter might be amended so that the council is not required to fill any seat left vacant by anyone running for office.

"I think that charter could be amended to say 'may' instead of 'shall,'" Goss suggested.*

From page 1

New Mayor

I had hoped it would have been Richard or myself," she said. "But I see where you're going. I will work on this council at any time in any capacity."

Denham reminded Smith that her chance would come and she would have an opportunity in March. Councilman Richard Johnson, however, disagreed with Denham and proposed Smith as vice mayor immediately.

"I've given this a great deal of thought. I've worked closely with councilmember Smith. It is an interim position and we will have a brand new council but I wouldn't be me and I wouldn't be holding to my convictions if I didn't recommend her," Johnson said.

Given the division, Goss moved to make Smith vice mayor and Muench switched his vote to second the motion and support Smith.*

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Santa and his reindeer are taking a break before the Christmas rush file photo

Friends Who Care Needs Your Help

Locations participating in the Friends Who Care holiday gift collection program this year include the Sanibel Post Office, Sanibel Fire and Rescue District, Sanibel City Hall, Shell Islands Garden Club, ABWA, Bailey's General Store, Jerry's Foods, The Sanctuary Golf Club, Center 4 Life, Sanibel Captiva Community Bank, Bank of the Islands, Sanibel Congregational United Church of Christ and Zonta Club of Sanibel-Captiva. The local Kiwanis, Lions and Rotary clubs contribute funds in support of the

organization, while private individuals provide their time and efforts to sort and wrap gifts.

There have been changes made for the safety of all the helpers due to COVID-19. The schedule is as follows:

Sorting day is Wednesday, December 16 at 2 p.m. at The Community House and is limited to Friends Who Care staff.

Wrapping day is Thursday, December 17 at 9 a.m. at The Community House. Temperatures will be checked and masks are required. Helpers will be limited to two per table and should be adults only.

Santa will provide parents with pick up information for safe distribution of packages. All packages must be

picked up at The Community House on December 17.

The Sanibel-Captiva Kiwanis Club Santa Run has been eliminated this year. If you have any questions, call 472-5152.

Friends Who Care, Inc. has been

City Approves Limited Ban On Alcohol

by Wendy McMullen

City council members struggled Tuesday to reassure residents that they're not trying to stop people enjoying a sunset beer on the beach.

"We're not attempting to restrict people from walking out to the beach and having a glass of wine," Councilman Richard Johnson said. "It's not all over the island but only in certain areas."

The measures city council is taking are designed to prevent people from coming over to the island, setting up bars on the beach and encouraging large gatherings on Sanibel's public beaches.

Sanibel is the only area in Lee County which allows alcohol on the beach and the police have encountered large groups of people, sometimes disorderly and accompanied by loud music, partying on the gulf beaches near the paid public parking and on the bay beaches at the end of Dixie Beach Boulevard and Bailey Road.

The proposed legislation provides the police with authority to prevent these daylong parties by banning alcohol within

assisting island residents since 1983. The organization provides help for children and adults in crisis-related situations, and works on an anonymous basis through information from local churches, schools and individuals in the community.*

a certain distance of all the public beach accesses and the bay beach parks.

"Our goal is not to arrest people. It's to educate people who were turning our beach areas into temporary bars," said Sanibel Police Chief William Dalton. "We want to penalize people who set up bars with large groups and music, not to stop a couple who are enjoying a glass of wine."

The legislation, which was approved unanimously by council, prohibits alcohol between 7 a.m. and 5 p.m. on city-operated beaches and associated parking or picnic areas with paid public parking by groups of 10 or more individuals, without a special events permit issued by the city. It also includes the beach area at the northern terminus of Bailey Road and Dixie Beach Boulevard and the Sanibel Boat Ramp picnic areas.

Open containers of alcohol are also banned on public street or bike paths and any public right of way.

"It does not penalize residents who walk out on the beach with a glass of wine," reiterated Mayor Mick Denham.

"No one is going to call the police on someone who is having a glass of wine on the beach," said Planning Commissioner Karen Storjohann. "Our police are known for their discretion."

Police policy is to inform, warn and then, if necessary, cite the individuals, who can be fined up to \$500.*

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Community House Events

An arts and crafts show is scheduled for Sunday, December 6 from 9 a.m. to 2 p.m. Local artists and craftspeople will be on site selling their original works, just in time for the holidays. Admission is a \$5 suggested donation.

Suzette Heeres will teach a jewelry making class on Monday, December 7 at 9:30 a.m. Each participant will come away with four necklaces perfect for holiday gift giving. Cost is \$60 for members and \$65 for guests.

Kids Cooking with Chef Jarred returns on Monday, December 7 from 2:30 to 4:30 p.m. The Vegan Holiday Desserts menu includes gingerbread ornaments and cashew brittle. Cost is \$30 per student. Scholarships are available.

On Tuesday, December 8 at 9:30 a.m., Anita Force Marshall will teach Letting Loose with Watercolors. Participants will paint a water lily. Cost is \$30 for members, \$35 for guests. Beachcomber paint kits can be rented for \$10.

There will be a culinary demonstration with Chef Jarred Harris on Tuesday, December 15 from 10 to 11 a.m. The Heart Healthy Holiday menu includes Balsamic and Herb Roasted Leg of Lamb, Citrus and Chicory Salad, Pickled Purple Cabbage, and Roasted Squash with Poached



The Community House photo by Logan Hart
Cranberries and Toasted Pumpkin Seeds. Cost is \$30 for members and \$35 for guests.

Lee Health will be on site for blood donations on Friday, December 18 from 10 a.m. to 3 p.m. Reservations are suggested but not required.

The Holiday Favorites community social is scheduled for Friday, December 18 from at 6 p.m. Specialties by Chef Jarred Harris include French onion soup, salad, carved prime rib, turkey Wellington, gratin sweet potatoes, and chocolate and orange tart. Indoor and outdoor seating available. Seating is done by social group. Curbside delivery is available from 5 to 6 p.m. Cost is \$25 for members and \$30 for guests. Dessert is an additional \$5. Reservations are required.

Shell Crafters are open for shopping and looking every Monday from 10 a.m. to noon. No classes are being offered at this time.

Every Tuesday from 9 a.m. to noon, the Sanibel Bridge Club plays cards.

Bringing a partner is suggested, but not required. This is not sanctioned or duplicate. All are welcome, \$5 suggested donation.

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

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring your own supplies to paint with fellow artists; no instruction. Cost is \$10 per session.

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

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

Play the card game Hearts on Fridays at 1 p.m. Open to all levels, \$5 suggested donation.

Gourmet soups, stews and meals to go are now available to order. Pick up dates are December 14 to 23 from 9 a.m. to 3 p.m. Soups and stews include Kale and White Bean Soup, Manhattan Clam Chowder, Beer Cheese Soup, Beef Bourguignon, and Crustless Chicken Pot Pie. Meals to go include Coq Au Vin and Scalloped Potatoes, Chicken Marsala and Polenta Cake, Beef Short Ribs and Scalloped Potatoes; all include vegetables. This

is a fundraiser to benefit Sanibel Community Association (SCA) operations. Order online at www.sanibelcommunityhouse.net or call 472-2155. Curbside delivery is available.

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

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.*

From page 6

STEM Program

role in advancing this education on the island. Johnson's STEM program is supported entirely by community funds donated to the Sanibel School Fund.

"It is a unique public K-8 school, and as such, it warrants unique programs like STEM, and that's why we continue to seek the support and advocacy of all Sanibel and Captiva residents and businesses," said Jeff Muddell, president of the Sanibel School Fund.

To learn more about the STEM program or how to make a gift to The Sanibel School, contact TheSanibelSchoolFund@gmail.com.*

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Gardening Gifts Provide Years Of Enjoyment



Hanging birdcage planters photo courtesy
Gardeners Supply Company

by Melinda Myers

The popularity of gardening is at an all-time high and people are discovering its many benefits. Some want to grow safe and nutritious food, others are boosting the beauty of their landscape, and many are turning to gardening to relieve stress. With the holidays right around the corner, it's the perfect opportunity to support new and experienced gardeners with a thoughtful garden-related gift.

Help small space gardeners expand their growing space and reduce maintenance with self-watering elevated cedar planters. Elevated gardens add garden space to a balcony, deck or patio while raising the garden bed to a comfortable and easily accessible height. The self-watering system makes gardening easy with proper, less frequent watering to ensure success.

Do the same for indoor plant enthusiasts with stylish terrariums, plant stands and lighting features. Terrariums are still popular, creating a decorative means for providing the moisture and humidity tropical plants need. Copper and rot resistant mango wood terrariums add a new and decorative twist to this traditional growing system.

Plant stands allow your favorite indoor gardener to maximize any available space. Shelves filled with greenery help improve indoor air quality, reduce stress and can elevate one's mood. New modern metal plant stand designs add a nice vibe to the indoor garden display.

When space is at a premium, give the gift of vertical gardening accessories. Birdcage planters provide a unique way to display tropical or seasonal flowers. Lower them to tabletop level to use as a centerpiece or decorative element in seasonal indoor displays.

Don't overlook the cooks in

your life that may be intrigued by moving their garden indoors. Keep them stocked with fresh herbs and vegetables. Increase their growing space and needed light with a gift of energy efficient LED grow lights in an attractive stand. For those with limited space, consider an organic kitchen caddy planter kit. A windowsill or countertop herb garden is a great way for anyone to add garden-fresh flavor to everyday meals.

And don't forget the stocking stuffers. Who doesn't need extra plant tags, ties and gloves?

The gift of gardening provides lifelong benefits. Supporting family and friends with useful tools and equipment

can increase their gardening enjoyment and success. And don't forget to add a few of your favorite garden related items to your gift list. You'll eliminate the stress and guesswork for the giver and you both will appreciate a gift that provides years of function, beauty and memories.

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

Top 10 Books

1. *A Promised Land* by Barack Obama
2. *Once and Future Witches* by Alix Harrow
3. *Anxious People* by Fredrick Backman
4. *Sweet Sorrow* by David Nicholls
5. *The Guest Book* by Sarah Blake
6. *One by One* by Ruth Ware
7. *Tinder Fella* by Jennifer Schiff
8. *The Guest List* by Lisa Foley
9. *How I Built This* by Guy Roz
10. *A Time for Mercy* by John Grisham

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IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit fishofsancap.org.



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FISH FACTS

Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.

FOOD PANTRY

January - October

2020

196,007 lbs
equating to
163,339 meals

BACKPACKS DISTRIBUTED

January - October

2019

2020

916

1512

MEALS-BY-FISH DELIVERY

January - October

2019

2020

2624

5453

EMERGENCY FINANCIAL ASSISTANCE

January - October

406 Instances

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This "island" broke away or gathered after heavy rains and headed down Billy's Creek for the Caloosahatchee. The travelers include invasive water-lettuce (upper left) and dollar weed (upper center).
photos by Gerri Reaves

Plants On The Move

by Gerri Reaves

Heavy rainfall can send plant debris, soil, pollutants, trash and even viable "plant islands" down the waterways.

Ditches, canals and other conduits fill up, weirs overflow, and plants break loose to inevitably head for the rivers and ultimately the sea.

These photos show a few examples of water-borne items that drift by, in this case, at the mouth of Billy's Creek,

where they entered the Caloosahatchee.

The moving island is a mass of tangled stems, plant debris and even a pink blossom of the invasive mahoe (*Talipariti tiliaceum* var. *tiliaceum*) along for the ride (right side of photo above).

Among the island travelers are water-lettuce (*Pistia stratiotes*) (upper left) and dollar weed (*Hydrocotyle umbellata*) (center).

Red mangrove propagules (*Rhizophora mangle*) are always nearby.

These moving islands can be a mixed blessing for the environment.

For native red mangrove, journeying far from the parent tree is business as usual.



Even a fragment of water lettuce can spread the invasive plant

Those torpedo-shaped propagules drop off the tree, float vertically for up to a year while sprouting roots, and eventually anchor and develop prop roots that protect shorelines.

The shallow brackish water amidst their roots is the basis of the food chain for South Florida's commercial and game fishing industries. No wonder this species is protected by law.

Dollar weed, however, is a different story. Although it is native, many homeowners have an adversarial relationship with it.



Red mangrove's torpedo-shaped propagule drops from the tree and floats for as long as a year before establishing itself

When those umbrella-shaped scalloped leaves sprout in a lawn, a sign of over-watering, it can quickly take over.

In a water body, the leaves can grow to large lily-pad size and develop substantial stems like the ones pictured here.

The sight of water-lettuce on the move is nothing to celebrate. It is aptly named, for it resembles a floating open head of lettuce.

Its native status in Florida is in
continued on page 13

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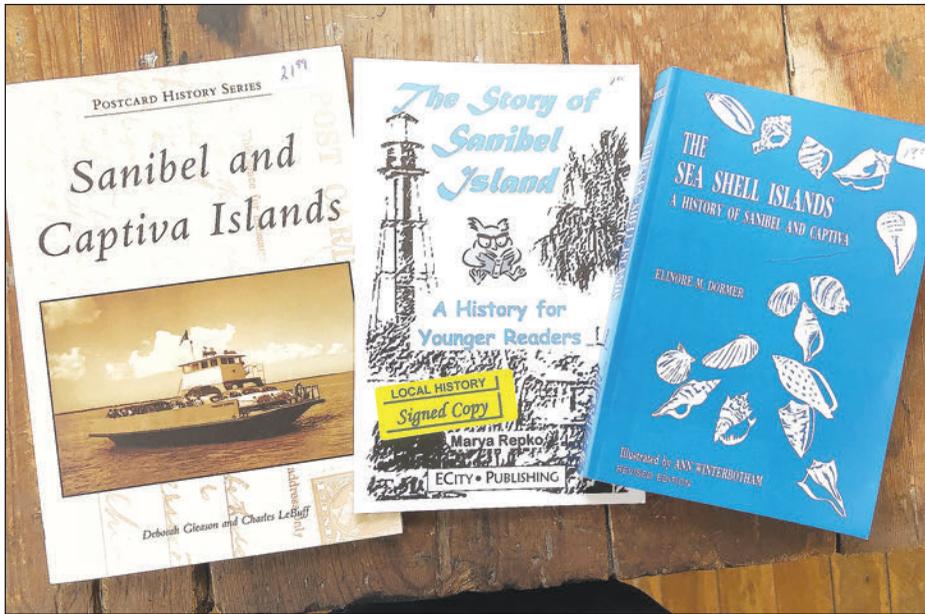


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Discount On Historical Books During Luminary

The Sanibel Historical Village will be taking part in the reimagined Luminary Week December 4 through 11. The village will be decorated for the holidays, and the museum store will be offering a 10 percent discount on its wide variety of books.

"We're so happy that Luminary will still take place during this difficult year," said Emilie Alfino, executive director. "Our village is especially charming this time of year decked out in its holiday finest. We hope people will come and feel the excitement of the season and have the added bonus of 10 percent off our books."

The village carries a wide variety of books, most featuring the history of Sanibel. Some of the titles include *Sanibel's Story*, *Art Calusa*, *My 92 Years on Sanibel* (Francis Bailey), *Postcard History Series: Sanibel and Captiva Islands*, *The Story of Sanibel Island*, *The Sea Shell Islands*, and many from the *Images of America* series including: *JN "Ding" Darling*, *Pine Island*, *Naples* and *Florida Lighthouses*.

The historical village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. The village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older;



The historical village has a wide variety of historical books

no charge those under 18 and members. Due to the COVID-19 pandemic, docent-guided tours are available by reservation only for groups of no less than six and no more than 10 and are based upon docent availability. At this time, the gift shop is open from 11 a.m. to 3 p.m. due to staffing difficulties brought on by the pandemic. There is no admission charge for entrance to the gift shop only. There is handicap access at the village. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org.✪

From page 12

Plant Smart

dispute, but there's no doubt that's it is invasive and harms the environment.

It is on the Florida Prohibited Aquatic Plants List and the word "infestation" is commonly used to describe it.

Blankets of water-lettuce reduce oxygen levels in the water, generally degrade water quality and reduce biodiversity.

Not only does it clog and blanket

water bodies, but it prevents people from having fun!

So thick and pervasive are its floating mats that fishing and boating become impossible.

Furthermore, controlling it costs the state hundreds of thousands of dollars annually.

Just one small floating island is a lesson in the importance of controlling what ends up in our waterways. Rain and water currents don't discriminate which plants hitch a ride.

Plant Smart explores the diverse flora of South Florida.✪



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What A Week



by Capt. Matt Mitchell

All I can say is what an amazing week of fishing I was lucky enough to enjoy with my clients. The trips not only produced great numbers of snook, redfish and

trout but also a few memorable fish per trip. Favorable weather conditions for the holiday week along with great tides made catching fish relatively easy. In my now more than 20 years of guiding, this had to be one of the most consistent weeks of fishing I can ever remember.

One of the most outstanding trips of the week came while fishing with long-time Sanibel client Jim along with his visiting son and grandson. What started as a very foggy wet morning turned into one of the most action-packed trips ever. We started out on a favorite oyster bar and put a total beat down on the fish.

By 8:30 a.m. that morning, all three anglers had a Pine Island Slam. By 10:30 a.m., we had moved only 100 yards down this same oyster bar and had lost count of not only the amount of fish we had caught but also the amount of double hook-ups we had. Though most of the redfish and snook were average size, the action was crazy. After we moved into the pass for the last hour of fishing, the bite did not let up with hungry snook chasing our baits on the surface and then finishing out the trip with two much larger redfish.

Trout fishing was also as good as it gets out in the middle sound around one of the many shallow shoals. On days we did not catch trout while fishing the oyster bars for snook and redfish, I headed up towards the many bars west of Demere Key. The water in this end of the sound is much cleaner and is full of trout from 16 to 24 inches. We quickly completed slams for many of my clients while pitching our live shiners into three to four foot sand holes.

As I'm writing this, everything is



While fishing with Capt. Matt Mitchell, Randy from Orlando caught this 30-inch-plus snook over the holiday week photo provided

going to quickly change by the beginning of this week as the strongest early season cold front we have seen in years is approaching. Sadly, all of the patterns I caught fish on this last week will be finished. Quickly falling water temperatures will give us a big push of sheephead into the sound and shut the snook bite down for at least a few days. This week of cold temperatures will call for switching gears and slowing it down. A live shrimp or even a chunk of shrimp fished on a jig head close to the bottom

will be the method of choice. Although I will enjoy this change of pace for a few days, I am hoping for a temperature rebound so that we can get back to the amazing fall fishing for our big three species.

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.✪

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CROW Case Of The Week:

American Bald Eagle



by Bob Petcher

Despite its name, the American bald eagle (*Haliaeetus leucocephalus*) has a snowy-feathered head instead of a barren scalp. Its name actually comes from an old

English word, "balde," which translates to "white."

The large bird of prey is majestic in appearance and one bird you wouldn't want to pick a fight with due to its size and powerful talons. The adult male has an average wingspan of 6.6 feet.

Oddly, the national bird emblem of the United States is most prevalent in Alaska and Canada.

At CROW, an adult bald eagle was admitted from Cape Coral with a reported right wing injury. Upon examination, radiographs revealed that there were no fractures in the wing, but it was suspected that soft tissue trauma was the reason the eagle was not able to fly. The eagle was treated with anti-inflammatory medication to reduce the swelling in the wing.

"Soft tissue trauma/injury can be anything from a bruise to muscle, ligament or tendon ruptures," said Dr.



Patient #20-5191 is still holding its right wing away from its body, which is a good indication that the injury is bothersome

photo by Melanie Peel

Melanie Peel, CROW veterinary intern. "Soft tissue injuries can be very minor to severe, and healing times will correlate to the degree of injury.

"At this time, we know that there was significant swelling over the right elbow, but cause is unknown. The bruise may be

related to vascular injury – ruptured blood vessel – or a torn muscle."

The patient was flight tested a day after intake, and was noted to be unable to get any lift. It was seen holding the right wing extended from its body.

CROW medical staff have eliminated

any other physical ailments with the patient, and the use of a body wrap was short-lived.

"We do not suspect any other injuries besides the wing," said Dr. Peel. "This patient was wing-wrapped for a couple days, but did not tolerate the wrap well. Given that the patient is holding the wing out but not drooping it much, we deemed that continuing with the body wrap was unnecessary.

"The same way humans need physical therapy, birds do too. We want this bird to be able to flex and extend the wing to help 'work out' the swelling."

The patient is continually being treated with supportive care and is being monitored for any improvements.

"Time and pain medications are all this patient is requiring at this time," said Dr. Peel. "We will continue to monitor the swelling and use of the wing. Prognosis is very guarded."

The bald eagle has been in care since November 21. As of December 1, the patient's care diagnosis was still on a wait-and-see basis.

"There are no real improvements in function, but swelling has diminished," said Dr. Peel on Tuesday. "(There is) no release information at this time."

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.✪

SOCIAL DISTANCING at Gramma Dot's



Out of respect for all those within my employ and for our loyal patrons who dine with us year after year. Gramma Dots shall practice "social distancing" in the air-conditioned inside (at 50% occupancy) and outside - all servers and employees shall wear masks at all times.

-Myton Ireland

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Luminary Week Fun With Sanibel Sea School

Sanibel Sea School will participate in Luminary Week – Coastal Distance Edition from December 4 to 11. This year’s Luminary event will be spread out over the course of a week in an effort to be able to celebrate the island community safely.

Sanibel Sea School will be joining in on the festivities all week long with a few different ways for people to participate.

Ocean Tribe Outfitters, Sanibel Sea School’s retail store, will be offering a sale of 15 percent off any merchandise in the store. This is a great time to stock up on Sanibel Sea School hoodies, Hydroflask insulated water bottles, hats, and any ocean-related gifts for friends, family or a Sanibel Sea School camper you may know. All proceeds at Ocean Tribe Outfitters go directly back to the organization’s mission and help support outreach efforts.

Sanibel Sea School educators are also doing a call for ocean-themed ornaments. This year, they are asking people to get creative at home and craft their own ocean-inspired ornament to be hung on the Sanibel Sea School holiday tree during Luminary Week. It is encouraged that all ornaments be created using mostly natural materials, such as shells, leaves, sticks, coconuts and wooden/glass beads, for example.

The holiday tree will be located outside



Sanibel Sea School is having an ocean-themed ornament contest throughout Luminary Week photo provided

the porch of 455 Periwinkle Way, so participants can safely deliver their ornaments.

There will be a contest for Best Overall Ornament, Best Use of Natural Materials, and Funniest Ornament. Winners will be announced through Sanibel Sea School’s Facebook and Instagram pages.

Finally, Coastal Watch will be passing out reusable canvas bags throughout the week. Coastal Watch’s Bring Your Own Bag (BYOB) initiative is designed to reduce the use of disposable bags on the islands and educate locals and visitors about the harm plastic bags cause to

the environment. Free reusable canvas bags are distributed at events and stores throughout the island. To date, over 20,000 bags have been distributed. Bags will be available at Sanibel Sea School all week and are also available at Bailey’s General Store.

Sanibel Sea School will be open from 9 a.m. to 4 p.m. Monday through

Friday during Luminary Week. Any questions related to Luminary events can be directed to info@sanibelseaschool.org or you can call 472-8585 for more information.

Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School’s mission is to improve the ocean’s future, one person at a time.✧

Comedian-Signed Banjo Going Up For Auction

Beloved comedian and *Saturday Night Live* alumni Kevin Nealon has named Hope Hospice as his charity of choice for the banjo he designed and signed for the Giving Tuesday Charity Banjos auction open through Thursday, December 10. To bid on the banjo, see Nealon express his appreciation for how Hope Hospice has helped his family, and hear him play, visit www.deeringbanjos.com/collections/giving-tuesday-charity-banjos.

Nealon, who started playing banjo at age 18, is among celebrities – including Steve Martin, Scott Avett and Mumford & Sons – who designed instruments for the Giving Tuesday fundraiser sponsored by Deering, The Great American Banjo Company. The one-of-a-kind maple wood stained Artisan Goodtime banjo has been personally signed by Nealon, with a hand-drawn heart and the quote, “Harness the good, block the bad,” from his *Happy Gilmore* character Gary “Psycho” Potter. “Hope Hospice is a wonderful charity.



Kevin Nealon with autographed banjo to benefit Hope Hospice photo provided

They took care of both my parents in their final years, and also my grandmother,” said Nealon. “I don’t know what we would have done without them. They are absolutely angels.”

Nealon starred in CBS’s *Man with a* continued on page 18

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Indigo bunting

photos by Rick Bunting

Audubon Needs Christmas Bird Count Volunteers

submitted by Bill Jacobson

Sanibel-Captiva Audubon will conduct its annual Christmas Bird Count (CBC) on Saturday, December 19. The results of the local count will be forwarded to the National

Audubon Society for inclusion in the 121st National Christmas Bird Count. Due to the COVID-19 outbreak, social distancing and mask wearing will be required for all participants in the field.

More than 50,000 observers participate each year in this census of early winter bird populations. The results of their efforts are compiled into the longest running database in ornithology, representing over a century of unbroken data on trends of early winter bird populations across the



Pileated woodpecker

Americas. Simply put, the Christmas Bird Count, or CBC, is citizen science in action.

Prior to the turn of the 20th century, people engaged in a holiday tradition known as the Christmas "Side Hunt." They would choose sides and go into the field with their guns; whoever brought in the biggest pile of feathered (and furred) quarry won. Conservation was in its infancy around the turn of the century, and many observers and scientist were becoming concerned

about declining bird populations. Beginning on Christmas Day 1900, ornithologist Frank Chapman, an early officer in the then budding Audubon Society, proposed a new holiday tradition, a "Christmas Bird census" that would count birds in the holidays rather than hunt them. So began the Christmas Bird Count (CBC). Thanks to the inspiration of Chapman and the enthusiasm of 27 dedicated birders, 25 Christmas Bird Counts were held

continued on page 20



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Shell Of The Week

Calico Clam



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

M*egapitaria maculata* (Linnaeus, 1758) is one of the most attractive local bivalves. Its

shell may grow to almost 70 mm (about 2.8 inches). The glossy, translucent periostracum (outer shell layer) is superimposed on a pattern of very fine growth lines. The shells bear variations on a pattern of brown-and-tan checkerboard-like markings. The Calico Clam is a member of the super-speciose (with many species) family of Venus clams, the Veneridae, which includes at least 20 species in the area of Sanibel and Captiva. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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



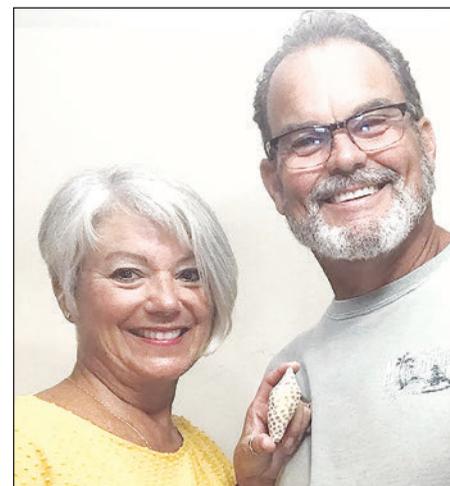
The Calico Clam, *Megapitaria maculata*, from Sanibel

photo by José H. Leal

shellmuseum.org.
The Bailey-Matthews National Shell Museum is located at 3075

Sanibel-Captiva Road. For more information, call 395-2233.✪

Shell Found



Kay and David Egert photo provided

After seven years of coming to Sanibel multiple times per year to vacation and shell from Northern Michigan, Kay and David Egert finally found the infamous junonia shell.

The Egerts were shelling at Cayo Costa State Park on November 18 and came across the shell just rolling in the shallow surf, waiting to be found. They said, "We have logged many miles walking the shores of Sanibel, Captiva and Cayo Costa, and will continue to search for more treasures the area has to offer. Shelling is so relaxing for us."✪

From page 16

Comedian

Plan and Weeds on Showtime. He has appeared in several movies, including *Happy Gilmore* and *The Wedding Singer*. He also hosts the popular YouTube series *Hiking with Kevin*.

"Many are surprised to learn that Hope relies on support from our community to provide all the compassionate comfort that people in our care deserve," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Fulfilling our mission is possible thanks to amazing donors, like Kevin Nealon, who give so generously and share the importance of hospice care."

Created in 2012, Giving Tuesday encourages people to give their voice, time, money, goods and advocacy to support communities and causes.

For more information, call 482-4673 or visit www.hopehcs.org.✪



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Skyblue clustervine photos courtesy SCCF

Skyblue Clustervine In Winter Glory

Skyblue clustervine (*Jacquemontia pentanthes*) is native to south Florida. This vine likes to grow in full sun or light shade and is part of the morning glory Convolvulaceae family. The beautiful blooms open in the morning and die by evening.

The flowers are full of nectar and attract many pollinators. You can tell which bees have visited the skyblue clustervine because

Skyblue clustervine is beautiful as a ground cover or on a trellis

they will be covered in white pollen.

This vine blooms year-round but more profusely in the winter months, making it perfect for seasonal visitors.

At the Sanibel-Captiva Conservation Foundation (SCCF) Bailey Homestead gardens, it is growing as a ground cover and up a trellis. The many bright blue flowers and ease of growing make this vine a show stopper.

The SCCF Native Landscapes & Garden Center at the Bailey Homestead Preserve is open Tuesday, Wednesday and Thursday from 10 a.m. to 3 p.m. Contactless deliveries and curbside pickup are available. On-island deliveries are made on Wednesdays and curbside pickup is also on Wednesdays, from 2 to 3 p.m. Place your order online by midnight on Tuesday for pickup or delivery that Wednesday.

Email Sue Ramos, garden center assistant, at sramos@sccf.org with any questions or requests.

SCCF members get their discount by entering this promo code: SCCFMBR10.

Visit <https://sccf-native-landscapes-garden-center.square.site/> to shop for native plants.

The Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel. ✨

Vegetation Trimming Project Under Way

In a continued effort to focus on the reliability of the electric system, on November 30, Lee County Electric Cooperative (LCEC) mobilized contractors to begin vegetation and maintenance trimming on Sanibel. Working hours are Monday through Thursday from 7 a.m. to 5:30 p.m. and the project is expected to be completed by March 31. No trimming will be conducted on Thursday and Friday, December 24 and 25 or Thursday and Friday, December 31 and January 1.

Visit <https://files.constantcontact.com/97af97e6001/068af042-2521-41e1-926f-4ee2862e57a3.pdf> to view the map of the areas to be trimmed. The crews started on Periwinkle Way. Motorists are advised to be aware of all signs and traffic control on the scene.

For more information regarding LCEC's annual circuit trimming maintenance project, call 656-2300. ✨

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Give a gift that makes a difference for the imperiled manatee

Bring A Manatee Home For The Holidays

This year, bring a manatee home for the holidays when you Adopt-A-Manatee from Save the Manatee Club. Of course, you can't actually bring a manatee home, but these symbolic adoptions of real Florida manatees support manatee conservation efforts and make a caring holiday gift for family and friends.

Manatee adoption packages can be shipped directly to your gift recipient

and include an adoption certificate, a photo and biography of an individual manatee, a Save the Manatee Club membership handbook, and newsletters sent throughout the year with updates on adoptees and manatee conservation news. These certificates can brighten a home office or classroom and make for a clutter-free Christmas, Hanukkah or New Year's present. Tax-deductible adoptions start at \$25 and, for a limited time, also include Save the Manatee Club's 2021 wall calendar with each order. Order by Thursday, December 10 for holiday delivery.

Unlike other wildlife adoption

programs, the Adopt-A-Manatee choices are real, living manatees with unique histories. Some manatees have been recorded in their natural habitat by researchers for years, like Floyd, who is easily identifiable by his scars caused by boat strikes. Others are viewable at Ellie Schiller Homosassa Springs Wildlife State Park in Florida year-round, like Ariel, who stars in the park's manatee education programs. Select from over 30 adoptable manatees or send a gift certificate so your loved one can choose their favorite.

For decades, the Adopt-A-Manatee membership program has sponsored essential manatee conservation work by

photo by David Schrichte

Save the Manatee Club. From collecting original research, distributing free public awareness and education materials, helping with rescue and rehabilitation efforts, or taking legal action, funds from manatee adoptions help protect this imperiled species.

"In 2020, wildlife rescue teams had their hands full rescuing plenty of manatees injured from watercraft collisions," said Patrick Rose, Save the Manatee Club executive director and aquatic biologist. "We are dedicated to supporting our manatee rescue partners and advocating for education and protection measures that can prevent these injuries and deaths in the first place."

Send your loved ones a gift that makes a difference with an Adopt-A-Manatee packet from Save the Manatee Club. Visit www.savethemanatee.org or call 1-800-432-5646 to get started.*

From page 17

Bird Count

that day. The locations ranged from Toronto, Ontario, to Pacific Grove, California with most counts in or near the populations centers in northeastern North America. Those original 27 Christmas Bird Counters tallied a total of 90 species on all the counts combined. Putting this in perspective, the Sanibel-Captiva CBC has averaged over 100 species for the last 30 years.

If you would like to be part of this year's Sanibel-Captiva Christmas Bird Count, call 395-1878. Birding skills are desirable but not necessary.*

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Memorabilia from the "Ding" Darling exhibit

photos provided

'Ding' Darling Exhibit On View At Sanibel Library

Sanibel Public Library is open for normal hours, and continues to offer its popular contactless curbside service. To use the service, place items on hold online, or make requests by calling the library at 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday

and Sunday) to pick up items. Hours for curbside pickup are Monday through Friday from noon to 3 p.m.

Sanibel Public Library's digital archives are now online. Featuring more than 600 items, the collection is a dynamic view of Sanibel's past. From the first homesteaders to important events in the island's recent history, the digital archive collects, preserves and provides access to all items that are valuable to island history. To see the images, newspapers and oral histories, go to the homepage at www.sanlib.org. Seed development for this project is supported in part by the Roni Jo Freer Fund of the



Archives photo, from left, Mr. and Mrs. Orestes AB and Herbert Senter at Casa Ybel Resort in 1912

Sanibel Public Library Foundation.

An exhibition featuring memorabilia from Jay Norwood "Ding" Darling is on display. The exhibit includes never-before-seen artifacts, historical documents and artwork, commemorating the 75th anniversary of the refuge. While you're inside the library to see the exhibit, stop by the main entry lobby's selfie screen for a photo. To celebrate the 75th anniversary, you can email a photo of yourself with "Ding," including his signature, and various birds of Sanibel overlaid on your selfie.

The library's public access computers,

copiers, scanners and printers are available for use. Precautions are in place to help protect staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

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

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The Community House

Ginger



by Resident Chef Jarred Harris

Is ginger an herb or a spice? The answer is both. The ginger plant and its root are actually an herb. The dried root is a spice. Ginger root is not really a root and in the botanical world, it is classified as a rhizome, which is an underground stem. It is related to turmeric and cardamom.

Ginger is native to Southeast Asia and the plant has been around for at least 5,000 years. Since then, it's been widely used in Chinese medicine and for culinary applications. The Chinese philosopher Confucius wrote about having ginger with his meals in 500 BC.

Ginger reached Europe and the Mediterranean around the first century and quickly became very popular and very expensive. Its been said that Queen Elizabeth I was the first person to have ginger shaped figures formed to resemble her important guest.

Ginger became popular in the West about 500 years ago. With the creation

of ginger beer and then ginger ale, the fragrant root gained popularity for its culinary uses. Ginger is used in the culinary world many different ways. It's pickled, candied, dried, crystalized, ground and infused into oils.

The health benefits of ginger include anti-inflammatory properties, gastrointestinal aid, blood sugar regulator, and it contains antifungal and antimicrobial properties. It also is anti-bacterial and has antiviral properties.

Ginger is a wonderful ingredient everyone should have in their refrigerator. Here is an interesting recipe to try. It's not only delicious, but it's gluten free as well.

Ginger Coconut and Lime Tart

Ingredients

For the crust:

2 cups almond flour

¼ cup sugar

3 ozs. butter (melted)

For the filling:

1 - 13.5 oz. can coconut milk

1 - 14 oz. can sweetened condensed milk

Juice and zest of 2 limes

½ inch piece of ginger (minced)

½ cup rice flour

¾ cup cold water

Method

Preheat the oven to 400 degrees F.

In a medium bowl, combine the almond flour and sugar. Mix well. Stir in the warm melted butter until crumbly. Place into a 9-inch fluted tart pan. Bake until golden brown (about 20 minutes). Remove from the oven and cool completely.

Combine the coconut milk, sweetened condensed milk, lime juice, lime zest and ginger in a small pot.

Place the rice flour in a small bowl and slowly add ¾ cup cold water, whisking all the while until smooth. Add to the pot of coconut milk, slowly whisking it in.

Turn the heat to medium high and whisk until little bubbles start to form and the mixture has thickened to a pudding like consistency, about 2-3 minutes. Quickly pour into the tart shell. The mixture will

begin to set immediately.

Refrigerate for 2 hours before cutting.

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

Shell Found



David Hill

photo provided

David Hill, 15, visiting from the Chicago area, was walking along Bowman's Beach when a shell hit his foot. He looked down, and it was an alphabet cone.*

Shell Found



Maria DeLellis

photo provided

Maria and Michael DeLellis found their first junonia on the morning of November 21. Needless to say, they were very excited.*

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Treasure Hunt For Children At Historical Village

There's fun to be had for children at the Sanibel Historical Village as they go on a treasure hunt throughout the village's buildings and then choose a prize from the treasure chest at the Rutland House.

Children are given a sheet of instructions outlining where they can find the treasures in each building. They get a clue and then must find, for example, the sundial in the garden. There is something to find in each of the village's nine historical buildings. Prizes are located in the Village Gift Shop in the Rutland House and include little toys, tattoos and other goodies. This time of year, many of the prizes are holiday-themed.

Last week, Elyse and Aubrey Anderson and Zara and Iris Luna-Bord were among the children playing the treasure hunt. Elyse said, "This is my favorite museum I've ever been to!"

"That's what we like to hear," said Emilie Alfino, executive director. "It's exciting to get children interested in history, and the treasure hunt does just that. Children ask all kinds of questions as they make their way through the buildings looking for treasures and anticipating the prize at the end of their quest. Of course, the treasure hunt interests the parents too, which is a wonderful bonus."

The treasure hunt goes on all year. The historical village welcomes approximately 1,000 children each



Elyse and Aubrey Anderson took part in the treasure hunt last week photos provided



Zara and Iris Luna-Bord of Fort Myers did some treasure hunting

year, so the educational opportunities are substantial, Alfino said.

The historical village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. The village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older; no charge for members and those under 18. Due to the COVID-19 pandemic, docent-guided tours are available by reservation only

for groups of no less than six and no more than 10 and are based upon docent availability. At this time, the gift shop is open from 11 a.m. to 3 p.m. due to staffing difficulties brought on by the pandemic. There is no admission charge for entrance to the gift shop only. There is handicap access at the village. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org.*

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Vegetable Drop Biscuits

- ¼ cup zucchini, shredded fine
- ¼ cup yellow squash, shredded fine
- ¼ cup sweet peppers, finely diced
- ¼ cup green onions or scallions, chopped fine
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 1 stick butter, cold and cut into small pieces
- 1 cup buttermilk
- 1 teaspoon seasoning blend, your favorite
- 1 cup sharp cheddar cheese, shredded fine

Preheat oven to 400 degrees. In a large mixing bowl, add flour, baking powder, salt and seasoning blend. Whisk dry ingredients until combined. Add the cold butter to the flour mixture. Use a large fork to smash or cut the cold butter into the flour mixture. Continue this process until the mixture becomes course. Add the cheese, all the cut vegetables and most of the buttermilk to the flour mixture. Stir the mixture until a it becomes thick and a bit lumpy. Do not overmix. Drop the biscuit mix onto a



Vegetable Drop Biscuits with Honey Butter

cookie sheet in two-ounce mounds giving space to cook. Place filled cookie sheet in preheated oven. Cook the vegetable drop biscuit for 15 to 20 minutes until cooked throughout and golden brown. Remove from oven and serve warm with Florida Honey Butter.

Honey Butter

1 heaping tablespoon honey, plus more to taste

2 sticks butter, softened to room temperature
 1 tablespoon fresh thyme, removed from stems and chopped fine
 1 teaspoon seasoning blend (your favorite)
 Sea salt and fresh ground pepper to taste
 1 lemon, zested
 In a small bowl, combine all

photo courtesy Fresh From Florida ingredients. Use a fork to fold and then whip all the ingredients together. Taste honey butter and adjust seasoning to preference with salt, pepper and extra honey if desired. Spoon the honey butter into a small glass jar with a tight-fitting lid for storage. To serve, remove the honey butter from the refrigerator at least 30 minutes before you plan to use it. ✨

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Call To Artists For Nature-Inspired Outdoor Exhibit

Sanibel-Captiva Conservation Foundation (SCCF) and the Sanibel Captiva Art League are once again partnering on an exhibit featuring nature-inspired art by local artists.

The Natives in the Garden exhibit will feature original, weather-resistant works of art and is open to all members of the Sanibel Captiva Art League and SCCF.

Artwork should be representative of SCCF's mission and express the theme of Natives in the Garden. Artwork will be displayed outside in the Bailey Homestead Preserve from January 18 to March 12. Viewing hours will be 9 a.m. to noon.

Artists may hand deliver entries to the preserve, 1300 Periwinkle Way, on Tuesday, January 12 from 9 to 11 a.m. There is no fee to enter with proof of current membership to the Sanibel Captiva Art League or SCCF. If not a member, you may join SCCF by accessing the membership form at www.sccf.org (see the "Support Us" button at the top right of the home page) or join the art league at www.sancapart.org. All work must be for sale and a 20 percent donation to SCCF will be applicable if sold.

Artwork entered must not have been executed by mechanical or digital



Vegetable harvest in stone

photo provided

means, under the instruction of another, copied from photos, publications or the work of another artist. Artists are limited to one submission, space dependent.

Pieces submitted must be 3D art that can stand on its own, is weatherproof and suitable for garden decor. Creativity, recycled materials and originality are encouraged for artwork that represents native species, plants, etc.

Artwork must not exceed 60 inches in height including pedestal, nor exceed 48 inches in width including pedestal,

nor weigh over 30 pounds. It must be able to withstand all weather elements (wind, rain, etc.) that may occur on the island.

Artists should also submit a one-page biography for inclusion in a gallery binder that includes materials used in their artwork. No work shall be removed until close of show, unless approved by the exhibit chairs, Jenny Evans or Anita Force Marshall.

Visit www.sccf.org/downloadable-files/5fb432c08bd24ec87a20f3c1.pdf to download a prospectus.*

American Legion Post 123

American Legion Post 123 is having a fish and shrimp fry this Sunday, December 6 from noon to 8 p.m. Barbecued ribs and chicken are on the menu for Sunday, December 13.



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

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

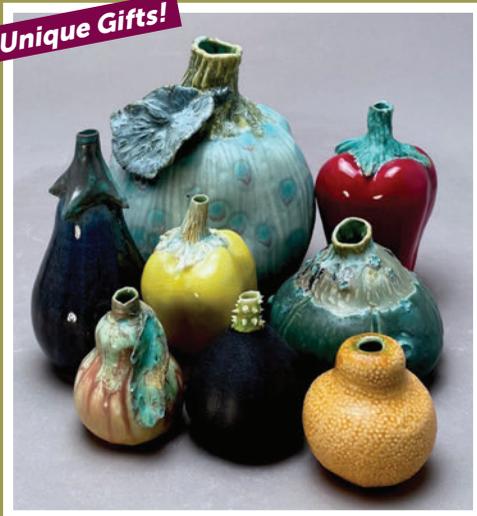
The 8-Ball Pool League plays at 5 p.m. on Monday nights. All are welcome to come out and watch the action.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979.

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

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New Exhibit



SHERYL ZACHARIA – Two sided narrative and abstract ceramic sculptures are signature works for the modern home.



BIG ARTS Monday Night Film Series

Song Of Names

by Di Saggau



The BIG ARTS Monday Night Movie for December 7 is *Song of Names*, a drama film directed by François Girard. An adaptation of the novel of the same name by Norman Lebrecht, it stars Tim Roth and Clive Owen as childhood friends from London whose lives have been changed by World War II. The film was nominated for nine Canadian Screen Awards, winning five. A Polish violin prodigy is left by his parents in a family's care. He and their young son become like brothers until the musician disappears. Forty years later, he gets his first clue as to what happened to his childhood best friend.

The film opens in 1951 in London, for a major musical event featuring a young violin virtuoso, Dovidl Rapaport. His friend, Martin, tries to reassure everyone that the musician wouldn't miss this date. But he does and Martin never sees him again.

More than 30 years later, this still bothers the adult Martin, played by Tim Roth, in a purposefully understated performance that makes the movie



image provided

worth seeing. We learn in flashbacks how the two became best friends. The adult Dovidl is played by Clive Owen, in a role as you've never seen him before. Discovering that his family was sent to Treblinka is a life-changing moment

for him. The film runs one hour, 53 minutes. Tickets are \$10 and can be purchased online or at the box office. There will be no discussion following the film.

BIG ARTS is practicing the highest standards of safety during this challenging time. All visitors are required to wear masks and are asked to be mindful of social distancing. BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats

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

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

Stay Warm When Temperatures Dip

With chilly temperatures back in Southwest Florida, Lee County Electric Cooperative (LCEC) reminds customers to consider alternatives to avoid cranking on the heat.

Heating costs anywhere from two to three times more than cooling. An alternative to warm your Florida blood is to use space heaters. They are a cost-effective way to stay warm, but can be dangerous (even deadly) if used improperly.

Keep the following tips in mind if you use a space heater this winter:

- Read manufacturer's instructions and warning labels before using a space heater;

- Only use space heaters with labels showing that they have been approved

- by a recognized testing laboratory;

- Keep space heaters at least three feet from anything that can burn (such as paper). Keep space heaters as far away as possible from kids, pets and high-traffic areas;

- Only use space heaters for their intended purpose. Never use a space heater for things such as warming bedding or drying clothes;

- Always turn off, unplug and store space heaters when not in use.

- Plug space heaters directly into wall receptacles. Avoid using extension cords;

- Do not use a space heater if the cords are frayed, worn or damaged in any way. Inspect cords before each and every use.

- Consider an electric blanket. Just like space heaters, electric blankets must be used with caution and in accordance with all the instructions listed in the manufacturer's instructions. For more energy saving tips, visit www.lcec.net.

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Southwest Florida Symphony musicians at a previous holiday concert photo provided

Southwest Florida Symphony Holiday Concerts

The Southwest Florida Symphony will begin the previously delayed 2020-21 season with its 2020 Holiday TinyPops: I'll Stay Home for Christmas concerts in various locations throughout Southwest Florida.

"We've been carefully navigating our way through the COVID-19 crisis and will take every precaution to ensure our return to the stage keeps our audiences and musicians as safe and socially-distanced as possible," said

Southwest Florida Symphony Executive Director Amy Ginsburg. "It's been a tough year, but the holidays are upon us, and we think everyone could use the gift of live music right now. While we will miss bringing the full orchestral holiday performance to our community we've traditionally delivered for almost 60 years, we're thrilled to be able to offer small ensemble performances."

The symphony will perform in Fort Myers at the Sidney & Berne Davis Art Center on Friday, December 4; Bell Tower Shops on Saturday, December 5; and on Sanibel at The Community House on Sunday, December 6.

For tickets or more information, visit www.swfiso.org or call the box office at 418-1500.*

Creative Corona Triathlon Comes To Sanibel

submitted by Susan Scott

A pandemic, a triathlon cancellation and Crohn's disease has not stopped a Sanibel couple's grandson from creating his own challenging course. Andrew Greaves, grandson of Craig and Susan Scott, and a senior at the University of Alabama, trained diligently for his first triathlon to be held the weekend before Thanksgiving in Galveston, Texas. With all the COVID-19 safety precautions and rules in place, Andrew and his team registered for the race, booked hotel rooms and were excited to head to Galveston. Then COVID spiked and the race was canceled, so he and his family headed to Philadelphia for Thanksgiving earlier than planned.

With some quick thinking, Andrew called his grandparents and asked if he

could come to Sanibel for a triathlon. The Scotts were thrilled that he was coming but they were not aware that there was a race on the island.

"Oh, yes there is," Andrew said, "but I am the only participant." Andrew, having been diagnosed with Crohn's disease when he was 12 years old, has made it a goal to raise money for the disease through his love of running.

Andrew's first Creative Corona Triathlon will be held on Thursday, December 10. He plans to begin with the required 1.2-mile swim at the Sanibel Recreation Center or The Sanctuary, followed by a 56-mile bike ride, which will loop the bike paths twice. After quickly changing into his running shoes, he will finish off with a 13.1-mile run.

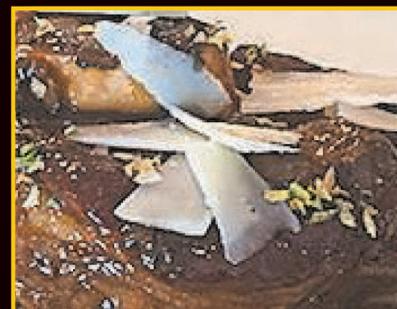
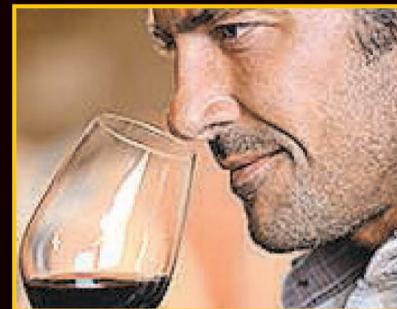
When schools close, corona strikes, plans change, disappointments occur, diseases hit. Let's give a big hip hip hooray to our young generation for keeping up the faith. Best of luck, Andrew!

Email argreaves@crimson.ua.edu if you would like to join the race or support Crohn's Disease.*

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SCCF Green Readers Club Book Selection

The December selection for the Sanibel-Captiva Conservation Foundation (SCCF) book club, Green Readers, is *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness* by Sy Montgomery. As a topic close to the heart of SCCF's Marine Lab, this book takes an in-depth look at one of the most fascinating creatures of the ocean: the octopus.

A finalist for the National Book Award, *The Soul of an Octopus* "reveals a watery world of animal intelligence painted with such sparkle that I was bereft to leave it for dry land at the book's end," according to *The Times Literary Supplement*.

From the publisher: In this astonishing book from the author of the bestselling memoir, *The Good Good Pig*, Montgomery explores the emotional and physical world of the octopus – a surprisingly complex, intelligent, and spirited creature – and the remarkable connections it makes with humans.

Montgomery's popular 2011 ORION magazine piece, *Deep Intellect*, about her friendship with a sensitive, sweet-natured octopus named Athena and grief at her death, went viral, indicating the widespread fascination with these mysterious, almost alien-like creatures.

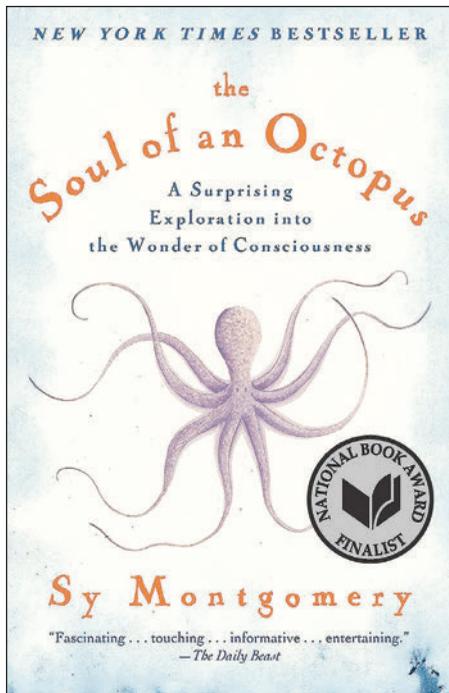


image courtesy SCCF

Since then, she has practiced true immersion journalism, from New England aquarium tanks to Mexico and French Polynesia, pursuing these solitary shape-shifters. With a central brain the size of that of an African grey parrot and neural matter in each of its eight arms, octopuses have varied personalities and intelligence they show in myriad ways: endless trickery to get food and escape enclosures; jetting water playfully to bounce objects like balls; and evading their caretakers by

using a scoop net as a trampoline and running around the floor on eight arms.

But with a beak like a parrot, venom like a snake, and a tongue covered with teeth, how can such a being know anything? And what sort of thoughts

could it think?

To join the Green Readers Facebook group, visit www.facebook.com/groups/244390036897997 or go to SCCF's Facebook page and click on "Groups."✧



This photo was taken before the coronavirus pandemic, so no masks are shown, however, the shell museum does require mask wearing inside photo provided

Shell Club Supports Museum

The board of the Sanibel-Captiva Shell Club continued its support of the Bailey-Matthews National Shell Museum by awarding \$7,750 in grants for 2020. The second installment

of \$6,250 towards the shell museum's construction/aquarium project was made this year, part of an overall donation of \$25,000 when completed. Another \$1,500 grant was approved to cover the cost of the one-year fee for Specify Software to host the cloud-based database of over 500,000 shell specimens.✧



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The SanibelSusan Team - all licensed: Susan Andrews, David Anderson, Lisa Murty, & Elise Carnes



Blind Pass #E101

Split-plan 2 bedroom with open updated kitchen. Sliders to private fenced patio that is steps to assigned covered parking, paddling on Clam Bayou, & path to Bowman's Beach. Easy on-site rental office makes ownership easy with income to defray costs. Clubhouse, pool, tennis, BBQs, & more. \$499,000 furnished & with bookings



Lighthouse Point #117

Easy-access 1st level 3 bedroom with glassed lanai that opens to tropical patio. End-unit privacy. Handy to both bay & gulf beaches, & Sanibel fishing pier. Residential pet-friendly complex with limited rentals. Community clubhouse with pool, party room, bike storeroom, tennis. Assigned parking & exterior storeroom. \$549,000 furnished



Mariner Pointe #541

Ground-level 2 bedroom with bay view from master suite & glassed lanai. Convenient to waterside pool, boat dockage, & community fishing pier. Sellers rent thru VRBO with bookings through Apr 3 to be honored or closing to occur after. Easily could convert to 2nd or primary home. Community beach access too. \$515,000 mostly furnished



Mariner Pointe #411

Spacious rarely-available 3 bedroom on Sanibel's peninsula condominium community. Just behind waterside pool with assigned parking & boat dockage just outside front door, this 1st level unit has protected bay views from kitchen, dining, & living rooms, plus master suite which has screened lanai with private storeroom. \$599,000 furnished



White Sands #23

Direct beachfront 2nd floor 2 bedroom with den in community of just 14 owners at 2311 West Gulf Dr. Fully equipped for vacation rentals with easy-care cheerful décor in tones complimenting Gulf of Mexico views. Building exterior renovated this summer. Community pool, tennis, BBQs, & exterior storerooms. \$1,099,000 furnished & with bookings



1238 Isabel Dr Plus Boat Dock Lot

If you want awesome bay & nature views, a private pool, & plenty of room for easy living, privacy, & family/guests/entertaining, this home has all that & was recently remodeled both inside & out. Special features include 3-garage, 4-stop elevator, gourmet kitchen with butler's pantry, stunning 2-story great room with fireplace overlooking the water, spacious dining/family room with another fireplace, new decks & porch with retractable screens, huge media room with 1/2 bath & party kitchen, 2 master suites, plus multiple guest rooms, baths, & offices. With cul-de-sac privacy in Sanibel Harbours, neighborhood convenient to the causeway, easy on-/off-island. Sale includes lot with dock & lift in nearby community boat basin. \$3,495,000



4566 Buck Key Rd

Lot for single-family home. Just off Sanibel-Captiva Rd in community of Sanibel Bayous. Backs south with sunny backyard for pool or garden. With ~109' of road frontage, ~139' deep, in zone that allows 25% coverage, 30% developed. Handy to bike path, Clam Bayou, Bowman's Beach, Wildlife Refuge, school, recreation center, & more. \$149,000



1894 Farm Trail

Tropical lot - over 1/3 acre. One of last opportunities to build in Sanibel's mid-island community of "new" olde-Florida-style homes. Near bike path & shopping. Located to the left, just inside the entry to Island Woods, this parcel is steps to the community pool & tennis shared by just 38 owners. Low HOA fee covers those amenities & grass cutting. \$199,000



Compass Point #232

Spacious 2nd floor 2 bedroom 2 bath with screened balcony overlooking tropical vegetation with gulf peek. Bright white open updated kitchen & separate utility room. Used as winter retreat, also could be seasonal rental, as weekly rentals allowed. Community pool, tennis. Near east end, bike path, gulf course, & resort. \$599,000



Mariner Pointe #522

On Sanibel's condo boating peninsula. 2nd floor bay-view remodeled 2 bedroom 2 bath with open front entry deck. Unique location with no upper neighbor. Fully equipped & rented through VRBO so offered turnkey & with rental bookings. Glass-enclosed balcony expands living space, bamboo floors add to tropical charm. \$484,900



1015 Fish Crow Rd

Midway down this cul-de-sac street in Gulf Shores, facing west overlooking tropical lagoon. Lower level has covered parking, large storeroom, & outdoor shower. Upper level has sliders that open to the raised/heated pool offering easy one-level living, relaxing, & swimming. Fireplace, 3 bedrooms 2 baths, galley-style kitchen with pass thru. \$649,000



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Book Review

The Book Of Two Ways



by Di Saggau

Jodi Picoult is known for books that deal with moral choices and complicated family dynamics and ethical issues. *The Book of Two Ways* is no exception, and it is an homage to an ancient Egyptian

coffin text also called The Book of Two Ways. It is the first known map of the afterlife, found only in certain coffins in Middle Egypt during the Middle Kingdom, usually painted on the bottom.

Dawn Edelstein is on a plane when she hears a shocking announcement, "Prepare for a crash landing." As she braces herself, thoughts flash through her mind. They aren't thoughts of her husband but of a man she last saw 15 years ago, Wyatt Armstrong, a British Egyptologist.

Dawn miraculously survives the crash, but many doubts are raised. She finds herself grasping for another man, for the Egypt she left behind and the dissertation she never finished. The airline offers transportation to wherever the survivors want to go, and Dawn chooses to return to the archeological site she left years before to reconnect with Armstrong and their unresolved history. Midway through the book, there's an amazing revelation

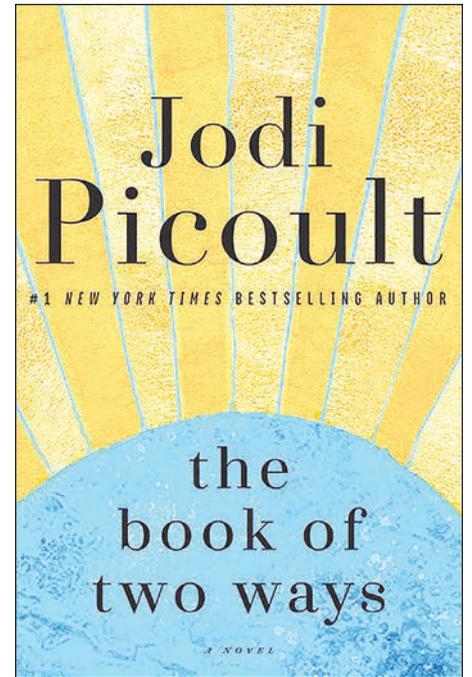


image provided

regarding their relationship.

As the story unfolds, Dawn must confront the questions she's never truly asked. What does a life well lived look like? When we leave this earth, what do we leave behind? Do we make choices, or do our choices make us?

Picoult is a master researcher, who weaves in information without letting it bog you down. *The Book of Two Ways* deals with the power of choices and what can happen when they are made under pressure. I loved this book.*

School Smart



by Shelley M. Greggs, NCSPEducator

Dear Shelley,

I have twins who are in seventh grade. They seem to be struggling with reading comprehension and it's starting to make

them avoid reading. I want them to be good readers. Please give me some ideas to help them.

Lucinda A, Cape Coral

Lucinda, Much of kids' academic success hinges on reading comprehension. And the joy of pleasure reading lasts a lifetime, so you are wise to try to help your kids with this skill. Below are some strategies to increase reading comprehension that your twins can work on together as partners.

The first step is to have your children preview the reading selection. Let them take turns making verbal observations about these guiding questions. It might be fun for them to record their observations on a voice activated Google Doc or their phone so they can listen to them again as they study.

Below are some of the points for their observations:

- What do you notice about the text?
- What do you observe as you look at the following: pictures, bold or italicized

vocabulary words, title, headings, subheadings, and first and last sentences of each paragraph?

What predictions can you make about his reading selections?

Allow the kids to discuss their observations and check them for accuracy. Then move to the next step which is to read the first segment of the text silently. They may read it more than once, until they feel like they understand it.

The next step is to highlight important information. After reading, have your children read back through it for important information and details. Ask them to highlight the important information and details they found with a highlighter, highlighter tape or a Post-it flag. They may want to use two types of marking systems – one for important information and one for details. And if using a highlighter pen, use the yellow color because it's processed in the brain more quickly.

Next, have your kids collaborate and discuss their findings. Here are some questions they can discuss:

What important details did you find in the paragraph?

What questions did you have while reading?

Why did the author write this paragraph?

How would you summarize the main point of this paragraph using your own words?

While this is a time-consuming process, reading strategically this way will



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Daniela and Friedrich N. Jaeger
photos provided

Media Group Marks Milestone

When founder and original publisher Friedrich Jaeger launched *Times of the Islands* in November 1996, he was told that failure was inevitable. “But the timing was perfect,” he said. “There was no other high-end, glossy magazine on Sanibel and Captiva islands.”

Jaeger’s bold move wound up paying off, as TOTI Media and its flagship publication *Times of the Islands* mark a major milestone this month, celebrating



Friedrich Jaeger introduces *Times of the Islands* in 1996 with original designer Dana Nicloy

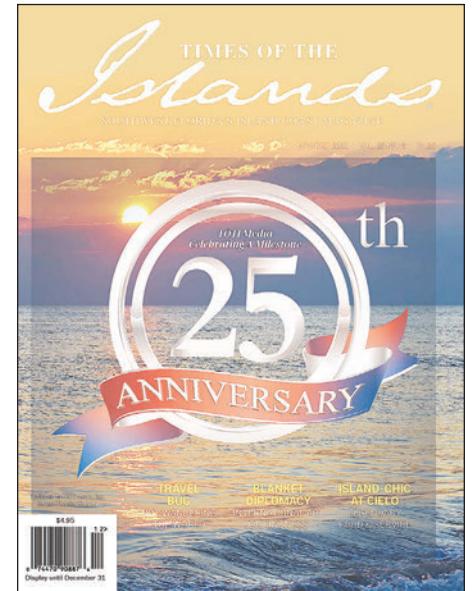
the company’s 25th anniversary. His wife, Daniela, has been at his side for the last decade of that quarter century, now serving as TOTI Media’s group publisher and president.

TOTI Media has survived plenty of tough challenges over the years, from hurricanes to economic downturns. Through it all, the Jaegers have continued the strategies that have brought them this far, such as building strong relationships with advertisers and subscribers, and ensuring that the magazines are filled with high-quality content.

“We have wonderful and loyal

advertisers and subscribers, and we are very grateful for all their support over these 25 years,” said Friedrich Jaeger. “They keep us going.”

The couple reflects on the past two-plus decades in a special anniversary-focused feature story in the November-December 2020 issues of *Times of the Islands*, *RSW Living*, *GULF & MAIN*, *Bonita & Estero* and *Cape Coral Living*. Written by Beth Luberecki, a freelance writer and editor for TOTI Media since 2004, the story also includes insight from longtime advertisers, writers, editors and TOTI Media supporters about the reasons for the company’s longevity.



November-December 2020 cover

As TOTI Media prepares to close out 2020, another challenging year for everyone around the world, the Jaegers are also looking ahead to the future and the next milestone that comes down the road. “Our strategy is very simple: We respect each and every member of our community, and we hope they respect us,” said Daniela Jaeger. “We believe that with everything we have set in place over the last few years, and especially over the last few very challenging months, that we will stay on course with our print magazines and will increase print and digital offerings as we aim for growth over many years to come.”**

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From left, representatives from Aurora's Produce with Betsy Ventura and Jean Baer of Sanibel Island Farmers Market photo provided

New Program To Increase Supply For Food Pantry

The Sanibel Island Farmers Market is a popular in the community for fresh fruits, vegetables, breads and cheeses. New this year is the Farm 2 FISH program, a partnership with the Sanibel Island Farmers Market and Aurora's Produce to supply fresh produce to the FISH of SanCap Food Pantry. Shoppers donate to the cause with the hopes of reaching a weekly goal of \$200. In return, Aurora's sells cases of fresh produce to FISH at market cost. "This is such a welcome gift to those who use our pantry as a supplemental grocery service," said Maria Espinoza, director of food programs at FISH. "Reduced work hours along with grocery store shortages due to COVID make it difficult to purchase certain items. Thanks to the Farmers Market, we can help bridge the gap."

Betsy Ventura and Jean Baer, owners of Local Roots, LLC, which operates eight Lee County farmers markets, organize the market throughout season and suggest vendors pack boxes of unsold fruits, vegetables and goodies for the food pantry. Many other farm stands,

including European Bakery, operated by the Foerschner family; Straight from NY York Bagels, operated by the Sexton family and the Gallego family of Gallego's Farm, continue to donate produce, baked goods and other items to the food pantry as they have done for many years. FISH volunteers pick up, sort and stock the pantry on weekend off-hours following strict COVID-19 safety precautions.

"FISH and our neighbors greatly appreciate the generosity of the farmers market, suppliers and volunteers who help make this program possible. We cannot thank Betsy, Jean, the generous vendors and our volunteers enough for helping supply healthy choices for our pantry shoppers. The continued support of the farmers market and their eagerness to help is an integral part of our program's success," said Espinoza.

The FISH Food Pantry is a vital service for many households. Once qualified by FISH, households receive a food pantry card to shop for items to supplement their grocery needs. The food pantry is open Monday through Friday from 10 a.m. to 3:45 p.m. During the pandemic, users of the pantry may request certain items outside the pantry and FISH staff will shop and bag on their behalf. For more information on FISH programs and services, visit www.fishofsancap.org or call 472-4775.*



Straight from NY Bagels

photo provided

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BIG ARTS Names Director Of Development

Annie Campbell, former BIG ARTS development manager, has been named director of development of BIG ARTS on Sanibel. "We are proud and pleased to announce Annie's promotion. She is a valued member of the BIG ARTS team and we applaud her success," said Lee Ellen Harder, BIG ARTS executive director. As director of development, Campbell is responsible for all facets of the BIG ARTS annual fundraising campaign and for planning and execution of all events, including the popular Platinum Club and annual benefit.

Campbell, a Traverse City, Michigan native, earned a bachelor of science degree in psychology from Michigan State University, a master's degree in education from Aquinas College, a certificate in fundraising management from Indiana University and a certificate in strategic leadership from Harvard University. She has worked in the nonprofit industry since 2001 and began her career at a small organization



Annie Campbell photo provided
called Disability Network Northern Michigan. During her time at Disability Network, Campbell developed a life skills program for youth and adults with disabilities, and a parent network and support group. She also raised funds to make six beaches in the greater Grand Traverse region accessible to individuals with disabilities.

Prior to her management position at BIG ARTS, Campbell served as development director for PACE Center for Girls in Immokalee and community director for the March of Dimes. She has also served on several nonprofit boards, including the board of directors of Child and Family Services, Artists

Creating Together, Third Level Crisis Center and Benzie Housing Council. She has volunteered for Big Brothers Big Sisters, Women's Resource Center and Special Olympics. She currently serves on the board of directors for the Sanibel-Captiva Rotary Club and Eva's Closet and Foundation in Fort Myers.*

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars:
Adobe Lightroom with Denny Souers – Mondays, January 4 to 25, 1 to 4 p.m. Members \$80; nonmembers \$100.

Virtual Workshop: Figure Drawing from Photographic References with Francesco Gillia – Tuesdays, January 5 to 19, 9:30 a.m. to noon. Members \$93; nonmembers \$116.

Pastels with Mary Klunk – Tuesdays, January 5 to 26, 9:30 a.m. to noon. Members \$85; nonmembers \$106.

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

Open Studio: Decorative Painting with Sally Parsons – Wednesdays, January 6 to March 31, 9:30 a.m. to 12:30 p.m. Members \$8; nonmembers \$8.

Glass Fusing with Petra Kaiser – Thursdays, January 7 to 28, 9:30 a.m. to 12:30 p.m. Members \$99; nonmembers \$124.

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

Beginners Watercolors with Sunny Krchmar – Fridays, January 8 to 22, from 9 a.m. to noon. Members \$156; nonmembers \$195.

Intermediate Watercolors with Sunny Krchmar – Fridays, January 8 to 22, 1 to 4 p.m. Members \$156; nonmembers \$195.

Life Drawing – Open Studio Non-Instructed with Carol Rosenberg – Fridays, January 8 to 29, 9:30 a.m. to noon. Members \$69; nonmembers \$86.

The Perennial Philosophy: Catching a Glimpse of Truth and Beauty in Each Religion and Every Branch of Science with Ran Niehoff – Tuesdays, January 12 to 26, 9:30 to 11 a.m. Members \$80; nonmembers \$100.

Beginner Pastel with Donna Filomio – Friday, January 15, 1 to 4 p.m. Members \$85; nonmembers \$106.

New Techniques in Pastel and Preservation with Donna Filomio – Monday, January 18, 9 a.m. to 4 p.m. Members \$145; nonmembers \$181.

The Joy of Writing with Vicky



Lettmann – Mondays, January 18 to February 22, 9:30 to 11:30 a.m. Members \$110; nonmembers \$138.

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

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

Zentangle with Meg Scott – Thursday, January 21, 9:30 a.m. to noon. Members \$35; nonmembers \$44.

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

Paint Seascapes in Oil with David Douglas – Monday and Tuesday, January 25 and 26, 9:30 a.m. to 3:30 p.m. Members \$250; nonmembers \$313.

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

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

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

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

Call 395-0900 or stop by the BIG ARTS center at 900 Dunlop Road on Sanibel to enroll. Preregistration is recommended. For complete course descriptions, workshop and class schedules, visit www.bigarts.org/workshops, or email info@bigarts.org.*

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- \$15,950,000**

4961 JOEWOOD DRIVE

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GULF FRONT ESTATE

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 - Meticulous Grounds, Tropical Landscape, Two Beach Paths
- \$5,200,000**

15261 CAPTIVA DRIVE



MODERN BAY ESTATE

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 - Open Concept, Amazing Chef's kitchen, Master retreat
 - Heated Pool/Spa, Deep-water dock/lift & private beach
- \$12,500,000**

11559 LAIKA LANE



MODERN, ICONIC, BEACHFRONT ESTATE

- Two Master suites & additional guest areas, 5,000 SF
 - Floor to ceiling windows, breathtaking panoramic Gulf views
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- \$7,700,000**

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 - Perfect Investment Property or build your Dream Here
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11520 WIGHTMAN LANE



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 - Great Rental Income, Beautiful Beach Home
- \$2,589,000**

15146 WILES DRIVE



CAPTIVA COTTAGE GETAWAY

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 - Perfect Getaway or Weekly Rental Income opportunity
- \$2,389,000**

6418 PINE AVENUE



SANIBEL ISLAND WATERFRONT

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Volunteers inventory a sea turtle nest on the beach

photo provided

SCCF Gives Thanks For Sea Turtle Volunteers

During the 2020 season, the Sanibel-Captiva Conservation Foundation (SCCF) team of volunteers contributed a total of 3,356.5 hours toward sea turtle conservation. In terms of 40-hour work weeks, that equates to nearly 84 weeks.

Having missed one month (on island volunteers) or one-and-a-half months (off island) at the start of the season, this total represents an incredible effort by a dedicated group of passionate individuals.

It was an exciting moment when volunteers returned to patrols again, with staff as happy to have them back as volunteers were thrilled to jump right back into the action. And there was

certainly no easing into it. Patrolling at the peak of nesting during a banner year kept volunteers busy, spending long days out on the beach.

The group was enthusiastic and positive, from verifying a leatherback nest on their first day back, to spending more than seven hours at a time on the beach in peak season, to completing 12 inventories on a single patrol.

The 2020 season was unpredictable and memorable, generating records, highlights and exciting moments. Volunteers were an incredibly large part of that and one of the biggest reasons SCCF's monitoring efforts remained so successful in such a busy and challenging year. SCCF is grateful for its team of volunteers and cannot thank them enough.

To help support the sea turtle program, visit www.sccf.org/our-work/species-adoption-programs to support sea turtles.✳

Superior Interiors

Need A Fresh Idea For Holiday Decorating?

by Linda Coin



Since you've been spending so much time homebound, you're well ahead on your holiday decorating, right? Well, maybe not. Maybe you are in such a funk that you are having a brain-freeze on

thinking about the holidays. Or, perhaps you do have those decorating ideas pretty well planned out, or even much of it done, but are still looking for a fresh idea or two. Here are a few tips.

It's always a good idea to focus on the spaces that count the most. A foyer, if you have one, sets the stage so make it fabulous. Then concentrate on the living room, kitchen and dining room. While this isn't to say your other spaces can't be spruced up and decorated, these main spaces are likely where most of the hosting and holiday activities will take place.

The holiday season can be thought of as two distinct periods, autumn and winter. For many, the decorations from fall to the winter season are a dramatic change but decorating those main spaces can be easier if you choose a transitional color palette from the start. Red, gold and silver are all great colors that can be incorporated at the beginning of the season and last until spring.

Don't overlook smaller places that can have an added touch for the holidays. Replace that display of family photos with some holiday nick knacks. Windowsills, armoires and, yes, even bathrooms deserve a little touch of holiday magic. Also, don't forget to add some holiday spice to the guest room for a special welcome.

Accessories are the jewelry for your interior decorating, even more so during the holidays. Ornaments aren't just for the tree. A simple holiday accent can be created by placing ornaments in a crystal bowl or glass urn. Round glass balls can even be used as table place cards when you write each guest's name on them.

Soft glowing light is complementary to you and your holiday guests. Once you've turned the lights down low, bring

out the candles by the boxful. From tall and tapered to short and stout, candles set a celebratory tone. Grouping candles in odd numbers and varying heights can add interest or consider displaying them on a silver platter for even more light and shine.

Mirrors, picture frames and metallic vases will help your room sparkle and shine. Don't be afraid to mix it up with lots of different metals.

When choosing plants to help add holiday cheer, think beyond the traditional poinsettias. Fill vases with bouquets of fresh flowers in addition to the usual holly. Or choose beautifully shaped topiaries covered with pepper berries. Or how about draping your dining room chandelier with a pine garland or holly.

Visit the produce aisle of your grocery store for some simple and unique holiday decorations. For example, spray paint walnuts and gourds in silver or gold and display them in a decorative basket. Or fill a crystal bowl with red and green apples. Simple and definitely festive.

Above all, make your holiday décor reflect your family's personality. Are antique toys a personal passion? Are you a dedicated beachcomber? Try incorporating your passions into your holiday tree design and other aspects of your decorating. Do not be afraid to give your festive decorating an unexpected feel, a feel that relates personally to those who will use the space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.✳

From page 30

School Smart

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



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1



2



3

1. Magazine Ready Home in the Sanctuary – Sanibel

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

2. On East End Across from Beach w/ Boat Dock - Sanibel

- 3 BR/ 3.5 BA + den & loft in Eastwood Landings w/ tennis, boat dock, and beach access
- Main floor master, fully mitigated, high ceilings & screen enclosed pool
- **\$1,390,000** Euro 1,173,466

3. Privacy Meets Paradise in The Dunes – Sanibel

- 4 BR/3.5 BA home located at the end of a cul-de-sac with panoramic lake and golf course views
- Open kitchen, screen enclosed pool and lanai, new roof, and whole house generator
- **\$870,000** Euro 734,549

4. Captiva Village Home with Stunning Gulf Views

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

5. Gulf front Condo at Sundial East

- 3 BR/2 BA corner unit in desirable L building close to all the Sundial amenities
- Fully remodeled kitchen & Baths, ground floor cabana. Perfect for end users, family vacations, or investors
- **\$1,495,000** Euro 1,259,743

6. Updated Tropical Beach Condo at Loggerhead Cay -Sanibel

- 2 BR/2 BA condo with remodeled kitchen, baths, French doors, plantation shutters, & Gulf views from lanai
- Large pool, pet friendly, & weekly rentals make this a great option for families and investors
- **\$699,000** Euro 590,172



4



5



6

NEW LISTING



7



8



NEW LISTING

9

7. Remodeled in Victoria Cove – East End/Sanibel

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

8. 4 bedroom Home on Intersecting Canal – Sanibel

- 4 BR/ 4 BA home with boat dock, lift, and private pool
- Large kitchen, private elevator, multiple lanai's including rooftop deck with Bay views
- **\$2,195,000** Euro 1,853,259

9. Near Beach Home Off West Gulf Dr. – Sanibel

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

10. South Seas Beach Home – Captiva

- 4 BR/ 3 BA two story remodeled beach home. Open kitchen, vaulted ceilings, impact windows
- Daily sunsets from the open & enclosed lanai space including top floor private deck off master
- **\$3,375,000** Euro 3,045,341

11. Captiva Village Home w/ Gulf Views

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

12. Desirable Lot off West Gulf Drive – Sanibel

- Lot is cleared and ready to accommodate a brand new home. An ideal location towards in community offering a short walk to the beach access. Build to the most current standards for hurricane protection – plans start at \$599k plus cost of lot. Completion est approx. 9 months.
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10



11



12

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Pretty in Pink by Martha Huard

From page 1

Contest Winners

of the Sanibel community.”

The three winners received cash awards from DDWS – \$300 for first place, \$225 for second and \$175 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee.

The winning photographs and honorable mention award entries will be on display in the Refuge Visitor & Education Center throughout the year.

To view the other top-ranking entries, visit www.dingdarlingsociety.org/articles/

photos provided

photo-contests. That page also contains information for entering the “Ding” Darling 75th Anniversary Celebration photo contest in 2021. The deadline for submissions will be September 15, 2021.

Honorable Mentions (in alphabetical order):

Teresa Anzalone, Sanibel – *Showing off Her Pearly Whites*

Mike Bauman, Milford, Michigan – *Heavy Sky over Sanibel Bayou*

Corky Boyd, Sanibel – *Mating Dance*

Dale Dombrowski, Sun City Center, Florida – *Breakfast*

William Fischer, Sanibel – *Flying Mangrove Cuckoo*



This year's judges, from left, photographer Sara Lopez, Calli Johnson of Bailey's General Store and wildlife refuge specialist Bob Gerwig

Kent Jager, Sanibel – *Teal Twosome*
Scott Joffe, Highland Beach, Florida – *The Stare*

Len Littenberg, Hinesburg, Vermont – *Bad Hair Day*

Linda Normoyle, Fort Myers, Florida – *Almost Camouflaged*

Susan Sherman, Doylestown, Pennsylvania – *Sunset Silhouette*
Marletta Short, Fort Myers, Florida – *I See You!*

Allen Sparks, Cordova, Tennessee – *Yellow-crowned Night Heron*

“Ding” Darling Day 2020 sponsors included: Call of the Wild Sponsor: Jim and Patty Sprankle; Champion Sponsors: Bank of the Islands, Jim and Liz Birmingham, Todd and Barbara Bludorn, Wayne and Linda Boyd,

Boomer Duvin and Family, John and Kathy McCabe, Hank and Linda Spire; Guardian Sponsors: Doc Ford's Rum Bar & Grille, Margie Furniss and Ed Kfoury, Bill and Laurie Harkey, Rex Martin and Lori Harris, Bill and Diane Valerian, Willow the Whippet; Protector Sponsors: Barefoot Charley's Painting Co. LLC, George & Wendy's Seafood Grille, *Island Sun*, Tiffani Kaliko and John Silvia, William and Barbara Millar, Mitchell's SandCastles, Greg and Linda Scherer, Ron E. and Josephine Smith; Defender Sponsors: Mike and Terry Baldwin, The Community House, Doug and Sherry Gentry, The Gresham Family, Paul Harmon, Kiwanis Club of Sanibel & Captiva Islands, Sanibel Carts, Sanibel Moorings.✧



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16970 CAPTIVA DR., CAPTIVA
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 • Western Exposure, Direct Sunset View
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 • European Finishes, Beautiful Setting
 • 3 BR, 2.5 BA, Flowing Floor Plan
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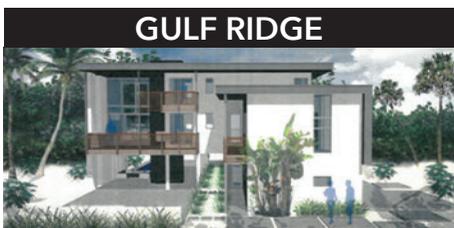
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 • Large 1 Bedroom, 1 Bath
 • Beautifully Maintained Property
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 Brian Murty 239.565.1272



BEACHVIEW ESTATES

690 BIRDIE VIEW PT., SANIBEL
 • Beautiful & Pristine Fairway Views
 • Short Stroll to Beach
\$369,000 **MLS 220030796**
 Cindy Sitton 239.810.4772

Will Power

Wearing Two Hats



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

When my children were young, I used to read Dr. Seuss books to them. One of their favorites was *The Cat in the Hat Comes Back*. You may remember the plot where the devious cat causes pink spots all over the house while mother is gone. When the kids get scared that the mess can't be cleaned up, the cat reveals one cat after another inside ever-decreasing sized hats one on top of the other, kind of like a Russian Matryoshka doll. All of the little cats cause an even bigger mess before eventually cleaning up before mother returns.

Wearing more than one hat can become a problem in an estate plan as well. An example of this is when someone is both a trustee for their deceased loved one's trust and is also a beneficiary of that same trust. Let me give you an example.

Suppose that Thomas' trust is held for the benefit of Isabelle, his second wife. Isabelle is to get income for the rest of her life, and if the income is insufficient for her needs, the trustee can invade the principal of the trust for her health, maintenance and support. Upon Isabelle's death, then the trust terminates back to Thomas' children, Tim and Tom Jr. Isabelle is not Tim and Tom Jr.'s mother. Isabelle is also the trustee of the trust.

Here Isabelle is wearing "two hats." As trustee of the trust, she has a responsibility not only to her own needs – to provide herself income and possibly invade the principal of the trust for her own benefit – but she is also supposed to be watching out for the needs of the remaindermen beneficiaries – Tim and Tom Jr. It appears that Isabelle has a conflict of interest, which is quite common in these scenarios.

A trustee would have to balance the investments for both income (which benefits Isabelle) and growth (which benefits Tim and Tom Jr.). As a beneficiary, Isabelle would want to weigh the investment portfolio to maximize the income earned so that she has more money to spend every month. But when a trustee invests for income, that is usually at the expense of growth. Tim and Tom Jr. want the trustee to invest for growth, since they want the trust to increase in value during Isabelle's lifetime, if not only to keep pace with inflation.

Keep in mind that every dollar that Isabelle spends – especially principal dollars of the trust – is one less dollar that Tim and Tom Jr. will one day receive as inheritance. Even if Isabelle has a loving relationship with her stepchildren, legally she and they have adverse legal interests. What they will want from the trust is in direct conflict.

Isabelle, therefore, is vulnerable. If she acts too much in her own favor, then Tim and Tom Jr. could sue her for breach of her fiduciary duties. What if Isabelle has a true medical emergency and invades the principal of the trust for many thousands of dollars? The trust seems to indicate that this is okay, but would your opinion change if Isabelle had millions of her own outside of the trust?

This is where good drafting comes into play. The trust could read, for example, that when making principal distributions, the trustee should consider the other income and resources available to the beneficiary. It may also read that the trustee is to favor the income beneficiary's needs over those of the remaindermen, or vice versa. It's not a bad idea for the grantor of the trust to direct his attorney to write an "intent" clause:

"It is my intent that the trustee first consider the needs of my wife should she survive me, over the needs of my children, even to the extent of the exhaustion of the trust funds. In making these decisions, however, my trustee shall consider the outside income and resources available to her," for example.

Yet another good idea is to name an independent party as a co-trustee to weigh in on investment and distribution decisions. This may serve Isabelle well, by taking some of the responsibility off of her shoulders.

There are many ways to "skin the cat" in this type of situation. A "standard" trust that does not delve into the grantor's priorities and intent could actually cause more problems than it solves.

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New Real Estate Sales Associate

Calvin Isaac has joined RE/MAX of the Islands as a sales associate. Isaac is originally from Pittsburgh, Pennsylvania but as a youth was raised in Richmond, Virginia. He returned to the Pittsburgh area where he attended



Calvin Isaac

California University of Pennsylvania earning a bachelor of science degree in sports management in 2016.

Isaac started working for the Florida Everblades almost immediately after obtaining his degree in 2016. His current position is group sales and corporate partnership manager for the Everblades. He is looking forward to assisting his current clientele to include real estate sales and marketing.

Art Corace, broker/owner of RE/MAX of the Islands, said, "We are very pleased to welcome Calvin to our RE/MAX realtor family. He is young, energetic and has the communication skills and work ethic to be extremely successful."✧

How's The Market? Ask Ann

What can happen when you are buying in a "Hot" market with a shortage of properties for sale? You may find yourself bidding in competition with another buyer. Worst yet, the property just came on the market. In addition, you like the property and want to buy it. Here is my advice. Make a written offer (not verbal) with a normal deposit (5-10% escrow). Keep the offer as clean as possible... Cash is King. Close the sale within 30 days. If the property is priced to the current market, offer full price. If you are "lukewarm" about the property, negotiate in a reasonable manner (5-6% off the listing price). Allow the Seller 24 hours for acceptance. I prefer a specific time and date here.

Our lot market is beginning to sell. Our thanks to Mary Bondurant of Kingfisher Real Estate for selling our lot listing in Gulf Shores. In addition, our office sold a Condo at Babcock Ranch. An interesting concept, with all the amenities you could wish for, and energy supplied by Solar Power. Any questions, give me a call. I am well acquainted with the property. Nice new three bedroom condos in the low \$200,000 range.

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760 Sextant Dr. Mariner Point 952 - \$350,000	2265 West Gulf Dr. 320C Island Beach Club - \$829,000
1440 Middle Gulf Dr. 2B Sandpebble - \$457,000	770 Elinor Way - \$895,000
820 E. Gulf Dr. A 103 Seawind - \$565,000	549 E. Rocks Dr. - \$1,085,000
1410 Sand Castle Rd. - \$612,408	1520 Angel Dr. - \$1,400,000
979 E. Gulf Dr. 573 Loggerhead Cay - \$657,500	999 E. Gulf Dr. 322 Plantation Village - \$2,275,000
9248 Dimmick Dr. - \$675,000	4995 Joewood Dr. - \$2,380,000

16 Sales: 6 Homes, 8 Condos and 2 Vacant Lots

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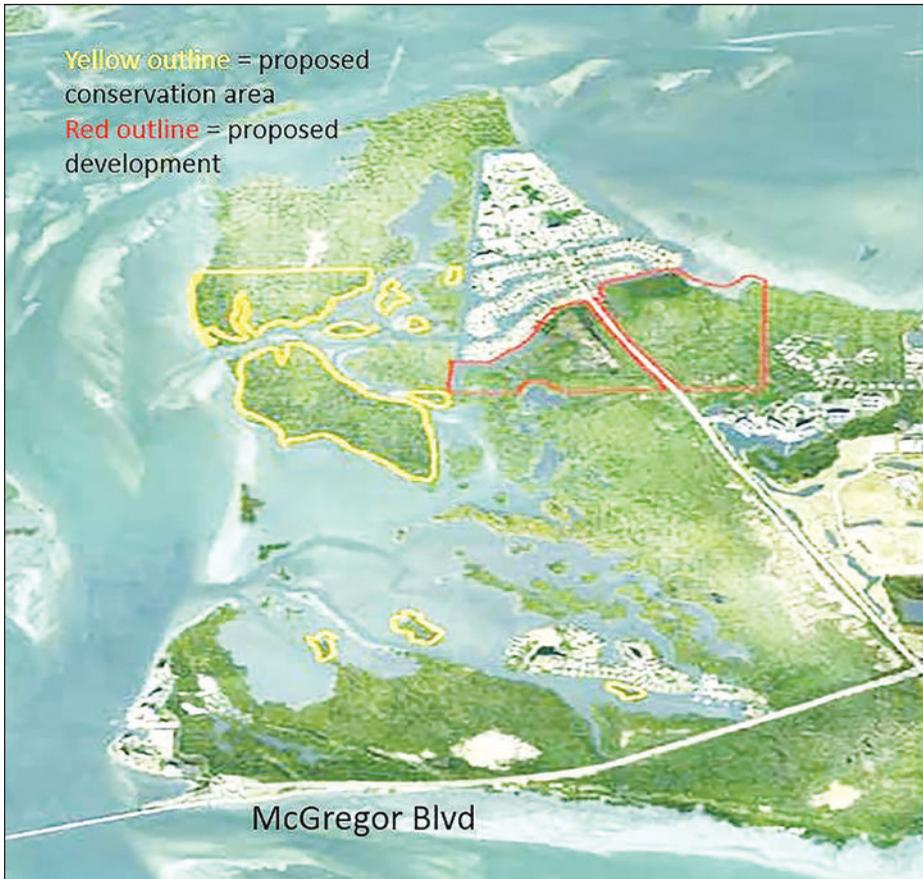


image courtesy SCCF

County Issues Continuance On Development

The Sanibel-Captiva Conservation Foundation (SCCF) reported that on November 19, the Lee County hearing examiner granted another extension to move the final arguments from the Eden Oak applicant and county staff from December 11 to June 3, 2021. The continuance was requested by the applicant due to COVID-19 related travel restrictions to the U.S. from his residence in Canada.

This is the second continuance due to the COVID-19 travel restrictions and the tenth extension or continuance requested by the applicant or by staff since the zoning request was originally filed in December 2016.

The proposed Eden Oak development is on Shell Point Boulevard at the mouth of the Caloosahatchee near the Sanibel Causeway. The applicant's proposal is to dredge and fill 36 acres of mangrove wetlands to build 55 residential homesites

with docks, including the excavation of a new canal and the creation of a boat basin with additional docks.

The plan will put more people in the coastal high hazard area, creates new sources of pollution from runoff, will create boat traffic in sensitive habitat used by a number of threatened and endangered species, and adds traffic to the evacuation and emergency access on Shell Point Boulevard.

In a parallel track on Eden Oak, the property owner has also nominated the property to be considered for purchase by the county's Conservation 20/20 Land Acquisition Program. The property has cleared several steps in the process and has been recommended for purchase by both the county land acquisition and stewardship advisory board and the board of county commissioners. County staff is in the midst of purchase negotiations with the property owner.

SCCF remains actively involved in advocating for the protection of the natural resources on this property and will continue to post updates on both the zoning case and the nomination to Conservation 20/20.*

Hospitals Rated In Top Five Percent

Cape Coral Hospital, Gulf Coast Medical Center, Lee Memorial Hospital and HealthPark Medical Center are the recipients of several Specialty Excellence Awards and have been named among America's 100 Best Hospitals for Specialty Care for 2021 by Healthgrades, a leading resource that connects consumers, physicians and health systems. This designation

recognizes hospitals that deliver superior quality and patient outcomes within a number of specialty service lines and focus areas.

All four hospitals earned superior performance ratings in the specialty areas of critical care, pulmonary care and stroke care, while Cape Coral Hospital and Lee Memorial Hospital also saw high performance ratings in the areas of gastrointestinal care and general surgery. Additionally, each hospital earned Specialty Excellence Awards for cranial neurosurgery and neurosciences as well as

continued on page 42

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Frankly Speaking

by Howard Prager



Amazing records and gender-breaking moves. Games not played and games that shouldn't be played. It's a topsy turvy football season.

Amazing is 5-9, 195-pound

Jaret Patterson from the University of Buffalo. Against Kent State last week, Patterson tied the NCAA record with eight touchdowns in a game, while he rushed for 409 yards – second most ever for a single-game in Football Bowl Subdivision (FBS) history – and tied the record for players with back-to-back 300-plus-yard games. This small running back has a huge heart and a great brother, James, who insisted they play together. He plays linebacker for Buffalo. All the brothers wanted from high school was a chance to play together and, two years ago, that came true. Two weeks ago, both brothers earned player of the week honors (Jaret on offense, James on defense). Jaret has averaged 170 yards per game this season, best in the country, and with a best average 7.2 yards per carry.

A female football player won the SEC player of the week honors. The first woman to play in FBS ball is Sarah Fisher, a soccer player from Vanderbilt. They brought her in for a kick in the second half (when they were already being routed by Missouri). I'd love to see her kickoff

at other times, and she's committed to staying with the team. You go girl!

I call it the passing of the torch game. Kansas City and Patrick Mahomes played Tampa Bay and Tom Brady last Sunday. What started out as a rout for the Chiefs came to be a close game thanks to Brady. The Bucs lost by three, but what a great show featuring the new guard versus the old.

According to SportsTravel, "The NFL is at a tipping point and a confluence of events made last weekend the most perilous in the league's attempt at getting through the season in a global pandemic. The Broncos did not have any healthy quarterbacks – literally. A backup quarterback, Jeff Driskel, tested positive on Thursday and the team's other quarterbacks – starter Drew Lock and backups Blake Bortles and Brett Rypien – have been ruled out by the league as close contacts. There were also reports from ESPN that the quarterbacks were not wearing masks in meeting rooms together during the week. Because the league's rules preclude an emergency signing because of the time needed for any free-agent signing to clear protocols, the Broncos played the Saints with one of its wide receivers on the practice squad, Kendall Hinton, at quarterback thanks to his background playing QB at Wake Forest before switching positions." The game was not pretty. Denver did manage to score three points. But Vegas pulled the game off the board because of this huge disparity. Should it have been cancelled?

It's one thing to lose a QB, another to lose your stadium and practice field. "The San Francisco 49ers will have to get used

to playing on the road. Santa Clara County health officials on Saturday banned all contact sports at the high school, collegiate and professional levels through December 21; teams from Stanford and San Jose State will be affected, as well as the NHL's San Jose Sharks and NBA's Golden State Warriors in their preparations for the coming regular season. Weird season just gets even stranger," reports SportsTravel. The 49ers have found a stadium to use in Phoenix but still need a practice facility.

Will Mike Tyson make a full comeback after last weekend's tie after eight rounds with Roy Jones Jr? Although the fight was an exhibition, Tyson said "I'm happy I'm not knocked out. I'll look better in the next one." He expects to box in more exhibitions, and we'll see if at age 55 he tries to go pro again.

It's time for some uplifting news, posted on MLB.com. "Seattle Mariner rookie of the year Kyle Lewis spent nearly three seasons working back from a serious knee injury suffered just 40 games into his rookie season and now is one of the up-and-coming stars at 25. Tycean Martin, also knows adversity. A 13-year-old, he has undergone four open-heart surgeries and 22 medical procedures after being born with hypoplastic left heart syndrome in which the left side of the heart is severely underdeveloped." What brings them together is the Mariners' Hometown Nine program, created to help fund and mentor minority youths in baseball and softball. Tycean learned of his selection in a video call from Lewis that he's since watched numerous times, often in tears.

"Part of the plan involves the Mariners paying for equipment, training and travel from eighth grade through high school for the nine youngsters who'll be selected each year. The other part will be for Mariners players and staff to help mentor the youngsters and provide encouragement both in their athletic and academic pursuits." Lewis is already bonding with Martin. "His story is different than mine, but it's cool to be inspirational to anybody that I can. He's had a lot to deal with. To show that resilience, I look up to him the same way he looks up to me," said Lewis. Martin plays first base, centerfield and pitches for the Washington Warriors select team. His father, Bobby Martin, said his son's heart condition leaves Tycean with a lower blood oxygen level than others. He has to work a little bit harder to get the oxygen he needs for the rest of his body, so he feels it when he sprints," Martin said. "He's got some synthetic parts [in his rebuilt heart]. It doesn't replace all the functions of a full-functioning heart, but it gets it so he is able to do what he does right now. At this point, baseball and golf are the two sports that his cardiologist allows him to play." Says Tycean, "I try to just be like the other players and just try to be the best that I can. I act like I don't have anything going on." Half a heart? Not for this kid.

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

SPORTS QUIZ

1. What NFL linebacker, then with the New York Giants, suffered a serious hand injury in a 2015 fireworks accident?
2. The centuries-old game of battledore and shuttlecock evolved into what modern Olympic sport?
3. Harry Caray had a one-season stint in 1970 as a broadcaster for what Major League Baseball team?
4. Name the Japanese soccer great who was the leading scorer and MVP of the 2011 FIFA Women's World Cup tournament?
5. At the 2000 Sydney Summer Olympics, Tara Nott became the first American female to win a gold medal in what sport?
6. What Major League Baseball manager retired in 2010 with a career-record 161 ejections (including three postseason ejections)?
7. What previously unbeaten boxer did Felix Trinidad defeat in a majority decision to unify the WBC and IBF welterweight championship in 1999?

ANSWERS

1. Jason Pierre-Paul. 2. Badminton. 3. The Oakland Athletics. 4. Homare Sawa. 5. Weightlifting. 6. Bobby Cox. 7. Oscar De La Hoya.

From page 41

Top Five Percent

bariatric surgery (LMH and HPMC).

"We are honored that Healthgrades named our adult acute care hospitals among the top-performing for specialty care," said Larry Antonucci MD, MBA, president and CEO at Lee Health. "This award demonstrates our commitment to delivering the ultimate patient experience. Lee County residents can be confident they are receiving world-class care when they walk through the doors at any of our hospitals."

A Healthgrades analysis of 2017-19 Medicare Provider Analysis and Review data found patients treated at top-rated hospitals have a lower average risk of death or complications than those treated at the lowest-rated hospitals for the same

procedure or condition. The 100 Best Hospitals for Specialty Care recognizes the top 5 to 10 percent of hospitals in the nation for exhibiting clinical excellence year over year.

The list is based entirely on clinical quality outcomes for 32 conditions and procedures across 16 specialties. Healthgrades evaluates hospital performance for more than 4,500 hospitals across the nation annually based on Medicare inpatient data from the Centers for Medicare and Medicaid Services Medicare Provider Analysis and Review (MedPAR) database. No hospital can opt-in or opt-out, nor can they pay to be evaluated.

To learn more about how Healthgrades determines the specialty excellence recipients, visit www.healthgrades.com/quality/specialty-excellence-americas-best-care-2021-recipients.✪

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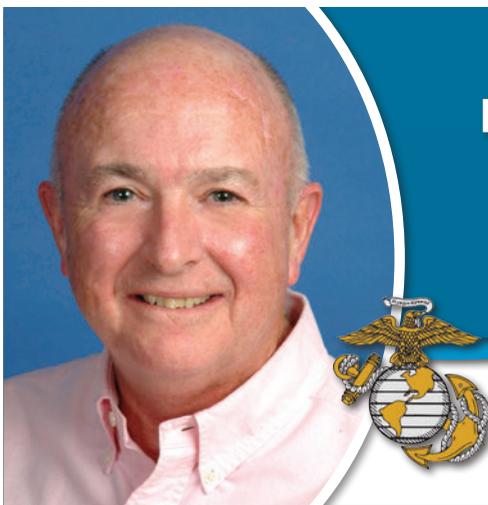
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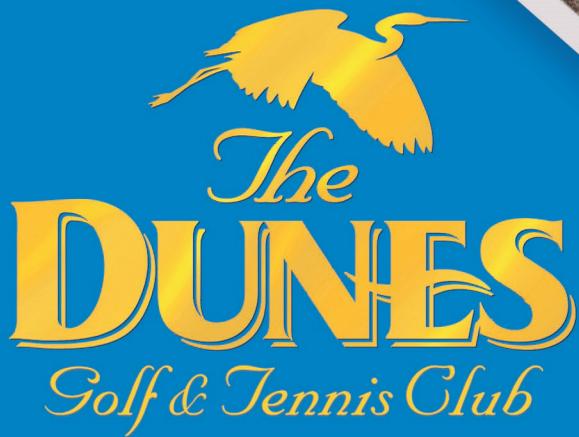
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Health First

Healthy Holiday Eating During The Pandemic



by Julie Rosenberg, MD

The coronavirus SARS-CoV-2 (i.e., COVID-19) pandemic has caused significant disruption in everyday life on a global scale. This rise in unstructured time

at home, combined with the significant stress of the pandemic and its far-reaching consequences, have led to widespread concerns about vulnerability to overeating, sedentary behavior and weight gain.

Although we remain in the midst of this global pandemic, the holiday season is now upon us. Due to the continued rise of COVID-19 cases in the United States, most of us are not gathering as we usually would this holiday season. Yet, it remains a season of temptation – especially as relates to food.

Most adults gain at least one pound during the holidays, and many of us are already struggling with weight gained during the pandemic. However, the holiday season should not be about deprivation or dieting. Here are six tips for healthy holiday eating that will help to support

your health and wellbeing:

Keep moving – Physical activity is important for maintaining weight and will help you cope with holiday stress. Getting regular activity can give you more energy to tackle your holiday “to-do” list. Keep in mind – doing something is better than doing nothing. It’s a beautiful time of year in Southwest Florida. Can you squeeze in two or three 10-minute intervals of activity throughout your day this holiday season?

Control the risk for temptation – Even if you are celebrating the holidays quietly at home, it’s hard to keep track of how much food you’re eating when you are constantly tempted by goodies. Serving meals and snacks on a plate, rather than nibbling throughout the day, will help you avoid the mindless munching that leads to excess calorie intake. Eat only when you’re hungry and keep portions small to avoid overeating.

Satisfy cravings with a few bites – Many holiday treats are extremely calorie dense and laden with fat and sugar. For example, a single slice of pecan pie can contain more than 500 calories, 27 grams of fat and 31 grams of sugar! If pecan pie is a personal favorite, consider enjoying just a few bites and moving on. Or, better yet, choose a lower-calorie dessert that you still enjoy. Delicious options include a cup of fresh strawberries (49 calories), a small scoop of sherbet (92 calories) or a small scoop of vanilla, almond milk ice cream (98 calories).

Drink plenty of water – Water accounts for about 60 percent of your body and good hydration is crucial for optimal health. Health experts typically recommend

drinking eight eight-ounce glasses of water per day, which equals about two liters (or half a gallon). Drinking plenty of water throughout the day, especially before meals, will make you feel more satiated. Studies have shown that drinking water before a meal can help digestion and aid weight loss. Drinking water can also be a substitute for periodic snacking.

Focus on fiber – Dietary fiber is a non-digestible carbohydrate found in foods. Eating foods replete with dietary fiber induces fullness and can reduce total calorie intake, which may help prevent weight gain over the holidays. Many common holiday foods lack adequate amounts of fiber. Do your best this season to eat fiber-rich foods such as vegetables, fruits, legumes, whole grains, nuts and seeds.

Practice mindful eating – It’s hard to think of holiday celebrations, no matter how large or small, without thinking of food. People often overeat during the holidays due to heightened stress. Eating has become a mindless act; people tend to eat quickly and without much thought or enjoyment. Mindful eating is a valuable

technique that can help you gain control over your eating habits by developing a greater awareness of your experiences and feelings about food.

Mindful eating involves:

- Eating slowly and without distraction;
- Paying attention to physical hunger cues and eating only until you’re full;
- Engaging your senses by noticing colors, smells, sounds, textures and flavors;
- Appreciating your food.

Despite this atypical holiday season, it’s important to find sources of comfort and joy. Good food may be one of them. So, eat and enjoy, but do so healthfully. And don’t forget to find creative ways to connect with the people who mean the most to you – even if you cannot be together in person this year.

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

Community Health Data Report Released

Lee Health has released the 2020 Community Health Needs Assessment (CHNA), a systematic data-driven report that studies the health status, behaviors and needs of people living in Lee County. The purpose of the assessment is to identify major health concerns, gaps in services and other factors that may contribute to less than optimal health status for local residents.

The assessment was conducted on behalf of Lee Health in partnership with Florida Department of Health in Lee County by Professional Research Consultants, Inc., a nationally recognized healthcare consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States.

“Approximately every three years, Lee Health performs a health needs assessment to evaluate the health status of the communities we serve, identify issues of greatest concern and develop a strategy to most effectively use our resources to address identified health issues,” said

Larry Antonucci MD, MBA, Lee Health president and CEO. “The information is key to make informed decisions and guide our efforts to improve overall community health and wellness.”

Lee Health’s CHNA was developed alongside community stakeholders. To get a snapshot of the overall health of the community, the survey asked residents about topics such as nutrition, chronic diseases, ability to obtain health care, substance abuse, vaccinations and injury and violence, just to name a few.

Results yielded significant health needs for Lee County in the areas of mental health, substance abuse, nutrition, physical activity and weight, diabetes, heart disease and stroke, access to health care services, infant health and family planning, tobacco use and cancer, among others.

Not-for-profit hospitals and health systems are required to assess community health needs and provide community benefit reports annually every three years. Lee Health has been doing this for many years prior to such a requirement. The full report is available at [www.healthylee.com/wp-content/uploads/2020/11/final-2020-chna-report-lee-county.pdf](https://healthylee.com/wp-content/uploads/2020/11/final-2020-chna-report-lee-county.pdf).

For more information, visit www.leehealth.org/community-affairs.✪

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Lee Health Partners With Cleveland Clinic

Lee Health and Cleveland Clinic will enter into an agreement to share best practices that will optimize patient-centered care for residents of Southwest Florida.

The two healthcare systems have established a strategic alliance to enhance and improve care in Southwest Florida. Collectively, the two organizations will explore opportunities for service line affiliations and strategic initiatives that can improve quality and efficiency of care through clinical and operational enhancements.

This strategic alliance establishes a framework for how the two health systems will work together as they assess opportunities to share best practices and enhance existing clinical or operational projects, or establish new ones. As the two organizations move forward, they will lay groundwork for potential further areas of collaboration in the future.

"The alliance with Cleveland Clinic opens up many possibilities for future collaboration, programs and activities that will enhance the excellent care we are already providing to our patients," said Larry Antonucci, MD, MBA, president and CEO of Lee Health. "Together with the physician community, we will establish new ways to elevate the medical care available throughout Southwest Florida."

Cleveland Clinic is consistently



Golisano Children's Hospital of Southwest Florida

photo provided

recognized internationally for its quality of care. Recently, *U.S. News & World Report* named Cleveland Clinic the No. 2 hospital in the nation and the No. 1 hospital for heart care in its 2020-21 Best Hospitals rankings. It is the 26th consecutive year that Cleveland Clinic has earned the No. 1 ranking in cardiology and heart surgery, and the 22nd year in a row it has earned a Top 5 overall ranking.

Cleveland Clinic was also ranked in the Top 10 nationally by *U.S. News & World Report* in 13 specialties. Cleveland Clinic Florida's Weston Hospital has held the top ranking in the Miami-Fort Lauderdale

metro region for three consecutive years, and was No. 5 overall in the state.

"Cleveland Clinic is excited to enter into this strategic alliance with Lee Health, which has a reputation for high-quality care," said Conor Delaney, MD, PhD, CEO and president of Cleveland Clinic Florida. "We look forward to the collaboration between teams and to continue the excellent outcomes for the patients of Lee Health."

Lee Health has been a healthcare leader in Southwest Florida since 1916. Today, it is one of the largest not-for-profit public health systems in the U.S.

Lee Health operates four acute care and two specialty hospitals, including the Golisano Children's Hospital of Southwest Florida.

Lee Health also provides an array of specialized programs and services vital to the community, such as comprehensive primary and specialty care physicians, outpatient services, home health and skilled nursing. The health system provides several services unique to the region, including a trauma center, regional cancer center, regional perinatal intensive care center and neonatal intensive care unit.

Lee Health is recognized nationally and in Florida for its high-quality care. In April 2020, all four of its adult acute care hospitals earned A grades from Leapfrog, which publishes safety grades for hospitals across the country. Leapfrog also recognized Gulf Coast Medical Center as a Top Hospital in 2020 and Golisano Children's Hospital as a Top Children's Hospital three years in a row. Cape Coral Hospital is a Sterling Council Award recipient, the highest quality award in Florida.

"It is exciting to have these two high-quality organizations team up in this innovative alliance to advance health care in this region in a way that neither party can achieve on its own," said David Collins, chairman of the Lee Health Board of Directors. "The board of directors is eager to see what emerges as Lee Health and Cleveland Clinic begin to collaborate, and is looking forward to providing strategic oversight to the projects that will be brought forward."✪

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Healthy Recipe Tweaks For This Holiday Season

by Suzy Cohen, RPh



Dear Readers: When cooking this holiday season, use these recipe tweaks and make everything healthier. My ideas are designed to improve immune

function. Don't be afraid to experiment in the kitchen with different healing herbs and spices.

Slivers of swiss chard – Dark leafy greens are nutrient dense. So add one large green leaf of swiss chard to a big salad, just make sure to cut it into thin pieces or slivers, so that it combines well into your Romaine lettuce. This superfood offers important antioxidant compounds to your salad that help boost immunity and improve methylation.

Turmeric – One half teaspoon (dried) of turmeric into the green bean casserole will go virtually unnoticed by even kids! You can also grate about a teaspoon of fresh turmeric and, either way, it adds strong anti-cancer and anti-inflammatory benefits.

Enhance the water – Add immune-boosting herbs to the pot of simmering water with potatoes (when you're making

mashed potatoes). Enhance the water of any soup with a bay leaf, or two-inch piece of astragalus root, or both. Remember to pull them out before serving.

Shiitake mushrooms – Using these mushrooms in your stuffing instead of plain ones adds biologically active compounds that fight cancer and inflammation. A 2015 study in the *American Journal of Clinical Nutrition* concluded that shiitake reduces CRP (C-Reactive Protein).

Cauliflower – Most people know about making cauliflower mash, as a substitute for the high-carb regular mashed potatoes. But what about Cauliflower Mac and Cheese? I have this recipe posted on my website.

Fresh rosemary, sage or thyme – Everyone is used to using dried spices from a jar, but if you ever try the fresh sprigs, you'll never go back. If you are cooking gravy, scissor in some fresh rosemary, and put some thyme in too.

Pumpkin seed oil – Add two teaspoons to your pumpkin pie filling before cooking it for a profoundly richer flavor and powerful medicinal benefits. It's rich in vitamin E, zinc, omega fatty acids and is well known to support prostate and breast health.

Garlic – Anywhere you can add garlic, do so! You can even roast a whole head of garlic if you wrap it in foil and cook it inside the oven. Then spread it onto crackers or add a dollop to mashed potatoes. Garlic contains allicin which is a very strong anti-viral and antibacterial compound.

Dried tart cherries – Instead of cranberries, add dried tart cherries into your stuffing. These contain natural

melatonin which is deeply relaxing, plus there's research to show cherries support gout. Tart cherries reduce muscle breakdown and speed up recovery too. They have virtually no fat or sodium and taste delicious, not too sweet. The health benefits of tart cherries are so well-documented that I added it to one of my Collagen Beauty Powder formula that is designed for healthy hair, beautiful skin and strong nails.

Substitutes for Wine – If you don't want to drink red wine (or alcohol), you can make a 50/50 mix of tonic water

with pomegranate juice. You can also find alcohol-free egg nog everywhere. Finally, you can sip on warm apple cider. If you're interested in more recipe tweaks, I have a longer version of this article posted at my website right now. Visit www.suzycohen.com.

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. ✨

Doctor and Dietician

Twelve Ways Of Christmas



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

We must admit, the idea for this article was inspired by the Moody Bible Institute, so we want to give them credit. During these very different times, why not be the ones who show kindness, love and compassion to others during the upcoming holiday season?

Twelve ways of Christmas:

Gratitude – Saying thank you is a gift in and of itself, but putting it into writing makes it even more special. Who can you bless today with a card or letter of thanks?

Kindness – Look for a way to surprise someone with an act of kindness. Let someone check out in front of you in line. Pay for the person's purchase behind you. Random acts of kindness make the world a better place.

Care – Consider a way you can help those less fortunate by volunteering to serve meals, bring canned goods to a local food pantry (FISH or Harry Chapin Food Bank), or even purchase a gift card for someone who is struggling.

Word of blessing – Share a word, Bible verse, or poem that has meaning to you

that might encourage someone else. Send it via a hand-written note, text, or email.

Support – Many small businesses are suffering during these times. Make it a point to stop by their store or order a meal from their restaurant. Give an extra tip to someone in the service industry.

Patience – Find ways to bless those closest to you (spouse, child, parent, or sibling). Tell them how much you love them.

Time – Give someone your undivided attention. Call. Stop by. Put down your phone.

Prayer – Many people have many needs these days – make it a point to pray for those needs.

Generosity – Consider giving to someone outside of your family/friends during the holidays. Consider showing your appreciation to a local delivery person, pharmacist, store clerk, mail carrier, police officer, or local charity – or some other person in your life.

A well-loved book – Do you have a special book that means a lot to you? Share it with a friend with a note about what it meant to you.

Hospitality – Find a way to help/serve those near you. Run an errand, grocery shop, take in their trash cans – just provide little ways to show you care.

Humility – Make a point of allowing someone else to go first. Slow down. Chill. Share some peace with a fellow human.

Wishing you all a blessed and beautiful upcoming holiday season – even if it looks a little different than it usually does. Let's make it a good one!

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

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Beautifulife:

Shop Small



by Kay Casperson

This past weekend was the mad rush to get the best sales, start holiday shopping and kick off the season. From Black Friday to Small Business Saturday and on to Cyber Monday,

there is always a deal around the corner. I believe that we should not wait for an event to support our beautiful and essential small businesses. After all, they continue to show up every day to provide necessities for our daily lives.

Businesses everywhere are hanging on by a thread because of closures or limitations due to health concerns. Still, for the most part, they have found new ways for us to do the shopping and enjoy services that are safe, secure and essential.

We need things in our everyday lives to survive, like food and health services. I also know of other things that people can't live without to keep a positive mindset, stay inspired and feel well. Small businesses provide all of these things. You cannot get quality service, special attention, and the "above and beyond" feeling from ordering something from a big box store.

Suppose you are a restaurant, a retail store, or provide a service of some kind. In that case, I know for sure that you put much focus and attention on delivering an excellent experience for your customers. And likewise, many owners of these establishments want to have customer interaction to continue to make their businesses thrive.

It seems as though Amazon has taken over our way of ordering essentials, from household items to clothing and everything in between. It is convenient, but it does not give us the joy of going to a store and shopping for the holidays. It is always special taking my daughters out for a shopping trip to get the things we need for our company gift exchange and our secret Santa event. I prefer to buy from a store that is still actively servicing customers, making their storefronts look beautiful, and hiring people to help out.

Now, I understand there are still many individuals who do not feel safe venturing out just yet. By now, most establishments have taken significant measures to create safe environments.

But, most places do have the opportunity to either shop online or purchase custom gift ideas such as gift baskets, bundles or gift cards.

As an entrepreneur, there is nothing more exciting than to watch others venture through this thing called business. I love seeing the different ideas people come up with in terms of display, product mix and specials. I appreciate all the hard work that goes into running a business that caters to everyone, no matter how old, where they came from or where they are going.

I have worked so hard as an entrepreneur to bring the best out to my customers. From the beautiful, warm and inviting locations, the services we provide, and the products I believe in and use myself every day. I am so particular about the products that I will not introduce anything to the masses unless I love them so much that I use them daily.

As you continue your Christmas shopping and look for fun new ways to surprise those on your list, step out into your community. Search for those businesses that just might be offering something a bit different or unique. Look first to support a small business and possibly give a new idea to someone else that might appreciate it.

My affirmation for you this week is: "I will make it a priority to support the businesses that put their heart and soul into providing a product or service that helps people live a more balanced and beautiful life."

*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.**

Grief Support Group Meetings

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

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you please provide some tips for navigating the holidays?

A: While the holidays can be a fun and cheerful time of the year, it can be a bit

challenging this year due to COVID-19. We are being told not to have large gatherings and to social distance. While this is important to stay safe, we also don't want to feel isolated and down in the dumps.

The following tips are some ways to stay cheerful and enjoy your holiday experience:

1. Have a simple routine to avoid extra stress – The holidays can be stressful as we are considering travel, being with loved ones, purchasing gifts and limiting social gatherings this year. Go to bed and get up at the same time everyday and have a daily meditation practice whether it is in the a.m. or just before going to sleep. This will help ground you and keep you centered throughout the day.

2. Limit your alcohol consumption – Holidays can be a time to overdo the partying. If you drink alcohol, keep it

to one or two drinks and drink plenty of water to stay hydrated. Have fun, yet keep drinking and eating in moderation.

3. Keep your mind, body, emotions and spirit in balance – Balance is the key to an enjoyable holiday. Get your physical workouts in, stay healthy and eat proper nutrition. Take some time for you and perhaps read a good book or watch a movie you have been wanting to see. Begin to think of your goals for the upcoming year and how you can take some healthy action steps to achieve them. Keep your expectations realistic. Check in with yourself and ask yourself daily how you are feeling. Practice awareness.

4. Social distancing doesn't mean social isolation – Stay connected to your loved ones even if you won't be around them. Set up Zoom or FaceTime to connect and spread the cheer.

5. If you can volunteer in any way, this is a time when there is such a need – If you can donate to your favorite charity or purchase a holiday basket for a family in need, you will feel glad you did.

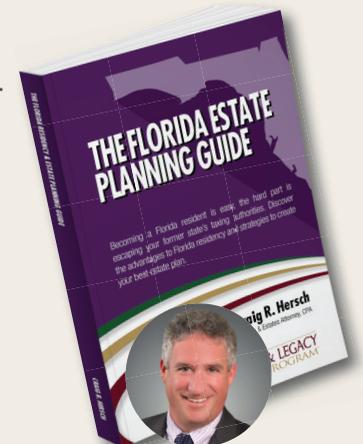
Get plenty of balance between rest and rejuvenation. Keep your stress level to a minimum and enjoy each day to its fullest.

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



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

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- Emergency 911
- Sanibel Police,..... 472-3111
- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol 278-7100
- Poison Control..... 1-800-282-3171
- Chamber of Commerce..... 472-1080
- City Council 472-4135
- City Building Department..... 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva..... 472-1674
- Sanibel Community House..... 472-2155
- Center 4 Life, Senior Center..... 472-5743
- ARTS**
- Arcade Theater..... 332-4488
- Art League Of Fort Myers..... 275-3970
- BIG ARTS..... 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony..... 277-1700
- Herb Strauss Schoolhouse Theater..... 472-6862
- Lee County Alliance for the Arts 393-2787
- Naples Philharmonic..... 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA..... <http://abwasanibelcaptiva.org>
- American Legion Post 123..... 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL..... <https://www.audubonswfl.org/>
- Audubon Society..... 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 984-5920
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service..... 472-0404
- Horticultural Society of the Islands..... 472-6940
- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

To be listed in calling card email your information to: press@islandsunnews.com

PUZZLES

Answers on page 55



"I must be improving — my music teacher didn't need any _____ today."

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!

Crater
MASCH

Unique
SACPILE

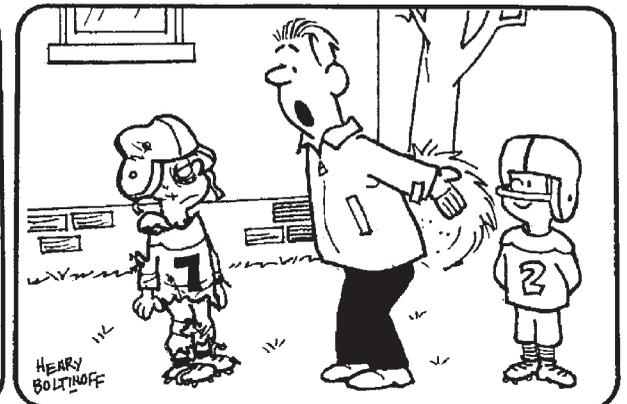
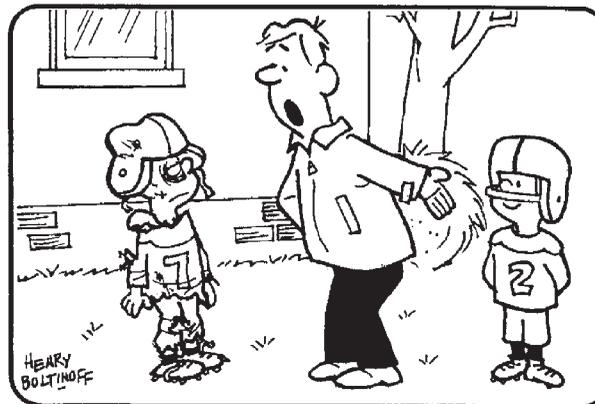
Ambiguous
CLEANUR

Scoff
PINES

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Man's hair is different. 2. No. 7 on jersey is now black. 3. Window is shorter. 4. Man's right arm is hidden. 5. Socks are striped. 6. More bricks on house.

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.

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

PETS OF THE WEEK

photos provided



Zazzy ID# A834871

Lee County Domestic Animal Services

Zazzy And Merry

Hello, my name is "Snazzy Zazzy" as the volunteers like to call me because of the best ears in town. I am the Pet of the Week. I am a 1-year-old female pit bull mix who loves to chase tennis balls and can stop on a dime and run back with it so that you can throw it just one more time. The best part of my snazzy ears is they are spotted on the inside. I am as pretty as I am affectionate.

My adoption fee is \$75.

Hi, I'm Merry. I am a 2-year-old female domestic shorthair that is the perfect gift to have just in time for the holiday season. I will bring you joy and comfort as I sit next to (or right in the middle of) your lap. I am the epitome of a lap cat. If you take advantage of the adopt one and get a feline friend at no additional charge special, you can get a more playful cat



Merry ID# A834655

and have the best of both worlds.

My adoption fee is \$50, and you can get another kitty at no additional charge.

Lee County Domestic Animal Services (LCDAS) will celebrate the upcoming holiday season with a Gift Giving Tree. The tree in the adoption lobby is decorated with ornaments with a wish list of gifts for the shelter pets. Visitors may pick one up and return it to LCDAS by December 21 to help make an animal's holiday a little brighter. The ornament is yours to keep for your tree!

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 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.✱

New Program To Attract Nursing Assistants

To fill the need for nursing assistants, Lee Health has introduced the Student Nurse Apprentice Program (SNAP). The program gives students valuable hands-on clinical experience and a pathway to a future career with the health system. SNAP offers per diem positions for students enrolled in a nursing program who have completed their core foundational courses.

"It has never been more evident than right now; the critical role nurses play in providing highly skilled compassionate care," said Jennifer Thayer, workforce planning and development program manager at Lee Health. "We are pleased to introduce the SNAP program and to have the opportunity to engage with our future generation of healthcare professionals who are instrumental to our continued journey toward excellence."

Benefits of the program include: competitive pay rate; flexible scheduling; experience with different nursing units and clinical specialties; activities of daily living; nutrition and personal care needs; and enhanced experience as you move from student to professional nurse.

Upon successful completion of the program, students will gain priority consideration for selection to Lee Health's RN Residency Program. SNAP is open year-round, and the opportunity is available to students inside and outside of the health system. To apply, visit www.leehealth.org/careers and select the "Student Nurse Apprentice" position. For more information, call 424-3500.✱

My Stars ★★★★★

FOR WEEK OF NOVEMBER 30, 2020

Aries (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.

Taurus (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.

Gemini (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.

Cancer (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.

Leo (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.

Virgo (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll

both find out what you've been missing for far too long.

Libra (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.

Scorpio (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!

Sagittarius (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.

Capricorn (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.

Aquarius (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.

Pisces (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

Born This Week: Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them.

MOMENTS IN TIME

- On Dec. 10, 1690, a near-mutiny forces the Massachusetts Bay Colony to issue the first paper currency in the Western Hemisphere. Soldiers were typically paid in coins, but shortages forced armies to temporarily issue IOUs – in one case, in the form of cut-up playing cards.

- On Dec. 7, 1787, in Dover, Delaware, the U.S. Constitution is unanimously ratified by all 30 delegates to the Delaware Constitutional Convention, making Delaware the first state of the modern United States. Government under the U.S. Constitution took effect on March 4, 1789.

- On Dec. 9, 1921, an engineer at General Motors discovers that when he added tetraethyl lead to gasoline, it eliminated the knocking sound of internal-combustion engines. In the 1970s, the Environmental Protection Agency phased out leaded gasoline due to health concerns.

- On Dec. 8, 1941, Jeannette Rankin, the first woman elected to Congress and a lifelong pacifist, casts the sole

Congressional vote against the U.S. declaration of war on Japan. She also had voted against U.S. involvement in World War I.

- On Dec. 11, 1978, a half dozen masked robbers raid the Lufthansa Airlines cargo building at JFK Airport in New York, making off with more than \$5 million in cash (\$20 million in today's dollars) and almost \$1 million in jewelry.

- On Dec. 12, 1989, Leona Helmsley, nicknamed the "Queen of Mean," is sentenced to four years in prison, 750 hours of community service and a \$7.1 million tax-fraud fine in New York. Helmsley once quipped that "only the little people pay taxes."

- On Dec. 13, 2003, in Seattle, the iconic Hat 'n' Boots Tex Gas Station is hauled away from the spot where it had stood for almost 50 years. The 44-foot-wide Stetson hat had perched atop the filling station's office, while the 22-foot-tall cowboy boots housed the men's and the women's restrooms.

NOW HERE'S A TIP

- Five ways to keep yourself from turning up the thermostat this winter: Put on a sweater; have a nice bowl of soup or stew; wear slippers or thick nonskid socks; grab a comfy blanket; snuggle up

continued on page 54

PUZZLES

Answers on page 55

Super Crossword

DIRECTLY ON TOP

- ACROSS**
- 1 "Everwood" actor Wolf
 - 6 Pigs' home
 - 9 Dutch brew
 - 15 — of Mexico
 - 19 * Ship's load
 - 20 Lead-in to historic
 - 21 Durango dish
 - 22 Baseball's Hershiser
 - 23 * Subject to interpretation
 - 25 * Old Greek squares
 - 26 "Stretch" car
 - 27 Steak, e.g.
 - 28 Prefix with lethal
 - 29 * Second U.S. first lady
 - 31 At a distance
 - 33 Tattles
 - 34 * Chum
 - 38 Give slack to
 - 42 Son of Eliel Saarinen
 - 43 * Dr. Evil's cat in Austin Powers films
 - 47 1801-05 veep Burr
 - 51 Beatles song on "Let It Be"
 - 52 Observe
 - 55 Song for one
 - 56 Linguist Chomsky
 - 57 Political plot
 - 61 Knight's glove
 - 63 "Serpico" actor M. — Walsh
 - 65 * Jumping up and down on a bouncy stick
 - 69 Comb buzzer
 - 70 Native suffix
 - 71 See 8-Down
 - 73 * Pairs of consecutive letters
 - 75 Spying setup
 - 77 Likely (to)
 - 80 Meadow
 - 82 Birds building homes
 - 84 Poster pins
 - 88 Buzzing
 - 91 Large 1940s computer
 - 93 "Huh?"
 - 94 Female kin
 - 95 Artist's base
 - 99 * Suffer a lot
 - 101 Dog variety
 - 103 * She directed "The Hurt Locker"
 - 107 — Sea (salt lake in Asia)
 - 110 Coy
 - 111 Revisions
 - 112 * Too much self-esteem
 - 116 Beloved of Tristan
 - 119 * Bay off Nigeria and Togo's coast
 - 123 — de plume
 - 124 Brit's "Bye!"
 - 128 Ye —
 - 10 Wise men
 - 11 Air pollution
 - 12 Reid and Lipinski
 - 13 "Seinfeld" gal
 - 14 Nielsen of "Mr. Magoo"
 - 15 Ghana's former name
 - 16 Dickens' — Heep
 - 17 "— tell ya!"
 - 18 Dental string
 - 24 It uses 108 cards
 - 29 In — (single-file)
 - 30 Gillette razor brand
 - 31 Toon bear
 - 32 Canon camera
 - 34 Compound with nitrogen
 - 35 '83 Keaton-Garr film
 - 36 Letter-shaped girder
 - 37 Easy putts, informally
 - 39 Weep loudly
 - 40 Sooner than, in poetry
 - 41 Ultimate degree
 - 44 Health supplement store, familiarly
 - 45 Jump
 - 46 Pig
 - 48 Part to play
 - 49 Bullring cries
 - 50 Observe
 - 53 R&D center
 - 54 Song for two
 - 58 Singer Dylan
 - 59 Opposed to, in dialect
 - 60 Theater box
 - 62 Orderly
 - 64 Floor piece
 - 66 Tax org.
 - 67 Election analyst Silver
 - 68 FBI guys
 - 72 Umps' kin
 - 74 — Lanka
 - 76 Oklahoma tribe
 - 77 "Moby-Dick" captain
 - 78 Flow out
 - 79 Fix a flat? Abbr.
 - 81 Height: Abbr.
 - 83 Former Swedish car
 - 85 Toddler, e.g.
 - 86 Buzzing musical toy
 - 87 Is in a huff
 - 89 Source of warmth on some trains and ships
 - 90 Belly laugh
 - 92 Special FX technology
 - 96 Poppa
 - 97 Native suffix
 - 98 Unit of resistance
 - 100 Mean beast
 - 102 "Doggone!"
 - 104 Totally spoil
 - 105 Century divs.
 - 106 Dark modern film genre
 - 108 Breakdown of social norms
 - 109 Long-term inmates
 - 112 Download on a Kindle
 - 113 Radner of comedy
 - 114 Nash of comedy
 - 115 "My heart skipped —"
 - 117 Weaving frames
 - 118 Driver's lic. issuer
 - 120 Sicilian volcano
 - 121 Night, in Nice
 - 122 — dixit (assertion with no proof)
 - 124 Song for three
 - 125 "Waterloo" quartet
 - 126 Lean
 - 127 Gets mature
 - 130 Rove (about)
 - 131 Flow out

- DOWN**
- 1 Union enemy
 - 2 Arrived
 - 3 "Eat — eaten" (survival adage)
 - 4 9-to-5er's cry of relief
 - 5 Dress (up)
 - 6 Flatware item
 - 7 Move as if on wheels
 - 8 With 71-Across, boot camp affirmative
 - 9 Run up — (defer payment)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
19					20				21					22						
23					24				25					26						
27					28			29						30						
				31				32				33								
34	35	36	37				38		39	40	41		42							
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63					64		65			66	67	68		69			70			
					71		72		73				74		75		76			
77	78	79			80		81		82				83		84		85	86	87	
88					89				90				91		92		93			
94							95		96	97	98			99		100				
101					102			103				104	105	106						
					107		108	109		110							111			
112	113	114						115				116			117	118				
119									120	121	122			123			124	125	126	127
128							129						130				131			
132									133				134				135			
136													138				139			

King Crossword

ACROSS

- 1 Secondhand
- 5 Sphere
- 8 Halt
- 12 DVR alternative
- 13 Greek X
- 14 Authentic
- 15 Sheltered, at sea
- 16 Hare's defeater
- 18 Japan's main island
- 20 Comic Phyllis
- 21 California wine valley
- 23 Zero
- 24 Enchilada holder
- 28 Plate
- 31 — jiffy
- 32 Fix a stubborn shoelace
- 34 Rowing need
- 35 Sulk
- 37 Harasses
- 39 Male cat
- 41 Tater
- 42 Wall plaster
- 45 Warren Commission subject
- 49 Bullring VIP
- 51 Lotion additive
- 52 Yemeni city
- 53 Scrap
- 54 Anger
- 55 Got up
- 56 They're between dos and mis
- 57 Let fall
- 58 power
- 59 English river
- 60 Equal
- 61 Can metal
- 62 Locks
- 63 Chorus members
- 64 Quarterback Tebow
- 65 Yoko of music
- 66 States of ecstasy
- 67 LaGuardia and Logan, e.g.
- 68 Perched
- 69 Day fractions (Abbr.)
- 33 Ostriches' kin
- 36 Dawn-of-mammals epoch
- 38 Name of many English kings
- 40 Longtime record label
- 42 Celebrity
- 43 Big fuss
- 44 Smell
- 46 Winged
- 47 Corporate symbol
- 48 Profound
- 50 Raw rock

DOWN

- 1 Hexagonal state
- 2 Missile house
- 3 Divisible by two
- 4 Fails to
- 5 One of eight
- 6 Pi neighbor
- 7 Avian creature
- 8 Unemotional
- 9 10 to the 12th

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: ASKING FOR THE PRICE

For what?	May I?	Shall we?	Who?
From where?	Really?	What's up?	Why not?
Happy?	Right now?	When?	Would you?
Is it?	Shall I?	Which way?	

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---	---	--	--	---	---	--

Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:42 am	9:44 am	None	None
Sat	2:31 am	10:36 am	6:46 pm	8:48 pm
Sun	3:31 am	11:31 am	7:23 pm	10:45 pm
Mon	4:48 am	12:27 pm	7:55 pm	None
Tue	6:27 am	12:38 am	8:25 pm	1:20 pm
Wed	8:13 am	2:07 am	8:54 pm	2:08 pm
Thu	9:49 am	3:17 am	9:23 pm	2:52 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:47 am	9:46 am	None	None
Sat	1:36 am	10:38 am	5:51 pm	8:50 pm
Sun	2:36 am	11:33 am	6:28 pm	10:47 pm
Mon	3:53 am	12:29 pm	7:00 pm	None
Tue	5:32 am	12:40 am	7:30 pm	1:22 pm
Wed	7:18 am	2:09 am	7:59 pm	2:10 pm
Thu	8:54 am	3:19 am	8:28 pm	2:54 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:23 am	9:49 am	4:37 pm	8:36 pm
Sat	2:09 am	10:32 am	5:30 pm	9:24 pm
Sun	3:08 am	11:23 am	6:23 pm	10:25 pm
Mon	4:20 am	12:30 pm	7:10 pm	None
Tue	6:23 am	12:48 am	7:51 pm	1:34 pm
Wed	8:05 am	2:12 am	8:28 pm	2:26 pm
Thu	9:30 am	3:13 am	9:07 pm	3:13 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:52 am	1:00 pm	None	None
Sat	4:41 am	1:52 pm	8:56 pm	None
Sun	5:41 am	12:04 am	9:33 pm	2:47 pm
Mon	6:58 am	2:01 am	10:05 pm	3:43 pm
Tue	8:37 am	3:54 am	10:35 pm	4:36 pm
Wed	10:23 am	5:23 am	11:04 pm	5:24 pm
Thu	11:59 am	6:33 am	11:33 pm	6:08 pm

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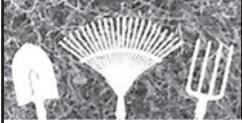


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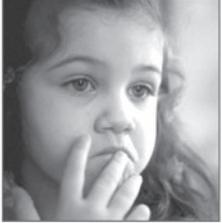
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Grant Awarded For Classroom In A Box Program

Kee Lee County Beautiful, Inc. (KLCB) is one of the 24 nonprofits and service organizations in the state of Florida to be awarded the Volunteer Generation Fund (VGF) grant funding. Volunteer Florida's VGF program, which is funded by the federal agency, AmeriCorps, helps organizations recruit skills-based volunteers to serve Florida communities.

The grant funding will be used to recruit volunteers for the Keep Lee County Beautiful Classroom in a Box program. This program offers teachers complete, week-long educational "boxes" for their classrooms. The box contains all of the materials, curriculum (and some even offer field trips) to complete their lessons. Lessons include: Microplastics Testing, Reducing the Carbon Footprint and The Importance of Trees. These educational modules will be offered at no cost to educators and are available on a first come, first served basis. The hands-on engagement opportunities will reach thousands of Lee County students and help educate them on the importance of protecting the environment.

The Classroom in a Box program is an expansion to KLCB's mission to

educate and engage the community and raise awareness of local environmental issues.✱

From page 49

Now Here's A Tip

with someone special.

- "If you bathe in a tub, try rubbing on bath oil before getting in the tub. You will get greater coverage and more moisturizing power from your bath oil. And at this time of year, who doesn't need that?" – ME in Washington

- "Here's a great way to use Christmas cards from last year: Trace a child's hand on the back of the pictures. Cut them out and use them to make a wreath for the front door. Or, make small jigsaw puzzles for young children to play with. Any good, detailed artwork on a card front will do. Make squiggly lines in the fashion of a jigsaw puzzle, then cut out. It helps if the cardstock is good and thick." – MM in Utah

- "To keep light bulbs from sticking in the socket, apply petroleum jelly to the base of the bulb before screwing it into the fixture." – BD in Virginia

- Here's an oldie but a goodie: Add a few drops of water to votive cups before adding a candle. The wax will float on the water, and when the candle burns down, it won't get stuck in the votive glass.

- "Burned rice? No problem. While it's still hot, carefully remove to a new

pot any rice not browned or blackened. Then top it with a single slice of white bread. Allow it to sit for several minutes under a tightly fitted lid. The burned smell is absorbed by the bread, and the rice is fit to eat." – MU in Michigan

STRANGE BUT TRUE

- Tigers, jaguars and leopards love the smell of Calvin Klein's "Obsession For Men" Photographers who used the fragrance to lure the big cats to their cameras in the wild said the cats "would start drooling, their eyes would half-close, almost like they were going into a trance."

- The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.

- Between 1970 and 1973, four Israeli fighter pilots held as POWs in an Egyptian prison passed their time by translating JRR Tolkien's *The Hobbit* from English into Hebrew. The book was sent to them by their family members via the Red Cross. The pilots' version was published commercially in 1977 and is still considered by many to be one of the best Hebrew translations available.

- Until 1953, New York City had a pneumatic tube mail network that spanned 27 miles and connected 23 post offices. At its peak, the system moved 95,000 letters a day at speeds of 30-35 mph.

- Halloween is more Irish than St. Patrick's Day.

- Ever wonder how the dice game Yahtzee got its curious moniker? A wealthy Canadian couple invented the game as a way of entertaining friends on board their yacht. After it proved a hit, the couple consulted a toy maker who loved it, bought the rights, and changed the original name from the generic "Yacht game" to "Yahtzee."

- Homer Simpson's famous "D'oh!" is a real word in the Oxford English Dictionary, though in *The Simpsons* scripts, it's rendered merely as an "annoyed grunt."

- Barbie has been outfitted by over 70 well-known designers, including Yves Saint Laurent and Christian Dior.

THOUGHT FOR THE DAY

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

– Lao Tzu

TRIVIA TEST

1. **Food & Drink:** What is another name for the vegetable known in some parts of the world as a courgette?
2. **Language:** What does the Latin phrase "Ars longa, vita brevis" mean?
3. **Literature:** Which 20th-century novel begins with the line, "When he was nearly thirteen, my brother Jem got his arm badly broken at the elbow"?

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12/4 * 12/11

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4. **Animal Kingdom:** What is a pudu?
5. **Movies:** Which 1983 movie featured the character of Tony Montana?
6. **Television:** What was the name of the vacuum cleaner on the children's series *Teletubbies*?
7. **General Knowledge:** What color is carmine?
8. **Science:** What was the first mammal to be cloned successfully from an adult cell?
9. **Firsts:** Who was the first African American man elected to the U.S. Senate?
10. **U.S. Presidents:** What was the name of President Bill Clinton's family cat?

HORTOONS



TRIVIA ANSWERS

1. Zuchini 2. Art is long, life is short 3. To Kill a Mockingbird 4. Small South American deer 5. Scarface, Al Pacino 6. The Noo-noo Rhodes Revels, 1870 10. Socks

SCRAMBLERS ANSWER

1. Chasm
2. Special;
3. Unclear;
4. Snipe

Today's Word

ASPIRIN

PUZZLE ANSWERS

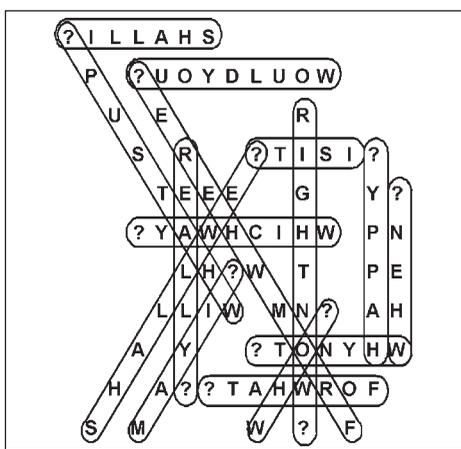
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Intracoastal Harbour	Fort Myers	2003	3,861	\$1,685,000	\$1,650,000	11
Ponza	Estero	2016	3,131	\$1,325,000	\$1,290,000	0
Cape Coral	Cape Coral	1999	3,449	\$1,495,000	\$1,200,000	53
Chartwell	Estero	2002	3,414	\$1,275,000	\$1,150,000	39
Caprini	Miromar Lakes	2006	3,177	\$1,295,000	\$1,120,000	244
East Rocks	Sanibel	1984	2,004	\$1,095,000	\$1,085,000	0
Town And River	Fort Myers	1974	2,792	\$1,200,000	\$1,000,000	18
Cape Coral	Cape Coral	1965	2,048	\$995,000	\$995,000	32
Cape Coral	Cape Coral	2003	3,021	\$969,000	\$969,000	0
Corkscrew Shores	Estero	2018	3,663	\$950,000	\$925,000	101

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