



Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 15, 2021

JANUARY SUNRISE/SUNSET: 15 7:18 • 5:57 16 7:18 • 5:58 17 7:18 • 5:59 18 7:18 • 6:00 19 7:17 • 6:01 20 7:17 • 6:01 21 7:17 • 6:02

Chamber To Host City Council Candidate Forum

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

Candidates have until January 15 to become qualified for a chance to succeed Mick Denham, who is not seeking reelection, and Chauncey Goss and Jerry Muench, who were appointed in late 2020 by the council as interim members to replace councilmen Jason Maughan and Kevin Ruane.

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



Current Sanibel City Council members, from left, Richard Johnson, Vice Mayor Holly Smith, Jerry Muench, Mayor Mick Denham and Chauncey Goss photo by Wendy McMullen

forum. Chamber members should watch their email inboxes for invitations to

the forum. Attendees need not belong to the chamber and can receive an invitation by contacting Ashley Pignato,

member services manager, at 472-8255 or ashley@sanibel-captiva.org. A Zoom recording of the forum will be accessible from the chamber’s website, www.sanibel-captiva.org, following the forum.

The Sanibel & Captiva Islands Chamber of Commerce is dedicated to promoting the prosperity of its members and preserving the quality of life of our community. With over 560 active chamber members from both islands including businesses from Lee and Collier counties, the chamber plays a key role in facilitating communication and cooperation between business, residents and government to enhance the economic health of the islands. The Francis P. Bailey, Jr. Chamber Visitor Center is located at the entrance to Sanibel and welcomes over 160,000 visitors each year. VISIT FLORIDA named the visitor center one of 13 official Florida Certified Tourism Information Centers. The visitor center is open 365 days a year and provides visitors with information about things to do, places to visit, where to stay, shop and dine. The Chamber website <http://sanibel-captiva.org> receives over 1.3 million website visits per year.✪



Charity Cup tournament directors Dick Waterhouse and Bill Harkey warm up at Sanibel Island Golf Club photo provided

Big Prizes Up For Grabs At Rotary Charity Cup

The Sanibel-Captiva Rotary Club is making preparations for the Charity Cup golf scramble, with tee time at 9 a.m. on Saturday, February 13 at Sanibel Island Golf Club. The Charity Cup

is being held in lieu of Rotary’s annual arts and crafts festival due to the current pandemic.

The club’s goal is to raise money to continue to support the organizations on and off the islands that they have helped in the past, and to have a day of fun on the golf course. The tournament is a Four-Person Scramble format playing best ball. Three sets of “T” boxes will be used.

“We are hosting the Charity Cup in continued on page 46

Film Series Kicks Off Next Week



Crew members of *The Smog of the Sea* found that microplastics outweigh the scourge of plastic garbage patches in our seas photo provided

The 9th annual “Ding” Darling Film Series will adapt to distancing and pandemic safety protocols with virtual airings and follow-up discussions via Zoom. It kicks off on Wednesday, January 20 with *The Smog of the Sea*,

a 30-minute documentary chronicling a week-long journey to the remote waters of the Sargasso Sea in search of the legendary plastic “garbage patches.”

The film is available for viewing continued on page 8



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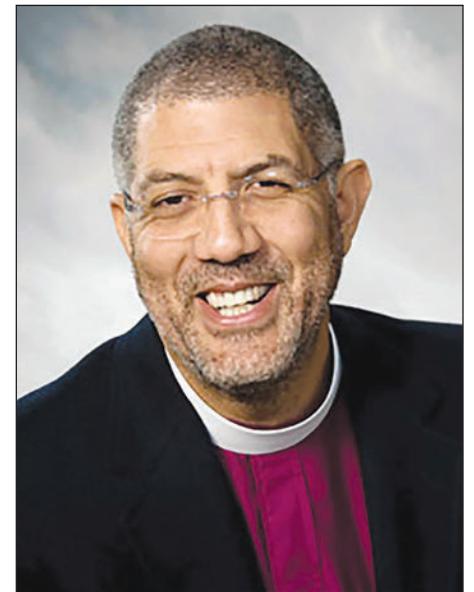
From left: Maria Zoltek, cantor of Saint Isabel's Church; Dr. Anne-Marie Bouche, art instructor at Florida Gulf Coast University; Simon Frisch, doctoral student at Juilliard Conservatory; Nicholas Frisch, doctoral student at Yale University; Amy Nowacki, local architect; Hank Glass; and Dr. Richard Mattern and William Rahe, Rotarians photos provided

MLK Day Virtual Celebration

St. Michael and All Angels Episcopal Church is hosting its 6th annual celebration of the Rev. Dr. Martin Luther King, Jr. virtually on Monday, January 18. All are invited to view the program at www.saintmichaels-sanibel.org. It will be posted at 8 a.m. and will be available to watch any time.

The program will feature The Rt. Rev. Robert Wright, bishop of the Episcopal Diocese of Atlanta. Since his election in 2012, he has been a vocal and active leader around the country, teaching about the importance of love and justice. Also featured will be the Spiritual Voices choir of Fort Myers, a reading of Dr. King's *I Have A Dream* speech, sacred dance and music by a select choir of St. Michael's.

The special choir was formed for the celebration. The choir recorded the numbers outdoors and socially distanced. They feature *Ain' a That Good News* and



The Rt. Rev. Robert Wright

There is a Balm in Gilead, arranged by William Harris ✨

Help Coastal Watch Protect The Mangroves

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

To get involved, attend one of Coastal Watch's virtual workshops.

The Back to Our Roots virtual workshops will include an educational component focusing on mangrove ecology and the threats mangroves face in Southwest Florida. Coastal Watch will share more about conservation efforts for these vulnerable trees and discuss how

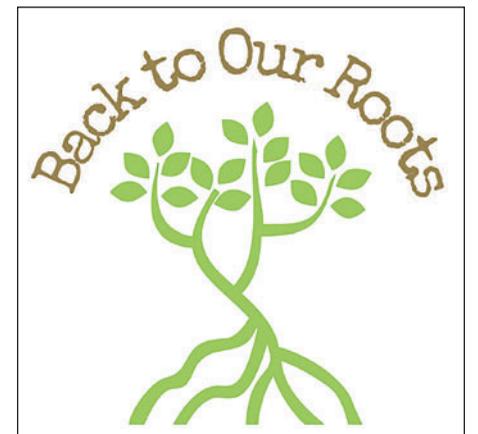


image provided

the community can get involved to help protect mangroves on Sanibel and Captiva. The workshops will also include key tips on how participants will grow their own mangroves as part of the initiative.

The Coastal Watch Advisory Committee will host virtual workshops on Saturday, January 16 at 1 p.m. and Thursday, January 21 at 6 p.m.

To register for the virtual workshop, go to <https://sancapcoastalwatch.org/back-to-our-roots>. ✨

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Secure Your Reservation For The 1927 Gala



image provided

The Community House has 19 sponsors so far for its 1927 Gala Reimagined, scheduled for Friday, January 22. Eleven businesses have contributed to the live auction and 20 small businesses, artists and individuals have donated to the raffle.

The gala evening will begin with a dining experience thanks to the collaboration of seven different chefs and restaurants. An array of appetizers will be provided by Doc Ford's Rum Bar & Grille, The Island Cow and Stilwell Restaurant Group. The soup course will be a white gazpacho, salad course a shrimp and ricotta strudel with arugula, and the main entrée will be petit veal loin mignon and poached main lobster

tail (vegetarian option of portobello Washington). A dessert of Mexican chocolate cake with blood orange whip, cornflake pistachio crumble and chocolate dipped candied blood orange will top off the meal along with two bottles of wine (red and white). Dinner will be packaged for take-out only and delivered to your car curbside at The Community House from 4 to 6 p.m. on January 22 (home delivery by special request).

The gala will also feature a live-stream component that will be broadcast from The Community House beginning at 6:30 p.m., with music, entertainment and a live auction. The master of ceremonies will be Victor Mayeron, longtime owner and operator of The Mucky Duck on Captiva. Tommy Williams, former SCA board member, will serve as auctioneer.

For those who would like an in-person experience for the evening, a limited number of socially distanced seats will be available at 6:30 p.m. after patrons have had their dinners at home. Guests will be asked to wear masks while they listen to the music of a local three-piece jazz trio. The live auction will begin at 7 p.m.

There will be seven auction items up for bid this year: a \$2,500 gift certificate for the Sealife by Congress collection at Congress Jewelers; a double dinner package for six people to Cielo and The Timbers; a Best Grandparents Ever package that includes six unique experiences on land and at sea; dinner party for 10 by Chef Jarred Harris of The Community House; a private tour of the Rauschenberg estate; dessert

of the month for a year; and a private sunset cruise for up to 30 people with Captiva Cruises, including wine, beer and appetizers. If you are unable to attend either virtually or in person, you may still bid either by phone or by silent bid.

A new addition to the gala is a raffle. Approximately 20 packages will be raffled off with chances now available. Tickets are \$25 each or five for \$100. Participants can select which items they hope to win and can put them in the bag accordingly or by a member of The Community staff. Raffle tickets will be

drawn on Friday, February 5 and winners will be notified by Monday, February 8.

Tickets to the gala fundraiser are \$160 per person and tax deductible. All proceeds support the operating fund for The Community House, a 501(c)3 nonprofit organization. Tickets can be purchased at The Community House office, 2173 Periwinkle Way, Monday through Friday from 9 a.m. to 3 p.m., online at www.sanibelcommunityhouse.net, or by calling 472-2155. Deadline for reservations/dinner orders is Friday, January 15.*

Federal Student Loan Tips For 2021

Students who will borrow money for college using federal student loans must complete entrance counseling if they are borrowing for the first time, according to Kentucky Higher Education Assistance Authority (KHEAA).

Entrance counseling helps students understand the financial commitments they're agreeing to when they receive their loan. Fully understanding these financial obligations is an important step in taking out federal student loans to help pay for education after high school.

The U.S. Department of Education requires borrowers to complete the counseling before students will receive loan funds. The counseling will teach users how to borrow responsibly so they don't take out more loans than they need.

The department offers online counseling at www.studentaid.gov under the Complete Aid Process tab. The counseling should take between 20 to 30 minutes. Borrowers should check with their college to see if the federal counseling session is accepted as some schools have alternate counseling program requirements.

KHEAA is a public, nonprofit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

In addition, KHEAA disburses private advantage education loans on behalf of its sister agency, KHESLC. For more information, visit www.advantageeducationloan.com.*

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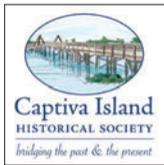




Miss Gould's class at the Captiva School House, pre-1940
photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
**Landmark:
School House**

In 1901, William Herbert Binder, the first homesteader, donated a portion of land for construction of a one-room schoolhouse; attended by students from Captiva, Buck Key and Sanibel. The building is now Captiva Chapel by the Sea, which in 2013 was added to the National Register of Historic Places.



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

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Complete Shabbat Worship Service including Torah reading Zoomed from Fellowship Hall at SCUUC every Friday night at 7.30 p.m. Shabbat morning discussion led by Rabbi Fuchs at 9.30 a.m. (email batyamsanibel@gmail.com to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

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

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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

DO YOU KNOW YOUR BIRTHSHELL?

January: The Auger Shell, Garnet The Auger shell is a cool healing shell that invokes calm and is closely connected to water energies. It is also characterized by confidence, strength and clarity. Those born to the auger are known to have extraordinary self-awareness and are seen as very intuitive individuals, empowered with strength, loyalty and known to foster lifelong friendships.

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From left: Breanna Frankel, rehabilitation manager; Dr. Sasha Troiano, veterinary intern; Dr. Melanie Peel, veterinary intern; and Katie Mueller, wildlife rehabilitator, giving fluids to the dehydrated bobcat photos courtesy CROW

CROW Rescues Bobcat Stuck In Birdhouse

A male juvenile bobcat was rescued by Clinic for the Rehabilitation of Wildlife (CROW) staff after it was found with its head trapped inside a birdhouse in Fort Myers.

A Fort Myers homeowner found the

cat in their front yard with one of their wood nesting bird boxes on its head. The homeowner contacted CROW and soon after, a team of veterinarians and wildlife rehabilitators arrived to help.

First, veterinarians sedated the cat so it could be handled safely. The team was unable to pull the cat from the small opening and began to carefully dismantle the house from around it. When one of the sides was removed, it became apparent what the bobcat was after as



CROW staff removing the bobcat from the birdhouse

an eastern gray squirrel was found inside. The squirrel was unharmed and quickly ran off when released from the box.

The team removed the cat from the birdhouse by cutting the wooden pieces from around its neck. Veterinarians checked the bobcat for injuries and provided fluids for dehydration from struggling to free itself.

The cat was found to be in otherwise good health with no injuries. An injection was given to reverse the sedation and the bobcat quickly recovered. It was transported to a nearby preserve and released.

Established in 1968, the Clinic for the Rehabilitation of Wildlife (CROW) is a teaching hospital saving sick, injured and orphaned native and migratory wildlife of Southwest Florida and beyond. Through state-of-the-art veterinary care, public education programs and an engaging visitor center, CROW works to improve the health of the environment, humans and animals through wildlife medicine. For more information, or to plan your visit, go to www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.*

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OBITUARY



JOAN MELBA (NEFF) KNOWLAND

Joan Melba (Neff) Knowland, age 87, of Madison, Indiana passed away on December 30, 2020 at Hickory Creek at Madison. She was born on February 6, 1933 in Louisville, Kentucky. She was the loving daughter of Carl Anton Neff and Melba Hankammer Neff.

Joan grew up in the Portland neighborhood of Louisville where her father, Carl A. Neff, was a pharmacist and owned Neff Pharmacy along with his brother, Earl Neff. She graduated from Shawnee High School in Louisville

in 1950. This was the last all-girls class to graduate from there. She was in the high school choir and played the string bass in the orchestra. She then attended Eastern Kentucky State College (now Eastern Kentucky University) where she earned her elementary education degree in 1954. She later received her master's degree in education from Indiana University. While attending Eastern Kentucky State College, she met her loving husband, Don Knowland.

They were married on July 16, 1955 at West Louisville Evangelical and United Church of Christ and spent 62 wonderful years together until Don's death on September 17, 2017. They had two daughters for whom Joan ensured were educated and gained as many experiences in life as possible. Don and Joan had a love of travel and spent their summers camping and visiting all the states in the continental United States with their children.

Joan was a teacher for 37 years. She started her teaching career in New Albany, Indiana. She then taught in Hopewell, Virginia while her husband was stationed in the Army as well as many schools in Indiana including the Dillsboro, Versailles and Madison school systems. She retired after teaching many years at EO Muncie and moved with her husband to Sanibel Island, Florida and later Fort Myers, Florida to enjoy retirement. They enjoyed boating, entertaining, playing cards and spending time with friends. They traveled to a total of 67 countries in their retirement.

Joan was a member of Madison

Presbyterian Church in Madison, Indiana and Sanibel Community Church in Sanibel, Florida. She had a beautiful voice and enjoyed singing in the choir. She also enjoyed playing the piano and continued to play piano at church until the last year of her life. She also was a member of Tri Kappa sorority, Madison Teachers Association, Indiana State Teachers Association and the National Education Association. She also belonged to the American Association of University Women (AAUW) and was a proud Democrat.

While a teacher in the Madison Consolidated Schools, she helped bring these initiatives to the school system: Science Fair, Media Fair, and the Camp Livingston Environmental Program. She taught fourth and sixth grades at EO Muncie while teaching for the Madison Consolidated School system. She was known for her jingles that helped students memorize essential skills and still had students come to her in public many years later to recite the jingles they learned in her classroom. She accompanied many Christmas programs on the piano under the direction of JoAnn Williams.

Joan will be missed by her children: Lee Ann Cart and her companion, Bill Owens, of Madison and Ellen Aldrich (Joe), of Wilmer, Texas; her loving grandchildren, Lesley Miller (Les) of Madison and Oran Cart (Jessica) of Winfield, Illinois; her adoring great-grandchildren: Claire, Kate, Cora, and John; her brother, Dr. Carl Neff (Elaine) of Seminole, Florida; and her sister-in-law

and brother-in-law, Peggy and Bill Wall of Jeffersonville, Indiana. She was preceded in death by her husband, Don Knowland; her father, Carl Anton Neff; her mother, Melba Neff; her sister, Carol Wininger; and her daughter who was stillborn in November 1956.

At Joan's request, there will be no visitation, and her family will celebrate her life privately. Her ashes will be placed with those of her husband, Donald Knowland, at the Indiana Veterans Memorial Cemetery in Madison, Indiana.

Memorial contributions may be made to Madison Presbyterian Church in Madison, Indiana or the Madison Consolidated Schools Educational Foundation. Contributions can be made at Lytle Welty Funeral Homes & Cremation Service.*

Top 10 Books

1. *Anxious People* by Fredrick Backman
 2. *Promised Land* by Barack Obama
 3. *Ready Player Two* by Ernest Cline
 4. *Trouble in Paradise* by Jennifer Schiff
 5. *Deacon King Kong* by James McBride
 6. *Untamed* by Glennon Doyle
 7. *The Ten Thousand Doors of January* by Alix Harrow
 8. *Exiles* by Christina Baker Kline
 9. *Hillbilly Elegy* by JD Vance
 10. *Nothing to See Here* by Kevin Wilson
- Courtesy MacIntosh Books and Paper.**



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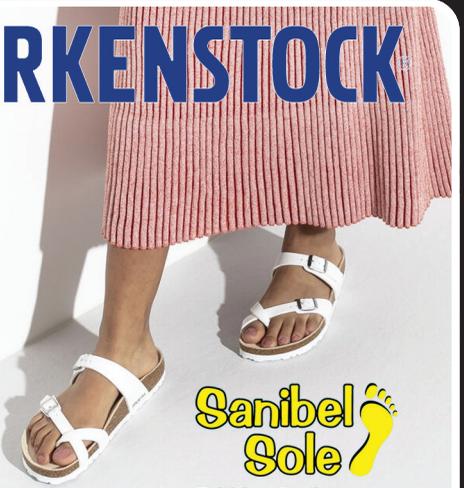
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Osprey Foundation Awards Grant

Mexico, Spain, Brazil, Ghana, Belize, Argentina and the United States... what do these places have in common? Spanning the globe, ospreys (*Pandion haliaetus*) fly high in their skies and all have programs which have been awarded grants by The International Osprey Foundation (TIOF), based on Sanibel.

Integral to TIOF's Mission to Preserve, Research, and Educate is the awarding of grants targeted for the welfare of ospreys in their global ecosystem. Over the past 30 years, grants have been directed to geographically and functionally diverse programs including nest fidelity and density impact on breeding productivity, pesticide exposure on reproduction, medical treatment of injured raptors, avian protection programs in partnership with utility companies, foraging ecology, raptor coastal migration and population surveys, and genetic analysis.

The foundation's 2020 grant – for \$2,034 – was awarded to Denis Keitel and his team in Belarus for their research to identify and secure official protection status for nesting sites in the bogs and river valleys of the northern Belarus forests. Belarus is in eastern Europe.

Timely protection is essential to prevent logging in critical breeding areas, said Carol Smith, TIOF grants chair.

The program aligns well with osprey recovery and conservation plans developed by the Convention on the Conservation of European Wildlife. Key elements of the program include mapping four at-risk areas where osprey populations have been reported, determining population metrics and nest productivity, banding chicks and installing artificial nesting platforms where needed, and securing national protection status involving approval from four government agencies.

Despite these uncertain times, the Belarus team reports significant progress with 50 percent of the target areas mapped, 28 nests identified, 26 chicks banded and 22 artificial platforms built. Most importantly, two key areas are well into the national protection approval



Osprey chicks on a nest in Belarus
photo provided process.

"TIOF will continue to follow the program's progress and sincerely thanks current and past members for their membership donations, making grants such as this possible," said Susan Tucker, TIOF president. These grants show that TIOF is truly international in scope.

Visit www.ospreys.com for more information on ospreys or TIOF. To volunteer as a nest watcher or to report a nest needing maintenance, email tiof@outlook.com.

City Of Sanibel Holiday Schedule

The City of Sanibel administrative offices will be closed in observance of Martin Luther King, Jr. Day on Monday, January 18 and will resume regular operating hours on Tuesday, January 19. All refuse, recycling and vegetation waste collection by Advanced Disposal will be collected on your regularly scheduled day. If you have any questions, call 334-1224.

The Sanibel Recreation Center will be closed on Monday, January 18 and will resume regular operating hours on Tuesday, January 19. If you have any questions, call 472-0345. Center 4 Life remains closed due to COVID-19.

Planners Approve Variance In Light Of Mangroves

by Wendy McMullen

Sanibel Planning Commissioners voted to approve a variance to build a dock longer than allowed in the Sanibel Land Development Code at their meeting on Tuesday.

Commissioners approved the variance to allow a dock at 5251 Punta Caloosa Court to extend six feet longer than the maximum allowed, because keeping the dock to 20 percent of the waterway's width would mean significantly damaging the mangroves surrounding the property.

Permission was also granted to dredge the water around the dock after Dina Detmar of the city's Department of Natural Resources attested that no seagrasses or oysters would be affected.

Councilman and owner of the property across the canal, Richard Johnson, said that he did not see any

detrimental effects from allowing the dock to extend further than permitted by the Sanibel code.

The land development code only allows docks to extend 20 percent of the width of the canal but City Attorney John Agnew advised that the commission can approve extension if there is evidence presented that the standard is not feasible.

In other discussion, the commission considered complaints about insufficient vegetation, screening a tennis court permitted at 1639 Serenity Lane in Gumbo Limbo.

"We do not feel that the rendering of the property in the permit application is what we are actually going to see," said next door neighbor Barbara Murza. "It would take the hand of God to reach in and allow it to grow to 30 feet."

Commissioners directed city staff to look into the matter.

The planning commission will continue to examine the issue of materials that can be used in seawall construction at a special subcommittee meeting on Tuesday, February 9.

From page 1

Film Series

any time that day, with a Zoom virtual discussion scheduled for 5 p.m. Pre-registration for the film and discussion are required; visit www.dingdarlingsociety.org/articles/lecture-and-film-series for links. Those who register for the film will receive an email a day before the showing begins containing the streaming link and password along with a link to the Zoom discussion.

Bailey's General Store wine buyer Calli Johnson has recommended a wine pairing of Sea Glass Sauvignon Blanc for the post discussion.

"The vineyard for this wine is in Santa Barbara, just 20 miles from the ocean," said Johnson. "A sip of Sea Glass lends to the exploratory nature and adventure of this film." She recommends calling ahead to order and make sure the wine is in stock.

The Smog of the Sea refers to the haze of microplastics the filming crew found instead of the garbage patches they were expecting. The crew consists of a

marine scientist, renowned surfers and other citizen scientists along with musician Jack Johnson, who created the film's original score.

A multiple film festival selection, *The Smog of the Sea* draws attention to the deteriorating state of once-pristine oceans and how to remedy the plague of single-use plastic.

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free film showings with sponsorship from Sanibel Captiva Beach Resorts (SCBR).

For more information, visit www.dingdarlingsociety.org/articles/lecture-and-film-series. The schedule of films is as follows:

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

Wednesday, February 17 – *Bird of Prey*

Monday, March 8 – *A Sense of Wonder*

Monday, April 12 – *Just Eat It*

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

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The Community House photo by Logan Hart

Community House Events

Suzette Heeres will teach an oil painting class on Monday, January 18 at 9:30 a.m. Students will create an oil painting of a roseate spoonbill. Cost is \$55 for members and \$65 for guests; all supplies included.

Anita Force Marshall will teach Letting Loose with Watercolors on Tuesday, January 19 at 9:30 a.m. Participants will paint an alphabet cone. Cost is \$30 for members and \$35 guests. Beachcomber paint kits can be rented for \$10. The next class will be held on Tuesday, January 26 and the subject will be a sunflower.

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

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

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

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

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

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

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

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

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

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

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

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

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

Resolve To Reduce Plastic

The "Ding" Darling National Wildlife Refuge reminds everyone to resolve to make 2021 a greener year by cleaning up bad plastic habits. Here are five easy steps:

Kick the bottle. Use reusable drinking containers for water and other beverages you carry with you. In most cases, the beverage tastes better and stays colder or hotter.

Invest in reusable shopping bags and keep them handy in your car so you don't forget to take them into stores with you.

Shop for food storage wraps and



Image provided

containers that are reusable. Avoid exfoliants and other beauty products that contain microplastic beads. When possible, take a pass on one-time use products that contain plastic, such as facemasks, drinking straws, styrofoam cups and cleaning supplies.*

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As always, we are committed to being a safety net for all.

At the end of the day, our message is simple—FISH is for everyone.

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.

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January - December

2020

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equating to

205,454 meals

BACKPACKS DISTRIBUTED

January - December

2019

2020

1170

1974

MEALS-BY-FISH DELIVERY

January - December

2019

2020

3260

6412

EMERGENCY FINANCIAL ASSISTANCE

January - December

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Program On Getting Cleaner And Greener

On Saturday, January 23 from 1:30 to 3 p.m., Jean Chandler will give a presentation via Zoom entitled Getting Cleaner and Greener: How to Minimize Exposure to Toxic Chemicals and Heavy Metals. The program, sponsored by the Green Team of the Sanibel Congregational United Church of Christ, will also include practical suggestions on finding safe personal care and cleaning products, reducing the use of plastics, foods to avoid, eating organic, foods that help in detoxifying, and ways to make your water and indoor air cleaner.

Protect not only yourself but all the workers who work with cash register receipts by informing their employers that the type of paper commonly used has ink containing a toxic chemical that easily rubs off. To test whether it is the thermal type, scratch the printed side of the paper. If you see a dark mark, it is not phenol-free.

The chemical found in thermal receipts is bisphenol A (BPA) or BPS, found in plastics (especially ones with 3 and 7 recycling codes, including the hard plastic water bottles) and the lining of cans containing food. Hundreds of studies, including more than 50 in humans, have linked this family of chemicals to an increased risk of breast

and prostate cancers, cardiovascular disease, and reproductive and brain development abnormalities.

One expert wrote: "There's more BPA in a single thermal paper receipt than the total amount that would leach out from a polycarbonate water bottle used for many years." Moreover, the BPA from thermal paper is absorbed directly into the bloodstream through the skin with brief contact. (<https://www.plasticpollutioncoalition.org/blog/2016/12/23/is-bpa-on-thermal-paper-a-health-hazard>)

Even if you're not a cashier, you still may be getting more BPA/BPS exposure than you realize because thermal paper is also used in airline boarding passes and luggage tags, tickets for trains, movies, sporting events and amusement parks, labels on prescription bottles or packaged supermarket items such as deli meats and cheeses, fax paper, lottery tickets and even library slips.

How to reduce your exposure to BPA or BPS coated receipts?

Decline to take paper receipts and opt instead to have your receipt emailed to you. If you can, use your smart phone to take pictures of plane and train tickets.

If you're not given a choice and you really need the receipt, wear nitrile gloves, fold the receipt with the printed side in, and use a sealed plastic bag to store receipts you need to keep rather than carrying them loose in your wallet, purse or shopping bag. The coating

can just as easily rub off on other items and when you handle those, you'll be picking up the BPA.

Wash your hands as soon as possible after touching receipts, especially before cooking or eating food. Use soap and water rather than alcohol-based hand sanitizers, which increase the skin's ability to absorb BPA/BPS, as do lotions or sunscreen – anything wet and greasy.

Better yet, participate in Green America's "Skip the Slip" campaign to ask businesses to use phenol-free receipt paper and to reduce the waste of paper receipts by offering a digital option. Contact the institutions you interact with about this issue. For more information, contact jeanchandler2@gmail.com.

BPA is only one of the toxic chemicals and heavy metals that are linked with serious health concerns.

To access the Zoom link, go to: <https://us02web.zoom.us/j/81689918579?pwd=NFBXUjBKelZSNjk4OUxmaMjJ4NWJmUT09>.

Local Named To Dean's List

Sanibel native Kait Proper has been named to the dean's list at Slippery Rock University for the fall 2020 semester. The dean's list consists of undergraduate students who earned an adjusted semester grade-point average of 3.5 or higher, based on a schedule of at least 12 newly attempted and earned credits.

Theological Studies With Pastor And Rabbi

Sanibel Congregational United Church of Christ is offering Theological Studies on Wednesdays. Courses began on January 13 and will run through January 27 at 9:30 a.m. via Zoom. Call the church office at 472-0497 to be put on the email list.

Rabbi Stephen Fuchs from Bat Yam-Temple of the Islands, will co-lead the class with Pastor Danner as they will focus on A Twentieth Century Prophet: The Life and Work of Abraham Joshua Heschel.

Rabbi Heschel was one of the most influential theologians of the last century in both Jewish and Christian circles. He was also a colleague of Dr. Martin Luther King, Jr. and worked with him in the struggle for civil rights. Rabbi Fuchs and Pastor Danner will explore Rabbi Heschel's life story, as well as his ideas and interpretations of the Hebrew scripture prophets with a focus on his work on justice and Sabbath.

The Zoom link will be sent out each week for the class as part of the weekly emails. The classes will also be recorded.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way.

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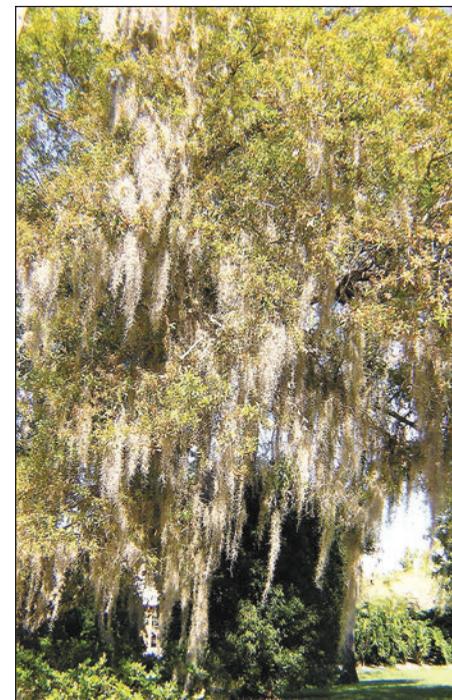
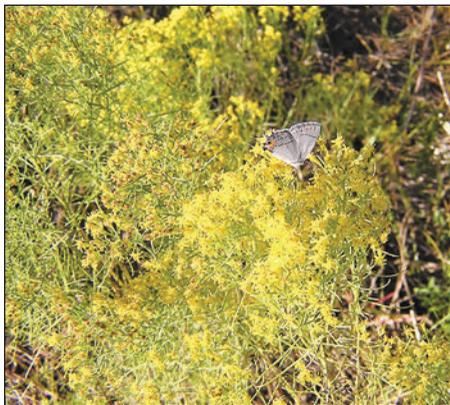
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Native slender flattop goldenrod is not in the goldenrod genus photos by Gerri Reaves

Largeflower Mexican clover – neither Mexican nor a clover – is a category-II invasive species in the state

Non-native sago palm is a cycad, not a palm

## Plant Smart Misnomers

by Gerri Reaves

Most of us know plants by their common names rather than the Latin binomial, or scientific, name, which consists of the genus and the species.

While common names are convenient, they can also cause confusion for several reasons, chief among them that a name might suggest an inaccuracy.

After all, American century plants (*Agave americana*) don't live for 100 years, and sevenyear apples (*Casasia clusifolia*) produce fruit yearly.

The tendency to name plants for their superficial physical characteristics can result in a misnomer.

For example, naming a plant a fern or a moss just because it has fern- or

frond-like leaves is misleading, as with fern tree (*Filicium decipiens*). Furthermore, while one species might have only one common name, others have a dozen!

To add to confusion, a common name might refer to two or more species (often relatives similar in appearance), thus emphasizing the necessity of the scientific name for identification.

But even it, with all its seeming exactness, can be problematic rather than authoritative. Botanists continually reassess and reassign species classifications, so even experts sometimes differ on what a plant's legitimate scientific name is.

Here are only four familiar plants whose common names illustrate some of the difficulties with common names.

Native Spanish moss (*Tillandsia usneoides*) does not hail from Spain, nor is it a moss. Those masses of silvery gray tendrils hanging on the trees – an iconic image of the South – are in fact bromeliads

and thus a member of the same family as the pineapple.

An air plant, or epiphyte, is rootless but not a parasite on the trees it inhabits, often live oaks and cypresses. It absorbs nutrients and moisture through over-lapping scales that trap dust and detritus.

Reasons to welcome it in your yard? Birds and other animals use the "moss" to build nests. The plant is sensitive to air pollution, so if it grows in your yard your air quality is pretty good.

Native slender flattop goldenrod (*Euthamia caroliniana*) might have narrow leaves and slender upright stems, and the flower clusters might be flat on top, but it's not in the goldenrod genus.

This member of the innumerable aster family has another more suitable name, slender goldentop.

The flowerheads range from only a few inches across to almost a foot. A fast grower, it attracts butterflies, birds and

Iconic Spanish moss is a native epiphyte common on South Florida trees. This bromeliad is neither Spanish nor a moss.

bees, and is virtually maintenance-free.

Largeflower Mexican clover (*Richardia grandiflora*) sprinkles the South Florida landscape time of year.

This species is not Mexican, but South American. Nor is it related to clover. Who would guess at first glance that it is a member of the coffee family?

Another common name seems more appropriate, Florida snow flower, for it dots the landscape with tiny pale pinkish six-petaled flowers – and does it so well that the Florida Exotic Pest Plant Council lists it as a category-II invasive plant.

At least bees and butterflies visit the flowers for nectar.

Non-native sago palm's (*Cycas revoluta*) stiff evergreen leaves are feather-like in structure, like those of an areca palm. However, despite the palm-like appearance, it is not a palm but a cycad, a group of plants dating to the age of the dinosaurs. There are specimens more than 2,000 years old. Even the scientific name sows confusion, for cyca is Greek for "palm."

This cone-producing plant is more closely related to conifers than to palms or ferns. Native to the tropical islands of southern Japan, it has separate male and female plants, the latter usually flowering

continued on page 18

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**Cheryl Black with a chameleon**  
photo provided

## Audubon Presentation On Burrowing Owls

submitted by Bill Jacobson

The Sanibel-Captiva Audubon Society will host a webinar on Thursday, January 21 at 7 p.m., entitled *Birds Down Under-ground!* featuring the burrowing owls of Cape Coral. The presenter will be Cheryl Black, project coordinator for the Cape Coral Friends of Wildlife. Cape Coral is home to the largest



**Burrowing owl in full camouflage**  
photos by Cheryl Black

population of burrowing owls in Florida. These much loved birds have a unique ecology and life history that enable them to live in the suburbs and put up with traffic, construction, bicycles and pets. However, they are under stress as more and more people move into the area. Black will share the results of an ongoing study of the Cape owls and the efforts that are being taken to help them thrive.

Black is a retired biology/environmental science professor from Florida SouthWestern (FSW) State College. After getting an undergraduate degree in biology from Kent State University and a master's in aquatic ecology at Virginia Commonwealth University, she held teaching and research positions in the public and private sectors before joining FSW.



**Burrowing owl taking a look around**

Black is an avid birder, scuba diver, and wildlife and underwater photographer. She is one of the co-coordinators of the annual Cape Coral Burrowing Owl Survey, which began in 2018.

This is the third of eight Sanibel-Captiva Audubon Zoom webinars to be held in January and February. To register, go to the Programs section of the website at <http://www.san-capaudubon.org/programs.html> up to five days prior to the specific webinar's

scheduled date and click on "Join" in that webinar's description. After registration, a link will be emailed to you. Each webinar has a different link. All are welcome to join.

There is no charge for the webinars. The normal source of Sanibel-Captiva Audubon Society lecture support has come from a \$10 suggested donation per attendee during pre-pandemic live presentations at The Community House. It is suggested that webinar attendees donate directly by mail to the address on the website homepage or via PayPal to its web page: [www.Paypal.me/san-capaudubon](http://www.Paypal.me/san-capaudubon). All donations are used to promote conservation on Sanibel, Captiva and in Florida. For more information, call 395-1878 or visit [www.san-capaudubon.org](http://www.san-capaudubon.org).\*

## Grief Support Group Meetings

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

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

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# Keep On Shiner Fishing



by Capt. Matt Mitchell

**N**ever-ending cold fronts over the past few weeks have kept our water temperatures hanging in the mid- to upper-60s. Usually when we have had long periods of cooler weather, our shiners disappear and we make that winter switch to shrimp fishing. This has not been the case so far with snook and redfish action on shiners still being the best bite in town. Shiners have remained easy to catch in the deeper water around the causeway bridges.

Clients who had a chance to go fishing this week took part in some of the most wide open catch-and-release action on snook and redfish that I can remember in January. With so many fish packed together in and around the passes, catching 50-plus fish during half-day trips was normal.

Lower tide periods along with fast-moving water made for a nonstop bite. Live shiners were the bait of choice, although bouncing a live shrimp along the bottom on a jig also caught them.

With this cold weather forecast to stick around for at least the next 10 days, I'm hopeful our sheepshead bite will kick into high gear. Docks, bridges and jetties are some of the most productive areas to catch this wintertime fish. Make sure to bait up with pieces of shrimp and fish close to the structure. Fiddler crabs and sand fleas are also a good choice. Sheepshead love to gnaw on the barnacles that grow on these structures.

After an emergency closure implemented in 2017, the rebound we have seen in our snook, redfish and trout fishing over the past few years has to be experienced to be believed. Redfish fishing is currently as good as I have ever seen it. Last year at this time, we caught tons of them all on the smaller side.

This year the numbers of redfish are still increasing with the average size being much larger. Unfortunately, this closure is scheduled to end after May 31. Its fabulous our fishery has improved but imagine how much better yet it could get with a continued closure.

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



Bob McGuire got in on the redfish action with Capt Matt Mitchell this week

photo provided

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CROW Case Of The Week:

# Cooper's Hawk

by Bob Petcher



The Cooper's hawk (*Accipiter cooperii*) is often referred to as one of the most skillful flyers in the world, although you may see one tear through crowded tree canopies in

high speed pursuit of other birds. In fact, due to their affinity for birds as prey, you may want to temporarily take down your bird feeders if you notice a Cooper's hawk hanging out in your yard, so that not to tempt it.

The medium-sized woodlands hawk has short-rounded wings, a rounded tail and a strongly hooked bill. Adults have blue-gray feathering and reddish-barred chest, while the younger Cooper's hawks have brown upperparts and white underparts with brown streaking. The adult call of this species of hawk is a "cack," more prominent than a juvenile's squeaky whistle.

At CROW, a juvenile Cooper's hawk was admitted to CROW after being found on the ground with a bent wing, unable to get up or fly. The hawk was observed down in the same spot for six hours. Upon initial examination, the patient presented with partial paralysis of its lower limbs.



**Patient #20-5596 recovered from its partial paralysis, received physical therapy and was successfully returned to the wild**

photo by Brian Bohlman

"Although we don't know exactly what happened, the fracture in the shoulder girdle is consistent with blunt force trauma," Dr. Sasha Troiano, CROW veterinary intern. "The treatment is cage rest, anti-inflammatories and pain medications, as well as physical therapy."

In this case, rehabilitation therapy was definitely needed due to the partial paralysis.

"Yes, after a few days of cage rest, we start physical therapy exercises to build up muscle strength," said Dr. Melanie Peel, CROW veterinary intern. "As inflammation

resolves around the spine and affected nerves, function can return. It takes time to determine if patients will fully recover from these spinal injuries, or if they will have permanent deficits."

Radiographs also revealed a pellet lodged in the right shoulder/pectoral region and a right-wing coracoid fracture. There was no visibility of an entry wound from the pellet which led the hospital staff to suspect an older gunshot wound. The patient was held in supportive care and given pain medications.

Since the pellet was lodged in a

favorable part of the body for some time, it was not removed.

"Yes, the bullet is not causing any issues for the hawk, and it is not necessary to go in and remove it," said Dr. Troiano. "Based on its location, there is minimal risk for lead toxicity from this bullet. There would be higher likelihood of lead poisoning if it is within the GI tract, or a joint."

Nine days after intake, the patient successfully cast healthy pellets, perched, ate on its own and displayed proper digestion. As a result, the patient was moved to an outdoor enclosure and immediately began to fly.

"After showing improvement with physical therapy inside, the hawk was moved to an outside flight enclosure to do further exercise and build endurance," said Dr. Peel.

The patient's medications were then discontinued, and the hawk was continually monitored for improved flight. Its stay at CROW ended shortly after that.

"This hawk recovered well from its shoulder fracture and spinal trauma, and was successfully released in an appropriate habitat near where it was rescued," said Dr. Peel.

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

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## New Intern At 'Ding' Darling

Intern Julie D'Agostino recently arrived from Ohio to help JN "Ding" Darling National Wildlife Refuge with staff shortages in the coming season, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

D'Agostino received her bachelor's degree in environmental geography from Ohio University in 2015. Her most recent job was corporate partnerships with the National Basketball Association, working with the Cleveland Cavaliers and Canton Charge teams, until she was laid off due to the pandemic.

"I'm stoked to have this opportunity to work in my field of study with skills I have experience in," said the Broadview Heights, Ohio native. "It gives me satisfaction knowing that I'm in a position where I can engage the community and teach people the importance of the environment. I look forward to growing my skills in graphic design and social media while learning more about the wildlife here."

D'Agostino's DDWS internship ends this June, but she hopes to be able to continue living in Florida and working in a field she is passionate about.

DDWS provides living stipends and other benefits for more than a dozen interns each year. The refuge supports interns with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge



Julie D'Agostino photo provided

team," said DDWS Executive Director Birgie Miller. "At the same time, the program gives college students and recent graduates an opportunity to learn hands-on about the environment and refuge and nonprofit operations. The interns fill in the gaps to support the refuge where government budgets fall woefully short."

For more information about the refuge's internship programs, contact Supervisory Refuge Ranger Toni Westland at 472-1100 ext. 237. To make a donation in support of the program, contact Lynnae Messina at 472-1100 ext. 233.\*

## CROW Virtual Speaker Series Begins Tuesday

The Clinic for the Rehabilitation of Wildlife (CROW) weekly Virtual Speaker Series presented by LCEC kicks off on Tuesday, January 19 with Finding the Path to a Sustainably Wild Florida; Saving Florida's Wildlife Corridor by Jason Lauritsen, executive director for Florida Wildlife Corridor.

Lauritsen will share the vision of Florida's wildest places and their connection to Florida's growing population. This is an exploration of the state's natural beauty and diversity, and the threats and opportunities that are shaping its future. From the beloved Florida panther to the obscure Avon Park harebells, Lauritsen will describe how the life history of wildlife and native plants are inextricably intertwined and dependent on habitat connectivity.

Lauritsen has worked in conservation in Florida since 2001; managing land, conducting research, shaping policy and educating diverse audiences. As the head of the Florida Wildlife Corridor, he is committed to landscape level conservation and long planning horizons to achieve sustainability. He advocates the pursuit of a deep science-based understanding of the complex and often fragile ecosystem that undergirds the quality of life for both people and wildlife. Due to the ongoing pandemic,

CROW's annual Speaker Series has gone virtual. Programs begin at 4 p.m. and are approximately one hour in length with time for questions. The talks will be presented using Zoom and are limited to 100 participants, so advance registration is required. Admission per device is \$10 plus applicable taxes and fees. To register, visit [www.crowclinic.org](http://www.crowclinic.org) or CROW's Facebook page under the "Events" tab.

CROW's 2021 Virtual Speaker Series presented by LCEC features weekly programs, offered January through April, hosting professionals from across Southwest Florida who engage, educate and entertain participants with information about local conservation initiatives. For a full schedule of presentations and topics in the series, visit [www.crowclinic.org](http://www.crowclinic.org).\*

## Turner Beach Park Reopens

The Turner Beach Park Shoreline Stabilization Project is substantially complete, and Turner Beach Park is now open. The City of Sanibel advises park visitors to use caution as workers could possibly be present at times to finish some details.

This project was funded by the Lee County Tourist Development Council in cooperation with the City of Sanibel and the Lee County Board of Commissioners.\*

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## Testing Leftover Seeds For Viability



Older seeds may still sprout, but it is likely there will be a reduction in the success rate  
photo by MelindaMyers.com

by Melinda Myers

The beginning of a new year finds many gardeners preparing for the growing season ahead. Clearing space to start seeds indoors, inventorying seeds and supplies, and ordering seeds, plants and more are usually part of the process.

While organizing, you may uncover seeds from past seasons. Do not discard these just yet. When seeds are stored properly, many can last from one to five years or more.

Seeds stored in a cool location, like the refrigerator, in an airtight container maintain their viability best. But even those stored in less-than-ideal conditions may surprise you. Older seeds may still sprout once they pass their average life expectancy, but you are likely to see a reduction in the success rate.

The type of seed also influences how long seeds can be stored and remain viable. Start by checking the expiration date on the seed packet. Onions, parsley and parsnip seeds usually last one year. Corn, okra and peppers last two years; beans and peas last three years; tomatoes, turnips, beets, chard and watermelon last four years; and Brussels sprouts, cabbage, muskmelons, radishes and spinach last for five years.

The same principles apply to saved flower seeds. Marigold and zinnia seeds can maintain good viability for two to five years; ageratum, nasturtium, sunflowers and yarrow for three to five years; monarda for four years, and calendula for four to six years.

But the longer you grow plants, the more likely you are to push the limits. This often results in unexpected success or valuable insight for future gardening endeavors.

When in doubt, use this quick-and-easy test to see if your seeds will sprout. Place 10 seeds on a damp paper towel. Roll up the towel with seeds inside, place in a plastic bag and store in a warm location.

After a week or so, unwrap the paper

towel and check the seeds for sprouting. If nothing has happened, rewrap the seeds and wait a few more days.

If all the seeds have sprouted, you have 100 percent germination and can plant the seeds as recommended on the package. If only half the seeds sprout, for example, you will need to plant the seeds twice as close together to compensate for the lower germination rate.

The sprouted seeds can be planted indoors or out depending on the time of year, available space and your climate.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these leftover seeds into works of art. Select a variety of sizes, shapes and colors to create your masterpiece on wood or heavyweight card stock. Large seeds like beans, peas and corn are easy for crafters of all ages to handle. Use tweezers for finer seeds that add detail and texture to your creation.

Testing seeds now can help you save money when placing your seed order. You can focus your planting budget on new seeds and supplement with your existing inventory.

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

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Shell Of The Week

# The Imbricate Caecum



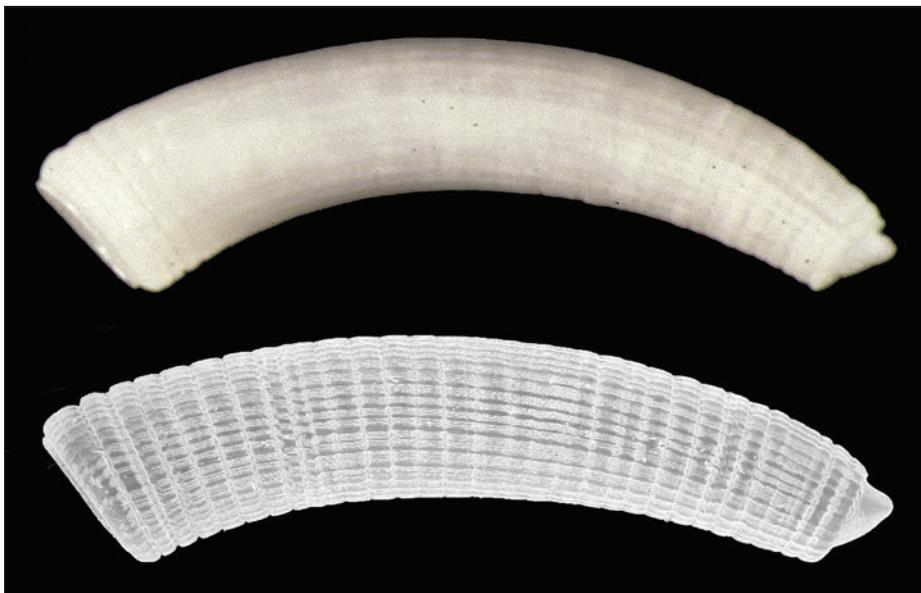
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Interim Director and Curator

Continuing with the local species of the family Caecidae, today I present the Imbricate Caecum,

*Caecum imbricatum* Carpenter, 1858. The small, curved, tube-like shell in this species reaches only about 3 mm (0.12 inch). The shell has a sculpture about 30 low “rings,” with strongly etched lengthwise lines present on entire shell. The the apical plug or mucro, opposite the aperture (shell opening), is dome-pointed; shell color is white. The image on the bottom was taken with a high-resolution Scanning Electron Microscope (SEM). The method provides a high-resolution image, but the color is lost in the process. Read more about mollusks and their shells at <https://shellmuseum.org/shell-guide> and <https://shellmuseum.org/blog>.

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

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The Imbricate Caecum, *Caecum imbricatum*, from Sanibel and animals remain healthy. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org). The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.\*

photo by José H. Leal

From page 12

## Plant Smart

in alternate years.

While this species is deemed Florida friendly, it does suffer from a couple of common diseases.

Consider planting Florida’s only native cycad instead, cootie (*Zamia integrifolia*).

Note: Both cycads are toxic, so keep children and pets away from the plants.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Plant Selector* by Lewis S. and Betty M. Maxwell, *Florida Wildflowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela,

<http://edis.ifas.ufl.edu>, [www.floridata.com](http://www.floridata.com), and [www.regionalconservation.org](http://www.regionalconservation.org), and [www.south-florida-plant-guide.com](http://www.south-florida-plant-guide.com).

Plant Smart explores the diverse flora of South Florida.\*

# American Legion Post 123

American Legion Post 123 is serving meatloaf this Sunday, January 17 from noon to 8 p.m. Barbecued ribs and chicken are on the menu for Sunday, January 24. All are welcome.



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

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Come out and watch the action.

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

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

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

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John Riesen photos provided

Nadia Marshall

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## Gulfshore Opera Brings Concert To Sanibel

Gulfshore Opera is bringing World of Lloyd Webber for an Opera meets Broadway concert at The Community House on Sunday, January

31 at 4 p.m. Online streaming will be available for the concert on Thursday, February 4. A dynamic trio of versatile artists will perform songs and ensembles from Andrew Lloyd Webber's *Phantom of the Opera*, *Cats*, *Evita*, *Joseph and the Technicolor Dreamcoat*, *Aspects of Love* and *Jesus Christ Superstar*. The featured artist is award-winning

American tenor John Riesen, who has been impressing audiences all over the country with his heartfelt singing. Riesen performed the role of Alfredo in Gulfshore Opera's season 5 production of *La Traviata*. Other recent roles include: Tony in *West Side Story* with the New York City Ballet at the Lincoln Center, Pinkerton in *Madama Butterfly* (Pensacola Opera), Rodolfo

in *La Bohème* (Shreveport Opera) and Frederic in *Pirates of Penzance* (Opera Ithaca, Shreveport Opera).  
 Joining him will be sopranos Nadia Marshall and Lauren Davis, accompanied on piano by Brian Holman.  
 Marshall's shimmering soprano voice and vibrant stage presence make her a dazzling choice for lyric coloratura roles.  
 Davis' wide-ranging repertoire and tenacious performances have garnered her a number of scholarship and competition wins.  
 Tickets are \$45 for general admission or \$20 for online streaming. Touchless check-in will be utilized, including mobile or electronic tickets. Masks are required for all indoor locations. There will be limited and staggered seating to allow for social distancing. To reduce crowding, the concerts are one hour without intermission. The venue will be sanitized before each performance in addition to hand sanitizer at each entrance.  
 Gulfshore Opera presents the highest quality of opera theater and vocal music performances while maximizing accessibility for diverse audiences of all ages. For tickets or more information, visit [www.gulfshoreopera.org](http://www.gulfshoreopera.org).  
 The Community House is located at 2173 Periwinkle Way on Sanibel.\*

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# Bringing A New Dog Into A Home With Existing Pets



submitted by Allison Havill Todd

In my last article, I discussed some pointers for successfully introducing a new dog into your home (assuming it was the only pet in the household). In this issue, I'll address

some additional steps to take if there is already another pet in the home.

First, if you are adopting a dog, most shelters will encourage a time for your existing pet to meet and greet a prospective newcomer in a safe and neutral environment. This will often happen in a fenced-in, outdoor area with a staff member who is skilled at facilitating proper introductions. The shelter workers and volunteers can offer an abundance of insight into the personality of a dog in their care and help guide you in finding the one that works best for you and any other members of your household. They want to ensure that your adoption is a successful one for all.

The current resident pet in your home should be your first consideration. If they are older and accustomed to a calm,



Dogs and cats can coexist nicely when proper introductions are made photo provided

quiet environment, this may not be the right time to introduce a young puppy. A senior dog may be experiencing some pain or be a bit unsteady on its feet. Bringing a rambunctious puppy home and expecting everyone to cohabit nicely may be asking too much. On the other hand, if the furry friend in your home is a more active breed, it works best to find another dog that matches that energy level.

As mentioned in the previous article, each pet should have its own space. Dogs are territorial animals by instinct, and it's not fair to bring a newbie in who then takes over the veteran dog's bed. Think about where the newest one's bed or space is going to be and establish

that as soon as they arrive to avoid potential conflicts. While a new dog will require extra time and training, resist the temptation to lavish all of your attention on him. Your senior dog was there first and shouldn't be cast aside.

If you are bringing a new dog home where a cat, bunny or bird currently reside, this will require even more special attention. First, you should have established that your dog is not aggressive toward other species. Many dogs, particularly those with a very strong prey drive, will look at kitty as a toy or something to chase, resulting in harm to one or the other. As before, it's best to keep the newest dog on a

leash around the house until he learns his space and some of the basic rules. This is particularly true when there is a cat involved. A new dog should never be left unsupervised with another pet in the home until they have earned that trust. At first greeting, it is safest for your feline friend to be in a cat carrier on a counter, out of reach of a dog, so that it can get accustomed to the new presence without feeling threatened. You can then continue to keep your new dog on a leash when the cat is present so they can get used to being in the same room together. Cats are remarkable at establishing their superiority earlier on. We once had an ornery eight-pound cat that had no problem teaching the new 70-pound male German shepherd who was boss, but it still required proper introductions and patience. He learned very quickly to give her a wide berth and they soon became good friends!

Taking the right steps at the beginning and progressing slowly will help avoid potential conflicts that can then be hard to overcome. You are responsible for ensuring the safety of all of your animals. A home with pets that coexist comfortably is a happier home.

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

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Clockwise from top left, Fred Guttenberg, Lyn Millner, Ian Sherr, Sam Sifton, Katharine Hayhoe and Kin fay Moroti photo provided

## BIG ARTS Talking Points Series Lineup For 2021

**B**IG ARTS has unveiled its Talking Points series lineup for the 2021 season, which can be accessed online for the same per-session charge as in-person attendance. The sessions will take place on Thursdays at 4 p.m. beginning January 28 and will offer an interesting range of topics including school and gun safety, how to detect fake news, Internet privacy, race relations in Southwest Florida, reducing your carbon footprint and cooking at home.

Due to COVID-19 precautions, all of this season's Talking Points speakers (with the exception of Kin fay Moroti on February 25) will be making virtual appearances via online connection and will not be physically present in Christensen Performance Hall. Talking Points is designed to get the audience "talking," even from home.

You can live stream all the sessions from home. During or following the talk, you will be able to text your questions and comments to the speaker. The program and remote login and participation instructions will be sent one week in advance of each session. For more information and to purchase tickets, call the box office at 395-0900.

The speakers will be:

January 28 – From Grieving Father To Gun Safety Advocate with Fred Guttenberg, public safety advocate and founder of the foundation Orange Ribbons for Jaime.

On February 14, 2018, Guttenberg's

14-year-old daughter Jamie was gunned down at Marjory Stoneman Douglas High School in Parkland, Florida. In his talk, Guttenberg will describe his experience after the shooting, finding purpose by advocating for safer schools and communities, and by writing about his recovery from unimaginable loss.

February 4 – Fake News: How To Tell Fact From Fiction with Lyn Millner, MFA, professor of journalism, Florida Gulf Coast University.

Millner studies misinformation, filter bubbles, cults and conspiracy theories. She will discuss the phenomenon of fake news: what it is, where it originates and how to be an intelligent current-events consumer in these unreliable times.

February 11 – Is Internet Privacy Even Possible? with Ian Sherr, editor at large for CNET News, a division of CBS.

The Internet has made privacy a thing of the past. Companies like Google and Facebook create profiles on everything from your shopping habits to your voting preferences. After a series of high-profile privacy breaches, however, efforts are finally under way to reform the industry. Sherr will discuss what changes are being made, as well as ways individuals may be able to stay under the Big Brother radar.

February 25 – Race Relations In Southwest Florida: A Photographic Study with Kin fay Moroti, documentary journalist and photographer for *The News-Press*.

Moroti will share his intimate images and passionate storytelling as a photojournalist. His stunning and powerful photographs capture the richness and complexity of both black and white lives in Southwest Florida. His work

continued on page 22



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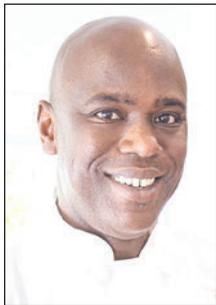
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Iran produces 90 percent of commercial saffron worldwide and Spain and India produce the other 10 percent.

Saffron contains powerful antioxidants with disease preventing and health promoting properties. It has been used as an anti-depressant, to treat indigestion, high blood pressure and gastrointestinal issues.

Saffron is an excellent source of copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium.

Saffron can be found in threads and in powdered form at most grocery stores.

Here is a simple recipe to try using saffron:

#### Mediterranean Fish Stew (serves 4-6)

4 tbsp. extra virgin olive oil  
1 onion (roughly diced)  
1 stalk celery (roughly diced)  
½ fennel bulb (roughly diced)  
1 red pepper (roughly diced)  
3 cloves garlic (minced)  
1 leek (thinly sliced)  
1 ½ cups tomatoes (seeded and diced)  
Pinch saffron  
4 sprigs thyme (leaves only)  
½ cup white wine

2 cups fish stock  
8 ozs. mussels  
8 ozs shrimp  
8 ozs. of clams  
8 ozs. firm fleshed fish such as tuna, salmon or grouper

Heat oil in a large pan. Add onions, celery, fennel and peppers; cook and stir over medium heat for 5 minutes.

Add the garlic, leeks and thyme; cook for 5 more minutes.

Add tomatoes, saffron, white wine and fish stock, then bring to a boil. Reduce the heat and simmer for 10 minutes.

Add the seafood and simmer until the mussels and clams are open and the fish is cooked.

Serve with crispy polenta or bread.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.\*

From page 21

## Talking Points

showcases the triumphs and struggles of a community working toward racial equality.

March 4 – How To Reduce Your Carbon Footprint with Katharine Hayhoe, atmospheric scientist and professor at Texas Tech University.

Hayhoe, climate expert and co-director of the Climate Center at Texas

Tech University, has been named one of *Time Magazine's* 100 Most Influential People and *Fortune's* 50 Greatest Leaders. She will provide the latest research on global warming, as well as steps you can take to reduce your carbon footprint and help protect the environment for future generations.

March 11 – You Don't Need A Recipe: Cooking During Covid With Sam Sifton of *The New York Times*.

Sifton is an assistant managing editor of *The New York Times*, responsible for culture and lifestyle coverage, and the founding editor of NYT Cooking, its digital recipe collection. Formerly the *Times'* food editor, national news editor, chief restaurant critic and culture news editor, he is also the author of *See You on Sunday: A Cookbook for Family and Friends and Thanksgiving: How to Cook It Well*.

In the time of COVID-19, many people have been cooking more than ever. Sifton will talk about the joys and frustrations of cooking for yourself and others in the midst of a global pandemic, and about his new book, *No-Recipe Recipes*, to be released this March from Ten Speed Press.

*BIG ARTS* visitors are required to wear masks and are asked to be mindful of social distancing. Only 50 percent of the seats in Christensen Performance Hall are being sold.

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

# 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*

Reservations are available for social distancing outdoor dockside dining call 472-8138

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# Precautions In Place At Sanibel Public Library

Sanibel Public Library collections and services are open to residents and visitors. The popular contactless curbside service is also available. To use the service, place items on hold online at [www.sanlib.org](http://www.sanlib.org), or make requests by calling 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday and Sunday) to pick up items. Hours for curbside pickup are Monday through Friday from noon to 3 p.m.

A collection of antique glass fishing net floats on loan from Sanibel shell aficionado Jeffrey P. Oths is on display at the library. More than 20 colorful glass globe and "rolling pin" floats are on display this month. Oths is past president of the Sanibel-Captiva Shell Club and past chair of the annual Sanibel Shell Festival. He has been an artistic judge at the Sanibel Shell Show.

An avid sheller, Oths has found some rare specimens, including the long spined star shell, which had never previously been documented on Sanibel. His enthusiasm for all things shell-related has led to media interviews, including one for Public Radio International's *Living on Earth* show, as well as local TV appearances promoting the Sanibel Shell Festival. His Victorian antique shell art collection is on display in the library's main entrance lobby.

Due to the COVID-19 pandemic, some



Margie Klein cleaning surfaces at the library photos provided

changes to collections and library services are in place. In keeping staff and users safe as the goal, the following procedures are being practiced:

Proper Personal Protective Equipment (PPE) such as masks, hand washing, hand sanitizer and gloves, when appropriate, are used by staff.

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

About half the furniture has been removed, self-checkout service is encouraged, social distancing guidance



Jeff Oths with his glass fishing net floats on display

floor tape is in place, and public hand sanitizing stations are available at all entrances.

Many shared resources are available including newspapers, magazines, puzzle tables, cooking kits and area museum passes. Children's manipulatives, book kits and other items in the youth collection are in temporary storage.

Youth Services Librarian Deanna Evans posts online storytimes each week. Her videos can be found on the children's page at [www.sanlib.org/children](http://www.sanlib.org/children).

Library cardholders can stream or download eBooks, movies, music,

newspapers and magazines through eShelf.

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

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

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

As another safety precaution, the library is quarantining all materials for 24 to 72 hours between loans to stop the spread of

continued on page 26



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**Strawberry and Sweet Chili Cocktail Meatballs**

- 1 cup fresh strawberries, hulled, rinsed and diced
- 3/4 cup strawberry jam
- 1 pound lean ground beef
- 1 cup yellow squash, grated fine
- 1 cup zucchini, grated fine
- 1 cup mushroom, chopped fine
- 1 cup carrot, shredded fine
- 1 cup panko (Japanese breadcrumbs)
- 1 egg
- 1/2 cup milk
- 1 tablespoon all-purpose seasoning (your favorite)
- 1/2 cup Parmesan cheese, grated
- Sea salt and fresh ground pepper to taste

2 cups sweet chili sauce  
Vegetable oil for cooking

In a large mixing bowl, combine egg, milk, cheese, seasoning blend, and panko. Season with salt and pepper. Stir until well combined. Let mixture sit for 5 minutes. After 5 minutes, stir mixture again. Add the ground beef and vegetables to the bread crumb mixture. Continue to stir mixture, until everything



**Strawberry and Sweet Chili Cocktail Meatballs**

is uniformly incorporated.

Preheat a large sauté pan over medium-high heat. Roll the beef mixture into bite sized balls. Working in batches and making sure not to overcrowd the pan, cook the meatballs in a small amount of vegetable oil. The meatballs

need to reach an internal temperature of 165 to be completely done. Continue to cook meatballs in sauté pan until they are browned all over and are completely done. Drain any excess fat from the pan and turn the heat to medium low. Add the strawberry jam and sweet chili sauce

to the cooked meatballs. Stir and simmer the meatballs and sauce until combined and heated throughout. Add the fresh strawberries to the meatballs and sauce. Gently stir in fresh strawberries and serve immediately. Garnish with fresh chopped chives if desired.\*

photo courtesy Fresh From Florida

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**BIG ARTS Monday Night Film Series**

# Just Mercy

by Di Saggau



The BIG ARTS Monday Night Movie for January 18 is *Just Mercy* starring Jamie Foxx (as Walter McMillian) and Michael B. Jordan (as Bryan Stevenson) in a true-life story of a lawyer's battle to free an Alabama man who is wrongfully convicted of murder. It's based on the case of McMillian, an African American condemned to death for a crime that he did not commit. The story is not just about McMillian's case, it's also an example of how the late 1980s socioeconomic system was still tied to the past. Stevenson isn't just challenging a single conviction, he's also challenging the deep legacies of slavery and Jim Crow.

McMillian, known as Johnny D. to his friends and neighbors, threatened racial hierarchies because he was economically independent and because of an affair he had with a white woman. As co-founder of the Equal Justice Initiative, Stevenson is determined to make a difference. He visits McMillian's impoverished old neighborhood to meet his friends and family who know he couldn't have done it.

The film runs 136 minutes and will be shown at 7 p.m. in Christensen Performance Hall. Tickets are \$10 and can be purchased online or in the box office. There will be no discussion



image provided

following the film.

*BIG ARTS is practicing the highest standards of safety. Visitors are required to wear masks and are asked to be mindful of social distancing. Only 50 percent of the seats in Christensen Performance Hall are being sold. 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. The air filtration system has been enhanced,*

*all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering and there are hand sanitizing stations*

*throughout the ground floor.*

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

## Garden Art On Exhibit At Bailey Homestead

submitted by Renée Chastant

**N**atives In The Garden is the theme for an innovative new show at Bailey Homestead Preserve, located at 1300 Periwinkle Way on Sanibel. This creative display is open during garden center hours, which are 10 a.m to 3 p.m Monday through Thursday.

Weather-resistant outdoor art is on display in the gardens. Artwork is representative of the Sanibel-Captiva Conservation Foundation (SCCF) mission to protect and care for Southwest Florida's coastal ecosystems. Local artists support SCCF's efforts to conserve coastal habitats, including native wildlife and flora, and aquatic resources on Sanibel and Captiva and in the surrounding watershed.

In addition to embracing these goals, the beautiful artworks add twists and turns to the garden path. You'll find three-dimensional pieces to excite, inspire and amuse you. All work is for sale and artists



*Beach Glass Kaleidoscope by Ray Yarem photo provided*

donate a percentage of proceeds to SCCF.

For more information, visit [www.sancapart.org](http://www.sancapart.org) and see "Activities and Events." For updated hours and SCCF information, visit [www.sccf.org](http://www.sccf.org).

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## Library

COVID-19. The quarantining system is:

When a library item is returned, a staff member wearing gloves and a mask places it in a designated spot for quarantine. The items sit for 24 to 72 hours depending on its format (print, acrylic, plastic, etc.).

During this time, library materials may appear as overdue on your account. Do not renew the item if you have returned it. Contact the library at 472-2483 or [notices@sanlib.org](mailto:notices@sanlib.org) with any questions.

The Tech IT Out service offers

cardholders an easy way to borrow a Dell laptop or MacBook Air for use anywhere inside the building. To make social distancing easier, patrons can sit at any table or chair in the library and use the laptop for up to three hours. The Macs offer apps like Keynote, Google Chrome, FaceTime and GarageBand. The Dells have PowerPoint, Excel, Word and games like Mahjong.

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



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## BIG ARTS Corner

Workshops  
And Seminars

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

Glass Fusing with Petra Kaiser – Wednesdays, January 20 and 27, 9:30 a.m. to 12:30 p.m. Member \$99; nonmember \$124.

Photography, Beginners, with Denny Souers – Thursdays, January 21 and 28: 7 a.m. to noon. Member \$111; nonmember \$139.

Watercolor Painting (beginner) with Sunny Krchmar – Fridays, January 15 and 22, 9 a.m. to noon. Member \$156; nonmember \$195.

Watercolor Painting (intermediate/advanced) with Sunny Krchmar – Fridays, January 15 and 22, 1 to 4 p.m. Member \$156; nonmember \$195.

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

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

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

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

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

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

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

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

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

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

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

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

Adobe Photoshop (Beginner/

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

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

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

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

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

\$100.

Glass Fusing with Petra Kaiser – Thursdays, February 4 to 25, 9:30 a.m. to 12:30 p.m. Member \$99; nonmember \$124.

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

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

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

Art Evening: Life is Better in Flip

Flops with Jenny Licht – Thursday, February 11, 6 to 9 p.m. Member \$58; nonmember \$73.

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

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

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

Sunrise & Sunset: Capture the Glow in Watercolor with Patty Kane – Monday  
continued on page 32

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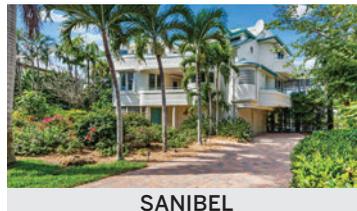
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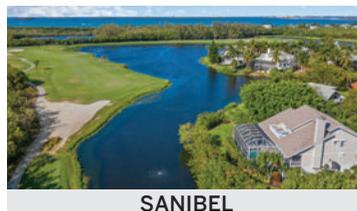
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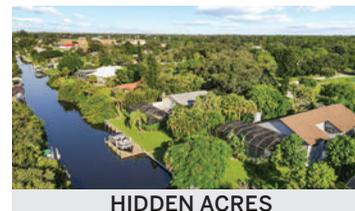
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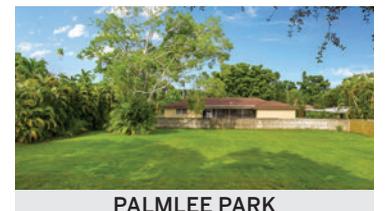
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## 1. MAGAZINE READY HOME IN THE SANCTUARY - SANIBEL

- 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.

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## 2. CAPTIVA'S GOLD COAST

- 3BR/3 BA home located on the Roosevelt Channel with private boat house and lift
- Beautifully remodeled, tropical landscaping, channelside pool, & incredible water views

• **\$2,250,000 Euro 1,835,491**

## 3. BLIND PASS CONDO - SANIBEL

- 2 BR/2 BA bright ground floor condo in community just steps to world famous Bowman's Beach
- Community offers: large heated pool, BBQ grills, tennis, on-site office, and more!

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## 4. REMODELED IN VICTORIA COVE - EAST END / SANIBEL

- 4 BR + Den / 4 BA home, steps to the beach with private boat dock & 16K lift
- Gorgeously remodeled, large porches, private pool & spa, sundeck with Gulf views

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## 5. BRIGHT & AIRY CONDO IN THE SANCTUARY

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

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## 6. DIRECT ACCESS CANAL HOME WITH PRIVATE DOCK - SANIBEL

- 3BR/ 2 BA ground level home on corner lot in Water Shadows community
- Remodeled home with garage and private pool overlooking the canal

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4



5

NEW PRICE



6



7



8



9

## 7. DAILY SUNSETS IN YOUR GULF FRONT BEACH HOME - CAPTIVA

- 4BR/3BA two story, fully remodeled beach home within the gates of South Seas
- Open kitchen, vaulted ceilings, & impact windows. Open & enclosed lanai spaces including top floor private deck of master bedroom

• **\$3,375,000 Euro 2,753,236**

## 8. PRIVACY MEETS PARADISE IN THE DUNES - SANIBEL

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

• **\$870,000 Euro 735,772**

## 9. UPDATED TROPICAL BEACH CONDO AT LOGGERHEAD CAY - SANIBEL

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

• **\$685,000 Euro 562,525**

## 10. 4 BEDROOM HOME ON INTERSECTING CANAL - SANIBEL

- 4 BR/3 BA home with boat dock, lift, and private pool
- Large kitchen, private elevator, multiple lanai's including a rooftop deck with Bay views

• **\$2,095,000 Euro 1,709,046**

## 11. REMODELED AT SURFSIDE 12 - SANIBEL

- 3BR/2 BA top floor condo with soaring ceilings and views of the Gulf
- Remodeled kitchens & bath, new bedroom furniture & carpet, beach access, pool, & tennis

• **\$849,000 Euro 692,591**

## 12. NEAR BEACH HOME OFF WEST GULF DRIVE - SANIBEL

- Fully furnished 3 BR/ 2 BA home (Currently configured as a 2 BR)
- Recently remodeled with coastal finishes, impact resistant windows

• **\$649,500 Euro 547,486**



10



11



12

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Book Review

# Daylight

by Di Saggau



Author David Baldacci never writes a bad novel, and his latest, *Daylight*, starts off strong and never lets up. It's another Atlee Pine novel and if you haven't read the previous novels,

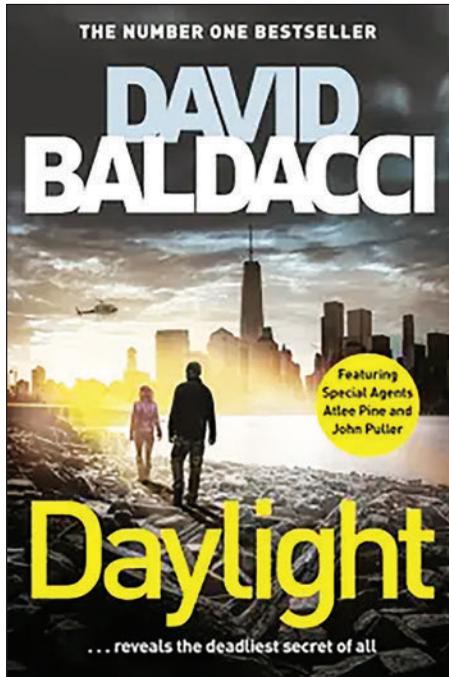


image provided

Baldacci series, and it's nice to see him again in this one. Baldacci knows how to interweave a character into two different series. Puller is a likeable character. I had met him before, and it was great having him back on the page working with Pine. The action in *Daylight* is non-stop, and it will keep you turning the pages to see what happens next. It ends on a cliffhanger, leaving the reader anxious for the next book in the series.✪

this one stands alone because he gives enough information to fill you in.

Atlee has been tormented for years by the abduction of her twin sister, Mercy, who was taken at age 6 and has never been seen again. Atlee eventually finds out who the kidnapper was, Ito Vincenzo, and starts investigating along with her CID agent John Puller, who is investigating a drug dealer case. They uncover a connection between Vincenzo's family and a scheme that strikes at the heart of global democracy.

Pine and Puller become involved in a dark journey of murder, high level corruption and entitlement as they discover people who will stop at nothing to hide their dark past. They get caught in the crosshairs of a threatening killer more than once. Meanwhile, Pine is learning more about what happened to her sister, and the news is not good.

Puller has been seen in another

# School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My daughter is in third grade and, so far, has seemed to be a very good reader. She can sound out words pretty well and her test scores are quite acceptable. She loves school and is overall a good student. This year though, her teacher has said that her reading fluency needs improvement. This is confusing to me. What does this mean? Will her grades decline?

Amalia R, Cape Coral

What a great question! Reading fluency is really the next step after decoding that makes for a proficient reader. First of all, it's wonderful that your daughter has had success at school and is learning how to decode well. As her decoding skills improve, her fluency will improve but it sounds like the teacher has noticed a lag with fluency. Below is some information that may be helpful.

Reading fluency as defined by the National Reading Panel (2000) is evidenced by, "students who can decode text accurately, read at an acceptable rate and read aloud with appropriate expression." Fluency is the ability to read text with speed, accuracy and proper expression. Fluent readers can recognize words automatically, read aloud effortlessly and with expression, do not have to concentrate on decoding and can focus on comprehension.

Fluency doesn't ensure comprehension, but comprehension is difficult without fluency. If a reader is constantly stopping to decode and figure out unknown words, most likely meaning will be disrupted and the process of reading becomes long and laborious. When students make gains in reading fluency, they are able to put their energies into comprehension and are able

to analyze, interpret, draw conclusions and infer meaning from texts.

There are some very simple and effective strategies to help students increase their reading fluency. Below, I have detailed a very simple but effective one. Practice for reading fluency also helps increase the reader's accuracy and reading comprehension according to the National Reading Panel (2000), so it's worth the extra time and energy to improve this skill.

Increasing reading fluency requires very little except a quiet location, a good book, the reader and the parent or other proficient adult reader.

1. Sit with your child in a quiet location without too many distractions. Position the book selected for the reading session so that both you and the student can easily follow the text. (Or get two copies of the book so that you each have your own copy).

2. Ask your child to begin reading out loud, encouraging her to "do your best reading."

3. Follow along silently in the text as your child reads.

4. If your child mispronounces a word or hesitates for longer than five seconds, tell her the word. Have her repeat the word correctly and then ask her to continue reading aloud through the passage.

5. Occasionally, praise your child in specific terms for good reading (e.g., "You are reading with such good expression!")

Practice this technique with your daughter three to four times a week for about 10 to 15 minutes per reading session. You, your daughter and her teacher will see results quickly and, as a side benefit, you and your daughter will have built a wonderful reading bond between the two of you.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✪

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**1238 Isabel Dr in Sanibel Harbours**

Constructed on deepest bayfront lot on Isabel Dr, this custom home was just renovated inside & out. With seawall protection, backyard features heated pool with electric cover, bayside porch with electric screens, 2 open decks, new landscaping, & amazing water/wildlife views. 3-car air-conditioned garage. Entry with electric shutters opens to stunning 2-story great room. Elevator also stops at media room over garages & top floor master/guest rooms. First living level has a 2nd new master suite. With 4 or 5 bedrooms, 4.5 baths, offices, & laundry, one of most special areas the east wing, site of gourmet kitchen with gas cooking, butler's pantry & island breakfast bar that opens to dining/family room with fireplace - all with bayviews. From new metal roof & exterior to new appliances & HVAC systems, this home is ready for new owners looking for space, privacy, & easy on-/off-island access. Sale also includes lot with dock/lift in community boat basin. \$3,495,000



**White Sands #23, 2311 West Gulf Dr**

2nd floor gulf-facing 2 bedroom with den. Small complex, just 14 owners. Updated with easy-care plank-look floors & beach chic furnishings. Weekly rentals offer income when not owner occupied. Building exterior refurbished in 2020. Pool, tennis, BBQs, & storeroom below. \$1,099,000 turnkey



**Mariner Pointe #411, 760 Sextant Dr**

Spacious bay-facing 3 bedroom in building with just 4 owners. Kitchen opens to expanded great room. Master suite has screened lanai & storeroom. Walkout to pool, assigned parking just outside, & boat dockage & fishing pier steps away. Many amenities including deeded beach access. \$599,000 furnished



**Sandalfoot #3B3, 671 East Gulf Dr**

Fully-equipped top-floor 1 bedroom, this view. Bright white kitchen & bath with granite counters. East-end convenience, handy to bike path. Pool, tennis/pickleball, high-speed WiFi, shuffleboard, laundries, & easy on-site rental office with fee just 15%. Ready for income or vacations. \$549,000

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From left, Robin Cook, Al Hanser and Frances Steger of The Sanibel Captiva Trust Company with SCCF CEO Ryan Orgera photo provided

Trust Company  
Sponsors New  
SCCF Magazine

The Sanibel-Captiva Conservation Foundation (SCCF) recognizes The Sanibel Captiva Trust Company as a sponsoring partner for SCCF’s new magazine launch.

“This new publication is a great way to offer our members and neighbors a deep dive into the work SCCF does and the nature that surrounds us,” said SCCF CEO Ryan Orgera. “We are so grateful to have the trust company as a funding partner for this inaugural issue.”

To be called *Connecting You to Nature*, the magazine will be published twice annually, in the winter and

spring. The first issue will be mailed island-wide and to all SCCF members in mid-February. It is intended to deepen readers’ understanding of how the land, water and wildlife on and around Sanibel and Captiva depend on SCCF’s stewardship.

“The trust company is so pleased to join SCCF in this latest venture,” said The Sanibel Captiva Trust Company Founder and Chairman Al Hanser. “SCCF has done irreplaceable conservation work for over 50 years and we’re happy to help share their stories.”

Doc Ford’s Rum Bar & Grille will be joining the trust company as the funding co-sponsor for the inaugural issue. Companies interested in future underwriting opportunities may contact SCCF Development Director Cheryl Giattini at 395-2768.✳

Autism Screening  
For Children

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

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

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

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

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

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

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

For more information, call the BIG ARTS box office at 395-0900; open 9 a.m. to 3 p.m. Pre-registration is required for all classes and workshops. Visit [www.bigarts.org](http://www.bigarts.org) for current class information.

The health and safety of instructors, students, staff and patrons are 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.

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

rom page 27

Workshops

and Tuesday, February 22 and 23, 9 a.m. to 3 p.m. Member \$175; nonmember \$219.

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



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  - 100' of Beach Frontage
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  - Live the Island dream.
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From left, Clair Beckmann of the Sanibel-Captiva Shell Club, Dr. Puspa Adhikari and June Stine of the FGCU Foundation photo provided

## Shell Club Awards Grant For Red Tide Study

Research by Florida Gulf Coast University (FGCU) on the potential link between coastal nutrients and red tide blooms was funded by a Sanibel-Captiva Shell Club grant in 2019. Samples were taken during June and July. This year, another grant request was made by FGCU Assistant Professor Puspa Adhikari, PhD, to continue the project but by revisiting the sampling sites

during the winter months to determine if there is a seasonal variation in the nutrient dynamics in Southwest Florida. The shell club board recently approved this year's grant request in the amount of \$2,000 for the additional sampling.

The shell club awards grants from the proceeds of its annual shell show. Grants are given toward education and research in the fields of conchology and malacology, as well as for conservation and water quality projects, primarily in Southwest Florida. There will be a virtual shell show in March due to the coronavirus pandemic.

For more information, visit <https://sanibelshellclub.com>.

## Virtual Program With Juvenile Justice Expert

submitted by Robyn Cook

The League of Women Voters of Sanibel is hosting a virtual conversation with Charlotte Nycklemoe on Thursday, January 21. All are welcome to join in via Zoom.

As a mother of daughters who were diagnosed with serious and persistent mental illnesses, Nycklemoe is aware that the Florida juvenile justice system is in great need of reform. Her personal witness of the critical events that cause family and societal hardships have given her impetus to fight for the rights of the mentally ill.

Her experiences led to a directorship on the state board of the National Association of Mental Illness in Minnesota and chairmanship of its legislative committee. Convinced that behavioral health is intertwined with at-risk youth behavior and juvenile delinquency, Nycklemoe is utilizing her leadership skills and knowledge in chairing the League of Women Voters of Florida Juvenile Delinquency Action Committee. She is also on the board of Directors of the Florida State League.

In her presentation, Nycklemoe will share the issues which will be discussed at the upcoming legislative session on behalf of the citizenry of the state of



Charlotte Nycklemoe photo provided

Florida. Her goal is to do all she can to help misdirected, at-risk youth become productive members of society.

This will be an important presentation for anyone concerned with the overall health and wellbeing of our children. There will be plenty of time for attendees to ask questions via the chat room function on Zoom.

To register, RSVP to [lwvsanibel@gmail.com](mailto:lwvsanibel@gmail.com). After you register, you will receive a confirmation email and information about joining the Zoom event. ✨

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Superior Interiors

# Peaceful Outdoor Sanctuaries



by Marcia Feeney

**A**s our patios, porches and lanai areas are becoming more sophisticated and refined, today's homeowners are driven to find peaceful sanctuaries as a prescription for relaxation.

Creating your perfect outdoor space will be the result of the successful combination of many design elements such as landscaping, stonework, carpentry, furnishings, lighting and accessories. Careful pre-planning will be the key to creating this space, so begin with creating your personal wish list. You may be amazed at how long this list might become!

Think about incorporating your year-round needs. Do you frequently entertain outdoors? Do you spend time outdoors in the evenings simply relaxing? Is an outdoor grilling a requirement for you? Do you enjoy planning for simple family meals outdoors? Once you've accessed your needs, then planning your outdoor space becomes much easier. Think about incorporating these simple ideas:

**Comfortable Furniture** – This should be the most important element in your design. Today's outdoor furnishings have been manufactured to withstand all that Mother Nature can bestow. The age of folding, vinyl-strapped furniture is definitely now obsolete. Many furniture pieces of today look identical to indoor furniture but have been constructed and designed to stand up to all the outdoor elements.

**Fabulous Fabrics** – The biggest and most consistent name in outdoor fabrics today is Sunbrella. This company's collection of fabrics is colorful, design-oriented and totally durable. Sunbrella features gorgeous fabrics manufactured to resist fading from ultraviolet rays, mildewing from damp conditions and odor absorption. It is just the ultimate outdoor upholstery or drapery fabric that will be used and enjoyed by your family for years.

**Let There Be Light** – Be sure to consider incorporating various types of lighting in your outdoor space design, just as you would inside your home. Landscape lighting, overhead lighting, ceiling fans, sconces and decorative side table lighting are all great ideas. Develop a creative lighting plan to help you create a space with increased ambiance and functionality.

Remember to create a space that is perfect for you and your needs. This is a space where memories will be made, so please consider it an important investment – both financially and emotionally.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindceden.com](mailto:marcia@coindceden.com).✪*

## ISLAND SUN BUSINESS NEWSMAKERS



Brian Murty



Trevor Nette

### Royal Shell Real Estate

**T**he top producers for December at Royal Shell Real Estate were: Newman/Panico Team, top listing producers team; Brian Murty, top listing producer individual/partners; McMurray



Newman/Panico Team

& Members, top sales producers team; and Trevor Nette, top sales producer individual/partners.✪



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# Guest Speaker For Women In Leadership Series

Sundial Beach Resort & Spa General Manager Becky Miller will be the guest speaker at the Sanibel Captiva Business Women's Association Noon Zoom on Tuesday, January 19 from noon to 1 p.m. The meeting will Zoom live from Sundial Beach Resort & Spa.



Becky Miller

innovation and flexibility required to drive the resort business today," said Gloria Garrett, group president. "Her journey through the hospitality industry in Ohio to Sanibel has equipped her with both learnings and entertaining stories to share. The community is welcome to participate in what promises to be an informative and enjoyable Noon Zoom."

Although she built her career in central Ohio and the Midwest, Miller's father loved Sanibel and the family vacationed for many years at Sanibel Siesta. As a college student at Ohio State, Miller spent summers waiting tables at island institutions such as the Holiday Inn and F&B Oyster Company. In 2019, as general manager of the Embassy Suites Columbus-Dublin, Miller was offered a job opportunity at Sundial Beach Resort & Spa, little knowing of the challenges on the horizon.

The Sanibel Captiva Business Women's Association welcomes the community to join in the discussion with the presenters showcased in the Women in Leadership Speaker Series. Register on Eventbrite at [www.SCBWJanuaryNoonZoom.Eventbrite.com](http://www.SCBWJanuaryNoonZoom.Eventbrite.com). Online tickets are offered for a donation in 2021; the suggested donation is \$5 to \$25. Contact Gloria Garrett for more information about calling in or attending in person; [marketing@gmail.com](mailto:marketing@gmail.com). Updates are posted at [Facebook.com/SanCapBWA](https://Facebook.com/SanCapBWA).✳

Miller brings an extensive background in the hospitality industry and over a decade of general management experience to Sanibel. "Since my family started vacationing at Sanibel Siesta in the '70s, it has been my dream to live here," said Miller. "Despite the challenges facing our industry, our team is determined to sustain Sundial Beach Resort & Spa's reputation as a perennial favorite and contribute to the allure of the islands."

"Becky will discuss the ongoing



The Sanibel School Interact Club members: front from left, Siena Lodwick, Addison Sprecher and Caroline Muddell; back from left, Nik Bakos, Kayce Nette and Heidi Hall

photos provided

## Rotary Happenings

submitted by Cindy Carter



The year 2020 has definitely been one for the record books. It has been especially hard for those who are not able to leave their homes and who depend on visits from friends and organizations like FISH of SanCap, Inc. With this in mind, The Sanibel School Interact Club, sponsored by the Sanibel-Captiva Rotary, wanted to create some type of gift that would spread a little joy to be delivered with the FISH holiday meals.

Edna Dykhuizen, middle school social studies teacher and club faculty advisor, said, "I am so very proud of how the kids worked together on this project. I honestly wasn't sure what their feelings would be, but they were so very excited to be able to work together on something that would bring joy to other people. They spent much time searching for just the right project and were so happy to be working on it. Their get it done attitude was so very refreshing and joyful. The kids were excited that their creations would brighten other people's holidays."

The students created holiday cards and gift jars filled with candy canes and tea lights for FISH clients on the islands. FISH volunteers delivered the gifts with some extra holiday spirit on December 24, just in time for Christmas. The recipients of the gifts were very appreciative.

"My husband and I made the east end deliveries. We couldn't be with our families this year to spend time with them and exchange gifts. Delivering the gifts the school kids made to clients who also couldn't be with their family really made our holiday extra meaningful," said Elaine Parente, volunteer for



FISH meal delivery volunteers, from left, Rick Perry, Shirley Schulz and Elaine Parente

FISH. Parente and her husband heard the recipients say, "It's so nice to be remembered," "They're beautiful," "It's a wonderful thing you all do," and "Thank you so much, what a nice surprise."

"This joint effort by The Sanibel School's Interact Club, FISH of Sanibel and the Sanibel-Captiva Rotary Club specifically for members of our Sanibel community brought tears to many eyes. This is just another way the Sanibel-Captiva Rotary gives back to our community," said Barb Ellis, liaison for The Sanibel School's Interact Club and the Sanibel-Captiva Rotary Club.

The Sanibel-Captiva Rotary will continue to meet via Zoom until further notice on Friday mornings at 7:30 a.m. You may log on as early as 7 a.m. to chat with other members. To be included, call 472-7257.✳

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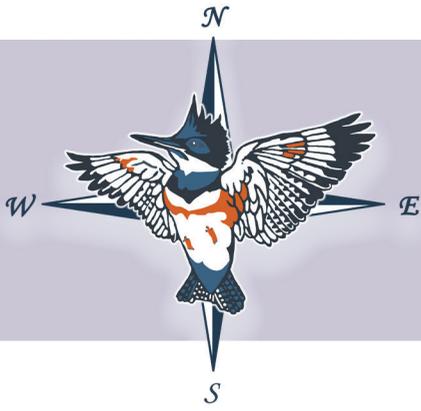
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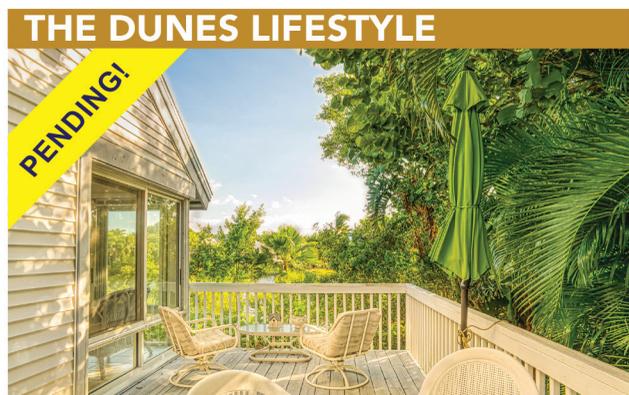


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Will Power

# Fear And Anxiety



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

As we head into a new year, it's important to note how the past year affected us. My children, for example, have been shaken to the core over the coronavirus. They're fearful of contracting it or that their three living grandparents, or my wife and I, get sick and die.

My oldest daughter lives and works in New York City. The start to her life after graduation consists of quarantine and Zoom meetings with coworkers she's yet to meet in person. My middle and youngest daughters, in graduate and undergraduate programs respectively, must meet daily challenges of limited

in-person interaction with classmates and professors along with countless hours of video conferenced classes.

Workers and business owners have been hit hard. Start again? Retool? Life has always been uncertain; today seems notably precarious.

My firm's clients, many of them retired, long for face-to-face interaction with loved ones, or with anyone, for that matter. Travel plans have been put indefinitely on hold. The virus is especially deadly for seniors, causing fear and anxiety.

The theologian Paul Tillich wrote about the difference between fear and anxiety. Fear is of something, you can name it and face it, and in the facing of it lift your own morale, show yourself what's in you. Anxiety is amorphous; it doesn't quite have an object, it's a state. Some call it being "overwhelmed." It's harder to shake. No empowering necessarily comes from it.

How are we to move forward? In 2021, we'll have to break down anxiety into specific fears and deal with them courageously. Perhaps you've suffered a loss, human, intellectual or emotional. By examining the work of three cognitive behavioral therapists, it's possible to reframe tragedy into opportunity, scarcity into abundance.

Victor Frankl, the Auschwitz survivor, developed logotherapy theory based on what he called "man's search for meaning." Though the Nazis took away almost every vestige of humanity from those they consigned to the death factories, Frankl argued there was one thing they could never take away from their prisoners – the right to respond. So long as a person has an unfulfilled purpose, he may choose to fight on rather than to die.

Aaron T. Beck, called the founder of Cognitive Behavioral Therapy, found that patients suffering from depression linked their feelings to highly negative thoughts

about themselves, the world and the future. By getting them to think more realistically, he found that their moods tended to improve.

Martin Seligman, the founder of Positive Psychology, aims to not just treat depression but actively promote "authentic happiness" and "learned optimism." Depression, Seligman argued, is often linked to pessimism, which comes from interpreting events in a way he calls "learned helplessness." Pessimists tend to see misfortune as permanent ("It's always like this"), personal ("It's my fault") and pervasive ("I always get things wrong"). This leaves them feeling that the bad they suffer is inevitable, beyond their control. Optimists look at things differently. For them, negative events are temporary, the results of outside factors, and exceptions rather than the rule. Within limits, you can unlearn pessimism, and the result is greater happiness, health and success.

What links all three thinkers is their belief that there is always more than one possible interpretation of what happens to us. We can choose between different interpretations, and the way we think shapes the way we feel.

Frankl, Beck and Seligman's combined work suggests the best way of changing the way we think and feel is to ask, "What does this bad experience enable me to do that I could not have done otherwise?" That can be life transforming.

Looking back, I now realize that the largest gains I've made in life were the result of the most difficult challenges I faced. At the time, I confronted those challenges and I was fearful and anxious. Rather than succumbing, I would plough ahead with determination and persistence – essentially my modus operandi to confront my fears one by one.

As an aside, I've noticed some of my clients have a fear of completing an estate plan. We begin, converse about the possibilities and I draft documents. Sometimes, the drafts sit for months, if not years, before the client gets around to signing, almost as if they believe that upon signing, a lightning bolt will appear from heaven striking them down.

Fear of death must be one of the biggest each of us faces. The coronavirus certainly moved those fears to the forefront. Don't let fear and anxiety stop you from your progress toward your bigger future. Vaccines are arriving. A new year has dawned.

Let's make the most of it.

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## How's The Market? Ask Ann

Found the perfect home? Don't wait. Make an offer. A commonly used sales contract allows you 14 days to cancel the contract (due diligence period).

With only 65 homes on Sanibel, why wait? Part of me is uneasy about making the recommendation but under today's circumstances, it's a smart move.

Still not satisfied? Want the "perfect" home that fits your needs... in perfect condition? Do yourself a favor. Take a look at the lot market (50 lots for sale)... I work with a very good local builder who delivers a quality product at an affordable price. Talk to me, it is a great solution in today's real estate market. Loads of benefits... Everything NEW, plus low insurance and utility costs. We are very active in this market. It takes about a year to build.

Are you a buyer searching for a good deal, but cannot find one? Hard to find a 3/2 pool home priced under \$800,000, isn't it? Allow me to offer the solutions for you to consider. Contact me and I can put you on an automatic email that contacts you immediately when a new listing comes on the market in our MLS system. Let me know if you want me to personally view the property and "FaceTime" you. It is becoming a common practice.

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| 805 East Gulf Dr. B1 Sanibel Arms - <b>\$413,000</b>        | 527 East Gulf Dr. 106 Gulf Beach - <b>\$775,000</b>              |
| 1667 Atlanta Plaza Dr. - <b>\$413,000</b>                   | 1401 Middle Gulf Dr. P203 Sundial East - <b>\$845,000</b>        |
| 5117 Sea Bell Rd. Blind Pass Condo G-201 - <b>\$520,000</b> | 836 Angel Wing Dr. - <b>\$885,000</b>                            |
| 827 East Gulf Dr. K7 Sanibel Arms West - <b>\$550,000</b>   | 6176 Henderson Rd. - <b>\$901,000</b>                            |
| 718 Durion Ct. - <b>\$550,000</b>                           | 1308 Tahiti Dr. - <b>\$907,500</b>                               |
| 845 East Gulf Dr. 932 Sanibel Moorings - <b>\$562,000</b>   | 2445 West Gulf Dr. D47 Pointe Santo - <b>\$920,000</b>           |
| 1299 Middle Gulf Dr. 221 Compass Pointe - <b>\$615,000</b>  | 3067 West Gulf Dr. 103 Sayana - <b>\$920,000</b>                 |
| 705 Rabbit Rd. - <b>\$699,000</b>                           | 3215 W. Gulf Dr. A101 Sommerset at the Reef - <b>\$1,600,000</b> |



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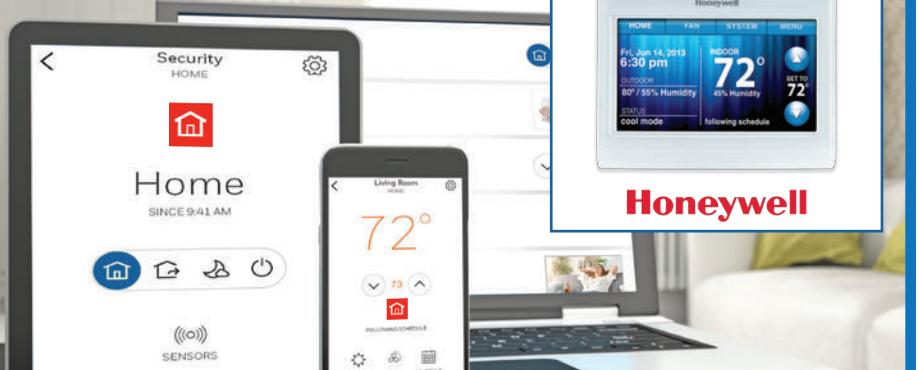


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# Unequal Bequests



J. Brendan Ryan, CLU, ChFC, MSFS

There was a bumper sticker I used to see in the winter all over Florida interstates on cars driven by snowbirds who were vacationing from the cold

winters up north: "We're spending our kids' inheritance."

Those bumper stickers seem to have disappeared for reasons unknown to me. But presumably the potential bequests, estimated to be in the trillions of dollars, are still intact.

When it comes to passing assets to the next generation, how should they be divided up? Most people would say that it is only fair to pass equal shares to each offspring, that anything else would not be fair. But is that always the case, or are there exceptions to that rule?

Such decisions should be made only in consultation with an attorney, who should be the one to draw up the will and any other papers to effect the bequests. But I can think of several families where equal bequests should not be arranged.

Perhaps the most common example is that of blended families. When divorce and remarriage lead to families where some of the kids have one but not both parents in common, decisions have to be made about how to divide up the estate, often in ways that do not result in equal shares. It may be desirable to take into account any bequests to kids that are planned by the biological parents.

Another family situation that may warrant unequal bequests includes a child or adult with special physical or psychological needs. And this category should include behavioral disorders such as alcohol or drug abuse. Perhaps a larger portion of the estate should be focused on the future care for those offspring. Or, perhaps equal shares can be allocated to each but with the share of the needy offspring placed in trust for his or her sole benefit and intended to provide for that heir's long-term welfare.

There are, sadly, some families wherein relationships have soured beyond repair. In some of these cases, the mother or father may be intent on partially or fully cutting that child out of all estate plans. An attorney has told me that in these cases, the parent should make it very clear in the will that this move was intended. Otherwise, he said, the slighted heir may try to argue that it was caused by an oversight, an error, or a loss of cognitive ability.

A planning topic that is often difficult to navigate is the succession in ownership of a business. Often, one or two offspring become active in the

business and thus become the heirs apparent. What about the remaining offspring? Are there enough other estate assets to equalize the bequests? Otherwise, do they come on as silent owners, owning but not having a say in running the enterprise? (Such silent owners usually want periodic distribution of income in the form of dividends while the active owners prefer to plow the earnings back into the business.) In this scenario, it is hard to divvy things up equitably.

An increasingly common family dynamic occurs when a parent needs periodic or ongoing attention in a home healthcare situation. Family members, usually spouses, daughters or daughters-in-law, often volunteer or are kind of drafted to help out even when some paid care is available and affordable. The costs to such family caregivers can be enormous in terms of lost pay, lost opportunity at work, sickness and fatigue. Should Mom or Dad reward that burdened caregiver with a special share of the estate distribution? How will the other siblings feel about that?

In many cases where assets are too monolithic to be divided equally or when there simply are not enough assets to go around, life insurance on the estate owner can solve the problem. A policy payable to the heir who would otherwise be slighted or who has earned special consideration can bestow a chosen amount of tax-free cash. No one but the beneficiary of that policy need know about it. And, if wishes change in the future, a change of beneficiary is simple, speedy, private and cost-free.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).

## Download App For Real-Time Traffic Conditions



Sanibel traffic app available for download photo provided

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

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

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# Frankly Speaking

by Howard Prager



**S**o good to have sports which seems to be a uniter of our country. The Heisman, first weekend of NFL playoffs, more firsts for women in sports, NBA and NCAA basketball in action but stumbling

a bit out of the bubble. And a 100-year celebration.

DeVonta Smith, wide receiver from Alabama won the Heisman. He's the first wide receiver in 29 years and only the fourth in the history of the Heisman. It's just tough for a wide receiver to win this, because their touches per game are far less than a quarterback or running back, so they have to truly stand out. Smith does, and he leads the Football Bowl Subdivision in receptions (105), receiving yards (1,641) and receiving touchdowns (20). He has dropped only two passes all season. Other stats include rushing for one touchdown and returning a punt for another score this season. He set the Alabama record for career receiving yards and set an SEC record for career touchdowns. Last week, Smith was named The Associated Press Player of the Year, becoming the first receiver to win the award. "The two main reasons I came back was to get my degree and

win a national championship," he said. "I checked one box, and I'm trying to check the other now." He did.

The biggest surprise in the NFL's wild card weekend was that the only rout was the rematch between Cleveland and Pittsburgh. All the games provided plenty of action for viewers with no shutouts. Tom Brady has the Bucs moving to the next round and another matchup with Drew Brees and the Saints, the first time two 40-plus quarterbacks ever faced each other in the playoffs. Jared Goff of the Rams became the first quarterback to complete under 50 percent of his passes and win a playoff game since Tom Brady did so during the 2016 season. Brady later led the Patriots to the 2017 Super Bowl. Let's hear it for the Browns and Bills, who both hadn't won a playoff game since 1994 and 1995, respectively.

I keep reading about NBA challenges to field teams. Not playing in a bubble and the NBA's COVID-19 protocol has forced several teams to field the bare minimum of eight players. The 76ers played their game against the Nuggets last weekend with only seven healthy players, suiting up injured Mike Scott so they wouldn't have to forfeit their game. NCAA basketball also keeps getting cancellations and postponements because of COVID-19. I wonder what may be different in baseball this year, and even what MLB plans are going to be. In the meantime, the Mets are stocking up to be a real threat under new ownership, and the Padres have made some bold additions and are now favored in the NL West.

Two woman firsts last week. Bianca Smith became a minor league coach for the Red Sox, working with position players at JetBlue Park. She is the first black woman to coach in professional baseball. Smith was an assistant coach and hitting coordinator at Carroll University in Wisconsin. Jaime Faulkner was named president of business operations for the Chicago Blackhawks, the highest front office position for a woman in their 94-year history. Said Kathleen Francis, chair of Women in Sports and Events: "It's happening because leagues and teams are being more intentional about diversifying their workforce. In order to make change, you have to be open to looking beyond what may be your current circle. Jaime and Kim Ng of the Miami Marlins will continue to have a positive impact on the future of women in sports."

Speaking of women in sports, one woman in sports just celebrated her 100th birthday, and that's the good news story today. Agnes Keleti is also the oldest living Olympic champion, with 10 Olympic medals. A Holocaust survivor, she hid in the Hungarian countryside during the Holocaust and assumed a false identity working as a maid. Her mother and sister also survived the war, but her father and other relatives were killed at Auschwitz. After the war, she tried to resume her career but an ankle injury kept her out of the 1948 London Olympics. At 32, she finally made her debut and won four medals in Helsinki. In 1956, she won six more medals in Melbourne, becoming the oldest medalist

in gymnastics history. However, the Soviet Union invaded Hungary late that fall following an anti-Soviet uprising, and Agnes remained in Australia and sought political asylum, immigrating to Israel the following year where she worked as a trainer and coach for the Israeli Gymnastics Team. Her life philosophy? "I love life. Health is the essence, without it, there is nothing." Her doctor's advice? Avoid full leg splits! She said the experience gained traveling the world were more precious to her than her 10 Olympic medals. Agnes, your story is an inspiration to us all.

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

## New Fee For Boat Ramp On Sanibel

**T**here is a new \$20 boat ramp facility use fee that is required at the Sanibel Public Boat Ramp, located at 888 Sextant Drive. The fee is good at the Sanibel boat ramp only and is required for all facility users without a valid City of Sanibel Boat Ramp Permit. The fee is paid at the on site parking meter kiosk, which accepts credit cards and cash.

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

## SPORTS QUIZ

1. In 2012, what pro bowler celebrated his fifth U.S. Open title by exclaiming, "Who do you think you are? I am!"
2. Before beginning his broadcasting career in 1978, Bob Trumpy played tight end for what NFL team?
3. At the 1998 Nagano Winter Olympics, who scored the first ever Olympic goal for the U.S. Women's National Hockey Team?
4. The Bedlam Series is the name given to the athletic rivalry between what two universities?
5. What Seattle sports facility was demolished by implosion in March 2000?
6. In 1993, what Detroit Pistons "Bad Boy" was involved in a scuffle with teammate Isiah Thomas that resulted in Thomas suffering a broken hand?
7. What 1986 comedy film included a character named Cameron who wore Gordie Howe's No. 9 Detroit Red Wings jersey?

## ANSWERS

1. Pete Weber. 2. The Cincinnati Bengals. 3. Carmi Granato. 4. Oklahoma and Oklahoma State. 5. The Kingdome. 6. Bill Laimbeer. 7. Ferris Bueller's Day Off.

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## Trust Company Sponsors Rotary Charity Cup

The Sanibel Captiva Trust Company is a bronze sponsor for this year's major fundraiser for Rotary, the Charity Cup.

"We recognize and appreciate the contributions that Rotary makes to strengthening the fabric of our

community, and all of our employees, clients and board members join me in wishing them success with the event," said The Sanibel Captiva Trust Company Founder and Chairman Al Hanser.

The golf scramble will be held on Saturday, February 13 at Sanibel Island Golf Club. The fundraiser replaces the Rotary Arts and Crafts Festival which was canceled due to coronavirus concerns.

For sponsorship opportunities, to register your team for the golf scramble or to make a contribution, contact Bill Rahe at 395-2147.✪

## Sanctuary Charity Classic Next Saturday

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

Sponsorship opportunities include: \$7,500 Diamond Partnership, which includes additional rounds of golf and dinner at The Sanctuary Golf Club; \$500 Foundation Partner, which includes Dinner Reception In-a-Box for two; and \$250 Hole Sponsorship. All proceeds go to The Sanctuary Golf Club Foundation, whose mission is to support nonprofits that positively impact the lives of people in need living or working on Sanibel or Captiva, and to provide educational opportunity grants to The Sanctuary employees and their families.

Due to COVID-19, The Sanctuary Charity Classic will have morning and



Aerial view of The Sanctuary Golf Club photo by Golf Shots Unlimited

afternoon tee times, with either a grab-and-go breakfast or lunch available. All sponsors will receive a Dinner Reception In-a-Box with choice of entree and bottle of wine.

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

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## Health First

## Four Tips For Healthy Eating



by Julie Rosenberg, MD

**U**nhealthy diets high in fast foods, sugary drinks and refined carbohydrates are a major contributor to conditions such as heart disease, diabetes

and obesity. Most fast food is high in sugar, salt, saturated fat, processed ingredients and calories. Sugary drinks (often categorized as “soft” drinks) refer to any beverage with added sugar or other sweeteners and are single largest source of calories and added sugar in the American diet. In addition, about 42 percent of daily calories in the typical American diet come from eating refined carbohydrates such as white flour, white bread, white rice and many breakfast cereals.

Most Americans are aware that what they eat has profound effects on their overall health and wellbeing. Yet, we currently face an epidemic of unhealthy eating and obesity. It's been two decades since federal health officials warned that the United States was experiencing a “growing obesity epidemic.” As we begin

2021, over 40 percent of American adults are obese.

Many people, concerned with their weight, find themselves constantly dieting. Diets often focus on food restrictions and negatives, such as completely cutting out preferred foods. I am personally diet agnostic. My premise: Stop dieting and embrace healthy eating. Healthy eating is not about sticking to a certain diet nor is it about constant limitations – it's a lifestyle plan – doing your best over the long-term to make good food choices and to eat nutritious, whole foods.

An important step toward healthier eating is to improve your experience with food and to find joy and pleasure in food and food preparation, even when eating healthily. Following are four tips to enjoy healthy eating.

**Focus on taking small steps** – The key to success for long-lasting changes is to take small steps. Don't try to change your eating habits overnight. Small changes are easier to make and won't completely disrupt your eating habits. For example, if you typically eat a dessert after both lunch and dinner, try eating just one dessert per day and take a small portion. You're more likely to stick with such a plan.

**Try different preparations and cooking methods** – If you think you hate certain foods, perhaps you've always cooked them the same way. For example, if you don't like steamed vegetables, have you tried grilling or roasting them? If you don't like green, leafy vegetables such as kale or spinach, have you tried using them for juicing? What about turning a

zucchini into “noodles” to make your favorite pasta dish?

**By using various preparation and cooking methods**, you'll learn new ways to cook, and may find that you enjoy foods that you previously disliked.

**Take time to eat mindfully** – Mindful eating is a practice that helps you to develop greater awareness of your experiences, physical cues and feelings about food. Rather than eating meals standing up or on the run, make mealtime a singular activity; eat slowly and without distractions.

**When you make time to eat mindfully**, rather than “inhaling” your food, you learn to focus your attention and slow down. Eating becomes an intentional act instead of an automatic one. By increasing your recognition of physical hunger and fullness cues, you are better able to distinguish between emotional triggers that make you want to eat, and physical hunger.

**Don't quit** – Reward yourself for your efforts toward healthy eating and don't get discouraged if you have setbacks – they're normal. Don't push yourself too hard. Allow yourself to eat a range of foods without forbidding yourself a particular food. Think of eating healthfully as a lifestyle change.

In conclusion, healthy eating is one of the keys to a healthy life. Eating a healthy diet will help you to feel great, be more energetic, boost your mood and improve your overall health. Make 2021 your year for healthy eating!

*Julie Rosenberg, MD, is a global*

*healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at [www.drjulierosenberg.com](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).\**

## School District Hiring Event

**T**he School District of Lee County is seeking guest teachers and will host a virtual hiring event on Thursday, January 21 from 9 a.m. to 3 p.m. The goal is to increase the number of available guest teachers at the elementary, middle and high school levels.

Guest teachers play an important role in maintaining continuity of instruction for students, assuming the role of a teacher when they are absent for the day. The district will conduct virtual interviews to add qualified candidates to its pool of guest teachers. Positions offer flexible scheduling and compensation beginning at \$92.70 per day.

To qualify for a guest teaching position with the district, candidates must have a minimum of 60 credit hours in college coursework, provide three qualified references, including one from a current or most recent employer and complete a background check.

Interviews for the virtual hiring event are by appointment. To schedule an interview, visit [www.leeschools.net/careers/hiring\\_now](http://www.leeschools.net/careers/hiring_now).\*



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Beautifulife:

## Rise Above

by Kay Casperson



**W**e have all found ourselves in situations that can test our ability to walk away, take a deep breath, or just blow it off altogether. These circumstances can happen daily,

weekly, or only every once in a while. Still, regardless of the frequency, it takes reasonable control and practice to rise above the situation and ultimately win at achieving your most balanced and beautiful life.

Regardless of what comes your way to distract you, I believe that we can change each situation's outcome and are in control of the end result. Examples of some of these are below, and how you handle them could help your outlook and attitude.

Disappointments – We tend to put our trust in the fact that people will do the right thing. I have learned long ago that you should not put all of your faith in any individual but continue to hope and pray that people will come through for you. If you do this, it won't be such a disappointment if it doesn't happen. Unfortunately, people can and will let you down, so don't let it rock your world, and you will continue to stay

positive and happy.

Disagreements – We cannot and will not agree with everyone all the time. We are all programmed differently in terms of how we think, what we believe, and what we feel is essential. That being said, there are sure to be disagreements, and that is OK. Get your point across, stay focused and don't take things personally.

Disapproval – Do you find yourself wanting to seek approval from those around you? Are there times when you feel your message is lost in the shuffle or that you just can't seem to get others to get on board with who you are or what you're trying to do? Maybe this makes you feel like they disapprove of you, your mission or your goals. Stay unique, be true to who you are and don't worry about the rest.

Situations will arise every day that will affect how you think, feel and react. Still, the most important thing you can do is rise above all of it to ultimately stay on top of your game.

My affirmation for you this week is:

"I will rise above all that comes my way to distract me from staying positive, focused, unique and happy to enjoy my 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](http://www.kaycasperson.com) or follow on social media @kaycasperson.\**

dearRPharmacist

## Six Solutions For Gastrointestinal Upset

by Suzy Cohen, RPH



**D**ear Readers:

Heartburn, nausea, constipation or other gastrointestinal (GI) symptoms are no fun. Unfortunately, neither are many of the medications used

to treat them. Some popular categories of medication that can upset your stomach include antibiotics, cholesterol pills, acid blocking heartburn drugs and hormones such as oral contraceptives.

By a mile, acid blockers are the most popular over-the-counter (OTC) drug that people take. Millions of people use them due to easy accessibility. If you do, you should know they are one of the strongest "drug muggers" out there, capable of robbing your body of practically every essential nutrient you need for health. They can reduce levels of probiotics, magnesium, folate, B12, calcium, vitamin C, iron and others.

Laxatives can help safely relieve a person's occasional constipation, but when used excessively, they'll reduce levels of several minerals including blood-pressure stabilizing potassium and the fat-soluble vitamins A, D, E and K. Complications from muscle cramps, to vision problems, to heart palpitations can result. If you get diagnosed with diseases related to your eyes, muscles or heart, it could be related to routine use of laxatives. I have a longer version of this article at [www.suzycohen.com](http://www.suzycohen.com).

Whatever the problem and whatever cause, here are some natural solutions to help you if you're experiencing GI discomfort:

1. Zinc Carnosine – If you have

mouth sores, this could be helpful. These supplements help heal the mucosal lining, and there is research that shows it helps repair the gut and reduce inflammation in the mouth. It can help a little with gastric ulcers/pain. It is generally taken twice daily, once before breakfast and again at bedtime, for a total of 8 weeks.

2. Marshmallow Tea – If you have reflux (GERD), heartburn, peptic ulcers, hiatal hernia, Crohn's disease, irritable bowel syndrome, indigestion, diarrhea, celiac disease, or H. pylori infection, then this remedy can help you. The magic happens because marshmallow root (not the fluffy confection) contains a lot of mucilage, a gooey, gelatinous substance that some plants naturally produce. When you drink it, it acts as a demulcent, creating a soothing film that coats your irritated mucous membranes and relieves pain and inflammation quickly. My recipe video is on youtube which shows how to make it.

3. Mastic Gum – Mastic gum is a resin extracted from the mastic tree, *Pistacia lentiscus*. It's used as a natural remedy for many intestinal and bowel disorders, including indigestion, acid reflux, inflammatory bowel disease, gastritis, ulcers and dyspepsia.

4. Fiber – One of the easiest ways to relieve constipation is to get enough fiber. You don't have to supplement necessarily, just increase your intake of vegetables and fruits.

5. DGL – Licorice root contains an abundance of healing flavonoids and phytoestrogens, along with the anti-inflammatory compound glycyrrhizin. It can soothe irritated membranes. DGL is best taken in a chewable tablet about 20 minutes before meals.

6. Probiotics – These are the friendly bacteria in your digestive tract that make up your microbiome. The more friendly ones you have, the better you feel and faster your transit time.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).\**

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From page 1

## Charity Cup

lieu of the arts and crafts festival because we feel that we must be able to support the charities we always have in the past," said Bill Rahe, Charity Cup committee co-chairman.

Prizes will be awarded for the lowest scoring team for the champions, seniors, ladies and mixed men's and women's teams. Mulligans can be purchased at the event. Skill prizes will also be awarded for ball closest to the pin, longest drive and

most accurate drive. There will also be a hole in one tournament with a Yamaha golf cart as the prize. A helicopter ball drop will offer minimum prizes of \$500, \$250 and \$100 for the three balls nearest the pin. Prizes could be larger depending on the number of balls sold.

Registration forms are available online at [www.sanibelrotary.org](http://www.sanibelrotary.org), from any Rotarian, at Congress Jewelers in Periwinkle Place, or by calling Bill Rahe at 395-2147. Helicopter ball drop chances and sponsorships are also available for purchase.\*

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Doctor and Dietician

## Top Diets To Start 2021



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

As people move into a new year, the most common New Year's resolution made is to get healthier. *U.S. News and World Report's* expert panel reviewed around 40 eating plans and came up with those they felt would be best to help people improve overall health. Here are the top three: Mediterranean diet, DASH and Flexitarian diets. Keto came in fifth, for those of you who are wondering!

Some of you may know that we have our own eating plans called The Hauser Diet ([www.hauserdiet.com](http://www.hauserdiet.com) for more information.) Basically, it is comprised of five different diet types (Lion, Otter, Bear, Monkey, Giraffe) varying in amounts of carbs, protein and fat for each. Why? Because each person's physiology is different, requiring differing amounts of these macronutrients.

We are, however, big fans of the Mediterranean diet because it fits many people's nutritional needs well and promotes overall health through eating fresh, whole foods. The Mediterranean diet is high in vegetables (yes!), fruits, whole grains, legumes, nuts, seeds and olive oil. It also allows for moderate consumption of dairy and red wine. Meat is eaten in much smaller amounts. This type of diet typically stabilizes blood sugar and improves cholesterol and triglycerides, thus reducing cardiac risk factors. However, those with significantly elevated blood glucose and lipid levels may need to follow a higher protein/fat diet due to their individual physiology – thus the keto-type diet is more effective in reducing these levels, similar to the

Hauser Lion or Otter diets.

The DASH and Flexitarian diets tied for second place. DASH stands for Dietary Approaches to Stop Hypertension and adds more fat-free or low-fat dairy products, fish and poultry, as well as lower salt consumption. Flexitarian eating plans encourage people to consume a mostly vegetarian diet with occasional meat-based meals, also limiting sugar and sweets like both above diets do as well.

Our take on the sodium issue is that if you consume a fresh food diet, then your food will be naturally very low in sodium. Living in a hot weather climate causes us to perspire more, thus, we typically lose more minerals, such as sodium, when we sweat, particularly if we are avid exercisers. So, we do caution against going too low in sodium.

In summary, as we have said many times in prior articles, eat real food; eat your veggies; eat fresh; control portions; reduce sweets; and keep moving! You only live once! Let us live well and prosper! Happy New Year, friends! Here is to a fantastic 2021!

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

## Webinar On Caring For The Memory Impaired

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

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

Alzheimer's is a complicated disease. Many times, the term Alzheimer's is used when speaking about any type of memory loss. Eno will discuss all dementia-related diseases, of which Alzheimer's is just one.

She will offer facts and information about neurocognitive diseases that affect not only patients but their family and friends.

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** Is it ok to multitask?

**A:** When one does multitask, there is a greater change of feeling overwhelmed. In our high tech world, we are led to believe we can do it all, and

multitasking becomes a common thread. For example, many people feel they can talk on the phone, e-mail, check a text message, post on facetime and cook dinner all at once! When it comes to our brain, at best a two-task limit is the most we can handle without that overwhelm.

What happens is the brain loses track of all the tasks that need to be processed, then something called the stress response is set off, which likely indicates you will

fight, flee or freeze. It's all too much. There is research that even indicates multitasking may even impair cognitive control. One study even showed how multitasking took 40 percent longer to get something done. Stress from multitasking can also contribute to more errors, making multi-tasking a waste of all you were trying to do in the first place.

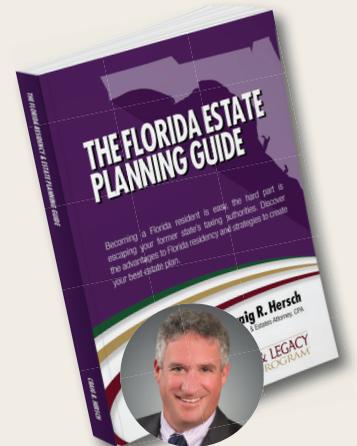
It truly is best to stop everything you are doing when things get out of hand. Take a deep breath, and follow your breathing for a moment. Be present, in the here and now, and allow your mind to rest and your body to relax. Once you are feeling calm and centered, select one item to focus on at a time, and when that is complete, focus on the next. You will accomplish it much better than trying to multitask.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).

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

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# PUZZLES

Answers on page 55

## 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!

Waver      

LAFTER \_\_\_\_\_

Help      

VERSE \_\_\_\_\_

Thick      

NEEDS \_\_\_\_\_

Rebuff      

LEPER \_\_\_\_\_

**TODAY'S WORD**

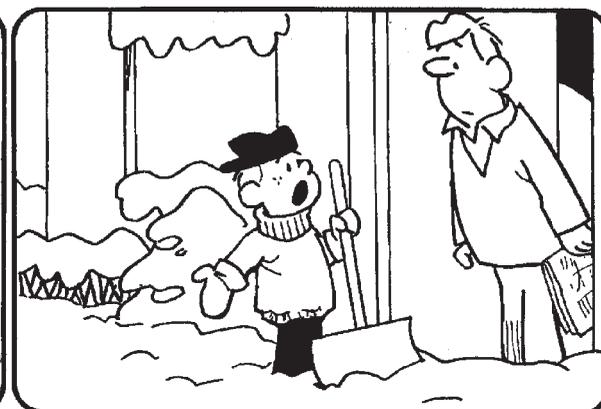
\_\_\_\_\_



"I don't think so. I have to be home by \_\_\_\_\_."

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Panels are missing. 2. Cap is reversed. 3. Arm is moved. 4. Handle is shorter. 5. Neckline is different. 6. Paper is moved.

## 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.

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

# PETS OF THE WEEK



Jet A837156 photos provided

Hannah A845566

Lee County Domestic Animal Services

## Jet And Hannah

Hello, my name is Jet. I am a 2-year-old male pit mix. I am the part of the Gray Dogs Club, where the motto is "Go Gray and Go Home!" Lee County Domestic Animal Services (LCDAS) currently has several beautiful platinum canines, and I am proud to be the president. I won the popular vote with my stunning good looks and charm of course! My ability to run the class doesn't hurt either. I am very decisive and will pick out my favorite toy or treat without a moment's hesitation. Mr. President would be happy to meet you during office hours.

My adoption fee is \$30.

Hi, I'm Hannah. I am a 1-year-old female domestic short hair. I have been

with LCDAS for a few weeks now and am ready for a home of my own. While the staff and volunteers will certainly miss me, they know I deserve my own family. They would love to see me start out the new year with the perfect match. I am quite independent, so I would fit perfectly if you have a busy lifestyle.

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

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

## What Parents Should Know For Next School Year

submitted by Andrew R. Campanella

Yes, it's January, not June, and you may feel like you're finally settling into a routine during a challenging school year. But as the saying goes, "The secret to getting ahead is getting started." Despite the disruptions of COVID-19, January is the ideal time to check in with your child about your school choice and start planning for the 2020-21 school year.

That's why National School Choice Week takes place the last week of January. Each year, the public awareness effort features thousands of independently-planned community activities that help parents across the nation learn more about school choices and prepare for the next school year.

As families and teachers in Florida celebrate the week with 3,467 virtual events and activities, don't miss doing these three things to start planning now for an extraordinary school year:

First, talk to your child.

You see your child every day and know what makes them happy, nervous, or inspired. But make time during School Choice Week to speak with your child about their current school experience. What are they learning? What would they change? What are they doing when they feel happiest?

If you talk to other parents about their school choice, remember: What's important to you and your child in a school may be different than what's important to your neighbor – and that's OK. One family may prioritize a school's location; another may consider a school's language offerings or extracurriculars

more important. Be confident in what matters most to you and your child in a school.

Second, know your options.

You might know your child better than anyone else, but you may not know all the school options in your area. Here in Florida, there are a variety of educational options available to attend including: traditional public schools with flexible open enrollment, charter schools, magnet schools, private schools, online schools and homeschooling. Florida's state-run scholarship programs extend to students in families with modest incomes, with an Individualized Education Plan, or victims of violence in public schools, in addition to a few other student groups.

If reading this helped you learn something new about education options in your area, share that knowledge. A simple conversation with a neighbor about school options could transform their child's life.

Third, find and celebrate your community.

Starting in January gives you plenty of time to consider new schools. Even if you're not sure a school is for you, learning more via a call or visit may surprise you. Look for what seems to motivate the students and teachers. Is it an environment you could see your child thriving in?

Or, maybe you already love your current school and plan to stay. If so, use this time and your child's feedback to make a simple plan to truly invest in your school choice. Maybe you'll volunteer at the school once a month. Maybe you'll supplement classroom learning with monthly museum trips, or use Khan Academy one evening a week to help your child fill in their weak spots in math.

At the end of the day, navigating the K-12 education process is an adventure – celebrate it! Use School Choice Week

continued on page 55

## My Stars ★★★★★

FOR WEEK OF JANUARY 11, 2021

**Aries** (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

**Taurus** (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

**Gemini** (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

**Cancer** (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

**Leo** (July 23 to August 22) Although the Lion might see it as an act of

loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

**Virgo** (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

**Libra** (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

**Scorpio** (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

**Sagittarius** (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

**Capricorn** (December 22 to January 19) While your creative aspect remains

high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

**Aquarius** (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

**Pisces** (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

**Born This Week:** You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

### MOMENTS IN TIME

• On Jan. 19, 1809, poet, author and literary critic Edgar Allan Poe is born in Boston. In 1836 Poe married his 13-year-old cousin, Virginia Clemm, and completed his first full-length work of fiction, *Arthur Gordon Pym*.

• On Jan. 23, 1941, Charles Lindbergh, a national hero since his

nonstop solo flight across the Atlantic, testifies before Congress and suggests that the U.S. negotiate a neutrality pact with Hitler. He publicly denounced "the British, the Jewish and the Roosevelt Administration."

• On Jan. 21, 1950, former State Department official Alger Hiss is convicted of perjury in testimony about his alleged involvement in a Soviet spy ring before and during World War II.

• On Jan. 20, 1961, 87-year-old Robert Frost recited his poem *The Gift Outright* at the inauguration of President John F. Kennedy. Although Frost had written a new poem for the occasion, faint ink in his typewriter made the words difficult to read, so he recited *The Gift Outright* from memory.

• On Jan. 24, 1972, after 28 years of hiding in the jungles of Guam, farmers discover Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended. Yokoi went into hiding in 1944 rather than surrender.

• On Jan. 22, 1984, during Super Bowl XVIII, audiences first see a

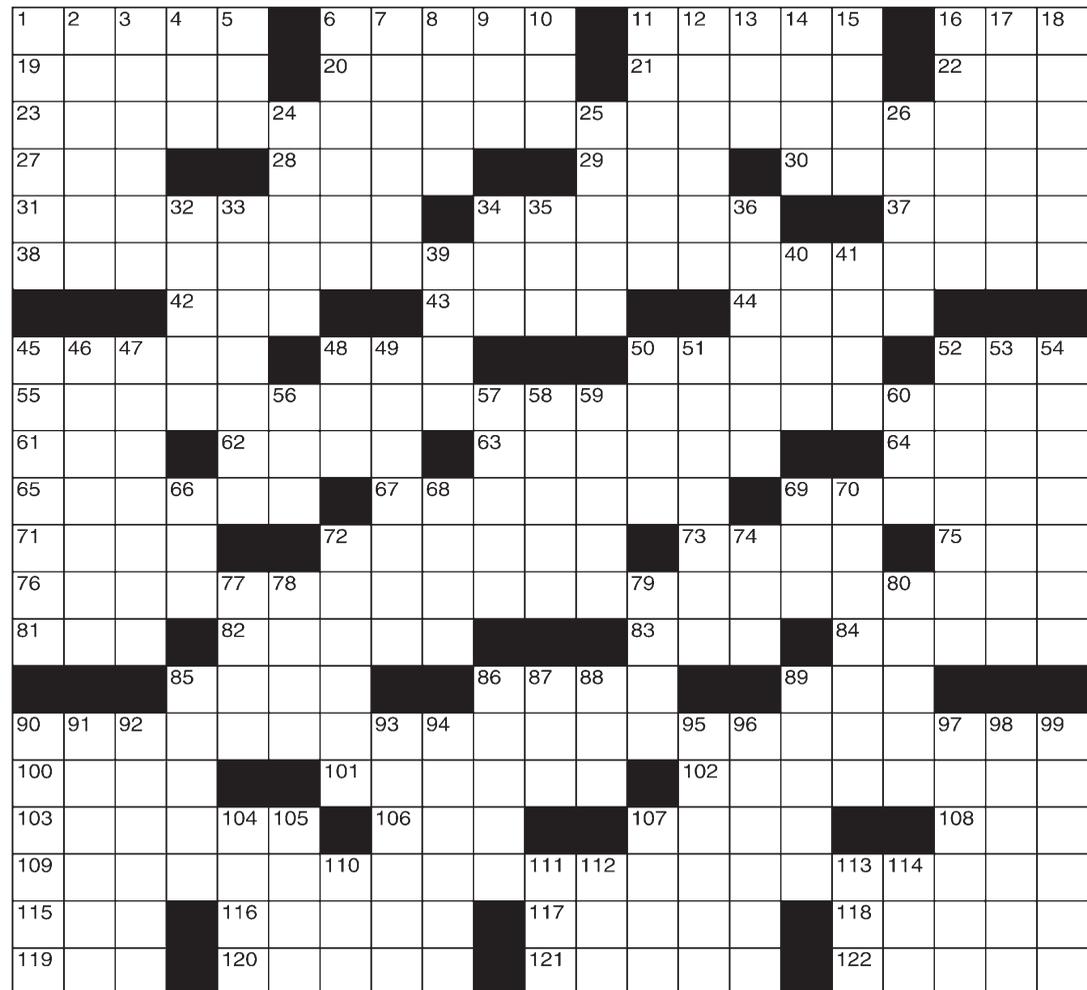
continued on page 54

# PUZZLES

Answers on page 55

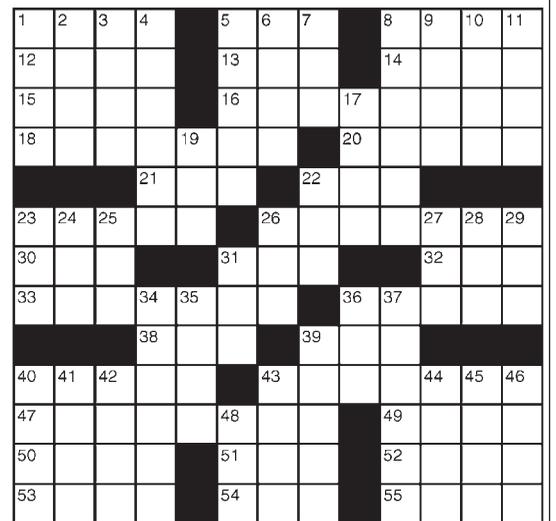
## Super Crossword 21 AND SINGLE

- ACROSS**
- 1 Alcatraz Island locale, for short
  - 6 Info-filled
  - 11 Subjective paper pieces
  - 16 Yeshiva student, e.g.
  - 19 Land, in Italy
  - 20 Fast Amtrak service
  - 21 Salsa singer Cruz
  - 22 Pal, in Nice
  - 23 Concerning the effects of drugs on the mind
  - 27 Maestro — -Pekka Salonen
  - 28 12:00, half of the time
  - 29 South, in Spanish
  - 30 Flinch in fear
  - 31 Squid feature
  - 34 "Chill out!"
  - 37 Amply skilled
  - 38 Belief in a national power structure
  - 42 Acting signal
  - 43 Blarney Stone's land
  - 44 "Sometimes you feel like —"
  - 45 Get moving
  - 48 Org. for tooth drillers
  - 50 Lid
  - 52 Bullfight yell
  - 55 Official endorsement via an amendment, say
  - 61 Savings acct. addition
  - 62 Days before holidays
  - 63 Rises
  - 64 Heaps
  - 65 Ornamental hairnets
  - 67 Jogged
  - 69 — Pointe, Michigan
  - 71 Gazpacho, e.g., in Spanish
  - 72 Talisman
  - 73 Cookie for 100+ years
  - 75 He's a doll
  - 76 Ear, nose and throat doctor
  - 81 B-ball official
  - 82 Sneak off to say "I do"
  - 83 The same: Prefix
  - 84 — Carlo
  - 85 Street — (popular acceptance)
  - 86 Video file format, in brief
  - 89 Wrestling win
  - 90 Quality among identical things
  - 100 TV's Griffin
  - 101 Oaths
  - 102 Swiss city on Lake Geneva
  - 103 Shelling out
  - 106 Moo goo — pan
  - 107 Short comic sketch
  - 108 Fist bump, colloquially
  - 109 Machine for a brain test
  - 115 Palme — (film award)
  - 116 Coiled
  - 117 Sprightly
  - 118 China's Zhou
  - 119 Mil. officer
  - 120 Taunts in fun
  - 121 Swift
  - 122 Nation south of Sicily
  - 6 Port southeast of Roma
  - 7 Canyon comebacks
  - 8 Stop nursing
  - 9 35mm camera
  - 10 Thanksgiving staple
  - 11 Like mystical practices
  - 12 City in Illinois
  - 13 Added wing
  - 14 Fashionable Christian
  - 15 Stuffing herb
  - 16 "I, Claudius" star Derek
  - 17 PC-to-PC letters
  - 18 Actor Dafoe
  - 24 Aunt's spouse, in Paris
  - 25 Unified
  - 26 "Sorry, already have plans"
  - 32 Cantina snacks
  - 33 Bordered on
  - 34 Roman 901
  - 35 Above, in verse
  - 36 Country crooner Randy
  - 39 Fire output
  - 40 Mother of Don Juan
  - 41 Magical glow
  - 45 Clip out, as a coupon
  - 46 Imply in its definition
  - 47 In addition to
  - 48 Gorged on
  - 49 Fluffy floor-cleaning tool
  - 50 Walking aid
  - 51 They can't be taught new tricks, in a saying
  - 52 Raincoat material
  - 53 Most baggy
  - 54 Pact among nations
  - 56 ER hookups
  - 57 Bit of land in l'oceano
  - 58 Mink relative
  - 59 In smart garb
  - 60 Eastern spiritual path
  - 66 Crew tool
  - 68 Precept
  - 69 Salon goop
  - 70 Suitemates, say
  - 72 Like one of a battery's terminals
  - 74 Pal of Piglet
  - 77 That girl's
  - 78 "How did — this happen?"
  - 79 Close by
  - 80 Fixin' to
  - 85 Longtime Honda model
  - 86 Rock or jazz
  - 87 Thanksgiving staple
  - 88 Suffix with host or lion
  - 89 Mickey's dog
  - 90 Obstruct
  - 91 Kevin of "Aliens in the Attic"
  - 92 Maytag products
  - 93 Rocker Ted
  - 94 Big pianos
  - 95 High-pH substance
  - 96 Skipped out (on)
  - 97 Ultimate purpose
  - 98 Be short with
  - 99 Old compact Kia model
  - 104 Abbr. on a food carton
  - 105 Escalate
  - 107 Clipper, e.g.
  - 110 "Sure," in Soissons
  - 111 Pointy part of Mr. Spock
  - 112 Links gp.
  - 113 Ruby or onyx
  - 114 Stuff in some viral genes

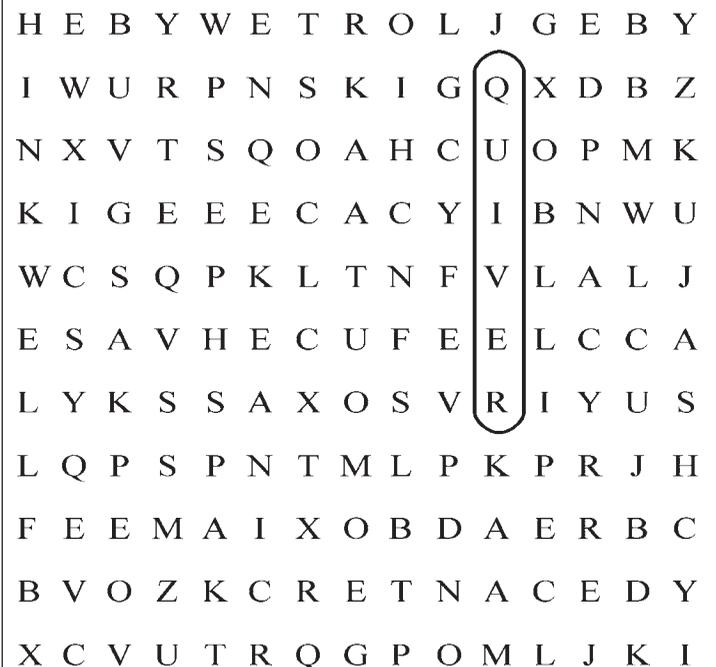


## King Crossword

- ACROSS**
- 1 Nile vipers
  - 5 Cistern
  - 8 Sprint
  - 12 Guitarist Atkins
  - 13 — -de-France
  - 14 Formerly
  - 15 Antelope's playmate
  - 16 Its days are numbered
  - 18 Degree of excellence
  - 20 Endures
  - 21 "Nova" ailer
  - 22 Lass
  - 23 Regions
  - 26 Volcanic crater
  - 30 "Entourage" agent
  - 31 Branch
  - 32 Felon's flight
  - 33 Trinidad
  - 36 Fountain drinks
  - 38 Fine, at NASA
  - 39 Marry
  - 40 Dishonor
  - 43 Actor Rory
  - 47 Squid dish
  - 49 Big fair, for short
  - 50 "Oops!"
  - 51 Drench
  - 52 Peruse
  - 53 Facts and figures
  - 54 Guitar master Paul
  - 55 Tolkien creatures
  - 11 Towel word
  - 17 Israeli airline
  - 19 Small ammunitions
  - 22 Leg, in slang
  - 23 Efron of "Parkland"
  - 24 Man-mouse link
  - 25 Zero
  - 26 — -Magnon
  - 27 Right angle
  - 28 Squealer
  - 29 Early hrs.
  - 31 Request
  - 34 Motorcycle maker
  - 35 "The Raven," for one
  - 36 Actor Gibson
  - 37 Stick
  - 39 Is patient
  - 40 Gulf War missile
  - 41 "Funny!"
  - 42 Oodles
  - 43 Manitoba tribe
  - 44 They can take a yoke
  - 45 — the crack of dawn
  - 46 Agrees silently
  - 48 Piercing tool
- DOWN**
- 1 Outlet letters
  - 2 The Mets' old home
  - 3 Rind
  - 4 American flag feature
  - 5 Bad habits
  - 6 Winged
  - 7 Aviv preceder
  - 8 Disney duck
  - 9 &&&&
  - 10 Ella's style



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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: SUSPENDED FROM A NECKLACE

- |           |          |           |        |
|-----------|----------|-----------|--------|
| Breadbox  | Compact  | Jerry can | Quiver |
| Briefcase | Decanter | Kit       | Vase   |
| Capsule   | Gripsack | Pillbox   | Vessel |
| Cask      | Inkwell  | Pouch     |        |

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|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|  <b>FRIDAY</b><br>Mostly Cloudy<br>High: 66 Low: 52 |  <b>SATURDAY</b><br>Mostly Cloudy<br>High: 63 Low: 51 |  <b>SUNDAY</b><br>Sunny<br>High: 61 Low: 47 |  <b>MONDAY</b><br>Partly Cloudy<br>High: 63 Low: 51 |  <b>TUESDAY</b><br>Mostly Cloudy<br>High: 65 Low: 50 |  <b>WEDNESDAY</b><br>Mostly Cloudy<br>High: 60 Low: 48 |  <b>THURSDAY</b><br>Sunny<br>High: 62 Low: 47 |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|

**Redfish Pass Tides**

| Day | High    | Low      | High    | Low      |
|-----|---------|----------|---------|----------|
| Fri | 1:11 am | 8:47 am  | 4:11 pm | 7:22 pm  |
| Sat | 1:57 am | 9:20 am  | 4:29 pm | 8:26 pm  |
| Sun | 2:46 am | 9:52 am  | 4:51 pm | 9:35 pm  |
| Mon | 3:40 am | 10:23 am | 5:16 pm | 10:50 pm |
| Tue | 4:46 am | 10:55 am | 5:45 pm | None     |
| Wed | 6:13 am | 12:09 am | 6:17 pm | 11:27 am |
| Thu | 8:11 am | 1:28 am  | 6:54 pm | 12:00 pm |

**Point Ybel Tides**

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 12:16 am | 8:49 am  | 3:16 pm | 7:24 pm  |
| Sat | 1:02 am  | 9:22 am  | 3:34 pm | 8:28 pm  |
| Sun | 1:51 am  | 9:54 am  | 3:56 pm | 9:37 pm  |
| Mon | 2:45 am  | 10:25 am | 4:21 pm | 10:52 pm |
| Tue | 3:51 am  | 10:57 am | 4:50 pm | None     |
| Wed | 5:18 am  | 12:11 am | 5:22 pm | 11:29 am |
| Thu | 7:16 am  | 1:30 am  | 5:59 pm | 12:02 pm |

**Punta Rassa Tides**

| Day | High    | Low      | High    | Low      |
|-----|---------|----------|---------|----------|
| Fri | 1:04 am | 8:48 am  | 3:14 pm | 8:27 pm  |
| Sat | 1:46 am | 9:26 am  | 3:57 pm | 9:18 pm  |
| Sun | 2:42 am | 10:00 am | 4:37 pm | 10:08 pm |
| Mon | 3:49 am | 10:31 am | 5:15 pm | 11:07 pm |
| Tue | 4:55 am | 11:00 am | 5:54 pm | None     |
| Wed | 6:08 am | 12:27 am | 6:34 pm | 11:28 am |
| Thu | 7:21 am | 1:40 am  | 7:15 pm | 12:31 pm |

**Cape Coral Bridge Tides**

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 3:21 am  | 12:03 pm | 6:21 pm | 10:38 pm |
| Sat | 4:07 am  | 12:36 pm | 6:39 pm | 11:42 pm |
| Sun | 4:56 am  | 1:08 pm  | 7:01 pm | None     |
| Mon | 5:50 am  | 12:51 am | 7:26 pm | 1:39 pm  |
| Tue | 6:56 am  | 2:06 am  | 7:55 pm | 2:11 pm  |
| Wed | 8:23 am  | 3:25 am  | 8:27 pm | 2:43 pm  |
| Thu | 10:21 am | 4:44 am  | 9:04 pm | 3:16 pm  |

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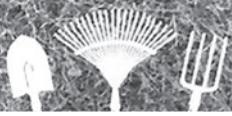
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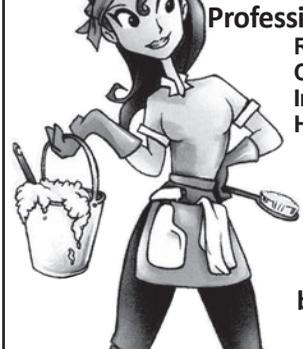
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At SanCap Home Services, we are continuing 72 years of service excellence!! We are a comprehensive home services company that will take care of all your PLUMBING, ELECTRICAL, HVAC, ROOFING, and REMODEL needs. Whatever issue arises, you don't have to deal with it alone, we are always here to help! From maintenance and repairs to new installation, we are dedicated to serving your needs and are sure to exceed your expectations!

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|                                                                      |                                          |                                                    |                                      |                                           |                                           |
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From page 49

## Moments In Time

commercial now widely agreed to be one of the most powerful and effective of all time. Apple's "1984" spot featured a young woman throwing a sledgehammer through a screen on which a Big Brother-like figure preached about "the unification of thought."

- On Jan. 18, 1990, Washington, D.C., Mayor Marion Barry is arrested and charged with drug possession and use of crack cocaine. Barry was caught on camera at a downtown hotel smoking crack with Rahsheeda Moore, who had agreed to set up Barry in exchange for a reduced sentence on a drug conviction.

### NOW HERE'S A TIP

- Purchase New Year's celebration items that are on sale in January if you have a graduating senior in 2021. You can get all kinds of items for a fraction of the price, and you will be ready with all the 2021 things you need.

- Got a neckache? Grab a pair of long socks, fill each with 2 cups of uncooked white rice and a couple of drops of your favorite essential oil. Knot the sock tightly to seal. Microwave for up to 2 minutes, and test temperature before draping it over your shoulders to apply heat to sore muscles. It's so nice, especially when you're laying down.

- JP in New Jersey advises that instead of using candles during a power outage – it can be dangerous! – try a battery-operated lantern instead. You can even use solar garden lights in a vase. You'd be surprised how much they can light a room.

- "To trick yourself into saving money, round up purchases when you enter them into your checkbook register." – SW in Arkansas

- "If you're storing clothes in a storage tote, put a sheet of fabric softener in as well. It can help repel bugs and keep the fabrics smelling fresh." – MW in Iowa

- "Spray nonwashable plush toys with dry shampoo to clean and freshen them. Rub vigorously with a terry cloth to remove any extra residue and fluff up." – PH in Pennsylvania

### STRANGE BUT TRUE

- Many people in South Korea opt to compress the remains of the dead person into gem-like beads in different colors, which are then displayed at home.

- Greenland sharks don't reach puberty until they are 150 years old.

- The first hoop skirt was worn by Queen Juana of Portugal, in a bid to hide the fact she was pregnant.

- In 2015, Canadian astronaut Chris Hadfield released the first ever album recorded entirely in space, titled *Space*

*Sessions: Songs from a Tin Can.*

- The oldest known customer service complaint was written on a clay cuneiform tablet in Mesopotamia 4,000 years ago. In it, a customer named Nanni complains that he was sold inferior copper ingots.

- Russia only classified beer as an alcoholic drink in 2011.

- Japanese trains, reputedly the most punctual in the world, issue passengers with a "delay certificate" if a train is running more than five minutes behind schedule. The documents can be shown to bosses or teachers to explain a passenger's lateness.

- In 1984, New Zealand Prime Minister Robert Muldoon got drunk and decided to spontaneously call a general election, which he lost.

- Before battles, some Roman gladiators read product endorsements. The makers of the film *Gladiator* planned to show this but nixed the idea for fear that audiences wouldn't believe it.

- A person with geomelophobia has the urge to eat raw potatoes.

- In the late 1800s in Corinne, Utah, you could buy legal divorce papers from a vending machine for \$2.50.

- Late in his life, Guglielmo Marconi believed no sound ever dies completely. He dreamed of building a device strong enough to pick up the actual words of Jesus at the "Sermon on the Mount."

### THOUGHT FOR THE DAY

"There are years that ask questions, and years that answer."

– Zora Neale Hurston

### TRIVIA TEST

1. **U.S. Presidents:** The poem *O Captain! My Captain!* was written after the death of which president?
2. **General Knowledge:** What is the weight of a U.S. quarter?
3. **Movies:** What was the name of the skyscraper in the drama *Die Hard*?
4. **Television:** What city was the setting for the sitcom *Mork and Mindy*?
5. **Science:** What is the study of knowledge, reality and existence called?
6. **Animal Kingdom:** What are male blue crabs called?
7. **Geography:** What is the highest point in Japan?
8. **Food & Drink:** The acai berry is native to which continent?
9. **Literature:** Who wrote the *Winnie-the-Pooh* book series for children?
10. **Measurements:** What is an angstrom?

### TRIVIA ANSWERS

1. Abraham Lincoln
2. 0.2 ounces
3. Nakatomi Plaza
4. Boulder, Colorado
5. Philosophy
6. Jimminy
7. Mount Fuji
8. South America
9. A.A. Milne
10. One ten-billionth of a meter, used to measure very small distances.

# CLASSIFIED

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1/1 \* 1/22

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1/4 \* TFN

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chipwolfe.com  
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6/5 \* TFN

## SERVICES OFFERED

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239-233-2152  
Island Resident / Insured  
1/8 \* 4/2

### HELPER

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I can help!  
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12/11 \* TFN

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4/20 \* TFN

## HELP WANTED

### HELP WANTED

Gramma Dot's - Sanibel Marina, full time waitstaff position open.  
Ask for Amy at 472-8138  
1/15 \* 1/22

### HELP WANTED

DQ Sanibel  
\$10 + Tips  
472-1170  
1/8 \* 1/29

### MARINA HELP WANTED

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

## FOR SALE

### APPLIANCES

- White LG Dishwasher – Mint Condition
- White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable
- White Kenmore oven with white cooktop – Mint Condition.

Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net  
12/11 \* TFN

## BOATS-CANOE-KAYAKS

### BOAT LIFT RENTAL WANTED

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10/30 \* TFN

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1/8 \* TFN

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The River Weekly News  
Call 395-1213

From page 49  
**School Year**

to spread positivity about your school on social media or send a thank you note to a teacher. Spreading positivity can start a domino effect, reminding teachers of their love for education and inspiring other parents to be more engaged.

A child's learning environment is one of the single-biggest influencers of their life, and it's worth putting in the time to find a great school fit. Whether it's finding a new school or showering your current school with love, now is the time to start deciding what school choices to make next.

A nationally recognized advocate for children and families, Andrew R. Campanella serves as president of National School Choice Week, the world's largest-annual celebration of opportunity in education.✪

**SCRAMBLERS ANSWER**

- 1. Falter 2. Serve;
- 3. Dense; 4. Repel

Today's Word  
**ELEVEN**

**HORTOONS**



**PUZZLE ANSWERS**

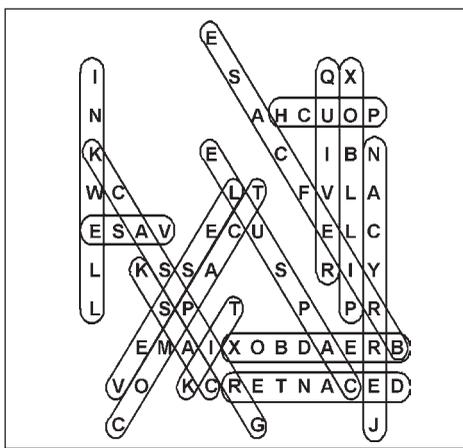
**SUPER CROSSWORD**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
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| E | S | A | N | O | O | N | S | S | R | R | E | C | O | I | L |   |   |   |   |   |   |  |
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**KING CROSSWORD**

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| Z | O | N | E | S |   | C | A | L | D | E | R | A |  |  |  |  |  |  |  |  |  |
| A | R | I |   |   | A | R | M |   |   | L | A | M |  |  |  |  |  |  |  |  |  |
| C | A | L | Y | P | S | O |   | M | A | L | T | S |  |  |  |  |  |  |  |  |  |
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| C | A | L | A | M | A | R | I |   | E | X | P | O |  |  |  |  |  |  |  |  |  |
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| D | A | T | A |   | L | E | S |   | E | N | T | S |  |  |  |  |  |  |  |  |  |

**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

| Development        | Year Built | City           | Square Footage | Listing Price | Selling Price | Days On Market |
|--------------------|------------|----------------|----------------|---------------|---------------|----------------|
| Sanibel Isles      | 2020       | Sanibel        | 3,320          | \$2,749,000   | \$2,725,000   | 9              |
| Cape Coral         | 2018       | Cape Coral     | 3,860          | \$2,400,000   | \$2,300,000   | 5              |
| Cape Coral         | 2002       | Cape Coral     | 5,047          | \$2,550,000   | \$2,300,000   | 161            |
| Cape Coral         | 2012       | Cape Coral     | 4,684          | \$2,550,000   | \$2,112,000   | 231            |
| Cape Coral         | 2016       | Cape Coral     | 2,521          | \$1,499,900   | \$1,510,000   | 8              |
| Cape Coral         | 2016       | Cape Coral     | 3,001          | \$1,050,000   | \$1,010,000   | 108            |
| Cape Coral         | 2001       | Cape Coral     | 2,880          | \$950,000     | \$900,000     | 23             |
| San Carlos Estates | 2016       | Bonita Springs | 3,178          | \$859,000     | \$850,000     | 13             |
| Grande Estates     | 2006       | Estero         | 3,183          | \$875,000     | \$840,000     | 68             |
| Corkscrew Shores   | 2017       | Estero         | 2,852          | \$845,000     | \$832,000     | 47             |

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