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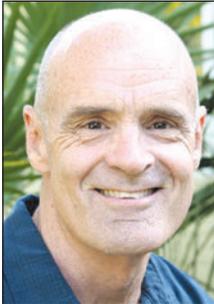
SANIBEL & CAPTIVA ISLANDS, FLORIDA

FEBRUARY 12, 2021

FEBRUARY SUNRISE/SUNSET: 12 7:07 • 6:19 13 7:06 • 6:19 14 7:05 • 6:20 15 7:04 • 6:21 16 7:04 • 6:21 17 7:03 • 6:22 18 7:02 • 6:23

Lecture And Book Signing With Pulitzer-Winner

Following his Pulitzer Prize-winning book about the Gulf of Mexico, Jack E. Davis is focusing on bald eagles in a historical context. The popular author and lecturer will speak about *The Bald Eagle: Symbol and Species in American History* at a "Ding" Darling lecture at The Community House starting at 10 a.m. on Friday, February 19.



Jack E. Davis

Davis will share knowledge and images from his forthcoming *Bird of Paradox: How the Bald Eagle Saved the Soul of America*. His new *The Wilder Heart of Florida: More Writers Inspired by Florida Nature*, which he edited and contributed to, along with Leslie K. Poole, has just released. It includes an essay by frequent "Ding" Darling lecturer Cynthia Barnett about Sanibel Island and its shells. Davis is also author of *The Gulf: The Making of an American Sea* and *An Everglades Providence: Marjory Stoneman Douglas and the American Environmental Century*.

In addition to the Pulitzer Prize, Davis has racked up a number of other honors for his books and teaching stints at schools from the University of Birmingham to the University of Jordan in Amman. He has written for *The New York Times*, *Chicago Tribune*, *Tampa Bay Times*,

continued on page 8

Lee Health To Provide Update On Vaccines

FISH of SanCap, along with Lee Health, will offer a program, entitled *An Overview of the COVID-19 Vaccines and Isolation During the Pandemic*, on Wednesday, February 24 beginning at 10 a.m. This presentation will be held virtually via the WebEx platform.

Dr. Mary Beth Saunders, Lee Health system medical director of epidemiology (infection control), will discuss the current state of Lee County numbers and status, prevention measures (masks/handwashing/etc.) and latest vaccine news. She will also offer best practices for disease prevention as well as insights on the available vaccine options.



Dr. Mary Beth Saunders

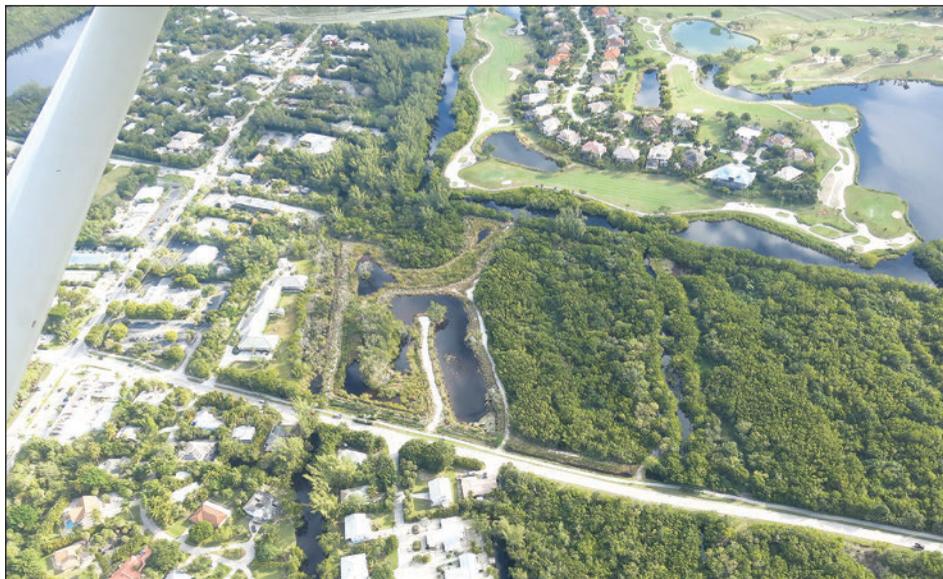


Dr. Paul G. Simeone

Dr. Saunders, DO, FACOI, MPH, has been a practicing infectious disease and internal medicine physician in Southwest Florida since 1997 and with Lee Health since 2007.

Dr. Paul G. Simeone, Lee Health vice president and medical director of behavioral and mental health, will discuss

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Aerial view of Jordan Marsh Water Quality Treatment Park, center photos courtesy SCCF

Jordan Marsh Project Improving Water Quality

by Wendy McMullen

The Jordan Marsh Water Quality Treatment Park is achieving some success in removing harmful nutrients from the water, city council was told at the February 2 council meeting.

Engineer Mark Thompson with the Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory told city council

that the filter marsh was succeeding, although not as well as projected in the original design, and that improvements may be necessary to reach design levels.

The marsh, located on the east of Casa Ybel Road just south of Periwinkle Way, is designed to monitor and remove harmful levels of nutrients, mainly nitrogen and phosphorous. The ultimate goal of the project is to improve water quality in the Sanibel Slough, known to most of us as the Sanibel River. This is important to Sanibel's ecosystem because the Sanibel Slough feeds fresh water into low-lying swales to create Sanibel's interior wetland system, which is critical to the health of



Outflows reached maximum discharge from Jordan Marsh approximately 24 hours after the large rain events of September 12 and 13, 2020. On September 14, the discharge reached 2,000 gallons per minute (normal discharge rate is under 1,000 gallons per minute).

wetlands and to the wildlife that inhabits JN "Ding" Darling National Wildlife Refuge.

The Sanibel Slough was identified by the Florida Department of Environmental Protection more than a decade ago as not meeting state standards for water quality. Taking note, SCCF proposed a water quality treatment park designed to reduce these nutrient concentrations.

Funded by the South Florida Water Management District, Lee County impact fees and the City of Sanibel, the Jordan

Marsh project is a partnership between the city and SCCF, which oversaw the design and monitors the project.

It is located on 6.5 acres of city-owned land known as the Jordan Marsh Preserve and 1.3 acres of land within SCCF's Wigley Preserve.

The way the Jordan Marsh project works is that a pump located at the rear of the property pulls water out of the Sanibel Slough. This then meanders through the marsh. Within the marsh, aquatic plants

continued on page 30

Save The Males

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**CHARLES
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OBITUARY



**CAROL ANN
(NEE YORG) ROTHMAN**

Carol Rothman, 74, daughter, wife and lover for 53 ½ years, loving mother of two, grandmother of three, passed peacefully of natural causes at Hope Hospice at HealthPark on Tuesday, January 5. Carol was born in Red Bank, New Jersey and was the daughter of Frederick T. and Verna (nee Harrison) Yorg of West Long Branch, New Jersey. Carol graduated from Shore Regional High School in West Long Branch in 1964 and attended Green

Mountain College in Poultney, Vermont.

In 1967, Carol married Thomas Tyler Rothman, son of William and Katherine (nee Tyler) Rothman of Little Silver, New Jersey.

Carol had several careers in her lifetime. First and foremost, she was mother and homemaker to her family of four, putting them ahead of any of her own desires, always. As the children grew and entered middle and high school, Carol got involved in their school programs and used her artistic talents to lead the school yearbook development, became public relations director for the Avon Grove School District, and freelance photographer and reporter for the local newspapers. As a photographer, Carol concentrated on portraiture and developed a skill and reputation for photographing women in pregnancy in her private studio.

In 1998, Carol graduated summa cum laude from Cecil County Community College in Maryland, with two associate of applied science degrees; one in visual communications and the second in professional photography. As technology changed, Carol starting using computers in her photography and became a proficient graphic artist, helping to illustrate several local books.

Carol lived with her husband Tom in Dover, New Jersey; Troy, New York; West Chester, Pennsylvania; Newark Delaware; and Landenberg, Pennsylvania but on their honeymoon in 1967, they had visited and fallen in love with the sanctuary island of

Sanibel on Florida's west coast. So it wasn't a surprise when they moved to Sanibel in 2001 when Tom retired. With Carol's love of animals, she immediately volunteered to work at Clinic for the Rehabilitation of Wildlife (CROW), caring for and rescuing animals in any way she could. Carol was fearless and once rescued a three-foot alligator, to the excitement of the crowd that was watching. Later, Carol accepted responsibility for organizing and managing the CROW gift shop in its new facility.

Carol's early career was in studio photography and was particularly talented in portraits, but after moving to Sanibel, Carol concentrated on the abundant wildlife in Southwest Florida and the Everglades. She exhibited her work at art shows on Sanibel and in Cape Coral, Florida, and won several photo awards. Her photographic art of family and wildlife adorns the walls of many family members and friends.

But Carol's life was not without pain. As a teenager, Carol was diagnosed with scoliosis of the spine and endured a complex surgery to fuse 15 vertebrae in her lower back, spending her junior year in a upper body cast. Still, Carol finished high school and started college with the rest of her class, but it left her with chronic pain that would always follow her. Later in life, her career at CROW and in wildlife photography was ended when Carol severed her right shoulder in a home fall. A partially prosthetic arm added more pain but Carol was a

strong person that worked through these adversities to enjoy her family and her life.

Carol loved to travel and was fortunate to have visited many states in the United States from the Atlantic to the Pacific as well as England, France, Germany, Austria, Liechtenstein, Switzerland, Greece, Italy, Mexico, Brazil, Costa Rica, Columbia, Nicaragua, Panama, Guatemala, many islands in the Caribbean, and Korea and Japan in the Far East.

Carol was always an avid sports fan. A competitive swimmer in her teens, a competitive bowler in her mid years and in later years, a huge football and soccer fan. On Sunday afternoons, and Monday and Thursday nights during football season, there was nothing she liked more than to watch her Green Bay Packers play, while texting comments about the games with her close friends and sports fans, Joan and Lyn.

Carol is survived by her husband Tom, her daughter Kelly Ann Aude of Issaquah, Washington, her son Dr. Michael Tyler Rothman of Lilburn, Georgia and her three grandchildren, Owen Tee Aude, and Evangelia Hope and Tyler Thomas, Rothman. It would be Carol's request that because of COVID-19 safety, donations be made in her name to the Turtle Watch Program (in which Carol and Tom have been volunteers for 19 years) at Sanibel-Captiva Conservation Foundation (SCCF), 3333 Sanibel-Captiva Rd., Sanibel, FL 33957.*

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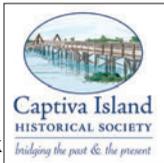


Chadwick family and friends at South Seas Plantation (Chadwick Estates) photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Landmark: Chadwick Estates

This week's image depicts some of the Chadwick family and friends near one of the cottages at South Seas Plantation (Chadwick Estates), sometime after 1923.



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.*

The History Gallery, developed by the

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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

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OBITUARY



JACK CHAPPELL
1927-2020

Jack Chappell was born on October 28, 1927 in South Bend, Indiana, the only son of John and Lillian (Gould) Chappell. Upon graduation from high school in South Bend, he attended Purdue University for one year, at which time he enlisted the U.S. Army Air Corps. Upon discharge, Jack returned to Purdue and graduated in 1950 with a bachelor of arts degree from the School of Science.

Jack's early career was in personnel,

focusing on labor relations (given his father had been instrumental in organizing the labor union at Studebaker Corporation, there were sure to have been many lively discussions at the Chappell dinner table). During this time, he worked for International Harvester and Central Soya.

In 1964, Jack achieved his first plant manager position at General Signal in Jamaica Plain, Massachusetts, followed in 1966 by a promotion in the same position at a much larger organization within Joy Manufacturing in New Philadelphia, Ohio. Jack oversaw the growth of Joy into a Fortune 250 Corporation during his nine-year tenure, primarily through a series of both domestic and international mergers and acquisitions.

After a few years as senior vice president, in 1975, Jack found an opportunity to take direct control of an entire corporation, the WH Nichols Company of Waltham, Massachusetts. Jack spent the next several years turning around this family-held company, working long hours to return it to profitability. In 1984, WH Nichols merged with Parker Hannifin Corporation of Cleveland, Ohio. As senior vice president, Jack was responsible for building Parker's controls division through strategic acquisitions.

Retirement never quite sat well with Jack, and his next venture was moving from board member to chairman and CEO of The Federal Savings Bank in Waltham. Upon the sale of the bank several years later, Jack then turned his

eye to providing business and financial advice and support to many nascent companies in the region, as well as serving on the board of directors for two Massachusetts-based companies, Aubuchon Hardware and MW Carr Company. He also continued his focus on philanthropic pursuits in the area of education (Purdue University), healthcare (Eye Institute of Boston and Emerson Hospital) and conservation (he and his wife Ruth donated several acres of land to the Concord Land Conservation Trust).

Those who knew Jack well understood the importance of family in his life. To his parents, sisters, nephews and nieces, he was always available to lend an ear or a hand, whatever was needed, for as long as needed. His children and grandchildren grew into adulthood knowing they would always find sage advice and unstinting encouragement in his corner.

Jack always enjoyed a good story, and his young children delighted in hearing of the adventures of Minnie and Buster Hotshot, the barn cats, as well the fictional adventures of Jessie and Elizabeth as they made their way West by covered wagon. Jack never tired of telling stories of his family and life, and in his later years joined the Sanibel Writer's Group, and under their support and tutelage came the first of his memoirs, *The Chappell Family: The Early Years*, a series of stories about his family history into his adulthood. Sadly, he was never able to finish the second volume, which was to focus on his family and career.

From the time of his youth, Jack

enjoyed virtually all sports, but his primary passion was playing golf (he played to a five handicap, enjoying the pleasures of Pebble Beach, Augusta National and St. Andrews, to name just a few), hiking mountains and, to his children's great delight, taking unintentional dips in rivers and streams. Many a hike was interrupted with a time drying his shorts on a rock! Jack also loved long bike rides to his favorite ice cream stand (15 miles from home), boating (Sea Tow was on speed dial) and cross-country skiing.

Jack was a resident of the assisted living and rehabilitation center at Cypress Cove, his stay there lasting over three years. His family would like to recognize the staff of Cypress Cove, as well as his private caregivers (Natasha Delices, Mimi Louine, Eugenie Toulon, Anel Charles and Victor Beddoe) for their kindness and dignity in providing his care.

Jack was predeceased by his parents, sisters Nancy Graham and Eleanor Balha, and nephew Michael Balha and his wife of 63 years, Ruth Daniel Chappell. He is survived by his three children: Lynn Chappell Frantz (Bradley) of Indianapolis, Indiana; John Chappell of Morganton, North Carolina; and Barbara Chappell of Sanibel, Florida. He is also survived by: grandsons Andrew Frantz of Indianapolis, Indiana; Eric Chappell (Amy) of Santa Monica, California; and Jason Chappell (Amelia) of Decatur, Georgia; and great granddaughter June; and Todd Chappell (Jiwon) of Malden, Massachusetts; and by his companion, Jean Ann Jensen of Fort Myers, Florida.*

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New Bike Rental Application Denied

by Wendy McMullen

A bike rental business to be located in the Islander Center south of Periwinkle Way, just west of Palm Ridge Road, was turned down by the Sanibel Planning Commission despite planning staff recommendations that it be approved with conditions.

The applicant, Unlimited Biking, needed a conditional use permit in order to open an upmarket bicycle retail store along with limited bike rentals because the business constitutes a more intense use than the apparel boutique which formerly occupied the space.

Planning commissioners, however, were uncomfortable with the limited amount of space for bike rentals south of the building and the shortage of associated parking spaces for customers who might want to park while out on their bikes. Some were also concerned about whether this business would fall under the "formula retail" category which is limited by statute on Sanibel.

Formula restaurants are forbidden on Sanibel while formula retail is permitted to a limited extent.

City planners had recommended approval for 70 bikes to be offered for rental from the space south of the building. Commissioners, however, were doubtful that the space could accommodate that number, even though the formulas offered by the planning department indicated sufficient space

for that number. Several commissioners expressed fears that the small space, the dumpster location and the proximity to other parking would present a dangerous situation.

In addition, Commissioner Karen Storjohann was concerned that the proposed extension to the bike path running parallel to the pathway in front of the stores constituted a further danger.

New Commissioner Laura DeBruce expressed her discomfort about the applicant not applying as a formula retail business. Unlimited Biking has other locations in New York, Washington, DC and San Francisco, and pre-pandemic, offered bicycle tours and other bicycle events in addition to rentals in several of its locations.

City planning staff, agreed with lawyer Steve Hartsell, representing Hakan Ugduur, CEO of Unlimited Biking, who said that since each Unlimited Biking business had its own unique characteristics and did not follow a franchise plan, it did not belong in the formula category and did not need to apply as a formula retail establishment. In any case, City Attorney John Agnew said the business could still be permitted under the Sanibel Plan since the city allows 60,000 square feet of retail space to be used by formula retail establishments and there is still less than 50,000 square feet used currently.

Planning commissioners, while clearly uncomfortable with the project, were reluctant to make a motion denying it. Commissioner Karen Storjohann declared that she had never experienced so long a silence in response to a request for a motion. Finally, Commissioner Eric Pfeifer broke the

silence and moved that the project be denied. The denial was supported by all commissioners.✱

Pavilion For Historical Village Approved

by Wendy McMullen

An open-sided pavilion on the Sanibel Historical Village site to be used for self-guided or docent-led tours was approved by Sanibel Planning Commission at Tuesday's meeting.

The 28- by 26-foot pavilion will be constructed on the northeast side of the historical village site in the City of Sanibel complex on Wooster Lane.

The pavilion is intended to be visually compatible with the other structures in the historical village. The pavilion's wood frame construction will be painted white with a hipped metal roof typical of the historic structures on the site. Its roof height is lower than the adjacent principal structures and as an open pavilion structure, views are preserved through the pavilion.

The proposed pavilion will be located alongside the paver walkway as part of the tour path, and oriented to set it apart from the historic structures and preserve views toward the other historical structures in the village.

The historical village is listed on the local historic register so any substantial changes or additions to the complex must acquire a certificate of appropriateness in the manner of a long-form development permit from the planning commission.

Planning staff found the proposed structure would meet all applicable setbacks, height limitations and separation requirements from other structures on site and is in harmony with the other buildings in the historical village. While the proposed roof does not propose wood shingles like the Morning Glories cottage and the original Shorehaven home had, the proposed metal hip roof is consistent with Shorehaven as it is at present and is considered representative of "Old Florida" architectural style.

Planning commissioners voted in favor of adding the pavilion on condition that there are no future increases of impermeable coverage on the site and that the building comply with all other aspects of the Sanibel Code.✱

Community House Events

Get your Valentine's dinner to go on Saturday, February 13 from 5 to 6 p.m. The meal for two includes appetizer, entree, dessert and a bottle wine. Cost is \$125.

A Lunch and Learn program with Chef Jarred Harris will be held on Tuesday, February 16 at 11 a.m. Cost is \$30 for members and \$35 for guests.

A Mexican food-themed community social is scheduled for Friday, February 19 with curbside pickup from 5 to 6 p.m. or dine in at 6 p.m. Cost is \$20 for members and \$25 for guests.

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

From page 1

Lecture

Orion and other publications.

Bird of Paradox is a natural and cultural history of the bald eagle from pre-European settlement to the present. It looks at the historical relationship between Americans and the bald eagle as a national symbol and natural species.

Following the lecture, Davis will sign copies of *The Wilder Heart*, available for purchase on site that day or in advance at any of the Nature Store outlets. Locations

include the "Ding" Darling Visitor & Education Center at the JN "Ding" Darling National Wildlife Refuge on Sanibel, 2250 Periwinkle Way on Sanibel, and online at www.ShopDingDarling.com. Profits from Nature Store sales directly benefit refuge education and research.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the lecture series, and Southwest Florida Eagle Cam sponsors Davis' lecture.

Socially distanced seating for the free lectures is limited and available on a first-come basis. Staff will be distributing

entry wristbands to attendees beginning at 9 a.m. that day, after taking touch-free temperature readings. Guests must be wearing wristbands and facemasks to enter the lecture room. Early arrivals may save their seat and one other with personal items. Saved seats must be filled by 9:45 a.m.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff and board of directors.

Upcoming lectures:
Friday, March 12 – Author Paul

Bannick, Gray Owl: A Visual Natural History, sponsored by Bill and Laurie Harkey

Friday, March 19 – Author Kirk W. Johnson, *Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*, sponsored by Ashton Kirchner Group/Keller Williams Realty Sanibel & Captiva, HighTower/Thomas & Swartz Wealth Management, Geoffrey and Karen Moss, and Sanibel Carts. Book signings following the lectures.

The Community House is located at 2173 Periwinkle Way on Sanibel.✱

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MARY BONDURANT FOR CITY COUNCIL

DEDICATION – COMPASSION – HARMONY

“As an environmentalist I chose Sanibel as a place I want to live and protect. I have the utmost trust in Mary when she says **“I have a dedication to this island, and I’d like to give back to this island.”** I believe her. With that spirit and guiding mantra, I think she will be a great city council member, and I will gladly vote for Mary.”
 –Kathleen Mahan

“Mary’s success as a local realtor has fine-tuned her communication, negotiation and relationship building skills. As Past-Chair of the Sanibel Chamber of Commerce and a member of the small business owners’ community, her entrepreneurial experience will serve us well going forward. Mary has volunteered for more than a dozen Sanibel organizations and boards and is well acquainted with the needs of our community. She will work to retain the environmental harmony and economic vitality of our island while preserving its historic culture and charm. Mary will provide the insight and experience our citizens need on the Sanibel City Council.”
 –Bill Letendre

“Mary’s passion and enthusiasm for Sanibel is authentic and infectious! Her vision for Sanibel is to maintain its unique personality and also benefit from innovation and smart planning for the future. That means encouraging new families to move here, maintaining a strong school system, water planning, utilizing sustainable technology—like solar—and savvy lobbying in Tallahassee to protect home rule. Back in the day, I worked as a lobbyist. I know that people who are positive, listen to others and enjoy solving problems can make a big difference in how well government works. You want someone with sizzle and love of life to be doing the sometimes-weary work of long meetings, analyzing data, and getting people to work together on difficult challenges. Mary was born for that and will be an outstanding choice for Sanibel City Council!”
 –Len Edgerly



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Chapel By The Sea Services During Lent

The season of Lent, 40 days not including Sundays, begins on Ash Wednesday, February 17. The Historic Captiva Chapel by the Sea will host an outdoor service at noon that day which will include Holy Communion and the imposition of ashes. Rev. Larry Marshall, pastor of Chapel by the Sea, said, "For Christians all over the world, Lent is a time of self reflection and renewal. It's an opportunity to approach the God who loves us unconditionally."

The chapel will also host a weekly bible study on Tuesday mornings at 10 a.m. The discussion/study group is open to all and there is no cost to attend. Wearing a mask and social distancing are mandatory at all services.

At noon on two Wednesdays, March 3 and March 17, the chapel will celebrate a Taize service. The Taize service is a meditative service modeled after the religious community in Taize, France. The quiet, worshipful experience will include contemplation, prayer, communion and lighting a candle for prayer intentions.

On Palm Sunday, March 28, the chapel's 11 a.m. outdoor service will commemorate the entrance of Jesus into Jerusalem.

On Maundy/Holy Thursday, April 1, parishioners remember Jesus' last supper

with a service of Holy Communion at 4 p.m.

Good Friday, April 2, the day on which Jesus died, will be celebrated with a service at noon.

Easter Sunday, April 4, services to be announced.

Outdoor services at the chapel are held at 11 a.m. from the second Sunday in November to the last Sunday in April. On most Sundays, there are over 125 people worshipping with Rev. Marshall. Video services are offered on Sundays at 11 a.m. each week on www.captivachapel.com. Click on "Watch Online" tab at top of the first page. The chapel is averaging over 100 viewers per week on the website, which includes guest singers.

Captiva Chapel by the Sea is located at 11580 Chapin Lane on Captiva.*

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.*

From page 1

Vaccines

the dangers of self-isolation during the COVID-19 pandemic, not only for the senior population but the community as a whole. Dr. Simeone received his MA in experimental psychology from Mount Holyoke College, and his MA and PhD in clinical psychology from the Institute for Advanced Psychological Studies at Adelphi University in New York.

Most recently, Dr. Simeone was associate director of outpatient psychiatry at the Cambridge Health Alliance and maintained a private independent practice in Belmont, Massachusetts. His clinical and academic interests include integrative models of evidenced-based/informed psychotherapy, cultural aspects of psychopathology and normal functioning,

and program development at the interface of community and behavioral health service needs.

"This informative discussion will provide the community with the latest information on the COVID-19 vaccine and its effects on individuals and people in the community," said Susan Alexander, senior services and community engagement director for FISH. "Please join FISH and experts from Lee Health system for updates on vaccine news, reducing risk and coping with isolation during these uncertain times. If you are unfamiliar with the virtual WebEx platform, we will guide you through the simple process of setting it up on your media device."

RSVP by Monday, February 22 by calling 472-4775. Once registered, FISH will provide instructions on how to join the presentation.*

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JOHN HENSHAW

for City Council

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"I have served with John on several committees and boards and have seen firsthand his excellent abilities working with others and bringing his experience to solving problems.

"He has managed organizations with many employees and large operating budgets. John has 45 years of experience in environmental and occupational health and safety. Four of those years was as Assistant Secretary of Labor for the Occupational Safety and Health Administration.

"He is committed to making a difference preserving our sanctuary island and he has the education and experience to tackle the issues threatening Sanibel. I believe that John Henshaw will bring unusual talent and constructive ideas to the Sanibel City Council."

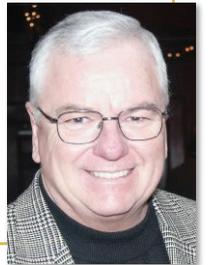


BILL RAHE

"John's many years of experience in the environmental and occupational health and safety industry will serve the city well in the coming years.

"As a cornerstone of his campaign platform, John has pledged to improve water quality and promote Everglades restoration (CERP, EAA, EO 19-12, etc.). In addition, he will address coastal resiliency - sea water rise and most importantly, preserve wildlife habitat in harmony with residents.

"As an island small business owner, I am pleased that he has pledged to support island businesses. His willingness to develop policies and practices that are consistent with the Comprehensive Land Use Plan - the Sanibel Plan should resonate with all island residents."



BILL LETENDRE



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

BILLY & SALLI KIRKLAND

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

MARTY & BRENDA HARRITY



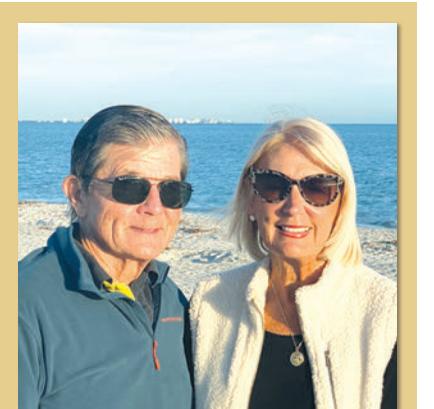
"We strongly endorse John Henshaw for Sanibel City Council."

STEVE & LENA BROWN



Why Me

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



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The Best Sheepshead Fishing Of Winter



by Capt. Matt Mitchell

A week of cold dropped our water temperatures in the bay to as low as 56 degrees. While fishing with shrimp, clients enjoyed the best sheepshead fishing we have seen so far this winter. Along with the sheepshead, we also caught redfish, trout, whiting and even a few snook all on rigs intended for sheepshead. Not catching shiners felt strange... though the bite on shrimp was amazing.

During the few slow-to-no-tide days we experienced, I headed to the passes in search of any water movement. We were able to keep our baits tight to any barnacle-covered structure and did very well on both larger sheepshead and redfish of all sizes. My Spot-Lock GPS trolling motor was an invaluable tool to hold the boat close enough to docks, jetties and pilings. Often, every well-placed cast resulted in catching a fish.

Fishing low and slow with a chunk of shrimp during the coldest periods caught an incredible variety of species. While using the smaller winter setups of a 2500 series spinning reel on a light rod, we had a blast catching sheepshead up to six pounds. Pulling a variety of fish out from tight structures takes skill as these fish try to break you off. Every charter this week concluded with a trip to the cleaning table, and smiling clients heading home with a ziplock of sheepshead fillets for dinner.

Being able to find so many fish close to home meant very little running in the cold. Clients had to be reminded to dress in layers as most northern visitors simply did not bring enough warm clothes. Sixty degrees at 30 mph on an open boat is cold no matter where you are from. Once stopped and in the sun, daytime temperatures were pleasant and the fishing action was hot.

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.*



George from West Virginia with one of many sheepshead caught while fishing with Capt. Matt Mitchell this week photo provided

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CROW Case Of The Week:

Great Horned Owl



by Bob Petcher

The great horned owl (*Bubo virginianus*) is a large owl with large ear tufts and yellow eyes. Those eyes have pupils that open widely in the dark and possess excellent night vision. While

they don't move in their sockets, this particular owl's eyes can see more than 180 degrees in any direction due to the ability to swivel its head.

At CROW, a great horned owl was admitted after being hit by a car. The finder suspected that the owl had suffered a broken wing. On presentation, the owl had uncontrollable eye twitching, a small retinal tear and two corneal ulcers that indicated head trauma.

"This owl had corneal ulcers, which are abrasions on the cornea typically occurring as a result of some head trauma. In this case, they were superficial. The owl also had a small tear in the retina, or the back part of the eye. Luckily, it did not affect this owl's vision," said Dr. Robin Bast, CROW staff veterinarian. "Birds have very large eyes compared to the size of their skull.



Patient #21-246 being released in the same area in which it was found

photo by Brian Bohlman

When they inadvertently fly headfirst into something – such as a vehicle or a building, they can sustain trauma to the eye. We always do a complete eye exam on birds that have sustained head trauma, since many of them also have eye damage as well."

Veterinarians decided they would take radiographs once the patient was stable. The next day, the patient's radiographs were within normal limits and showed no indication of a broken wing. The patient was placed on medications to treat nerve pain, inflammation and infection. A few days later, the owl was more mentally appropriate and could be moved outdoors.

"Luckily, this patient recovered quickly from its head trauma, over the course of a few days. Some birds aren't as lucky and may have permanent neurologic damage due to the traumatic brain injury," said Dr. Bast. "At CROW, we have positive success rates treating these birds aggressively with IV fluids and anti-inflammatory medications."

After a couple of days outdoors in the small flight enclosure, the patient passed all the requirements on CROW's checklist for release such as coordinated flight, ability to hunt for food, identify predators and eat well.

"The great horned owl did recover quite quickly with the appropriate

treatments and was in fact released a week after intake. After only a few days with treatment for eye injuries, the owl had recovered enough to be moved outside for flight testing and light conditioning," said CROW Rehabilitation Manager Breanna Frankel. "Outdoor testing was only to test the bird's flight abilities following the injury. With multiple perches set up in a jungle gym fashion, we were able to watch the great horned owl maneuver through different flight courses and successfully land. When there are eye injuries, birds will sometimes compensate for the injury which can change their flight patterns as they re-learn, but there were no lasting eye effects for this bird. The successful flights early on made us very hopeful for a speedy recovery."

The patient did not suffer any setbacks during recovery. In the early evening of February 3, the owl was successfully released back to the wild.

"Once the owl had a normal mentation/attitude and was displaying normal defensive behaviors, eating well on its own and flying normally, we had no reservations about its ability to hunt on its own. It was cleared for release and went back home," said Dr. Bast.

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

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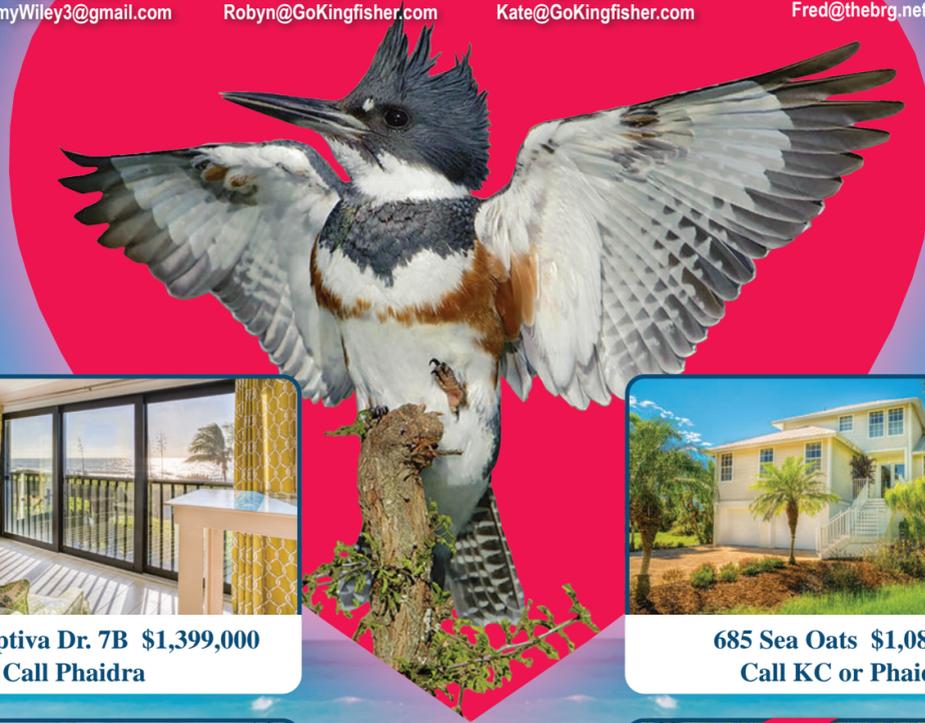
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Shell Of The Week

The Moser Drillia



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

The *Fenimorea moseri* (Dall, 1889) is a local member of the family Drilliidae that may reach

30 mm (about 1.2 inches) in length. In larger shells, there are about 10 whorls, and about 11 ribs per whorl. The interspaces between ribs are filled with a microsculpture of very narrow spiral lines. The posterior sinus, or "turrid notch," is broad, curved. Color varies from a light pink to waxy-cream. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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

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



The Moser Drillia, *Fenimorea moseri*, from Sanibel

photo by Patricia A. Starkey

Email your editorial copy to: press@islandsunnews.com

American Legion Post 123



American Legion Post 123 is having a fish and shrimp fry from noon to 8 p.m. this Sunday, February 14. Barbecued ribs and chicken are on the menu for the following Sunday, February 21.

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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The new BIG ARTS gift shop

photos provided

BIG ARTS Opens Gift Shop

BIG ARTS has opened the doors to its new, main lobby gift shop. The shop features one-of-a-kind gifts handmade by local artists and craftspeople. The gift shop is open during regular operating hours: Monday through Friday from 9 a.m. to 4 p.m.; and Saturday and Sunday from 9 a.m. to 1 p.m. Several fine art exhibits are also open for viewing.

The gift shop team, comprised of Jan Jaeger, Libby Carpenter, Mary Elizabeth Snyder and Anni Wellauer, conducted an extensive search to find unique items, from jewelry to pottery. “We spent three months visiting galleries, and craft shows recruiting artists,” said Carpenter. “In the end, we recruited 26 talented artists to display and sell their work.”

“There’s really something for everyone,” said Jaeger. “We have everything from coloring books to furniture and keepsakes. We will continue to recruit more artists in the future.”

“Some of the artists whose work is for sale have also volunteered to docent the gift shop,” said Snyder. “It offers our visitors a chance to meet and greet with the artists.” The gift shop offers local artists a unique opportunity, not only to show off their work, but also to interact with those who visit BIG ARTS.

“It was a pleasure to be able to



Some of the handmade items

support local artists in this time when craft shows are limited,” said Wellauer. “It’s a real joy to be able to offer these talented artists a place to sell their work.”

Visit www.bigarts.org to view a sampling of the work on display. BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900.✪

Top 10 Books On The Island

1. *Keep Sharp* by Sanjay Gupta, MD
 2. *The Four Winds* by Kristin Hannah
 3. *The Russian* by James Patterson
 4. *Sweet Water* by Cara Reinard
 5. *Anxious People* by Fredrick Backman
 6. *Squeeze Me* by Carl Hiaasen
 7. *The Dutch House* by Ann Patchett
 8. *A Promised Land* by Barack Obama
 9. *Dear Edward* by Ann Napolitano
 10. *Deacon King Kong* by James MacBride
- Courtesy MacIntosh Books and Paper.✪

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Keeping Sanibel Dog Friendly



by Allison Havill Todd

One of the many attributes that attracted us to become full-time residents on Sanibel Island is its accepting attitude toward our canine companions. We consider our two rescue dogs, Luke and Nina, to be a part of our family and enjoy spending time with them. It seems we are not alone,

as we encounter other people with their furry friends almost everywhere we go. For both residents and visitors of the island, there are many places you can go with your pet where they will be welcomed. According to the Sanibel & Captiva Islands Chamber of Commerce, our islands are touted as one of eight of the most dog friendly beaches in the country.

With this privilege comes a responsibility to ensure we remain good stewards of our dog friendly community. As your pet's caretaker and advocate, it is essential to use good judgment when taking your four-legged friend on outings with you. A good start is to invest some time into teaching your dog basic training and good manners. This can help your pet feel confident and comfortable in different situations. Remember, your canine family member does not inherently know that it is rude to jump up on people or bark incessantly at other dogs. It's your job to teach him the proper behaviors. This is especially important if you are taking your pet to one of the many restaurants that offers outdoor seating for dog owners. As with children, some people can be blind to their pet's ill manners. If your dog is barking or growling at another, it is time to remove him from the situation so that the



Allison with Luke and Nina photo provided

establishment can continue to be dog friendly for others.

While our island oasis is very accommodating to dogs, they are required to remain on a leash at all times. The length of the leash varies depending on different locations. For example, there is a requirement that leashes be no longer than eight feet while on the beaches. And the JN "Ding" Darling National Wildlife Refuge allows dogs to accompany their owners through the preserve as long as they are kept on a leash no longer than six feet in length. Retractable leashes are highly discouraged as they do not allow for an owner to properly control their pet or rein them in quickly if needed. Why the strict leash requirements? It is for the

protection of both your pet and the island's wildlife. For the safety of your dog, it would be unwise to unleash your dog on the many trails around Sanibel. We share this tropical paradise with wildlife such as coyotes, alligators and bobcats that could cause harm to your animal if they are caught by surprise or feel threatened. Also, your pet could inadvertently cause harm to some wildlife such as birds, turtle nests and gopher tortoises if not kept in check.

You may have a dog that is sociable and friendly, but it is best to assume that not every other dog you encounter feels the same way. Keep your distance and allow space with other canines and their owners. Ask before allowing your animal to approach another dog or person. Not everyone is comfortable with dogs and not every dog is comfortable with another of its kind. When walking your dog on any of the shared use paths or trails, keep him close to your side, step off the path and allow those you may encounter the right of way.

Finally, please make sure and carry extra "doggie bags" with you and pick up after your pet everywhere you go! There is no excuse for leaving your dog's droppings in another's yard or along the side of the road, or even on the nature paths. Nobody wants to step in the mess or clean up after your pet. Uncollected dog feces can spread disease, not to mention being unsightly and disrespectful to others.

Know your dog, use good judgment and have fun with your canine companion. Whether you live on the islands or are vacationing here, appreciate the welcoming community of other dog lovers and let's work together to keep it that way.

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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- 2 oz. Laird's Applejack
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Add ice, then stir Strain into a rocks glass filled with ice. Garnish with an orange peel.



Prior to 1760, George Washington wrote to the Laird family requesting their Applejack recipe. Washington's diary in the 1760's refers to the production of "cyder spirits". As a soldier serving under George Washington, Robert Laird and his family provided the troops with Applejack.

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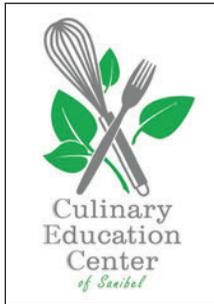
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1473 Periwinkle Way, Sanibel



The Community House

Quinoa



that makes it excellent for pastries and desserts. Quinoa is a wonderful row crop that thrives in conditions where other crops would fail such as high altitudes, poor soil, extreme heat, freezing temperatures and very low rainfall. As a matter of fact, quinoa often increases its yields during droughts. The outer hull of quinoa seeds are covered with a chemical called saponin, which is a naturally occurring organic compound that protects quinoa from insects and birds. Saponin is bitter and must be removed from the quinoa before cooking. This is done simply by thoroughly rinsing before cooking.

Quinoa is considered a superfood because it is one of the few plant-based sources of protein that contains all the amino acids. It's also a good source of iron, vitamin B-6 and magnesium.

Here is a simple recipe to try:
Apricot and Quinoa Truffles
 Ingredients

- 1 cup roasted unsalted almonds or raw almonds
- 8 dates (pitted and quartered)
- ¼ cup quinoa (cooked)
- 6 dried apricots (chopped)
- 2 tbsp. water
- 8 ozs. dipping chocolate

Method
 Place a sheet of parchment paper on a baking tray and set aside.

Place the almonds in a food processor. Process until finely chopped. Add the dates and water and process to mix. Remove to a mixing bowl and mix in the quinoa and apricots by hand. Form into

1-inch balls. Dip each truffle in chocolate and place on the prepared tray.

Place the dipped truffles in the refrigerator until the chocolate hardens. (20 mins.)

Resident Chef Jarred Harris heads

the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

by Resident Chef Jarred Harris

Quinoa (pronounced "keen-wah") has become an increasingly popular ingredient in the culinary world. It has a rich nutty flavor and light crunchy texture that makes it extremely versatile, and it is gluten free. Quinoa is considered an ancient grain because it has been cultivated for thousands of years; however, quinoa is not actually a grain, it is a seed. Botanically speaking, quinoa is a relative of spinach, chard and beets.

There are about 120 known varieties of quinoa and the most commercialized varieties are white, red and black. White quinoa is the most widely available in supermarkets. Red quinoa is often used in salads because it tends to hold its shape better after cooking and has more texture than white or black quinoa. Black quinoa has a sweet and mild earthy taste

Shells Found



Anne Aldrich, Jean Quinn and Kim Whitehurst

photo by Bob Petcher

Anne Aldrich, Kim Whitehurst and Jean Quinn from Maine found a junonia, 34 alphabet cones, one large horse conch and 10 true tulips.

They were staying at Pine Cove of Sanibel. They said, "Phenomenal, as always!"✪✪

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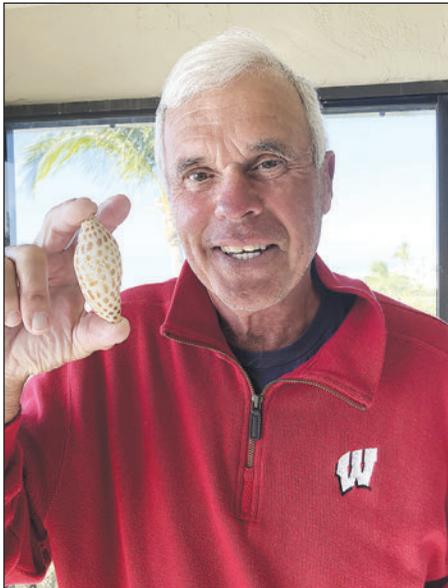
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Shell Found



Patrick Kinney photo provided

Sanibel resident Patrick Kinney had the good fortune to find a nearly perfect junonia at low tide just east of Casa Ybel Resort. Kinney is an avid sheller on Sanibel, and this is only the second junonia he has found in over 25 years.✪

Fish Caught



Jack Smith photo provided

This 24-inch jack cravelle was caught recently by Jack Smith while fishing in shore waters with Capt. Dwight Dunlap.✪

Fish Caught



Dwight Dunlap photo provided

This 32-inch snook was caught recently by Dwight Dunlap while fishing with Capt. Jack Smith.✪

Non-Resident Beach Parking Permits On Sale

City of Sanibel 2021 non-resident/non-property owner beach parking permits went on sale February 8 at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. The recreation center is currently open Monday, Wednesday and Friday from 8 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 7 p.m., and Saturday from 8 a.m. to 1 p.m.

The current vehicle registration or lease agreement for each vehicle for which a permit is being purchased must be presented at the time of purchase.

Sale of the beach parking permits for residents continues.

Acceptable proof of Sanibel residency or property ownership are:

- Driver's license with a Sanibel address;
- Valid government issued photo identification card with a Sanibel address;
- Lee County voter registration card with a Sanibel address;

- Tax bill with the homestead exemption for the Sanibel property owned by

continued on page 25

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Strawberry Crostini
 1 cup Sweet & Spicy Strawberry Sauce
 10-15 slices French bread, toasted slightly
 1 small hot pepper, thinly sliced
 1 block cream cheese (or goat cheese), softened
 Spread thin layer of cream cheese or goat cheese onto each toasted crostini, followed by 1 tablespoon of strawberry sauce. Top with sliced hot peppers if desired. Serve immediately.

Sweet and Spicy Strawberry Sauce
 3 cups strawberries, roughly chopped
 1/2 orange, zested and juiced
 1/2 lemon, zested and juiced
 1/2 jalapeño, seeded and minced
 1/2 cup sugar
 1 tablespoon pure vanilla extract
 Pinch of sea salt
 Place all ingredients into a medium saucepot and simmer over medium-high heat. Cook until strawberries are soft but not falling apart, about 15 minutes.

Strawberry Crostini
 Remove from heat and allow to cool.
 Fresh tip: This sauce can be paired with yogurt, granola, or desserts.*



photo courtesy Fresh From Florida

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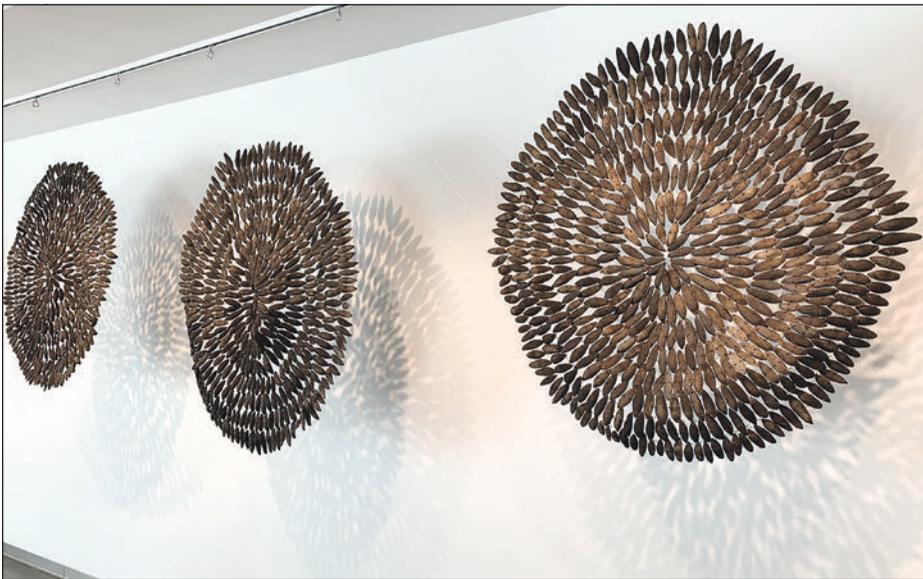
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Medallions by Ran Adler merge light and shadow

photo provided

Artist Brings Sense Of Calm To BIG ARTS Gallery

In a stressful and challenging time, artist Ran Adler offers us a beautiful, peaceful and inspiring exhibit experience at BIG ARTS. In Praise of Shadows, featuring Adler's organic sculpture work, is on display in the Dunham Family Gallery through Sunday, March 14. You can also experience the show from the comfort of your own home by visiting www.bigarts.org, where you can take a virtual stroll through a high-definition 3D rendering of the gallery. Along with the virtual gallery, there is a video artist talk in which Adler discusses the exhibit, his inspiration and his artistic method.

"This is a show unlike any we've had at BIG ARTS before," said Lauren Huff, programs and gallery manager. "Not only does Ran create incredibly intricate works of art that are beautiful to look at, but his use of light, shadow and music in the gallery create a really unique and immersive experience."

Adler is described as an assemblage artist, utilizing natural materials and other elements of nature to create sculptural compositions. In this exhibit, Adler sought to create sculptures that would cast shadows that speak to the gallery space. The combination of sculpture and shadows creates a unique work of art

that is left to the interpretation of the viewer.

"I would hope that people will leave my show with a feeling of calm, always an intention in my work, to create a sense of calmness," said Adler. "Hopefully, they feel that they are seeing something new to them or another interpretation of something familiar."

Adler's exhibit is open for viewing Tuesday through Friday from 10 a.m. to 4 p.m., and Saturday and Sunday from 9 a.m. to 1 p.m. Masks are required and there is a 25-person limit in the gallery.

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



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From page 23

Parking Permits

the applicant;

Tax bill with the property ownership on Sanibel;

Notarized Declaration of Domicile listing a Sanibel residence.

Beach parking permits may be purchased via cash, MasterCard, American Express, Visa or check.

City council also approved a one-time 25 percent flat rate discount for the 2021 "B" and "BC" non-resident/non-property-owner beach parking permits.

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



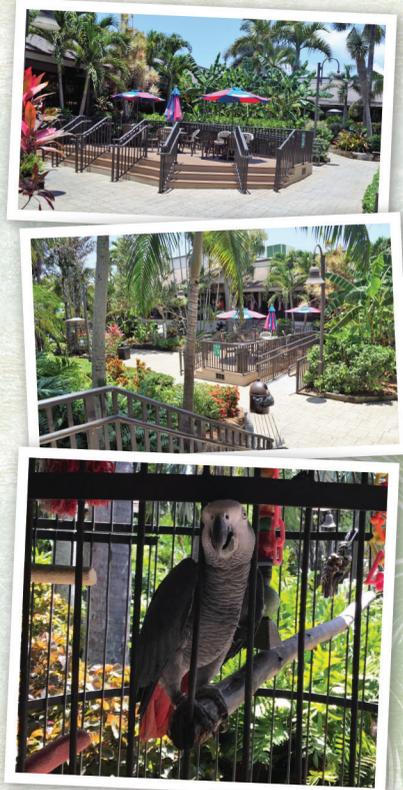
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The completed plantings

photo provided

New Native Plants For Birds

submitted by Bill Jacobson

Sanibel-Captiva Audubon received a grant from Florida Power and Light and Audubon Florida to enhance migratory and resident bird habitat and forage in an area of Pond Apple Park. The project was a partnership with the City of Sanibel Natural Resources Department, Sanibel-Captiva Conservation Foundation (SCCF) and Sanibel-Captiva Audubon.

Native plantings in both urban and natural settings are critical to the future survival of resident and migratory birds.

A majority of landscape plants available in nurseries are not native to Southwest Florida. Unfortunately, birds and insects do not recognize non-native plants as food sources, with certain plants being inedible. Choosing to only fill your landscape with non-native plants creates food deserts for birds and insects. Studies have shown that native plants are a key tool in increasing bird diversity and abundance as they provide food, shelter and protection for birds and insects.

In an effort to improve native habitat, a total of 270 native plants, selected from the Audubon Native Plant list and purchased from SCCF Native Landscapes and Garden Center, were planted under a canopy of native trees that lacked

understory vegetation. The plants included a variety of native shrubs and groundcovers that produce berries and/or host insects that are important to bird diets.

A sign acknowledging the multi-agency partnership was installed on the Pond

Apple Park trail and provides educational information about the important role of native plants for birds. Visitors traveling the trail will gain a better understanding of the importance of native habitat for local flora and fauna.✪

Beachcombing At Sea School

submitted by Nicole Finnicum

Throughout January, Sanibel Sea School educators offered after school beachcombing from 3:30 to 5:30 p.m. each Tuesday. This session was designed to be a hands-on, after-school activity to get outside and explore nature.

Students used their powers of observation to compare and contrast shorelines on the bay and gulf sides of the island. "On our way to the beach, we honed our observation skills by playing games to notice less conspicuous things in nature," said Brianna Machuga, marine science educator. "Then my students were able to notice subtle differences in the shorelines, such as larger shells on the gulf side of the island."

The class also incorporated ocean art into the session. Students embarked on a scavenger hunt to find items that would later be turned into a mobile. "Through beachcombing, students not only made new discoveries, but learned how to identify their finds using a field guide and then got to express their creativity," said Machuga.

In another session, students used



Students explored the beach and learned about items that wash ashore

photo provided

items they found to create ornate sand sculptures. They used natural materials, such as shells, algae, coconuts and other items from the wrack line to decorate their ocean-themed sand sculptures.

Through these sessions and activities, students became more aware of the different beach treasures that wash ashore and learned the biology behind each item.

Sanibel Sea School's next offering in the after school lineup is surfing. Students will learn to paddle a surf board, learn how to turn, and even gain confidence to pop up on the surfboard. For more information, visit <https://www.sanibelseaschool.org/afterschool>.✪

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Jean Le Boeuf, News-Press



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Donna Filomio installing her artwork *Terns at Nerita Beach, Sanibel*

photo provided

Art Exhibit Space Opens At New Restaurant

The Blue Giraffe restaurant at Beachview Estates will exhibit five to seven large-format paintings by local artists each month. The first exhibitor is Donna Filomio, and her paintings will be on display and available for sale during February. Susan Anderson will be exhibiting in March.

In the absence of an artist's opening reception, the artist and Blue Giraffe invite the public to stop by the restaurant to view

the exhibit.

Filomio received a Robert Rauschenberg Foundation grant while majoring in art at Edison Community College. With a master of fine arts degree in sculpture, Filomio taught art in New York City, and earned a master of arts degree at Columbia University. After retiring to Florida, her feelings for environmental preservation led to an enduring aspiration to communicate about the natural beauty of Mother Nature and the coastal areas of Southwest Florida.

"We love being able to support the arts community on Sanibel through both art and music," said Blue Giraffe Manager Brad MacKenzie. "This exhibit space gives us one more way we can promote the

incredible visual artists who live and work in our area."

The Blue Giraffe at Beachview Estates is the second location - next to the Sanibel Island Golf Club - to the existing restaurant

at Periwinkle Place. It is open to the public every day from 11 a.m. to 8 p.m. for lunch, dinner, and brunch on Saturday and Sunday. For more information, call 558-5634.✳

Kiwanis Spaghetti Dinner Canceled

submitted by Tom Sharbaugh

After three-plus decades of serving up spaghetti and meatballs to the community each February, the Kiwanis Club of Sanibel-Captiva has announced it will not be holding its annual spaghetti dinner this year due to concerns about COVID-19. The announcement was made with regret, given the long history of this popular event. The spaghetti dinner has become an island tradition as a moment each year when islanders can come together for comfort food, good fun, and a chance to socialize with neighbors and friends. It's the longest-running community event in town.

The cancellation is particularly sad for Kiwanis members who look forward to putting on the spaghetti dinner. Working at the dinner is an "all hands on deck" occasion that builds club spirit, and it's an opportunity for the members to give back to the community by literally serving the people of Sanibel.

Not being able to hold this year's event is also sad because the spaghetti dinner is one of the club's major fundraising events, supporting the Kiwanis Scholarship Program for local youth and the club's

grants to other island nonprofits that provide recreation and education activities for young people. The mission of Kiwanis International is Serving the Children of the World, and the local Kiwanis Club executes that mission with a focus on the children of Sanibel and Captiva.

Kiwanis President Bill Hay said, "We hated to pull the plug on this year's event since so many people look forward to the spaghetti dinner each February. But we'll be back next year, and we hope everyone will come out then to celebrate the end of this pandemic."

In the meantime, spaghetti dinner fans can help to keep island youth scholarships and activities going by participating in the Kiwanis Spaghetti Dinner Silent Auction and Raffle, which will be held this year in a virtual format online. Those participating will be able to bid on exciting items including restaurant packages, vacation stays, fishing trips and some unusual experiences not available every day. Details on the auction/raffle will be announced in the coming weeks.

In addition, islanders can support youth scholarships and activities by making a tax deductible donation to the Kiwanis foundation for the scholarship fund. Contributions can be mailed to: Kiwanis of Sanibel-Captiva, P.O. Box 1, Sanibel, FL 33957.✳

SOCIAL DISTANCING at Gramma Dot's



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

-Myton Ireland

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Book Review

Miss Benson's Beetle



by Di Saggau

Margery Benson was 10 years old in 1914, when her father showed her a book of magical creatures, including a fantastic golden beetle of New Caledonia. She cherishes the

memory and, 36 years later, decides to have the adventure of her life and find that beetle. She's jobless and alone, so why not?

In a fit of desperation, she steals a co-worker's new boots, and thereby loses her job as a teacher of domestic science. Margery decides it's best to get out of England before the police catch up with her, so she packs up her apartment and collects an impressive array of bug-hunting equipment. Now she needs to find a French-speaking assistant, to go with her. Only four people respond to an ad she places in the newspaper, and none seem appropriate. Finally, she ends up with Enid Pretty, a shockingly blond woman who wears a lot of pink and who never seems to stop talking. Aboard the *RMS Orion*, Margery succumbs to seasickness and Enid turns out to be the best friend she ever had.

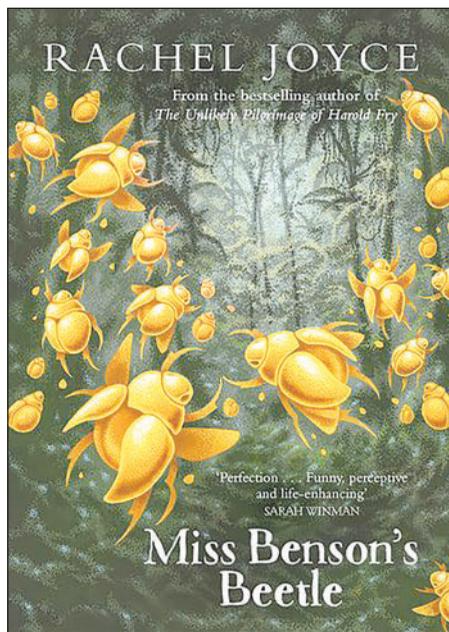


image provided

The two women, one an old maid and the other a bit of a floozy begin a very funny journey. They find themselves drawn into a cross-ocean adventure that delivers something neither of them expected to find: the transformative power of friendship. Their trip from England to New Caledonia is filled with lots of adventure, heartbreak and peril, but be prepared to laugh at their crazy adventures and unsuspected plot twists. *Miss Benson's Beetle* has been put on my upcoming book club list. I hope you enjoy it as much as I did.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Here is information for you about commonly used computing devices and software applications that have built-in

features that students can use to reduce some of the challenges of remote learning. The accessibility features within these applications may help students with a broad variety of learning difficulties or just be helpful, universal supports for any student. This information is adapted from an article by Kathryn Nieves, from edutopia, an online resource that highlights "what works in education."

It's often confusing to figure out which product offers what accessibility features and how you and your students can make use of them. Ms. Nieves presents an excellent summary of some very useful accommodations that can be helpful for students and their families. The supports listed below include Text-to-Speech, Speech-to-Text, Writing Supports and Magnifier for Apple (iOS), Chrome and Microsoft devices.

Text-To-Speech

"Text-to-speech assistive technology tools allow for digital texts to be read aloud; these features can support students independently reading while working on their devices.

Select-to speak (Chromebook) – When this is activated, students can select a line of text or drag their cursor around a larger portion of text to have it read aloud. Other features include the capacity to highlight each word as it is read and shading the background behind the text. The pitch, rate and volume can be customized.

Immersive Reader (Microsoft) – An addition to reading the text aloud, Immersive Reader uses syllabication for support in decoding, color codes parts of speech, and offers more spacing between words and letters as it reads. When activated, it features several customization options, including font color and size, background color, a picture dictionary and translations.

Speak Screen (Apple devices) – Available in the accessibility settings, Speak Screen allows the user to swipe to hear the text on the screen. It also has the option to highlight content, both words and sentences. The highlight style can be customized, as well as the reading speed. When using Safari on an iPhone or iPad, reader view can also be enabled to eliminate distractions on a webpage.

Speech-To-Text

Speech-to-text assistive technology allows the user to speak aloud and have the computer capture their words as text. These tools are great for supporting students as they write during assignments and classwork.

Dictation (Chromebook) – While the Google for Education apps have a variety

of voice typing features, Chromebook also has dictation ("type text with your voice"). When it's activated, a student speaks and the computer transcribes their voice, inserting the transcribed text wherever the cursor is placed on the screen.

Voice Control (Apple) – When activated, Voice Control allows the user to dictate text into a device. It also has a series of commands that can be used to control the cursor and edit the text, so a user can type without needing to use the keyboard.

Dictation (Microsoft) – Microsoft 365 applications include dictation, a built-in voice typing tool. Once activated and enabled, Dictation allows users to type with their voice and offers a series of commands for navigating through and editing text.

Writing Supports

Writing supports are built-in features that can help improve a student's writing, typically by catching spelling and grammar mistakes. These features can provide extra guidance for writers when working in a remote setting, helping not only to craft and correct text but also to edit and revise.

Typing Feedback (Apple) – Located in the speech accessibility features, this tool enables the device to read aloud each word typed by the user. Users can customize it to read single characters one at a time or an entire word when it is finished being typed.

Editor (Microsoft) – In addition to general spelling and grammar checking, Microsoft 365 offers support with writing clarity and conciseness. It also can make tone and synonym recommendations.

Word predictors – Microsoft, Google Docs and Apple all offer word predictors, which can support struggling writers by helping form their ideas and sentences.

Magnifiers

Full or docked magnifier (Chromebook) – The full-screen magnifier allows for zooming in on the entire screen, while the docked magnifier splits the screen in half... the top half zooms in while the lower half remains in standard screen view.

Full, docked, or lens Magnifier (Microsoft) – In addition to the standard full magnifier and docked magnifier, Microsoft offers Magnifier, which makes just part of a screen (text and images) larger.

Magnifier (Apple) – In addition to enlarging text and images, Apple's iOS Magnifier can enable color filters while zooming. Users can save a magnified image and use a flashlight to brighten an object; brightness and contrast can be adjusted."

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

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If you'd like to spice up your home cooking, the library can help. In addition to access to cooking databases, and cookbooks, the library loans cooking kits, which check out like library books. The kits are circulated in bags with a coordinating cookbook and instructions. Some of the kits are especially handy at this time of year, like the soup pot, heart-shaped cake pan, cookie kit, tart kits or crêpe kit. Thousands of recipes can be found at A to Z World Food and A to Z America food culture and recipe database. To access these websites from home, go to the Resources page at www.sanlib.org.

Sanibel Public Library's Fill-A-Bag for A Dollar book sale is under way and will continue until inventory is depleted. The books will be restocked daily and can be found in the downstairs meeting room near the main entrance lobby. Proceeds from the sale go toward the Sanibel Public Library Foundation, which helps support library programs.

Locals and visitors can virtually attend WWII History programs with Duane E. Shaffer of Sanibel Public Library. No in-person programs will be presented. Shaffer will present programs on WWII via Zoom. Go to the homepage on www.sanlib.org and click on the link to login a few minutes before 10 a.m. on Friday, February 12 to watch 1943 Operation Vengeance online. No registration required to log in. Shaffer's January 13 Operation Chastise virtual program can be watched online through the homepage.



Margie Klein with heart-shaped cake and muffin pans photos provided

Shaffer's WWII model airplanes are on display inside the library through February.

Due to the COVID-19 pandemic, masks, hand washing, hand sanitizer and gloves, when appropriate, are used by all staff. Following City of Sanibel guidelines, the library requires that everyone in the building wear masks and follow social distancing practices.

Youth Services Librarian Deanna Evans, posts online storytimes each week. Her videos can be found on the Children's Page at www.sanlib.org/children. Library cardholders can stream or download eBooks, movies, music, newspapers and magazines through eShelf. Computers, printers, scanners and fax machines are available and are sanitized between each customer use.

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

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

The library is quarantining all materials between loans to stop the spread of COVID-19. The items sit for 24 to 72 hours depending on format (print, acrylic, plastic, etc.). During this time, library materials may appear as



Duane E. Shaffer with his display of his WWII models

overdue on your account. Do not renew the item if you have returned it. Contact the library at 472-2483 or notices@sanlib.org if you have any questions.

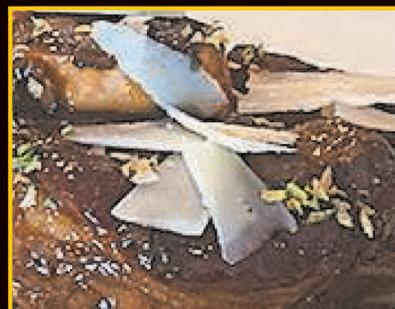
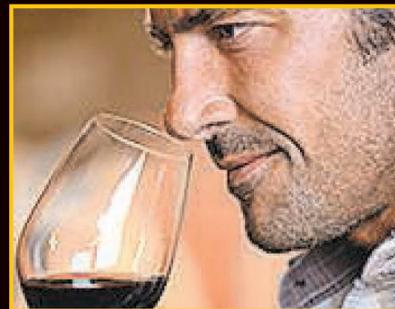
Sanibel Public Library cards are

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

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Fisherman's Joy by Sissi Janku

image provided

Sanibel Artist's Farewell Exhibit

Local artist Sissi Janku begins the season with a one-woman show at The Community House starting on Sunday, February 7. This is also her farewell exhibit.

Janku, a Sanibel resident for 27 years, is known on the island for her vibrant, tropical paintings depicting life

on Sanibel. She has taught painting classes at The Community House for more than six years, inspiring locals and tourists alike.

This will be Janku's last show on Sanibel before she and her husband relocate to Hawaii. Two of Janku's sisters live on Oahu with their children and grandchildren, and this past year has been a reminder on how important it is to be close to family.

There will be an opening reception

on Monday, February 15 from 4 to 7 p.m. The art will be on display and for sale through the end of February.

The Community House is open Monday through Friday from 9 a.m. to 3 p.m., located at 2173 Periwinkle Way on Sanibel. For more information, visit www.sissijanku.com.*

From page 1

Jordan Marsh

such as cattails, bulrush, and pickerelweed remove the excess nutrients before it is returned to the slough.

The rate at which the water is pumped into the marsh determines the percentage of nutrients removed. If it is pumped at a low rate, a higher percentage of nutrients is removed. If it is pumped at a high rate, fewer nutrients are removed. However, more water pumped can potentially remove a larger amount of nutrients.

The city is currently working with SCCF to collect data from the marsh relative to the amount of nutrients that are removed. This data is being analyzed by SCCF's Marine Laboratory scientists and used to determine the overall effectiveness of the marsh and the optimal rate at which water should be pumped into the marsh.

In addition to removing nutrients from the Sanibel Slough, the project also improves wildlife habitat and provides recreational opportunities such as biking and birding. It also educates park visitors on the various techniques being used to improve water quality.

The Jordan Marsh Water Quality Treatment Park monitoring work plan was submitted by the SCCF Marine Laboratory in 2018. The City of Sanibel then contracted to have the filter marsh constructed on 6.5 acres of city-owned land and part of the 8.5-acre Bob Wigley Preserve owned by SCCF, located within the east basin of the Sanibel Slough.

Jordan Marsh treats stormwater runoff from the eastern Sanibel Slough basin, which has a watershed of about 3,700 acres, and modeling by the design engineers, AIM Engineering, in 2018 estimated the filter marsh would remove between 360 to 500 kilograms of nitrogen and 45 to 80 kilograms of phosphorus.

The Jordan Marsh was placed into operation in January 2019 and the initial monitoring, between March 2019 and March 2020, indicated that the project did not reach the estimates projected by the design engineers.

Design-stage estimates suggested that 27 to 39 percent of the nitrogen and 12 to 23 percent of the phosphorous could be removed with this one project.

Although the Jordan Marsh Water Quality Treatment Park met many of the design expectations during the first year of operation and that it will effectively meet nitrogen reduction goals, phosphorous reduction did not meet goals. It is expected that by improving vegetative cover in the third stage area of the marsh treatment terrain, phosphorous reduction may improve. A more consistent and increased hydraulic loading rate may also improve load reduction.

The monitoring project showed that different levels of nutrients were removed in various segments of the marsh, with the first segment of the marsh removing most and the third removing no phosphorous or nitrogen. Increased vegetation coverage, including floating vegetation as well as emergent plants, may help remove more nutrients.

The original engineering design suggested a mean daily flow rate of 1,292,634 gallons a day, which would result in the greatest load removal. The single pump installed at Jordan Marsh can pump between 1,080,000 to 1,440,000 gallons a day but would need to run most of the day to achieve that. At present, it runs eight hours a day.*



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BIG ARTS Monday Night Film Series

And Then We Danced

by Di Saggau

The BIG ARTS Monday Night Movie for February 15 is *And Then We Danced*, a film about a male dancer and his partner who have been training for years for a spot in the National Georgian Ensemble. The arrival of another dancer throws him off balance, sparking both an intense rivalry and romantic desire that may cause him to risk his future. "There is no sexuality in Georgian dance," an instructor says early on in the film. Then things get complicated.

The newcomer gives an intoxicating screen presence and sharp, statement-making dance moves, especially in the finale. There are many beautifully filmed scenes and a few mischievous ones as well. One dancer is trying to live up to and even surpass an under-realized family legacy but is thrown off balance by his feelings. The film is romantic and tender, but it's all too aware of its defiance against a powerful, oppressive system that sees queerness as a threat to the fabric of Georgian tradition. All of this is told through the prism of dance: the hallmark of the country's national identity forged on traditionalism.

The film runs one hour, 53 minutes. Tickets are \$10 and can be purchased online or at the box office. There will be

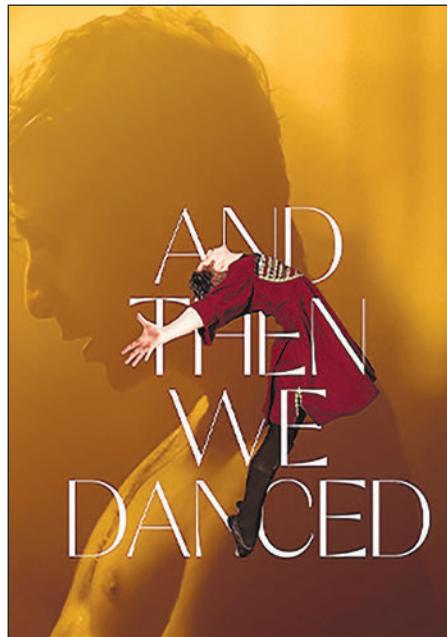


image provided

no discussion following the film.

Visitors are required to wear masks and observe social distancing. Only 50 percent of the seats in Christensen Performance Hall are being sold. 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. ✨

Documentary On The Rarest Eagle

The 9th annual "Ding" Darling Film Series continues with virtual airings and follow-up discussions via Zoom on Wednesday, February 17 with *Bird of Prey*, a 94-minute documentary that takes viewers on a journey upon the wings of the world's rarest eagle, the Philippine eagle.

This film only is available to be streamed from 2 to 5 p.m. EST on February 17. The Zoom virtual discussion is 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 that contains the streaming link and password along with a link to the Zoom discussion.

Bailey's General Store wine buyer Calli Johnson has recommended Uncaged Red Blend, produced by the namesake singer of the Zac Brown Band, to enjoy with the post discussion.

"The label features a barn owl, another bird of prey that struggles with some of the same challenges as the great Philippine eagle," said Johnson.

In *Bird of Prey*, world-renowned wildlife cinematographer Neil Rettig embarks on the challenging assignment to film the rare and majestic bird. Woven with stunning cinematography, the award-winning documentary from Cornell Lab of Ornithology soars to the heights of the

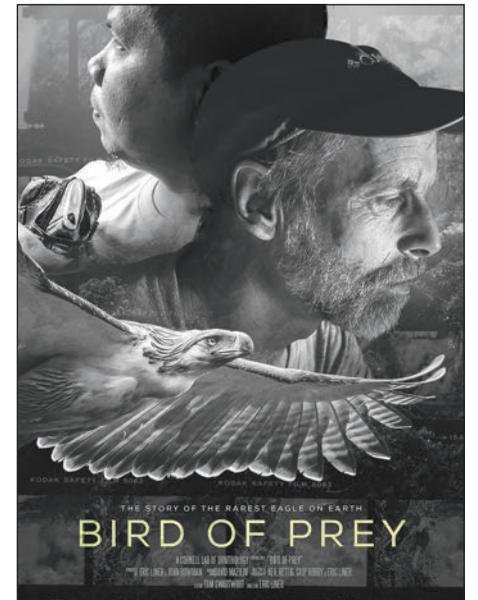


image provided

vanishing species while telling the tale of an inspiring group of people determined to save the species from extinction.

A multiple film festival selection and winner, the documentary explores the Philippine eagle's critical endangerment, caused by habitat loss and human persecution, yet leaves the viewer with hope for the future of the species, whose population is now estimated at fewer than 1,000.

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

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Question Of The Week

by Wendy McMullen

There have been discussions with Sanibel City Council candidates in recent forums held by the Sanibel & Captiva Islands Chamber of Commerce and the League of Women Voters of Sanibel concerning ways to encourage visitors to come earlier or leave later in the day to avoid traffic, but not so much on ways in which we can encourage tourism on Sanibel in the off-peak season, particularly early summer and fall when our roads and restaurants may be mostly empty.

Our question to the candidates for this week is: What can the city do, if anything, to encourage spreading our tourist season over more months to avoid crowds and traffic in February and March, and empty streets in May and October?

Tim Drobnik

As all island residents are aware of, traffic is much heavier during our busier times of the year. However, this is a trade-off since our local economy is dependent on visitors, workers and vendors that make up this traffic. I believe the city has done a great job with installing many traffic cameras at busier intersections on the island. The traffic "issue" is not going to diminish, but I am in support of ongoing communication regarding the use of the traffic cameras and educating our visitors as to our typical peak traffic times.*



Mary Bondurant

Sanibel Island is a leading tourist destination, particularly as the weather gets colder around the country. February and March are prime months for tourists to travel to a destination that has beautiful temperatures, blue skies and white puffy clouds. The city can work together with the chamber of commerce and local resorts and rental companies to encourage and promote how beautiful May and October are by offering and encouraging specials and local events and entertainment. But, let's keep in mind, those quieter months are welcomed if not celebrated by many of our residents.*



Mike Miller

Spreading out tourist traffic will be difficult to achieve. The most promising strategy is to create financial incentive through variable pricing.

Causeway toll variable pricing is unlikely to be feasible. Bridge revenue bond creditors, some of whom are fiduciaries, are unlikely to approve toll reduction, even for the slower summer season. Conversely, the Lee Board of County Commissioners is unlikely to impose a tourist-season toll increase on thousands of bridge users, many of whom are voters, just to make 5,000 Sanibelians happy.

Beach parking offers more promise. Generally, I would not raise hourly parking rates until the underlying beach maintenance and tourist costs suggest an increase is needed. At that time, we could increase the rates for the winter season only and then observe, for a year or two, whether the hoped-for spreading of traffic to the non-season months materialized sufficiently to justify the summer season revenue loss.*



Dr. Scott Crater

There are two components to this: day trippers and tourists who stay with us on the island. Day trippers contribute the most to our traffic woes. Day trippers can be incentivized to come visit the island on off-peak days by varying the pricing of the toll and the parking lots based on demand.

Parking rates have recently been raised to \$5 an hour, and they could be lowered substantially in off-peak months and raised even a bit more over Christmas and Spring Break. Similarly, tolls can be raised during those two vacation periods when we are overwhelmed with traffic.

Furthermore, the city can work with our chamber and the Lee County Visitor and Convention Bureau (VCB) to promote off-season travel. International visitors love to come to Sanibel in the quiet months. They appreciate the natural environment and tend to stay longer and make great guests.

The Lee VCB and chamber can target both the Europeans and our typical guests from the Midwest with digital campaigns to come visit in off-peak months. They should also target anglers, since there is great fishing in May and October.*



Jason Maughan

I do not believe there is anything the city can do to spread out the tourist season, as tourists generally visit us when their areas are cold. Thus, there are two ways to look at this. The traffic issue has been famously unsolved by all of city government since the early '80s, so what can we do then? We can look to policies such as staggering employee schedules, pushing ride sharing (Uber, Lyft, etc.) and varying tolls based on the day and time.

Second, we can recruit younger families to live on the island, which helps our tax base, provides our businesses year-round customers and spreads out traffic throughout the year. We can achieve this through workforce housing, creating entry level housing opportunities, continuing to market ourselves as a community with appropriate human support systems, and ensuring the island remains a sanctuary safe for families and wildlife to live harmoniously. Families are the only way of guaranteeing long-term stewardship of the island and absorption of short-term rental properties.*



John Henshaw

The city should continue working with the Sanibel-Captiva Chamber, Lee County Commissioners, and the Lee County Visitor and Convention Bureau/Tourist Development Council and carefully study the data already collected associated with what attracts visitors to our sanctuary island and when. After careful analysis of all the relevant data, we might consider increasing our promotional and advertising efforts to showcase Sanibel's key attractive features in shoulder months.

We might also consider further rate adjustments and developing and showcasing environmental programs, "Ding" Darling, CROW, special events, etc., in off-season months. If additional data gathering is needed, I would recommend that we consider focusing more on how to attract visitors during the off-season.*



These six candidates are running to fill three vacant seats on Sanibel City Council, which will be determined in the election on Tuesday, March 2. Residents qualified to vote on Sanibel may register at <https://www.lee.vote/Voter-Resources/How-to-register-to-Vote> or by calling 239-LEE-VOTE (533-8683). The deadline for requesting an absentee vote by mail ballot is Saturday, February 20.*



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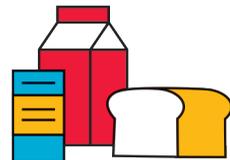
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Congresswoman To Address Progressive Club

On Thursday, February 18, the Progressive Club of the Islands will host Congresswoman Van Demings from Florida's U.S. Congressional District 10 (Orlando area). She will speak on current challenges in Florida and America. To access this virtual meeting, email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap.



Van Demings

Demings, the youngest of seven children, was born in Jacksonville, Florida. The first in her family to graduate college, she worked as a social worker, then joined the Orlando Police Department. Over a 27-year career, Demings had many notable assignments, including commander of the airport division during 9/11; commander of special operations, member of the crisis negotiation team, commander of the critical incident stress management team and executive vice president of the International Organization of Airport and Seaport Police.

In 2007, Demings was selected to serve as chief for the Orlando Police Department – the first woman to hold that position. Her tenure was marked by a dramatic 40 percent reduction in violent crime, including robberies and murders. Demings also served as co-chair of the Florida Gang Intervention Regional Task Force and member of Florida Police Chiefs Legislative Team. She also founded Operation Positive Direction, a youth mentoring program designed to strengthen the relationship between law enforcement and youth in the community.

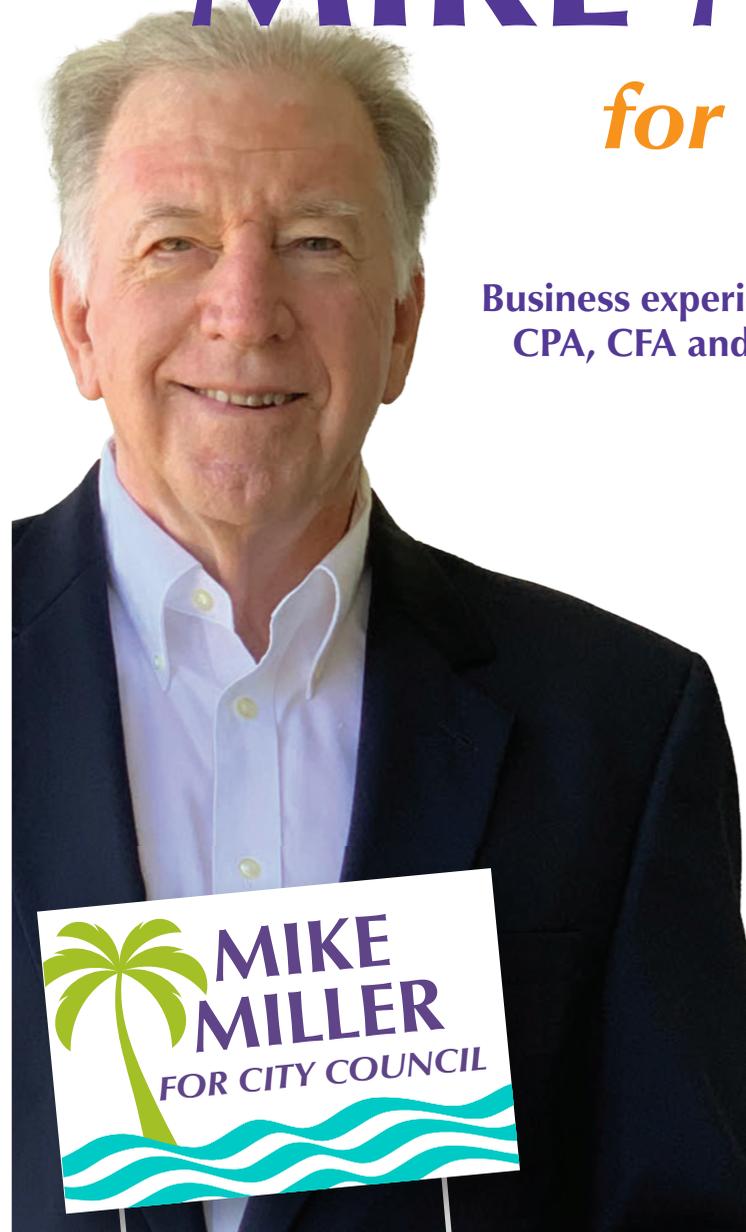
Elected to Congress in 2016, Demings' committee assignments include the following: Committee on Homeland Security; House Permanent Select Committee on Intelligence (subcommittee Defense Intelligence and Warfighter Support and Intelligence Modernization and Readiness); and the House Judiciary Committee. Demings is a member of the Congressional Black Caucus, Women's Caucus and New Democrat Coalition. Demings is a vice chair of the Gun Violence Prevention Task, recruitment chair for the Democratic Congressional Campaign Committee, and member of the Election Security Task Force.

In 2018, Demings made history when she was appointed by the speaker of the house to serve as an impeachment manager, one of only three women to serve in that position. She remains active in her community through numerous organizations including St. Mark AME Church, Delta Sigma Theta sorority, Orlando chapter of The Links, NAACP, and the National Organization of Black Law Enforcement Executives. Married to

continued on page 12B

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for Sanibel City Council



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-  Improve resilience to storms, rain events and sea level rise
-  Protect our home rule authority

For info go to: miller4sanibel.com

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Visnia Gembecki
Carol Gestwicki
Cheryl Giattini
Marc Giattini
Carolyn Gray
Doreen Greenberg
Michael Greenberg
Mary Greenplate
Pat Greenwald
Michelle Greggs

William Greggs
Neal Halleran
Sheryl Halleran
Ed Hannon
Sharon Hannon
Patricia Haggerty
Patricia Hehir
JoAnn Hilliard
Robert Hilliard
Ernst Hoen
Sheila Hoen
Bob Holder
Jane Holder
Cheri Hollis
Robert Hollis
Ariel Hoover
Karen Howard
Philip Howard
Jay Jagodzinski
Virginia Jones
Carol Kane
William Kelley
Eileen Kjonaas

Merle Kjonaas
Robin Krivanek
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Stuart Langton
Annie Layman
Janet Lee
Alan Lessack
Edina Lessack
Darla Letourneau
Gary Long
Margot Long
Howard Lorsch
Jean Lowe
Mary Jo Luebbers
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Alison Ward
Amy Lou Waters
Beth Weiss
Garry Weiss
Clotilde Whitney
Beth Wilson
Donna Yetsko
Stephen Yetsko



Jan MaGirl



Jeri Magg

Meet The Volunteers At Historical Village

The Sanibel Historical Museum & Village has approximately 120 volunteers performing a variety of functions to keep the museum operating as smoothly and efficiently as possible. "This year, we welcomed 10 new volunteers to join the historical village family and perform a variety of functions, from working in our museum store to giving guided tours," said Emilie Alfino, executive director. Here, we get to know a couple of them a little better.

Jan MaGirl is one of the village's new volunteers. Originally from Central Illinois, she has lived in Cape Coral for 17 years and bought a condominium on Sanibel last year. She sold real estate in Bloomington, Illinois for 25 years, where she also volunteered at the McLean

County Museum and was active in the Old House Society. On Sanibel, she loves to walk the beach, collect shells and travel the island by bicycle.

MaGirl will be a docent at the village, where she enjoys being outside and interacting with visitors. Her favorite building is the Morning Glories cottage, a Sears kit home built in 1926. "I had sold various Sears homes in Central Illinois," MaGirl said. "All the buildings at the village are interesting and well laid out to collect the history of Sanibel."

MaGirl also volunteered at the Edison & Ford Winter Estates for 15 years, where volunteers have not been called back since March. "My husband and I have portrayed Thomas and Mina Edison, and I have spoken often of the Edisons coming to Sanibel and about Mina's friendship with 'Ding' Darling," MaGirl said. "Now I am learning the stories on the other side of those trips and can share them."

Jeri Magg is a longtime volunteer at the historical village. She became a docent in 1999 and has served on the board, as a public relations specialist, and started the village website. Magg has trained volunteers and will conduct special tours when they start up again post-COVID.

Magg has been on Sanibel for 40 years. She has always been a writer and is the author of two history books, *Historic Sanibel & Captiva Islands: Tales of Paradise* and *Remarkable Women of Sanibel & Captiva*. She has also been a real estate broker and

adoptions counselor for social services.

"I love the island and talking to new people about Sanibel's history," Magg said. "And I love the historical village because it's a family."

To become a volunteer at the village, call Emilie Alfino at 472-4648, or volunteer coordinators Sandy Nering or Jan Symroski at 472-1856.

The Sanibel Historical Village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. The village is located at 950 Dunlop Road (next to BIG

ARTS). Admission is \$10 for adults ages 18 and older; no charge for those under 18 and members. Due to the pandemic, docent-guided tours are available by reservation only for groups of no less than six and no more than 10 and are based upon docent availability. All CDC guidelines are being followed, with masks required and social distancing in practice. There is handicap access. For information, visit www.sanibelmuseum.org.✪

Republican Caucus To Meet

On Saturday, February 13, newly elected state representative Adam Botana will speak at the first Sanibel-Captiva Republican Caucus meeting of 2021. Additionally, the six candidates for Sanibel City Council have



Adam Botana

committed to speak about what they would do as councilmembers if elected to fill one of the three open positions on the council. The event will be held at 10 a.m. at The Community House.

Botana's father was 13 years old when he came to the U.S. from Cuba in 1968. Botana was born and raised in Bonita Springs and is vice president of the Bay Water Boat Club in Bonita Springs, which his family founded in 2006. The business has grown to over 60 boats and 400 members.

Botana is an officer in the Bonita Springs Rotary Club and was appointed by former Gov. Rick Scott to the Florida Boating Advisory Council, where he made personal contributions to reducing the impact of boating on the environment. He is committed to clean water, balanced state budgets and protecting local businesses.

The public is welcome to attend, and coffee will be served. For more information, contact Will Smith at 395-0819.

The Community House is located at 2173 Periwinkle Way on Sanibel.✪

Wisdom.

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

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- ★ This is a non-partisan race, and my platform is moderate.
- ★ I have lived here since 2008, raised three children here, and I want to conserve and preserve our sanctuary island, following the Sanibel Plan.
- ★ I will continue the fight for clean water in the Gulf, bay and Sanibel River, working with our county, state, and Congressional elected officials.
- ★ I am a practicing physician, and I favor masks and other measures to help with the COVID 19 pandemic, while allowing our local businesses to thrive.
- ★ I will continue the good financial stewardship of the past council, and I will work to hold the line on taxes.
- ★ I have no interest in running for higher office. My only goal is to serve the people of Sanibel.
- ★ I plan to limit my medical practice to four days per week, so I can devote the time necessary to be an effective council member.
- ★ Most importantly, I plan to do a lot of listening if I am elected to council. Thank you!

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Interfaith Initiative Dedicated To The Environment

submitted by Brielle Ruiz and Peter Blaze Corcoran

This is the first entry in our new series entitled Together – A Way Forward. Participants from across the congregations will be writing reflections, missives, poems, benedictions and more. We hope to introduce readers to a variety of faith and religious perspectives on our shared responsibility to the environment and what we can do to be better stewards of earth. Our hope is to share our relationships with the natural world, our dedication to caring for creation and the importance of protecting these beautiful islands we call home.

Together – A Way Forward is an island interfaith environmental initiative on Sanibel and Captiva. Our aim is to inspire people of faith and spirit to demonstrate leadership in responding to the global environmental crisis. Together began with two kindred speeches in 2018, one by Sandy Ehlers at a Captiva Chapel by the Sea Luminary luncheon, another by Peter Blaze Corcoran at the African Union during United Nations World Interfaith Harmony Week. With Rev. Ellen Sloan, formerly of Saint Michael and All Angels Episcopal Church, and Chip Roach from the board of Captiva Chapel by the Sea, the conversation began. Together has since grown to include participants



Brielle Ruiz and Peter Blaze Corcoran photo provided

from Bat Yam Temple of the Islands; Captiva Chapel by the Sea; First Church of Christ, Scientist; Saint Michael and All Angels Episcopal Church; Sanibel Congregational United Church of Christ; and Unitarian Universalists of the Islands.

In 2020, all six congregations agreed to support a statement entitled Care for Creation: A Call for Reflection and Action, in which we affirm our shared belief that we have a spiritual and moral responsibility to protect our shared planetary home.

Together – A Way Forward is an interfaith initiative on the barrier islands of Southwest Florida and beyond. Our goal is to provide leadership and inspiration for the care of Earth, first locally, and then globally.

As active participants in organized spiritual communities, we represent a

variety of religious faiths, yet we share common beliefs, that we, as people of faith, have an obligation to safeguard and steward the natural environment.

We acknowledge that earth's stewardship is a portion of our spiritual practices. We affirm that we are committed to encouraging the adoption of best practices on our properties, in our community and to inspire all people to do the same.

Together has collaborated with organizations including Sanibel-Captiva Conservation Foundation, Sanibel Sea School and Florida Gulf Coast University.

Our projects have included an evening lecture with 2020 Shared Scholar Mary Evelyn Tucker, a Sanibel Causeway trash cleanup, a sustainability guide and, most notably, Honoring Earth Together 2020: A Collection of Readings to Mark the 50th anniversary of Earth Day, which accompanied our socially distant in-spirit celebration of last year's historic holiday.

Together will be sponsoring a three-day online workshop this March on Active Hope in Difficult Times: Moving from Despair to Empowerment and we are now discussing plans for Earth Day 2021.

Together is co-facilitated by Sandy Ehlers and Zeke McDonald of Captiva Chapel by the Sea. They are part of a working group which includes Jean Chandler, Peter Blaze Corcoran, Mike Miller, Bruce Neill, Chip Roach, Brielle Ruiz and Ellen Sloan. For more information on this initiative or our upcoming events, feel free to contact us at togetherawayforward@gmail.com.*



Mary Bammer photo provided

Bees Are Theme Of Speaker Series

The Clinic for the Rehabilitation of Wildlife (CROW) weekly Virtual Speaker Series presented by Lee County Electric Cooperative (LCEC) continues on Monday, February 15 with Speaker for the Bees: Understanding and Protecting Wild and Managed Bees by Mary Bammer, instructional designer for UF/IFAS Honey Bee Research and Extension Lab. The program begins at 4 p.m. Learn why bees are so important, the types of bees found in Florida and simple steps you can take to support local bee populations.

The talks will be presented using Zoom and are limited to 100 participants so advanced registration is required. Admission per device is \$10 plus applicable taxes and fees. To register, visit www.crowclinic.org or CROW's Facebook page under the "Events" tab.*

Tim
DROBNYK
 for
City Council
 — SANIBEL ISLAND —

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



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

SanibelCityCouncil.com

Paid for by Tim Drobnyk for Sanibel City Council

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 At 2311 West Gulf Dr, this 2nd floor 2-bedroom condo also has den with closet (3rd sleeping area). ~1,350 sq. ft. with wide screened balcony spanning gulf-side. Remodeled including plank-look beachy easy-care tile floors. Stand-alone building with just 14 owners is private & had exterior renovation last fall. Tropical grounds with community pool, tennis, BBQs, storeroom below, & weekly rentals. Offered turnkey including future rentals. \$1,099,000



Sandalfoot #3B3
 At 671 East Gulf Dr, this cozy 1 bedroom is top floor overlooking courtyard & pool to gulf. With rental & management office on-site, vacations come easy & there is peace-of-mind when you are away. This unit used mostly as winter residence, but could easily be income-producer. Weekly rental minimum in "season", 4 days in summer. Community pool, tennis, shuffleboard, WiFi, elevators, assigned parking, & more. Furnished with bookings. \$549,000

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1894 Farm Tr
 Last vacant parcel for single-family home in Island Woods. Just off Periwinkle, charming inland community of 38 older Florida-style homes with shared pool & tennis. \$199,000



Mariner Pointe #541
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More Info & blog at SanibelSusan.com

Work with The SanibelSusan Team in 2021



Susan Andrews, Realtor Broker/Owner



David Anderson, Realtor Closing Coordinator



Lisa Murty, Realtor



Elise Carnes, Listing Coordinator Notary

Looking for New Listings

Superior Interiors

Design For Calm, Comfort And Curves



by Linda Coin

While COVID-19 precautions prevented many design professionals from visiting this fall's Home Furnishings Market in High Point, North Carolina, suppliers and

manufacturers still managed to share their new offerings on the design front. Three catchy trends observed were prevalent throughout the preview. We're labeling these trends coastal, comfy and curvy.

Creating a mindset of coastal living can make the home calmer and more tranquil, something more people are looking for in their homes these days. There are many décor options for creating the ambiance that goes along with hearing the gentle waves washing on shore. Wicker and rattan, mariner-themed accessories and sailor knots are just a few ways to get that outside-inside ambiance. Think tropical motifs in both fabrics and wallcovering as well as new hues in the blue spectrum of color.

The market introduced "live edge"

tables several years ago. As it turns out, this is not a passing trend but one with staying power. It is also not merely furniture that is for a rustic cabin in mountains. A live edge slab from a tree takes the conventional table and, as with texture, makes it into an unconventional, conversation piece and ideal for any design setting. As each tree is different, each slab or slice is a unique piece of art in itself and another way to bring the outside inside.

"Comfy" is another theme we will hear much of going forward. As we spend more time at home, whether it be working or relaxing, there is a need for our furniture to provide us with all the comforts that our home has to offer. When you combine "comfy" with soft, plush fabrics, they make a seat that is the most popular one in the house. Perfect for the comfy theme are sectionals. They are not new, of course, but they were more prominent in HP Market than usual. A great sectional or chair-and-a-half invites the whole family to snuggle together for a movie, or just settle in yourself with a good book or a nap. If you do not have the room for a large sectional, there are more intimate options with a chaise attached or add the matching ottoman for relaxing flexibility.

Because we are all home more often, we live more and more on our furniture. Your furniture is an important investment; protect that investment with performance fabrics that will provide your upholstery an extended life. Fabrics with superior design and unmatched performance

will weather any storm in your home, sunroom or outdoors. With today's technology, you can rest easy knowing you have made an environmentally conscious choice for those you love.

Curves, rounded edges and design 360 were a major design factor in the market. Curvy design allows you to move the pieces away from the walls and out into the room for easy movement through the room. In tight spaces, curves can create the illusion of more space. Curved lines tend to draw you

in a welcoming way, which also can be calming and comfortable.

Interior design is not just about making your space more beautiful, it's about making one's home a sanctuary and safe haven within the outside world. This year, the consumer has influenced new design releases more any period in recent history in their desire to enjoy the "comforts of home."

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

FISH Of SanCap Annual Meeting

FISH of SanCap will hold a virtual annual meeting and volunteer recognition luncheon on Wednesday, February 17 via Zoom.

"The depth and breadth of the services we offer would not be possible without our generous donors and dedicated volunteer force," said FISH President and CEO Maggi Feiner. "We run on a lean staff of about seven full-time employees so the majority of our work, from delivering hot meals to seniors, stocking our food pantry, filling kids' food backpacks and delivering medical equipment, is being carried out by our roughly 200 volunteers." FISH volunteers will receive a letter of thanks and a coupon for Joey's Custard prior to the event. The presentation will contain a

short video showcasing volunteers and highlighting the organization's successes over the past year.

In 2020, FISH answered over 25,000 service requests and distributed 246,545 pounds of food through its Food Pantry Program. The Meals-by-FISH program increased dramatically, mainly due to the COVID-19 pandemic, with 6,412 meals delivered last year.

Alicia Tighe Orgera, executive director for FISH, said, "We are grateful to our community for their support. Like everyone, we did not know what to expect as the health crisis unfolded but the islands ensured that FISH was running on all cylinders."

The link to the presentation will be emailed to volunteers and posted online at www.fishofsancap.org/volunteers where highlights of the meeting will also be posted. For more information, contact Maria Espinoza, assistant executive director, at 472-4775.*

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 • Private Oasis, Huge Deck space, Pool, & Putting Green
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From left, April Knize, Peter Knize, Judy Bricker, Cherry Smith, Jeannine Hagedorn with Buster, Steve Latino, Gail Latino, Scott DeGrand and Dave Martin photo provided

Members Of Trust Company Walk For A Cause

Team members of The Sanibel Captiva Trust Company and its division, The Naples Trust Company, participated in the regional walk to raise awareness of mental illness for NAMI, the National Alliance on Mental Illness at Baker Park in Naples last week. Approximately 300 walkers and dozens of vendors came out to show their support and enjoy the weather.

Al Hanser, founder and chairman of The Sanibel Captiva Trust Company said, "We do this each year in honor of one of our dear clients who strongly supports the effort. We are grateful for the positive impact NAMI has on lives in our community and for their vigilance and determination to bring the effects of mental illness into the open."

Nami of Collier County's mission is to improve the quality of life of the one in four families affected by serious and persistent mental illness through education, support and advocacy. For more information on NAMI visit www.namicollier.org.

Rotary Charity Cup Sponsor



From left, Charlie Emerson, Bill Rahe, Clair Beckmann, Derrick Grey, John Grey and Chet Sadler photo provided

John Grey Painting is a bronze sponsor of the Sanibel-Captiva Rotary's Charity Cup fundraiser. John Grey Painting is a local family-owned business that has been serving Southwest Florida for over 50 years.

John Grey, founder and president of John Grey Painting, said, "We strongly believe in the importance of supporting programs and nonprofit organizations in our community."

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

Activities include: prizes for the

lowest scoring team; skill prizes for closest-to-the-pin, longest drive and most accurate drive; a hole in one tournament with a Yamaha golf cart prize; and cash prizes for three balls closest-to-the-pin from a helicopter ball drop.

Registration for participation in the tournament can be completed online at www.sanibelrotary.org by clicking on the "Golf Charity Cup" tab. Registration forms are also available at Bank of the Islands on Sanibel, 1699 Periwinkle Way.

For sponsorship information or to make a contribution, contact Bill Rahe at 395-2147.✪

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Gulf views.
\$3,699,000

SANDALFOOT UNIT 3C1



This stunning 2BR/2BA unit has an open floor plan and boasts excellent rental income! As a walk-out ground floor unit, access to the beach, pool area and tennis court is convenient and easy! The unit has been renovated, including the kitchen with custom cabinetry, granite countertops and stainless appliances. Both bathrooms are updated and the unit provides a stackable washer/dryer.
\$649,950

SANDPIPER BEACH UNIT 303



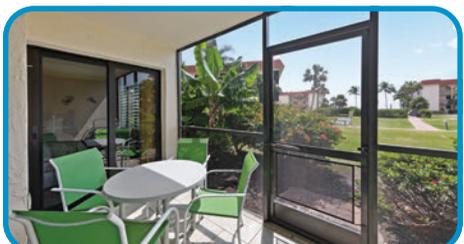
Beautifully remodeled 2 BR/2 BA corner unit with Gulf and pool views. Kitchen has newer appliances and large island/breakfast bar. Beautifully furnished with 'Island style' decor. The unit is fully outfitted for rental including bicycles, beach chairs and flat screen TVs in all rooms. Large exterior storage room and assigned parking under building. Sandpiper Beach is a 27-unit complex on 13 acres along the Gulf of Mexico. **\$825,000**

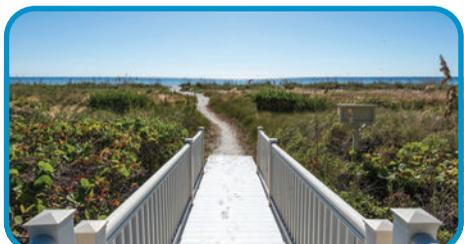
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14980 Binder Dr., Captiva



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 - 4beds/4baths newer contemporary - Beach Home
 - Fully Furnished - turn key. Pool/ Elevator
 - Great rental/ family end use. Walk to beach & shops.
- \$2,550,000

490 Sawgrass Place, Sanibel



- Gorgeous Euro Design Finishes.
 - Beautiful tropical Setting
 - Stunning Pool area
 - 3BR, 2.5BA. Private location. Steps to Beach.
- \$1,499,000

757 Windlass Way, Sanibel



- Canal. East end private location.
 - 3/2.5. Pool. Kayak & boat dock
 - Furnished. Elevator, new roof.
 - Light & bright. Beautifully landscaped.
- \$1,249,000

2515/2517 Wulfert Road, Sanibel



- Vacant Lot, #14 Green, lake & fairway views.
 - Wonderful Southern Exposure.
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- The Fish House. 3+/- Acres
 - Prominent + successful Sanibel Island restaurant
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The Sanibel Captiva Trust Company

Bridging Gaps With Communication



submitted by
Cherry W. Smith,
Wealth Services
Advisor

Most families have a member like the “fun aunt” who for years has hosted the extended family Thanksgiving get-togethers renowned

for their conversations and board games. Over the last generation, the great nieces and nephews have begun arriving with their smart phones and use them in exclusion to face to face socializing – the whole point of the gathering. The great aunt is not pleased and about to speak to the parents when she notices most of the parents have taken out their smart phones too. She then establishes a new Thanksgiving policy: Going forward, all cell phones will be checked in the front door basket upon arrival. The result is an enjoyable holiday filled with anticipated conversations and board games. Sound familiar?

We now have six generations living side by side in this country, from births in the early 20th century to now.

THE GENERATIONS AND VARIOUS CHARACTERISTICS				
GENERATION	BIRTH YEARS	CAREER ATTITUDE	COMMUNICATION MEDIA	COMMUNICATION PREFERENCE
MATURISTS: (includes the 3 below) Interbellum Generation The Greatest Generation The Silent Generation	1890-1915 1910-1924 1924-1945	Jobs are for life	Formal letters	Face to Face
BABY BOOMERS	1946-1964	Workaholics	Telephone	Face to Face, or phone/email if required
GEN X	1965-1979	Work/Life Balance	Email/text message	Text or email
MILLENNIALS	1980-1996	Work “with” and not “for” company	Text or social media	Online and text
GEN Z	1995-2012	Career Multitaskers	Hand held devices	Facetime

Think about what has transpired in that time – from horses to spaceships, from oral communication to FaceTime. A family member who learned phonics in a one-room schoolhouse can be in the same room with another member who takes virtual classes to create “apps.” The technological and communications divide between them is as wide as any time in history.

Each generation holds different values and attributes concerning communications and careers (see the table). It’s no surprise that an early Baby Boomer struggles to related to Millennials and Gen Zs.

Many of our clients fall into the “Silent” and “Baby Boomer” generations, and their children and grandchildren are seemingly worlds apart as Gen Xers and Millennials. We are fortunate to oftentimes work with clients’ multiple generations and spend thoughtful time discussing sensitive inheritance and estate planning issues. The

older generation is concerned not only about the estate plan itself, but how to effectively communicate this information with the children and grandchildren. Often the concerns are centered around family dynamics, particularly when children are being treated fairly but differently.

How to communicate these concerns down the family tree is always an important part of that planning discussion. It is equally important for the children and grandchildren to share with us their desires to get their parents and grandparents into the modern age by coaching them on the features and benefits of their cell phones or smart TVs. Discussing generational differences with our clients allows for a more robust planning conversation, which ultimately assists in communicating the plan with the family.

This information is not intended to be and should not be treated as legal advice, investment advice or tax advice.

image provided

Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.*

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top producer for January at John Gee & Company Realtors was Michelle Bornhorst.*



Michelle Bornhorst

From page 2B

Progressive Club

Orange County Mayor Jerry Demings, the congresswoman enjoys riding her Harley-Davidson motorcycle.

The Progressive Club invites all who have followed Demings’ career to hear her vision of Florida’s challenges and opportunities. To join the Progressive Club of the Islands, send your check payable to PCI for \$30 for individual or \$60 per couple to: PCI, P.O. BOX 898, Sanibel, FL 33957. For information, call 994-3175 or email pcisancap@gmail.com.*



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February 18, 2021 @ 6 pm



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Will Power

Call An Attorney When A Loved One Dies, Even When You Have A Revocable Trust



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

When Arthur died, his investment accounts were properly titled into his revocable trust, “Arthur Client, Trustee for the Arthur Client Trust dated October 2, 2017.” His financial advisor, Mike, consulting with Arthur’s widow Vicky, retitled Arthur’s investment accounts into Vicky’s trust. “You don’t have to call the attorney,” Mike told Vicky, “I already took care of everything.” Except he made a huge mistake that could have cost his malpractice policy had I not learned what happened and intervened.

You see, Arthur and Vicky were in a second marriage and each of them had children from a prior marriage who were the ultimate beneficiaries of their respective estate plans. Arthur’s investment accounts were to be held in a continuing marital trust for Vicky, then upon Vicky’s death they were to be distributed to Arthur’s children.

If everything remained comingled in Vicky’s trust, Vicky’s children would have inherited not only her investment accounts, but Arthur’s too. “I thought that Arthur left his investment accounts to me!” Vicky said, shocked.

I explained that Arthur’s trust continued for her benefit but wasn’t to be distributed outright to her. What her financial advisor, Mike, had done was illegally disinherit Arthur’s children. They certainly would have filed a malpractice lawsuit had the transaction not been reversed.

“What if I just added Arthur’s children as beneficiaries to my trust?” Vicky asked.

“There are a number of problems with that,” I answered. “While you’re entitled to the interest and dividends from your accounts and from Arthur’s, you’re supposed to exhaust your own assets for your care before invading the principal of Arthur’s accounts. Also, the values of your respective accounts are different, so keeping track of the relative percentage interests that should be distributed to each family upon your demise would be impossible to calculate.”

What about those in first marriages who have separate trusts and the same

beneficiaries? Can’t those couples just combine all the accounts in the surviving spouse’s trust at the death of the first spouse?

The answer is, it depends.

Often couples have separate trusts to protect the assets. If the surviving spouse were to remarry without a nuptial agreement, for example, the new spouse would be entitled to any assets held in her name or in her trust. The new spouse would not be entitled to assets held in the decedent spouse’s trust.

Another scenario is where the surviving spouse were to have a significant liability such as a car accident, mortgage foreclosure or significant nursing home expenses. Retaining a separate trust for the surviving spouse as opposed to combining the trusts might lead to better outcomes for the ultimate beneficiaries after the surviving spouse passes.

Finally, for wealthier individuals, there are tax reasons to retain separate trusts. While the first decedent spouse’s unused estate tax exemption can be added to the surviving spouse’s exemption (but you need to first file a Federal Estate Tax Return Form 706 or that exemption is lost forever), the unused generation skipping transfer tax (GSTT) exemption cannot be transferred to the surviving spouse. The only way to use the first decedent spouse’s GSTT is to maintain separate trusts.

A knowledgeable estate planning attorney will know what to do in the event of a spouse’s death. There are certain legal requirements that must be met in a trust administration. Among them: having the successor trustee publish a notice with the court who he or she is and where one can reach them, to actually “fund” the testamentary trusts for the surviving spouse or other beneficiaries, obtaining new tax identification numbers and naming the new trustees on the accounts, providing accountings and making outright distributions, and filing tax returns, among other things.

Sometimes a financial advisor or CPA will try to play a hero role to look good and save the client legal fees. Remember that those professionals aren’t licensed to practice law, and a trust is a legal instrument. If you care to look, there’s an entire chapter of the Florida statutes (Chapter 736) devoted to trust administration matters, and entire chapters of the federal tax code (Subpart E of Chapter 1, and Chapters 11, 12, 13 and 14) that all may influence a deceased loved one’s trust administration.

Making snap decisions that are difficult to undo, especially if the mistake isn’t caught for some time, can cost the estate several multiples of legal fees to fix, in addition to the cost of potential for lawsuits filed by beneficiaries whose inheritance was affected. Call the attorney, even if your financial professional or CPA says they can handle it alone.

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How’s The Market? Ask Ann

February 2021: Existing Inventory of single-family homes for sale in our MLS system continues to decline; down to only 64 homes for sale. Only 8 homes priced under \$1,000,000. Lots of potential buyers viewing a small number of homes. A year ago, homes priced between \$600,000 and \$650,000 were the “hot” spot.



This year’s “hot” spot has moved up to \$700,000 to \$725,000, and may be increasing as we speak. Take a look at our new listing at 1657 Sabal Sands, priced at \$805,000, an incredibly well maintained 3/2 great room home with “long” river views.



Ann Gee
Broker/Owner



14 Closed Sales Going Back One Week: 10 Homes, 4 Condos

- | | |
|---|--|
| 1610 Middle Gulf Dr. A-4 Spanish Cay - \$430,000 | 916 Almas Ct. - \$1,200,000 |
| 760 Sextant Dr. 421 Mariner Pointe - \$550,000 | 3013 W. Gulf Dr.103 Junonia - \$1,265,000 |
| 721 Durion Ct. - \$620,000 | 1743 Venus Dr. - \$1,556,000 |
| 1015 Fish Crow Rd. - \$640,000 | 5391 Shearwater Dr. - \$1,725,000 |
| 660 Oliva St. - \$805,000 | 677 Anchor Dr. - \$1,895,000 |
| 5835 Pine Tree Dr. - \$834,500 | 1069 Bird Ln. - \$4,250,000 |
| 610 Donax St.124 Sanibel Surfside - \$970,000 | 4381 W. Gulf Dr. - \$11,000,000 |

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Meet Zonta Grant Partner: Pace Center For Girls

submitted by Sue Denham

Every summer, the Zonta Club of Sanibel-Captiva, through its foundation, invites applications from 501(c)3 organizations in Lee County for grants to be awarded early the following year. Those selected become Zonta partners, each with a club member as liaison.

And every March since 2002, Zonta has raised grant funds through A Peek at the Unique, the home tour. In January 2020, Zonta distributed \$104,700 from its 2019 Peek to 16 local partners, including Community Housing and Resources (CHR), FISH of SanCap, Habitat for Humanity, and a dozen more.

Despite cancellation of the 2020 Peek last March, out of concerns for health and safety, funds for distribution in January 2021 – while reduced – were available through the generosity of benefactors, sponsors and 2020 tour ticket-buyers. Zonta is proud to introduce some of the wonderful organizations supported by these funds.

Meet Pace Center for Girls Lee County, part of a statewide system. In 2007, Pace Lee opened its doors to at-risk girls at the junior high and high school levels, those struggling at school, in foster care, or in the judicial system due to domestic abuse and neglect, parental incarceration, substance abuse, and more. Pace offers a better future through education, counseling and advocacy, changing their life trajectory. “At Pace,” said one student, “you can step off the path you are on and find a new path to success.”

The girls experience year-round middle school and high school academics, individual case management, counseling services and life skill coaching in a gender-responsive environment. Girls who were failing in school improve academically, find their voices and achieve their potential. They typically return to high school with better grades or graduate from Pace and move forward with a plan for their future: 96 percent of Pace girls remain crime free, 88 percent improve academically, and 95 percent are in school, higher education or employed a year after leaving the program.

Zontians have volunteered both at the center and at Pace’s signature



Margo Brewster, Pace Lee development manager, receiving her 2020 grant award from Zontian Jan Alden photo provided

fundraisers, Love that Dress and the Grand Dames Tea, and have helped design and implement skill-building programs for girls in transition. In 2021, Zonta funds will support Earning Through Learning, an incentive program that lets the girls earn points for purchases at the center’s Point Store, attend special meals and go on field trips. Zontian Jan Alden said, “Earning Through Learning is the foundation of Pace’s positive behavior modification system to encourage, empower and transform these young women.”

The current focus for Zonta is the upcoming Peek at the Unique Repurposed, set to begin on March 1. To learn more and to support Zonta’s work, visit www.ZontaSanCap.org.

Local Named To President’s List

Kristin A. Van Olst of Sanibel was named to the University of Alabama President’s List for Fall 2020. A total of 13,128 students enrolled during the Fall 2020 term at the University of Alabama made the Dean’s List with academic records of 3.5 or above or the President’s List with academic records of 4.0.*

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CAPTIVA

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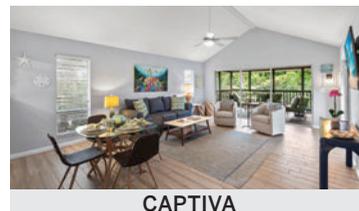
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1



2



3

1. MAGAZINE READY HOME IN THE SANCTUARY - SANIBEL

- 5 BR/ 5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole.
- Boasting 11,000sqft, the interior finishes include luxurious accent wall of glass, walk-in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates.

• **\$2,998,000 EURO 2,658,932**

2. GULF FRONT CORNER CONDO AT GULF BEACH - SANIBEL

- 2 BR/2 BA rarely available condo on Sanibel's East end
- Community offers pool, beach access & dock with canal access for kayak & paddle board launching

• **\$879,000 Euro 798,325**

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!

• **\$485,000 EURO 396,021**

4. REMODELED IN VICTORIA COVE - EAST END / SANIBEL

- 4 BR + den/ 4 bath home on Sanibel's East end, steps to the beach with private boat dock & 16k lift.
- Gorgeously remodeled, large porches, private pool & spa, top floor master with sundeck and Gulf views

• **\$2,300,000 EURO 1,936,499**

5. GULF VIEWS AT LOGGERHEAD CAY - SANIBEL

- Enjoy your 2 BR/2 BA condo with vaulted ceilings, situated 1 back from the Gulf with incredible views from the corner lanai
- Pet friendly community offers large pool, tennis, shuffleboard, and weekly rentals – great for families & investors.

• **\$945,000 Euro 777,541**

6. DIRECT ACCESS CANAL HOME WITH PRIVATE DOCK - SANIBEL

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

• **\$899,000 EURO 734,303**



4



5



6



7



8



9

7. CAPTIVA VILLAGE HOME W/ GULF VIEWS

- 4 BR home w/ pool located just 1 property from the beach on Wightman Lane
- Rental company estimates \$180k annually. New septic, roof, generator, & offered furnished

• **\$2,250,000 Euro 1,864,852**

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

• **\$799,000 EURO 657,283**

9. HAPPY DAZE - CAPTIVA

- 4 BR + den/ 4 BA home situated amidst tropical vegetation just steps to the Captiva Village area
- Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking your private pool & spa

• **\$1,699,000 Euro 1,398,507**

10. CAPTIVA VILLAGE HOME WITH STUNNING GULF VIEWS

- 3 BR/4 BA fully remodeled home just 1 back from the beach. Designed to take advantage of Gulf views from every level, interior features incld wood floors, stainless steel kitchen, & stone fireplace.
- Outdoor areas include multiple lanai's, a grotto inspired pool & spa, wet bar & shower.

• **\$3,395,000 EURO 3,021,269**

11. 4 BEDROOM HOME ON INTERSECTING CANAL - SANIBEL

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

• **\$2,095,000 EURO 1,708,046**

12. NEAR BEACH HOME OFF WEST GULF DRIVE - SANIBEL

- 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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Frankly Speaking

by Howard Prager



What can I say about the Super Bowl that hasn't been said 1,000 times already? Tampa Bay has now won two of the four major sports championships for 2020 (Super

and set many records in the future and, to be honest, until midway through the fourth quarter, I thought he just might do it then. But with an offensive line that had only one starter left from the start of the season, a great defensive game plan by Bucs Defensive Coordinator Todd Bowles, and a Chief's team amassing more penalties than any previous Super Bowl team, the magic was snuffed out.

And the great diversity on Bruce Arians' Tampa Bay staff spoke for itself, as did Sarah Thomas, the first female referee in a Super Bowl. The Bucs coaching staff features several minorities, women and staff of all ages – 20s to 82 – providing the most diverse coaching staff in the NFL. Let's hope that's a trend that picks up.

D'Ante Smith tweeted, "Bucs are the only team in the NFL with all of the major coordinators being Black: OC Byron Leftwich, DC Todd Bowles, Special Teams Coach Keith Armstrong and Assistant Head/Run Game Coach Harold Goodwin." Arians isn't complacent on just having a diverse staff. He wants these minority coaches and coordinators to lead their own teams one day. As reported by *Sports Illustrated*, Arians said, "My philosophy, my job is to create head coaches and push them. Push them out... So you identify them, kind of raise them and give them the opportunities." Sounds like a philosophy the NFL needs more of, and Andy Reid of the Chiefs agrees by having Eric Bieniemy as his OC. Arians (and Brady) were the oldest at their jobs to win a

Bowl is for the 2020 NFL season). They came close to a third, losing the World Series to the Dodgers in six games. The city doesn't have an NBA team, so four for four was impossible. Remarkable. Which is the only way to describe Tom Brady, whose two touchdown (TD) tosses to Rob Gronkowski set the record for quarterback-wide receiver TDs in Super Bowls at 14, eclipsing Joe Montana to Jerry Rice.

Brady looked like Superman, and Superman, aka Patrick Mahomes, looked like he discovered kryptonite, although I'd say his offensive line and receivers were the ones who did. The magic of Mahomes scrambling and being chased, and still getting the ball away to a receiver is amazing to see. That the balls in the end zone were dropped was inexcusable, even if they were high. I've never seen a QB like that, who can throw a pass spot on while in the process of falling down or being sacked. Mahomes will be back

Super Bowl. All I can say is I wish we didn't have to wait a year to hopefully see these two teams battle again. Mahomes, on any other day, would be matching Brady point for point.

The good news story of the week is about new athletic shoes from Nike, via the Good News Network. "Called the GO FlyEase, it is the first totally hands-free shoe, enveloping and releasing your feet solely through natural motion – a bit like Tony Stark putting on his Iron Man suit. The revolutionary shoe is perfect, says a top Nike designer, for pregnant women in their third trimester, arthritis patients, or those who have lost some or all of the use of their arms – such as stroke victims or injured military veterans." As reported in *Forbes* last week, "Using a bistable hinge in the shoe's midsole, the Nike GO FlyEase can transition from the open – or "ready" – position to the closed – or "set" – position simply by stepping in and down on the footbed. To open the shoe back up, step on the heel's edge with the opposite foot, and the hinge releases to allow the foot to slide out."

This is fantastic technology. "We wanted to create something new and different," said Sarah Reinertsen, the project's design lead. Reinertsen herself was the first woman to finish the Ironman World Championships on a prosthetic leg and a world-record holder for the Ironman Triathlon. "If we could create something you didn't need hands to get in and out of, it could help unlock those benefits for all." Reinertsen added "There

were engineering pieces we had to figure out, for example, the bistable hinge. We've never put a hinge in a shoe. That was a piece of engineering that was really tricky to figure out." The designers had to ensure the hinge, made of a rubber stiffer than a typical outsole, stayed open and closed as needed, all without any feeling of the hinge underfoot, which required a continuous footbed. "We would try something, it was not quite right, and we would go back," she said about the two-year project. "It was a lot of those iterations back and forth. It wasn't a quick strike (project)." For those interested in seeing more, YouTube helps show the dramatic breakthrough in creating the shoe as well as its various bright colors. Visit www.youtube.com/watch?v=ZTRsiWa79rY&feature=emb_title to view the video.

As we end the week celebrating the best in pro football and head coaches who showcase women and minorities, it's nice to hear about a sports company that's helping Paralympic athletes, people who have lost their hands or they don't function right, and those who cannot bend with a unique shoe that can meet their needs.

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@islandsunnews.com.

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SPORTS QUIZ

1. In the 2002 Salt Lake City Winter Olympics, Australia's Steven Bradbury became the first athlete from the Southern Hemisphere to win a Winter Olympic gold medal. In what sport did Bradbury compete?
2. What Baseball Hall of Fame relief pitcher was the first MLB player to reach the 500- and 600-saves milestones?
3. What Kansas City Chiefs linebacker tallied an NFL record seven sacks in a game against the Seattle Seahawks in 1990?
4. In 1991, Quebec Nordiques goaltender Ron Tugnutt set the NHL single-game saves record with how many?
5. What famous boxing promoter played a corrupt DEA agent in the 1975 film "The Marijuana Affair"?
6. Sergei "Bumblebee" Chernyshev of Russia and Ramu "Ram" Kawai of Japan are standouts in what sport debuting as a medal event at the 2024 Paris Summer Olympics?
7. Danny White, quarterback for the Dallas Cowboys from 1976-88, also recorded 610 career regular-season attempts at what position?

ANSWERS

1. Short track speed skating.
2. Trevor Hoffman.
3. Derrick Thomas.
4. 70.
5. Bob Arum.
6. Breakdancing (officially "breaking").
7. Punter.

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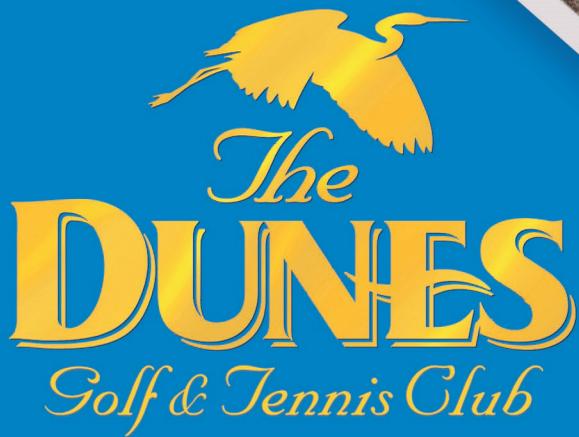
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Health First

Living With Purpose During Retirement



by Julie Rosenberg, MD

While retirement is often termed “The Golden Years,” retirees too often find this stage in life to be meaningless and unfulfilling.

During retirement, individuals may experience feelings of sadness and loneliness, as well as a lost sense of purpose in life. They often feel restless, craving something more in life, but not necessarily knowing what that something might be. Such feelings may be augmented by the many stressors of today’s world – a global pandemic, political tension, financial uncertainty, racial discord and more.

Purpose is a self-declared recognition of what provides fulfillment in life. Individuals who live with purpose have goals, a sense of direction, and a feeling of meaning in life. Your life purpose consists of the central motivating aims of your life – put simply, the reasons you get up in the morning. Living with purpose helps to guide decisions, shape goals,

and offers you a sense of direction. Being aware of why you’re here and what matters most to you helps to keep you focused and to minimize the impact of typical frustrations and annoyances.

While your life purpose may change over time, living a life with purpose has been consistently shown to be an indicator of healthy aging. Studies have also shown that purposeful older adults have a diminished mortality risk.

Here are four tips to support you in finding a purpose-filled retirement life:

Identify the activities that provide you with a sense of purpose – Some people feel purposeful when they’re engaged in nurturing activities, while others find purpose by spending time outdoors. I suggest that you make a list of the things that energize you. Ask yourself: What do I love to do? How will I apply this passion in support of my purpose? During this phase of my life, how will I make productive contributions to the world? What is the wisdom you want to offer to others? Remember, retirement is your time – your time to be who you want to be!

Create a brief statement of purpose – Answer this question: How do I want to invest my precious and limited life energy? Your statement of purpose will be your guiding light; you can repeat over and over. Here are three examples of purpose statements: My purpose is to empower others. My purpose is to leave the world a better place. My purpose is to enjoy creative expression.

Strengthen your self-awareness

– Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection. Studies have shown that when we are self-aware, we are more confident, more creative and we communicate more effectively. How can you enhance your self-awareness? Spend some time in solitude each day. Engage in contemplative activities, such as breathing, meditation and yoga. Journaling is also a way to process your thoughts through writing and reflection.

Identify Your Ikigai – The Japanese define purpose with the concept of ikigai (pronounced Ick-ee-guy). Ikigai is, literally, “a reason for being.” Ikigai is the intersection of what you love (your passion), what you are good at (your vocation), what the world needs (your mission), and what you can get paid for (your profession). While you may not choose to be paid during retirement, ikigai is a powerful way of thinking about how to live a purposeful life.

In summary, the years we spend immersed in a career and/or raising a family require conforming to many external demands. Our retirement years allow us to develop new skills and to live with renewed purpose and joy. Don’t be afraid to follow your bliss!

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

Red Sox Spring Training To Begin Next Week

Boston Red Sox Spring Training is scheduled to begin at JetBlue Park at Fenway South on Wednesday, February 17, with the first exhibition game taking place on Saturday, February 27. The team plays a total of 17 Grapefruit League home games.

The current plan is to hold the first workouts on February 17 for pitchers and catchers, and Monday, February 22 for the full squad. Due to the COVID-19 pandemic, workouts will be closed to the public and there will be no tours or open house held this Spring Training.

The Red Sox will implement appropriate physical distancing and safety protocols that will allow fans to return in a limited capacity for 2021 Spring Training exhibition games by operating JetBlue Park at approximately 24 percent of its normal capacity (around 2,400 fans each game; regular seating capacity is 9,909). All tickets will be sold in physically distanced “pods” comprised primarily of two to four seats that will allow for at least six feet between groups. Season ticket holders will be offered the first opportunity to attend exhibition games, and additional tickets may go on sale to the general public depending on availability.

The Red Sox equipment truck departed from Fenway Park on February 8 and was anticipated to arrive at JetBlue Park on

continued on page 22B



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Doctor and Dietician

Non-Surgical Options To Repair Torn Meniscus



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

Many patients with meniscus injuries wonder if non-surgical options exist, desperately hoping to avoid surgery with hospitalization, sedation and lengthy rehab. We have been providing non-surgical regenerative options for meniscal tears for nearly 30 years, and that is why people reach out to us.

Many have already had part, or all, or their meniscus removed and are now suffering from continued pain or arthritis because of the meniscus surgery (or multiple surgeries). Patients state, "I have had meniscus surgery on both knees and have now developed severe osteoarthritis. Every day I live with severe pain and swelling in both of my knees. I am told only knee replacements will help me, but I

do not want any more surgery."

There are three primary types of meniscus surgery: 1. Arthroscopic meniscus repair where a suture can repair a tear. In some instances, surgeons are taking bone marrow from the iliac crest and using stem cell therapy to accelerate this repair. We also perform this stem cell procedure in our office as part of our non-surgical regime of regenerative medicine techniques. 2. Arthroscopic partial meniscectomy whereby a piece of badly torn or macerated (chewed up) meniscus is considered non-repairable and it is removed. 3. Arthroscopic total meniscectomy where the entire meniscus is considered damaged beyond repair and is removed.

What happens when all or part of the meniscus is removed? Typically, the patient is told eventual knee problems will develop. The long-term side effects of meniscus surgery are worsened knee joint instability because supporting knee structures develop increased contact stress on the cartilage. The increased stress increases the occurrence of chronic knee inflammation and accelerates the degenerative knee conditions that lead to knee joint erosion or irreversible joint damage to the knee.

But why did these people have the surgery in the first place, especially if they were told meniscus surgery could accelerate and cause irreversible knee damage? Many patients are under the impression that the surgical removal of part or all the menisci will restore function and lessen pain. Characteristic symptoms of meniscus-related knee problems are the knee catches at seemingly random times and feels like it needs to be shaken out

to relieve the pain and stuck feeling. It is also difficult to convince an athlete that meniscus surgery may prevent returning to sports altogether.

We use non-surgical, in-office treatments for meniscus tears, primarily, Hackett-Hemwall-Hauser (H3) prolotherapy treatments, and sometimes also PRP, which attract the patient's own healing repair cells into the area to fix the damaged meniscus. We must also address the joint instability problem created around the knee with prolotherapy because damaged or weakened ligaments become "stretched" and must be strengthened to help restore and maintain normal joint mobility. Most meniscal tears require an

average of four to six monthly treatments. We have published data on the successful treatment of meniscus tears in our office as well as site many other reports on its success on our website, www.caringmedical.com. Do not let meniscus tears keep you from doing the things you love that keep you active. Non-surgical options are available.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I need to set some boundaries with people who I feel are taking advantage of me. I have never been good at this and I need help.

How do I begin?

A: Most of us

have never really learned how to set healthy boundaries with others. It also seems that most people have poor

financial boundaries with the average person carrying over \$5,000 in credit card debt. People think nothing of bringing their cell phones in stores and restaurants. How many of us begin an evening of TV only to end up watching it for 6 hours? These are poor boundaries.

Setting healthy boundaries require knowing what is appropriate in every setting you find yourself. Creating healthy boundaries can help you with striking a balance that you want to maintain. While you also want to make sure your boundaries are not violated. Healthy boundaries require inner strength and discipline to honor what you have

established to achieve better stability and structure in your life.

You can begin to list areas in your life where you feel you have weak or no boundaries. It could be related to healthy eating, alcohol, screen time, finances, etc.

Now list boundaries that you would like to create in your life in order to achieve a sense of balance. Add a few words about what you

can do to have these boundaries honored.

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

From page 20B

Red Sox

February 11.

The 2021 season marks the Red Sox' 10th at JetBlue Park at Fenway South. All day games are scheduled to begin at 1:05 p.m. Two night games are scheduled at 6:05 p.m. on March 12 and 26. Red Sox Spring Training is presented by CVS Health.

For the complete 2021 Red Sox Spring Training schedule with game times, visit www.springtrainingconnection.com/schedule/redsox.html.

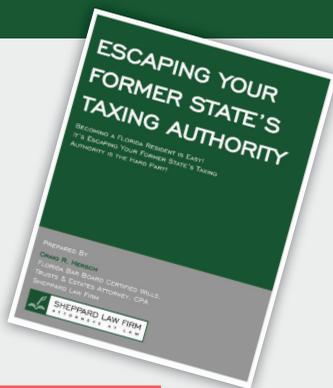
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Beautifulife:

Drink Up



by Kay Casperson

I am an extreme health advocate and have been for many years. I believe wholeheartedly in a combination of science and nature when it comes to managing my health. I eat well, exercise and take many vitamins. I also pray,

meditate and speak positive affirmations to balance my emotional and spiritual health.

Another topic that I feel merits some discussion is alcohol and the benefits of partaking in some of the healthier drinks available to us every day. Always keep in mind that we should do everything in moderation. And, of course, avoid alcohol at all if there are addiction issues or abundance problems, i.e., not knowing when enough is enough.

I have done a bit of research on some of the healthier alcohol options that are out there. You can decide for yourself what might be a good fit for your lifestyle. Who knows, you may want to try something new and different. You may acquire a taste for something that you never thought would tickle your fancy. Or, you may have already found what works for you, and that's great too!

Tequila – The natural sugar found in tequila is agavins, which act like fiber and will not raise your blood sugar levels.

Research shows that this raw sugar may help to lower cholesterol and aid in losing weight. Tequila may also promote proper digestion, help fight dementia and boost your immunity.

Red Wine – polyphenols, resveratrol and quercetin, which are the active compounds in red wine, have been known to improve our overall heart health. This popular drink can also help to combat inflammation, sharpen your mind and improve your mood. The benefits are too many to list here, which is probably why this is my favorite.

Vodka – Research has shown that vodka might be a better stress reducer than red wine (the jury is out). It may help to reduce pain from a headache, muscle ache, or even a toothache. It might also help protect your heart health by stimulating blood flow and circulation, reducing oxidative stress and reducing the risk of heart diseases.

Rum – This one seems to get lost a bit in the shuffle, but you might be surprised to know that rum can help with many things, from a more peaceful and deep sleep to strengthening the immune system. It also acts as an anti-inflammatory and may help prevent arthritis and osteoporosis. This ageless drink is made from molasses and other sugarcane byproducts and may enhance mental health and reduce anxiety.

Whiskey – With just one serving of whiskey, you will get as many antioxidants as a glass of wine and some pretty good health benefits, from fighting off cancer, dementia, heart disease and the common cold, to being the better choice for someone wanting to lose weight. Whiskey

contains no fat, barely any carbs or sugar, and is also gluten-free due to the distillation process.

Champagne – We tend to think of partaking in this for just special occasions, but the health benefits might surprise you. Champagne has been linked to increased sex drive, boosted heart health and improved skin quality, reducing wrinkles and acne. It can also help to improve your memory, and it has far fewer calories than most drinks.

My grandmother lived a long, healthy and vibrant life. Many years ago, I remember seeing her have a nightly glass of whiskey. My Dad would tell me that his Mom very quietly had her nightcap, and he felt like this calmed her and kept her the

happy, free spirited, healthy and inspiring person that she always was. So, cheers, drink up, and who knows, you might get the inspiration you need too!

My affirmation for you this week is:

“I will look for new ways to stay healthy, inspired and positive while continuing 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 or follow on social media @kaycasperson.✧

dearPharmacist

Probiotics Make For Pretty Skin



by Suzy Cohen, RPh

Dear Readers: Radiant skin is something many people seek, and it's a universal indicator of your true health status on the inside. Today's focus is on the

little microorganisms too small to see with the naked eye. Some are the good guys, some are the bad ones that lead

to infection, inflammation and redness, itching and more!

When we hear the term probiotic, we immediately think of a dietary supplement that helps with digestion, constipation, diarrhea, reflux or belching. When the balance tilts between the good and bad bacteria, and the bad ones take up residence in your gut, it is termed dysbiosis. It leads to intestinal permeability such that food proteins from gluten and dairy suddenly leak out into your blood stream, triggering food sensitivities and digestive discomfort. As a result, autoimmune flare-ups occur more frequently.

We never think of probiotics for our skin, or for that matter, our face! Staring today, think of probiotics (aka “gut bugs”) as friendly organisms that save your

continued on page 25B



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

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PUZZLES

Answers on page 31B

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!



"It's so simple... why, even the _____ will be able to operate it!"

Robust

EARTHY

Simple

SCABI

Package

DUBLEN

Inform

DEIVAS

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. "Danger" sign is bigger. 2. Jersey numbers are different. 3. Stars are black. 4. Fewer people in crowd. 5. Hockey stick is missing. 6. Arena wall is taller.

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

PETS OF THE WEEK

Lee County Domestic Animal Services

Bruno And Buddy



Bruno ID#A850062

photos provided



Buddy ID#A849818

Hi, my name is Bruno. I am a 1-year-old black male pit bull mix. I am the happiest pup around and, as you can see, I am always smiling. I love to take advantage of every inch of our large play yard and run from one end to the other. But, as soon as I know you are going to sit down, I will be right next to you ready for some snuggle time. I am the perfect combination of active play and loving comfort. My adoption fee is \$75.

Hello, my name is Buddy. I am a 3-year-old red male Australian shepherd mix. I have the unique ability to walk on my back legs, and I'm a well-mannered fellow who walks great on the leash. I'm

also quite the ladies' man with the other dogs here at LCDAS, and I like to flirt at the fence with the other pups in the play yard. I would make a great date for Valentine's Day and be your faithful companion for the rest of the holidays as well. My adoption fee is \$75.

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

Take The Time To Recover From Drug Addiction

Narconon suggests that an addict attend a program longer than the traditional rehabilitation stay. An addict needs more than 28 days to physically heal from the damage that drugs and alcohol have done to their body. The shorter but "more convenient" rehabilitation stays are not as effective. An addict should take the time to get better physically before tackling emotional issues. They will then have the best chance at remaining clean and sober for good.

For more information on choosing treatment, visit www.narconon-suncoast.org/blog/long-term-treatment-vs-traditional-28-day-program.html. Call 1-877-841-5509 for a no cost screening or referral.*

From page 23B

Probiotics

skin, reduce inflammation and redness, heal pimples and improve skin texture. The role of probiotics for skin health is emerging as one of the most valuable considerations, especially for immune-driven skin conditions like rosacea, psoriasis and eczema.

People will buy and try anything that sounds good, often spending a lot of money on external products. For example, special medicated cleansers, harsh exfoliating scrubs, drying masks and all sorts of medications. Because we wear face masks nowadays due to COVID, more people are developing skin irritations, pustules and pimples around the nose and mouth.

Driving out the pathogenic organisms and adding more healthy probiotics to your

diet can improve your skin... faster than anything you apply to your face. While topical products are good, they are only temporary. There are three important strains that support gut health, as well as skin health:

1. *Lactobacillus plantarum* – Helps with skin hydration and protection from UV light.
2. *Lactobacillus Reuteri* – Studies have shown that this strain is a very strong anti-inflammatory and able to reduce levels of TNF (tumor necrosis factor), helping with rosacea and acne.
3. *Lactobacillus Rhamnosus* – One of the most widely used probiotic strains, this positively alters gene expression to improve insulin signaling, and this improves acne and autoimmune skin disorders.

If you spend a little time reviewing the scientific literature and reading about it, you'll soon agree that therapy with probiotics holds great potential for the treatment of various stubborn skin diseases including, but not limited to, eczema, atopic dermatitis, allergic skin reactions, rosacea, sun damage and wounds in general. If you'd like to read the longer version of this article and find out more about these probiotic strains (all available at health food stores), sign up for my weekly newsletter at www.suzycohen.com

One last thought... if you're thinking about eating yogurt to replenish your microflora, don't bother. Those advertised "live, active cultures" that you see on the tub of your favorite brand are heat-treated and processed. At that point, they are no longer useful or viable, so they won't treat any kind of skin condition.

*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.**

My Stars ★★★★★

FOR WEEK OF FEBRUARY 8, 2021

Aries (March 21 to April 19) St. Valentine's Day magic rules the entire week for romantic Rams and Ewes. Music, which is the food of love, is also strong. The weekend offers news both unexpected and anticipated.

Taurus (April 20 to May 20) Your aspects favor the arts – which the Divine Bovine loves, loves, loves. Also, for those looking for romantic love, Cupid is available for requests. After all, his mother, Venus, rules your sign.

Gemini (May 21 to June 20) Loving commitments continue to grow stronger. Ditto budding relationships. A recent move to help start-up a new career-linked direction soon could begin to show signs of progress.

Cancer (June 21 to July 22) Single Moon Children might be eager to take that proverbial chance on love. But your more serious side will feel better if you take things slowly and give your moonstruck self more time.

Leo (July 23 to August 22) It's a love fest for Leos and Leonas this week. Paired Cats might expect to be purr-fectly in sync. And with matchmaking friends, single Simbas searching for romance shouldn't have too far to look.

Virgo (August 23 to September 22) More understanding on both sides can work miracles in restoring ailing relationships to health. Make the first move, and you'll be closer to your much-wanted reunion.

Libra (September 23 to October 22) Accept the fact that you are worthy of being loved, and you'll find proof in what is revealed to you over the course of the week. Also accept a compliment offered with great sincerity.

Scorpio (October 23 to November 21) Planning to take a new direction in life is exciting. And so is a new awareness of someone's special affection. Expect a slow and mostly steady development of the situation.

Sagittarius (November 22 to December 21) Although you might still feel you weren't treated quite right in a recent matter, all that will work out in time. Meanwhile, enjoy the week's special qualities and potentials.

Capricorn (December 22 to January 19) Deciding not to give up on a troubling romantic situation helps start the healing process. Expect to find some valuable insight into yourself as things move along.

Aquarius (January 20 to February 18) The week is filled with positive potentials, but it's up to you to make the right choices. The advice of someone who truly cares for you and your well-being can be

priceless.

Pisces (February 19 to March 20) It's a good time to make yourself available to possibilities of the romantic kind. Already paired? Good. In that case, be sure to reassure that special person of your feelings.

Born This Week: Your generosity gladdens the hearts of others, and you bask in their joy.

MOMENTS IN TIME

• On Feb. 20, 1792, President George Washington signs legislation renewing the United States Post Office as a cabinet department led by the postmaster general, guaranteeing inexpensive delivery of all newspapers, stipulating the right to privacy and granting Congress the ability to expand postal service to new areas.

• On Feb. 21, 1885, the Washington Monument, built in honor of America's revolutionary hero and first president, is dedicated in Washington, D.C. Three years later it was opened to the public, who could climb to the top of the monument by stairs or elevator. By District of Columbia law, it remains the tallest building in the nation's capital.

• On Feb. 18, 1929, the Academy of Motion Picture Arts and Sciences announces the winners of the first Academy Awards, which were printed on the back page of the academy's newsletter.

A few days later, Variety published the information – on page seven.

• On Feb. 19, 1945, the U.S. Marines' invasion of Iwo Jima is launched. When the American flag was finally raised atop Mount Suribachi, the image was captured in a famous photograph that later won the Pulitzer Prize.

• On Feb. 15, 1965, in accordance with a formal proclamation by Queen Elizabeth II of England, a new Canadian national flag is raised in Ottawa, the capital of Canada. The search for a new national flag began in 1925.

• On Feb. 17, 1972, the 15,007,034th Volkswagen Beetle rolls off the assembly line, breaking a four-decade record held by the Ford Motor Company's iconic Model T. The VW Beetle dates back to 1930s Germany.

• On Feb. 16, 1984, Bill Johnson becomes the first American man to win an Olympic gold medal in downhill skiing, a sport long dominated by European athletes. Johnson quickly became a national hero, but never again competed in the Olympics.

NOW HERE'S A TIP

• Save and thoroughly clean foam egg cartons for kids' paint palettes. The wells keep colors contained, and the flat space on the lid side is great for resting brushes.

continued on page 30B

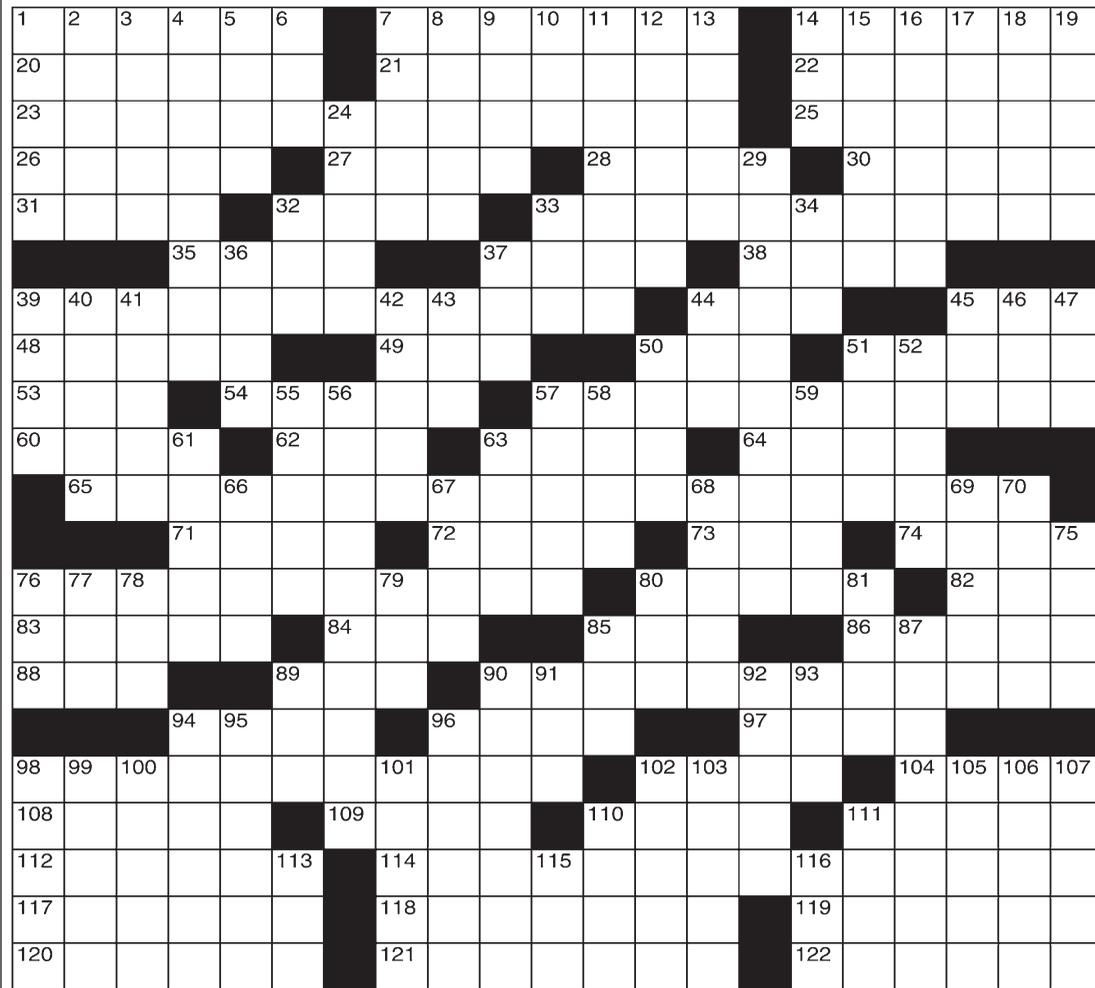
PUZZLES

Answers on page 31B

Super Crossword

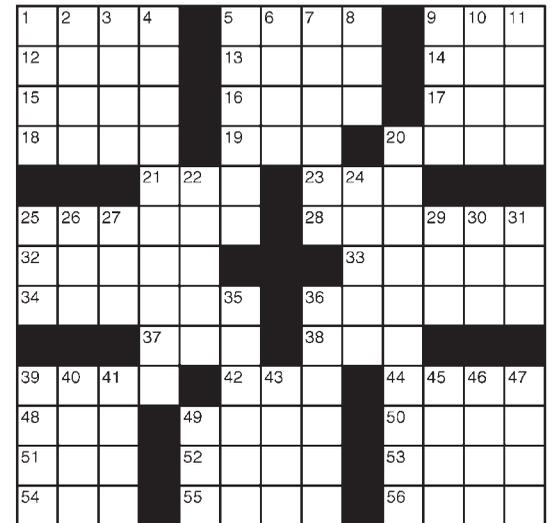
WEIRD WARDROBE

- ACROSS**
- 1 Ill will
 - 7 Accepted blame humbly
 - 14 Creatures
 - 20 Mafia code of silence
 - 21 Person of the hour
 - 22 Bill Clinton's #2
 - 23 Formalwear imparting a pleasantly optimistic feeling?
 - 25 Flier Earhart
 - 26 Tricky rascal
 - 27 Some pipe shapes
 - 28 Model of iPod
 - 30 Weasel's kin
 - 31 Room, in Spanish
 - 32 G-men, e.g.
 - 33 Appropriate underwear in a law court?
 - 35 Gemini, e.g.
 - 37 Unwanted plant growth
 - 38 "Oh, sure!"
 - 39 Neckwear making people unable to move?
 - 44 ICU tubes
 - 45 Burnt residue
 - 48 Yellow hue
 - 49 With 72-Across, 1920s-'30s design style
 - 50 Royal flush card
 - 51 A Marx brother
 - 53 — Zedong
 - 54 Ukraine city
 - 57 Toadstool-shaped headwear?
 - 60 Kilt wearer
 - 62 Stew sphere
 - 63 Moral errors
 - 64 Actress Perلمان
 - 65 Women's wear encircling a magazine?
 - 71 Tooth filler
 - 72 See 49-Across
 - 73 Abbr. of fair hiring
 - 74 Go bonkers
 - 76 Beach where everyone dons athletic wear?
 - 80 Do a tally of
 - 82 Abbr. in personal ads
 - 83 Sir Andrew — Webber
 - 84 "— Day Will Come"
 - 85 Be in debt to
 - 86 Writer Joyce Carol —
 - 88 Frequently, to a poet
 - 89 Pull sharply
 - 90 Waist wear inscribed with images of sun-orbiting bodies?
 - 94 Castle trench
 - 96 ERA or RBI
 - 97 Sit as a model
 - 98 Outerwear with huge pockets to hold LPs?
 - 102 Verbal gems
 - 104 9-to-5er's relieved cry
 - 108 Telegraphic code creator
 - 109 Slave away
 - 110 Inside info
 - 111 Pro at taking dictation
 - 112 Frozen spike
 - 114 Summer wear depicting cartoon scenes?
 - 117 Weasels' kin
 - 118 Looked scornfully
 - 119 Messenger of the gods
 - 120 Rains cold pellets
 - 121 Mean rulers
 - 122 Big bother
 - 1 Boulders
 - 2 Oven brand
 - 3 Sherpa land
 - 4 Deep fissure
 - 5 An Amerind
 - 6 Brit. mil. fliers
 - 7 Get — of (obtain)
 - 8 Implements
 - 9 Closing parts
 - 10 Homer
 - 11 Simpson cry
 - 11 Rusty color
 - 12 Avenged
 - 13 Singer — Marie
 - 14 Sheep's call
 - 15 "Rum Punch" novelist Leonard
 - 16 "Yeah, makes sense"
 - 17 Nick of film
 - 18 Heartache
 - 19 Scorches
 - 24 "Angie" star Davis
 - 29 "Tommy" actor
 - 32 E-I linkup
 - 33 Royal flush card
 - 34 They're shot from air rifles
 - 36 Modest reply to kudos
 - 37 Comical sort
 - 39 Scots' toppers
 - 40 Many Apples
 - 41 Paperless novel, e.g.
 - 42 Turkic language
 - 43 Bit of lifting lingerie
 - 44 I, to Freud
 - 45 Curved line
 - 46 Mani offerer
 - 47 Quick trip
 - 50 Helper: Abbr.
 - 51 Gardening implements
 - 52 Stock up on
 - 55 As is fitting
 - 56 Grabs the attention of suddenly
 - 57 Cut to bits
 - 58 Counteract
 - 59 Buckeye State sch.
 - 61 A bit drunk
 - 63 Plaintiff
 - 66 Regretted deeply
 - 67 Lysol target
 - 68 Jon who played Napoleon
 - 69 Join together
 - 70 Studio prop
 - 75 Earring part
 - 76 "I'm Real" singer's nickname
 - 77 Pixie
 - 78 Deteriorate
 - 79 Kiss go-with, often
 - 80 Stupefy
 - 81 Seal schools
 - 85 Mel who wore #4
 - 87 Helpers in crime
 - 89 — Mahal
 - 90 Painter's studio
 - 91 Used a sofa
 - 92 Elected (to)
 - 93 Platform for Apple devices
 - 94 Biceps, e.g.
 - 95 Brunch dish
 - 96 Thin
 - 98 Slightly off
 - 99 Regional
 - 100 Hush money
 - 101 Slide on a sled, say
 - 102 Polyphonic choral piece
 - 103 Opinion pieces
 - 105 Lysol target
 - 106 It's gathered in recon
 - 107 "Pippin" director Bob
 - 110 Mend, as socks
 - 111 Mets' former stadium
 - 113 Ending for lion or seer
 - 115 — culpa
 - 116 "Zip it!"



King Crossword

- ACROSS**
- 1 Saudi native
 - 5 Job-safety org.
 - 9 Old CIA foe
 - 12 Mentor
 - 13 Err
 - 14 Shoe width
 - 15 Secondhand
 - 16 Watch chains
 - 17 Away from SSW
 - 18 Slightly
 - 19 And so on (Abbr.)
 - 20 Tackles weeds
 - 21 Longing
 - 23 Hearty quaff
 - 25 Ex-hausted
 - 28 Castor's twin
 - 32 Silents star Mary
 - 33 Country singer Shelton
 - 34 Arrest
 - 36 Dwellings
 - 37 Meadow
 - 38 Dancer Charisse
 - 39 Rage
 - 42 Trio after Q
 - 44 Raw minerals
 - 48 Exist
 - 49 — Domini
 - 50 "Damn Yankees" vamp
 - 51 Irate
 - 52 Tale teller
 - 53 Maui meal
 - 54 Golfer Ernie
 - 55 Track circuits
 - 56 Holler
 - 9 Vegas game
 - 10 Hereditary unit
 - 11 Honey bunch?
 - 20 Louis Armstrong song
 - 22 Haunting
 - 24 Hotel area
 - 25 "Humbug!"
 - 26 "Suits" net-work
 - 27 Disco guy on "The Simpsons"
 - 29 Young fellow
 - 30 Guitar's kin
 - 31 Ballot marks
 - 35 Aslan's land
 - 36 Oscar contenders
 - 39 Notoriety
 - 40 Russian river
 - 41 Some wines
 - 43 Crisp cookie
 - 45 Libertine
 - 46 Mideast airline
 - 47 Author Bellow
 - 49 100%
- DOWN**
- 1 Oaxaca water
 - 2 Reddish brown
 - 3 Region
 - 4 "That'll Be the Day" singer
 - 5 Insult
 - 6 Coin aperture
 - 7 Wheel cover
 - 8 Six-pack



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: HE WAS GIVEN THE — DEGREE

- | | | | |
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| Bachelor's | Highest | Nursing | |

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

Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:35 am	7:44 am	2:44 pm	6:49 pm
Sat	1:18 am	8:10 am	2:55 pm	7:37 pm
Sun	2:00 am	8:34 am	3:08 pm	8:25 pm
Mon	2:43 am	8:57 am	3:26 pm	9:15 pm
Tue	3:32 am	9:19 am	3:48 pm	10:10 pm
Wed	4:29 am	9:41 am	4:14 pm	11:13 pm
Thu	5:46 am	10:01 am	4:46 pm	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:49 pm	7:46 am	None	6:51 pm
Sat	12:23 am	8:12 am	2:00 pm	7:39 pm
Sun	1:05 am	8:36 am	2:13 pm	8:27 pm
Mon	1:48 am	8:59 am	2:31 pm	9:17 pm
Tue	2:37 am	9:21 am	2:53 pm	10:12 pm
Wed	3:34 am	9:43 am	3:19 pm	11:15 pm
Thu	4:51 am	10:03 am	3:51 pm	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:32 am	7:44 am	1:53 pm	7:32 pm
Sat	1:07 am	8:20 am	2:27 pm	8:16 pm
Sun	1:45 am	8:51 am	3:00 pm	8:59 pm
Mon	2:32 am	9:18 am	3:29 pm	9:40 pm
Tue	3:26 am	9:37 am	3:54 pm	10:23 pm
Wed	4:23 am	9:46 am	4:10 pm	11:16 pm
Thu	5:25 am	9:50 am	4:26 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:45 am	11:00 am	4:54 pm	10:05 pm
Sat	3:28 am	11:26 am	5:05 pm	10:53 pm
Sun	4:10 am	11:50 am	5:18 pm	11:41 pm
Mon	4:53 am	12:13 pm	5:36 pm	None
Tue	5:42 am	12:31 am	5:58 pm	12:35 pm
Wed	6:39 am	1:26 am	6:24 pm	12:57 pm
Thu	7:56 am	2:29 am	6:56 pm	1:17 pm

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From page 25B

Now Here's A Tip

They are easy to rinse off and just as easy to recycle if you are done with them.

- To help insulate your home to prevent heat loss, build up a mound of snow about 3 feet high at the foundation. Snow is a terrific insulator. – ES in Michigan

- When topping a pie with meringue, make sure that it touches all the edges of the pie crust. Otherwise it will shrink.

- Wrinkled ribbons? You can use your curling iron or flat iron to give the satin a quick freshening up.

- “You can use a little bit of cooking oil to remove the last bits of sticker adhesive from a glass picture frame. Remove as much of the paper sticker as possible, then dab the spot with oil on a paper towel. Rub off. When all the adhesive is removed, use glass cleaner.” – RH in South Carolina

- Got stale bread? If it's not too stale, you can try to bring it back in the oven. Set on a low heat alongside – but not in – a pan with water. If it's too far gone, you can always cut it up into cubes and make it croutons, or toast and grind into breadcrumbs. No waste.

STRANGE BUT TRUE

- Rose DeWitt Bukater's fabulously expensive pendant, “The Heart of the Ocean,” featured in James Cameron's *Titanic*, was not completely fictitious – it is believed that a rather large sapphire went down with the ship that fateful night.

- There is a company called Little Miss Matched that sells packs of mismatched socks.

- Syphilis was a major problem in the late 19th and early 20th century. Doctors found that the bacteria that caused it was sensitive to heat, so they thought giving a patient a fever could help get rid of it.

How did they induce said fever? With malaria injections. While effective in curing syphilis, some patients unfortunately died from – you guessed it – malaria.

- Instant noodles topped a Japanese poll of the country's greatest inventions of the 20th century.

- Freelancers originally referred to self-employed, sword-wielding mercenaries: literally, “free lancers.”

- In ancient Rome, having a crooked nose was considered a sign of leadership.

- Andrew Lawrence, ran two hours, 47 minutes and 41 seconds in a banana costume during a London marathon in order to secure the title of the fastest time to run a marathon while wearing a fruit costume.

- Before mercury, brandy was used to fill thermometers.

- Author William Faulkner refused a dinner invitation from JFK's White House. “Why, that's a hundred miles away,” he

said. “That's a long way to go just to eat.”

- Polar bears have black skin. And their fur isn't actually white! It's see-through, so it appears white as it reflects light.

- It's illegal in Vermont to prohibit anyone from putting up a clothesline.

THOUGHT FOR THE DAY

“Success is not final, failure is not fatal; it is the courage to continue that counts.”

– Winston Churchill

TRIVIA TEST

1. **Science:** What kind of charge does a neutron carry?
2. **Theater:** Which 20th-century play features a character named Blanche DuBois?
3. **History:** Which ancient Greek author is considered “the Father of Comedy”?
4. **Literature:** What were the first names of the Bronte authors and

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2/5 *2/12

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7/31 *TFN

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by Capt. Matt Mitchell

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

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

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

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

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2/5 *2/12

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www.islandnews.com

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

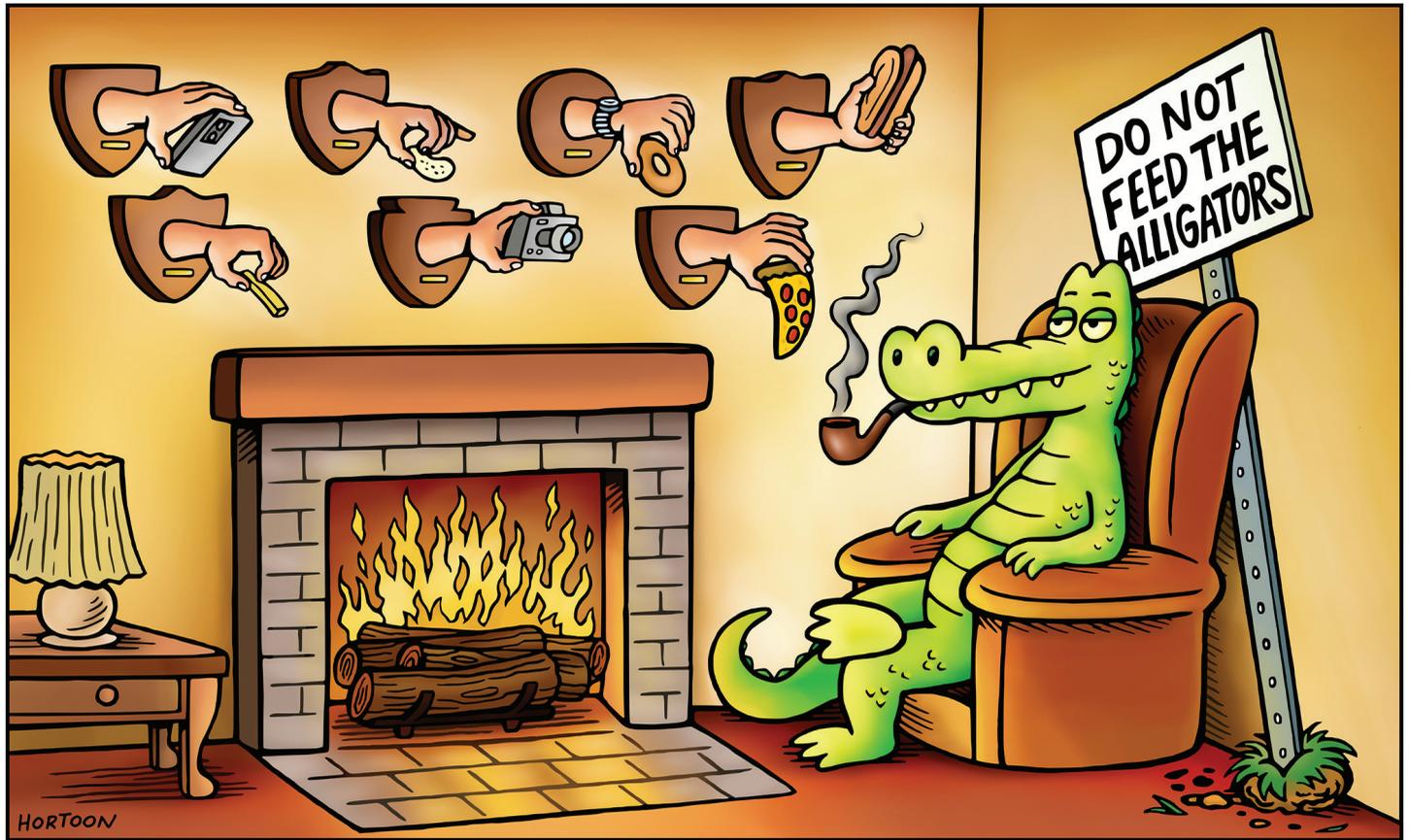


NEWSPAPER
Sanibel & Captiva Islands



- sisters?
- Food & Drink:** What kind of nut also is known as a filbert or cobnut?
 - Ad Slogans:** Which brand of men's aftershave used the advertising slogan, "Be careful how you use it"?
 - Movies:** What was the title of the movie in which Kirk Douglas played the artist Van Gogh?
 - Games:** Which video game character was the first to be featured as a giant balloon in Macy's Thanksgiving Parade?
 - Music:** Which Billy Joel song featured a couple named Brenda and Eddie, the king and queen of the prom?
 - Geography:** What was the former name of the African country of Zimbabwe?

HORTOONS



TRIVIA ANSWERS

1. A neutron has no charge.
2. A Streetcar Named Desire
3. Aristophanes
4. Emily, Charlotte and Anne
5. Hazelnut
6. Hai Karate
7. Lust for Life
8. Sonic the Hedgehog
9. Scenes from an Italian Restaurant
10. Rhodesia

SCRAMBLERS ANSWER

1. Hearty
2. Basic;
3. Bundle;
4. Advise

Today's Word
HUSBAND

PUZZLE ANSWERS

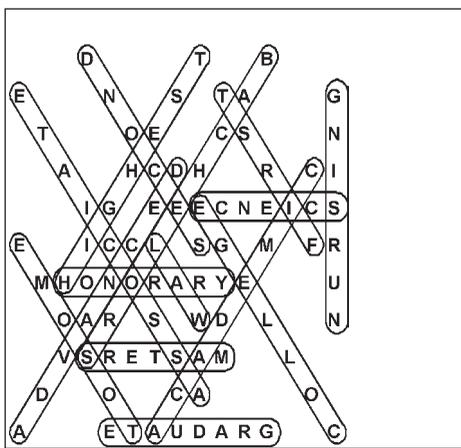
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2017	4,647	\$6,495,000	\$6,495,000	8
Richardsons O L Subd	Sanibel	1987	5,642	\$4,495,000	\$4,250,000	452
Palmetto Point	Fort Myers	1978	3,972	\$2,485,000	\$2,300,000	3
Carolands	Bonita Springs	2002	4,320	\$2,375,000	\$2,150,000	26
Anchors Aweigh	Sanibel	2005	4,399	\$1,895,000	\$1,895,000	37
Sanctuary At Wulfert	Sanibel	2001	4,880	\$1,929,000	\$1,785,000	90
Hérons Landings II	Sanibel	1999	3,540	\$1,795,000	\$1,725,000	4
Sanctuary At Wulfert	Sanibel	1999	3,152	\$1,800,000	\$1,700,197	0
Laurel Oaks At West Bay Club	Estero	2013	3,697	\$1,795,000	\$1,680,000	14
Cape Harbour	Cape Coral	2008	5,029	\$1,690,000	\$1,625,000	76



SANIBEL BEACHFRONT

3767 W. GULF DR., SANIBEL
 • Newer Construction, Gorgeous Interior
 • Wine Room, Elevator, Game Rooms
\$7,995,000 **MLS 219071271**
 Trevor Nette 239.281.4435



CAPTIVA BEACHFRONT

15138 WILES DR., CAPTIVA
 • 102' of Premier Gulf Frontage
 • Comfort Meets Luxury - 6 BR, 5.5 BA
\$6,195,000 **MLS 220031374**
 McMurray & Members 239.850.7888



SANIBEL ISLAND

00 W. GULF DR., SANIBEL
 • 1 of 3 Available Lots w/104+ Beach Frontage
 • Fabulous Location & Opportunity
\$3,895,000 **MLS 220019012**
 McMurray & Members 239.850.7888

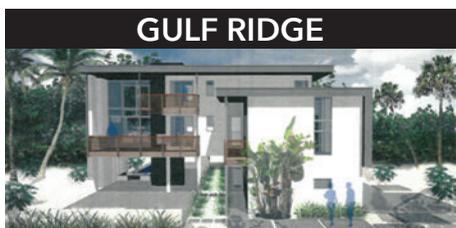


1635 LAND'S END VILLAGE, CAPTIVA
 • 2 BR, 2 BA on Redfish Pass & Gulf
 • Stunning Waterfront Views
\$1,429,000 **MLS 219013772**
 Vicki Panico & Fred Newman 239.980.0088



HUSCHKA

SAWGRASS PL., SANIBEL
 • Incredible Building Site on West Gulf Drive
 • Beach Access Directly Across Street
\$949,000 **MLS 218002687**
 John Nicholson, McMurray & Members 239.849.3250



GULF RIDGE

1837 BUCKTHORN LN., SANIBEL
 • Exceptional, Near Beach Building Opportunity
 • Over 1 Acre, Upscale Home Plans Available
\$499,000 **MLS 220069690**
 Jason Lomano 239.470.8628



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CAPTIVA ISLAND

15146 WILES DR., CAPTIVA
 • Charming 2 BR, 2 BA Beachfront Cottage
 • Vacation Home & Great Rental Potential
\$2,389,000 **MLS 220021477**
 McMurray & Members 239.850.7888



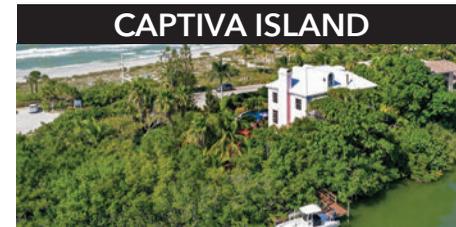
THE SANCTUARY

5633 BALTUSROL CT., SANIBEL
 • New 2020 Construction on Golf Course
 • 4 BR, 4.5 BA, Great Room Floor Plan
\$1,949,000 **Call for Details!**
 McMurray & Members 239.850.7888



CAPTIVA BEACHFRONT

11559 LAIKA LN., CAPTIVA
 • Iconic, Modern, Gulf Front Estate
 • 4,730+ S.F., Indoor/Outdoor Flow
\$7,700,000 **MLS 220029520**
 McMurray & Members 239.850.7888



CAPTIVA ISLAND

17201 CAPTIVA DR., CAPTIVA
 • Gulf to Bay, Old World Magnificence
 • 5 BR, Wood Beam Ceilings, Elevator
\$5,650,000 **MLS 220009922**
 Trevor Nette 239.281.4435



SANIBEL ISLAND

490 SAWGRASS PL., SANIBEL
 • Gorgeous European Design Finishes
 • Beautiful Tropical Setting
\$1,499,000 **MLS 220073830**
 Trevor Nette 239.281.4435



ANCHORS AWEIGH

757 WINDLASS WAY, SANIBEL
 • Private, East End Location on Canal
 • Furnished 3 BR, 2.5 BA w/Pool
\$1,249,000 **MLS 221006236**
 Trevor Nette 239.281.4435



BEACHVIEW ESTATES

1259 PAR VIEW DR., SANIBEL
 • Extraordinary Home, Oversized Lot
 • 3 BR, 4 BA, Stunning Pool & Terrace
\$1,175,000 **MLS 220045533**
 Cindy Sitton 239.810.4772



POINTE SANTO

2445 W. GULF DR. #C23, SANIBEL
 • 3 BR, Direct Panoramic Gulf Views
 • See 3D Tour: www.PointeSantoc23.info
\$1,100,000 **MLS 219083100**
 Bob Radigan 239.691.6240



OCEAN'S REACH

2230 CAMINO DEL MAR DR. #2D1, SANIBEL
 • 2 BR, 2 BA, Direct Gulf Front
 • Recently Renovated, New Furnishings
\$890,000 **MLS 220033967**
 Cindy Sitton 239.810.4772



SUNDIAL OF SANIBEL

1501 MIDDLE GULF DR. #G204, SANIBEL
 • Gulf Views from Your Screened Lanai
 • 2 Bedrooms, 2 Full Bathrooms
\$749,000 **MLS 220067748**
 Brian Murty 239.565.1272



MARINER POINTE

760 SEXTANT DR. #241, SANIBEL
 • 2 Bedroom, 2.5 Bath Townhouse
 • Panoramic Bay Views, Direct Walk-Out
\$690,000 **MLS 221000640**
 Bob Radigan 239.691.6240



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #F106, SANIBEL
 • Ideal 1 BR Courtyard View
 • Fully Furnished & Appointed
\$465,000 **MLS 220037666**
 Vicki Panico & Fred Newman 239.826.2704



**SUNDIAL OF SANIBEL
 UNDER CONTRACT**

1501 MIDDLE GULF DR. #F108, SANIBEL
 • Large 1 Bedroom, 1 Bath
 • Beautifully Maintained Property
\$435,000 **MLS 220009087**
 Brian Murty 239.565.1272



THE SANCTUARY

2515/2517 WULFERT RD., SANIBEL
 • Vacant Lot Showcasing #14 Green, Lake & Fairway
 • Wonderful Southern Exposure
\$239,500 **MLS 217063941**
 Trevor Nette 239.281.4435