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Island Sun

VOL. 29, NO. 28

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 7, 2022

JANUARY SUNRISE/SUNSET: 7 7:18 • 5:51 8 7:18 • 5:52 9 7:18 • 5:53 10 7:18 • 5:53 11 7:18 • 5:54 12 7:18 • 5:55 13 7:18 • 5:56



Annabelle Tometich Hugh Starnes

Shadreka McIntosh Tessa LeSage

Sarah Chayes Jane Mayer

Rick Atkinson Ann Hagedorn

Diverse Class For BIG ARTS Talking Points Series

What do food, spies, racial disparities, war, myths and politics have in common? All are featured topics for the upcoming BIG ARTS Talking Points series. This eclectic gathering of prize-winning, nationally known writers and thinkers will be held on six Thursday afternoons at 4 p.m. in Christensen Performance Hall, beginning

January 20. Talks will be available in person as well as online, sponsored by The Sanibel Captiva Trust Company.

The lineup is:
January 20 – Stories from a Local Food and Restaurant Critic. For 15 years, Annabelle Tometich was “Jean Le Boeuf,” the restaurant and food critic for *The News-Press*. Recently, she shed her pseudonym to oversee the paper’s new *Taste* section. Hear how a young writer first embraced the perks of a male name, and later decided to come out of his shadow. She can dish on all the local restaurants and food trends, and introduce

you to her latest venture, *The Half Flip* newsletter, where she shares recipes and stories about food, family and growing up in Fort Myers.

January 27 – Racial Bias in Southwest Florida, a panel discussion. For more than four decades, Fort Myers native Hugh Starnes was a judge in Florida’s 20th Judicial Circuit. But in 2020, amid social justice protests following the murder of George Floyd, he chose to leave the bench and its constrictions on his personal advocacy to support the Black Lives Matter movement. Flaws in society led him to want to use his voice in new

ways. The move was not one expected of someone raised in a segregated city who grew up adoring Confederate legends and “cracker cowboys.” Joining him will be Dr. Shadreka McIntosh, who grew up in the predominantly black Dunbar area of Fort Myers. She is a doctor of pharmacy with 20 years of experience in healthcare and has returned to her home turf to open Sozo, the first wellness center and pharmacy serving the Dunbar community. An entrepreneur, she is erasing the pharmacy “desert” of her childhood. Moderating the panel will be Tessa

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Stormy, oil on canvas, by Douglas David

images provided

Art Reception On Captiva

The Captiva Civic Association will host an opening reception for its newest exhibition, *Seascapes, Dunes & Skies*, a solo exhibit showcasing paintings by Douglas David.

The reception will take place on Thursday, January 13 from 5:30 to 7

p.m. at the Captiva Civic Center, located at 11550 Chapin Lane on Captiva. It is open to the public and will feature live music, light hors d’oeuvres and refreshments. The association requests that masks be worn while indoors. Food and drink will be served outside on the porch and patio.

David has painted his way across the country, capturing the beauty and spirit of the things he loves. He has received



Grasses, oil on canvas, by Douglas David

numerous regional and national awards for his work. In this exhibit, he displays three scenes: blue-green seascapes with rolling waves; sweeping shorelines with dune grasses; and white sands with pink and

lavender hues.

The exhibit runs through Thursday, February 10. Viewing is open to the public Monday through Friday from 10

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Community House Calendar



The Community House photo by Logan Hart
January 16. Cost is \$30. Reservations are required.

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

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

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

Line dancing is offered on Tuesdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

Social Bridge is in play on Tuesdays from 12:30 to 3 p.m. Cost is \$5.

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

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

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

Sanibel-Captiva Art League is exhibiting works by artists Nancy Sperte and Vreni Scheu for the month of January. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually at www.sanibelcommunityhouse.net.

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

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

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

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

Unitarians To Hold Virtual Service This Sunday

The first service of the Unitarian Universalists of the Islands will be held on Sunday, January 9 at 5 p.m. via Zoom. To join in, call Ron Benninga at 312-961-9476 on Saturday, January 8.

Erhard Joeres has selected an essay to read by Robin Wall Kimmerer, from her collection of essays called *Braiding Sweetgrass*. The essay addresses exploiting earth's resources for profit versus living in harmony with nature. As a botanist, Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are the oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings two ideals of knowledge together.

Joeres is professor emeritus of University of Wisconsin/Madison. His field was environmental studies and civil and environmental engineering. He lived on Sanibel for 13 years with his wife, Maree Elowson, and was active on the board of the Unitarian Universalists of the Islands.*

Oil Painting with Suzette will be held on Monday, January 10 from 9:30 to 11:30 a.m. The subject is a bird's nest with eggs. Cost per class is \$55 for members and \$65 for guests. All materials included. Register online at www.sanibelcommunityhouse.net or call 472-2155.

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

The next on site paper shredding event will be held this Saturday, January 8 from 9 a.m. to noon. Cost is \$5 per bag or box.

A Night in New England is the theme for the community social on Wednesday, January 12. RSVP required at www.sanibelcommunityhouse.net or 472-2155. Cost is \$25 for members and \$30 for non-member. Pick up meals from 5 to 6 p.m. or dine in beginning at 6 p.m.

Art Fest is coming Friday and Saturday, January 14 and 15 from 9 a.m. to 3 p.m. This event will be held outside and a \$5 donation is required.

Kid's Cooking classes are held on the third Sunday of the month from 1 to 3 p.m. The next class will be held on

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Santa visits with island children in the 1950s

photos provided

The Community House: Birthplace Of The City

submitted by Tom Sharbaugh

In 1927, the original purpose of the new Community House building was to serve as a town gathering place for the small population who lived here at the time. Just a few hundred pioneer settlers engaged in farming and fishing, and their homes were scattered across the islands. There was no formal “village” at the time, and they needed a place where they could come together, socialize, and share meals, entertainment and knowledge. Pooling their resources, they built a small, cottage-style building that served them well as a communal living space – The Community House.

In the 95 years that followed, The Community House has been a busy place. Moreover, it came to serve another unexpected but very important role in the history of Sanibel – as the birthplace for many of the island entities, activities and services we now take for granted. The foundations for many local organizations were laid at The Community House before they grew into their own facilities.

Down through the years, examples include the first movie shows, first meetings to formulate fire protection services, first lending library, public health services including inoculations by a county nurse, hurricane response center after



Sanibel women organize to create the Sanibel bike paths

Hurricane Donna and public polling place.

The Community House also served as the location for the first preschool, IQ testing site for school children, school programs and ceremonies, teen club for parties and dances, adult dances, concerts, shows, lectures and plays, and holiday parties for adults and children.

The Audubon Society held its first meeting at The Community House. Weddings were held, the first island

continued on page 6



Square dancing at The Community House in the 1950s



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Discussion over a meal at the Woodring home in the mid-1950s
photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Looking Back: Pest Control

This week's image shows Esperanza Woodring listening to one of the "screw-worm men" while others



concentrate on her food in the mid-1950s. "Dad" White is standing and Ralph Woodring is shown far right. Next to Esperanza is EF Knipling, who field-tested his concept of pest control of the screw-worm fly on Sanibel in 1953.

Screw-worms were a major cattle industry problem, an infestation able to kill a cow within 10 days. Knipling sterilized the flies with

x-rays, eventually converting a Sebring, Florida aircraft hangar into a giant "fly factory." His idea, which he worked on despite little encouragement, is now considered by some entomologists to be the most important advance in insect pest control in the 20th century – perhaps ironic since Knipling was previously head of the USDA research lab that developed DDT during World War II.

By irradiation sterilization, Knipling eradicated the screw-worm in cattle, and the concept of inundating an infected region with sterile flies has

been used with medflies and other agricultural pests since then.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to all but one of the buildings; the old Sanibel Post Office. Admission is \$10 for adults over 18, no charge for members and children.

For more information, visit www.sanibelmuseum.org or call 472-4648.*

Churches/Temples

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

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

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

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

SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. and 11 a.m. in the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. Sunday Worship at 7:45, 9 and 11 a.m. www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Bill Van Oss, Rector. Service schedule through April, Saturday at 5 p.m., Sunday at 8 a.m. and 10:30 a.m. The 10:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901. *Email changes to press@islandsunnews.com or call 395-1213.**

Email your editorial copy to: press@islandsunnews.com



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What's Happening At The House

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10 am Shell Crafter Lesson,
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MONDAY, JAN. 10TH & 24TH

9:30 am Oil Painting w/ Suzette

MON., WED. & FRI.

9 & 10:30 am Aerobics w/ Mahnaz

TUESDAYS

9:30 am Letting Loose
w/ Watercolor by Anita

12:30 pm Social Bridge

1 pm Line Dancing w/ Marie

TUESDAY, JAN. 18TH

6 pm Cheers to 95 years!

WEDNESDAYS

1 pm Painting w/ Friends

WEDNESDAY, JAN. 12TH

Community Social Dinner
To go or Dine In

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

1 pm Hearts Card Club

SATURDAY, JAN. 8TH

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Happenings, visit

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The Community House

SANIBEL COMMUNITY ASSOCIATION

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"To enrich community spirit through educational, cultural and social gatherings in our historic Community House."

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Porter Goss, the first mayor of Sanibel, was sworn in at The Community House photos provided

From page 3

Community House

newspaper (*Island Reporter*) was formed as well as the committee to create the Sanibel bike paths.

BIG ARTS and Sanibel-Captiva Conservation Foundation (SCCF) began at The Community House. Service clubs such as the Lions, Kiwanis, Rotary, Zonta and American Business Women's Association held meetings and fundraisers. There were recreational and social club meetings, public meetings to create the City of Sanibel as well as a vote to incorporate the city, and the earliest city hall functions, including city council meetings following incorporation.

Over the years, these activities helped bring Sanibel from its roots as a sparsely populated, remote island into the vibrant community it is today. These days, it has become trendy to talk about "incubators" for small business startups, but this community can be proud of having built one of the first incubators 95 years ago, long before the idea became popular.

In 2022, The Community House will celebrate the 95th anniversary of its opening, and an event celebrating its anniversary will be held on Tuesday, January 18 – themed Cheers to 95 Years. To reserve tickets to the dinner and dance



Islanders voting in the 1940s



Rally sign for city incorporation

party, visit www.sanibelcommunityhouse.net or call 472-2155.

The original idea for The Community House arose from the vision and energy of the people of Sanibel and Captiva, and 95 years later, it continues to be a community-run facility. Operated by the Sanibel Community Association (SCA) as a nonprofit 501(c)3 organization, it receives no tax dollars, and is supported solely by membership dues, rental fees, business sponsorships and donations from residents and friends.*

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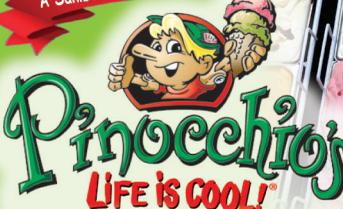
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City Recognizes Employees For Service And Accomplishments



Mayor Holly Smith congratulates Equipment Operator and Crew Leader Michael Henry for his 35 years of service with the city
photos by Wendy McMullen



Mayor Holly Smith recognizes Chief Wastewater Plant Operator Joseph Gudinas on 25 years of service with the city



Senior Program Manager Dave DeFonzo accepts a watch from Mayor Holly Smith to celebrate 30 years of service with the city as Vice Mayor Richard Johnson looks on



Naples City Clerk and Southwest District Director Pat Rambosk congratulates Sanibel City Clerk Sotty Lynn Kelly on achieving Master Municipal Clerk certification

Council Approves Contract For Consultant

by Wendy McMullen

Sanibel City Council approved a \$74,000 contract with a consultant to provide a comprehensive plan for all of Sanibel's recreation facilities at Tuesday's meeting.

The issue was not without opposition, however. Councilman John Henshaw said he was not sure that spending \$75,000 on a consultant to provide information that was already available in the community was the best use of city funds.

"I think the solutions are before us. We just need the organizational capacity to get this done," Henshaw said. "I don't think we need a consultant. They will use a lot of buzz words, they will destroy a lot of trees. It's a panacea."

He was supported in this by resident Steve Maxwell who ran a recreation center in Orlando and who indicated that the benefit of the consultant's services would not outweigh the cost.

Vice Mayor Richard Johnson, however, said he didn't doubt that there was expertise within the community that could help formulate a plan, but that after years

of discussion, he was in favor of spending the money for a consultant to marshal all that expertise and to get all the island recreation facilities up and running.

"We have a beautiful facility and we want to make sure we make full use of it," Johnson said, referring to the Sanibel Recreation Center. "I want to do this not just for the people to use the rec center, but also for the people who do not use the rec center but who pay for it.

"I think it will be money well spent," he concluded.

The recreation center cost \$20 million to build and costs \$1.4 million a year to maintain.

Resident Darla Letorneau echoed the vice mayor's comments stating that although there is a lot of expertise in the community, the consultant is needed to coordinate the community involvement. She pointed out that studying the needs and surveying residents takes a lot of time.

"If this is going to be successful, then we should have a stakeholder advisory team," she suggested, adding that until the study is complete, there was little that could be done to improve the rec center.

"I don't think we can take our eye off that ball," she said.

Council voted to approve the agreement with Berry Dunn McNeil & Parker for \$74,000 by a vote of 4 to 1 with Henshaw opposed.*

Education Urged On Use Of E-Bikes

by Wendy McMullen

Sanibel City Council heard about the problem of e-bikes on Sanibel's shared use paths at Tuesday's meeting. The issue was brought up by resident Leonard Haas, who told councilmembers that e-bikes on the bike path were a threat to the safety and welfare of the citizens of Sanibel. Haas proposed an enhanced educational effort espousing good behavior on the bike path combined with greater dissemination of the rules governing e-bikes.

Police Chief Bill Dalton agreed with Haas, telling council that the proliferation of e-bikes is a growing problem that his department is trying to combat.

"We send officers about an hour each day to educate electronic bikers and skateboarders on safe operation of their equipment. We will continue to work on educating people," Dalton said.

"The trouble is, our audience changes every seven days," he added, referring to the weekly visitors who make up a large portion of the offenders.

Dalton recommended including information about the types of bikes that are permitted on the shared use path and the safe use of the paths in general.

There was also discussion on changing the ordinance that governs use of the bike paths.

Mayor Holly Smith recommended that residents tell police if they see improper use of the bike paths, so officers can issue a warning, followed by a citation for repeated offenses.*

Debt Approved For Police Station

by Wendy McMullen

City councilmembers passed a resolution to approve a debt of \$8 million in order to construct a facility at the proposed Sanibel Police Station site.

The proclamation stated that it is still expected that the costs of the project will be reimbursed by, and financed with, the proceeds of a future tax-exempt financing for capital expenditures, but that the cost of the project has now increased.

The funds will be used for design, installation, construction and for equipping the project. Councilmembers directed the architects to design a freestanding building on the site of the city recycling center at the last council meeting.

Pending reimbursement, general funds and other funds will be used to pay a portion of the cost of the project.*

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OBITUARY

JOHN F. CONNORS, JR. 1936-2021

John F. Connors, Jr., died peacefully in his sleep on the morning of December 25, 2021 at his home in Edgartown, Massachusetts with his wife by his side.



Born on June 21, 1936 to the late John "Jack" and Dorothy Connors, John was raised in Syracuse, New York. He was a former resident of Southboro, Massachusetts, Boston, Massachusetts, Sanibel, Florida and San Francisco, California.

John graduated from the Cathedral School in 1953 and the Manlius Military School in 1954, where he was a gifted student and a standout in both baseball and basketball. He continued his athletic and academic career at St. Bonaventure University. John was a four-year member of the varsity basketball team, his career culminating with back-to-back appearances in the NIT Final Four, a designation as captain and team MVP, and a top 20 national team ranking during his senior year. Four of his rebounding performances still rank among the highest in school

history, including his 23 rebounds against Iona College in Madison Square Garden.

John was inducted into the Saint Bonaventure Athletics Hall of Fame in 1998. Following graduation with honors from St. Bonaventure in 1958, John married the love of his life, the former Carolyn L. Byrnes of Syracuse, at Blessed Sacrament. They would go on to have five children and build a beautiful life together.

John served out his military commitment to the Army, stationed at Fort Sill (Oklahoma) and Fort Devens (Massachusetts) and departing as a 2nd lieutenant in 1961. His business career began in the training program with General Electric in Syracuse, focusing on the then-emerging telecommunications industry. In 1966, John received his masters in business from Oklahoma City University, graduating with top honors and receiving the Most Outstanding Student award.

Over the next decade, he served as an executive with several companies prior to founding Graphic Management Associates of Southboro, Massachusetts and Allentown, Pennsylvania, where he served as president and chief executive officer. In 1996, John sold the business to Mueller Martini of Zofingen, Switzerland. He also co-founded and served as president of National Inserting Systems of Allentown, Pennsylvania.

With a strong belief that "no one makes it alone" in life, John was

a lifelong champion of social and civil rights causes and Democratic politics. He joined the St. Bonaventure University (SBU) Board of Trustees in 2000 and -- while serving in that capacity -- John and Carolyn founded the Robert C. Conroy Memorial Internship, an ecumenical program encouraging SBU students to explore issues relating to peace, individual faith and social justice.

John also served on the board of the St. Francis House of Boston, the largest day shelter in Massachusetts, where he founded and supported the Carolyn L. Connors Women's Center. John and Carolyn received an honorary award at the St. Francis House All the Way Home event recognizing their commitment to rebuilding lives.

John and Carolyn were avid supporters of the Martha's Vineyard Community Services and its annual Possible Dreams auction, at times making headlines with their generous bids on such items as an in-home performance by Carly Simon. John was a friend to all. He proudly hosted political fundraising events for members of the Senate and Congress, including John Lewis and many others. He enjoyed being a moderator for the Sanibel Island Current Events series and engaging with his friends at Dot's Diner and its infamous "Think Tank"

gatherings on Saturday mornings. However, John's favorite place to "hold court" was around his Edgartown dining room table, visited by hundreds of summer guests over the years and often inspiring spirited political discussions -- and even a few changed minds.

John and his wife were well-known bicyclists and enjoyed biking into their later years, logging thousands of miles on bike paths around the world. Surviving John are his loving wife of 63 years, Carolyn Connors, their five children, Kelley Connors (Julien Jarreau), Michael Connors (Lisa), Skip Connors (Rachel Roberge), Terry Connors (Gillian Patrick), Kara Connors (Michael Miskovsky), their seven grandchildren, two step-grandchildren, a great-grandchild and two step-great-grandchildren, and seven nieces and nephews. He is predeceased by his sister, Sheila Connors.

A private service will be held followed by a celebration of life this spring. In lieu of flowers, consider a donation to St. Francis House, 7 Boylston Square, Boston, MA 02116 (attention: Teresa McDonough), or Martha's Vineyard Community Services, 111 Edgartown-Vineyard Rd., Vineyard Haven, MA 02557 (attention: Rebecca Pierce), in memory of John F. Connors, Jr.*

OBITUARY

MARGUERITE BARNETT ARNOLD

Marguerite Barnett Arnold of Sanibel, Florida, formerly of Annapolis, Maryland, died on December 30, 2021.

Born on June 5, 1922 in Louisville, Kentucky, she moved to Washington, DC in 1941, where she met and later married William Arnold of Baltimore, Maryland. In 1957, they moved to Annapolis, Maryland where they resided until retiring to Florida in 1979.

Marguerite volunteered as a Pink Lady at the Anne Arundel Medical Center and was a member of the Severn Town Club. She and her family were members of Trinity United Methodist Church in Annapolis from

1957 until their move to Sanibel in 1979 where they became members of Sanibel Community Church.

Marguerite was a life member of the Island Seniors group on Sanibel. Her hobbies included ceramics and bridge. Her husband, William, died in 2006.

She is survived by her children: Barbara Broadhurst of Fort Myers, Florida; Lynda Williams (Alvin) of Fort Myers, Florida; David Arnold (Mary K.), of Ocean Isle, North Carolina; and Judith Vartdal of Fort Myers, Florida. In addition, she is survived by six grandchildren, eight great-grandchildren and two great-great-grandchildren.

Arrangements are being handled by Harvey-Engelhardt Funeral & Cremation Services.*

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Shared Scholar Program Features Noted Guest

The Shared Scholar Program on Sanibel will feature Rabbi Rami Shapiro. Rabbi Shapiro will offer the annual Shared Scholar Lecture on Sunday, January 30 at 4 p.m. at Sanibel Congregational United Church of Christ. His lecture will focus on Perennial Philosophy. On Monday, January 31, he will present the Shared Scholar Seminar at the same location, from 9 a.m. to noon. The seminar will cover interfaith cooperation and relations. While there is no admission charge to either event, a free-will offering will be taken on Sunday.

Rabbi Shapiro is an award-winning author of over 36 books on religion and spirituality. He received rabbinical ordination from the Hebrew Union College – Jewish Institute of Religion and holds a PhD in religion from Union Graduate School. A rabbinic chaplain with the United States Air Force for three years, a congregational rabbi for 20 years, and a professor of religious studies for 10 years, Rabbi Shapiro currently co-directs the One River Foundation (www.oneriverfoundation.org). He is also a contributing editor at *Spirituality and Health* magazine,



Rabbi Rami Shapiro photo provided

where he writes the *Roadside Assistance for the Spiritual Traveler* column for the print magazine, the *Spirituality & Health* column for the digital magazine, and hosts the magazine's bi-weekly podcast, *Spirituality & Health with Rabbi Rami* (www.spiritualityhealth.com).

The Shared Scholar Program is supported by a coalition of congregations on Sanibel and Captiva, including Bat Yam Temple of the Islands, Captiva Chapel by the Sea, Christian Science Church of Sanibel, Saint Michael and All Angels Episcopal Church and Sanibel Congregational United Church of Christ. The program is also supported by the Rosner Foundation.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, call the church office at 472-0497.✪

Historical Village Seeks Volunteers



Volunteers, from left, Nancy Siegel, Anita Smith and Bonnie Frankel photo provided

The Sanibel Historical Village is seeking volunteers and has scheduled training for Monday, January 17 and Monday, January 24, both days at 1 p.m. in Shore Haven at the historical village.

Volunteers are asked to commit to just six hours a month and can fill a wide variety of jobs, from tour guides to display assistants to gift shopkeepers. There are two shifts; 10 a.m. to 1 p.m. and 1 to 4 p.m. The museum is open Tuesday through Saturday. Volunteers are needed for all shifts on those days. Volunteer coordinator Sandy Nering will work with volunteers to find the best

time slots.

In accordance with City of Sanibel regulations, masks are required inside the buildings at this time. Guided tours are available at 10:30 a.m. and 1:30 p.m., depending on docent availability. There is no extra charge for these tours and no advance reservations are required.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over 18; no charge for members and children. The village has handicap access to all but one building. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.✪

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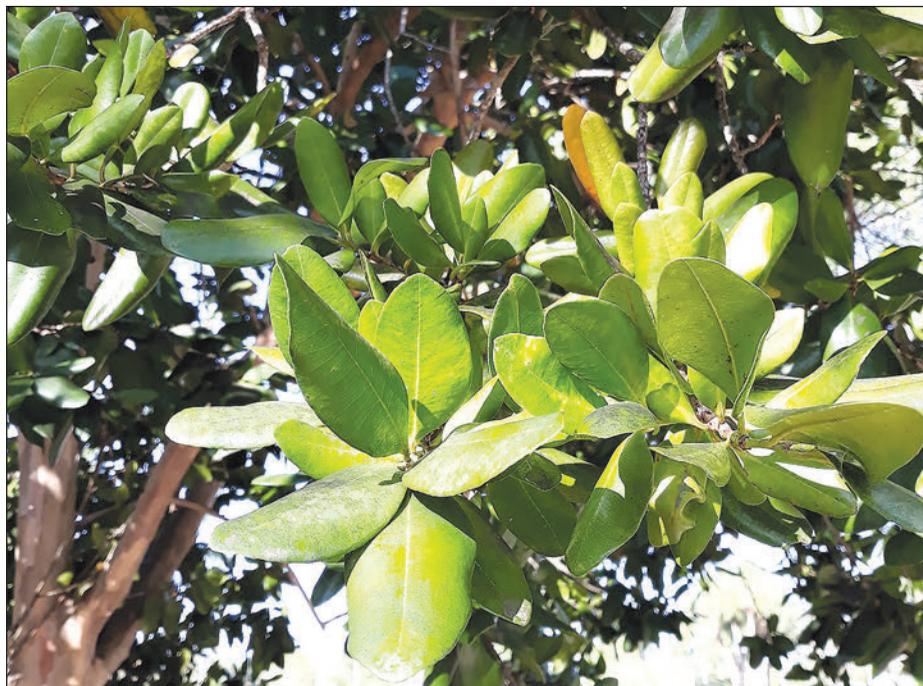
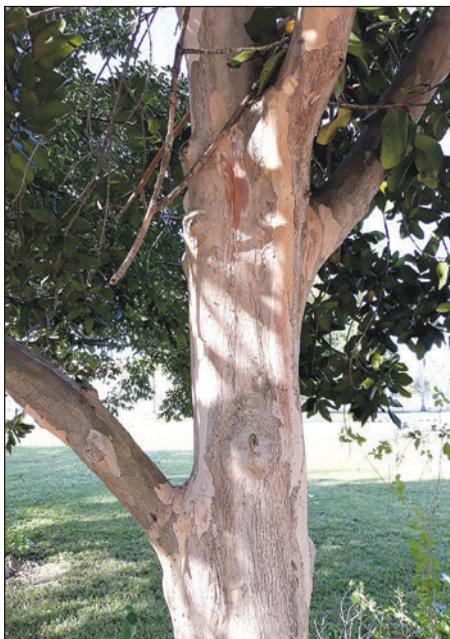
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Bay-rum's exfoliating multicolored bark is its most outstanding ornamental feature

photos by Gerri Reaves

Plant Smart

Bay-Rum Tree

by Gerri Reaves

If you come across the name bay-rum, you most likely associate it with men's cologne.

That's understandable, for the tree's aromatic oil has long been used for cosmetic and medicinal purposes.

The original process of distillation of

The aromatic oils in the leaves are the source for the well-known bay-rum men's cologne

the tree's oil involved crushing the leaves in rum, thus the common name. Another name is West Indian bay tree.

Bay-rum (*Pimenta racemosa*) is tree of the myrtle family and has a native range from the Caribbean to Venezuela. It is closely related to another tree also used for its aromatic oils, allspice (*Pimenta dioica*).

The tree has two outstanding ornamental features: glossy deep green foliage and smooth exfoliating bark. Gray to pale brown sections on the trunk peel

away to reveal lighter colors underneath.

Mature trees can develop rough and furrowed bark, however.

It has an upright form and reaches a height of 13 to 40 feet.

The leaves vary in shape but are generally oval with paler undersides. When crushed, they emit the odor of cloves and cinnamon.

The fragrant white flowers are bisexual and about a third of an inch across.

Birds eat and disperse the clusters of

black oval fruit. The seeds are toxic to humans.

The tree prefers plenty of moisture and bright sun and will tolerate only a little shade.

Sources: www.cabi.org, www.davesgarden.com and <https://hort.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✳

Audubon Bird Walks Resume

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

- January 8, Pond Apple Trail
 - January 15, Bunche Beach
 - January 22, Harns Marsh
 - January 29, Bunche Beach
 - February 5, Bailey Tract
 - February 12, JN "Ding" Darling National Wildlife Refuge
 - February 19, Pond Apple Trail
 - February 26, JN "Ding" Darling National Wildlife Refuge
 - March 5, Harns Marsh
 - March 12, JN "Ding" Darling National Wildlife Refuge
 - March 19, Bailey Tract
 - March 26, JN "Ding" Darling National Wildlife Refuge
 - April 2, Lakes Park
 - April 9, Lighthouse Beach Park
- Visit www.san-capaudubon.org for more information, including directions to each site.✳

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A New Year's Resolution You Can't Lose

by Howard H. Prager

The new year is often the time for making resolutions – lose weight, eat healthier, exercise more, get a new job. It's most often about individual growth and improvement. Those are great goals that all too often last just a little longer than you reading this column. Then, the exercise bike or treadmill goes in the closet or gathers clothes in your bedroom. Sound familiar? How about changing it up this year to make a new year's resolution you can't lose, because it's all about doing something for others? And in return for doing so, you'll feel happy and healthier too, and become a better leader and friend. You're probably thinking what elixir are you selling me? How could that possibly happen?

As the author of *Make Someone's Day*, I've seen it happen countless times. Doing something for others, at the right time and in the right way, totally makes their day. They can be so excited they actually say, "You made my day!" When they say that and you see them light up, you get excited too and often get a reciprocal burst of joy and positive energy. This is a win-win, because the more you do it, the more chances you have of getting reciprocal excitement. This is a habit that you can use throughout the year.

For example, Bob's boss often traveled. He knew Bob's young son loved trains. So when he went to teach in Sweden, he had just one personal goal, find the best train for Bob's son. Legos was it. This not only made Bob's day, it brought tears to his eyes and a greater commitment to work. Talk about a gift that keeps on giving. And a boss he will never forget.

Maureen was committed to helping the homeless. When she eats breakfast out, she gets pancakes on the side and gives them to a homeless person. Once when she did, a homeless woman said to her, "Do you have any syrup? Cold pancakes are rather dry and need syrup to moisten them up." Maureen never thought about that before. Now, when she gets her pancakes, she always

remembers the syrup.

Gideon George is a basketball player from a Nigerian village whose family couldn't afford the price of shoes, a month's paycheck. Instead, he wore old, beat-up shoes with holes in the soles. That was better than most. Lack of shoes is a leading cause of disease from the bacteria that spreads through open wounds on the feet. A scout discovered Gideon's athletic ability and taught him basketball, good enough to get a scholarship to a New Mexico community college (and a transfer to Brigham Young University). During his first weeks there, Gideon saw athletic shoes in the trash. He asked if he could take them. Many college athletes get free shoes, and if they're not comfortable, they throw them out. Gideon started asking other athletes for their used shoes, sending them all back home and, in the process, making many people's days while warding off illness. He is resolved to continue doing that – a wonderful commitment.

What do you love to do? Is there a "byproduct," like Maureen's pancakes, like slightly used shoes, that you can donate? Is there someone you know who could use some help that would make their day better? The more we know people, the better chance we have of making their day with what they want or need at the right time. Sometimes, a smile or a little attention is all it takes. Easy, right? It happened for me when I signed a petition. It was early in the morning at the Metra station and I was the first to sign. The petition taker looked at me with the biggest eyes and said most sincerely, "You made my day!" And she made mine. I couldn't think of anything else on the ride downtown, and committed then to learning much more about this amazing feeling I got and sharing it with others.

Make the resolution this year that you can't lose. Decide to make someone's day on a regular basis, and see how that keeps coming back to you all year when you do so.

*Howard H. Prager is the sports columnist for Island Sun and The River Weekly News, and author of Make Someone's Day: Becoming a Memorable Leader at Work and Life, available at most online bookstores. He is an executive coach and leadership consultant. Contact him at howard@howardhprager.com.**

April 23

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required. Attendees meet at the main entrance to city hall, located at 800 Dunlop Road, in front of the main staircase. For more information, email san.dnr@mysanibel.com or call 472-3700.*

City of Sanibel Vegetation Committee

Attract Birds And Butterflies To Your Property

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours are scheduled for:

Wednesday, January 12 and Saturday, January 22

Wednesday, February 9 and Saturday, February 26

Wednesday, March 9 and Saturday, March 26

Wednesday, April 13 and Saturday,



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NEW EXHIBITS

RED, BLUE, GREEN:
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January 15-June 10

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

Photo by Andrew West/The News-Press

LECTURES

Jan. 21: Environmental writer **CYNTHIA BARNETT**

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

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

Mar. 15: Diver and photographer **LINDA IANNIELLO**

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



CLASSES

Feb. 10: *Fantastic Shells and Where to Find Them*

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

Mar. 17: *Biodiversity and Taxonomy of Mollusks*

Mar. 31: *Drawing & Illustrating Shells*

Apr. 13: *Shell Morphology: Understanding Shell Descriptions*

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Sheepshead Is What's For Dinner



by Capt. Matt Mitchell

Enjoying the warmest December in a long time is great for anglers looking to catch snook, though until this point it hasn't been great for sheepshead.

Many of my winter clients love to target these fish to take home for a fresh fish dinner. This week, it seemed we finally turned the corner and the sheepshead bite became much better. With water temperatures still at a warm 72 degrees, another cold front will really fire this bite up.

Docks and structure in and close to the passes are some of the first places these sheepshead show up as they come in from the gulf to spawn every winter. Look for them on basically any structure that has barnacles on it. Throw in fast-moving current and you are in the right place. All winter long, every dock both around the passes and in deeper water is a pretty good bet to catch them. Some of my favorite places also include deeper mangrove channels with shell and oysters on the bottom.

Another option that will be a lot less pressured are the many deeper creeks in both Matlacha Pass and Pine Island



Sydney from Minnesota with a sheepshead caught while fishing with Capt. Matt Mitchell this week photo provided

Sound. Often the best fishing in these creeks is right in the middle of the channels as the sheepshead are on the bottom eating shells and crustaceans. The many deep entrances into St. James Creek and on the Sword Point side of Matlacha Pass, while hard to access, can be amazing sheepshead fishing.

Most of my sheepshead fishing is done on a little lighter tackle, I prefer

10-pound braid with a 20-pound fluorocarbon leader. A rod at six foot, six inches or seven feet with eight to 15-pound medium-light action and with a 2500 series spinning reel makes catching these fish a battle. Chunks of fresh shrimp threaded on a quarter-ounce jig head give you the most feel of this quick bite and make it harder for them to steal the bait. These fish are difficult

to hook as they have a mouthful of teeth and gnaw on a bait like we eat a chicken wing. I tell clients to gradually lift the rod as the fish nibbles until you feel the weight of the fish load the rod tip. While the rod tip is loaded, make one quick strike straight up and pop it again while the rod is still bent. This usually ensures the barb gets in the mouth.

Sheepshead offer some of the mildest firmest meat of any of our fish. The trick to filleting them is to start the tip of the knife in the groove that the dorsal fins fold down into. Once you get through the skin, let the tip of the knife do the work. I always avoid cutting through the rib cage bones as there is no meat over the ribs. For the size of the fish, there is not as much yield as you would expect, which is why we don't keep any less than 14 inches even though the regulations are 12 inch minimum. The more of these fish you fillet, the better you will get at it.

Although sheepshead are not one of our more glamorous species, there is something I really enjoy about catching them each winter. Not only do these fish require patience, it's a totally different technique than we use for any other fish. Once you get this bite dialed in, they pull hard and taste even better.

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

From page 1

Art Reception

a.m. to 1 p.m.

Captiva Civic Association will also host an afternoon demonstration with the artist on Thursday, January 20 at 5 p.m. See how he creates dunes and grasses, captures light and shadow and the colors of the sands, as he paints a seascape in oil. He will also share stories and insights on how he translates natural beauty to canvas. Bring a notebook or sketchbook.

For more information about the exhibit or the demonstration, call Captiva Civic Association at 472-2111 or visit www.ccacaptiva.org. For more information about the artist, visit www.douglasdavid.com.

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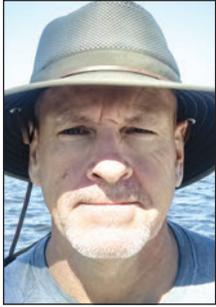


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Kemp's Ridley

by Bob Petcher



The Kemp's ridley (*Lepidochelys kempii*) is the world's most endangered species of sea turtle as well as the smallest and rarest of the seven sea turtles in the world.

The marine reptile has a triangular-shaped head and a slightly hooked beak. Its carapace is uniform in shape, making its upper shell almost circular in appearance.

The Kemp's ridley is unique from other species because it nests during the day and nests in group events called "arribadas," which means "arrival" in Spanish. They are primarily found in gulf waters but can also be seen in the Atlantic Ocean.

The Kemp's ridley is named after Key West fisherman Richard M. Kemp, who is the first person known to submit the species for identification in 1906.

At CROW, a juvenile Kemp's ridley sea turtle was admitted from the Sanibel Lighthouse fishing pier after it was hooked by an angler. Upon initial examination, veterinarians found a monofilament line protruding from its mouth. X-rays were taken and a hook was found lodged in the turtle's stomach. There were no other



Patient #21-6362 needed surgery to remove an embedded hook photo by Allie Newhart

obvious abnormalities. Veterinarians scheduled an endoscopy to remove the hook, but instead performed surgery to extract it.

"We actually did not perform endoscopy but attempted to remove the hook by feeding a tube over the fishing line attached to the hook until it covers the hook - which we check placement by x-ray - then pulling back on the tube and line together to remove the hook," said Dr. Charlotte Cournoyer, CROW veterinary intern. "This was going well until the hook became lodged in the esophagus. This is a common issue both with this technique

and endoscopy because the esophagus of sea turtles is lined with many papillae, or finger-like projections, that like to grab onto things such as a hook. This is why we then removed the hook surgically.

The difference between the two procedures was defined.

"Endoscopy is using a special camera to visualize inside the esophagus and stomach then feeding a grabber down that camera tube to grab the hook," said Dr. Cournoyer. "Surgery involves incising into the esophagus with a blade, removing the hook manually, then suturing shut the incision."

Once the hook was extracted, the sea turtle received further treatment. "We treated with antibiotics, pain medications, nutritional support and monitored bloodwork," said Dr. Cournoyer. "Once the patient was alert following surgery, after ensuring the incision still looked good, we placed the patient in a deep tub to assess swimming capabilities. We have been monitoring swimming abilities for several days, and the patient is swimming well."

The Kemp's ridley's recovery was successful, and it was released early Tuesday morning. Anglers are reminded to practice safe fishing protocols to reduce the harmful impacts of monofilament and other fishing gear.

"We always encourage fishers to remove all hooks and lines from the beach and water when they leave. Any gear left behind has the potential to impose significant damage to the health of wildlife, even death," said Dr. Cournoyer. "Please visit www.mindyourline.org for more information about how to safely remove your gear from wildlife if they are entangled and please always feel free to contact CROW if you think an entangled animal could need medical assistance."

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

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CROW Calendar Of Events

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

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

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

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

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

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

CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for



visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: the daily presentation in the Visitor Education Center and a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds.

This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule Friday, January 7, 11 a.m.

– Why Animals Come to CROW. Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, January 7, 11 a.m. – Turtles, Terrapins and Tortoises. Is it a turtle, a terrapin or a tortoise? They are all members of the Chelonian reptile

family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Saturday, January 8, 11 a.m. – CROW Case of the Week. CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Monday, January 10, 11 a.m. – Invasives. Invasive species can cause great harm but not all non-native species are invasive. To be invasive, a species must adapt to the area easily, reproduce quickly, and harm property, the economy, or native plants and animals of the region. This presentation highlights invasive species commonly found in Southwest Florida. Learn how these animals got here and what makes them harmful to the environment. One of CROW's animal ambassadors will be present.

Monday, January 10, 2 p.m. – Patient Profiles: Virginia Opossums. Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, January 11, 11 a.m. – Island Aquatic Environments. Sanibel is a barrier island famous for its wildlife and the island provides a great home for many species of animals. This presentation discusses the aquatic environments around Sanibel and what makes them a vital part of the

ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, January 11, 2 p.m. – Raptors in Rehab. The rehabilitation process for raptors is dependent on their age as there is potential for imprinting in hatchlings and nestlings. Staff must take precautions to prevent habituation and ensure success in the wild once released. Adult raptors have physical characteristics helping them to hunt, defend themselves from predators and other natural survival behaviors. This talk will cover how their talons, beaks and strength make it important for staff to be trained in proper handling techniques for the safety of themselves and the animal.

Wednesday, January 12, 11 a.m. – Wildlife Rescue 101. Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW's animal ambassadors will be present.

Wednesday, January 12, 2 p.m. – Patient Profiles: Virginia Opossums. Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, January 13, 11 a.m. – Patient Profiles: Owls of Southwest Florida. Raptors are birds that prey on

continued on page 20

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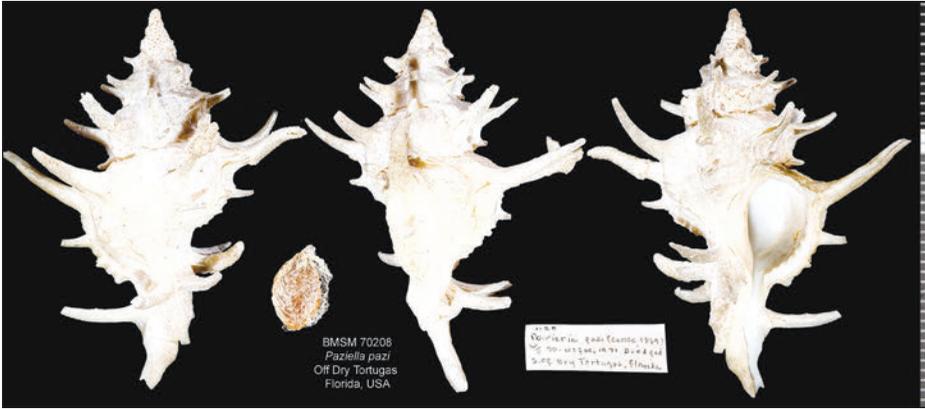
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The Paz's Murex, *Paziella pazi*, dredged off the Dry Tortugas, Florida photo by James F. Kelly
Bailey-Matthews National Shell Museum
Shell Of The Week

The Paz's Murex



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

P*aziella pazi* (Crosse, 1869), reaches 47 mm (about 1.4 inches) and is a very attractive species among a

Caribbean Sea.

Paz's Murex shells have a typical sculpture of about four to six long spines per whorl. The spines are very "open," in some case deployed almost perpendicularly to the whorls.

Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

family known for cool-looking shells, the Muricidae. The species is found in moderately deep water in the Gulf of Mexico, east coast of Florida and the Keys, Bahamas and the northern

Fish Caught



Hayden Schmidt photo provided

Hayden Schmidt of Sanibel caught a bonnethead shark on New Year's Eve. It was safely released after the picture was taken.*

American Legion Post 123



American Legion Post 123 is serving barbecued ribs and pulled pork stuffed cornbread from noon to 8 p.m. this Sunday, January 9. Turkey and dumplings are on the menu for Sunday, January 16.

The American Legion general meeting will be held on Tuesday, January 11 at 6 p.m.

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

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play. Come out and watch the action.

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

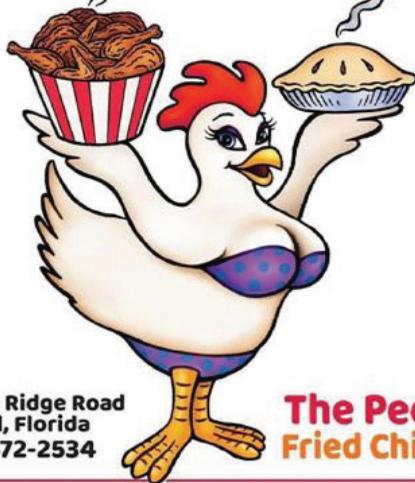
American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

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

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

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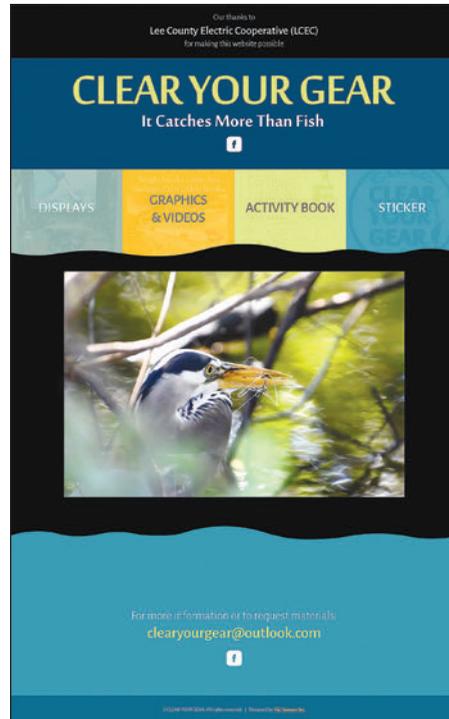


Display for retail outlets photos provided

Local Nonprofit Receives Funding For Materials

Anyone who enjoys fishing has occasionally gotten their tackle tangled in vegetation. In most cases, it's easiest to cut the line and move on to another location. Unfortunately, the abandoned tackle can cause serious damage to unintended prey.

To address this problem, concerned



Website homepage

citizens formed Clear Your Gear, which raises awareness that carelessly discarded or abandoned fishing gear can injure or kill birds, reptiles and mammals.

In order to motivate anglers to remove tangled tackle and dispose of it responsibly, the Clear Your Gear Facebook page shows photos and videos of birds, reptiles and mammals injured or killed by carelessly discarded and

abandoned fishing gear.

Other Clear Your Gear motivational materials include a video display for fishing supply outlets, a sign for retailers, graphics and videos for publication, an activity book for youngsters and bumper stickers.

Recently, Clear Your Gear received two grants to cover the costs of making its materials available electronically. Lee County Electric Cooperative (LCEC) funded the development of www.clearyourgear.org, an innovative

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel will be held on Tuesday, January 11 beginning at 9 a.m. via Zoom. Future meetings may return to in person, depending on the status of COVID-19 infections.

Among the items to be discussed: Presentation of Bayside Conceptual Adaptation Strategy Designs report by Cheryl Hapke;

Update on proposed county regulation of "mobile food vendors;"

Discussion of a Captiva Drive walkway and potential to undergrounding island utilities;

Election of 2022 panel officers and adoption of a 2022 budget;

Committee and organization reports.

website that features all the materials the organization offers.

In addition, Sanibel FlyFishers granted funding to purchase photo frames, which allow the Clear Your Gear display to show photos of birds, reptiles and mammals tangled in or dangling from abandoned fishing tackle.

For more information about Clear Your Gear, visit the new website, www.clearyourgear.org, follow the Facebook page or email clearyourgear@outlook.com.

To attend the webinar via Zoom, email captivacommunitypanel@gmail.com.

In late September, the Lee County Board of Commissioner approved the latest update to the Captiva Code, the portions of the county land development code affecting Captiva Island. The Captiva Community Panel has prepared a summary of the code changes that may affect residents and businesses. You can download a copy from the panel website at www.captivacommunitypanel.com.

Some of the other rule changes sought by the community will be addressed by upcoming amendments to existing county ordinances on such issues as parking, noise and fertilizer. Residents will be updated as those issues proceed through county review.

Upcoming Captiva events:

Monday, January 10 at 1 p.m. – CEPD board meeting, 'Tween Waters

continued on page 22

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Shell Found



From left, Dean, Greg and Sam Kalnit

photo provided

Greg Kalnit of Westport, Connecticut found a junonia on December 30 while out for a morning walk with his sons, Sam and Dean, at Sunset Beach at South Seas Island Resort.✪

Blue Crab Trap Closure Begins On East Coast River

Recreational and commercial blue crab traps in all waters of the St. Johns River system must be removed from the water before Sunday, January 16, the first day of a 10-day trap closure. This closure will give groups authorized by the Florida Fish and Wildlife Conservation Commission (FWC) the opportunity to identify and retrieve lost and abandoned blue crab traps from the water.

The closure includes all waters of the St. Johns River system and its associated lakes and tributaries from west of the St. Johns River's intersection with the Intracoastal Canal, through and including Lake Hellen Blazes in Brevard County.

Traps may be placed back in the water in this area starting Wednesday, January 26, although closures may be reduced in duration if it is determined that the number of lost and abandoned traps in the region will take less time to remove. Until the trap season reopens, blue crabs may be harvested with other gear, such as dip nets and fold-up traps. Blue crab harvesters may also use standard blue crab traps during the closure if the traps are attached to a dock or other private property.

Lost and abandoned blue crab traps are a problem in the blue crab fishery because they can continue to trap crabs and fish when left in the water. They can also be unsightly in the marine environment,

damage sensitive habitats and pose navigational hazards to boaters on the water.

The closure is one of three regional, 10-day blue crab trap closures in 2022 on the Atlantic coast of Florida. There are six regional closures total: three in odd-numbered years on the west coast and three in even-numbered years on the east coast.

For more information regarding the FWC's trap-retrieval program, blue crab trap closure dates and regulations and cleanup events, visit www.fwc.com/marine.✪

From page 16

CROW Calendar

other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, January 13, 2 p.m. –

Enrichment. When animals are recovering, they need certain things to help them feel "at home." Whether it's a branch, hamster wheel, a hollowed-out tree or a pool of ice, patients need things to keep them occupied and enhance their skills. This presentation discusses what the team does for enrichment and why this is important. One of CROW's animal ambassadors will be present.✪

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Proper Handling And Release Of Bull Redfish

submitted by Jill Christoferson

Everyone likes catching big fish. They put up a great fight, come with serious bragging rights, look super cool in a profile pic and, if harvested, they can feed lots of friends and family. Bull redfish are just one example of a popular saltwater species that have anglers chasing “the big one” for their next fish tale. While there is no doubt that monster reds have rightfully earned their place in the big leagues, any redfish angler worth their salt will tell you that an important part of any trip catching bull reds is the release.

Florida regulations require that redfish over 27 inches be released. The intent of this regulation is to protect larger fish (redfish don't usually spawn until they get larger than 27 inches). Larger fish also produce higher quality and larger numbers of eggs and sperm.

This is why doing everything you can to help larger fish survive after release is so important. It's also important to remember that just because a fish swims away doesn't always mean it will survive. Taking steps to ensure that the fish is in good condition upon release means it has a better chance of surviving long term to the next spawn. Use these tips to help your next bull red, or any other fish you release, survive to fight another day:

Keep large fish in the water to reduce



A monster bull redfish

stress or injury to the fish.

Use tackle that is large enough to bring the species you are targeting in quickly, reducing the chance of exhaustion.

Always revive fish showing signs of exhaustion by allowing a consistent flow of water through the mouth and over the gills. Use a “figure eight motion” if you are fishing from a stationary location.

Do not gaff a fish unless you intend to harvest it.

Keep fingers out of the eyes and gills.

photo courtesy Pierce Sanders

Use a descending device or venting tool on fish with signs of barotrauma (bloating belly, stomach projecting from the mouth, protruding intestines, bulging eyes).

If you must remove fish from the water: Get them back in the water as soon as possible.

Always hold them horizontally and support their weight with two hands.

Use wet hands when handling, never a towel or other cloth that can remove their protective slime.

Do not drag them over rocks, the gunnel of a boat, the side of a dock or pier, or any other rough surface.

When fishing from bridges or piers:

Only bring fish onto the pier or bridge if you intend to harvest.

Only target large fish from bridges or piers if you have specialized gear (pier nets or slings) to support their full body, bringing up large fish without proper gear or allowing them to freefall large distances can cause injury and increase mortality.

If you cannot properly lift the fish, cut the line as close to the fish as possible before releasing it back into the water. (This may mean walking this fish to the shore if fishing from a pier.)

Other tips include:

Correctly using a dehooking tool can help you quickly and easily remove hooks.

Use single circle hooks that are non-stainless steel, non-offset and barbless.

Do not fish when large predatory fish or sharks are in the area. If they show up, move to another fishing location.

Encourage other anglers to adopt these practices too. Learn more at www.myfwc.com/fishhandling.

So next time you're out on the water and catch a bull red or any other big fish for your next great fish tale, remember that landing is only half the battle and a successful release ensures more monsters for generations to come.

For more information and questions, or to send photos and fishing tales, email saltwater@myfwc.com. For photo requirements and handling guidelines, visit www.myfwc.com/marine.*

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From left, Jeff Muddell, Gary Dyer and Al Hanser of The Sanibel Captiva Trust Company with Teresa Riska-Hall and Sarah Jacobson of The Community House photo provided

Trust Company Sponsoring 95th Anniversary Gala

The Sanibel Captiva Trust Company is sponsoring the Sanibel Community Association's gala, Cheers to 95 Years, scheduled for Tuesday, January 18 at The

Community House. "The Community House has always brought people together for all kinds of reasons and gatherings," said Al Hanser, founder and chairman of the trust company. "This organization has been at the heart of Sanibel for almost a century, and we are proud to acknowledge its place in our history." The Community House plays an important part for The Sanibel Captiva

Trust Company as well, serving as the main event space for the company's annual speaker series. As many as 80 guests attend each of the programs,

which will be offered in person again this year. For more information on the series, visit www.sancaptrustco.com/speakerseries2022.✳

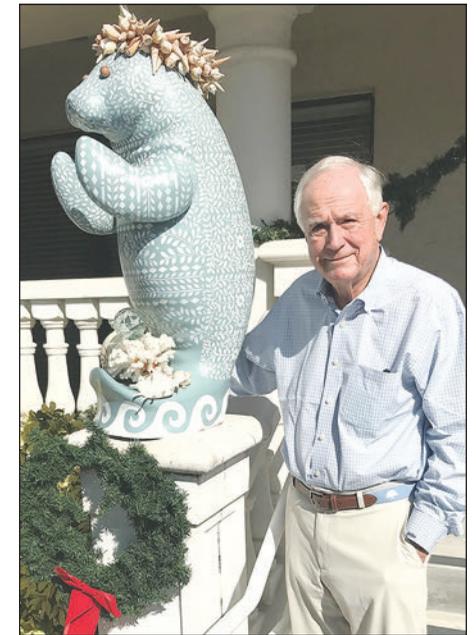
Manatee Madness Returns To The Islands

The Sanibel Captiva Trust Company is once again sponsoring Manatee Madness to raise funds for Community Housing & Resources (CHR), which secures affordable housing for individuals and families working and living on Sanibel and Captiva.



Laura Conway

This season's exhibit, entitled Manatee Madness 2.0, features both large and small manatees with original themes by local artists. The trust company's manatee, named Pearl, was created by Laura Conway. She said, "I was inspired to paint my manatee to look like mother of pearl inlay, because it reminded me of the pattern of water drops shimmering on the manatee's skin as it surfaces for air. I named her Pearl because she is a jewel of the sea." Al Hanser, founder and chairman of the trust company said, "When we heard that Pearl was commissioned by our dear friend, Lena Brown, whose husband, Dr. Steve Brown, serves as an advisor to our company, we knew she was the perfect manatee for the trust



Al Hanser poses with Pearl, the manatee, outside the trust company photos provided company."

"The Sanibel Captiva Trust Company has always been so supportive of CHR and our affordable housing program on Sanibel," said CHR Executive Director Melissa Rice. "We are grateful that once again, they are sponsoring our manatees for a cause." Pearl will be on display at the trust company until April 1, when she will be auctioned off at the Manatee Madness 2.0" fundraiser at MudBugs Cajun Kitchn. Watch for details at www.sanibelchr.org.✳

FIRST THURSDAY OF THE MONTH



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From page 19

Community Panel

Island Resort and via Zoom;
Monday, February 7 at 1 p.m. – CEPD board meeting, Tween Waters Island Resort and via Zoom;
Tuesday, February 8 at 9 a.m. – Captiva Community Panel meeting, TBD and via Zoom;
Monday, March 7 at 1 p.m. – CEPD

board meeting, Tween Waters Island Resort and via Zoom;
Tuesday, March 8 at 9 a.m. – Captiva Community Panel meeting, TBD and via Zoom.
For information about the CEPD events, visit www.mycepd.com or call the district at 472-2472. For information about the Captiva Community Panel, visit www.captivacommunitypanel.com or email captivacommunitypanel@gmail.com.✳



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Polar Bear Plunge Tradition Continues



by Allison Havill Todd

Participants gathered on the first day of January at noon on Sanibel Causeway Island B for the annual New Year's Day Polar Bear Plunge. Over 35 brave and

hearty souls prepared to brace themselves against the frigid 72.6 degree waters of San Carlos Bay. To kick off the event, swimmers joined in singing the polar bear anthem to the tune of *God Bless America* with a clever change of lyrics that reflected the task at hand before plunging into the water.

This local event was initiated in 2001 by beloved Sanibel Island resident John "Papa Bear" Carney, who continued the tradition for almost 20 years before passing away a week before the 2020 event. His wife, Fay Carney, carried out the tradition in 2020 to honor the memory of her husband. Maari Simcox, owner of the shop Priscilla's of Sanibel, learned of the long-lived history of this event and enlisted the help of Nick, Lori and Max Adams, of Nick Adams



From left, Don Wilson, Mark Wilson and Elizabeth Vanover arrived in polar bear attire photos by Allison Havill Todd

Photography, to ensure the tradition would continue into 2022.

With a sense of humor that would have made event founder Carney proud, many partaking in the event arrived in winter coats, hats and polar bear suits to keep warm on the 80 degree day before joining in what might be more aptly named the Solar Bear Plunge. Several members of the Sanibel Bicycle Club rode



Several members of the Sanibel Island Bicycle Club attended the plunge

their bikes over the causeway immediately following their weekly Saturday morning group ride to join in the festivities. Nick Adams read a list of witty rules and guidelines to the swimmers before the group approached the shore to plunge into the wintry waters of the bay together.

Followers and fellow Polar Bears can look forward to participating in this event in coming years as the Adams family is

dedicated to continuing the tradition.

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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The Community House

A Study In Gazpacho



by Chef John Wolff

As a student of history and a self-anointed gourmand, I have always been curious about the origins and history of foods and recipes for all cultures. I recently started researching the history of gazpacho to create a new twist on some of the gazpacho recipes I have done and seen done in the past. Here are some interesting facts I've discovered.

Gazpacho is a traditional cold soup of Spanish cuisine, especially that of Andalusia. It is an ancient dish mentioned in Greek and Roman literature, although two of the main ingredients of the modern version, tomatoes and green peppers, weren't brought to Spain from the New World until the 16th century.

The name gazpacho is of Arabic origin and means "soaked bread." December 6

is National Gazpacho Day. I guess I am a few weeks late! Gazpacho should be drunk slightly chilled, but not iced.

Gazpacho comes in a variety of different intraregional versions, some of which contain almonds, and no tomatoes or peppers. Some food writers believe that a dish that has vinegar points to a Roman province in what is now Andalusian Spain, whose culinary culture popularized the use of vinegar, as the place of origin for gazpacho.

José Briz, who authored a book on gazpacho, also suggests that the word derives from the Hebrew gazaz, meaning to break into pieces, referring to the bread base. Gazpacho was traditionally eaten by workers in the fields, whether they were vineyards, olive plantations, citrus groves, wheat fields or cork farms. Originally, gazpacho was nothing but bread, water and olive oil, all pounded in a large wooden bowl called a "dornillo." It was poor people's food.

An American cookbook published in 1963 tells us that "gazpacho, the soup-salad of Spain, has become an American food fashion." The author, Betty Watson, goes on to tell us that in Mary Randolph's *The Virginia Housewife*, published in 1824, there is a recipe for gazpacho. The French poet and critic Théophile Gautier (1811-72) wrote about gazpacho, too.

The most frequently encountered gazpacho is an uncooked mixture of tomatoes, garlic, olive oil, water, vinegar, onions, cucumbers and green peppers, thickened with bread crumbs. Gazpacho may be served with croutons, additional

chopped vegetables and chopped egg that diners add to taste.

More "haute cuisine" versions of gazpacho have come to be made with just about any pureed fruits or vegetables garnished with finely diced (brunoise) components of the soup itself, among

other things.

I created my own take on gazpacho, which I have used in the past and will be featuring on the menu for our own Sanibel Community Association's gala on January 18. Here is the very simple recipe if you'd like to try it.

Watermelon Gazpacho

- 3 cups cubed watermelon (1-inch cubes)
 - 2 celery stalks, roughly chopped
 - 3 medium tomatoes, roughly chopped
 - 1/2 English/hothouse cucumber, roughly chopped
 - 2 red bell peppers, roughly chopped
 - 1-inch piece fresh ginger, peeled and chopped
 - 1/2 a red chili pepper
 - Juice of 2 limes
 - Handful fresh basil leaves
 - 1 tbsp. apple cider vinegar
 - Salt and pepper to taste
- Set aside 3-4 cubes of watermelon, a couple of celery pieces and a few leaves of basil to use as a garnish for the soup.

Put the remaining ingredients into a blender (if you run out of room, blend the vegetables for a few seconds to make more space for the other ingredients). Pulse until it reaches a soup-like consistency. Taste and adjust seasoning, if necessary. Chill in the fridge for 2 to 3 hours before serving.

Finely chop the reserved watermelon, celery (brunoise) and basil (chiffonade). Pour the gazpacho into bowls or glasses and top with garnishes.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

Expanded Hours At Rec Center

Sanibel Recreation Center morning hours will be expanded on Mondays, Wednesdays and Fridays, from 6:30 a.m. to 5 p.m., starting the week of January 10. The weight room,

tennis courts and gym will be available for use during that time. The lap pool hours will remain the same.

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

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BIG ARTS Monday Night Film Series

Another Round

by Di Saggau

The Monday Night Movie for January 10 is *Another Round*, a film from Denmark about a profound midlife crisis tale involving four high school teachers seeking a better life. At the center of the foursome is Mads Mikkelsen in a magnificent performance of a lifetime. He is without a doubt one of my favorite actors. Mikkelsen is Martin, a high school teacher who is bored and like his close colleagues, trapped in the throes of a midlife crisis, feeling that the glass is now half empty.

During a casual get-together the four men are inspired by Norwegian psychiatrist Finn Skarderud's suggestion that the human body is alcohol deficient and that one is more efficient if they have the alcohol equivalent of two glasses of wine in their system. They embark on a reckless experiment to see if daytime drinking can help them become better versions of themselves. The quartet agrees to abandon evening or weekend drinking, restricting their intoxication to the workplace. The amounts of alcohol they consume are strictly monitored. At first, the experiment yields positive results, with small intakes of alcohol producing big changes. They become more lucid, communicative and spontaneous. However, as their intake goes up,



image provided

the benefits go down, leaving them spiraling toward self-destruction.

The film captures the slightly elevated euphoria of drinking, including a thrilling, dangerous alfresco jazz dance number by Mikkelsen. The men find themselves in a precarious balancing act, with bloodied hangovers, broken families and worse, awaiting those who fall.

The film runs 115 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film,

Stan and Visnja Gembicki will lead a discussion. Tickets are \$10 and can be purchased online or at the box office.

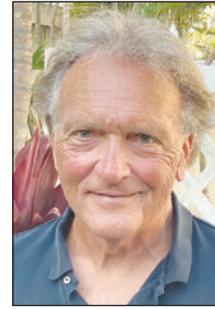
Until further notice, masks are

required while inside Christensen Hall.

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

Poetry Corner

by Clay C. Ewell



Africa I

We caravan along the winding and dusty, sometimes paved track that stretches

North to the Equator and beyond to Cairo, from distant Cape Town to the south.

Our jolting ascent of the rolling approaches of Kilimanjaro reveals the

Timeless homeland of the Chaga, where farmers turn their fields and sow their seeds

And await the rain to awaken the rich soil that yields forth its

endless bounty.

The people live upon a turning wheel, their expectations softened and shaped by this eternal renewal

Their existence becoming circular, in defiance of our beginnings and endings.

They walk and stand, they talk and sit, while some toil with a solemn rhythm

Their flattened hands and bare feet touching the earth, feeling the earth, born of fire And heat, sun and wind and rain, as it becomes the womb of the world.

This is the oldest human place and yet we sense its endless rebirth

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.

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Peanut and Chocolate Popcorn Balls

- 1 cup salted peanuts
- 16 cups popped popcorn
- ½ cup peanut butter (smooth)
- 4 cups miniature marshmallows
- 1 ½ cups chocolate chips (use any combination of milk, dark, white, peanut butter or toffee chips)

4 tablespoons unsalted butter
 1 teaspoon natural vanilla extract
 Pinch of salt to taste
 1 cup chocolate melting wafers or chips (for melting and drizzling on the completed popcorn balls)
 In a medium sauce pan, add butter and melt over medium-low heat. When butter is melted, add mini marshmallows. Continue cooking marshmallow and butter mixture while stirring. When most of the marshmallows have melted, add



Peanut and Chocolate Popcorn Balls

peanut butter, vanilla and small pinch of salt. Stir ingredients until completely smooth, and remove from heat. In a large mixing bowl, add popped popcorn and peanuts. Carefully add melted marshmallow mixture to the mixing bowl with popcorn and peanuts. Stir popcorn mixture until evenly mixed. When popcorn mixture has cooled to room

temperature, add chocolate chips and stir ingredients until evenly combined. Line a cookie sheet with wax or parchment paper. Form popcorn and peanut balls using your hands. You should be able to make at least 12 three-inch balls placing them on the lined cookie sheet when done. In a small sauce pot, add 3 cups of water and bring to a simmer over

medium heat. Use a glass bowl that will fit over the top of the small sauce pot to make a double boiler. Add melting chocolate to the glass bowl and let melt while occasionally stirring. When the chocolate is melted and smooth, use a spoon to have fun drizzling the chocolate over the completed popcorn balls. Chill slightly and serve.✱

photo courtesy Fresh From Florida

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Audrey Hepburn by Myra Roberts, one of the works on exhibit image provided

Programs At Sanibel Library

Sanibel Public Library's upcoming programs can be found on the website calendar at www.sanlib.org.

The Myra Roberts' Spokeswoman art exhibit is on display at the library through January 30. There will be an artist tour with Roberts at 10 a.m. on Monday, January 10. Her books can be purchased from 10 to 11:30 a.m. during her talk.

An Afternoon with Island Brass is scheduled for Monday, January 10 from 2 to 3:15 p.m. in the main entrance lobby. The concert will feature works by Gershwin, Wagner, Gabrieli, and Verdi. Island Brass members are: Mary Zitnik, trumpet; Liz Pisciotto, trumpet; Claudia Burns, French horn; Mike Ciccarone, trombone; and Bill Loeb, tuba.

Learn about the Lincoln Highway with Ken Burgener on Friday, January 14 at 10 a.m. Burgener will review the history of the first transcontinental road for automobiles in the U.S, which was dedicated in 1913.

Monday, January 17 at 10 a.m. is Online Privacy 101 with Beth Jarrell of Sanibel Public Library. For a privacy and password checkup, bring your electronic mobile devices, or just listen to the presentation.

WWII 1944 Big Week with Duane Shaffer of Sanibel Public Library is scheduled for Thursday, January 20 at 10 a.m. The Big Week was a series of around the clock raids by the U.S. Army Air Force and RAF in mid-February, 1944. The plan was to attack the German aircraft industry and lure the Luftwaffe into a decisive battle to ensure the success of the planned Allied invasion of Europe.

The Sanibel Public Library continues to follow safety guidelines consistent with the CDC regarding health and safety for staff and the public. Sign up for the email newsletter at www.sanlib.org/newsletter to receive updated information on this season's programs.

The library is now offering Computer Coach service on Fridays and Saturdays from noon to 1 p.m. Bring in your device for technology assistance with Hoopla, Kanopy, Libby and other apps. These apps allow cardholders to download ebooks, magazines and audiobooks, or stream music and movies. For help, go to www.sanlib.org/techappointment or call



Ken Burgener will lead a presentation on the Lincoln Highway on January 14

photos provided



Duane Shaffer of Sanibel Public Library will give a lecture on the Big Week of 1944 on January 20

the library at 472-2483 to schedule an appointment.

Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit www.sanlib.org.✪

Top 10 Books

1. *Spark* by Claudia Kalb
2. *Float Plan* by Trish Doller
3. *The Lincoln Highway* by Amor Towles
4. *The Forest of Vanishing Stars* by Kristin Harmel
5. *The Wish* by Nicholas Sparks
6. *The Judge's List* by John Grisham
7. *Call Us What We Carry* by Amanda Gorman
8. *The Stranger in the Lifeboat* by Mitch Albom
9. *Wish You Were Here* by Jodi Picoult
10. *The Midnight Library* by Matt Haig
Courtesy MacIntosh Books and Paper.✪

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WEDNESDAY, JANUARY 12

Advanced Medical Planning – Stay in the Driver's Seat

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TUESDAY, FEBRUARY 1

Hijacking Your Inheritance

Jamie B. Schwingamer, J.D., | Roetzel & Andress

T. John Costello, Jr., J.D. | Fiduciary Services | Sanibel Captiva Trust Company

Financial and estate planning abuse can come from within and outside the family - depleting the power and funds for the heirs you intended. Learn how to protect yourself and them.

FRIDAY, FEBRUARY 25

Community Property Trusts

Peter Knize, J.D., LL.M., SVP | Fiduciary Services | Sanibel Captiva Trust Company

Florida's new Community Property Law may allow couples who own property and are domiciled in Florida a serious tax advantage through a Community Property Trust.

TUESDAY, MARCH 15

Green Energy's Day in the Sun

Timothy P. Vick | Director of Research | Naples Trust Company

Under the current Administration and the attention of global industry, how is Green Energy being viewed as an investment going forward?

TUESDAY, APRIL 5

Seven Deadly Financial Sins

Wealth Services Team | Sanibel Captiva Trust Company

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Book Review

Rock Paper Scissors



by Di Saggau

Alice Feeney lives up to her reputation in the page-turner *Rock Paper Scissors*. Adam and Amelia Wright have had a troubled marriage for a long time.

After 10 years of marriage and secrets, they will have an anniversary they will never forget. Every anniversary they exchange traditional gifts and each year Amelia writes Adam a letter that she never lets him read. Winning a weekend away to Scotland might be just what their marriage needs, but they didn't randomly win this trip. One of them is lying, and someone doesn't want them to live happily ever after.

Adam is a workaholic, a screenwriter who lives for his job and is obsessed with his role as the screenwriter for TV adaptations of crime novels. He has lived with face blindness his whole life. He can't recognize friends or family or even his own wife. Amanda hopes the weekend away in a refurbished ancient chapel will rekindle their relationship. When they get there, things take a dark

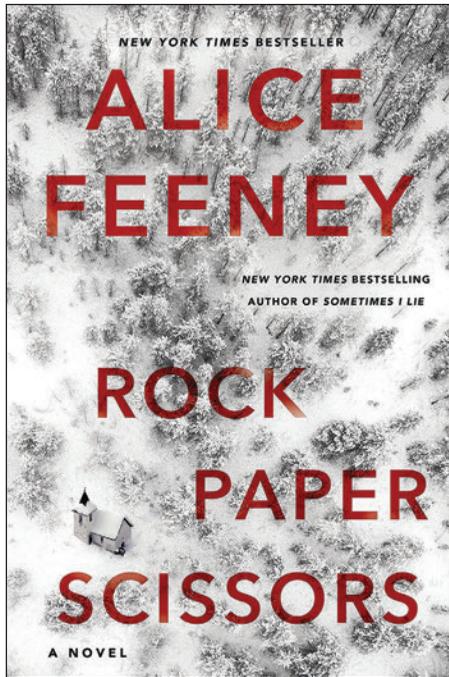


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and dangerous turn. Does someone have it out for Mr. and Mrs. Wright? The question isn't just whether their marriage will survive another year, but whether the couple will live to see their next anniversary.

Feeney is a master of character development, and she does out unexpected pieces of information throughout that eventually reveal the true nature of both protagonists. She adds numerous shocking twists and

revelations, resulting in a story that becomes increasingly strange, sinister and engrossing.

The letters written by Amanda for Adam are sprinkled throughout the main narrative and add an intriguing back-story to their relationship. *Rock Paper Scissors* delivers strong entertainment, shocking twists and suspense about the ties that bind. A must-read for anyone loving stories that delve into the darkest corners of relationships.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, To start off the new year, I will post a two-part series on the stress of the second semester of junior year of high school.

Junior year is well known for its demands on students and often can make teens anxious. It is an important year for students, but there are ways to make plans, organize and reduce the stress for students.

The major stressors facing students in junior year include heavy course loads, lots of extracurricular activities, standardized testing, maintaining a healthy social life and their looming post high school future. The big question

of how, when and where will they go to college begins to feel real and can produce lots of tension for both students and their parents. There's lot to manage and it's difficult to balance all of this and still enjoy life.

Brittany Maschal, Ed D, educational consultant, says, "The key to having a manageable junior year is planning and organization. "Junior year is a busy one, but it doesn't have to be too stressful. Planning ahead and knowing that the college process is a marathon, not a sprint, can save both students and their parents a lot of time and energy along the way.

"One of the biggest mistakes teens make junior year is overextending. You cannot do all things and do them all well. Focus on academics first and your top two or three extracurricular activities. Do not add on clubs to pad your resume or skip giving yourself time to just relax."

The college process begins in earnest now. Academic issues from freshman or sophomore years are not usually a cause for too much concern but a dip in junior year grades can be problematic, especially if your student is applying early decision or early action to college. Remember that colleges look for upward trends in grades and confirmation that students are willing to stretch intellectually and academically in core subjects.

It is natural for parents to want to step in and help their children through the college process, but as much as parents may want to take control, it really is up

continued on page 34



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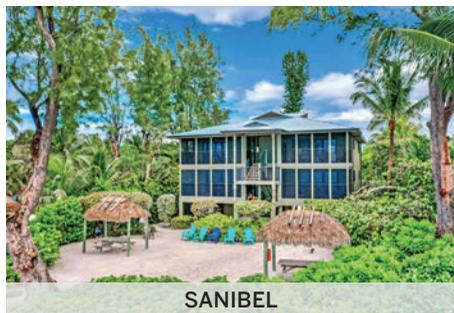
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Business Women To Begin New Year Of Wellness

The Sanibel Captiva Business Women’s Association will hold its monthly luncheon on Tuesday, January 18 at Blue Giraffe 2 at Beachview Estates. The meeting begins at noon with Erika Graziani of Lee Health as the featured speaker. She will discuss health, wellness and nutrition.



Erika Graziani

Graziani is a registered dietician, certified lifestyle medicine practitioner and an outpatient nutrition coordinator for Lee Health. The theme of this meeting is to focus on healthy eating, healthy behaviors and how they link together. Proper nutrition will be covered, as well as lifestyle, stress management, sleep and physical activity.

Taylor Osborne, president of the association said, “Sanibel Captiva Business Women’s Association will kick off a year of wellness by focusing on how to nourish our bodies. As businesswomen, one thing that often gets ignored is our own personal health and wellness. I’m excited to have a local expert like Erika share her knowledge with our group.”

Graziani said she hopes women will feel empowered through health and wellness changes and how it can bring “confidence to make those right choices and decisions in their own health journey.”

“As we approach the new year, a healthier diet is generally one of the top resolutions people make, but it can be hard to implement. Erika will be

able to share simple changes we can all make. Having a registered dietician and lifestyle medicine practitioner will be a great way for us to learn how to implement healthier eating habits to start the new year,” explained Osborne.

Sanibel Captiva Business Women’s Association meets on the third Tuesday of the month. Register on Eventbrite for both of Zoom and in-person attendance at <https://sancapbwa.eventbrite.com>.

For more information, contact Taylor Osborne at taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/sancapbwa.✱

Networking For Business Women

The next Tips & Sips community networking and social gathering with the Sanibel Captiva Business Women’s Association will be held on Wednesday, January 19 at 6 p.m. at 400 Rabbits. Each attendee will be given an opportunity to share information about their business, philanthropy or what drove them to become involved with the group.

“I’m really excited to approach the first Tips & Sips of the year by giving everyone a few moments to share. It’s important to note, our organization isn’t just limited to those currently in the workforce. We have members focused on philanthropic endeavors, community outreach, socialization and mentoring relationships,” said Taylor Osborne, president of the association.

The goal of this event is to allow for business networking, mentorship and opportunities for involvement with philanthropic endeavors.

Tips & Sips is held on the third Wednesday of the month at various Sanibel and Captiva restaurants.

There is no charge to attend but registration is requested at <https://sancapbwa.eventbrite.com> or by email to taylor@irisprintdesigns.com. Updates at www.facebook.com/sancapbwa.✱

From page 30

School Smart

to the teen to lead the search. Kate Roberts, PhD advises, “At this age, teens want to create more independence from their parents and may have a hard time asking for help because they want to feel and appear independent.” They may also worry about disappointing their parents – not getting good enough grades, not getting in to their parents alma mater.”

Christine K. VanDeVelde, co-author of the book *College Admission: From Application to Acceptance*, explains, “Parents should set the stage for an ongoing discussion of grades, activities and college applications, but they should not attempt to control the agenda. In other words, follow the student’s lead. The main role of parents of juniors is to be a support system.”

Parents need to be supportive and encouraging. Help your children

take care of themselves by praising their efforts, validating their feelings, providing healthy meals and family structure. Rules still apply but allow for their need to be independent. Roberts reminds parents, “A person’s life is not defined by their high school success. It’s defined by the way they approach tasks and their character development.”

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

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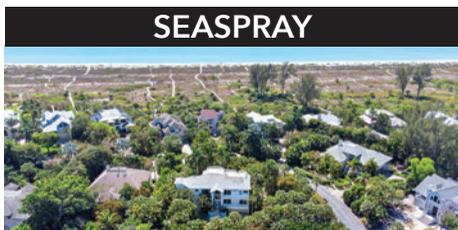
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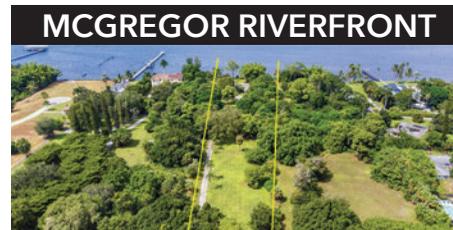
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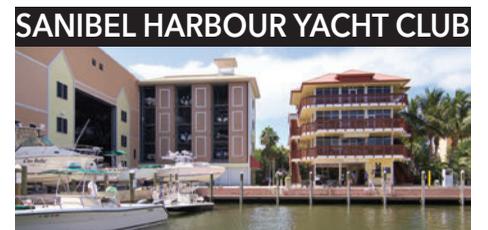
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Superior Interiors

Why Should I Own An Area Rug?



by Trinette Nelson

Have you ever finished decorating a room in your home and it still seems like something's missing? As if there's one final piece of decor that could potentially bring the room together, but you

can't quite put your finger on it? Here's a hint... look down. If your hardwood or carpeted floors seem dull or too exposed, perhaps an area rug is the finishing touch you need.

Here are four reasons why you should own an area rug:

To tie everything together – You can easily address that “something's missing” feeling you have after decorating your space by placing an area rug in the room. This piece of decor can tie the room together by bringing furniture ends to a common meeting point, and by creating an overall cozy feeling to the environment.

To add a new element of style – Does your room seem dull and lacking in style? With an area rug, you can make a statement where it matters most. If you're not interested in going big and bold with wall colors, furniture, or lighting fixtures,

make it happen with a colorful area rug. This piece of decor can help bring out your wild and creative side.

To bring comfort to the space – While hardwood floors are timeless when it comes to style, they can fall flat in the comfort department. An area rug can help make your guests feel more comfortable on a cold winter's day, and more relaxed when you want to spend the night in, curled up on the couch.

To make a change without going permanent – Perhaps you're looking for a simple way to make a big statement in your home without committing to any serious renovations. Investing in a fully carpeted living room may transform the space, but it's going to take a lot of time, effort and funds to achieve. By purchasing a stylish area rug instead, you can still make a statement in your home, and it doesn't have to cost you nearly as much. Additionally, it's not a permanent change. Area rugs can be moved around a space, or even to a different room in the future. Plus, you can even take them with you if you move into a different home. All of these reasons make it a worthy, versatile investment in the long run.

While it may come across as a simple piece of decor, choosing the perfect area rug can be an intimidating venture. If you need help finding one that fits your space, get in touch with a design professional to evaluate the room's size, style and character to provide recommendations.

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

Speaker For Friendly Faces Virtual Luncheon

FISH of SanCap will hold its monthly Friendly Faces Luncheon via Zoom on Tuesday, January 11 beginning at noon. Guest speaker Chris Jordan, donor relations officer of ECHO, will introduce the Hope Against Hunger organization.



Chris Jordan

For nearly four decades, ECHO has been equipping and empowering hungry families with knowledge and the life-giving grace of God. The organization has impacted millions of lives by teaching small-scale, sustainable farming methods so families can provide for themselves and their communities. By tackling hunger at the source, ECHO is growing hope from

the ground up.

“We are so excited to learn more about ECHO, a local Fort Myers nonprofit with a global impact,” said Erika Broyles of FISH. “Through Chris’ presentation, we will learn about the programs of ECHO including their Seeds of Hope initiative, where they distribute more than 300 varieties of ECHO seeds to their network every year. These seeds go to missionaries and development workers who are on the front lines of serving the hungry.”

Lunch, prepared by George & Wendy's Seafood Grille, consists of a cold entree, side, bottle of water and dessert. The cost of the January lunch is waived and complimentary to all participants. FISH volunteers will deliver meals to islanders beginning at 11:30 a.m. Future Friendly Faces luncheons will be held on the second Tuesday of each month throughout the year.

Reservations and meal choices are required by Friday, January 7 by calling the FISH Walk-In-Center at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.

For more information on programs and services offered by FISH, visit www.fishofsanacap.org.

Tower Gallery Celebrating 40 Years Of Fine Art

Tower Gallery is celebrating 40 years as Sanibel's premier artist cooperative gallery. The community is invited to “Celebrate 40!” with the artists on Thursday, January 13 from 5 to 8 p.m. There will be refreshments and music, and opportunities to meet and mingle with past and present artists. The celebration is the artists' way of thanking its customers for their continued support.

The two-story gallery is filled with new works in a wide range of mediums. You will find paintings in watercolor, oil and acrylic along with ceramics, sculpture,



Tower Gallery photo by Lorin Arundel

photography, wood work and jewelry.

Tower Gallery is located at 751 Tarpon Bay Road, next to the new Pan Asian restaurant, Bamboo. For more information, call 472-4557 or visit online at www.towergallery.net.

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FISH Elects New Board Chairs



Jim Metzler



Ellen Sloan

focusing on helping Fortune 500 companies successfully negotiate technology transitions. Metzler and his wife, Sarah Ashton, have been full time residents of Sanibel since 2001. Ashton is board chair of the "Ding" Darling Wildlife Society, where Metzler is the co-chair and liaison to the Everglades Coalition.

Metzler said, "On behalf of our board of directors and staff, I want to thank each of you for your support of FISH. We wouldn't be celebrating our 40th anniversary without your ongoing support. I particularly want to thank Sheridan Snell, the past board chair for her many years of dedicated service."

"Over the last 40 years, FISH has evolved dramatically both in terms the services we provide and the people we serve," said Metzler. "FISH provides a range of services to people from the very young, to the very old, including hundreds of vaccines that FISH provided last year, most of which went to seniors who otherwise wouldn't have been able to be vaccinated. FISH was able to offer those vaccines by leveraging a wide set of partners including, but not limited to, the Rotary Club of Sanibel-Captiva, the City of Sanibel police and fire departments, Parish Nurses, the Sanibel Community House and FISH volunteers. I strongly believe that working together as a community, we will continue to provide the services that are needed by so many and which help to make these islands the special place they are."

Sloan joined the FISH board in 2020.

She has been an Episcopal priest for 18 years, and most recently retired from St. Michael and All Angels Episcopal Church on Sanibel after serving for 10 years as its first female rector.

Prior to coming to Sanibel, Sloan served as chaplain and dean of community at The General Theological Seminary in New York City. She has a 25-year history in the field of education – teaching first in the United States and then assuming teaching and administrative responsibilities in Maracaibo, Venezuela and The Netherlands in the field of English as a second language.

Upon her return stateside, Sloan was appointed as the first female director of accreditation (in the 100 years of the organization's history) at the New England Association of Schools and Colleges in the Boston area. There, she was responsible for creating and facilitating an accrediting process for over 350 schools (K-8). In addition, she acted as associate director for the accreditation process of 65 schools in Europe.

Sloan earned a bachelor's degree in education from Plymouth State University, an master of the arts degree in history from Dartmouth College, a master's in divinity from The General Theological Seminary, and a PhD in administration and organizational development from the University of Connecticut.

Upon the completion of her PhD, Sloan became a professor at the University of Connecticut Graduate

School of Education and taught courses in research, leadership development and organizational development – also acting as the director of the principal preparation program at the university.

"I am looking forward to working with Jim and Ellen as they lead the FISH organization," said Maggi Feiner, president and CEO of FISH. "Both Jim and Ellen bring a wide arrange of business and professional expertise, as well as in-depth knowledge of our community. Their passion for our neighbors will enhance our mission and sustainability."✱✱

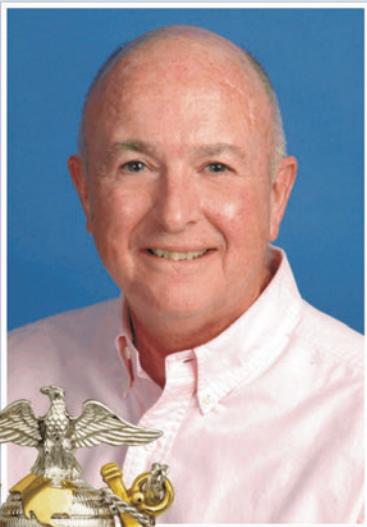
Republican Caucus To Meet

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

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

All local Republicans and Independents are welcome. Membership in the caucus is not required to attend.

Refreshments will be served. Questions can be directed to Steve Maxwell at 898-8203. This schedule is subject to change should the Sanibel Public Library implement new COVID-19 restrictions.✱✱



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New Board Member For FISH Of SanCap

Greg Blurton has joined the board of directors as treasurer for FISH of SanCap. Maggi Feiner, president and CEO of FISH, said, "We look forward to working with Greg and are certain his extensive experience will help to build a better future for everyone in our community."



Greg Blurton

Council of Lee County. An honorably discharged Air Force senior airman, Blurton has volunteered as a coach and mentor for several local schools and youth groups. He and his wife Jennifer reside in Fort Myers with their family.

Blurton has been supportive of FISH as a member of the organization's finance committee, a role in which he will carry on as board treasurer. "I am excited to continue to serve our community by being part of such a fine organization," Blurton said.✧

Island Seniors Activities At The Rec Center

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

Coffee Social – Monday to Friday from 9:30 to 11 a.m.

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

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

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

A hot dog lunch is served from 11 a.m. to noon in the Osprey Room on Wednesdays. Cost is \$3. RSVP at 472-0345.

Page Turners with Louise Fitzgerald is held in the new senior activity area. It is also offered on Zoom. The book for discussion on Tuesday, January 11

is *Beautiful Country* by Julie Wang. On Tuesday, February 8, it will be *The Lincoln Highway* by Amor Towles. If you would like to be added to the email list, contact Louis Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

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

Kayaking outings will be held on the following Tuesdays, January 11, 18 and 25. Signups are in person and open only for pre-registration two weeks prior to the date selected. Sign up at the Sanibel Recreation Center. Kayaking excursions will continue every Tuesday through the season. There is a \$5 fee for members; \$20 for nonmembers. Space is limited and on a first come basis. If you are interested in becoming a kayak leader, contact Shawn Shaffer at 402-305-2813 or fast2swim@aol.com. For more information, call Dave or Jessica at 472-0345.

Find out more about senior services offered by FISH of SanCap on Friday, January 21 at 10 a.m. in the Osprey Room. Speakers will be Erika Broyles, FISH senior services director, and Maria Espinoza, executive director. There will be time for questions. Coffee and muffins will be served. To sign up, call Jessica at 472-0345.

A Security and Safety Workshop with Lt. Grace Towler of the Sanibel Police Department will be held on Friday,

January 28 at 10:30 a.m. in the Osprey Room. Lt. Towler will discuss fraud, scams, community threats, increased safety concepts and awareness, and techniques for protecting yourself.

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

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

Denise Vaughn has joined RE/MAX of the Islands.

Born in Cherry Valley, Illinois, Vaughn relocated to Fort Myers in 1982 to join her mother. She graduated from Fort Myers High School, earned an associate's degree from Edison



Denise Vaughn

Community College and subsequently received training as a paralegal.

Vaughn's professional work experience has been in customer service in the automotive industry. She was employed by Southgate Motors for six years and later with Fort Myers Toyota. Most recently, she was at Scanlon Lexus of Fort Myers for 23 years, working her way up to operations service manager.✧

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Workshops At BIG ARTS

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

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

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

Drawing Basics with Douglas David – Saturday, January 15, 9:30 a.m. to 3:30 p.m. Donor: \$135; nondonor: \$169.

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

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

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

Hand Painted Wine Bottle, Coastal Theme with Lights, Shells and Embellishments with Jenny

Licht – Saturday, January 22, 9 a.m. to noon. Donor: \$75; nondonor: \$94.

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

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

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

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

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

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

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

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

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

Intermediate Photography with

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

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

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

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

Three Pandemics That Changed Our World with James Rudin – Mondays, February 7 to 21, 9 to 10:30 a.m. Donor: \$80; nondonor: \$100.

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

Portrait Drawing/Painting with Mary Klunk – Friday, February 11, 9:30 a.m.

to 3 p.m. Donor: \$65; nondonor: \$81.

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

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

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

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

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

Palette Knife Painting in Oil from Landscape Photography with Jan

continued on page 42.

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Progressive Club To Meet Virtually

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



Anna Eskamani

Born and raised in Orlando, Florida, Eskamani is the daughter of working class immigrants who came to this country in search of the American Dream. She went to public schools in Orange County and then to University of Central Florida where she earned dual degrees as an undergraduate and graduate student. She is now getting her PhD in public affairs and works in the nonprofit sector.

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

To attend, email pcisancap@gmail.com.

com or watch live at www.facebook.com/pic_Sancap. Time will be provided for questions.

Annual dues for the Progressive Club are \$35 per individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit <https://pcislands>, call 994-3175 or email pcisancap@gmail.com.*

From page 1

Talking Points

LeSage, architect and director of FutureMakers Coalition, Southwest Florida's premier regional, collective impact initiative at Collaboratory.

February 3 – Sarah Chayes: Exploring the Fertile Ground Where Myth and Science Meet. A former award-winning international reporter, advisor to the chairman of the Joint Chiefs of Staff, and author of numerous articles and books on corruption and global security, Chayes will explore new turf: the space where myth and science meet. Myth explores many of the same questions as science: the human psyche, the workings of society and the natural world and one's place in that world. But it does so from a different direction, using the language of metaphor. Yet society has largely turned its back on myth – the stories humans have long told about gods and supernatural beings. So thoroughly have we repudiated myth, in fact, that the very word has become an insult, that only the foolish or the deluded would believe. Myth and science

are seen as intrinsically opposed. Chayes has a unique perspective on the insights that myth may provide toward a better understanding of the global society.

February 10 – Jane Mayer on Money, Power, Politics and the 2022 Elections. Mayer has been a staff writer at *The New Yorker* since 1995. As the magazine's chief Washington correspondent, she covers politics, culture and national security. Previously, she worked at the *Wall Street Journal*, where she covered the bombing of the U.S. Marine barracks in Beirut, the Gulf War, and the fall of the Berlin Wall. In 1984, she became the newspaper's first female White House correspondent. She is the author of the 2016 *New York Times* best-seller *Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right*, named as one of the 10 best books of the year, and which began as a 2010 *New Yorker* piece about the Koch brothers' deep influence on American politics. Mayer will discuss the upcoming 2022 election and how money will shape the high-profile political contest.

February 24 – Rick Atkinson, *The American Revolution and Its Importance in the 21st Century*. *The British Are Coming*, the bestselling first volume in a projected trilogy about the American Revolution by Pulitzer Prize-winning author Rick Atkinson, confirms that the creation story of America's founding remains valid, vivid and thrilling. Alive with astonishing characters, both American and British, the narrative of that ancient quarrel informs who Americans are, where

they came from, what forebears believed, and – perhaps the most profound question any people can ask themselves – what they were willing to die for. Atkinson will talk about the first 21 months of the violent struggle for independence, bringing to life a tale of heroes and knaves, of sacrifice and blunder, of redemption and profound suffering, while arguing that this 18-century saga is more important than ever for 21st century America.

March 10 – Ann Hagedorn, *The Spy Who Got Away*. Award-winning author Ann Hagedorn's latest book, *Sleeper Agent*, tells a chilling story of an American-born Soviet spy involved with the atomic bomb project during World War II. If you think *The Americans* is just another dramatic TV show, you'll think again when you hear the true story of the Red Army-trained spy who blended into American culture and got away after sending crucial details to Moscow to help build the Soviet's first atomic bomb. Hagedorn will share her insights into the process of writing literary nonfiction, with an emphasis on the fine art of story structure as represented in her latest book.

Audience questions are encouraged, and attendees are invited to stay for wine and cheese following each event. Autographed speakers' books will be available for sale at each session courtesy of MacIntosh Books & Paper.

For tickets to live virtual (\$20 per ticket) or in-hall seating (\$25 per ticket), call 395-0900, stop by the box office at 900 Dunlop Road or visit www.bigarts.org and click on Lecture Series.*

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ON ISLAND FOR ISLAND



Members of the Doc Ford's team

photos provided

New Sponsors For Movie Premiere

The Sanibel Historical Village has added two island businesses as sponsors of its gala movie premiere on Tuesday, February 22, when the documentary *Secrets & Stories of the Sanibel Lighthouse* will be shown. The Shack will be a platinum in-kind donor and Doc Ford's Rum Bar & Grille will be a gold sponsor.

"These donations make all the difference in the success of our gala, and a successful gala means we will be able to pursue improvements and enhancements to the village exhibits. We are so grateful to these sponsors," said Emilie Alfino, historical village executive director. "We could never fulfill our mission of preserving, sharing and celebrating Sanibel history without them."

The Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS). The museum and village are open Tuesday through



The Shack managers, from left, Lynn Hoops and Hana and Dan St. Gean

Saturday from 10 a.m. to 4 p.m. Masks are required inside the buildings. Guided tours are available at 10:30 a.m.

and 1:30 p.m., depending on docent availability. There is no extra charge for these tours and no advance reservations are required.

Admission is \$10 for adults over 18;

no charge for members and children. There is handicap access to all but one building. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.

Share Your Input On The Future Of Goliath Grouper

The Florida Fish and Wildlife Conservation Commission (FWC) wants your input on a final rule proposal that, if approved at the March commission meeting, would allow a limited, highly regulated harvest of goliath grouper in Florida state waters. This proposal includes an opportunity for harvest through a lottery draw, while enacting area and seasonal closures, size and gear restrictions, and post-harvest requirements. This limited harvest would allow users additional access opportunities to this species and provide researchers with needed biological data, while allowing the population to continue

to rebuild and excluding harvest from areas of heavy dive ecotourism. Based on commissioner direction at the October meeting, updates to the draft proposal have been incorporated, including new proposed rules to reduce impacts of catch-and-release fishing on goliath spawning aggregations in state waters.

You can share your input by attending one of these online workshops.

Tuesday, January 11 at 6 p.m. ET

Thursday, January 13 at noon ET

More information about how to participate is available on the FWC website at www.myfwc.com/marine. Those interested in participating can also contact the Division of Marine Fisheries Management at 850-487-0554.

If you can't attend a workshop, visit myfwc.com/saltwatercomments and click on Workshops to submit comments. A recorded presentation will also be posted on this page in the future.



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Will Power

Seeing What Isn't There



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

Last November, we lost Aaron T. Beck, a psychiatrist who was a professor in the department of psychiatry at University of Pennsylvania. He is regarded as the father of cognitive behavioral therapy. Dr. Beck discovered it through his work at the depression research clinic he founded at Penn. There, he detected a pattern among his patients in the way that they interpreted events. They did so in negative ways that were damaging to their self-respect, and fatalistic. It was as if they had thought themselves into a condition that one of Dr. Beck's most brilliant disciples, Martin Seligman, was later to call "learned helplessness."

Essentially, they kept telling themselves, "I am a failure. Nothing I try ever succeeds. I am useless. Things will never change."

As an estate planning attorney, I want to get to know who my client's loved ones are through my client's eyes. This is important when crafting a plan that will work for the family. It's surprisingly often that I hear of an adult child who possesses these traits. How do these individuals continue to create this thinking that often becomes self-fulfilling prophecies?

Here, we turn again to one of Dr. Beck's students, David Burns, who points out seven attributes of fatalistic thinking. The first is *all-or-nothing thinking*. Everything is either black or white, good or bad, easy or impossible. When there is no middle ground, achievement appears to be out of reach.

Another is *negative filtering*. The subject discounts the positives as being insignificant; the focus is almost exclusively on the negative. The human brain is wired to seek out danger, and to discount good times. This is a trait necessary for survival, more so in prehistoric times but still useful. Noting this, it's important to celebrate achievements and be grateful for those things in which we're blessed.

A third is *catastrophizing*, expecting disaster to strike, no matter what. One of my colleagues would continually do this. Whenever something mildly negative occurred, his brain immediately went to the worst-case scenario, and that is what he expected to happen. It never did.

A fourth is *mind reading*. We assume we know what other people are thinking, when usually we are completely wrong because we are jumping to conclusions about them based on our own feelings, not theirs. I've been guilty of this in the past. The older I

get, the more I understand that it's nearly impossible to gauge another's mindset, as we haven't lived her life. We don't know how events are framed because we don't have her frame of reference.

A fifth is *inability to disconfirm*. Here, the person rejects any evidence or argument that might contradict negative thoughts. I've seen this with one of my daughters. She was convinced that she wouldn't get into a graduate program despite her stellar grades, excellent aptitude score and full resumé. She was accepted and excelled.

A sixth is *emotional reasoning*. This is letting one's feelings, rather than careful deliberation, dictate thinking. We are not fully rational animals and can make momentous mistakes if we think we are. We have a limbic system, an emotional brain. And we also have an extremely powerful set of reactions to potential danger, located in the amygdala, that lead us to freeze, fight or flee. Generally, the non-rational parts of our brain are acting faster and more powerfully than the rational ones. Freud taught us that beneath the surface of apparently orderly lives, were swiftly running currents of unconscious fears and drives. Nevertheless, recognizing this, we can filter out the most powerful emotions when making choices.

A seventh is *blame*. The subject accuses someone else of being responsible for our predicament instead of accepting responsibility ourselves. It's a victim's mentality that I've personally witnessed countless times, and have stopped myself from feeling this way. Everyone on earth is a victim of circumstance at one time or another, and we've all heard the retort that it's not what happens to you, but how you react that makes the difference.

In reading Burns' seven traits, it's easy to identify the root causes of a loved one's fatalistic thinking. Unfortunately, when these factors are present in an adult, it will be up to them to recognize themselves, and make the determination that they need treatment. I hope that today's column gives you something to share which might trigger the epiphany needed to take that first step.

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From page 39

Workshops

Atkielski – Friday and Saturday, February 25 and 26, 9 a.m. to 3:30 p.m. Donor: \$160; nondonor: \$200.

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

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

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

How's The Market? Ask Ann

High Demand for Sanibel Lifestyle



Ann Gee
Broker/Owner

Let's recap the rapid price increases we have seen in the last year. Keep in mind, Sanibel is close to being "built out," with a total of 6,700 existing Homes and Condos. Unlike other communities, we will not see new developments on Sanibel.

Our market started to show noticeable improvement during the summer of 2020, and continued to increase at a rate between 35% and 40%. Existing inventories of Homes and Condos for sale are down 80%. What's going to happen in 2022? Your call, but in my opinion, prices will continue to increase in 2022. I am basing this on the low inventory and continued heavy demand for people who want to live on Sanibel.

So, if you plan on buying this year, think long term and pay the new market price. If you are selling, there is no reason to pay an outdated commission rate on a sale. I can save you between \$15,000 and \$20,000 at Closing. Benefits of working with me – you work directly with me, not my "assistant," and I will return your emails and phone calls promptly. I have consistently been in the top 10% in sales volume on Sanibel. Forgive me, if I am going overboard. I would enjoy talking to you if you are considering a sale. Thank you for reading my column.

9 Closed Sales Going Back One Week: 7 Homes & 2 Condos

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979 East Gulf Dr. 422 Loggerhead Cay \$769,900	807 Limpet Dr. \$2,150,000
719 Durion Ct. \$995,000	1320 Seaspray Ln. \$3,765,000
2539 Coconut Dr. \$1,100,000	

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

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Sanibel-Captiva Rotarian Annie Campbell helping children plant vegetables for their new hydroponic garden photos provided

From left, The Heights Center COO Jim Sanger, Sanibel-Captiva Rotarians Chet Sadler and Mike Raab, President and CEO of The Heights Center Kathryn Kelly, Fort Myers South Rotarians Dave Clark and Bill Mallett, and Sanibel-Captiva Rotarians David Lowden and Annie Campbell assisted Heights students with the set up and planting of the hydroponic garden

Rotary Happenings

submitted by Cindy Carter

A mere few miles from the secluded and wonderful Sanibel Island, a harsh reality exists, a neighborhood that many people drive through and don't give so much as a second thought. Within this impoverished neighborhood, families are living below the poverty level at a rate that is twice as high as the rest of Lee County. The Fort Myers' Harlem Heights community is a distressed area



where the average household income is less than \$25,000 per year, 70 percent of the children live in a single family household, only 45 percent of adult Harlem Heights residents have earned a high school diploma or GED, and no males have completed college.

In 2000, The Heights Foundation was formed with donations from private individuals and began developing projects to meet the specific needs of the families within the Harlem Heights neighborhood. For the past 21 years, The Heights Foundation has attempted to support education and wellness programs, promote family and community development, and to provide the benefits of enrichment and the arts.

The Rotary Club of Sanibel-Captiva

recently teamed with the Rotary Club of Fort Myers South to help support the goals of The Heights Foundation. The foundation was awarded a Rotary District grant to help create The Heights Center Hydroponic and Butterfly Garden. This project was created to provide a teaching and learning environment as well as fresh vegetables for over 250 children and families involved in early learning, charter school, after school and summer camp programs of The Heights Center.

The hydroponic and butterfly garden was created using a bubble flow bucket grow system. This is a growing method using synthetic growing materials and self-contained buckets that circulate nutrient-rich water throughout the system. Sound strange? Basically, all it means

is that instead of taking in water and nutrients through the dirt, plants are given nutrient-rich water directly to their roots while passing through a medium with no nutritional value, like clay pebbles. The Heights Center chose this method of growing because of its experience with Hurricane Irma, which destroyed its traditional gardening methods. The garden is located on the third floor terrace, so it doesn't create a mess and does not attract disease or insects to the plants.

"The hydroponic garden is a great teaching environment for our kids. They love planting the seeds, seeing them sprout, transferring them to the grow buckets and watching the plants grow right before their eyes," said Jim Sanger,

continued on page 46

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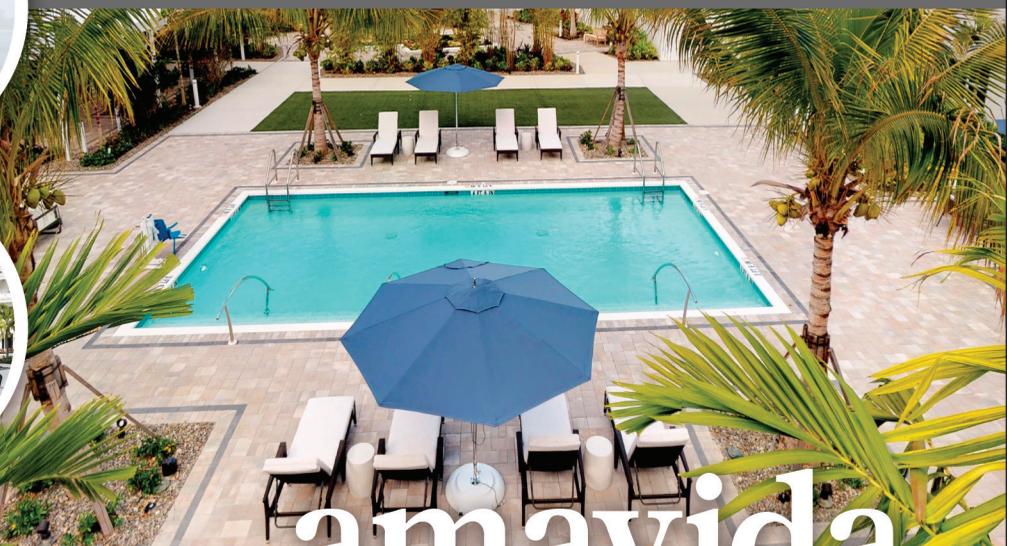
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Frankly Speaking

by Howard Prager



Let's talk about college football bowl games. In 1970, there were only 11 bowl games, mostly on New Year's Eve and day. This year, 44 (although five were cancelled due to lack of players

from injuries, players withdrawing to stay healthy for the draft and COVID). The only three games that count are the two semifinals (yawn) and championship. The games that were truly interesting? Many of the "meaningless" bowl games. Don't you agree? Many that were highly entertaining with the outcome uncertain until the final minute. We had some high scoring shootouts (Music City and Rose Bowl with five scores in about 2:30 minutes) and some amazing comebacks and missed comebacks (sorry Notre Dame, Iowa, et.al.) I watched more games than I thought because they were fun to see.

It seems to me that more players hoping for a good NFL draft are sitting out. That's a shame, although understandable with the paychecks that are at play. I hope some of the standout "replacement" players get a big NFL look from playing. What about coaches leaving suddenly, like Brian Kelly and Lincoln

Riley? Just be honest to your players, the fans and alumni who so strongly supported your program. You owe them.

How can bowl games have greater meaning? Next week, the NCAA sits down once again to discuss a larger playoff (an eight- or 12-team) field. That will help, although until anyone can come close to the SEC besides Ohio State, I still see the result being an all SEC Championship. They are that much better than everyone else.

Here's some food for thought. What if the bowl games became either a) first of the season games or b) two larger championships, the traditional and a non-Bowl Championship Series conference, much like the NIT is with basketball? Let's raise the stakes with two playoff systems, one with the 12 "best" teams and one with the 12 "also-ran" teams. Two brackets with the best 24 teams, leading to 12 bowl games in round one, six bowl games in round two and three bowl games in round three during mid-December, around January 1 and the week after. Round three: would have the top two teams in each bracket play each other (No. 1 vs. No. 2). The third team in the BCS bracket plays the third team in the new non-BCS bracket. Voila! One national champion, one "NIT" champion, and one interconference championship. I'd name it after Walter Camp who is credited with creating college football. From Wikipedia: "In the 1880s a great rugby player from Yale, Walter Camp, pioneered rules changes that slowly transformed rugby into the new game of

American Football."

That still leaves another 24 bowl games. Make these other bowl games first of the season games, much like Northwestern and Nebraska are doing next year in Dublin. It can add some additional meaning to the first game of the season, fans can enjoy more moderate weather in New York (Pinstripe) Boston (Fenway) and Detroit (Motor City) and other northern cities that don't attract in December. Everyone wins. And neither the Cornhuskers or Wildcats were in bowl games this year, so these preseason bowls just have to have a fan base.

What's not a pipedream is the good news story of the week. It's the Allstate AFCA Good Works Team, and I'm quoting from their website. "The Allstate AFCA Good Works Team recognizes college football athletes for their unwavering commitment to community service and their "good works" off the field. Allstate is pledging \$1 million in financial support to the players and their charitable causes for the first time in the program's 30-year history. This is one in a series of commitments from Allstate to create positive, societal change by driving financial equity now and into the future." Some highlights from this year's team. "Honorary Captain is Georgia Junior linebacker Nakobe Dean, who helped develop Dawgs for Pups to directly affect the lives of local youth in Athens County. In its first eight months, the program raised more than \$200,000 to help youth in the community. Dean spearheaded a drive that raised about \$100,000 for Wi-Fi hotspots for local children. With remote schooling, he secured more than 27,000 pounds of food donations for area children and assisted a multi-team effort that collected 437 new or gently used coats for local youth with the assistance of the Boys & Girls Club of Athens. Dean also read stories at the local elementary school. After football practice, Dean visits with individuals with developmental disabilities through his work with Extra Special People." And he finds time for practice and academics? Wow.

"Pittsburgh senior long snapper Cal Adomitis aided in pandemic relief efforts by donating his football student-athlete

per diem so that city youth football teams would have resources to purchase bottled water for practices and games. He's attended Pittsburgh Public Schools' 'Bring Your Father to School' day numerous times, where he was paired with students who did not have someone to attend with. Adomitis has raised money for the Leukemia & Lymphoma Society, Make-A-Wish Foundation and families who are without home heating during the winter months. Adomitis has also worked on behalf of the 'Voting Matters' campaign to promote voter registration, voter education and voter participation in the community."

"Minot State redshirt freshman Philip Green started a podcast called 'Mental Game' with a teammate. The podcast is centered on bringing awareness of mental health issues among student-athletes that offers them a platform and resource. He discusses topics and issues in college athletics like mental checks and days, lack of sleep, burnout, balancing the load, counselors for teams, the importance of women coaches in sports and advocating or supporting mental health. Green has coordinated multiple fundraisers for mental health awareness, and volunteers in getting student pledges against drunk driving, raising money for Make-A-Wish Foundation and as a date for Miss Amazing North Dakota, which is a pageant for girls with disabilities."

"USC redshirt senior quarterback Mo Hasan models what it means to have a servant's heart through purchasing a FedEx truck from Craigslist, which he repurposed and named the Hunger Relief Mobile to aid in distributing food to the homeless on behalf of his nonprofit, Second Spoon. He founded Second Spoon after discovering how much food was being thrown out in college dining halls and wasted in our country."

There are many more worthy athletes and one coach recognized in this program. Great to see these efforts off the field. They make us all proud. Happy New Year.

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

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SPORTS QUIZ

1. How many points did Ernie Nevers score in the Chicago Cardinals' 40-6 victory over the Chicago Bears in November 1929?
2. After refusing a trade to the Philadelphia Phillies, what St. Louis Cardinals outfielder filed a lawsuit against Major League Baseball that was decided by the U.S. Supreme Court in 1972?
3. What Hockey Hall of Fame goaltender, who won two Stanley Cups for the Montreal Canadiens from 1910-25, had his career – and eventually his life – cut short by tuberculosis?
4. What West German tennis player stunned Martina Navratilova in the 1982 Avon Championships WTA finals match at New York City's Madison Square Garden?
5. In 1985, Lynette Woodard became the first female player in the history of what famous basketball team?
6. In how many consecutive matches did Leicester City striker Jamie Vardy score to set the English Premier League record during the 2015-16 season?
7. A football trick play in which the quarterback fakes a pass while handing the ball off to a runner is named after what national landmark?

ANSWERS

1. 40. 2. Curt Flood. 3. Georges Vezina. 4. Sylvia Hanika. 5. The Harlem Globetrotters. 6. 11. 7. The Statue of Liberty.

New Pediatric Neurosurgery Program

Golisano Children's Hospital of Southwest Florida has begun a new pediatric neurosurgery program, a collaboration with Johns Hopkins All Children's Hospital.

The new program will allow children who have neurological conditions that require surgery to receive that high level of care at Golisano Children's Hospital instead of traveling outside of the area to larger cities, like Miami or St. Petersburg.

"We are so proud to be able to offer this service to the children and families in our community," said Alyssa Bostwick, chief nurse executive and vice president of operations at Golisano Children's Hospital. "There is a huge need in our region for pediatric neurosurgery and, more importantly, it's growing every year. Due to the population growth in Southwest Florida and younger families moving to the area, we're seeing more and more children who need our services. This neurosurgery program, in affiliation with Johns Hopkins All Children's Hospital, has been two years in the making and we know it will have a major impact."

The affiliation with Johns Hopkins All Children's Hospital began in 2019 when the two organizations entered into an agreement to expand care for children across Florida's west coast by working



Alyssa Bostwick

together to deliver the highest quality care, leverage resources and create better value for families.

"When we began this collaboration with Golisano's two years ago, our goal was to help expand care for children across the west coast of Florida," said George Jallo, MD, neurosurgeon, vice dean and physician-in-chief at Johns Hopkins All Children's and medical director of the hospital's Institute for Brain Protection Sciences. "As we looked to hone into our neurosurgery specialty, we're proud of the work our team has done to train nursing staff and advanced practice providers and grow this program so that children in Southwest Florida have access to the right pediatric experts." Through the affiliation, the two



Dr. George Jallo



Dr. Theodore Spinks

children's hospitals collaborate in several ways, including pediatric research studies and protocols, telehealth counseling and consultations, educational conferences and the recruitment of a dedicated pediatric neurosurgeon to be based out of Golisano Children's Hospital.

Through the extensive recruiting process, Dr. Theodore Spinks, a pediatric neurosurgeon with more than 15 years of experience, has been chosen to lead the neurosurgery program at Golisano Children's Hospital. He recently joined the team and has already performed several surgeries, allowing families to stay in Southwest Florida to receive this high level of care.

Initially, Dr. Spinks and the team at Golisano Children's Hospital will focus on the management and treatment of brain and spine tumors, spina bifida, Chiari malformation, tethered cord, minimally invasive brain and spine surgery, and complex spine surgery. Additional services will be added over time.

"Location should never be a barrier for families," said Dr. Spinks. "Before this program, kids who needed that higher level of neurological care likely would have had to go to St. Petersburg or Miami, but now, they're able to receive that care here at Golisano Children's Hospital. We are so proud to be able to offer this life-saving service to the kids in our community."

Leadership donors currently include The Bruning Foundation, Dave and Cheryl Copham, Amanda Cross and the Theodore Cross Family Charitable

Foundation, Fernandez Family Foundation, Bill and Julie Vitner, Barbara's Friends, Boston Red Sox Celebrity Golf Classic, Fred B. Snite Foundation, The Forest Country Club, Gateway Trinity Lutheran Church, International Jaguar Festival, Jersey Mike's Subs, Porsche Parade and SanCap Cares. The cause also has received a \$1 million challenge grant from The Wasie Foundation.

For more information, visit www.golisanochildrenswfl.org or www.hopkinsallchildrens.org.

Blood Donations Urgently Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

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



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Health First

A Healthier You In 2022



by Julie Rosenberg, MD

Happy New Year. I hope that you had a wonderful holiday season. The new year brings an opportunity for a fresh start and a renewed focus on

your health and wellbeing. Following are six tips to help you embrace a healthier lifestyle in 2022.

1) Food is medicine. What you eat has profound effects on your health and wellbeing. Consuming a diet that is primarily comprised of whole foods that contain vitamins, minerals, antioxidants, fiber, as well as quality proteins and fats, supports optimal bodily function. The typical American diet is high in sugary drinks, fast foods and refined grains. Such a diet is a major contributor to chronic conditions including obesity, cardiovascular disease and diabetes. Support your good health by evaluating your current diet and determining where you may want to make changes.

2) Move your body. For those who find the concept of daily exercise a bit daunting, think of daily movement instead. The typical American spends more than

half of their day sitting. Did you know that moving every day has the power to improve every part of your body? You can start small by taking a short walk once or twice per day and doing some simple stretches. Find activities that you like to do, such as walking, running, biking, gardening, dancing or golfing, to name a few. When you enjoy what you are doing, it's easier to commit to doing some form of movement each day.

3) Quiet your mind to renew your energy. Together, we've faced many challenges in 2021. For some of us, the year was exhausting. One way to improve your energy and vitality is to quiet your mind. Quieting your mind can be as simple as taking a few deep breaths. When we are stressed, our breathing is typically shallow, which can lead to even more stress. When you breathe deeply for even a few minutes, the practice will help to quiet your mind and optimize your mind-body energy. Try deep breathing for one or two minutes a few times per day. Check in with yourself at the end of the day. How do you feel? Can you devote three to five minutes per day to deep breathing?

4) Go to sleep and wake up at a consistent time each day. Adults need at least seven hours of quality sleep per night. Select a bedtime and wake-up time that you can observe every day, including weekdays and weekends. Regular sleep patterns reinforce the circadian rhythm and generally lead to more restful and restorative sleep. Getting into a routine that is comfortable and reliable adds consistency to your day.

5) Perform self-massage or get a

therapeutic massage. Your skin is a nerve-rich sensor of the environment that gives you information about the state of your surroundings in the form of temperature, texture and pressure. Massaging the skin improves circulation, releases health-promoting chemicals and helps to energize your entire body. Take a few minutes per day to give yourself a mini massage by vigorously rubbing your head, scalp, face, neck, shoulders, arms, legs and feet. I'm also a strong advocate of regular therapeutic massage which has many benefits including reduced stress and anxiety, decreased muscle tension, improved sleep, enhanced range of motion and support for immune function.

6) Practice self-compassion. How do you treat yourself when you make a mistake or fail to reach a goal? If you tend to beat yourself up when things go wrong, you likely need more self-compassion in your life. Self-compassion is being caring and kind to yourself when you are having a difficult time, experience a failure, or feel inadequate. Self-compassion is a learnable skill. One way to practice self-compassion is to give yourself encouragement. What would you say to a loved one who was facing a difficult situation? Would it be something like: "This is a really difficult time right now, how can I comfort you?" Think of yourself in this type of situation. Offer yourself similar compassionate responses.

In conclusion, supporting your health and wellbeing is a lifelong journey. In this article, I've offered six tips for a healthier lifestyle. During this year, we will explore many more ways to live longer, feel better

and enjoy greater vitality.

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.

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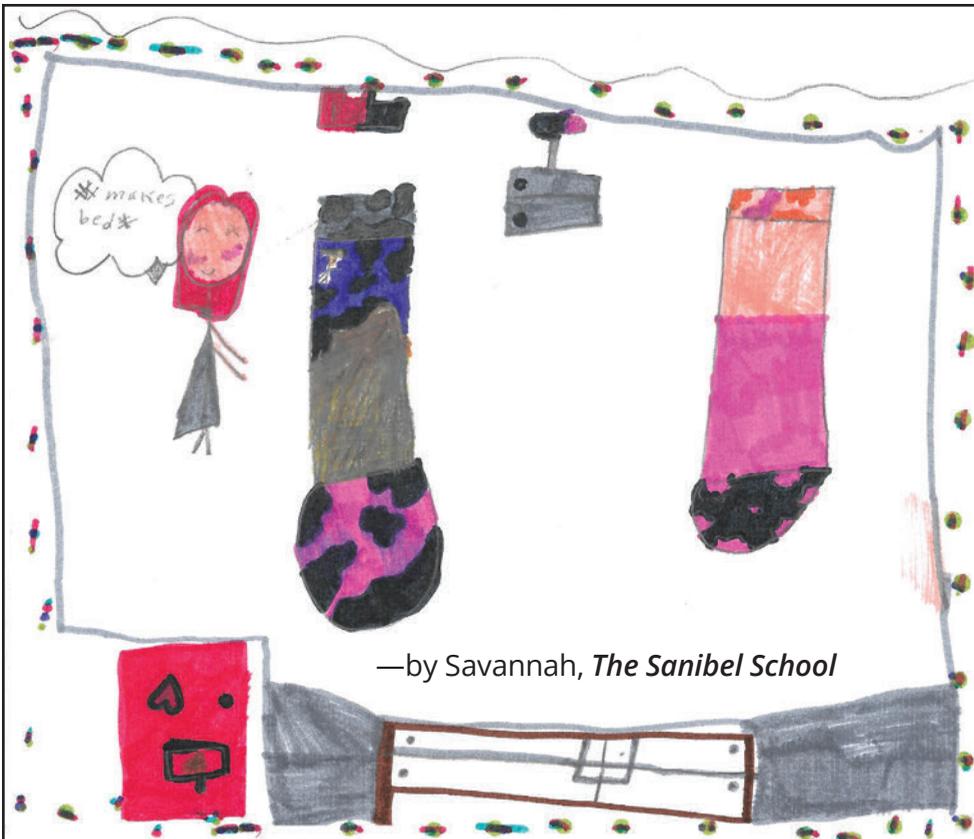
Rotary

chief operating officer at The Heights Center. "We especially would thank all the Rotarians who made this project possible. Our local Rotarians have been great partners."

Leafy vegetables, tomatoes, peppers and onions, which adapt easily to the South Florida environment, were chosen as the main crops. Other flowering plants were chosen to attract butterflies to provide beautification, allow for parents and children to relax in a calming environment, as well as pollination.

The Heights Center offers programs for children and adults, a Goodwill job link, income tax assistance and family strengthening, such as affordable housing, cultural and expressive arts, health and wellness, and social services support.

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



I helped my sister clean her side of the room.

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



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dearRPharmacist

Five Incredibly Fast-Acting Sore Throat Remedies



by Suzy Cohen, RPh

Dear Readers:

When your throat hurts, it's because it has been irritated which can happen for many reasons. Among the most common are post-nasal drip,

chronic allergies, pollution, or cold/flu. The discomfort is usually mild and self-limited, however sometimes a sore throat gets so bad that you need more than a Popsicle.

My focus today is just to relieve the symptom of a non-serious sore throat. See your doctor if yours is accompanied by other symptoms because it is an early symptom of Omicron.

Here are five incredibly fast-acting ways to soothe your sore throat:

1. Salt Water Gargle – Gargling with saltwater is a well-known remedy to help with throat pain. Saltwater helps by reducing inflammation and pain in the area. It can drive out some pathogens in the tissue simply by making your throat less hospitable to them. Here's a recipe that's even better than salt water.

Recipe for salt water gargle:
8 oz. cool water
1 tsp. baking soda
1 tsp. sea salt (or Real salt if you have)
Combine about five drops of essential oils into the salt water using any of these: eucalyptus, peppermint, thyme, On Guard or Thieves or even lemon.

Stir together and gargle with this every three to four hours.

2. Lozenges – The lozenge you choose is entirely up to you, but most of them contain menthol, benzocaine, dyclonine, honey, or eucalyptus. Each ingredient does something slightly different, but they're all similar in that they act to anesthetize your throat for a few minutes so you swallow better and find more comfort. Lozenges are not generally curative, they're mainly for symptomatic relief, although eucalyptus does have some 'kill' action.

3. Big Spoon of Honey – For adults, a spoonful of honey is soothing to a scratchy, sore throat especially if it is accompanied by a cough. Raw honey contains natural antibacterial agents such as bee pollen and bee propolis. Do not give honey to babies younger than a year or two.

4. Sip Herbal Teas – You can have it iced or warm. The temperature of the tea is completely your preference. Even when my throat is sore, I still prefer warm herbal tea, over iced tea. There are commercial tea bags made specifically for sore throats or make your own spearmint and slippery elm bark tea. Add some dried orange peel for vitamin C.

5. Ibuprofen or Acetaminophen

– These analgesics listed here are great antipyretics, that's why they're useful for both fever and pain. These reduce swelling which affords you temporary relief so you can take in nourishment and food.

In closing, if you develop a high fever, chills or see a buildup of puss near your tonsils, or any other symptoms that are indicative of infection, please see your practitioner and get proper anti-viral or

antibiotic treatment. If you would like to read a longer version of this article, please sign up for my newsletter at www.suzycohen.com and I'll email it to you.

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.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I would like to have some positive affirmations I can say to myself before I go to sleep and upon awakening. Can you give me some as a part of my daily self-talk?

A: This is a great way to get you started in raising your vibration, and they work like the law of attraction. You can repeat these affirmations throughout your day, and they will be incorporated into your subconscious.

They will change your vibrational set point, so you can draw those into your life who are in your highest good. Look in the mirror while saying them. They will

help your health improve, and you will find wisdom. Here are some of my favorites:

I am calm and peaceful.
I have wonderful relationships in my life.
I am beautiful inside and out.
I am grateful for all of my gifts.
I am abundant in all areas of my life.
I am kind and generous.
I am blessed for all I have in my life.
I embrace each day and live my life to its fullest.
I have optimal health and well-being.
I love talking care of my body.
I now go beyond other peoples fears and limitations.

If you repeat these positive affirmations throughout your day, you will find yourself feeling good about yourself and living a most authentic life.

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



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Doctor and Dietician

Healthy Meal Prep Ideas For The New Year



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

As you know, we try to eat healthy, home-cooked meals every night for dinner. Eating together is not only healthier, but it also brings the family together, causes you to slow down, talk to each other and stay connected. If you do not have family dinners together, why not consider making that a goal for 2022? You may say that you are too busy, or you hate to cook, or you do not know what to make. As we are learning, sometimes our minds are our own worst enemies, and they can convince us to listen to the negative thoughts instead of forging ahead to try new things.

To help with making healthy meals,

consider some of these ideas that we recently read from one of the healthy lifestyle e-newsletters we receive. We like to meal prep on the weekend prior to the busy upcoming week. This typically lasts us through Wednesday. However, making some healthy “freezer meals” is another way you can just grab and throw into your slow cooker. We are going to use this idea starting in January because our parents will be staying with us for four months, and we want to make sure we have some ready-meals available.

Here are tips to help get you started:
 1. Make a list. Decide what recipes you want to make, then print them out or save the files on your computer or Pinterest. Typically, the meals that freeze the best include things like soups, stews, meatloaves and casseroles. We try to ensure that every dish includes whole grains, vegetables and some protein.
 2. Next, plan. Do you want to prep for an entire day, so you have a lot of meals ready? Or would you prefer to have two meals per week in the freezer for the upcoming week?
 3. Assess your supplies. Take inventory of what you have in your fridge and pantry, and make a list of what you need to purchase.
 4. Consider dusting off your crock pot. Slow cookers are a wonderful way to reduce the cooking workload plus you get to smell the lovely aroma of a meal cooking when you get home.
 5. Double up. Why not make a double batch of something so that you do not have to make it twice? Choose your favorites and make a double batch.

Here is one of our favorite recipes:

Tuscan Bean Soup, a great crock pot meal that freezes well. Ingredients: 2 tsp olive oil; 1 medium onion, diced; 1 14 oz can full-fat coconut milk (or use cow's milk); 3 cloves garlic, minced; ¼ cup sundried tomatoes, drained; 1 tbsp Italian seasoning (or use fresh herbs or both); 1 28-oz can diced tomatoes with Italian seasoning; 1 19-oz can white beans, drained and rinsed; 3 cups vegetable broth; 2 cups chopped fresh spinach; 1 cup rotini pasta (GF); salt and pepper to taste. Directions: Sauté onion in oil for a few minutes. Meanwhile, blend coconut milk, garlic, sundried tomatoes, Italian seasoning and salt in blender until smooth. Add onion and milk mixture to the slow cooker with the rest of the

ingredients except the pasta and fresh spinach and cook for four to six hours on low, then two hours on high. With one hour left, add dry pasta and stir. Add spinach after one hour, season with salt and pepper, serve with fresh grated parmesan cheese and fresh basil. Cool and freeze in zip lock bags or Tupperware if you like. Enjoy. More recipes to come.

*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.**

Workshop To Help Unravel Mysteries Of Medicare

FISH of SanCap, in partnership with Captiva Civic Association, is hosting a Medicare Informational Workshop on Wednesday, January 12 beginning at 10 a.m., led by the Area Agency on Aging and SHINE. The in-person workshop will be held at the Captiva Civic Center, located at 11550 Chapin Lane on Captiva. It will also be offered as a virtual event via Zoom.

For those just getting started with Medicare, Area Agency on Aging and SHINE have the information needed to help understand healthcare options and to get the coverage that best fits every situation. Representatives will help answer questions as they relate to Medicare coverage, including the parts of Medicare, how to enroll in a health or drug plan,

and Medicare costs.

No matter where you are in your Medicare journey, it's important to get the correct information. For those wanting to learn the basics, get health specific information, or join a plan, this workshop can help.

For those wishing to participate virtually, contact FISH at 472-4775 for the Zoom link. In-person attendees must adhere to Captiva Civic Association COVID-19 guidelines, which include wearing masks/face coverings when inside the building. Social distancing is encouraged at all times.

This program is a courtesy of SHINE Community Outreach and Area Agency on Aging of SWFL. SHINE services are free, unbiased and confidential. SHINE counselors are able to assist with matters related to Medicare, including access to preventive services, cost-saving programs, and identifying and reporting Medicare fraud. For more information, visit www.aaaswfl.org or call the Elder Helpline at 1-866-413-5337.*

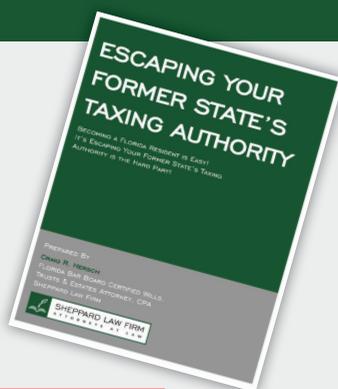
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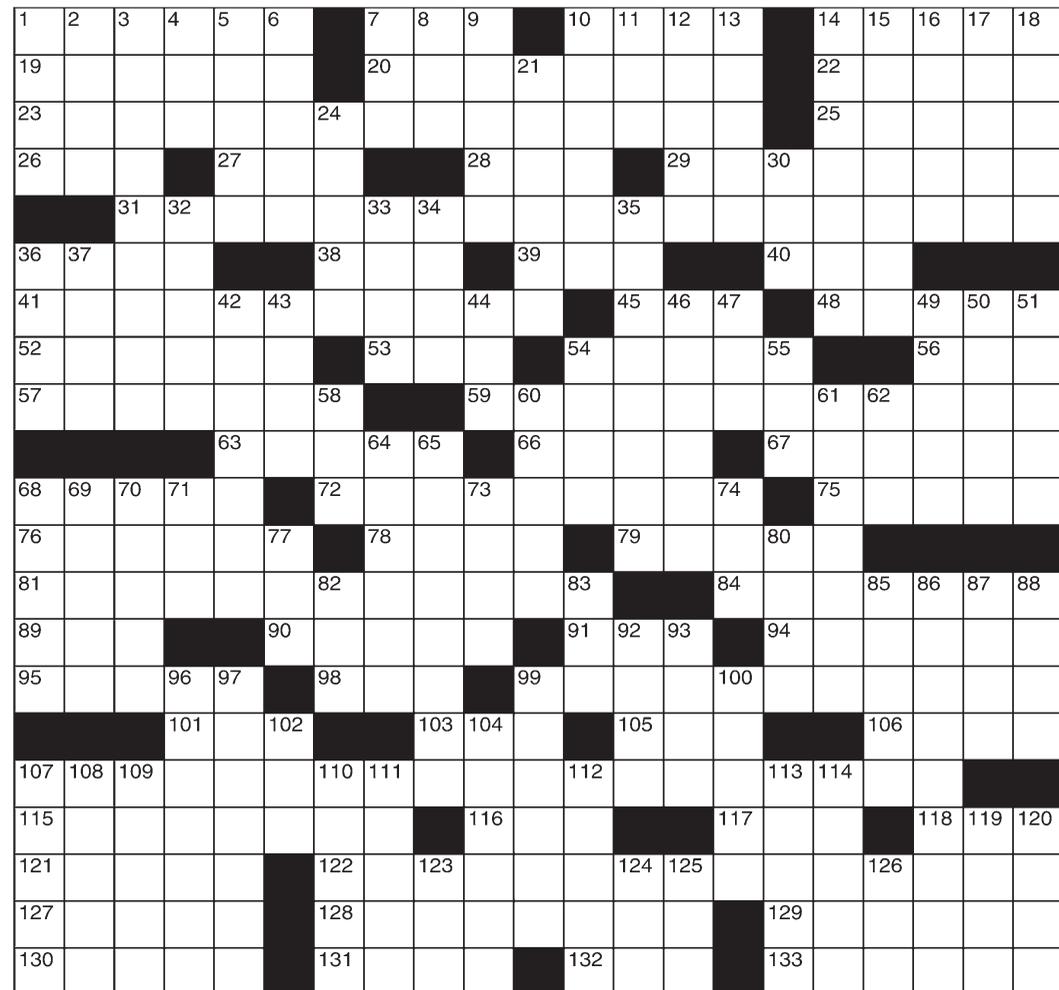
PUZZLES

Answers on page 55

Super Crossword

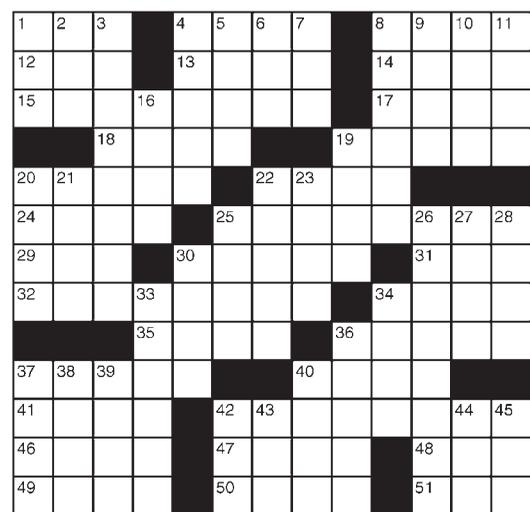
OFF DUTY

- ACROSS**
- 1 Pillager
 - 7 Branch of Buddhism
 - 10 Mosque minister
 - 14 Stallone role
 - 19 Large lizard
 - 20 Shirt-pocket audio player
 - 22 Wine coolers
 - 23 Gasohol, e.g.
 - 25 Italy's largest port
 - 26 Apartment, e.g.: Abbr.
 - 27 Sculling need
 - 28 That, in Spanish
 - 29 America's Cup sport
 - 31 Passed-on value system, say
 - 36 Ever and —
 - 38 "The Fresh Prince of — -Air"
 - 39 Volkswagen hatchback
 - 40 Ellipsis bit
 - 41 Serious moral offense
 - 45 Big Apple airport code
 - 48 Superbright colors
 - 52 "Relax, GI!"
 - 53 — Kippur
 - 54 Song of thanksgiving
 - 56 Drink sample
 - 57 Tattoos and piercings
 - 59 Journalistic profession
 - 63 Childbirth assistant
 - 66 Two-spinoff CBS series
 - 67 Quit sleeping
 - 68 Very manly
 - 72 Like gross profits ... or how the ends of eight answers in this puzzle might appear
 - 75 Digital greeting
 - 76 Illicit love affairs
 - 78 Helen's city
 - 79 4-point Scrabble piece
 - 81 Events to move merchandise for charity
 - 84 Redgrave of film
 - 89 Ending for Canton
 - 90 Leg bone
 - 91 Pro hoops gp.
 - 94 Tested the weight of by lifting
 - 95 Take hold
 - 98 Flanders on "The Simpsons"
 - 99 Bucolic byway
 - 101 Here-there linkup
 - 103 Madam's partner
 - 105 Plains tribe
 - 106 Shady giants
 - 107 Earnings not allocated for necessary items
 - 115 Very brave
 - 116 Adam's partner
 - 117 Suffix with northwest
 - 118 Provided with a meal
 - 121 Razor-honing band
 - 122 It may be trespassed on
 - 127 Move around like a baby
 - 128 Bristlecone, for one
 - 129 "Tru" subject
 - 130 Made of turf
 - 131 River through Flanders
 - 132 37-Down part: Abbr.
 - 133 Neighbor on "Seinfeld"
 - 36 Hail — (yell "Taxi!")
 - 37 Western mil. alliance
 - 42 Dancer Duncan
 - 43 Roman despot
 - 44 Global financial gp.
 - 46 Reaches
 - 47 Jacuzzi sigh
 - 49 Honshu port
 - 50 Saltpeper
 - 51 Fork out
 - 54 Purple-brown
 - 55 School lobby gp.
 - 58 Soaking spot
 - 60 One way to serve ham or pastrami
 - 61 "It's Pat" star
 - 62 Tic-toe linkup
 - 64 Leaves alone
 - 65 "Yes, sorry to say"
 - 68 Former fillies
 - 69 Entertain (with)
 - 70 Tailed orbiter
 - 71 Engine noise
 - 73 Dancing girl in "Return of the Jedi"
 - 74 VII times II
 - 77 Boss of a cpl.
 - 80 Actor Bert of "The Wizard of Oz"
 - 82 A, to Wilhelm
 - 83 — -cone (frozen treat)
 - 85 Actor — Zimbalist Jr.
 - 86 Robbed
 - 87 Stitched line
 - 88 Counts up
 - 92 Wave-tossed bobber
 - 93 Voting "no"
 - 96 Exclusive group of people
 - 97 Lack of a response
 - 99 Fancy tie
 - 100 Copier ink
 - 102 Agent, for short
 - 104 "The navel"
 - 107 Wafers, e.g.
 - 108 Prelim
 - 109 Fine fiddle
 - 110 Prone to tilt
 - 111 "The Wire" actor Elba
 - 112 Trendy again
 - 113 Earthen pot
 - 114 Comparable (with)
 - 119 Feminizing suffix
 - 120 Batik artisan
 - 123 Feminizing suffix
 - 124 Ending for cannon
 - 125 Cribbage pin
 - 126 Green-minded gp.



King Crossword

- ACROSS**
- 1 Steal from
 - 4 Highlander
 - 8 Streamlet
 - 12 Historic period
 - 13 String
 - 14 Tom Joad, for one
 - 15 Bridgetown's island
 - 17 "It's — real!"
 - 18 Intends
 - 19 Tropical fruit
 - 20 Jazz genre
 - 22 Piece of work
 - 24 Priests' garments
 - 25 "Excellent work!"
 - 29 Espionage org.
 - 30 Spectrum creator
 - 31 Ms. Thurman
 - 32 Wavering
 - 34 Twain hero
 - 35 Sharp tooth
 - 36 Clearheaded
 - 37 Cream-filled pastries
 - 40 Arrive
 - 41 Jai —
 - 42 Chocolatey frozen treat
 - 46 Give up
 - 47 Carry on
 - 48 Citrus drink
 - 49 Crystal gazer
 - 50 Eye part
 - 11 U.K. fliers
 - 11 Schreiber
 - 11 Sultry Horne
 - 16 Life stories
 - 19 Site of Apra Harbor
 - 20 "Coffee Cantata" composer
 - 21 Writer Wiesel
 - 22 Rubber gasket
 - 23 Nuisance
 - 25 Mom's mom
 - 26 Place to get a fruit smoothie
 - 27 Hotel chain brand
 - 28 Combo
 - 30 School orgs.
 - 33 Not as certain
 - 34 Seethe
 - 36 Theater boxes
 - 37 Campaign-funding gps.
 - 38 Fonda's bee-keeper role
 - 39 Lose color
 - 40 406, in Roman numerals
 - 42 Calendar abbr.
 - 43 Eg. and Syr., once
 - 44 Oklahoma city
 - 45 Ump
- DOWN**
- 1 Civil War soldier
 - 2 Man-mouse link
 - 3 Whom Pilate pardoned
 - 4 Rascal
 - 5 Atlantic catches
 - 6 Granada gold
 - 7 QB stats
 - 8 Hearty
 - 9 Furniture brand
 - 10 Actor



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

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

- | | | | |
|------------|----------|----------|------------|
| Abreast | Eastman | Eastwood | Nor'easter |
| Beast | Eastmost | Feast | Oleaster |
| Beastie | Eastside | Least | Southeast |
| Breastbone | Eastward | Mideast | |

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 FRIDAY Mostly Cloudy High: 76 Low: 65	 SATURDAY Mostly Cloudy High: 77 Low: 67	 SUNDAY Partly Cloudy High: 80 Low: 69	 MONDAY Mostly Cloudy High: 77 Low: 68	 TUESDAY Sunny High: 76 Low: 65	 WEDNESDAY Mostly Cloudy High: 75 Low: 66	 THURSDAY Few Showers High: 74 Low: 63
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:26 am	10:40 am	5:48 pm	10:31 pm
Sat	4:36 am	11:15 am	6:15 pm	None
Sun	6:04 am	12:04 am	6:46 pm	11:48 am
Mon	7:55 am	1:31 am	7:19 pm	12:22 pm
Tue	9:53 am	2:44 am	7:54 pm	12:57 pm
Wed	11:36 am	3:43 am	8:33 pm	1:35 pm
Thu	9:13 pm	4:34 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:31 am	10:42 am	4:53 pm	10:33 pm
Sat	3:41 am	11:17 am	5:20 pm	None
Sun	5:09 am	12:06 am	5:51 pm	11:50 am
Mon	7:00 am	1:33 am	6:24 pm	12:24 pm
Tue	8:58 am	2:46 am	6:59 pm	12:59 pm
Wed	10:41 am	3:45 am	7:38 pm	1:37 pm
Thu	8:18 pm	4:36 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:49 am	10:38 am	5:21 pm	11:00 pm
Sat	4:58 am	11:21 am	6:06 pm	None
Sun	6:11 am	12:23 am	6:49 pm	12:15 pm
Mon	7:24 am	1:38 am	7:31 pm	1:16 pm
Tue	8:33 am	2:34 am	8:12 pm	2:09 pm
Wed	9:57 am	3:24 am	8:54 pm	2:55 pm
Thu	11:13 am	4:13 am	9:42 pm	3:40 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:36 am	12:16 am	7:58 pm	1:56 pm
Sat	6:46 am	1:47 am	8:25 pm	2:31 pm
Sun	8:14 am	3:20 am	8:56 pm	3:04 pm
Mon	10:05 am	4:47 am	9:29 pm	3:38 pm
Tue	12:03 pm	6:00 am	10:04 pm	4:13 pm
Wed	1:46 pm	6:59 am	10:43 pm	4:51 pm
Thu	11:23 pm	7:50 am	None	None

My Stars ★★★★★
FOR WEEK OF JANUARY 3, 2022

Aries (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

Taurus (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

Gemini (May 21 to June 20) In true

Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

Cancer (June 21 to July 22) A friend offers you an exciting opportunity for the New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

Leo (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your denmate offers both wise and loving support.

Virgo (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.

Libra (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continued misunderstandings. Do it soon, for both of your sakes.

Scorpio (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with

them until they surrender their rewards.

Sagittarius (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

Capricorn (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

Aquarius (January 20 to February 18) Travel is a dominant aspect of the New Year.

continued on page 54

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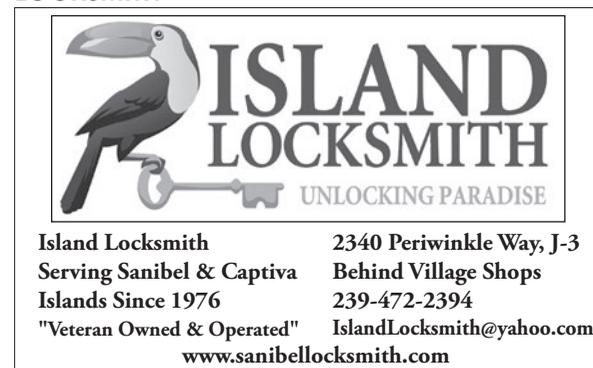
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From page 52

My Stars

Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

Pisces (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

Born This Week: You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

MOMENTS IN TIME

- On January 14, 1639, in Hartford, Connecticut, the first constitution in the American colonies, the "Fundamental Orders," is adopted. The Fundamental Orders declared that "the foundation of authority is in the free consent of the people."

- On January 13, 1842, a British army doctor reaches the British sentry post at Jalalabad, Afghanistan, the lone survivor of a 16,000-strong Anglo-Indian expeditionary force that was slaughtered in its retreat from Kabul. He told of a terrible massacre in which the Afghans killed 4,500 soldiers and 12,000 camp followers.

- On January 14, 1875, Nobel Prize-winning physician Albert Schweitzer is born in Upper-Alsace, Germany. Schweitzer's philosophy revolved around what he called "reverence for life," the idea that all life must be respected and loved.

- On January 16, 1919, the 18th Amendment to the U.S. Constitution, prohibiting the "manufacture, sale, or transportation of intoxicating liquors for beverage purposes," is ratified and becomes law. Large-scale distribution of alcoholic beverages and organized crime flourished anyway.

NOW HERE'S A TIP

- To save a pot of burning soup, remove from the burner and do not stir. Pour the unburned contents into a new pot, while trying not to disturb the burned-on bottom of the pot.

- Experts say that those who keep track of their nutrition and exercise are more likely to keep it up. This can be as simple as a pencil and notebook paired with a calorie guidebook, or one of the many great apps for your smartphone. In any case, set yourself up for success this year. You deserve it.

- After-Christmas sales are a great time to buy not only gift wrap (look for solid colors that you can use all year long), holiday cards and decorations, but also next season's winter wear. Things like scarves and gloves can be great bargains. And even coats can go on sale. Take advantage – especially if you have kids – and buy up. – AK in Tennessee

- Want to include more produce in your diet? Sources say prep is the step that makes it work. Clean, chop, slice and otherwise prepare all your produce choices for the week on the day you shop. When it's ready and waiting, you're less likely to skip it in favor of something more convenient (and likely less nutritious).

- "A pinch of salt tossed in the coffee grounds will cut the bitterness in lower-quality coffee. This is especially useful if you get a good deal on a can of coffee that's not your normal brand." – PL in New Jersey

STRANGE BUT TRUE

- If all the stars in the Milky Way were grains of salt, they'd fill an Olympic-size swimming pool.

- The Louvre museum in Paris was originally built as a fortress to repel Vikings.
- In 1887, a group of men added

Susanna Madora Salter of Argonia, Kansas, to a mayoral ballot as a prank intended to embarrass and curtail the influence of the Women's Christian Temperance Union, of which she was an officer. Instead, she won over 60 percent of the vote and became America's first female mayor.

- Olympic medalist Mark Spitz was famed for his large mustache in an era when swimmers shaved their bodies to become more hydrodynamic. He once joked to the Russian team's coach that his mustache helped him swim faster by deflecting water from his mouth and making him more bullet-shaped. The following year, a mustache was sported by every member of the male Russian team.

- Despite their humps, camels have straight spines.

- The first use of the word "Superbowl," credited to a Chinese writer named Lom Ba Di, dates to the third century.

- In 2008, Chile minted 1.5 million 50-peso coins with a spelling error, only noticing a year later they'd spelled "CHIIIIE" instead of "CHILE."

- Honeybee venom has been found to destroy some types of cancer cells.

- There's a Google map for Mercury, Venus, Earth's moon, Mars, Pluto, three out of four of Jupiter's moons, and all but one of the round Saturnian moons.

- Juan Ponce de Leon brought cattle when he landed at Charlotte Harbor in 1521, his second trip to La Florida. When he came under attack, four of his heifers and a bull fled into the scrub, thus introducing cows to America.

THOUGHT FOR THE DAY

"What matters most is how well you walk through the fire."

– Charles Bukowski

TRIVIA TEST

1. **Geography:** What is the largest island

- in Africa?
- Language:** What does "Auld Lang Syne" mean?
 - Movies:** How many spirits visit Ebenezer Scrooge in *A Christmas Carol*?
 - Theater:** On which opera is the rock musical *Rent* based?
 - Food & Drink:** What is marmite?
 - Games:** How many weapons are available in the original board game *Clue*?
 - Television:** What is Jean-Luc Picard's catchphrase as captain in *Star Trek: The Next Generation*?
 - Literature:** Which Victor Hugo novel was made into an animated Disney movie in the 1990s?
 - General Knowledge:** When was the first Times Square Ball Drop on New Year's Eve?
 - Science:** What is it called when a gas changes into a liquid?

TRIVIA ANSWERS

1. Madagascar 2. Times long past 3. Four, including Jacob Marley and the spirits of past, present and future 4. *La Boheme* 5. A savory food spread that is the byproduct of beer brewing 6. Six – revolver, wrench, knife, lead pipe, candlestick and rope 7. "Make it so." 8. *The Hunchback of Notre Dame* 9. 1907 10. Condensation

SCRAMBLERS ANSWER

1. After 2. Ardent;
3. Layer; 4. Shrine

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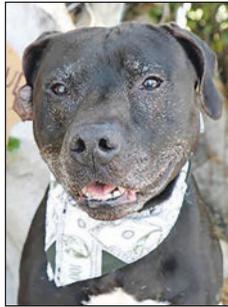
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11/19 * TFN

PETS OF THE WEEK



Kiser ID# A612646 photos provided Cosmos ID# A827308

Lee County Domestic Animal Services

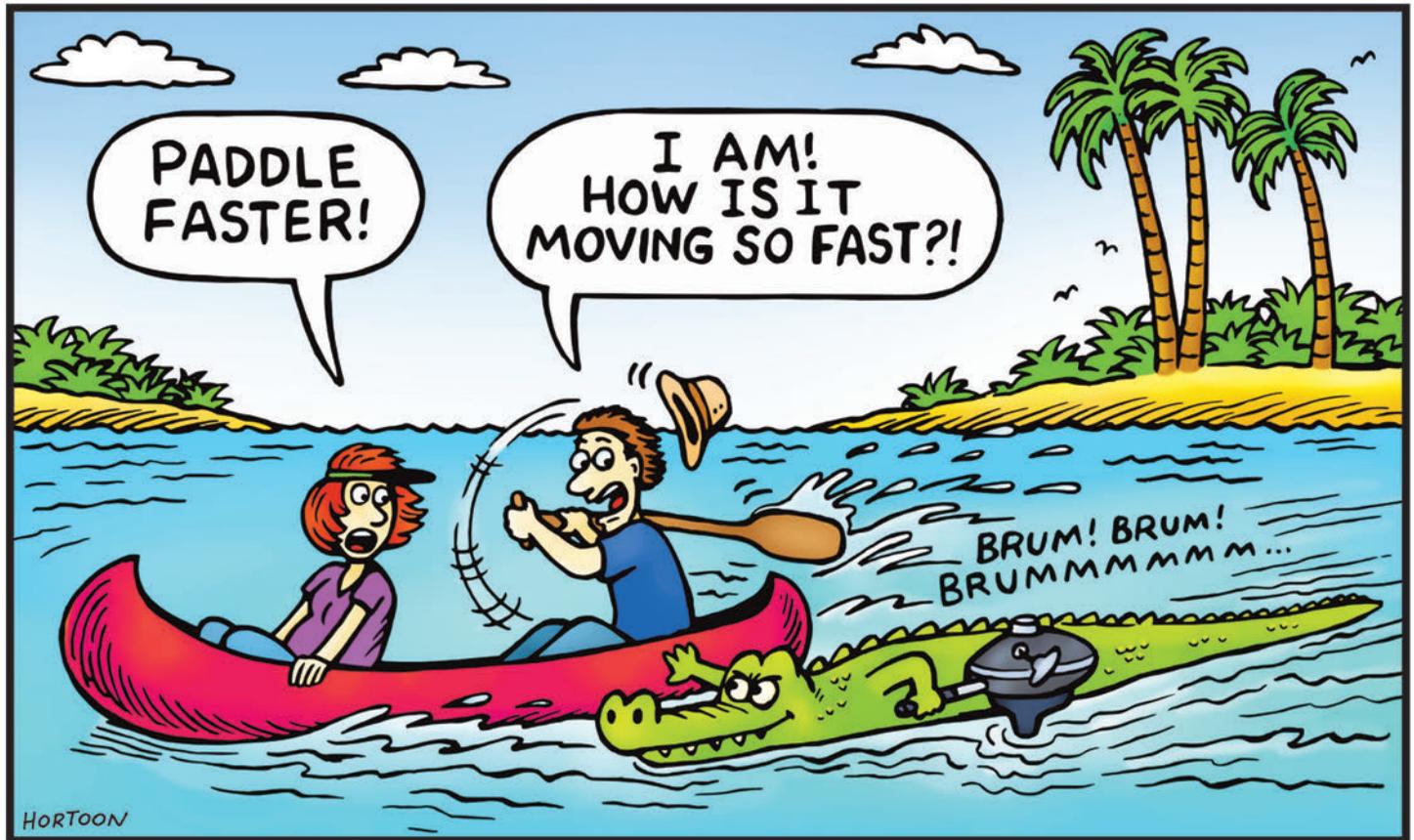
Kiser And Cosmos

Kiser is a 10-year-old pit bull mix. He loves his cozy bed and treats. His adoption fee is \$25.

Cosmos is a 2-year-old domestic shorthair. He's more of a 'fly by the seat of his pants' kind of guy. His adoption fee is \$10.

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

HORTOONS



PUZZLE ANSWERS

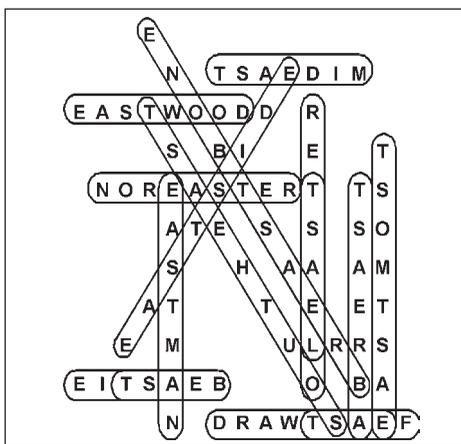
SUPER CROSSWORD

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KING CROSSWORD

R	O	B	S	C	O	T	R	I	L	L								
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gores A M Subdivision	Captiva	1975	4,383	\$6,250,000	\$6,190,000	84
Turtle Walk	Fort Myers Beach	2015	3,978	\$4,700,000	\$5,150,000	5
Jose's Hideaway	Upper Captiva	2011	5,886	\$4,795,000	\$4,300,000	10
Crescent Beach	Fort Myers Beach	2017	2,722	\$3,790,000	\$3,790,000	1,226
Shell Harbor	Sanibel	1971	3,479	\$2,999,999	\$2,900,000	235
Cassina	Miromar Lakes	2017	3,565	\$2,750,000	\$2,700,000	7
Southport On The Bay	Bonita Springs	2000	5,053	\$2,479,000	\$2,400,000	4
Cape Coral	Cape Coral	2017	2,941	\$2,280,000	\$2,280,000	80
Shell Harbor	Sanibel	1971	2,444	\$2,295,000	\$2,150,000	6
Cape Coral	Cape Coral	2002	4,124	\$1,945,000	\$1,908,500	73

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