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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 21, 2022

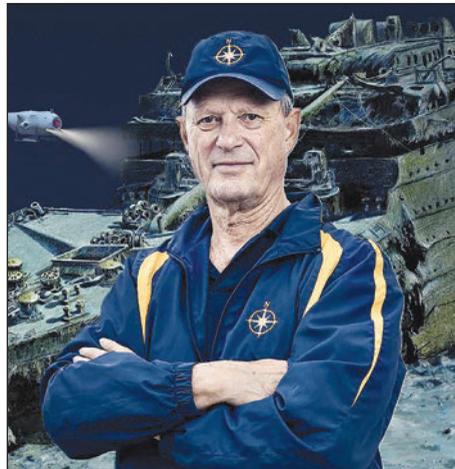
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Famed Ocean Explorer To Speak

Underwater explorer Robert Ballard will speak at the 4th annual Paul McCarthy Memorial Lecture, hosted by Sanibel-Captiva Conservation Foundation (SCCF), on Friday, February 4 at 5:30 p.m.

The National Geographic explorer-in-residence, Ballard is best known for his 1985 discovery of the *Titanic* shipwreck. He is a veteran of more than 125 expeditions, many in search of lost ships and ancient artifacts. He is president of the Institute for Exploration in Mystic, Connecticut, and director of the Institute for Archaeological Oceanography at University of Rhode Island.

A pioneer in the early use of deep-diving submarines, Ballard was on the first manned expedition of the largest mountain range on earth, the Mid-Ocean Ridge. Later, he led an expedition off the Galápagos Islands that discovered new life-forms on earth, a discovery that has revolutionized the understanding of the origin of life on the planet and increased the likelihood of discovering life elsewhere



Robert Ballard photo provided

in the solar system. Following his discovery of the *Titanic*, he went to find other lost legends in the sea including the German battleship *Bismarck*, the aircraft carrier *Yorktown*, lost during the Battle of Midway, and President John F. Kennedy's PT-109.

Ballard, a former naval officer, is the recipient of numerous awards, including six military honors, The Explorers Club

continued on page 12

Opera Meets Broadway Tour

New York City opera artist Glenn Seven Allen returns to Southwest Florida from January 25 to 30 with hit songs from great operas and classic Broadway shows like *My Fair Lady*, *La traviata* and *The Mikado*. He has received critical acclaim on theater, opera and concert stages throughout the United States as a consummate singing actor, lauded for his dynamic interpretations of heroes and leading men.

Opera Meets Broadway community concerts will be held at The Gulf Theater in Punta Gorda on Tuesday, January 25 at 7 p.m.; Sidney & Berne Davis Art Center in Fort Myers on Thursday, January 27 at 7 p.m.; Grey Oaks Country Club (concert and dinner) on Saturday, January 29 at 6 p.m.; and The Community House on Sanibel on Sunday, January 30 at 4 p.m.

Allen was hailed by *Opera News* as an "Edwardian matinee idol, giving by far the most detailed dramatic performance." In past seasons, Allen starred as Jack Twist in *Brokeback Mountain* with New

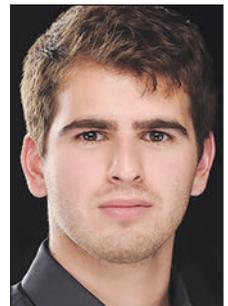


Glenn Seven Allen



Jacquelynne Fontaine

York City Opera and subsequently returned as Freddy in *Dear Erich*. He also performed as Lt. Cable in *South Pacific* with Annapolis Opera, as Will in *Middlemarch in Spring* with Ash Lawn Opera, a benefit concert of *Candide* at Carnegie Hall and in New York City Opera's production of *Candide*.



Geoffrey Loff

continued on page 14

Preparing For Climate Change At Captiva Estate

by Kathy Kurtz Ferrari

The legacy of artist Robert Rauschenberg is further being burnished on Captiva as the foundation that bears his name is building for the future.

The American modernist who called the island home for almost 40 years left behind an expansive 20-acre property which runs from beach to bay. The Robert Rauschenberg Foundation has hosted many events over the years and since 2012 has run a philanthropic residency program to support artists across various mediums. According to the foundation, more than 500 artists have taken part in the program over 10 years, with over 80 artists a year working in the pristine environment.

The property is a significant part of the Captiva community, but like the island itself, it is threatened by sea level rise.

With that in mind, the Rauschenberg Foundation is in the middle of a multi-faceted construction project to protect the tract with an eye to the future.

"This is tied into our climate change



Robert Rauschenberg in his studio, Captiva, April 1990 photo by Sidney B. Felsen,

Robert Rauschenberg Foundation Archives adaptation plan which we began in 2017, with the idea that we are in a very vulnerable property," said Ann Brady, director of the Robert Rauschenberg Foundation.

Many parts of the island flood easily during storms, including sections of the Rauschenberg estate, so the foundation's board researched ways to protect and



Construction is taking place on land at the corner of Captiva Drive and Laika Lane on Captiva as part of a project for the Robert Rauschenberg Foundation

photo by Kathy Kurtz Ferrari

fortify the area. Scholars, architects, artists and engineers were consulted regarding the effects of climate change on the land, a subject which concerned Rauschenberg himself before his death in 2008.

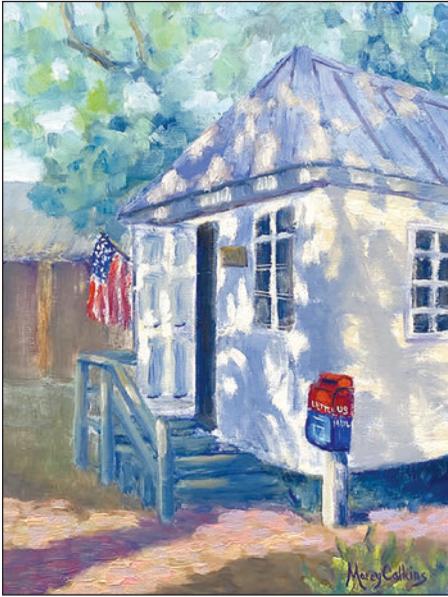
"He was very much a steward of the environment and we retain that

commitment," Brady said.

With the arrival of the COVID-19 pandemic in early 2020, which shut down the residency program, the decision to accelerate construction was taken.

New York architectural firm WXY is

continued on page 6



Painting of the old Sanibel Post Office by Marcy Calkins image provided

Artists Prepare For New Exhibit

Preparations continue for the Sanibel Historical Museum & Village and Sanibel-Captiva Art League plein air exhibit in February. For the past few months, members of the art league have been painting plein air on the historical village property. Paintings displayed will showcase the various historical structures. Works are done in watercolor, acrylic,

gouache (opaque watercolor) and oil.

Artist Marcy Calkins said, "As I'm painting in the museum, I find myself imagining the early islanders strolling the grounds, living and working. It reinforces my belief that they were hearty souls to live with mosquitoes and without modern conveniences or a bridge."

Paintings will be on sale at the exhibit. "The exhibit offers a great opportunity to own original artwork of the village," said Emilie Alfino, historical village executive director. "We enjoy hosting the painters coming often to the village and watching them painting our unique and wonderful buildings. It's a delight to have them exhibit their work at the village."

The exhibit runs opens on Saturday, February 5 and runs through Thursday, February 24 in the Shore Haven building. The art show is open to the public at no charge. Admission to the historical village is available for the regular \$10 fee per adult. The exhibit and historical village are open Tuesday through Saturday from 10 a.m. to 4 p.m.

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

The Sanibel Historical Museum & Village is located at 950 Dunlop Road (next to BIG ARTS). There is handicap access to all but one building. For more information, call 472-4648 or visit www.sanibelmuseum.org.✪

CROW Fundraiser Rescheduled For March

Tickets are still on sale for the Clinic for the Rehabilitation of Wildlife (CROW) fundraiser, WILD About CROW. The event will now be held on Friday, March 11 from 6:15 to 9:30 p.m. at the historic Burroughs Home and Gardens in downtown Fort Myers.

Originally scheduled for January 15, the fundraiser was postponed due to the recent COVID-19 variant spike in cases. "The health of our attendees, our staff and our animals is our foremost concern. Wild about CROW is attended by many of our hospital staff handling our ambassador animals and we couldn't risk potential exposure to them or to the attendees," said CROW's Executive Director Alison Charney Hussey.

WILD About CROW will feature a sit-down dinner, appearances by CROW's animal ambassadors, and surprises for guests to show their support for CROW. Themed animal print masks will be provided for attendees and tables will be socially distanced to allow for a safe evening. Jen Stacy of ABC7 will emcee and assist auctioneer Chris Marchand, sponsored by Spivey Law Firm, to raise both awareness and funds for CROW's mission. Music, sponsored by Superior Title, will be provided by Southwest Florida native DJ Robert McDonald of New Beginnings Events.

"CROW admitted over 6,000

wildlife patients in 2021 – a record number – and only 20 percent come from Sanibel-Captiva islands, where we are located," said Hussey. "Our inaugural event in 2020, pre-COVID, brought awareness to the sold-out crowd of the passion of CROW's staff and the reach to all of Lee County and beyond where the other 80 percent of our patients originate. We know our attendees really enjoyed themselves then, and we've great things planned for 2022."

The purchase period for discounted tickets at the price of \$150 per person will be extended. On Monday, February 21 at 5 p.m., the ticket price will increase to \$175 per person. Guests also have the option to purchase a table as an Awesome Opossum Host and fill it with seven friends or colleagues for \$1,750. The host sponsors will receive entry for two for the Virginia Opossum VIP Reception inside the Burroughs Home before the event with a meet and greet opportunity with CROW's animal ambassadors Mina, the great horned owl, and Sydney, the American alligator.

Tickets and host tables can be purchased online at <https://bit.ly/WildAboutCROW>. Event sponsors also include Northern Trust, as a Bronze Bobcat sponsor, Superior Title as entertainment sponsor, Scanlon Auto Group as the Southern Black Racer Valet sponsor, Millennial Brewing Company as Burrowing Owl Brew sponsor, Spivey Law Group as auction sponsor, and Waterman Broadcasting as Spoonbill Media sponsor. For information on becoming a sponsor, contact Lori Cook-North at lori@eventfulinc.com.✪

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Cars waiting in line for the ferry photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Looking Back: Season Traffic

This week's image shows cars waiting in line for the ferry in 1951. Backups occurred in season as the ferries carried a limited number of cars, though lines didn't build up as long as today's seasonal traffic jams. In the 1950s, people left their cars in line and conversed, or had a sandwich at Casa Marina, the tea room conveniently located next to the landing.



In the summer, mosquitoes could be so bad, drivers would huddle in their cars with windows closed, despite the heat. Cars coming off the ferry would accelerate to 20 to 25 mph before cranking down their windows to "outrun" the mosquitoes.

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, based on docent availability. There is handicap access to all but one of the buildings. 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 8:30 a.m. and 10:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

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

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

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From page 1

Captiva Estate

leading the project, which is designed to be as green as possible, according to Brady. She said the initiative is designed to be somewhat of a model to other projects that may experience impacts from sea level rise.

The most visible part of the project for the island community involved clearing dense vegetation from a lot at the corner of Captiva Drive and Laika Lane a few months ago to make way for a one-story, 6,000-square-foot building to house studio spaces, dining and common areas as well as residences.

"The new building which you see along Captiva Drive is just one piece of this whole project," said Brady.

Invasive plants were removed and some vegetation was transplanted to other parts of the property. Brady explained that more vegetation will be replanted along Captiva Drive once the building is finished. While the building will not be open to the public, Brady noted some type of open house may be held once the project is completed.

On the bay side of the property, about five acres of previously manicured lawn has been returned to meadowland, which features vegetation that thrives in salty and wet conditions.

"The area brings in a lot of birds and different species that thrive in that kind of environment. It's kind of like saying we know what's happening there and we don't want to work against it," Brady



Robert Rauschenberg walking his dogs Kid and Star on the beach, Captiva, circa 1984
photo by Terry Van Brunt, Robert Rauschenberg Foundation Archives

explained.

Work is also being done to upgrade 10 other buildings on the estate, including introducing compost toilets, installing rainwater collection and reuse systems, reducing energy consumption

and upgrading structures to be able to withstand changes in climate.

"Other than the main studio, which Rauschenberg built and was completed in 1993, all the buildings were built between the 1920s and '70s," Brady

said. "They need to be upgraded."

The construction also includes a centralized waste system which will be able to tap into a larger island sewer system that is currently being discussed by the community.

"We very much understand that we are part of this island," Brady stressed, adding that she is a member of the Captiva Community Panel and its Sea Level Rise Committee. A presentation about the project was presented to the panel in March. "We want to make sure what we are doing is transparent and we are doing it in concert with what else is happening on the island."

While there is no set date for completion, Brady expects the project to be finished this year, noting the pandemic has caused delays. It is hoped the residency program will resume within the next year as well.

"It's exciting and we feel very strongly about this community and our commitment to the island, just as Rauschenberg did, so this is important to us," Brady said, adding that more information is available about the foundation on Instagram and Facebook. "It's a really remarkable landscape and we care deeply about it. We want to protect the legacy as long as possible so that we can foster the legacy of today's artists and tomorrow's artists."

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com. ✨



NANCY PEARCEY

Sunday, January 23, 2022 at 7 p.m.
in the Sanctuary



Nancy Pearcey is the author of *Love Thy Body: Answering Hard Questions about Life and Sexuality*; as well as *The Soul of Science*; *Saving Leonardo*; *Finding Truth*; and *Total Truth*. She is professor and

scholar-in-residence at Houston Baptist University. She has been highlighted as one of the five top women apologists by *Christianity Today* and hailed in *The Economist* as "America's pre-eminent evangelical Protestant female intellectual."

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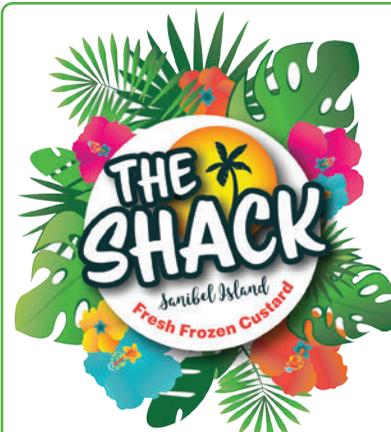
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Tyler Haas and Calli Johnson
photos by Kathy Kurtz Ferrari

What's 'Cap'-ening

A Glance At Captiva Events

by Kathy Kurtz Ferrari

Captiva's two social organizations have already kicked off full schedules for the season.

The Captiva Civic Association (CCA) launched its four-week Perfectly Paired educational wine and food pairing series on January 10. This is the fourth year the event is being offered. The series is sponsored by The Sanibel Captiva Trust Company.

Tyler Haas of Johnson Brothers Wine and Calli Johnson of Bailey's General Store and The Island Store on Captiva have teamed up again to offer a fun and informative look at wines from many regions. Wines are complemented with food from Chef Karl Hamme of Bailey's. Two sessions remain for the Monday evening series, January 24 and 31. Tickets may still be available.

"This is a very popular event, so make sure you have a ticket for it before you show up," said CCA Director Emily Hess Ankersen, adding there is a wait list.

Artwork by Douglas David is currently on display. An opening reception was



Featured artist Douglas David

held on January 13. The artist also offered a painting demonstration to CCA members on January 20.

Capt. Brian Holaway, master naturalist, will present a look at the history of some of the outer islands throughout Pine Island Sound on Thursday, January 27 from 5:30 to 7 p.m. Holaway runs private boat tours in area waters, with bookings available at www.captainbrianonthewater.com.

"The presentation is called The Islands Around Us. I'll discuss stories of Pine Island Sound and the history of some of the outer islands that many people aren't aware of," said Holaway.

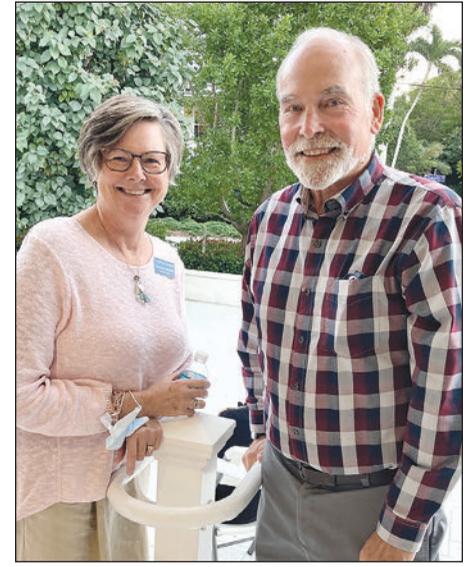
The CCA is located at 11550 Chapin Lane. Visit www.ccapliva.org for more information.

The Captiva Island Historical Society (CIHS) has also been busy. Those happening to pass by McCarthy's Marina on the evening of January 12 may have been surprised to discover Captiva has a drive-in movie theater, as the organization screened the WGPU documentary *Pink Gold* in the parking lot. Attendees brought their own chairs or watched from the comfort of their golf carts, an idea brought about from the pandemic.

A drive-in double feature screening of Captiva Memories documentaries *Our Mailboat Santiva* and *South Seas:*



Ed and Patty Egan



Rosemary and The Rev. Larry Marshall of Captiva Chapel by the Sea



Attendees to the recent art reception at the CCA included, from left, Richard Sonking, Liz Aberdale and Tony Andrews

An Enduring Paradise is planned for Monday, February 7 at 7 p.m.

According to CIHS President Tom Libonate, the organization plans to continue offering drive-in movie nights in the future regardless of COVID-19.

For more information on events, visit www.captivaishistoricalociety.org.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. Email Kathy.islandnews@gmail.com. ✨

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1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

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

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MONDAY, JAN. 24TH

9:30 am Oil Painting w/ Suzette

MON., WED. & FRI.

9 & 10:30 am Aerobics w/ Mahnaz

TUESDAYS

9:30 am Letting Loose
w/ Watercolor by Anita

12:30 pm Social Bridge

1 pm Line Dancing w/ Marie

WEDNESDAYS

1 pm Painting w/ Friends

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

1 pm Hearts Card Club

FRIDAY, JAN. 21 & SATURDAY, JAN. 22

9 am - 4 pm SCA Art Festival

SATURDAY, JAN. 22

10 am Talk on Water

5 pm Wine Pairing Class

Payments online:

www.sanibelcommunityhouse.net

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Letter To Sanibel Community

Sanibel City Council released the following letter on January 14:
Dear Sanibel residents, visitors and business owners,

As we welcome 2022, and the start of the busy season on Sanibel Island, we are full of hope for a happy and healthy year. At the same time, we recognize positive cases of the highly transmissible Omicron variant of SARS-CoV-2 (COVID-19) have significantly increased over the past few weeks in Lee County.

The Centers for Disease Control (CDC) website states the "Omicron variant likely will spread more easily than the original SARS-CoV-2 (COVID-19) virus. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or do not have symptoms." They also acknowledge the "current vaccines are expected to protect against severe illness, hospitalizations and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur."

We are greatly concerned for the health and wellbeing of all who live, work, visit and do business on Sanibel, and we urge you to do all you can to help reduce the spread of this virus in our community.

We strongly recommend full vaccination for all eligible persons. Medical and scientific experts agree the best way to protect oneself and others from

serious illness and death is vaccination. While vaccination and booster shots do not prevent someone from contracting the virus, they are proven to reduce the severity of illness in those who are fully vaccinated. For more information regarding vaccines, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html>. To find a vaccination site near you, visit <https://www.vaccines.gov/>.

We strongly recommend the practice of social distancing and the use of masks, especially in indoor public settings. For detailed guidance about masks, including how to choose the right mask for you and how to properly wear a mask, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>. As a reminder, masks must be worn inside city-owned facilities, unless otherwise specified.

Stay home if you feel sick. Symptoms for SARS-CoV-2 (COVID-19) may include: sore throat, headache, congestion or runny nose, cough, shortness of breath, muscle or body aches, nausea or vomiting, diarrhea, new loss of taste or smell.

If you experience any of the symptoms related to SARS-CoV-2 (COVID-19), consider home testing or visiting a testing site. The following websites provide information about local testing sites and general information about SARS-CoV-2 (COVID-19), the Omicron variant and the Delta variant:

Centers for Disease Control – <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-classifications.html>

Florida Department of Health Lee County – <http://lee.floridahealth.gov/>
Lee County – <https://www.lee.gov.com/covid-19/testing>

Lee Health – <https://www.leehealth.org/our-services/public-health-awareness>

We thank you for your consideration and we extend our best wishes for a happy and healthy 2022.

Sincerely,

Holly D. Smith, Mayor
Richard Johnson, Vice Mayor
Dr. Scott Crater, Councilmember
John Henshaw, Councilmember
Mike Miller, Councilmember✪

Kiwanis Club Scholarships

The Sanibel-Captiva Kiwanis Club is accepting scholarship applications for the 2022-23 school year.

Scholarships in varying amounts are available. Applicants must be Sanibel or Captiva residents, or employed full-time on the islands, or a family member of such, and attending a college for an undergraduate degree or a vocational school. An independent committee makes the selection. Applications must be submitted by March 25, 2022.

Applications are available on the Kiwanis website at www.sanibelkiwanis.org or by contacting: MJ Hays at 579-0660 or mj@sanibelinsurance.com; Bill Traum at 671-0155 or billtraum@outlook.com; or Chris Heidrick at 579-0660 or orchris@sanibelinsurance.com.

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**A RELATED CITY COUNCIL WORKSHOP WILL BE HELD ON
WEDNESDAY, JANUARY 26TH
FROM 5:00 TO 7:00 PM AT CITY HALL**

**Multi-million dollar decisions are being made -
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Questions that should be addressed at this workshop:

- 1. How can the Sanibel Recreation Center be brought into the 21st century, fulfilling the true needs of the community efficiently and cost-effectively?**
- 2. Pre-COVID, i.e. 2019 and prior, what was the actual use of the Center 4 Life building?**
- 3. The narrative has been that the former Center 4 Life building will be razed for a parking lot. Is this decision set in stone, or does this prime location have a higher and better use, such as the new Police Headquarters?**
- 4. Likewise, the former SanCap Bank building - what is its highest and best use? Perhaps a City Administration Building?**
- 5. The Sanibel Community House has been the true "center for life" in Sanibel since 1927. Given the resources available in the community - both public and private - how are the recreation needs of the community best served?**

COME AND LET YOUR VOICE BE HEARD!



Native rosy camphorweed attracts butterflies and other pollinators photo by Gerri Reaves

Plant Smart
Rosy Camphorweed

by Gerri Reaves

Rosy camphorweed (*Pluchea baccharis*) is a native wildflower found throughout the state in marshes, ditches, flatwoods, swamps, pond edges and disturbed sites.

This member of the aster family is a good choice for a butterfly or

natural garden because the nectar attracts a variety of pollinators and small butterflies, such as hairstreaks, crescents, blues and skippers.

It can grow up to three feet tall but is usually much shorter.

The alternate toothed leaves are gray-green, coarse-textured and about one to three inches long.

Varying in shape from oblong to obovate, they are covered in short fine erect hairs.

When crushed, they emit a camphor odor, thus the common name. Another

common name, marsh fleabane, derives from the practice of pioneers in the southeastern U.S. of putting the aromatic leaves in bedding to deter fleas.

The rose-pink to purplish disk flowers bloom all year long in flat compact fuzzy flowerheads. Fading blooms appear brownish pink.

This wildflower is a moderate to fast grower and prefers full sun. It readily reseeds, so if it volunteers in your yard, you might want to keep it for the pollinators.

It is also salt tolerant, but not of

prolonged saltwater inundation.

While not usually available in plant nurseries, it is cultivated by native plant enthusiasts.

Sources: *Complete Guide to Florida Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

From page 1

Ocean Explorer

Medal, and National Geographic's highest award, the Hubbard Medal. During the lecture, he will share stories of his underwater adventures and his vision of how technology can continue to advance the frontiers of exploration.

"We are very honored to have Dr. Ballard as our McCarthy Lecture speaker this year," said SCCF CEO James Evans. "His career as the preeminent underwater explorer has informed so much of our understanding of the natural world."

The lecture will begin at 5:30 p.m. at SCCF's Bailey Homestead pavilion, located at 1300 Periwinkle Way on Sanibel. Tickets sales will be limited to ensure maximum social distancing. Doors open at 5 p.m. and light

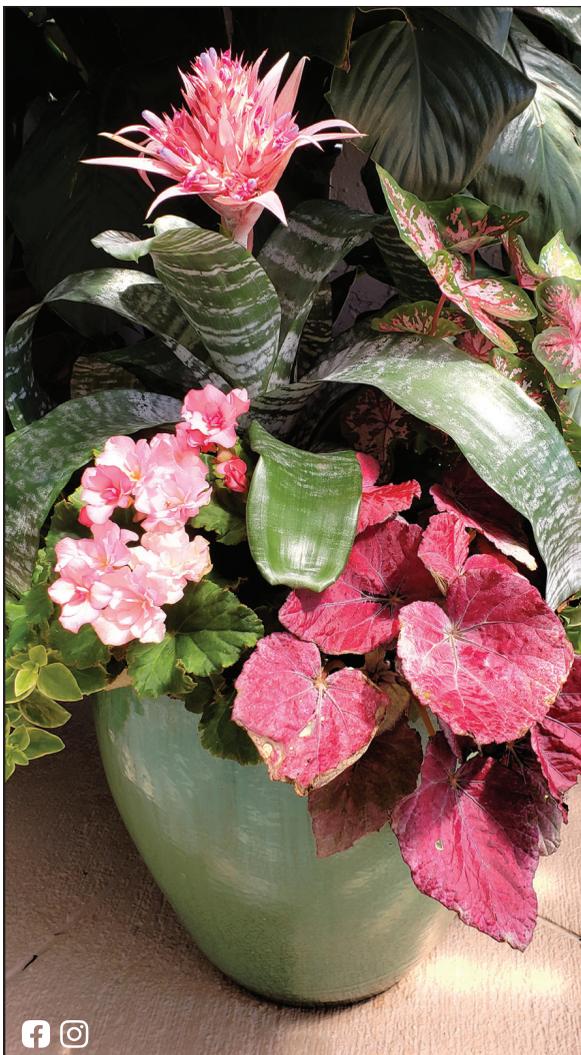
refreshments will be offered. The lecture can also be attended virtually. Tickets are priced at \$20 in person, \$10 for students and \$20 for virtual attendance. Tickets can be purchased only through Eventbrite at:

In-person: <https://mccarthylecture.eventbrite.com>

Virtual: <https://mccarthylecturevirtual.eventbrite.com>

The Paul McCarthy Memorial Lecture Series was conceived by the Boler Family Foundation, which underwrites the speaker fees and expenses to honor their family friend. McCarthy was the founder of Captiva Cruises, SCCF trustee, and an active presence on the islands for many years.

For more information, contact Jeff Siwicke at 357-0457 or jsiwicke@sccf.org, or Cheryl Giattini at 822-6121 or cgiattini@sccf.org. ✨



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New Courses At Sea School

Each year, Sanibel Sea School's education team reviews the course catalog, updates curriculum and creates new topics. This year's course catalog has lessons designed for ages 4 to 6, more than 30 lessons for ages 6 to 13 and new courses for ages 13 to 15.

Sea Squirts courses run weekly on Monday mornings for ages 4 to 6. Topics include crabs, dolphins, sand, sea turtles and sharks.

Sand is a new topic this year with the description, Sand – We Dig It. There are endless possibilities for fun when it comes to sand like building castles, digging for creatures and burying your toes. But what is sand and where does it come from? These questions will be answered in this class. Participants will make their own sand, discover where to find the softest sand and learn about the creatures that call it home.

"We are really excited to launch this topic with our youngest explorers. It's the perfect course for this age range because it's filled with lots of sensory activities," said Youth Education Director Shannon Stainken.

Half-day courses for ages 6 to 13 run Monday through Friday. These three-hour courses are filled with hands-on, field-based activities. This year, three new topics have been introduced:

Navigation – Finding Our Way in the World. For thousands of years, explorers have been using navigation techniques to find their way around the globe. In this class, learn how to use a compass, make and read maps, and dip into the water to learn how sea creatures navigate the sea.

Seashells – Sally Sells Them, but Who Makes Them? Sanibel is a shelling paradise, with hundreds of species waiting to be discovered. Why are there so many shells on the beaches and who made these mysterious works of art? Find out the answers to these questions, comb the beaches in search of the most coveted shells, learn the names of a few and dip beneath the sand to find the living creatures that make them.

Shrimp – Perch, Swim, Flick! Shrimp have two claws for feeding, three legs for walking or perching, and five swimmerets – 10 joined appendages. But locomotion doesn't stop there; these otherworldly crustaceans can also flick their tail to move backwards for a quick escape. In this class, explore adaptations of shrimp claws, determine their habitats and spot local species. Solve the mystery behind the "snap, crackle, pop" heard when one dips beneath the surface.

Sanibel Sea School is launching all-new courses for ages 13 to 15 called Marine Masters. These three-hour courses will be offered on Wednesday afternoons from February through April. "We wanted to create a more challenging version of our half-day courses for older students. Each course has STEM components and will, of course, be experiential and tons of fun," Stainken said.

Course descriptions include:



Sea Squirts courses are offered on Monday mornings for ages 4 to 6 photo provided

Ocean Floor – Exploring the Underwater Unknown. Vast open spaces still exist for humans to explore. Although most think of outer space, only a small fraction of the earth's oceans has been investigated. In this class, discover the features found at the bottom of the ocean and the challenges scientists face with deep sea exploration. Learn how to map the ocean floor and find unique creatures that call it home.

Fiddler Crabs – Claws for Courtship. Male fiddler crabs are adorned with an extremely large claw. This claw is mostly used for communication and to attract a mate. Fiddler crabs live on still, calm shorelines and are a part of the marine fauna of Southwest Florida. Explore their habitat and marvel at the sheer tonnage of mud they clean up for the estuary.

So, You Want to be a Biologist? Biologists study life on land and sea. Their role in monitoring wildlife is key to conservation and policy change. Life as a biologist is not always easy. In Southwest Florida, it often involves being dirty, sweaty and hot. But it's all worth it to be able to interact with and observe Sanibel's incredible wildlife. Learn more about what it takes to be a biologist and try out techniques and tools used by the professionals.

Mollusks – You Call That a Foot?! More than 85,000 known species of these soft-bodied creatures can be found all over our planet – some shelled and some shell-less. But how did these creatures evolve to live in almost any environment on our planet? Go inside (literally) the world of some of the most intelligent creatures in the sea.

Waves – Energy in Motion! Waves are all around – from sea to sound. In this course, explore the physics of waves and how they're formed in the ocean. Grab a mask and snorkel to dip beneath the surface and catch a glimpse of how sand shifts from the motion of the ocean. Learn how waves are measured and maybe even catch a ride on one, too.

To view the full course catalog and register, visit www.sanibelseaschool.org/new-page-4. ✨

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Winter Arrives



by Capt. Matt Mitchell

Winter was announced this weekend when a strong line of thunderstorms associated with a major cold front crashed through. After what has been

a relatively mild winter so far, it's now time to break out the cold weather gear and the shrimp if you plan on being on the water.

Many of our clients this time of year are from much colder places than here and show up to fish in all that can be described as beach attire. It's always better to have too much clothing than not enough when heading out on the water. It's a good idea to bring layers of clothing to insure that you will be comfortable when making runs across the open bay. Once tucked away and out of the wind, you can take it off and enjoy the sun.

This seasonal change of weather will drop water temperatures drastically and will put the fish where they should be this time of year. With such amazing weather until now, water temperatures have stayed warm and the fish have been a little scattered. Falling water temperatures will give us a big push of spawning sheepshead moving in from the gulf.

Shrimp are the must have bait during our cold water periods. They are



Nick Little experienced some snook action right before the cold front while fishing with Capt. Matt Mitchell photo provided

extremely versatile and can be fished an endless amount of ways. Better yet, they are easy to get at just about any bait/tackle store. Keeping them alive is as simple as using a bubbler in a bucket. At the end of a day's trip, I even save my leftover shrimp in a ziplock bag on ice and use them the following day as chunks.

All varieties of fish eat shrimp. When targeting snook fishing, I either freeline them or hook them through the head on a jig and slowly bounce them across the bottom. During the coldest periods, low and slow against the bottom will be most productive. Use live shrimp under a popping cork both out on the flats for

trout or up against the mangroves for redfish. During the coldest temperatures, the go-to bait for me is a chunk of shrimp threaded onto a quarter ounce jig head.

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

Opera Tour

Allen is joined by soprano Jacquelynne Fontaine, who was hailed "elegantissima piena di passione (full of passion)" for her portrayal of Donna Anna in *Don Giovanni* in Viterbo, Italy. Notable appearances include Kathie in *The Student Prince* with the Pittsburgh Civic Light Opera, Violetta in *La traviata* for the Rogue Valley Music Festival, the Old Globe Theater as the "Ragazza" in *A Room with a View*, Anna in *The King and I* for Opera North, Charlotte in *A Little Night Music* with Indiana Repertory Theater and Violetta with Tacoma Opera. She also appeared in recitals and concerts in southern California. For three years, starting in 2013, Fontaine starred as the Italian Prima Donna Carlotta in the Broadway National Tour of *The Phantom of the Opera*.

The dynamic duo is accompanied on piano by assistant conductor Geoffrey Loff. Visit www.gulfshoreopera.org/community-concerts for more information.

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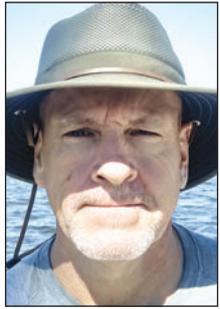




Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Red-Bellied Woodpecker



by Bob Petcher

The red-bellied woodpecker (*Melanerpes carolinus*) is usually heard before it is seen. These vocal birds with prominent black, barred backs are known to alert other birds with quick chatter when approaching a bird

feeder and are quite entertaining with their quirky actions around feeders.

While it is called a red-bellied woodpecker, its red head and nape are more apparent. Do not confuse it with the red-headed woodpecker, a rarer bird who sports a full red head and neck.

Red-bellied woodpeckers are also known for their undulating flight pattern, which can be called erratic and abrupt in direction change. They do so to be evasive, especially around the aggressive European starling, which tends to invade woodpecker nests.

At CROW, an adult red-bellied woodpecker was admitted after the finder presumed it had been hit by a car. Upon initial examination, veterinarians found puncture wounds on the bird's body.

"The puncture wounds are located on the sides of the body and in the left armpit



Patient #22-86 is being monitored after an apparent cat attack photo by Allie Newhart

area," said Dr. Laura Kellow, CROW veterinary intern. "When the woodpecker was presented, it was lying on its sternum but alert, active and very vocal during triage."

Based on the woodpecker's wounds, veterinarians suspect the bird was actually the victim of a cat attack.

"We do not know where the woodpecker was when it was attacked, whether it was grounded or in a tree," said Dr. Kellow. "However, it is concerning that whether the cat climbed a tree or was able to grab the woodpecker on the ground or in flight, that the patient was caught at all – this can sometimes indicate

underlying illness. The patient had a complete blood count performed and is being closely monitored for other signs of underlying illness."

The woodpecker was given antibiotics, and x-rays were taken.

"The wounds were cleaned and flushed as per our usual sterile procedure, but do not need bandaging at this time," said Dr. Kellow. "X-rays revealed evidence of pulmonary contusions, which is bruising of the lungs, consistent with the trauma from the puncture wounds. Luckily, there is no evidence of fractures of the long bones."

The patient will continue to be monitored under supportive care for cat

attack injuries.

"Cat bites track bacteria into the muscle and into the blood stream. One of the major concerns that we have, other than the direct trauma to the tissues, is often sepsis – bacteria in the bloodstream," said Dr. Kellow. "We monitor the patient's bloodwork, monitor the wounds and the patient's overall status – perching, appetite, mentation."

A week after admittance, it is not known if the woodpecker will have flight problems moving forward.

"The patient has not had a flight test yet, given the punctures and the internal trauma," said Dr. Kellow. "We will carefully monitor the patient's ability to fly, particularly given the puncture in the left axilla – armpit – since that puncture can affect important nerve and muscle function."

The woodpecker will need more healing time at the clinic before any further assessment.

"The patient is receiving antibiotics and pain medications at this time and, while eating well, still requires more time in the hospital before attempting flight tests," said Dr. Kellow. "It is likely that this patient may need flight conditioning prior to release."

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



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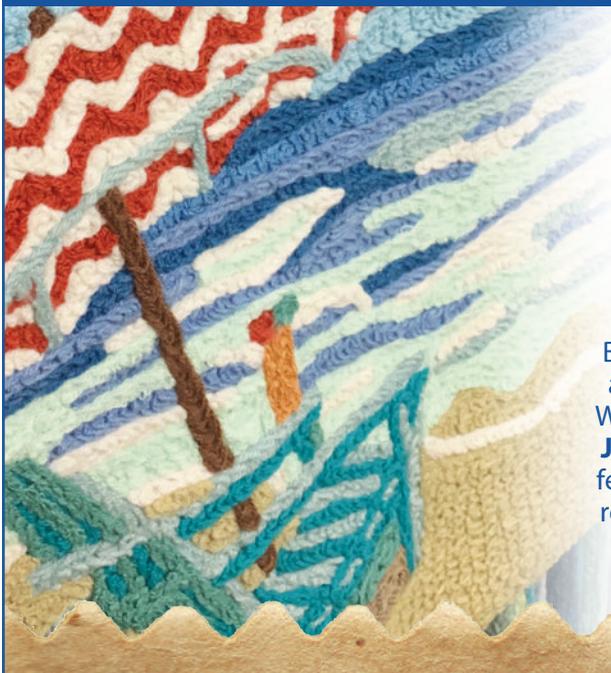
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CROW Calendar Of Events

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

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

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

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

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

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

CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and



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

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

Daily Presentation Schedule

Friday, January 21, 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 21, 2 p.m.,

Species Profile: Sea Turtles – There are seven different species of sea (or marine) turtle, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW

is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species

Saturday, January 22, 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.

Monday, January 24, 11 a.m.,

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

Monday, January 24, 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.

Tuesday, January 25, 11 a.m.,

A Day in the Life – CROW's teaching

hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. Volunteers, staff members, and students are on hand to give you an inside look at what happens behind the scenes at CROW.

Tuesday, January 25, 2 p.m.,

Raptors in Rehab – The rehabilitation process for raptors is dependent on their age. 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 including eagles, hawks, falcons, owls and vultures have physical characteristics helping them to hunt prey, defend themselves from predators, and other natural survival behaviors. This talk will cover how their talons, beaks and strength make it important for hospital staff to be trained in proper handling techniques for the safety of themselves and the animal in care.

Tuesday, January 25, 4:15 to 5:15 p.m., Speaker Series: Bald Eagle Rehabilitation – Virtual presentation via Zoom. This talk focuses on a specific eagle nestling that fell from its nest after the storm and was brought to Zoo Miami. Hear about this eaglet's story from rescue all the way to release back into the Everglades National Park. To

continued on page 20

GET YOUR HANDS WET

- ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS
- SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS
- BE WOWED BY OUR GIANT PACIFIC OCTOPUS
- ATTEND A KEEPER CHAT AT 11 A.M. DAILY
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City Of Sanibel Vegetation Committee Guided Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours begin at 10 a.m.

Tour schedule:

Saturday, January 22

Wednesday, February 9 and Saturday, February 26

Wednesday, March 9 and Saturday, March 26

Wednesday, April 13 and Saturday, 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 very 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 very little maintenance, no fertilizer and no supplemental irrigation.

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

For more information, click here to view the Sanibel's native plant list, click here to view the native plant slide show, or click here to view the City of Sanibel



Scorpion's tail (*Heliotropium angiospermum*)
photo provided

Environmental Reference Handbook.

The City of Sanibel features one of the most extensive shared use paths in the State of Florida. Attendees are encouraged to bicycle to these events.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The committee also offers free native plant tours. For more information, call 472-3700.*

Bank Sponsoring Museum Program



From left: Carly Hulse, shell museum senior aquarist; Sam Ankersen, shell museum executive director; David Lowden, bank vice president private client relations; and Mark Delves, shell museum aquarist
photo provided

Bailey-Matthews National Shell Museum will expand its new Keeper Chats program, thanks to support from Bank of the Islands.

Last spring, the museum debuted Keeper Chats – an aquarium gallery talk held every day at 11 a.m. during which aquarists share their expertise on the museum's giant Pacific octopus and other marine life in the Beyond Shells Living Gallery. Based on positive visitor feedback, the museum will add a second daily Keeper Chat (time to be announced), and Bank of the Islands has been named presenting sponsor for 2022.

"Bank of the Islands is proud to support

the museum's educational mission," said David Lowden, vice president private client relations. "The museum's aquarists have incredible information to share about the animals in their care, including the giant Pacific octopus, which captivates museum visitors every day."

During Keeper Chats, visitors learn about the octopus' behavior, life cycle, nutrition, different types of enrichment and training, veterinary care and water quality, as well as their importance to the ecosystem. Keeper Chats are included in the cost of admission to the museum.

For more information, visit www.shellmuseum.org.*



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Bailey-Matthews National Shell Museum
Shell Of The Week

The Elegant Venus Clam

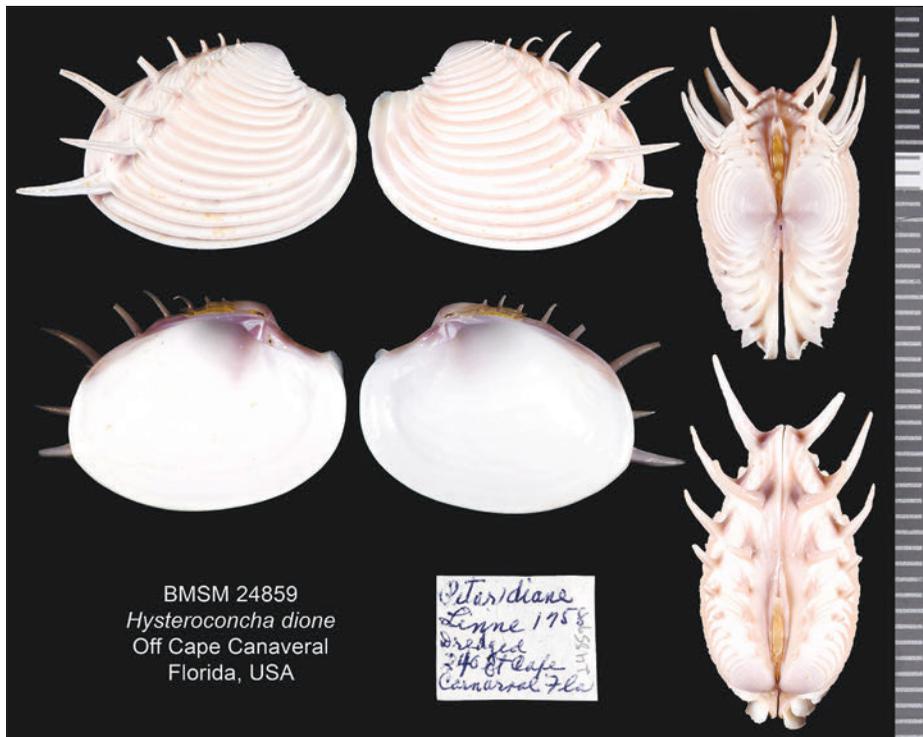


by José H. Leal, PhD, Science Director and Curator

The Elegant Venus Clam, *Hysteroconcha dione* (Linnaeus, 1758), is found in the Caribbean but may be found sporadically off the

east coast of Florida and the Florida Keys. The Elegant Venus Clam has its shell festooned with two rows of prominent spines on the posterior end of each valve. In many sand-burrowing bivalves such as the Elegant Venus Clam, the posterior end faces up and sometimes sticks out of the sand. The positioning of spines along the posterior end of the shell suggests that they help protect the clam's short siphons during filter-feeding. 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.✪



BMSM 24859
Hysteroconcha dione
Off Cape Canaveral
Florida, USA

Hysteroconcha dione
Linnaeus 1758
Bailey-Matthews
National Shell Museum
3075 Sanibel-Captiva
Road
Sanibel, Florida

The Elegant Venus Clam, *Hysteroconcha dione*, from off Cape Canaveral, Florida Keys
photos by Patricia A. Starkey

Osprey Nest Monitors Needed

Osprey nesting season has begun and The International Osprey Foundation (TIOF) is recruiting volunteers to monitor osprey nest

territories on Sanibel, Captiva, Fort Myers Beach, Pine Island and the surrounding areas. The foundation provides training and supports a team approach.

For more information about becoming a nest monitor, email tiof@outlook.com.✪

American Legion Post 123



American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, January 23. Pot roast is on the menu for Sunday, January 30.

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.

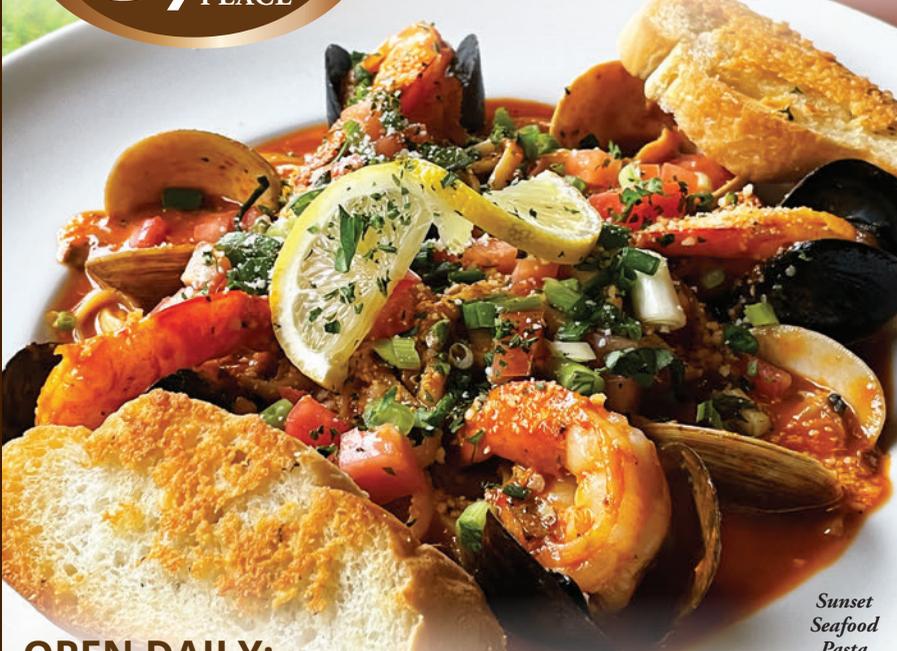
If you have a flag that needs to be retired, you can drop it off at Post 123.

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.✪



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American Kestrel, one of the carved wood sculptures by Ed Sessa photo provided

Programs At Sanibel Library

Sanibel Public 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 472-2483 to schedule an appointment.

Carved wood sculptures made by Ed

Sessa are on display this month.

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

History program with Richard Gollin: Use of Chemical Warfare in WWII, Wednesday, January 26 at 10 a.m. During World War I, the Germans and then the Allies used chlorine, phosgene and mustard gases. By World War II, both sides had stockpiled huge supplies of existing gases and the Germans had invented sarin.

Appy Hour Series with Beth Jarrell: How to Download and Stream Movies using Kanopy, Friday, January 28 at 10 a.m. Watch more than 30,000 indie, classics and documentary films with Kanopy. Bring your device.

Jarrell will lead another program on Wednesday, February 2 at 10 a.m. on some common online scams and how to avoid falling into scammer's traps.

The reading porch offers a fresh-air place for reading and working, with access to stable, high speed WiFi. Stop by the Selfie Station in the main lobby to have photos taken and a collage made. You can email to yourself or your friends up north.

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

Walking Tours For New Residents

Sanibel-Captiva Conservation Foundation (SCCF) is offering walking tours for new property owners on Sanibel or Captiva. Hear about the features that have shaped a conservation success story. Learn about unique plants and animals, conservation history and

current challenges in preserving the sanctuary islands.

The next walk will be held on Tuesday, February 1 at 10 a.m. Thereafter, walks occur every two weeks, alternating on Wednesdays at 2 p.m. and Tuesdays at 10 a.m.

Preregistration is required and a \$5 donation is suggested. Meet at the kiosk at the western entrance of the Shipley Trail at Bailey Homestead Preserve, located at 1300 Periwinkle Way on Sanibel.*

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NATIONAL SHELL MUSEUM

2022 NEW EXHIBITS AND PROGRAMS



NEW EXHIBITS

RED, BLUE, GREEN:

An Introduction to Water Quality in Southwest Florida
January 15-June 10

BLACKWATER MOMENTS:
Nocturnal Photography of Open-Ocean Mollusks

December 10-May 30

Photo by Andrew West/The News-Press

LECTURES

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

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

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

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

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



CLASSES

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

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

Mar. 17: **Biodiversity and Taxonomy of Mollusks**

Mar. 31: **Drawing & Illustrating Shells**

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

AFTER HOURS IN THE AQUARIUMS

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 ShellMuseum.org

Sea School Hosts Tiger Shark Camp

Sanibel Sea School hosted its annual winter camp from December 27 to 31 with a tiger shark theme in recognition of the Chinese zodiac Year of the Tiger. The tiger symbolizes strength and bravery – a king of all beasts. Each zodiac sign is associated with one of five elements and 2022 is the Year of the Water Tiger. Inspired by this ancient tradition, Sanibel Sea School took a salty spin and honored the tiger shark during Winter Camp 2021.

Campers learned a bit of shark biology, where tiger sharks get their name, and about their feeding habits. Tiger sharks are opportunistic feeders and are famous for eating just about anything they can capture or find. They'll eat fish, sea turtles, stingrays, smaller sharks, seals and seabirds. Some have been known to consume tin cans, license plates, boat cushions, wood and even tires.

Counselors created a tiger shark replica out of cardboard so campers could put their hands into the shark's mouth to feel what was inside. They had to try to guess what it was through their sense of touch. All of the objects were things that tiger sharks have been recorded to have consumed. Staff also discussed how debris can be harmful to the marine environment, and conducted a beach cleanup. Tiger sharks were made from coconuts and papier-mâché,



Students took to the sea to wash their worries away photo provided

campers interacted with creatures while seining, sipped hot cocoa and hopped into wetsuits to surf the gulf.

On the last day of camp, Sanibel Sea School held its traditional New Year's Eve ceremony: Give Your Worries to the Sea. Campers took time to reflect on the past year and recognize that all of us had moments that were good and not so good. "We talk about what we might do in those times and how we deal with those feelings," said Youth Education

Director Shannon Stainken "We share with campers that many of us at Sanibel Sea School seek the ocean or the beach when we're feeling upset. The ocean is a special place that has the ability to help us heal."

Campers wrote down their worries from 2021; these notes were burned into ashes, signifying letting go. Afterwards, campers headed to the beach to let the sea wash their worries away, which turned into a splash-fest.

Summer camps are just around the corner. Sanibel Sea School will be announcing dates and themes soon. For more information about future camps, visit www.sanibelseaschool.org/contact-us to be added to the mailing list.✪

From page 16

CROW Calendar

register, go to <http://crowclinic.org/events/?selectedMonth=2022-01-1>.

Wednesday, January 26, 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.

Wednesday, January 26, 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.

Thursday, January 27, 11 a.m., Patient Profiles: Owls of Southwest Florida – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls.

Thursday, January 27, 2 p.m., Invasives – An invasive species is an organism that is not indigenous or native to a particular area. Invasive species can cause great economic and environmental harm to the new area. But not all non-native species are invasive. To be invasive, a species must adapt to the new area easily, reproduce quickly, and harm property, the economy, or the native plants and animals of the region. This presentation highlights invasive species that are commonly found in Southwest Florida. Learn how these animals got here and what makes them harmful to the environment around them.✪



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1473 Periwinkle Way, Sanibel



People's Choice Restaurant Now In Third Year



by Allison Havill Todd

Following the 40th annual Taste of the Islands fundraiser for Clinic for the Rehabilitation of Wildlife (CROW), many local restaurants on Sanibel and Captiva

received awards from the judges for such things as Best Appetizer, Best Dessert, Best Seafood, etc. However, the coveted People's Choice Award, based on votes from the general public who bought passports for the event, was bestowed upon MudBugs Cajun Kitchen for the second year in a row.

This popular island eatery has garnered a loyal following among residents and visitors alike who find the authentic Cajun food and atmosphere to be among their favorites, and return on a regular basis to enjoy Chef Ryan Kida's culinary talent. On December 17 of 2018, Owner Ron Rice opened the doors of the newly remodeled building that has been a landmark on Sanibel for over 40 years. In keeping with an original French Quarter restaurant in



Chef Ryan Kida and General Manager Ron Rich

photo provided

New Orleans, the open air environment, iron railings and and festive atmosphere transport guests to another era.

General Manager Ron Rich and Chef Ryan Kida are seasoned veterans in the restaurant business, with Rich being involved with several restaurants on the islands since 1976. When asked what keeps him so inspired after over 40 years in the industry, he shared, "I enjoy

people and like having a good time!" And he is certainly in the right place for that.

MudBugs offers live music every evening from 5 to 9 p.m. with a variety of musical talent ranging from zydeco to rock and roll. Kida, who has worked on the island since 1986 and trained under many renowned chefs, has acquired his own loyal fan club. Customers have

followed him during his extensive career and cannot get enough of his Cajun themed menu items along with many Italian and French inspired dishes.

Rich and Kida are very particular about seeking out fresh, local food products and gear their menu around what they are able to source seasonally. They are pleased to be able to offer fresh gulf oysters year-round as one of their most popular menu items.

With its ideal location overlooking Periwinkle Way, plentiful outdoor seating options, lively atmosphere and personal, customer oriented staff, it's easy to see why this restaurant has become a "must go" regular place with its clientele. Fans can look forward to a Fat Tuesday all day party on March 1 and 2 as well as a Fat Paddy's Day festival on March 17 with menu specials all day on both occasions. Plans are already in place for an exciting five-year anniversary celebration in December 2023. As Kida jested, "We seek out any holiday to give it a Mardi Gras spin and have some fun!"

MudBugs Cajun Kitchen is located at 1473 Periwinkle Way. For more information, call 472-2221 or visit www.mudbugssanibel.com.

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](https://www.instagram.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom). ✨



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From left, Richard Johnson, Dustin Dariano and Lauren Clifford, Sami Wilson and Bailie Johnson photo provided

Coastal Watch Holds New Year's Eve Cleanup

submitted by Kealy McNeal

On a foggy New's Year's Eve morning, the nonprofit Coastal Watch group was joined by more than 30 volunteers to help clean up the causeway islands. It was a great way to say goodbye to 2021 and prepare

to greet 2022 with clean beaches. Volunteers collected an impressive 500 pounds of trash from causeway islands A and B – much of it tiny pieces of plastic and metal, which can be extremely harmful to our local marine wildlife.

The new year is a great time to reflect on our personal impact on beach trash. Consider how much single-use plastic you use each day – perhaps one of your new year's resolutions can be committing to bringing your own tote bags to the grocery store and using a

reusable water bottle. It may seem like just a drop in the ocean, but it can make a wave of difference.

Coastal Watch wishes everyone a

safe and healthy new year. If you would like information on other volunteer opportunities, email coastalwatch@sccf.org.✱

CROW Virtual Speaker Series

The Clinic for the Rehabilitation of Wildlife (CROW) weekly speaker series continues on Tuesday, January 25 with the virtual presentation, Bald Eagle Rehabilitation by Ron Magill, communications and media relations director at Zoo Miami.

Magill has worked with wildlife for over 40 years. As a Nikon Ambassador USA, he has made appearances and hosted numerous television shows and educational documentaries. His proudest professional accomplishment is the establishment of the Ron Magill Conservation Endowment with the Zoo Miami Foundation. The endowment provides tens of thousands of dollars annually to wildlife conservation. It also provides annual scholarships as well as support for field conservation projects designed to protect wildlife in the wild areas they inhabit.

The presentation will highlight a specific eagle nestling who was brought to Zoo Miami after a storm threw it from its nest. You will learn this eaglet's story from rescue to release back into Everglades National Park.

Speaker series programs begin at 4 p.m. and are approximately one hour in



Bald eagle photo provided

length. This next talk will be presented using Zoom and is limited to 100 participants, so advance registration is required. Admission per device is \$10 plus applicable taxes and fees. To register, visit www.crowclinic.org.

CROW's 2022 Speaker Series features weekly programs, offered January through April, hosting professionals from across Southwest Florida who engage, educate and entertain participants with information about local conservation initiatives. For a full schedule of presentations and topics in the series, visit www.crowclinic.org.✱

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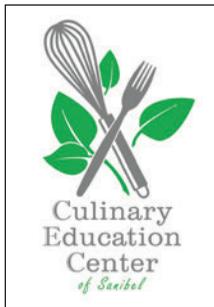
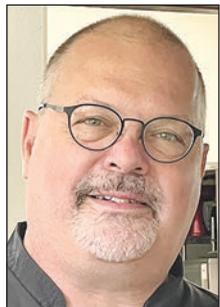
JANUARY 21 & 22

SANIBEL COMMUNITY HOUSE

239-293-9448

The Community House

Clams, Oysters And Shellfish



by Chef John Wolff

Shellfish has been collected by Native Americans of Florida since they arrived at the end of the Ice Age, about 14,000 years ago. Ocean levels then were over 250 feet below present levels and the gulf coast was over 2.25 miles to the west. Rising waters have since flooded old shorelines and the habitation sites of early coastal communities. But sites dating to the last 5,000 years are distributed widely along the modern coast, testifying to an intrinsic

relationship between shellfish and ancient coastal people. Shellfish were important for their food value, technology and ritual purposes.

Of the six shellfish species harvested off Florida's shoreline, several are commonly harvested recreationally. Blue crabs, stone crabs and bay scallops are widely targeted by recreational trappers and harvesters. Oysters, clams and shrimp can legally be harvested but are less commonly targeted recreationally due to more complicated harvest regulations and/or less convenient harvest times.

Rules pertaining to both commercial and recreational harvest of shellfish in the state of Florida include limits on size, bag (amount) and catch, as well as gear restrictions. For most current regulations, visit: www.myfwc.com/fishing/saltwater/recreational.

Bay scallops, in particular, are a very popular recreational shellfish to harvest in Florida's Big Bend region. In fact, harvesting them yourself is the best way to enjoy locally caught bay scallops because there is not a commercial fishery. The greater Big Bend region of Florida is the only place you can still enjoy recreational harvesting of bay scallops.

Florida hard clams are harvested year-round and are always available in

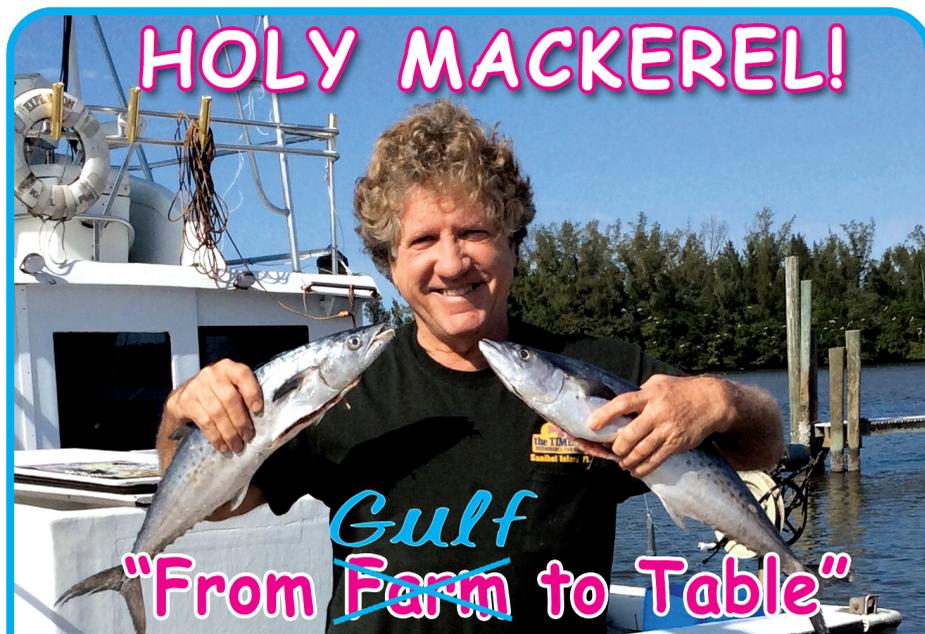
steady supply. Though some clams are still wild caught, clam farming is growing. In Florida's warm waters, clams grow quickly. Farmers monitor the clams for 12 to 18 months until they reach market size. Clams should never be exposed to sudden temperature change. When storing live clams, do not place them directly on ice or immerse them in water. Store live clams at a constant 41 degrees Fahrenheit in the refrigerator in a container with the lid slightly open. They will remain alive for up to seven days. Drain excess liquid daily. Live clams should close tightly when the shell is tapped. Discard clams that do not close. Shucked clams will keep for up to seven days in the refrigerator.

The oyster fishery is an integral part of history in the Cedar Key area. Commercial operations began in the 1870s with much of the catch shipped out by railroad. Oyster reefs were decimated after the great storm of 1896 but recovered enough in the 1900s to support two canning factories employing 50 tongers. Although harvesting oysters has long been a favorite pastime in Dixie County, the commercial fishery began about 50 years ago. Oysters

are harvested from natural reefs using long-handled tongs from small boats or by hand during "pick-up" (extremely low) tides. Recent landings have gone from a 2004 low of 54,598 pounds (attributed to hurricanes) to 221,417 pounds in 2016 with a value of \$1.1 million.

Florida oysters are available year-round, but harvest really gears up in the fall as water temperatures begin to drop. Fall and winter are the perfect time to enjoy Florida's famous oysters. The cool months are when oysters taste the best. Fresh oysters are sold live or shucked. Live oysters should have a mild sea-breeze aroma, and their shells should be free of cracks. Live oysters should close tightly when their shells are tapped, and oysters that do not close should be discarded. Live oysters should be stored in the refrigerator at a constant 41 degrees Fahrenheit in a container with the lid slightly open. Excess liquid should be drained daily. Live oysters should be eaten within seven days of purchase and washed thoroughly before cooking.

Here is one of my favorite recipes I made for our January community social. Try using some of our fresh Florida clams and it will taste that much better.



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CLAM CHOWDER

24 medium-size quahog clams rinsed (in Florida, there are 2 species; northern quahog and southern quahog, usually rated "top neck" or "cherrystone")

- 1 tablespoon unsalted butter
- 1/4 pound slab bacon or salt pork, diced
- 2 leeks, tops removed, halved and cleaned, then sliced into half moons
- 3 large Yukon gold potatoes, cubed
- 1/2 cup dry white wine
- 3 cups clam broth (or clam juice)
- 3 sprigs thyme
- 1 bay leaf
- 2 cups cream
- Freshly ground black pepper to taste
- 1/4 cup chopped parsley.

Put the clams in a large, heavy Dutch oven, add about 4 cups water, then set over medium-high heat. Cover and cook until clams have opened, approximately 10 to 15 minutes (clams that fail to open after 15 to 20 minutes should be discarded). Strain clam broth through a sieve lined with cheesecloth or doubled-up paper towels and set aside. Remove clams from shells and set aside.

Rinse out the pot and return it to the stove. Add butter and turn heat to medium-low. Add bacon or salt pork and cook, stirring occasionally, until the fat has rendered and the pork has started to brown, approximately 5 to 7 minutes. Use a slotted spoon to remove pork

from fat and set aside.

Add leeks to the fat and cook, stirring frequently, until they are soft but not brown, about 10 minutes. Stir in potatoes and wine, and continue cooking until wine has evaporated and the potatoes have just started to soften, approximately 5 minutes. Add enough clam broth to just cover the potatoes, approximately 3 cups, reserving the rest for another use. Add thyme and bay leaf.

Partly cover the pot and simmer gently until potatoes are tender, approximately 10 to 15 minutes.

Meanwhile, chop the clams into bits about the size of the bacon dice.

When potatoes are tender, add cream and stir in chopped clams and reserved bacon. Add black pepper to taste. Let come to a simmer and remove from heat (do not let chowder come to a full boil). Fish out thyme and bay leaf, and discard.

The chowder should be allowed to sit for a while to cure. Reheat to a bare simmer before serving and garnish with chopped parsley. Serve with oyster crackers.

*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.**

Top 10 Books On The Island

- Kristin Harmel
5. *The End of Her* by Shari Lapena
 6. *Mercy* by David Baldacci
 7. *Go Tell the Bees I Am Gone* by Diana Gabaldon
 8. *The Midnight Library* by Matt Haig
 9. *Verity* by Colleen Hoover
 10. *Vanderbilt: The Rise and Fall of an American Dynasty* by Anderson Cooper and Katherine Howe
- Courtesy MacIntosh Books and Paper.**
1. *The Lincoln Highway* by Amor Towles
 2. *Catch Us When We Fall* by Juliette Fay
 3. *The Thursday Murder Club* by Richard Osman
 4. *The Forest of Vanishing Stars* by



An archival photo of a dock was the inspiration for artist Peter Zell

images provided

This group of beachgoers from long ago inspired artist Susan Anderson

Brush With History Exhibit Opens Next Month

What happens when you take 120 years' worth of archival photos of Sanibel and Captiva and use them as inspiration for local artists? A fresh and fascinating new exhibit called *Brush with History*.

The exhibit, on display at the Sanibel Public Library for the month of February, was conceived by award-winning author and Sanibel resident Steve Saari, who presented the idea to Sanibel-Captiva Art League, which in turn made it a signature event of this season's schedule.

"Early on during COVID, like many, I had begun painting again," Saari said. "Since no one was getting out much, I looked for subjects wherever I could – and eventually discovered the incredible

collection of photos in the digital archives of the Sanibel Public Library. I thought they made fabulous subjects for paintings and shed a new light on island life and history." Considering how much he enjoyed creating art from these old photos, Saari thought perhaps other artists might too.

For the exhibit, local artists were encouraged to browse through the library's digital archives and its collection of over 1,000 vintage photographs, and choose one to use as inspiration for an original artwork. The finished art will then hang next to the photo from which it was inspired.

The photos date back as far as 1895. Although many are weathered and grainy, owing to their age, the mostly black and white images remain vivid reminders of bygone days, and people and places long gone. "It's amazing how many early visitors took photographs – especially in the very early days when



Artist Shah Hadjebi reimagined a photo of a man with his pickup truck

taking a photo was somewhat of a production," Saari said.

"We think this show ticks a lot of boxes," said Sanibel-Captiva Art League President Nancy Sperte. "It combines art, history, photography and local interest. There's really something for everyone."

Each artist will bring their own unique style and perspective to the photo they've



selected, which will make for a lively, colorful and creatively diverse exhibit. Essentially, they are breathing new life into the islands' collective history.

Saari said, "It will draw a bit more color out of our colorful past."

Sanibel Public Library is located at 770 Dunlop Road. ✨



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Broccoli and Chicken Casserole

- 2 (6-ounce) chicken breasts, diced
- 3 cups broccoli florets, blanched
- 2 tablespoons unsalted butter
- 1 tablespoon of all-purpose seasoning
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 cup heavy cream
- 2 ½ cups shredded cheese (your favorite)

- 4 ounces cream cheese, softened
- Dash of hot sauce
- Squeeze of lemon juice
- Salt and pepper
- Preheat oven to 350 degrees.
- Preheat large skillet over medium heat.

Melt butter in skillet. Season chicken with all-purpose seasoning and cook for 2 to 3 minutes. Add broccoli and cook for another 2 minutes. Sprinkle with all-purpose flour and stir. Cook to mix. Slowly



Broccoli and Chicken Casserole

add in heavy cream and milk. Season with salt and pepper. Bring to a boil for 1 minute. Reduce to simmer and add 2 cups

shredded cheese and cream cheese. Add hot sauce and lemon juice. Stir and pour into 8-inch square baking dish. Cover with

tin foil and bake for 20 minutes. Uncover and add ½ cup of shredded cheese and bake an additional 10 minutes.✱

photo courtesy Fresh From Florida

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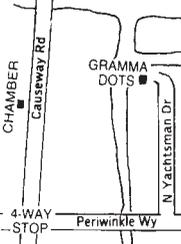


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Race Relations Topic For Lecture At BIG ARTS

The next BIG ARTS Talking Points lecture will be held on Thursday, January 27 at 4 p.m. in Christensen Performance Hall. The topic is Racial Bias in Southwest Florida, with featured speakers Judge Hugh Starnes and Dr. Shadreka McIntosh, and moderator Tessa LeSage.

Starnes is a cattleman, retired judge and newly minted racial justice advocate. He was raised in Fort Myers, a white child of the segregated south in the 1940s and 1950s who immersed himself in library books about Confederate history and its leaders. He knew little about the nearby black community now known as Dunbar.

Back in the day, Dunbar was called Safety Hill, as in, if you were black and wanted to stay safe from white aggression, you stayed put. What he didn't learn about as a child was the horrific treatment of two young blacks who had been swimming with white girls, and then faced an accusation of rape. Before any justice system could intervene, they were torn from the jail by a mob that tortured them, lynched them and dragged their bodies behind a vehicle through the streets of Dunbar. Neither did he know much as a youth of decades of mistreatment and misrepresentation that continues today.

Dr. Shadreka McIntosh is also



Judge Hugh Starnes

committed to racial justice efforts. She grew up in Dunbar, living the racial injustices of Lee County. She is opening a pharmacy and wellness center called Sozo in Dunbar, what she calls a pharmacy desert of the city.

As a child, she found organizations that introduced her to opportunities beyond Dunbar and she excelled, eventually becoming an advocate for her area with a doctorate in pharmacology. She hopes to soon build a new home in Dunbar for her family.

The session will be moderated by Tessa LeSage, architect and director of FutureMakers Coalition at Collaboratory. FutureMakers is a network of 250-plus individuals and 140 partner organizations with a shared goal of transforming the



Dr. Shadreka McIntosh



Tessa LeSage

workforce in Southwest Florida.

The Talking Points series, Perspectives on a Changing World, encourages audience participation with recognized leaders and is sponsored by The Sanibel

Captiva Trust Company. Tickets are \$25 in the hall and \$20 for live streaming. Visit www.bigarts.org, stop by the box office, located at a 900 Dunlop Road, or by call 395-0900.*

Bronze Sponsor For Movie Premiere

Sanibel Air and Electric is a bronze sponsor of the Sanibel Historical Village Gala Movie Premiere, to be held on Tuesday, February 22 with a showing of the documentary *Secrets & Stories of the Sanibel Lighthouse*.

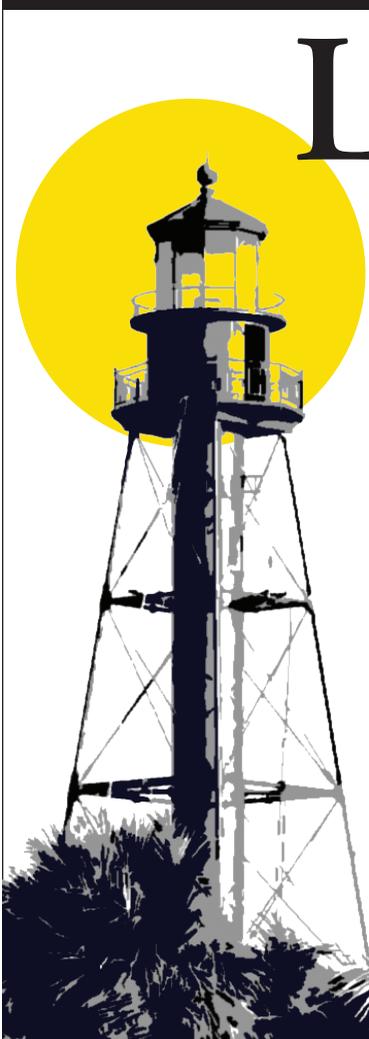
"We appreciate Sanibel Air and Electric's support of our efforts to raise money to improve and enhance our exhibits," said Emilie Alfino, executive director. "Their generous sponsorship will help us fulfill our mission to preserve, share and celebrate Sanibel's wonderful history. We are very grateful."

Anyone interested in a business or individual sponsorship can call Alfino at 472-4648 or 357-1644. "As we all know, it really does take a village – and it takes community-minded businesses and individuals to help keep our village, the keeper of history, alive on Sanibel," Alfino said.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Masks are required inside the buildings at this time. 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.*



Todd Hayes, vice president of Sanibel Air and Electric photo provided



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Book Review

The People We Keep



by Di Saggau

The People We Keep by Allison Larkin is about a young songwriter longing to find a home in the world. It's 1994 and 16-year-old April Sawicki is living in a motorless motorhome in Little

River, New York. Her father won it in a poker game. She's failing at school, and working shifts at Margo's diner, fending for herself in a town where she's never quite felt at home. After performing at an open mic night, she yearns for a much bigger life and later, after a fight with her dad, she packs up and leaves for good, setting off on a journey for a new life.

Author Chris Bohjalian said, "I loved everything about *The People We Keep*. Allison Larkin has given us a heroine who is raw and real, a young person capable of breaking your heart one moment and lifting it up the next."

As April moves through the world meeting new people, she feels more at home. She chronicles her life in the songs she writes and finds out that she has a right to be who she wants to be. The family she finds and her love of

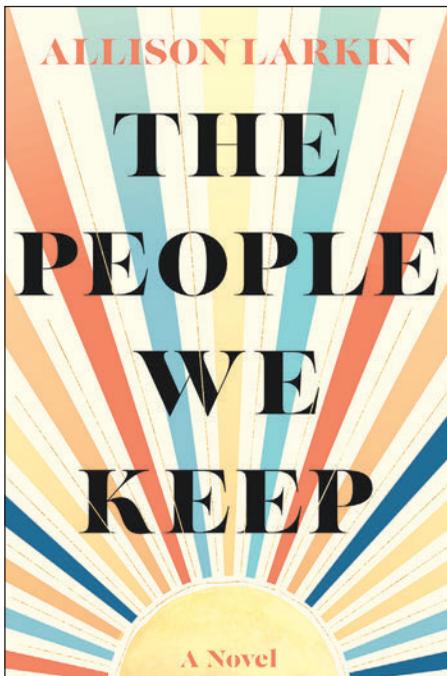


image provided

music keep her fighting even when others won't stop throwing punches.

This is a beautiful novel divided into three parts, as we follow April forging ahead to make a new life for herself. In some ways, she is wise, in others she's naïve. She may not always behave as we'd like, but she is still endearing and lovable. Playing her guitar and writing songs are when she is most herself.

There is a wide cast of characters, each memorable, and we easily see

how they fit into April's life for better or worse. *The People We Keep* is an accurate title for a book that you may want to read over again.✧

School Smart



by Shelley M. Greggs, NCSF

Dear Readers, To prepare your kids for the future, teach them to cook. It's a critical life skill, and kids need to learn how to cook. It's a great way

to teach them about nutrition, planning and making choices, gain independence, increase creativity, contribute to their family and learn to use their math skills in a practical manner.

Preschoolers (age 3 to 5) love to help in the kitchen. They do need supervision of course. They can begin to learn knife skills by cutting soft foods with a butter or plastic knife, choose and place toppings on toast and pizza, mix wet and dry ingredients together, and set and clear the table. Include some math for setting the table by asking about the number of utensils each diner needs and using one-to-one correspondence when taking the utensils out of the drawer. Remember to make sure the cooking area fits. You may need a lower table or step stool for

your kids to work comfortably.

Early elementary aged children (age 6 to 8) can begin to handle more complex kitchen tasks as their fine motor skills further develop. Using measuring cups and spoons to measure ingredients can help build math skills. This is a good time to get them started with making and packing their own lunch. Instruction on kitchen safety is important now, and they can learn how to turn on/off the stove and microwave. Begin discussions on food presentation as well. Let them help to arrange a platter of fruit to serve. Read recipes together and evaluate them regarding your own family's needs. Let them write out the grocery list.

As children mature, (age 8 to 12-plus) continue to give them increasingly involved cooking tasks. You will want to tailor these to the child's maturity level. Preteens enjoy feeling independent in the kitchen and will be able to perform many cooking tasks independently. This is the time to teach them sharp knife use and safety skills, food safety rules, and meal planning and shopping. Make a list of your family's favorite foods and include some of them in meal planning. Talk about their nutritional impact and teach your kids how to read the nutritional labels on food packages. Let them plan a few meals each week.

Teaching children to cook while time consuming, provides a learning experience that goes well beyond kitchen skills. By including them in the kitchen with substantial tasks, you are telling

continued on page 36

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article from
The ISLANDER
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—an island neighbor
and FISH client

40 year timeline

- 1982** —March/April First full week of operations; Ready to help 24-7; original phone number is still in use
- 1983**—First annual meeting at Gulf Pines
- 1984**—Hurricane Committee Established
- 1986**—First Friendly Faces Event
- 1987** —Volunteers jump to action before Hurricane Floyd
- 1988** —“Person-to-Person” calls established
- 1992**—FISH celebrates 10 years of service
- 1999**—New FISH President, Norman Bowles steps in after 12 years of volunteer work
- 2003** — adopted motto of “Neighbors helping Neighbors”
- 2007**—New logo reflecting community focus; opened first Walk-in Center
- 2008**—Food Pantry opened & Walk-in Center relocated
- 2009** —FISH becomes a United Way Partner
- 2011**—Backpack Program established
- 2012**—“30 Rocks!” FISH 30th Anniversary Celebration
- 2015** —New Walk-In Center opens & FISH has a “Home of its Own”
- 2017** —FISH assists record numbers following Hurricane Irma
- 2020** —New logo and Mission Statement



BIG ARTS Monday Night Film Series

The Perfect Candidate

by Di Saggau



The Monday Night Movie for January 24 is *The Perfect Candidate*, a film from Saudi Arabia by Haifan al-Mansour. This is an earnest defiantly women-centric film that, with care and optimism, keeps a mostly positive attitude about the future for Saudi women. On one hand, we see women driving and enjoying new liberties but later, things change as we follow the film's protagonist, Dr. Maryam Alsafan. She is a young, accomplished Saudi doctor who works in a local clinic. In between treating her patients – some who would rather let a male nurse treat them before they allow a female doctor to touch them – she is on the phone to local politicians. She's trying to get them to fix the almost impassable road leading into the clinic. They pay no attention to her.

Meanwhile Maryam wishes to fly to Dubai, hoping to land a new job at a Riyadh hospital. To do so, she needs her father to renew her travel permit. He is away touring with his band. She launches a movement of sorts and runs for the city council to take matters into her own hands. The film's strongest moments are the humor-filled and culturally rich scenes of her crusade. Through them, we see a society still unprepared to see women in positions of power and we learn the

image provided

intimate details of her life at home.

The film is about how it feels to have professional and personal ambition in a society that suppresses those instincts under rigidly imposed codes of female behavior. Al-Mansour is familiar with this world and mindset and that allows her to give authentic details of these customs. *The Perfect Candidate* recognizes the giant strides small wins can make for women.

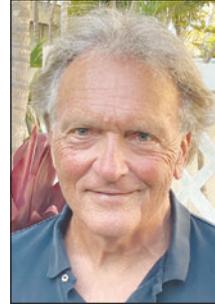
The film runs 104 minutes and will be shown at 7 p.m. in Christensen

Performance Hall. After the film, Malcolm Martini will lead a discussion. Tickets are \$10 and can be purchased online or at the box office. Masks are

required.

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

Poetry Corner



by Clay C. Ewell

AFRICA II

A world unlike any we have seen, sprawls and rolls and folds all around us. Verdant, lush fields, the gathering in of endless hours, no, endless generations Of toil, checker the surface of an otherwise unaltered land. And yet the land is ancient, it's face fashioned and shaped, burned and turned By hands first, only vaguely human, clutching sharpened stones and now bent double

With adze and hoe to sustain the spirit, the mark of man upon the earth This place is restless, or perhaps it touches a restless place in our souls. To witness life lived in a passive acceptance of scarcity and need, Where life is lived day to day because that is all that there is, Here, immersed in this astounding beauty.

Is this the beginning and end of humanness? Can dreams, like the land, rise from the depths to feel the sun And sustain us as we look to the horizon and the next valley, To know God's will writ in the sky, on the blue green face Of the mountain, on the clouds reflected on the water?

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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Captiva Historical Society Adds Board Member

submitted by
Molly Downing

Captiva Island Historical Society (CIHS) appointed Ed Stringer to its board of directors recently.

"History has been my passion for years," said Stringer.

In pursuit of that passion, he majored in American studies at Amherst College. Law school followed, then 20 years of practice in a law firm, where he developed expertise in anti-trust and trade regulation issues.

Tapping into that experience, the Pillsbury Company recruited Stringer to serve as executive vice president, chief administrative officer and general counsel. In this role, he worked as the chief liaison between the executive office and the board of directors, until the company was taken over by a British conglomerate.

During these years, Stringer was also invited to join the boards of trustees of several educational organizations, including Macalester College, Northland College, William Mitchell Law School and Voyager Outward Bound School.

It was fitting, then, that President George HW Bush chose Stringer as general counsel in the U.S. Department of Education, a Cabinet department. There, he addressed, among other



Ed Stringer

issues, matters relating to the rapidly emerging student loan program as well as tightening the enforcement of school integration in a number of states. For fun in Washington, DC, he pursued his interest in history, taking guided tours of the major Civil War battlefields in the Virginia area.

A friend from Minnesota, who happened to be a U.S. senator, recommended Stringer for a position as the chief of staff of newly elected Gov. Arne Carlson.

"The next three years were a fascinating exploration of developing public policy across the state of Minnesota, working with legislative leadership that put getting things done above the politics," Stringer said.

When a vacancy occurred in the Minnesota Supreme Court in 1994, Gov. Carlson appointed Stringer to join the six other justices on the State Supreme Court. Justices were encouraged to reach out to serve on boards and committees of public organizations that served the community. Stringer chose to focus on the Minnesota Historical Society. He eventually became president of the board of this organization, one of the largest state historical societies in the country.

Stringer's age of mandatory retirement from the Supreme Court coincided with the completion of his new house on Sanibel, overlooking Captiva and Sunset Bay. He, his wife Ginny, and dog Barney are now what he calls "dedicated islanders." He is anxious to resume his focus on history by working on the board of CIHS, which he deems "a well-run and thoughtful institution."

The current CIHS board of directors unanimously endorsed Stringer.✱

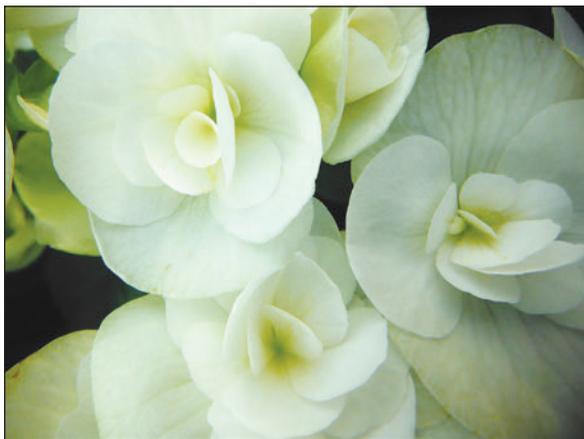
Photo Contest Deadline Nears

February 15 marks the deadline for the 9th annual "Ding" Darling-Theodore Cross High School Photography Contest, which invites high school students in Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that include a Canon digital SLR camera package, photography opportunities, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Digital image entries can be shot from any outdoor venue in Florida. A writing component to the contest requires entrants grades nine through 12 to submit a 100-word description of the "moment" captured and how it reflects what nature and wildlife mean to the photographer.

All entries and personal information must be submitted in digital format by email to: ddhsphotocontest@gmail.com. Only digital images are accepted and may be taken with any camera, including smartphones. Each participant may enter up to two photos but is eligible to win only one award.

Entry rules, guidelines and prize information are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.✱



Rheannon Hill from Lehigh Senior High won first place in the 2020-2021 contest with *Flowers*

photo by Rheannon Hill

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TUESDAY, FEBRUARY 1

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FRIDAY, FEBRUARY 25

Community Property Trusts

Peter Knize, J.D., LL.M., SVP | Fiduciary Services
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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

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TUESDAY, APRIL 5

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Airport Director Offers Glimpse Of Aviation's Future

Ben Siegel, executive director of Lee County Port Authority (LCPA), shared his crystal-ball vision of Southwest Florida International Airport (RSW) for 2022 into 2040 and beyond at the January 12 luncheon meeting of the Sanibel & Captiva Islands Chamber of Commerce. The Florida Restaurant and Lodging Association co-hosted and Adventures in Paradise sponsored the first meeting of the new year.

The near future will bring the completion of a three-year terminal expansion project at RSW, Siegel explained. Longer term, the Skyplex at RSW is being developed to build out LCPA's acreage along Daniels Road, while a second runway is in the works for 2040 or thereafter.

Plans for the terminal project now under way include consolidating the three Transportation Security Administration (TSA) checkpoints into one 16-lane central checkpoint; and providing additional seating, concession spaces and a business lounge. In total, more than 164,000 square feet of space will be remodeled and 117,000 square feet of new walkways and concession space will be added.

"You're going to have a completely different experience," said Siegel. "You won't be confined to one concourse for dining and other options." The redesign



Ben Siegel speaks to chamber members
photo provided

includes a lounge area on an upper level overlooking the concessions area.

The expansion will meet needs sparked by the airport's growing numbers. The year 2021 brought seven consecutive record-breaking months in passenger statistics before December numbers have been tallied.

"We do expect to break 2019 numbers for the year," Siegel said, pointing out that 2019 held the previous record for through-passengers. The airport, ranked number one in the nation for passenger recovery post-lockdown, already serves

more destinations than in 2019 with 14 carriers traveling to 58 nonstop destinations. RSW now ranks as the 30th busiest U.S. airport, up from the mid-40s pre-COVID.

Although the airport runs today at only 52 percent of its runway capacity, LCPA has just completed building a new traffic control tower to accommodate a future parallel runway. "We are the third largest single runway airport in the world," said Siegel.

LCPA will turn over ownership of the new tower to the Federal Aviation Administration (FAA) to open early 2023, when the old tower will be demolished. It decided to build the tower using internal funding instead of asking for FAA money to ascertain it stands ready when LCPA goes forward with the second runway. Originally, that was slated for construction around 2025, but because airlines are using bigger aircraft these days, fewer planes are now actually using the runway.

As the third largest airport operation in the country in terms of land mass, after Denver and Dallas-Fort Worth, LCPA has been developing 1,150 acres north of RSW. Located in a Foreign Trade Zone, Skyplex is a mix of aviation and non-aviation businesses, revenue from which supports airport operations. More information on the project is available at skyplexrsw.com.

"We should feel lucky and utterly impressed with the forward thinking and high-ranking statistics we heard from Ben at the luncheon," said John Lai, chamber president and chief executive officer. "The

LCPA group has virtually guaranteed the future of tourism in Lee County and beyond, and I, for one, am entirely grateful."

Chamber board chair Mark Blust led the meeting, welcoming members into the new year, during which the chamber celebrates its 60th anniversary. Attendees also heard current visitation statistics from Pamela Johnson with Lee County Visitor & Convention Bureau.

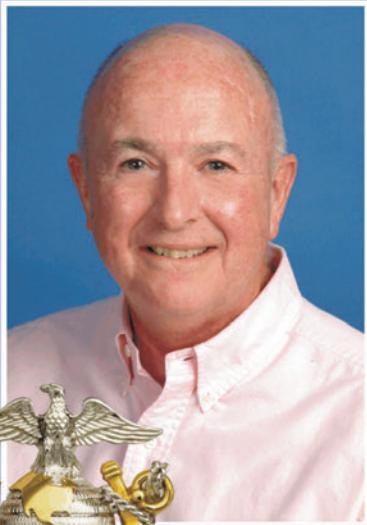
The next business luncheon takes place on Wednesday, February 9 at Marriott Sanibel Harbour Resort in Fort Myers. It will feature a water quality policy and project update sponsored by Bailey's General Store with guest speakers Eric Eikenberg, CEO of The Everglades Foundation, and Chauncey Goss, board chair of South Florida Water Management District. The March 9 meeting takes place at Casa Ybel Resort on Sanibel with speakers Steve and Doris Colgate of Offshore Sailing.

For more information, visit www.sanibel-captiva.org or contact Landen Collins at 472-8255 or landen@sanibel-captiva.org.

Dean's List

Lora Rendall of Sanibel was named to the dean's list for the fall 2021 semester at Wheaton College in Wheaton, Illinois.

To earn dean's list honors, an undergraduate student must carry 12 or more credit hours and achieve a 3.5 grade point average or higher on the 4.0 scale.✪



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- \$599,000**

1321 SEASPRAY LANE



SEASPRAY LOT

- Near Beach, Large Single Family Buildable Homesite
 - Small Beach Community of Fabulous Homes
 - Community Tennis Courts & Pool
 - Private Community Beach Access
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451 SAWGRASS PLACE



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3336 W RIVERSIDE DRIVE



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Superior Interiors

Important Areas You're Forgetting To Decorate



by Katie Frederick

Do you have a room in your home that feels incomplete even after dedicating time to decorating each space? Perhaps you've spent too much effort focused on the focal points

of the living space and neglected to fill the areas that you don't frequent nearly as much. This is a common occurrence among homeowners... forgetting to decorate those nooks and corners that tend to be out of sight, which often results in becoming out of mind as well.

Home design is all about bringing a room together. With the right pieces of decor, color scheme and accessories, you can transform a room from corner to corner. Yes, this includes that spot you've accidentally left in the shadows for years.

Here are a few important areas in your home you're forgetting to decorate, and how to shape them up:

Head to the staircase and walk up the stairs. How do you feel about the decor when you reach the top? The stair

landing is one of the common areas of the home that's neglected, but it's a very simple space to fill. Place artwork along the wall as well as a bench or chaise lounge for resting. It can also be used as a place to store and retrieve items you grab on the way out, saving space in the entryway.

An often-neglected space is the foot of the bed. This is a great space to place a bench for sitting while putting your shoes on in the morning. It can also be used as a place to put the comforter or extra pillows at night when not in use.

You likely spend a lot of time here, so there's no reason to let the laundry room remain an eyesore. Have fun and be creative so you can start getting excited about a usually mundane chore. Give this space some character by decorating with accessories, colors and patterns. Think beyond the basic utilitarian machines and add pretty accessories or art, styled floating shelves (with all the necessities and supplies), prettier lighting or even a beautiful, patterned floor.

A fireplace can be gorgeous on its own, even when it's out of service or rarely used. This is also a great place to get creative. An arrangement of candles, rocks, coral or shells, succulents or other living plants can take this beautiful feature to new heights. Use the rest of the living space to inspire the pieces that will complete the fireplace.

Why wait to shape up that living space that's always been missing something? Don't worry, not everyone has the mindset of an interior designer. That's

why we recommend contacting a design professional. During the consultation, you can discuss your own personal ideas, ideal colors and themes, and any other details to execute the perfect scheme for

your room in need of some TLC. *Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecden.com.*✱

Candidates For Superintendent Of Lee Schools

The School Board of Lee County approved five candidates as semi-finalists for the next superintendent of the School District of Lee County.

The five semi-finalists are Christopher Bernier; Michael Gaal; Randy Mahlerwein; Charlie Perry; and Michael Ramirez.

The resume and information on each candidate can be found at www.leeschools.net/leadership/school_board/superintendent_search.

The five candidates were interviewed virtually by the school board on January 18 and 19. The interviews are posted at www.youtube.com/c/leeschoolstv.

Parents and community members are encouraged to watch the interviews and share any feedback they have through the comment section at www.leeschools.net/leadership/school_board/superintendent_search. The name of the candidate should be included in the subject line to help organize the feedback. The board will hold a briefing on

Monday, January 24 to narrow the candidate field to three, and will vote on the three finalists at the action meeting on Tuesday, January 25. More information about the process for the finalist interviews will be shared after the finalists are approved.✱

From page 30

School Smart

your children that you have confidence in their abilities and that you value their contributions to the family. You are making some great memories together as well. Children who know how to cook understand what goes into meal planning and food preparation. They are learning to take control of their own wellbeing now and in the future.

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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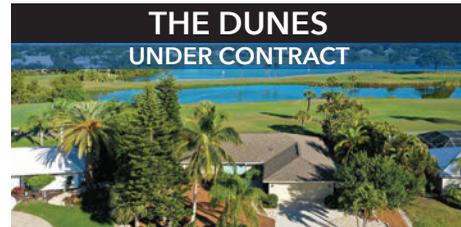
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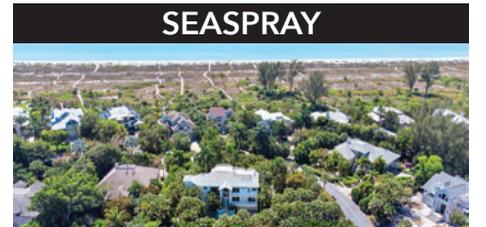
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Bank Executive Promoted To President

Sanibel Captiva Community Bank has promoted Kyle DeCicco to bank president and board director.

A member of the bank's executive management team since January 2020, DeCicco was previously executive vice president.

In his new position, DeCicco oversees management and operations, while continuing his responsibilities as senior loan officer. He succeeds Craig Albert, who has served as president and CEO since the bank opened in 2003. Albert will continue to serve as CEO and will remain on the board of directors.

"This key promotion gives SanCap Bank a highly energized leader who is committed to driving responsible growth through our second decade of business," said Albert. "It is my privilege to serve alongside Kyle and our entire SanCap Bank team to continue to meet the needs of our customers, employees



Kyle DeCicco

and community."

DeCicco joined the bank in 2016 as vice president and commercial loan officer, focusing on commercial real estate lending and relationship development with local businesses and investors. He was instrumental in leading the bank's efforts in administering the Small Business Administration Paycheck Protection Program in 2020 and 2021. Under his direction, the bank successfully secured over 1,100 loans totaling nearly \$106 million, helping save nearly 10,000 Southwest Florida jobs in the wake of the COVID-19 pandemic.

With over 15 years of banking experience, DeCicco has worked in commercial real estate and lending, credit analysis, performing and nonperforming loan portfolio management and management of FDIC insured loss-share assets. His efforts have resulted in the bank closing nearly \$300 million in commercial loans in six years, the majority of which support local individuals and businesses seeking to launch a business, grow operations or purchase real estate.

DeCicco is a graduate of Florida Bankers Association – Florida School of Banking and holds a bachelor's degree in business administration from Florida Atlantic University. With the bank's continued support, he is in his final year of the American Bankers Association Stonier Graduate School of Banking at Wharton School of the University of Pennsylvania. DeCicco will

graduate in June.

A Southwest Florida native, DeCicco serves as a board member and treasurer of The Foundation for Lee County Public Schools and is a member of the foundation's grant selection committee.

He serves on the Heights Elementary Student Advisory Committee and is a captain-level Keel Club member of United Way of Lee, Hendry, Glades and Okeechobee Counties, among other volunteer efforts.✪

Virtual Discussion On Climate Crisis

FISH of SanCap will host a virtual discussion on the climate crisis, led by Maxine Lobel of Elders Climate Action (ECA), on Thursday, January 27 beginning at 3 p.m. For Zoom login instructions, call FISH at 472-4775.



Maxine Lobel

The mission of ECA is to mobilize elders throughout the United States to address climate change. ECA is dedicated to reducing greenhouse gases in the atmosphere to a level consistent with life thriving on the planet. ECA was conceived in 2014 by a small group of people as a project of Elders Action Network (EAN), a 501(c)3 nonprofit organization whose mission is to encourage elders to take action on

social and environmental challenges.

Lobel will introduce the all-volunteer organization and discuss how they work to inform, inspire and engage others to take action on the climate crisis. Lobel is the Florida state co-leader of ECA, a national organization of thousands of elder climate activists committed to a non-partisan effort to end the climate crisis and build a sustainable future.

After a career as a licensed clinical social worker, yoga and meditation teacher, Lobel retired to Florida with a passion to help make the world a better place and to protect the earth for future generations. She is an activist working on local, state and federal initiatives, and is committed to changing people's awareness about the seriousness of the climate crisis through education and awareness campaigns.

"The effects of climate change, including rapid sea level rise and extreme weather events are being felt all over the world," said Jennifer Pagano, education and outreach director for FISH. "I feel it is important to not only get informed but to also get involved with protecting our planet, through awareness, education and action."✪

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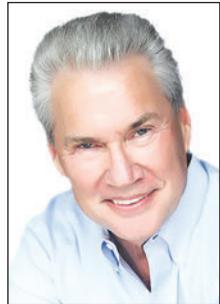
Kimberley Andrews



Mary Bondurant



Sue Plein



Larry Hahn



Deb Hahn

VIP Realty Group

The top producers for December at VIP Realty Group were: Jayne Lumley, top sales; Glen Simmons and Tina DiCharia team, top listings; and Karen Bell and The Bell Team, top producers.✪



Jayne Lumley



Tina DiCharia and Glen Simmons



Evan duPont

The top producers for December at John Naumann & Associates were: Harrell, Tolp & Albright, top listings team; Larry and Deb Hahn, top sales team; and Evan duPont, top sales agent.✪

The top selling associate for December at RE/MAX of the Islands was Chip Wolfe. The top listing associate was Kimberley Andrews.✪

The top top listing agent for December at Kingfisher Real Estate was Mary Bondurant. The top selling agent was Sue Plein.✪

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. 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. 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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Ocean Breeze

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Rotary Happenings

submitted by Cindy Carter

Sanibel has always felt like a safe paradise, as if it were somehow under a magic bubble. The worst of it is the long lines of traffic during season and the fender bender that makes those lines even longer. And is due, I believe, to the sense of community we have on the island. Neighbors helping neighbors is not just a saying, but an actuality here in its own sliver of paradise. And Lee County police are looking for neighbor volunteers to help maintain that exact feeling throughout the county.



Sheriff Carmine Marceno with a member of the Civilian Support Unit photo provided

volunteers helps the local sheriff's office with many services such as bike patrol through the many county parks, home checks, missing persons assistance, school support team, traffic assistance, marine auxiliary, funeral assistants, district clerks, community outreach centers, purchasing department, records division, HR division and many others still in the process of being formed and finalized.

The newly renamed and rebranded Civilian Support Unit has approximately 130 volunteers helping the sheriff's office throughout Lee County and is looking to increase that number to over 200 by the end of 2022. These programs allow our

certified deputies to focus on policing and enforcement functions. Additionally, these programs create valuable connections between law enforcement and citizens of Lee County. Consider giving a little to receive a lot by volunteering to help ensure our community stays a safe and neighborly place to live. Contact www.sheriffleefl.org/openings for more information.

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

Lecture At Captiva Library

Sanibel author Charles Sobczak will debut a new eco-tainment nature lecture titled Rewilding Florida on Wednesday, January 26 at Captiva Memorial Library. The program begins at 4 p.m. and there is no admission charge.



Charles Sobczak

The presentation will focus on the progress Florida is making in its effort to create a statewide Florida wildlife corridor from the Everglades to the Okefenokee Swamp. The author mixes humor with ecology and helps explain the importance of cores, corridors and carnivores in restoring wild lands and why all three are needed to maintain healthy ecosystems. The presentation also delves into the broader rewilding efforts taking place across the planet, from major land acquisitions to what you plant in your front yard.

Copies of Sobczak's books will be available for purchase and signing after the presentation.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. For more information, call 533-4804.✪

Rotary Club Scholarships

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

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

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RE/MAX of the Islands

Denise Vaughn of RE/MAX of the Islands was recognized at the Sanibel & Captiva Islands Association of Realtors installation and awards ceremony recently for fulfilling requirements for the Sanibel & Captiva Islands Specialist designation in 2021. She was also awarded membership into the 2021 Honor Society.✳



Denise Vaughn

John R. Wood Properties



Babs Maughan



LeAne Suarez



McMurray & Members

Royal Shell Real Estate

The top producers for December at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray & Members, top listing producers team; Jason Lomano, top listing producer individual/partners; McMurray & Members, top sales producers team; and Cindy Sitton, top sales producer individual/partners.✳



Jason Lomano



Cindy Sitton

Kingfisher Real Estate

Kingfisher Real Estate and Vacation Rentals has added Kelsey Smith as office manager at the Captiva location. Smith holds a Florida real estate license.✳



Kelsey Smith



Alec Suarez



Austin Suarez



Ken Suarez



Ellie See

Pfeifer Realty Group



Kerri Maw



Jack Burden

The top listing associates for December at Pfeifer Realty Group were Kerri Maw and Jack Burden.✳

The top listing agent for December at John R. Wood Properties was Babs Maughan. The top closed and pending sales agents were The Suarez Group: LeAne Suarez, Alec Suarez, Austin Suarez and Ken Suarez. Ellie See earned the Productivity Award.✳



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Listen, Really Listen



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

I was in a client meeting not too long ago, and I asked “Brent” and “Linda” sitting across the conference room table from me a typical opening question, “What do we want to accomplish today with your estate plan?”

Brent launched into a soliloquy of how entitled his adult children were. While he wanted to provide for Linda and make sure that their accumulated wealth would be used for her retirement and care after his passing, he preferred to leave a considerable amount to charity, leaving little for his children and grandchildren.

Brent described observing his children’s spendthrift tendencies, such as the large homes they lived in, expensive vacations they enjoyed and luxury cars they leased. He even lamented that his son-in-law gave continuous financial assistance to his parents. Brent worried that Linda, following his death, would change the estate plan and leave more, if not everything to the children. “My hard-earned savings might end up with my son-in-law’s parents!” he cried.

Linda sat patiently through her husband’s discourse. When he finished, she looked at him and softly said, “Have you not **listened** to what your children have been through over the past several years?” She went on to describe how her children and their spouses were hard workers, successful in their careers, yet good parents.

The grandchildren excelled in school, except one was autistic, needing special education and services. The immigrant parents of their son-in-law worked difficult jobs for many years so that he could attend college. He sent dollars home because his parents were no longer capable of the back-breaking labor that earned their living. They had sacrificed much so he could enjoy the life he and their daughter made for themselves and for their family.

“If you listened, really listened to the conversations we’ve had when we’re together,” Linda gently chided Brent, “you’d look past what your eyes see. I’m proud of what our children have become.”

Our eyes tend to deceive us. Consider that in the English language, virtually all our words for understanding or intellect are governed by the metaphor of sight. We speak of hindsight, insight, foresight, vision and imagination. We speak of people being perceptive, of making an observation, of adopting a perspective. We say, “It appears that...” When we understand something, we say, “I see.” These are all legacies of the

philosophers of ancient Greece, the supreme example of a visual culture.

But our eyes only see part of the truth. What we see, as I pointed out in the story of my clients’ conversations, is not always what is. To get the complete picture, we must listen. While the other person is talking, do you not start thinking about what your response will be? Should you instead focus on what is being said, and how it is being said? Do you feel the emotions behind the words?

Listening is a profoundly personal act. It is comfortable not to have to listen, not to be challenged, not to be moved outside of our comfort zone. Today, because of Google filters, Facebook feeds and the precise targeting of individuals made possible by social media, it’s easy to live in an echo chamber in which we only read and see those who agree with us. We no longer need to listen to one another because those views don’t matter.

When you say that someone “hears” you, you are giving them the highest compliment. Everyone wants to be heard. Much conflict can be resolved if we simply spend the time to listen to one another. When someone feels heard, then he is more likely to reciprocate. This is a win-win proposition.

Listening is a life-changing idea. It is the greatest gift we can give another human being. I know that I can improve my listening skills and, in 2022, resolve to do so.

©2022 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✪

Chief Operating Officer Named At Trust Company

Ian N. Breusch, CFA, has been named chief operating officer of The Sanibel Captiva Trust Company and its divisions, The Naples Trust Company and The Tampa Bay Trust Company.



Ian N. Breusch

Breusch is responsible for the oversight of the company’s investment, fiduciary, client services and trust departments, assuring all procedures and systems are operating efficiently for the benefit of clients and employees. He works with Founder and Chairman Al Hanser and Chief Executive Officer Terry Igo on strategic planning, preparing for continued corporate growth.

“Ian has demonstrated substantial strategic talent since joining the trust company along with exemplary leadership

as our previous chief investment officer,” said Hanser.

“Placing Ian in this new role is a key component to the company’s strategic succession plan,” said Igo, “and we have every confidence that his management of this position will serve our clients and stakeholders well as we expand our footprint along Florida’s gulf coast.”

While serving in his previous role, Breusch managed a diverse team of investment managers and analysts companywide. He continues to manage a group of client portfolios and is a member of the company’s asset management committee.

Breusch’s earlier career included a position at Private Capital Management in Naples where he served as a relationship manager and conducted investment research. He was also an asset strategist at Nationwide Financial where he evaluated, constructed and monitored asset allocation programs, third party funds, and multi-managed products across the Nationwide Funds Group complex.

Breusch obtained his bachelor of science degree in finance from Florida Gulf Coast University, holds the chartered financial analyst designation and is a member of CFA Institute and CFA Society of Naples.✪

How’s The Market? Ask Ann

High Demand for Sanibel Listings

We are fortunate to be working with active buying prospects on Sanibel. There is a strong demand for homes listed under \$1,000,000. Consequently, we make it a goal to view these properties the day they appear in our MLS system and make contact with our potential buyers. For example, last week, a new listing came on the market at \$945,000 in The Dunes. We were able to view the home and contact our customer. Interestingly, we were one of five appointments looking at the property that day. At the time we viewed the home, there was already an offer made on the listing. At the Seller’s direction, they would respond to all offers with a short-term deadline, giving other buyers a chance to submit an offer. In my opinion, this listing is a good example of the demand for new listings in light of our present market conditions. Enough said.

Current market conditions continue to demonstrate very low inventory. Only 13 Homes and 13 Condos on the market. Worth noting, there were just 5 reported sales last week. A short time ago, that number would have been 10-15.

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Ann Gee
Broker/Owner

5 Closed Sales Going Back One Week: 1 Multi-Family, 2 Condos & 2 Lots

1032 Sand Castle Rd. Vacant Lot \$361,000	2445 West Gulf Dr. C3 Pointe Santo \$1,095,000
1501 Middle Gulf Dr. H410 Sundial West \$422,500	1220 Morningside Dr. Multi-Family \$1,800,000
3308 St. Kilda Rd. Vacant Lot \$640,000	

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

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New Health Center At Shell Point Completed

The Larsen Health Center at Shell Point Retirement Community is now complete. The \$78 million, 200,000-square-foot facility brings together all of Shell Point's healthcare services, including a comprehensive medical center, behavioral health suite, rehabilitation center, dental offices, pharmacy and a 180-bed skilled nursing facility with private rooms.

"Very few CCRCs (continuing care retirement communities) are making investments in skilled nursing, but we're bullish on it," said Shell Point President and CEO Martin Schappell. "Locating all medical services within one facility accelerates access to care, enhances collaboration in treatment, and hastens the healing and restorative process. Shell Point made the financial commitment to this project because our residents deserve excellent clinical care, private rooms and a hospitality-driven experience."

Shell Point's skilled nursing has received national recognition, including five out of five-star ratings for overall service, quality measures and staffing from The Centers for Medicare & Medicaid Services.

Within Larsen Health Center, a medical center includes exam and procedure rooms, on site imaging services, and offices for Shell Point's



From left, Dr. Carol Clark; Dr. Gary Goforth; Dr. David Nesselrode; Rachel Zellers, director of long term care; Jeff Cory, Legacy Foundation executive director; Christy Skinner, vice president of healthcare; Karen Anderson, vice president of human resources; resident Dorothy Larsen; Adam Hinds, vice president of operations; Martin Shappell, president and CEO; Burke Rainey, vice president of finance; Lindsey Bryant, director of nursing; and Jason Smith, senior director of amenities

medical staff and specialty physicians. A therapy center offers inpatient and outpatient rehabilitation services in an open-gym concept, along with an occupational therapy home suite, a state-of-the-art aqua therapy pool and private treatment rooms. A dental clinic, full-service pharmacy, chapel, meeting space and cafe complete the first floor.

Floors two through six offer 162 private and nine companion skilled nursing rooms with 10-foot ceilings, expansive windows and bathrooms

with walk-in showers. Dining rooms and sunrooms feature floor-to-ceiling windows showcasing water and nature preserve views. Each self-contained residential neighborhood accommodates 20 residents and offers a living room, activity room, lounge area and a family conference room.

"Neighborhood spaces create a nurturing environment for socializing and activities and reflect Shell Point's personalized approach to care," said Christy Skinner, vice president of

healthcare. "Here, our healthcare staff, volunteers and caregivers have the tools and technology they need to provide our residents with the best possible care."

A full-service salon for residents, an employee cafeteria and administrative offices are located on the second floor.

Interiors were completed by Wegman Design Group. The Larsen Health Center project team includes RDG Planning & Design, The Weitz Company, Johnson Engineering, Stantec Consulting Services, and Fiber Solutions.✪



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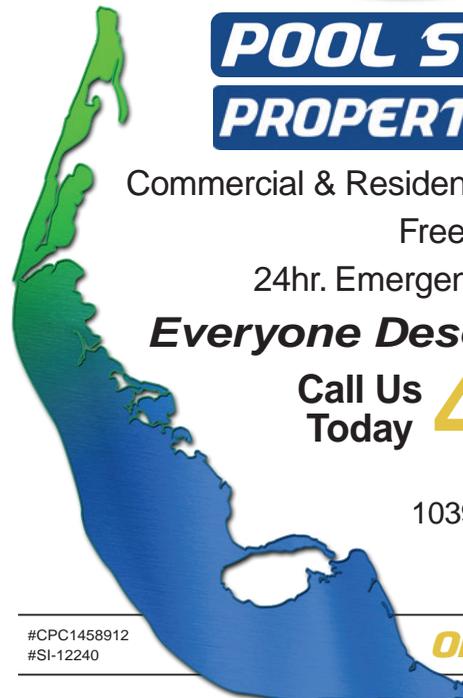
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ON ISLAND FOR ISLAND

Frankly Speaking

by Howard Prager



The first female manager in all of baseball, is coming to town. Rachel Balkovec was named manager of the Tampa Bay Tarpons who play in the Mighty Mussels' low-A Southeast league.

That means you'll have a chance to see her first hand this season, which I learned is on track despite the MLB lockout, because the minor leagues are not part of the MLB contract. She becomes the second woman to break a glass ceiling in baseball, after Daisy Ng became general manager of the Marlins last year. Balkovec has spent 10-plus years in professional baseball as a hitting and strength and conditioning coach. She played softball at the University of Mexico, where she earned a bachelor's degree in kinesiology and exercise science in 2009, and got a master's degree in sports administration from Louisiana State University in 2011, while also serving as a graduate assistant strength and conditioning coach. She was an intern with the Cardinals in 2012 and the White Sox in 2013-14. She returned to the Cardinals taking on the strength and conditioning coordinator for two years and moved to the Astros where she spent three seasons doing the same role

for their Latin American organization, Rookie-level and Double-A teams. Prior to joining the Yankees, Balkovec served as an apprentice hitting coach for the Netherlands National Baseball and Softball programs while earning a master's degree in biomechanics at Vrije Universiteit Amsterdam from 2018 to 19. During that time, Balkovec conducted research in eye-tracking for hitters at Driveline Baseball, a high-tech performance training center outside of Seattle, Washington. She joined the Yankees organization in November 2019 as a minor league hitting coach, becoming the first woman to be named to that role in the history of professional baseball (she was followed a few days later by Rachel Folden of the Chicago Cubs organization). She was a 2020 hitting coach with the Sydney Blue Sox of the Australian Baseball League. Balkovec represents the new breed of sports coaches that has studied and coached strengthening, conditioning and the science of hitting. She is bilingual, certainly an advantage in communicating directly with Latino ballplayers who make up 25 percent of all players. It's a bold move not because she's a woman, but because managing or coaching game time situations does not appear to be in her background. In business, we'd call her a technical specialist versus a manager. She was a catcher in college, so she has some game-handling experience. We'll see how that experience can translate to managing on a day-to-day basis throughout the season, and wish her the best of luck.

The sports world is changing in many

ways, with star athletes getting away with bad behavior. One who didn't was Novak Djokovic. He did not have permission to enter Australia because he was not vaccinated, which is Australia's entry requirements. But in the NFL where stars flaunt the rules such as Aaron Rodgers and Antonio Brown, they get a slap on the wrist at most. And Houston Astros shortstop Carlos Correa is supposedly one of the leaders of the sign stealing saga, yet is one of the most highly coveted shortstop free agents of the off season. As long as teams and leagues turn a blind eye, this behavior will continue.

The NFL is becoming more like the NHL in the playoffs, where 14 teams made the playoffs this year. Was lowering the bar the cause of so many blowouts the first weekend? Just three games provided the highlights for wildcard weekend. The Bengals stopped the Raiders with an interception in the closing seconds of their game and won their first playoff game in 31 years. Cowboys QB Dak Prescott, upset at not getting a last play off to try and win the game as time expired, was in the news for saying it's OK for Cowboy fans to throw trash at the refs. Not cool Dak, and even your coach doesn't agree. And the Buffalo Bills did something that no offense in NFL history had ever done. In their first seven drives, they scored seven touchdowns. They're the first team to accomplish this feat in NFL playoff history, and broke the record on their first six drives. The Bills became the first team in NFL history to go an entire game without punting, turning the ball over, or kicking a field goal on offense, according to Jeff Kerr of CBS Sports. The only time they didn't score was on their last drive of the game, when they took a knee. Josh Allen was the first quarterback in NFL history to have 300-plus passing yards, five-plus passing touchdowns, and 60-plus rushing yards in a single playoff game. His four career playoff games of 250-plus passing yards and 50-plus rushing yards are already the most in NFL history.

From the Good New Network, we hear more about "Santa Shaq." "Shaquille O'Neil is a walking bundle of good deeds waiting to slam dunk on unsuspecting people. The basketball star revealed on a podcast with Gary Vaynerchuk that he had bought 1,000 Playstation 5s, another 1,000 Nintendo Switches and an unspecified number of bicycles, and

delivered them to school children in Georgia. "My father was a drill sergeant, my mother just was a hard-working woman," he said on air. "They had little, but they taught me the value of giving back. They taught me the value of helping those in need." He joined representatives from Tonka, Pepsi Stronger Together and others to rain down gifts and cheer to schools in Las Vegas, where the Shaquille O'Neal Foundation provided toys, laptops and lunch for even more children – as well as opening a brand-new basketball court where kids can try on Shaq's shoes for fun. We ask a lot from our star athletes. But when they're done playing, it's great to see their values and actions continue.

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.*

Lee Board Accepts Grant For Artificial Reef

The Lee Board of County Commissioners voted on Tuesday to accept a \$120,000 grant from Florida Fish and Wildlife Conservation Commission for the construction of an artificial reef.

The Federal Aid in Sportfish Restoration grant allocates the funds for at least 1,000 tons of clean, repurposed concrete to be placed within the Chris Koepfer's ARC reef site. The reef site is located about 15 miles off the coast of Lee County, will create habitat for marine life and be an additional destination for anglers and scuba divers.

The project is expected to be completed by September.

Lee County has had an active artificial reef program since the early 1990s. Grants from federal, state and private sources help create a range of recreational opportunities from inshore to the deep water of the Gulf of Mexico. Koepfer's ARC reef site is named in memory of the pioneer of Lee County's artificial reef program. For a video on Lee County artificial reefs, visit www.youtube.com/watch?v=q2rHEAB9gQM.*

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SPORTS QUIZ

1. What U.S. track and field star, a winner of nine Olympic gold medals, recorded songs *Break It Up* and *Lovers Don't Talk* for his 1987 album *Modern Man*?
2. Name the Baseball Hall of Famer who in 1984 became the first manager to win the World Series in both the AL and the NL.
3. What member of the World Golf Hall of Fame is No. 1 on the LPGA Tour career wins list with 88?
4. A January 2018 high-speed car crash in Los Angeles claimed the life of what 2002 NBA Draft pick from La Salle University?
5. The KFC Yum! Center is a college basketball arena located in what U.S. city?
6. The Ashes is the name of a Test cricket series contested between what two countries?
7. An anthropomorphic pepper named Cayenne was the unofficial mascot of what Sun Belt Conference university's athletic teams from 2000-2010?

ANSWERS

1. Carl Lewis. 2. Sparky Anderson (1975-6 Cincinnati Reds, 1984 Detroit Tigers). 3. Kathy Whitworth. 4. Rasual Butler. 5. Louisville, Kentucky. 6. England and Australia. 7. The Louisiana Ragin' Cajuns.

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.

Euchre – Fridays from 12:30 to 3:30 p.m. (begins in February, date TBD)

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

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

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.

Page Turners with Louise Fitzgerald is being offered on Zoom only. The book for discussion on Tuesday, February 8 is *The Lincoln Highway* by Amor Towles. *Women Rowing* by Mary Pipher will be the featured book for March 8. For the Zoom link or to be added to the email list, contact Louis Fitzgerald

at sanibelbum22@gmail.com or call 304-707-1701.

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

Kayaking outings are held on Tuesdays. 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.

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

Lifeguard Training Course Offered

The Sanibel Recreation Center will offer the American Red Cross Blended Lifeguard Training three-day course on Friday, February 11 from 4 to 7 p.m.; Saturday, February 12 from 9 a.m. to 5 p.m.; and Sunday, February 13 from 9 a.m. to 5 p.m.

Blended learning combines online

learning with in-person skills sessions where you will practice skills and demonstrate competency. The course gives participants the knowledge and skill set to become professional lifeguards. This course requires all participants to pass the in-water prerequisite test on the first day of class in order to continue being enrolled. They must be at least age 15 by completion of course.

Swim requirements include:

300-yard continuous swim using front crawl, breaststroke, or a combination of both;

Two minutes of treading water with hands in your armpits without stopping;

Within one minute and 40 seconds, swim 20 yards, retrieve a brick at seven- to 10-foot deep and then swim 20 yards back to the starting point while both hands are on the brick and face is above water. Exit the pool without using ladder or stairs.

Online course includes:

All participants must complete the entire online course before the first day of class and bring their completion printout to class. Instructions on how to access the online material will be emailed one week prior to the start of your course.

To obtain certification, participants must be able to attend all online and classroom sessions, complete the pretest, all skill checks and score an 80 percent or higher on the written exam.

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

Shell Show Open To Students

The 85th annual Sanibel-Captiva Shell Show is scheduled to take place on Thursday, Friday and Saturday, March 3, 4 and 5 at The Community House. Island students are encouraged to enter both the artistic and scientific divisions. At this time, the scientific division has a short waiting list, but entries should still be sent in. All entries should be postmarked no later than February 14. There are many different categories within each of the two divisions, and plenty of opportunities for students to display their creativity. This could be a class project.

Guidelines can be found on the Sanibel-Captiva Shell Club website at <http://sanibelshellclub.com>. You may also contact Scientific Chair Diane Thomas at 775-742-4555 or funlab2@aol.com, or Artistic Chair Mary Burton at 395-3626 or marybsanibel@hotmail.com.

The show is open to the public and safety protocols will be in place; all attendees and workers must wear masks.

The Sanibel-Captiva Shell Club awards grants from the proceeds of the annual shell show. Grants are given toward education and research in the fields of conchology and malacology, as well as for conservation and water quality projects, primarily in Southwest Florida. For more information about the shell show or to join the club, visit <http://sanibelshellclub.com>.*

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Health First

Lessons On Longevity From The Blue Zones



by Julie Rosenberg, MD

Do you know about the Blue Zones?

The original Blue Zones are five demographically confirmed, geographically defined areas with the highest

percentage of centenarians (Loma Linda, California, USA; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; Okinawa, Japan). The Blue Zones were initially studied by *National Geographic* fellow, explorer, and award-winning journalist Dan Buettner. In these five areas, people reach age 100 at 10 times greater rates than in the United States.

The Blue Zones have been extensively studied to identify lifestyle characteristics that might explain this longevity. In this article, I discuss the nine shared characteristics among individuals living in the original Blue Zones that are believed to slow the aging process.

1. Move naturally. The world's longest-lived people live in environments

that require them to move naturally. They grow gardens. They work indoors and outdoors without mechanical conveniences.

2. Purpose. Okinawans call it "Ikigai." Nicoyans call it "plan de vida." Both phrases translate to "a reason for being." In other words, having a purpose in life. Living with purpose can enhance life expectancy by as much as seven years. What is your life purpose?

3. Downshift. All people experience stress. Chronic stress can lead to chronic disease. The longest-lived individuals have routines in place to manage stress. For example, Okinawans take a few moments each day to remember their ancestors while Adventists pray. What is your routine for managing stress?

4. The 80 Percent Rule. Hara Hachi Bu – a Confucian-inspired adage – is said by Okinawan elders before meals to remind them to stop eating when their stomachs are 80 percent full. The 20 percent gap between not being hungry and feeling full may be the difference between losing weight or gaining it. People in Blue Zones typically eat their smallest meal in the late afternoon or early evening, and fast for the remainder of that day.

5. Plant slant. Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat is eaten on average only five times per month. Serving sizes are small by American standards (3 to 4 oz vs. 6 to 8 oz).

6. Wine at 5 p.m. People in all Blue

Zones (except Adventists) drink alcohol moderately and regularly with friends and/or with food. They consume one to two glasses (typically red wine) per day. While moderate drinkers outlive nondrinkers, this practice may not be appropriate for everyone.

7. Belong. Ninety-eight percent of centenarians interviewed belonged to a faith-based community. Research shows that attending faith-based services (any faith) four times per month will add four to 14 years of life expectancy.

8. Loved ones first. Centenarians in the Blue Zones put their families first. They typically commit to a life partner (which can add up to three years of life expectancy). They invest in their children with time and love. Their aging parents and grandparents remain nearby or in the home.

9. Right tribe. The world's longest-lived people typically live in social circles that support healthy behaviors. For example, Okinawans created moais – groups of five friends that committed to each other for life. These social networks help to favorably shape healthy behaviors.

In summary, understanding and implementing the lifestyles of the Blue Zones offers individuals and entire communities a path toward healthier living. The Blue Zones Project, a community wellbeing improvement initiative, has now expanded to many cities within the United States. In fact, Southwest Florida is on its way to becoming a Blue Zones Community.

Being part of a group of supportive and like-minded people who share a passion for healthy living is one of the most powerful things that you can do to change your life for the better.

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.✳

Registration Open For After School Program

Registration is open for the Sanibel Recreation Center After School Program spring trimester. The program runs Monday through Friday from 2:10 to 5 p.m. throughout the school year. It is open to children in kindergarten through eighth grade. Every child registered in the After school program will receive a one-year complimentary membership to the recreation center.

Financial assistance is available to families based upon individual need. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. Visit www.mysanibel.com.✳



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dearRPharmacist

D Dimer And Six Strategies To Reduce It



by Suzy Cohen, RPh

Dear Readers: D dimer is a blood test that evaluates levels of a protein fragment when there's a clot hanging around in the bloodstream.

If this level is elevated, it's often a tip-off that there was a tiny blood clot formed in your body and now you're breaking it down.

Now that people can self-order their own blood work at many places around town, you might want to evaluate your own D dimer level. I must caution you that if it's elevated, you need to alert your physician and find out if you need anticoagulant therapy and what other measures you can be doing. Blood clots are dangerous so you don't want to ignore an elevated D dimer level.

In the hospital setting, a D dimer blood test will be ordered if you have bronchitis or pneumonia in order to assess risk for respiratory failure, pulmonary embolism, stroke, deep vein thrombosis (DVT) and a number of other blood-clotting disorders.

Fibrin isn't the bad guy. Fibrin is an insoluble protein formed from fibrinogen when your blood forms a clot. That's okay and healthy because if you bleed from a paper cut, you

want that to happen. The scab that forms is part of the normal hemostatic response. Healthy fibrin levels means your blood moves through your vessels freely, and comfortably, without sticking to capillary walls and impeding blood flow. That's important because a healthy fibrin level means that oxygen and nutrients get delivered to all your organs.

Sometimes a blood clot is not present, but the D dimer is high. This is a shortcoming of the test because it causes unnecessary alarm. For example, pregnancy, liver disease or a recent surgery can raise D dimer in the absence of a blood clot.

Since the D dimer is an evaluation of clotting and a blood clot requires fibrin to form, you should think of natural, easy ways to protect your blood, keep it healthy and keep your fibrin levels down in the normal range. Here are some nutritional considerations; please ask your doctor if it's right for you:

1. Grape seed extract
2. Bromelain
3. Ginko biloba
4. Nattokinase
5. Lumbrokinase
6. Garlic

I know many of you will self-order this test. If it's not in the normal range, be sure to consult a qualified physician, especially if your blood pressure is high or you have heart disease. If you'd like to read my longer, more comprehensive article, sign up for my newsletter at www.suzycohen.com

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have a feeling that my boyfriend is lying to me, but I cannot prove it. Is there a way to know for sure?

A: Many people have a range of lies. It could be

something very small like when someone asks you how you are feeling and you say "fine" when you really don't because you don't want to deal with it. It could be much more like interviewing someone for a job and they lie about their achievements. In your situation, tap into your intuition and listen carefully as you watch your boyfriend's behavior; like how he is responding or reacting? Is his body language closed, constricted or open? Does he put his hands on his face? Is he making good eye contact? It's helpful to notice just how he behaves when you think he is lying, and you may get a better inner knowing.

Do you feel he is being manipulative with you? Does he have an inappropriate level of concern? Pay attention to his behaviors and chances are he will get caught if he is lying. Once someone lies, you can usually spot it and you can call him out on it. He may deny

his lying, however by confronting him, he will know you are onto his behavior.

You may want to tell him that you want a healthy, honest relationship that is real. Some people lie to impress and they want to look good because they have a low self-esteem. But in the long run, lying is only going to hurt him if in fact he continues, and you will want to think twice about being in a dishonest relationship with someone. There are many guys out there who are honest and will be that way with you. It's a much healthier way to be with someone.

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.

Grief Support

GriefShare Sessions will be held in the Family Life Center at Sanibel Community Church on Tuesdays in January, February and March from 5 to 7 p.m.

The program is open to anyone who is grieving. There is plenty of room for social distancing. Sessions feature a video, book and support.

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

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Doctor and Dietician

What Is Pelvic Tilt And What You Can Do About It



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

Pelvic tilt is a common condition that can lead to issues with stability, posture and movement. If your pelvis is not in proper position, it can affect many other musculoskeletal functions including that of the hips, back, pubis, groin, knees and hamstrings. Much of pelvic tilt is related to muscle imbalances, but it is also related to spinal instability and abnormal spinal curves.

Having sustained a terrible bicycle crash on San-Cap Road over two years ago, Marion understands this well. Having gone from having a broken pelvis plus a myriad of other injuries to

being back on the bicycle and running, she understands the process personally.

Anterior pelvic tilt occurs when the pelvis rotates forward and the back of the pelvis rotates up – people may know this as “a sway back.” Sitting position may also worsen this condition. As you know from our prior articles, “sitting is the new smoking!” Excessive sitting can lead to tight hip flexors, which leads to improper positioning of the pelvis. If the hip flexors take over spinal stability, pelvic malalignment may result. This commonly occurs in pregnancy, as well as with people who sit a lot.

This muscle imbalance coincides with weak abdominal and gluteus maximus muscles. In this case, we can refer to it as pelvic crossed syndrome. Working on strengthening these weak muscles is key to complete resolution, in combination with a curve correction program and, at times, regenerative medicine injections to address the spinal instability issues. Marion is working with Dr. Scott Gray from Back in Motion on these issues because of her bike crash, in addition to some prolotherapy treatments, and the use of a McKenzie roll on her desk chair that promotes better posture.

Posterior pelvic tilt develops opposite of anterior pelvic tilt where the front of the pelvis tilts up and back, while the bottom of the pelvis rotates under the body. This puts the spine in a compromised position and would also benefit from corrective exercise. Tight

hamstrings are one of the biggest contributors to posterior pelvic tilt issues.

Lateral pelvic tilt is a unique scenario. A lateral pelvic tilt occurs when the pelvis shifts side to side, so much that one hip is higher than the other. This leads to unilateral muscle imbalances throughout the body. The erector spinae muscle group often affects this tilt and should always be addressed in this situation. To allow our lumbar spine to be in a neutral position, the pelvis should line up with the shoulders not one higher than the other.

Pelvic tilts do not just happen spontaneously – they develop due to certain activities as well as inactivity. Finding these imbalances and knowing how they affect the body is key to understanding how to avoid these issues in the first place. Some of the common causes are tight hip flexor muscles, often because of prolonged sitting and poor posture that typically occurs while lounging around and playing on your cell phones, right? Another reason to put down the phone. Tight hamstrings and gluts will pull the bottom of the pelvis, so it tilts up and back. Typically, the person has weak back muscles resulting in the opposite tilt.

Our patients at Caring Medical benefit from a comprehensive approach to improving their pelvic healing. Working on proper posture, reducing the number of hours spent sitting, correcting your curve with

OrthoDynamic Curve Correction program, and finally, utilizing regenerative medicine treatments should the initial therapies and lifestyle modifications not result in complete healing. So, sit up straight, pull in your abdominal muscles, stand up, put down the phone, walk around and see your favorite musculoskeletal medicine providers if needed.

*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.**

Spring Training Tickets On Sale

Tickets for the 2022 Boston Red Sox Spring Training season are now on sale.

The club is scheduled to play a total of 18 Spring Training games at JetBlue Park and will open the season with a game against the Northeastern University Huskies on Friday, February 25.

Fans can purchase Spring Training tickets at www.redsox.com/tickets. Tickets will not be sold at the JetBlue Park ticket office. Hearing impaired fans can call the Red Sox TTY line at 1-617-226-6644.*

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- Fire Department, Captiva 472-9494
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- Florida Highway Patrol 278-7100
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PUZZLES

Answers on page 54 and 55



"May I have this _____?"

SCRAMBLERS

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

Pang

WETING _____

Wander

WAKES _____

Joyful

DETALE _____

Haven

FIGURE _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fence is different. 2. Scarf is shorter. 3. Cap is different. 4. Collar is different. 5. Arm is moved. 6. Window is smaller.

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

To Play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

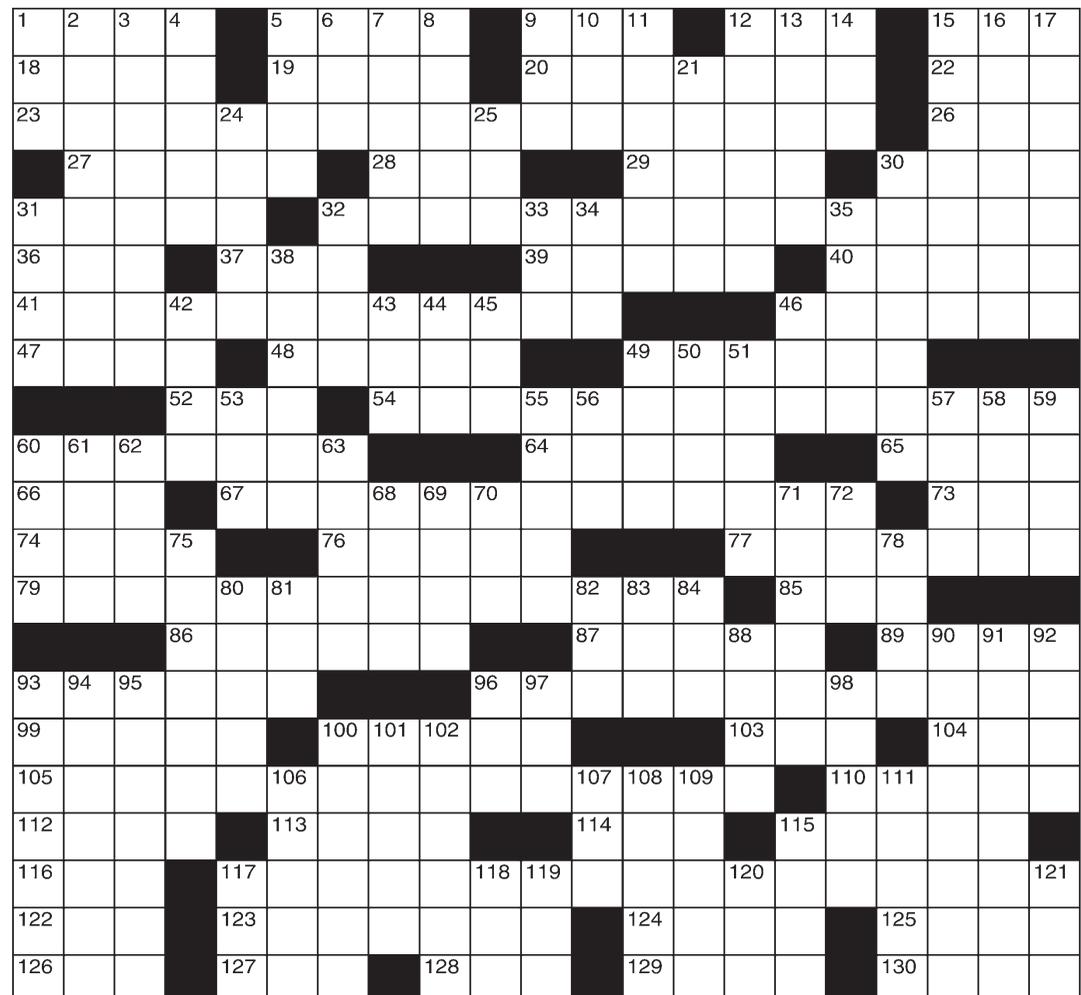
PUZZLES

Answers on page 55

Super Crossword

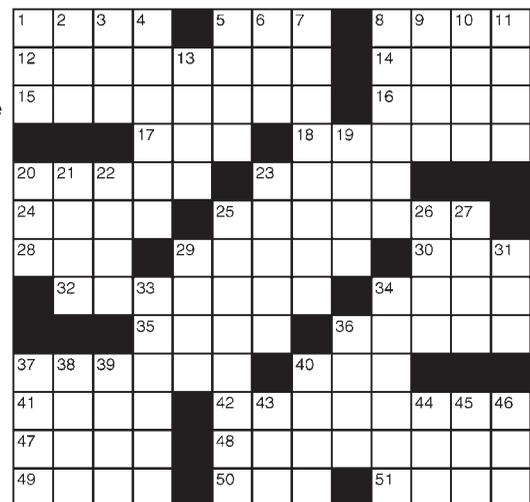
TURNABOUT

- ACROSS**
 1 Cries noisily
 5 Stuff in steel
 9 Horse cousin
 12 Often-smoked food
 15 U.K. neighbor
 18 "As above," in citations
 19 Extremely deep sleep
 20 Pavarotti of opera
 22 U.S. neighbor
 23 Make every effort to be obliging
 26 Vivacity
 27 Mosaic work
 28 — TURN (road sign)
 29 — Mason (asset management firm)
 30 BLT offerer
 31 To any extent
 32 Revolution of Triton with respect to Neptune
 36 Author Anaïs
 37 Twosome
 39 Not tidy
 40 Two-pip card
 41 Pressing it moves a cursor to the previous character
- DOWN**
 1 Bro's kin
 2 Strange things
 3 Former Fed head Ben
 4 Little
 5 "Ugh"-worthy
 6 Bird of myth
 7 Muscat resident
 8 Honcho
 9 Lager cousin
 10 Nissan Rogue, e.g.
 11 Bawls out
 12 Irritable from being ravenous, slangly
 13 Lay — (really fail)
 14 Wild crowd
 15 Stimulus
 16 Vote in for a another term
 17 Lapses
 21 Notions
 24 Ralph — Emerson
 25 1921 Karel Capek play
 30 Feared a lot
 31 Author Seton
 32 Bull in a ring
 33 Cockney's residence
 34 Often-smoked food
 35 Stenches
 38 Actress Andress
- ACROSS**
 46 Shorelines
 47 Off the shore
 48 Justice Sotomayor
 49 Program using ".doc" files, for short
 52 Mu — pork
 54 Horace Greeley's advice for American expansion
 60 Huge aid
 64 In base eight
 65 She's a star aria singer
 66 Palme — (Cannes film award)
 67 Bus driver's order
 73 Ship like Capt. Nemo's
 74 To — (exactly)
 76 Marisa with an Oscar
 77 Cadences
 79 Irritate
 85 Suffix with hell
 86 More pasty
 87 Horse opera
 89 Arthur of tennis
 93 Singers Idol and Ocean
 96 Sticker message on a rented VCR tape
- DOWN**
 99 At full speed, old-style
 100 A deadly sin
 103 "Patience — virtue"
 104 Pro vote
 105 Do a 180, say
 110 Rapper with the album "Press Play"
 112 Old Italian stage actress Eleonora
 113 1953 Leslie Caron film
 114 "— always say ..."
 115 Jeopardy award
 116 "— my fault!"
 117 Parent's mind game with a child (or what you have to use to solve this puzzle?)
 122 Even score
 123 Guys rowing
 124 Smartphone downloads
 125 Suffix with well
 126 States, informally
 127 Singular of "Mmes."
 128 Beltway VIP
 129 Watery castle protector
 130 Once, in olden days
- DOWN**
 42 Do laundry
 43 Jillian of TV
 44 Spanish aunt
 45 Relatives, informally
 46 Light bed
 49 Mixed breed
 50 Zest or Ivory
 51 "Ben-Hur" director William
 53 The woman
 55 "Understood"
 56 S. Sgt., e.g.
 57 Yearn (for)
 58 Female cell
 59 Talks idly
 60 Yrly. gift-giving time
 61 Greek "I"
 62 Heightened
 63 — dish (bio lab item)
 68 T. — Price
 69 The "E" of EMT: Abbr.
 70 Snide snicker
 71 Sixths doubled
 72 Method: Abbr.
 75 "Liberté, —, fraternité" (France's motto)
 78 Bangkok citizen
 80 "Bye Bye Bye" band
 81 Exclamations of surprise
 82 "Sk8er —" (2002 hit)
 83 Assembly line labor org.
 84 Tpk., e.g.
 88 Actor Idle
 90 Parachute user
 91 Unmindful
 92 Online bidding site
 93 Roving robbers
 94 "Gotta go"
 95 — faire
 96 '50s prez
 97 Not pos.
 98 "Raider" Ralph
 100 Previous convictions
 101 Little brooks
 102 Tough-to-translate phrases
 106 Composer Edward
 107 Opposite of 104-Across
 108 Tea-growing Indian state
 109 River giant, for short
 111 Dunne of film
 115 Covert "Hey!"
 117 — Kippur War
 118 Half of a bray
 119 Wolf Blitz's channel
 120 Clean air gp.
 121 Q-U linkup



King Crossword

- ACROSS**
 1 Even
 5 Apply cream
 8 "The Good Earth" heroine
 12 "Please go ahead"
 14 Fork prong
 15 The National Pastime
 16 Circus structure
 17 Cacophony
 18 Scalawags
 20 Basilica areas
 23 Diving duck
 24 Soccer leg-end
 25 Brewing gizmo
 28 Greek letter
 29 Not — out of place
 30 Scull need
 32 Kook
 34 Ordered
 35 Skin breakout
 36 Notorious
 37 Port city of Poland
 40 Former Mideast org.
 41 Pealed
 42 Pitcher's tactic
 47 "American —" little
 48 Consume too little
 49 Lion's pride?
 50 Meadow
 51 Sciences'
- DOWN**
 1 Bar bill
 2 "— tree falls ..."
 3 UFO crew
 4 One of the Ramones
 5 Cannon of film
 6 MSN rival
 7 Reduced-rate postal delivery
 8 Canada's capital
 9 Actor Schreiber
 10 Green Gables girl
 11 Tennis barriers
 13 Baseball stats
 19 Cornhusker's st.
 20 iPhone download
 21 Mexican money
 22 Lost traction
 23 Black Panthers leader Bobby
 25 Appreciative
 26 Rich soil
 27 Stow cargo
 29 Grade-school basics
 31 Flushed
 33 Hang loose?
 34 Diva Streisand
 36 Kismet
 37 Bleak
 38 Baby's father
 39 Unsigned (Abbr.)
 40 Fed. food inspector
 43 Chemical suffix
 44 — Lingus
 45 Back muscle, briefly
 46 USN officers



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

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

- | | | | |
|-------------|---------------|------------|----------|
| Blondie | Genesis | Pink Floyd | The Cars |
| Caravan | Grateful Dead | Rainbow | The Who |
| Deep Purple | Kiss | Rush | Yes |
| Faust | Led Zeppelin | Steely Dan | |

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:05 am	9:16 am	4:04 pm	8:35 pm
Sat	2:55 am	9:47 am	4:28 pm	9:41 pm
Sun	3:53 am	10:18 am	4:56 pm	10:55 pm
Mon	5:05 am	10:50 am	5:29 pm	None
Tue	6:44 am	12:16 am	6:07 pm	11:20 am
Wed	9:09 am	1:42 am	6:53 pm	11:45 am
Thu	7:48 pm	3:04 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:10 am	9:18 am	3:09 pm	8:37 pm
Sat	2:00 am	9:49 am	3:33 pm	9:43 pm
Sun	2:58 am	10:20 am	4:01 pm	10:57 pm
Mon	4:10 am	10:52 am	4:34 pm	None
Tue	5:49 am	12:18 am	5:12 pm	11:22 am
Wed	8:14 am	1:44 am	5:58 pm	11:47 am
Thu	6:53 pm	3:06 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:28 am	9:26 am	4:00 pm	9:04 pm
Sat	2:22 am	9:54 am	4:29 pm	9:56 pm
Sun	3:38 am	10:22 am	4:52 pm	10:58 pm
Mon	5:09 am	10:50 am	5:11 pm	None
Tue	6:47 am	12:29 am	5:39 pm	11:24 am
Wed	8:12 am	1:48 am	6:26 pm	12:38 pm
Thu	9:43 am	2:52 am	7:29 pm	1:59 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:15 am	12:32 pm	6:14 pm	11:51 pm
Sat	5:05 am	1:03 pm	6:38 pm	None
Sun	6:03 am	12:57 am	7:06 pm	1:34 pm
Mon	7:15 am	2:11 am	7:39 pm	2:06 pm
Tue	8:54 am	3:32 am	8:17 pm	2:36 pm
Wed	11:19 am	4:58 am	9:03 pm	3:01 pm
Thu	9:58 pm	6:20 am	None	None

My Stars ★★★★★

FOR WEEK OF JANUARY 17, 2022

Aries (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

Taurus (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

Gemini (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

Cancer (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

Leo (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it

move from the "just friends" level to one that will be as romantic as you could hope for.

Virgo (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

Libra (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

Scorpio (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

Sagittarius (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

Capricorn (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on

continued on page 54

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From page 52

My Stars

its strengths and minimize its weaknesses. **Aquarius** (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

Pisces (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

Born This Week: You embody a love for traditional values combined with an appreciation of what's new and challenging.

MOMENTS IN TIME

- On January 26, 1788, Capt. Arthur Phillip guides a fleet of 11 British ships carrying convicts to the colony of New South Wales, effectively founding Australia. The date eventually became commemorated as Australia Day.

- On January 25, 1905, at the Premier Mine in Pretoria, South Africa, a 3,106-carat diamond is discovered. Weighing 1.33 pounds and christened the "Cullinan," it was the largest diamond ever found.

- On January 24, 1935, canned beer makes its debut. In partnership with the American Can Company, the Gottfried Krueger Brewing Company delivered 2,000 cans of beer to faithful Krueger drinkers in Richmond, Virginia. Some 91 percent of the drinkers approved of the canned beer.

NOW HERE'S A TIP

- "Keep a quart container in the freezer

and whenever you have a small amount of leftovers, chop them up and add it to your container. When it's full, thaw it. Add some of your favorite soup beans, pizza sauce, milk and cheese, and you have a unique and delicious soup."

– M. from Pennsylvania

- If you've been decluttering as a part of your New Year's resolutions, and you came across old pairs of eyeglasses, know that you can donate them to any Lion's Club in your area. They redistribute the glasses to those who cannot afford them. You don't have to know the prescription, and they take reading glasses, too.

- How can you keep snow and ice off your windshield? Some say a solution of three parts vinegar to one-part water sprayed on the windshield each night can cut your ice-scraping time in half or better. (Use caution to avoid your paint job.) Also, try covering your wipers with an old pair of long socks so they don't freeze to the glass!

- "For pastry cooking, try grating frozen butter into the flour. It cuts in better and will stay cool longer. This helps when I'm making shortbread, as the flour and butter need to be combined. I don't end up having to put it in the fridge to cool it back down." – CS in South Carolina

STRANGE BUT TRUE

- Pinball was banned in most major cities from the early 1940s to the mid-1970s because it was considered a game of chance and, therefore, gambling.

- Oysters can change genders back and forth.

- The Zildjian Company was founded in 1623 by Avedis Zildjian, an Armenian alchemist who ended up making a cymbal instead.

- Tobacco companies spend the most

money on advertising in January, when many people make a New Year's resolution to quit smoking, but the largest increase in new smokers actually occurs in the summer.

- There's a national pillow-fighting tournament in Japan.

- A 43,000-square-foot room beneath the Lincoln Memorial that was forgotten about until 1974 is filled with concrete columns and has its own plant life and ecosystem, as well as graffiti from the original workers.

- Humans are comprised of about 30 of the 118 elements on the periodic table. Their iPhones, however, are made up of about 75 elements.

- Intelligent people have more traces of copper and zinc in their hair.
- The manchineel tree is one of the most toxic trees in the world. Its sap causes blisters, eating its apples can be potentially fatal, and the smoke from a burning manchineel can cause blindness.

- Pythagoras, of Pythagorean Theorem fame, ran a commune that was forbidden to wear wool, forced to put their right sandal on before their left, and believed that beans could contain the souls of the dead, so even crushing a bean was considered murder.

- Every day, around 18 acres of pizza are eaten in America.

- At the U.S. Open and other U.S.-based tennis tournaments, the men play with the slower, heavy-duty felt balls while the women play with the faster, regular-duty felt version.

THOUGHT FOR THE DAY

"Everyone knows something I do not; therefore, everyone is my teacher."
– Unknown

TRIVIA TEST

- Literature:** What was the title of Stephen King's first published novel?
- Advertising Slogans:** Which restaurant chain has the advertising slogan, "Have it your way"?
- U.S. Presidents:** Who was the first president whose likeness appeared on a U.S. coin?
- Television:** What is the family's last name in the *Family Ties* sitcom?
- Language:** What does the Latin phrase "lupus in fabula" mean?
- Geography:** What did the city of Mumbai, India, used to be called?
- Movies:** Which movie features a character called Rooster Cogburn?
- Literature:** Which 20th-century novel features a type of language called "newspeak"?
- Science:** What temperature is the same on the Celsius and Fahrenheit scales?
- Food & Drink:** Where was Coca-Cola first sold?

TRIVIA ANSWERS

1. *Carrie*
2. Burger King
3. Abraham Lincoln
4. Keaton
5. The wolf in the story
6. Bombay
7. *True Grit*
8. *Nineteen Eighty-Four* by George Orwell
9. -40
10. Atlanta

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2. Askew;
3. Elated;
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1/14 * 1/21

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