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Island Sun

VOL. 29, NO. 31

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 28, 2022

JANUARY/FEBRUARY SUNRISE/SUNSET: 28 7:15 • 6:07 29 7:15 • 6:08 30 7:14 • 6:09 31 7:14 • 6:10 1 7:13 • 6:10 2 7:13 • 6:11 3 7:12 • 6:12

Lifelong Friends Rescue Dog After Tornado Strikes

by Allison Havill Todd

While many of us were resting comfortably in bed early Sunday morning on January 16, an F2 category tornado wreaked havoc in nearby neighborhoods. Michael Joffe of the family-owned She Sells Sea Shells retail shop on Sanibel, first learned of the destruction when his father, David, called to alert him to the situation. Joffe started watching the news and heard about a touchdown in a nearby mobile home park. A reporter was interviewing an elderly gentleman whose pre-fabricated home had been turned upside down. The interviewee was distraught because, although he and the other resident of the home had escaped unscathed, their small dog, Coco, was missing.

Upon hearing this, Joffe gathered a chainsaw and other equipment to



Michael Joffe with Coco

photos by Rusty Farst

see how he could help and ran into his lifelong friend, Rusty Farst, at the scene. It turns out, the mobile home had flipped over onto the roof of the home of one of Farst's friends. Though all human



Michael Joffe entering the overturned home through a window

occupants were safe, Coco was still missing. Being animal lovers and knowing they needed to act, Joffe and Farst searched for a way to enter the wreckage. The dynamic duo was able to gain

entrance by climbing above the exterior debris and through a small window. Neither one thought much about the risk they were taking and didn't succumb to

continued on page 34

Massive Shell Sculpture To Make Rounds

Following its March 3 to 5 engagement at the 85th annual Sanibel Shell Festival at The Community House, a six-foot, shell-covered heart sculpture will come to rest at the Sanibel & Captiva Islands Chamber of Commerce for about 90 days. Local artist Ginny Dickinson, who last year gained the attention of seashell-lovers with her shell-crusting manatee sculpture, is building the *In My Heart of Hearts* sculpture from her Fort Myers "she shed."

"I'm an insanely crazy shell person," said Dickinson, who works with all-natural materials such as feathers, bark, seeds, moss and "anything I pick up." Her inspiration and work on the heart sculpture began during COVID lockdown, when she collected shells on Sanibel and other beaches.

She gathered a number of intact pen shells, which are heart-shaped when opened flat. She began filling the heart shapes with other shells and materials. More than a dozen of the pen shell works will grace the heart form, which is made of fiberglass over a welded metal frame, custom built by a company in Tampa that also does sculptures for Disney World, said the artist.

Besides local shells, specimens from Guam dating back to the 1960s and other



Artist Ginny Dickinson working on her *In My Heart of Hearts* sculpture

photo provided

places, which friends have gifted Dickinson, will cover the heart.

"It's going to weigh hundreds of pounds," she said. "I'll probably need a forklift to transport it, but I want to transport it myself, just as I did for the manatee."

For last year's Community Housing and Resources' Manatee Madness fundraiser, Dickinson decorated her manatee mailbox contribution with hundreds of shells.

Manatee Mer got a lot of attention sitting outside Bailey's General Store before selling to a private owner. That attention led to shell festival organizers appealing to Dickinson for a signature sculpture for this year's event.

"When I found out about it, I immediately contacted Ginny to see if we could display it at the chamber welcome center after the festival," said John Lai, chamber president and chief executive officer. "I just felt like it shouldn't leave the island after such a brief stint. It's a wonderful way to celebrate the chamber's 60th anniversary this year."

"I'm so happy this heart can stay a little longer on the island," said Dickinson. "My hope is that all who view this latest creation are intrigued by the beauty of the shells, find their favorite shells, and share a smile as they walk away. The heart is already getting a lot of smiles here whenever I am working on it. It will be crazy loaded with shells when completed. People will see something new each time they visit." ❄️

Community House Calendar



The Community House photo by Logan Hart

Adults in the Kitchen cooking demonstration will be held on Sunday, January 30 at 1 p.m. Cost is \$30 for members and \$35 for guests.

The next community social is scheduled for Friday, February 4. Meal pickup will be from 5 to 6 p.m. and dine in begins at 6 p.m. Cost is \$25 or members and \$30 for guests; \$5 additional for dessert. The meal theme is Southwestern Soiree.

An arts and crafts festival will be held on Saturday, February 5 from 9 a.m. to 2 p.m. There will be free on site parking.

Oil Painting with Suzette is offered on select Mondays from 9:30 to 11:30 a.m. The subject for the February 7 class is hummingbird at flower. The subject for the February 21 class is the lorikeet. Cost per class is \$55 for members and \$65 for guests. All materials included. Register online at www.sanibelcommunityhouse.net or call 472-2155.

Letting Loose with Watercolor classes with Anita Force Marshall are offered on Tuesdays from 9:30 to 11 a.m. The subject for the February 8 class is the roseate spoonbill. On February 15, the subject is the junonia. Cost per class is \$35 for members and \$40 for guests. Limit eight students per class. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10.

Kid's in the Kitchen is offered on the first Monday of the month from 2:30 to 4:30 p.m. and every third Sunday from 1 to 3 p.m. Cost is \$30 per class. Reservations required.

The 85th annual Sanibel Shell Festival will be held at The Community House on Thursday, Friday and Saturday, March 3, 4 and 5. Hours are 9 a.m. to 4 p.m. There will be judged scientific and artistic division exhibitions, book signings, shell crafts and raffle prizes. A \$5 donation includes a bag of local shells.

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

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

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

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

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

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

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

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

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

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

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

shipping is \$8 additional.

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

Raffle To Benefit Store Employee

Traci Lantz, owner of Three Crafty Ladies, is holding a 50/50 raffle to provide aid for an employee who lost portions of her home during a tornado in the Iona-McGregor area on January 16. The raffle will run through Monday, January 31.

The tropical quilting and craft supply store is celebrating its 10-year anniversary this week. Tickets are \$5 each or five for \$20 and can be purchased at the store.

Three Crafty Ladies is located within Heart of the Island Shops at 1628 Periwinkle Way on Sanibel. For more information, visit www.threecraftyladies.com or call 472-2893.*

Correction

A story in last week's *Island Sun* misidentified Ann Brady as the director of the Robert Rauschenberg Foundation. Her correct title is the director of the Rauschenberg Residency Program. We apologize for the error.*

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Arts And Crafts Fair Next Saturday



Mike and Kristina Gibson with their jewelry collection photo provided

The Community House will host another arts and craft fair on Saturday, February 5 from 9 a.m. to 2 p.m. Celebrating local artisans and life on the islands, the fair will feature handmade arts, crafts and treasures of all kinds. Vendors were specially selected to exhibit and sell their original works in a variety of mediums.

There will be paintings, shell and other crafts, jewelry, pottery, baked goods

and other culinary items, greeting cards, children's books and wearable art.

All vendors will be exhibiting indoors. There is no charge for admission or parking. Masks are required for those who are unvaccinated.

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

FISH Of SanCap Offering Health Series For Women

FISH of SanCap is partnering with Loureen Downes, PhD, associate professor at Florida Gulf Coast University (FGCU), to offer a complimentary three-part women's health seminar series. The program begins at 6 p.m.



Dr. Loureen Downes

on Wednesday, February 2 at The Community House, located at 2173 Periwinkle Way on Sanibel. The interactive format consists of an approximate one-hour seminar followed by a question and answer period. Sessions will be presented by Dr. Downes, who has a long and distinguished career in education, research and clinical practice in nursing and lifestyle medicine. This series is open to all.

Programs will be offered on Wednesdays during the month of February. The seminar topics are:

Heart Disease & Lifestyle Behaviors – Wednesday, February 2 from 6 to 7:45 p.m. Dr. Downes will introduce heart disease as one of the leading causes of death for women in the U.S. She will

discuss causes and risk factors as well as lifestyle behaviors for prevention of the disease. Other topics will include ideal cardiovascular health and practical steps to change dietary habits.

Nutrition and Your Health – Wednesday, February 16 from 6 to 7:45 p.m. Dr. Downes will discuss nutrition education, the incorporation of positive nutritional practices in everyday lives and the effect of nutrition on the development of breast cancer.

Weight Management – Wednesday, February 23 from 6 to 7:45 p.m. Dr. Downes will help identify the trends in obesity in the U.S. while discussing the health risk of being overweight or obese, including cancer, diabetes and brain health.

Dr. Downes earned her PhD in nursing at University of Connecticut. She is currently an associate professor at FGCU. She is a board-certified family nurse practitioner, a fellow in the American Academy of Nurse Practitioners, a member and inaugural diplomate of the American College of Lifestyle Medicine.

Dr. Downes is the sole or principal author of seven peer-reviewed journal articles, 12 conference abstracts, and one textbook chapter. She developed an instrument called Motivators and Barriers of Healthy Lifestyle Behaviors Scale, which is utilized nationally and internationally.

For more information about the program, contact FISH at 472-4775 or visit www.fishofsancap.org.✪

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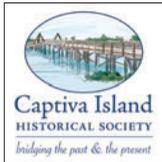


Miss Gould's class, circa 1914-15 photo courtesy Captiva Island Historical Society Archives

Looking Back: Miss Gould

This week's image depicts Miss Gould with her students at the schoolhouse, circa 1914-15.

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



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

Visit the website at www.captivaishistorical.org/archives/research to view many more images to bring you closer to Captiva.✱

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.

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



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Island Seniors At The Rec Center

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

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

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

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

Euchre – Fridays, 1 p.m.

Hot Dog Lunch – Wednesdays, 11 a.m. to noon, Osprey Room Cost is \$3. RSVP to 472-0345.

Zoom only – Page Turners Book Club, second Tuesday of the month, 2:30 p.m. Email sanibelbum22@gmail.com for link.

Zoom only – Meditation, Mondays at 4 p.m. with Christina Shaul. Zoom link: <https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjcxcFptVWRZbGhhVkwvUXFZdz09>

Zoom only – QiGong with Paul Lawrence, Tuesday and Thursday, 3:30 p.m. ID: 881 9005 3793 Password: qigong

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.

Carole Fallon, retired RN, will offer a program titled Love Your Heart on Tuesday, February 15 at 1 p.m. in the Osprey Room.

Heart symptoms in men and women can present differently and knowledge of these can save your life or that of a loved one. Learn easy ways of improving your heart health and recognize when you may have a problem. Sign up by calling Dave or Jessica at 472-0345.

Theater tickets are still available for spring shows at the Historic Arcade

Theater and Art/Stage Studio Theater. Call 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.*

Electronic Recycling Pickup

If you have electronics that you would like to donate for reuse or responsible recycling, bring them to the back of Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way, on Saturday, January 29 between noon and 1:30 p.m.

Bring your items in small cardboard boxes. All personal and business data will be wiped from hard drives and storage devices before they are given to Computers for Kids.

The remainder will be given to E-Scrape to be recycled responsibly. E-Scrape does not send anything to other countries or to landfills, where toxic heavy metals can leach into the air and water.

The only electronics that will not be accepted are glass-screen CRT televisions and monitors, LED and LCD televisions, printers and copiers. Working flat-screen TVs can be donated to Goodwill at Big Lots Plaza on McGregor Boulevard in Fort Myers.

Items that will be accepted include all kinds of electric wire, mice and keyboards, laptops, notebooks, computer towers, battery backups, hard drives, flat panel

monitors, lithium batteries, automotive batteries, cell phones, standard phones and phone equipment, generators, industrial switching gear, hospital and medical test and monitoring equipment, gaming devices, VCR, DVD, Blu-ray and audio equipment, GPS items, mainframes, circuit boards, automotive and industrial machinery and test equipment, electric motors of all kinds, routers, speakers, external hard drives, smart phones, florescent light ballasts, marine electronics, servers, video equipment, electrical switches, circuit breakers and panels, and starters and alternators.

This is the 7th annual electronic recycling pickup for the Green Team at the church and Bat Yam Temple of the Islands. For more information, contact jeanchandler2@gmail.com.*

American Legion Seeks Donations

American Legion Post 123 is holding its 123 Sale – multi-family yard sale and bake sale – Thursday to Sunday, February 3 to 6. Donations are needed and may be dropped off in the back tiki hut up until February 3. Bake sale items may be dropped off inside beginning February 2.

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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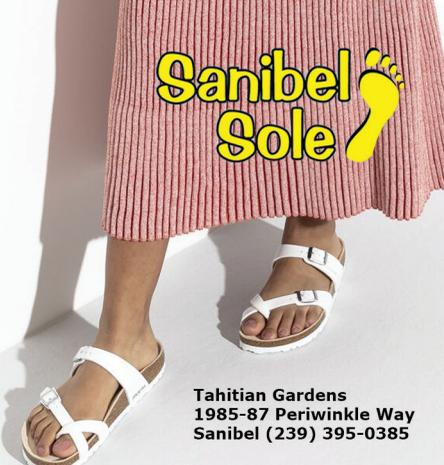


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The Sandbar Restaurant Faces Foreclosure

by Wendy McMullen

The Sandbar restaurant is facing foreclosure by the City of Sanibel unless it moves its dumpster to the front of the property on West Gulf Drive and reaches agreement on fines of \$250 a day for code violations.

The city council held a closed door session at the January council meeting to discuss strategy in the case, a meeting which The Sandbar Managing Partner Brian Silveira claims was illegal.

"The city is not allowed to strategize about ongoing litigation behind closed doors," he claimed in an interview.

City Attorney John Agnew, however, responded that the meeting was held in accordance with Florida Statute 286.011 that allows closed meetings for such things as bargaining and litigation strategy.

Silveira says that the city is not giving a basis for their actions and he has spent more than \$50,000 fighting to retain the dumpster in its current position at the back of the parking lot.

Agnew told city council at the October meeting that there had been three code enforcement hearings, three motions to stay and two appeals, and that the respondent had lost at every step along the way.

"There has been no rational response," Agnew said.

Silveira, however, maintains that he has applied for a permit to place the dumpster in its current position at the rear of the lot but that it has been denied for no valid reason.

"They did not give us a basis for the denial," Silveira claimed. "They have not told us why we're being denied. The city has the narrative that we intentionally moved our dumpster and we did it with malicious intent."

The malicious intent, according to Silveira, came from the Nutmeg Village Association that placed landscaping and large boulders between the restaurant and the condominium complex after Hurricane Irma destroyed the existing vegetation buffer. The large boulders prevented the



The Sandbar restaurant off West Gulf Drive

photo by Lorin Arundel

refuse truck from accessing the dumpster which, prior to September 2017, was tucked away in the southeast corner of The Sandbar lot. As a result, Silveira had to move the dumpster to the rear of the property where it remains.

Nutmeg Village obtained an after-the-fact permit seven months later, but Silveira maintains the landscaping and boulders did not meet city codes or the specifications of the permit.

"The permit called for native plants and rocks limited to three feet in diameter," Silveira said, claiming that the large boulders far exceeded what was specified in the permit and that native vegetation was required, and the small leaf clusia forming the barrier is non-native.

"We cannot allow the city to side with someone on an illegal action," Silveira asserted.

He added that the large boulders served no aesthetic purpose since they are on the restaurant side and are hidden from Nutmeg Village view by the dense vegetation barrier.

They were effective in preventing access to the dumpster, however.

Residents of Nutmeg Village say they can smell the dumpster, which is located just behind the vegetation barrier and that the smell is intense.

"We have endured the stench of an illegally placed dumpster and the vulgarity of the manager," commented a spokesman

for the Nutmeg Village Association. "We urge the city to take off the kid gloves and deal with this."

The case has now been going on for four years, with no agreement despite what Agnew says is a series of wins for the city, including three code enforcement hearings. There's now an appeal to the second district court of appeal.

After the third code enforcement hearing, the city had to issue a permit for a new location for the dumpster at the front of the lot bordering West Gulf Drive. There has been no compliance and the dumpster remains at the back of the parking lot.

City council appeared anxious at the October meeting to settle the issue and put the case behind them. Agnew told the council that foreclosure might be the best way of doing that.

"The idea behind the foreclosure is that the city gets the money back and the city auctions the property off," he told city council, adding that normally if something is not cured with a verbal warning, it's cured by a written warning, or its cured by a notice of violation."

"It's a minuscule amount that make it to reach a formal hearing of any kind, less than a handful a year. And in those instances, the only ones I've ever seen have been resolved in just a couple of days after a hearing, so this is an anomaly," he told councilmembers.

Silveira, however, is determined to fight

on, saying that the case will cost the city hundreds of thousands when he sues them in federal court.

After the fourth code enforcement order, the date of non-conformance was fixed at September 2019 and fines of \$250 a day amounted to \$188,500 as of October 5. The city recorded the order at that time so that it becomes a lien against the property.

The Sandbar property is owned by C&N II LLC with Silveira and Chet and Nancy Niesel as owners. Agnew told councilmembers that Silveira was the only person pursuing the suit.

Minutes of January's closed strategy session will only be available after the suit is concluded.*

Emergency Notification System Reminder

Residents of Sanibel are accustomed to preparing for hurricane season each year, but extreme weather can develop at any time with very little warning. On January, 16, the National Weather Service issued tornado warnings for the area. It is important that all residents receive alerts about severe weather that may affect Sanibel before the storms arrive.

As a reminder, Lee County has an emergency alert system in which the city participates, called AlertLee. Visit www.alertlee.com for more information.

To register, click on the "sign up" button then select Sanibel, or go to the Sanibel registration page at <https://member.everbridge.net/index/892807736729346#/signup>.

AlertLee ingests National Weather Service alerts and resends to all registered contacts within the system who have an address within the affected region.

You can opt-in to additional types of alerts and optionally define "do not call" hours once you register.

To receive other emergency notifications on your cell phone, make sure to have emergency alerts enabled.

For more information, call the Sanibel Police Department at 472-3111 or visit www.mysanibel.com.*

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40 years THEN & NOW

- food programs
- island based education
- social & senior services
- helping hands & financial assistance

In 1982, **FISH** was an acronym for *Friends in Service Here*. As we've grown through the years, our logo and branding has evolved in a continuing effort to reflect the full spectrum of neighborly help we provide for ANY islander in need. In staying true to our beginnings, we continue to enrich the lives of all people in Sanibel and Captiva Islands, specifically through **Food programs, Island based education, Social & senior services, and Helping hands & financial assistance.** So while things may look a little different 40 years later, **FISH still stands for the same thing—neighbors helping neighbors.** And that won't change.

a glimpse at the evolving FISH logo and acronym over the past 40 years



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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



What's Happening At The House

MONDAYS

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MONDAY, FEB. 7TH

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

WEDNESDAYS

1 pm Painting w/ Friends

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

1 pm Hearts Card Club

FRIDAY, FEB. 4

6 pm Community Social

SATURDAY, FEB. 5

9 am - 2 pm SCA Art Festival

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OBITUARY

PETER ANGELO COLA III

Peter Angelo Cola III, 74, formerly of Sanibel and Fort Myers, Florida, passed away on January 12 after a 15-month battle with cancer. He was born to Michelina Faccinto Cola and Peter Angelo Cola on March 19, 1947 in Steubenville, Ohio. He was baptized and confirmed in the Catholic faith.



Peter was a graduate of Catholic Central High School (1965) and Franciscan University (1970). He worked at Weirton Steel while attending college. He began a distinguished career in information technology at IBM in Poughkeepsie, New York. He later served in various information technology managerial positions for several large companies and in 1996, he became chief information officer for Providian Financial Services Company. In 1999, he received a personal achievement award from Franciscan University for outstanding achievement in the business world.

Pete embodied integrity in both his business and personal life. He taught that teamwork does not divide responsibility, but shares it. His great skill in team building allowed many to develop and

achieve meaningful goals, not only for the company but for themselves.

Pete was an avid boater and spent many happy days captaining *Andante* on the waters of the Gulf of Mexico and Chesapeake Bay. A born teacher, he loved helping others learn navigational and boating skills with the Annapolis Sail & Power Squadron.

Surviving are: his wife of 53 years, Cynthia Lawrence Cola; his daughter, Carrie Beth Cola; Carrie's daughter, Cynthia Thayer Roberts of Ruther Glen, Virginia; and his son, Craig Lawrence Cola (Ann Neville Uhles) of Silver Spring, Maryland. Also surviving are his brother, Paul J. Cola of Cape Coral, Florida and many cherished extended family members and friends.

His enduring legacy of love and integrity will live on.

His final resting place will be Mt. Calvary Cemetery in Steubenville, Ohio. Details of a memorial service will be announced at a later date.

The family requests that any memorial gifts be sent to the Sanibel-Captiva Kiwanis Scholarship Fund, P.O. Box 1, Sanibel, FL 33957 or to the hospice care organization of their choice.*

Donate Blood

Lee Health is seeking blood donations. All blood donated stays within the health system to care for patients in Southwest Florida. For more information, visit www.leehealth.org/our-services/blood-centers.*

Friendly Faces Luncheon Guest

FISH of SanCap will host a Friendly Faces Luncheon on Tuesday, February 8 beginning at noon via Zoom. Lunch, prepared by George & Wendy's, consists of a cold entree, side, bottle of water and dessert. The cost for the luncheon is waived for all participants. FISH volunteers will deliver meals to islanders beginning at 11:30 a.m.



Michiale Schneider

The guest speaker will be Michiale Schneider, nature photographer. Originally from Toledo, Ohio, Schneider resides in the Fort Myers area. When not working, she seizes every opportunity to grab her camera and photograph nature, with "Ding" Darling National Wildlife Refuge being one of her favorite places.

"We are delighted to welcome Michiale and view some of her beautiful photographs," said Erika Broyles, senior services director for FISH. "Michiale sees the beauty in everything that surrounds us and is able to capture the ordinary and make it extraordinary."

RSVP by Friday, February 4 by calling 472-4775. FISH will provide an emailed link and meeting ID number for access.*

Chavurat Shalom of Southwest Florida

Fellowship of Peace

Speakers Series

Thursdays - 11:00 a.m.

✧ February 3 • **DOUGLAS ALLEN**

Professor Emeritus of Philosophy, University of Maine
"Challenges to Living Non-Violently with Peace and Justice"

✧ February 10 • **RABBI DAVID BURSTEIN**

Director of religious school at Congregation Beth Adam, Cincinnati, Ohio
"How to Educate our Youth to Deal with the Challenges of Life Jewishly"

✧ February 17 • **RABBI MYRA SOIFER**

Emerita, Temple Sinai, Reno, Nevada
"Reform Judaism Responsa in the Time of Covid and What's Responsa Anyway??"

✧ February 24 • **DR. ELLEN FEINGOLD**

Sanibel physician, artist and Judaism explorer
"King Solomon and Why He Was Israel's Best King"

To request to virtually join one or more of these free programs by ZOOM, send an email to: chavuratshalom@gmail.com

This Speakers Series is brought to you by Chavurat Shalom of SWFL, a welcoming, unaffiliated community created for the study and celebration of our Jewish cultural heritage.

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Chauncey Goss

Experts To Speak On Water Quality

Members of the Sanibel & Captiva Islands Chamber of Commerce have the opportunity to hear an update on water quality policy and projects from Eric Eikenberg, CEO of The Everglades Foundation, and Chauncey Goss, board chair of South Florida Water Management District, at the next business luncheon meeting. The meeting will begin at 11:30 a.m. on Wednesday, February 9 at Marriott Sanibel Harbour Resort in Fort Myers, hosted by Bailey's General Store.

Eikenberg, a seasoned political strategist and environmental policy expert, leads one of the country's most prestigious and respected environmental nonprofits. The Everglades Foundation has an annual operating budget of more than \$10 million.

As CEO, Eikenberg oversees a team of nationally recognized scientists, educators, lobbyists, and communications and development professionals who work together to achieve a decades-long campaign to restore America's Everglades – roughly three million acres of endangered habitat that is vital to Florida's economic and environmental viability.

Appointed CEO by the foundation's board of directors in 2012, Eikenberg has extensive policy and political experience in Tallahassee and Washington, DC. He previously served as chief of staff to former Gov. Charlie Crist and former U.S. Rep. E. Clay Shaw, Jr. The latter authored the landmark \$8.4 billion Comprehensive Everglades Restoration Plan (CERP).

A sought-after public speaker on the importance of preserving one of America's most unique natural habitats, Eikenberg is a regular op-ed columnist. He also is a widely quoted source for national and local media outlets, including National Public Radio, CNN, Associated Press, *U.S. News & World Report*, *Politico* and *Miami Herald*.

In 2020, *Influence Magazine* named Eikenberg one of Florida's Most Influential People in Florida Politics for his advocacy work. In 2020 and 2019, *Florida Trend* named him one of Florida's 500 most influential business leaders. Furthermore, he was selected to the 2019 panel of 50 Influential Floridians as part of an initiative led by a group of Florida newspapers to address pressing statewide issues like the environment, climate change, healthcare and transportation.

Eikenberg currently serves as chairman

of the Zoo Miami Foundation board of directors. Following the 2018 election cycle, he served on Gov. Ron DeSantis' Environment, Natural Resources and Agriculture Transition Team, where he participated in a process that led to the governor outlining a bold, comprehensive environmental agenda.

Eikenberg has been a longtime champion for expediting Everglades restoration, with a knack for innovation and engaging partners in the corporate, philanthropic and political arenas. During his tenure as CEO, The Everglades Foundation has provided scientific, technical and policy support to numerous decision-makers in executing CERP. Eikenberg's team helped bring widespread attention to the perennial toxic algae crisis in Florida and across the globe, and has been a leading voice on the need to incentivize technological solutions to problems that threaten local waterways, livelihood and health.

Goss is founder and managing partner of Goss Practical Solutions, a firm that provides federal fiscal policy analysis and budget forecasting. Prior to starting the firm, he served as deputy staff director and director of budget review for the House Budget Committee under Paul Ryan.

Before Capitol Hill, Goss worked for the Executive Office of the President in the Office of Management and Budget's National Security Division, where he was instrumental in ensuring the Department of Defense and intelligence community were properly resourced. Prior to that, he worked as a strategic planner under contract to the Air Force, Navy and intelligence community.

As a longtime resident of Southwest Florida, Goss first became involved with water quality issues as executive director of the Gasparilla Island Conservation and Improvement Association on Boca Grande in the early 1990s.

He grew up on Sanibel and currently lives here with his wife and three sons. Goss has served as an elected member of the Sanibel City Council. He sits on the boards of Captains For Clean Water; Southwest Florida Community Foundation; Sanibel-Captiva Conservation Foundation (SCCF); and United Way of Lee, Hendry, Glades and Okeechobee counties. He has served as a member of the Lee County Coastal Advisory Council, Charlotte Harbor National Estuary Program's Management Committee and "Ding" Darling Wildlife Society-Friends of the Refuge board of directors.

"When it comes to what's going on with Everglades projects and policies that will improve the water quality of Southwest Florida, these two gentlemen are the experts," said John Lai, chamber president and chief executive officer. "They'll let us in on the outlook for progress in restoring our area's future where water is concerned."

Chamber members receive meeting invitations by email. Cost for the luncheon and meeting is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, February 4 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.**



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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*

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Muskmelon is a naturalized creeping vine that produces edible fruit photo by Gerri Reaves
Plant Smart

Muskmelon

by Gerri Reaves

Muskmelon (*Cucumis melo*) is a member of the gourd, or cucumber, family and native to parts of Africa, Asia, the Indian Subcontinent and Australia.

This vine was introduced to the U.S., where it is found in most states, and has spread widely across the globe.

In Florida, it is naturalized, meaning that it sustains itself outside cultivation.

In its native range, it has a variety of uses, including animal food, poison,

medicine and fuel, but most Americans are familiar with the species as the cantaloupes and honeydews sold in grocery stores.

Seeds left over from a picnic can result in a sturdy melon vine, and the species often springs up in dumps or waste areas.

The vine pictured here was flourishing on a seawall near a pool.

There are many cultivars of this annual, both wild and cultivated, and their fruit varies greatly in texture, taste, color, size, odor and shape.

The alternative leaves can be palmate with three to five lobes or unlobed.

Leaf edges, or margins, can be

smooth or serrated, and stems are covered with erect bristly hairs.

The five petals of the yellow flowers are fused into a tube. They develop into rounded or oval fleshy fruit, ranging from tan or yellow to green or orange, sometimes with stripes.

Sources: <http://floranorthamerica.org>, <https://gobotany.nativeplanttrust.org>, <https://powo.science.kew.org>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✽

Presentation On Ospreys At CROW

The Clinic for the Rehabilitation of Wildlife (CROW) weekly speaker series continues on Tuesday, February 1 with The Story of Ospreys presented by Claudia Burns, volunteer for The International Osprey Foundation.

Ospreys are large brown and white raptors who breed in Southwest Florida from December through April and can be seen diving for live fish in shallow waters throughout the area. Because they build their nests right out in the open, their behavior is easy to observe, but not always easy to understand.

Burns uses photos, videos and recorded vocalizations to explain osprey behavior.

Programs begin at 4:15 p.m. and are approximately one hour in length. This talk will be presented in person at CROW's Visitor Education Center and is limited to 50 participants, so advance registration is recommended. Masks are required in the Visitor Education Center. Admission per person is \$10 plus applicable taxes and fees. To reserve your seat, call 472-3644 ext. 229. Payment will be accepted at the door before the presentation.

For the full schedule, visit www.crowclinic.org.✽

Bird Walks With Audubon Society

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

The season schedule is:

- January 29, Bunche Beach
- February 5, Pond Apple Park
- February 12, JN "Ding" Darling National Wildlife Refuge
- February 19, Pond Apple Park
- February 26, JN "Ding" Darling National Wildlife Refuge
- March 5, Harn's Marsh
- March 12, JN "Ding" Darling National Wildlife Refuge
- March 19, Bailey Tract
- March 26, JN "Ding" Darling National Wildlife Refuge

April 2, Lakes Park
April 9, Lighthouse Beach Park
Visit www.san-capaudubon.org for more information, including directions to each site.✽

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 attending a vocational school. The club collects the applications and an independent committee makes the selection. The deadline for applications is March 25.

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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Wow, It's Winter



by Capt. Matt Mitchell

Until this week, we have only had a few little brief brushes with the cold of winter before temperatures have rebounded. As I'm writing this and looking at the 10-

day forecast, we will not see much more than a chilly 70-degree high anytime soon. Although this is not the weather everyone heading south from the frigid north is hoping for, it's still possible to get outside and enjoy the Florida sunshine.

Sheepshead and black drum will be heading to fillet tables everywhere as water temperatures fall into the low 60s. My go-to this week will be fishing the many shell bottomed mangrove creeks both in the river and the southern end of Matlacha Pass. Many of these creeks with fast-moving current produce some of the most wide-open sheepshead bites we see all winter. St. James Creek and Punta Blanco, though both hard to access, have deeper holes between the many shallow oyster bars that load up with thousands of sheepshead.

Cold water means clear water, which is the perfect set-up for trout fishing. Look for trout in the many protected bays of JN "Ding" Darling National Wildlife Refuge as they move in from the



Black drum are one of the area's many winter targets

photo provided

more exposed flats of the sound. These fish will be in the transition areas where the shallow grass touches the edges of the deeper channels. Live shrimp under a popping cork is a hard method to beat, although anglers slow-bouncing soft plastic jigs across the bottom cover more water. As temperatures stabilize, look for these trout to move just to the outside of the creeks that feed Ding Darling. It's often possible to see them in the many white sand holes as your moving around.

Action on "Rat Redfish" will be both in the twisting mangrove creeks along with deeper holes against the mangroves

and oyster bars. Bouncing a live shrimp on a jig head slowly across the bottom can locate some of the best redfish action of the year. Though most of these blue tailed redfish of winter are between 16 to 20 inches, the bite can be every cast once located.

Fishing is going to change over the next week and switching gears to this winter pattern offers anglers different opportunities. I really enjoy winter along with the change of tactics required to catch these different species. Our cold water winter fishing is outstanding and requires a sharp fillet knife as most of

these winter targets are legal to eat. 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.✪

Shell Found



Lex Robertson

photo by A. Ziehl

Lex Robertson from Lewes, Delaware found a large lightning whelk by Sanibel Arms, where he was staying. Robertson said the beach was loaded after a storm.✪

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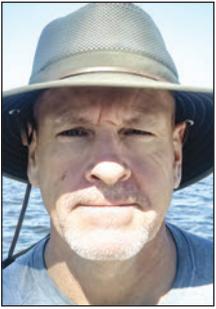




Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Black Racer



by Bob Petcher

The black racer (*Coluber constrictor Priapus*) is a common nonvenomous snake in Florida. In fact, you can find one of these limbless reptiles in every county in the state,

even down in the Florida Keys.

Also known as the North American racer, the black racer ranges between 20 to 56 inches in length and has smooth scales in roughly 20 dorsal rows at mid-body area.

Black racers are defensive in nature, choosing to flee when approached. They are not known to bite, but they will if they are intentionally harassed. In Florida, they tend to feed on lizards, frogs and smaller snakes, and overpower their prey in their jaws while pressing it to the ground until it passes... or swallowing it alive if given that option.

At CROW, an adult black racer was admitted to CROW after being found caught in a landscaping mesh netting. Medical staff needed two different kinds of cutting devices to free the snake.

"Scissors were used to cut away the bulky mesh netting, then smaller surgical scissors were used to carefully cut the



Patient #22-153 prior to being freed from the mesh netting

photo by Alissa Shull

netting away from the snake where it was tightly wrapped around the body," said Dr. Charlotte Cournoyer, CROW veterinary intern.

After freeing the snake, veterinarians noted constriction wounds varying in depth down the length of its body.

"The constriction wounds were due to the netting being tightly wrapped around the snake's body," said Dr. Cournoyer. "They caused deep indents with surrounding edema, which is fluid buildup between tissue cells secondary to improper circulation. They were in multiple locations all down the body of the

snake, totaling about 10 wounds in five different sections of the snake.

An animal struggling in such netting can make matters worse.

"The netting being tightly wrapped around the snake caused the constriction wounds, and it is likely that as the snake struggled to free itself, it became more tightly entangled, increasing the severity of the wounds," said Dr. Cournoyer. "There were two areas on the bottom part of the snake where the netting cut deeper in between the scales, causing abrasions."

The snake was treated with injectable pain medication for the wounds and was

closely monitored while it recovered in the rehabilitative, temperature controlled reptile room – something needed for these cold-blooded vertebrates.

"Reptiles are ectothermic, meaning they regulate their internal body temperature using external environmental temperature," said Dr. Cournoyer. "We keep our reptile room temperature controlled for this reason."

Luckily for the black racer, its wounds were not too grave, and its stay at the clinic was short.

"The edema from the constriction wounds resolved, and the patient was very active, therefore the patient was released after only a few days in care," said Dr. Cournoyer.

Mesh netting while landscaping is not the best product to use when considering wildlife.

"If possible, we discourage homeowners and landscapers from using mesh netting as it can result in entanglement of wildlife," stated Dr. Cournoyer. "In this case, the snake was able to recover but it is possible if the snake had not been rescued in time, the wounds could have been far more severe or potentially fatal."

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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Mythology In The Natural World Topic For Lecture

Next up in BIG ARTS Talking Points speaker series is Sarah Chayes. She will speak on Thursday, February 3 at 4 p.m. in Christensen Performance Hall.

For years, Chayes, a former international reporter for National Public Radio, has immersed herself in tales of corruption, both globally and in the United States. She has authored two books on the subject.

But what caught her eye more recently is territory virtually never covered by current news reports. She's delving into the wisdom for today contained in myths and fairy tales, what she now calls sacred texts. Repeatedly, she finds truths applicable to today's times in age-old stories. And she will bring those stories to the Talking Points session.

"So many of the figures that walk our stage today seem exaggerated in ways mythic characters do," Chayes said.

Chayes' own story is one of almost mythic twists. Once a Paris-based correspondent, she's prone to digging into whatever story moves her. Hence, after 9/11, she moved to Afghanistan, eventually becoming a special adviser to two commanders of the international forces in Kabul and then to Chairman of the Joint Chiefs of Staff Mike Mullen.

She then left the Pentagon for a five-year stint at the Carnegie Endowment for International Peace, and now is off to write more books from 90 pristine acres on a tributary to the Potomac River, a subject of a future book, too.

Her interest in nature and the lore of mythology will be highlighted in a coming new book of essays, the final chapter to be about the myths she will publicly describe for the first time during this engagement.

Sanibel's proximity to the Everglades and its natural wonders will be a focus of her talk. To prepare, she's been reading classics and studying archeology. Flood stories, for example, litter the landscape of mythology. The lessons to be learned from mythic tales continue to surprise her. Floods and rising sea levels are an example. Draining the swamp and its repercussions in south Florida have a history in tales, too. The addiction to money and its grave consequences play out today and in stories from long ago.

"The respect and humility that vast bodies of mythology instruct us to have with respect to the natural world is corroborated by science," Chayes said. We belittle myths too often, failing to extract the meanings that remain relevant.

Talking Points is sponsored by The Sanibel Captiva Trust Company. Chayes will be available to autograph her books, *Thieves of State: Why Corruption Threatens Global Security* and *On Corruption In America - And What Is*

at Stake. The book signing is presented by MacIntosh Books & Paper. The audience is invited to stay for a wine and cheese gathering after the talk.

Tickets for in-person seating (masks

required) are \$25; online tickets are \$20. Tickets may be purchased at the BIG ARTS box office, located at 900 Dunlop Road on Sanibel, or online at www.bigarts.org.*

Association Of Realtors Honored



From left, Dave Arter, Brendan Albright, Bill Robinson, Jim Hall, Amy Wainwright and Greg Demaras photo provided

The Sanibel & Captiva Islands Association of Realtors was presented with several Florida Realtors Political Action Committee (RPAC) awards on January 19. The association earned three state RPAC awards in the Small Board category: Highest Total Cash Highest Participation Rate

Highest Percentage of Goal The association thanks its RPAC committee co-chairs, David Arter (Private Client Insurance Services) and Brendan Albright, along with all of the realtor members and affiliate business partners who helped in meeting and exceeding the 2021 RPAC goals.*

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City Of Sanibel Vegetation Committee

Much Ado About Mulches

Mulches are not a new concept. For as long as trees have grown in forests, leaves and needles fall to the ground, mat together and form a natural protective layer over the soil. Natural areas provide their own renewable mulch supply, however, maintained landscaped areas should be mulched to provide the following benefits: moisture absorption and retention; surface insulation; reduced soil erosion; soil enrichment; weed prevention and control; landscape beautification; decreased toxic lawn runoff; and moisture absorption and retention.

In Southwest Florida, it's all about water. It is estimated that nationwide, 60 percent of drinking water is used for irrigation. Mulching your plants will help keep the ground around the plants moist between rain events. When compared to bare soils, mulched areas can hold almost twice the amount of soil moisture.

Surface Insulation – Organic mulches help regulate the temperature of soil around plant roots. In the summer, organic mulches cool the roots; in the winter, mulch keeps the roots warm.

Reduced Soil Erosion – When water droplets land on bare soil, the impact causes soil particles to fly in all directions, resulting in soil compaction and slow water infiltration. Mulches break the impact of the droplets, reducing soil



There are many environmental benefits to mulching

photo by Ruth Brooks

erosion and compaction and increasing the absorption and retention of water in the soil.

Soil Enrichment – Organic mulches improve soil structure in several ways. As organic mulches decompose, they provide organic matter and nutrients that prompt soil particles to aggregate. Large aggregates increase aeration and improve moisture conditions in the soil. More moisture in the soil encourages additional root/plant growth, further enhancing soil structure.

Weed Prevention And Control – Mulch is a natural weed germination blocker. Weeds need light to sprout and develop. A layer of mulch will allow less light to

reach the soil, which will reduce the amount of weeds that you need to pull.

Landscape Beautification – Less sod and more trees, shrubs and groundcovers create a softer landscape. Property values have been shown to increase 15 to 20 percent with attractive plantings.

Decreased Toxic Yard Runoff – Using groundcovers, shrubs and trees with mulched areas will reduce the need for lawns/sod. The need to use fertilizers, insecticides and herbicides will decrease as sod is reduced. These chemicals end up polluting the waterways and contributing to health risks for humans, as well as the natural environment.

Which Mulch Should I Use? – It

is important to evaluate and choose the right mulch for your yard and communicate that choice to your landscaper. Organic mulches made of natural materials that break down over time and provide nutrients to the soil are the best choices.

Do Not Use Cypress Mulch – Cypress trees take hundreds of years to establish and provide many benefits that indirectly and directly affect the surrounding environment. Currently, cypress trees are being harvested from Florida's wetlands at a rate faster than they can grow. If this unsustainable practice continues, this irreplaceable natural resource will soon be depleted.

Other options include melaleuca, eucalyptus, pine straw, pine bark, yard waste, compost and mixed hardwood. Following are some of pros and cons of these options.

Melaleuca Mulch (brand name FloriMulch): environmentally sustainable product; long lasting and withstands high use; heavier so it won't wash away; treated to kill seeds; repels termites.

Eucalyptus Mulch: harvested on managed plantations; renewable resource; maintains soil pH; repels termites, fleas and ticks; aromatic.

Pine Straw (pine needles): harvested from pine plantations; lowers pH or acidifies the soil; does not wash away; resists compaction; suppresses germination of weeds; flammable.

Pine Bark: by product of forestry industry; long-lasting material; floats

continued on page 20

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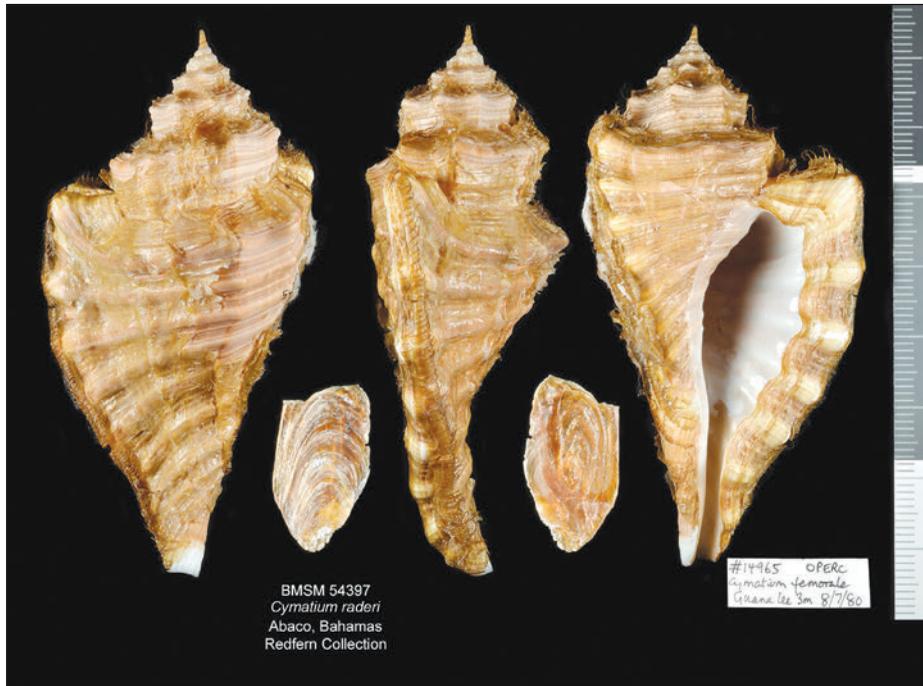
The Rader Angular Triton



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

C*ymatium raderi* d'Attilio & Myers, 1984, is a large triton snail of the family Cymatiidae. Its shell is

characterized by large, wing-like varices, or the shell expansions manufactured by the snail at irregular intervals. The triangular expansions are similar to, but more accentuated than those in the related species *Cymatium femorale*, also known as the Angular Triton. The species is found in the Gulf of Mexico, the greater Caribbean to Brazil, but also occasionally off the East Coast of Florida and the Florida Keys. The long-lasting pelagic (open-water) larvae in the species allow for long-distance dispersal



The Rader Angular Triton, *Cymatium raderi*, from Abaco, Bahamas photo by James F. Kelly

at the larval stage, one of the reasons for its broad geographical distribution. You can see the larval shell preserved as the protoconch (at the apex) of the

shell in the illustration. 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.✳

American Legion Post 123

American Legion Post 123 is having a fish from noon to 8 p.m. this Sunday, January 30. Pot roast is on the menu for Sunday, February 6.



The 123 Sale will be going on Thursday to Sunday, February 3 to 6. Donations are needed for the yard sale and bake sale.

The ladies auxiliary meets on Tuesday, February 1 at 6 p.m.

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

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play.

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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Shells Found



Devin, Stacy and Brent Baumgartner

photo provided

Stacy, Devin and Brent Baumgartner of Amherst, Ohio each found a junonia on Captiva on January 18. They were shelling late at night using flashlights just east of South Seas Island Resort beach. Stacy said, "We hit the shell lottery!" ❄️

Bike Club Holds Potluck Dinner

The Sanibel Bike Club held its January potluck dinner at The Community House on January 10. There were approximately 40 members who gathered for a meal and social time. The evening ended with a presentation by Patty Huff, president of the Everglades Society for Historic Preservation and vice president of the Florida Bicycle Association.

The club holds weekly rides on Wednesdays at 11 a.m. or Saturdays at 8 a.m., departing from The Community House. Off island rides are held once a month. The February destination will be Boca Grande. All levels of riders are



Patty Huff

photo provided

welcome. For more information, visit www.sanibelbicycleclub.org. ❄️



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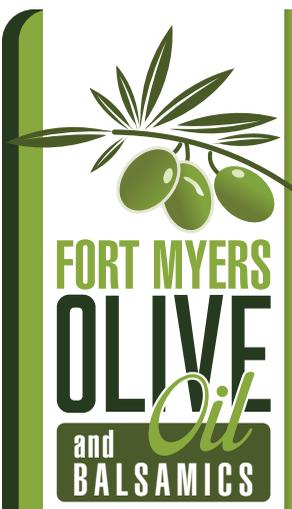
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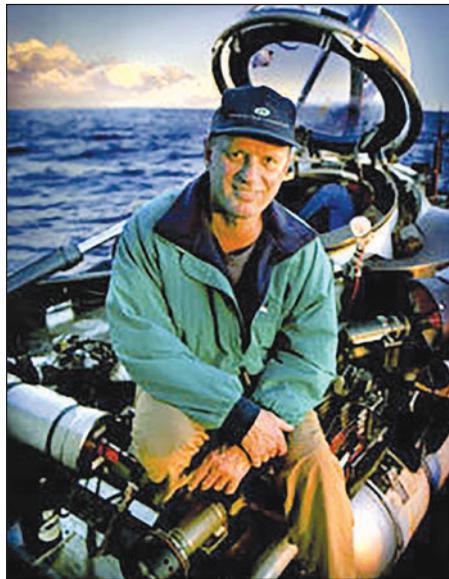
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Tickets Still Available For Virtual Lecture

Sanibel-Captiva Conservation Foundation (SCCF) will host famed underwater explorer Robert Ballard for the 4th annual Paul McCarthy Memorial Lecture on Friday, February 4 at 5:30 p.m. The lecture will be held at the SCCF Bailey Homestead pavilion, located at 1300 Periwinkle Way. Tickets are sold out for the in-person lecture but are still available at \$10 for virtual attendance. Tickets can be purchased only through Eventbrite at: <https://mccarthylecturevirtual.eventbrite.com>.

Best known for his 1985 discovery of the *Titanic* shipwreck, National Geographic Explorer-in-Residence Robert Ballard 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. Following his discovery of the *Titanic*, he went to find other lost legends in the sea including the German battleship *Bismarck*, the aircraft



Robert Ballard photo provided

carrier *Yorktown*, lost during the Battle of Midway, and President Kennedy's PT-109.

Ballard 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 inspired so many and informed so much of our understanding of the natural world."

The Paul McCarthy Memorial Lecture Series was conceived by the Boler Family Foundation, which underwrites the speaker

fees and expenses.

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

From page 17

Mulches

during high rain events; low maintenance. Yard Waste (clippings, leaves, chipped): free; adds nutrients to the soil; decomposes quickly; not as uniformly attractive; can spread weed seeds.

Compost: free; full of nutrients; takes time to become ready to use; decomposes quickly.

Mixed Hardwood Mulch: decomposes quickly; questionable nutritional value for soil; produced from scrap lumber; raises pH or alkalinity; may include pressure-treated lumber treated with chemicals including arsenic.

What About Dyed Mulch? – Although colored or dyed mulches are readily available and increasingly popular, there are several reasons why dyed mulch should be avoided: often made from wood waste (old buildings, pressure-treated lumber) containing chromium copper and arsenic; does not break down as fast as natural mulch; leaches dye and possible contaminates into the soil harming or killing soil bacteria, insects, worms and even the plants themselves.

Can I Use Shell, Rocks Or Rubber Mulch Instead? – Inorganic mulches are not recommended and may require a development permit. Contact the City of

Sanibel Planning Department at 472-4136 for more information.

Unlike organic mulches, crushed shell, gravel/rock and shredded rubber tires do not contribute to the soil's nutrient and organic content or water-holding capacity. These mulches last a long time, but will need to be cleaned of debris frequently.

These mulches absorb heat from the sun, raising soil temperature to levels that destroy nutrients and beneficial organisms. Shells and limestone chips raise the alkalinity of the area's already highly alkaline soil.

How To Mulch – For new areas, lay down several layers of newspaper as a weed barrier; spread mulch two to three inches thick but keep in mind, if mulch is too thick, roots are deprived of oxygen; keep mulch two inches back from any tree trunk or plant stems; mulch under trees to the "drip line" (out to the edge of the canopy); do not mulch under citrus or avocado trees; do not mulch in wetlands or natural areas; wetlands are protected by both city and state laws, and may not be "filled" with organic or inorganic mulch; leaf litter in natural areas provides mulch that is free and renewable.

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

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New Italian In Familiar Location



by Allison Havill Todd

When four friends decide to join forces to open a restaurant together, some might say they are a little crazy, and that is exactly what inspired the

name of the newly opened Italian-themed restaurant Tutti Pazzi, which translates as "We're all crazy" in Italian. The dining establishment had its grand opening on January 21, taking over the space previously occupied by Matzaluna, a long-standing island favorite.

Jeramie and Debra Campana (Paper Fig, The Fig East End, 400 Rabbits and Bamboo Pan Asian Kitchen) along with partners Pasquale and Leanna Russo, realized they all had different experiences to bring to the table and decided to enter this new venture together where they have each naturally assumed their own roles. The longtime friends joked about their conversation over cocktails one day, "Let's open a restaurant; it'll be fun!" And in a short period of time, they have transformed the look and feel of the previous restaurant to one with a casual, contemporary atmosphere. The foursome wanted to preserve the legacy of the



Tutti Pazzi owners, from left, Pasquale and Leanna Russo, and Debra and Jeramie Campana

photos by Allison Havill Todd

long-lived Matzaluna restaurant without trying to duplicate it. With new light fixtures, seating and décor, they were able to impart their own flair, giving the space a chic, stylish, fun and "pazzi" vibe.

For Pasquale Russo, he is fulfilling a lifelong dream of going to culinary school to find only online opportunities at the time he was ready. Then he met Jeramie Campana while they were both attending the North American Pizza and Culinary Academy, and that is where the magic started. Upon deciding to open Tutti Pazzi, they researched different water filtration systems to find the best method for making pizza crusts in the traditional New York style. Sparing no expense,

they feel they have just the right water to make the best crust, which is one of their secret, signature recipes. They are dedicated to making many of their menu items in house, fresh from scratch, such as their sausages, sauces, pizza dough and desserts.

The concept behind Tutti Pazzi is to create a family friendly restaurant where guests can enjoy classic Italian fare and handcrafted cocktails in a relaxed dining experience relishing in conversation and camaraderie. Leanna Russo shared, "In Italy, the dinner table is where friends and family gather to fill their bodies with good food and wine, and their souls with laughter, happiness and love." Future



Wearables with clever phrases are available for purchase

plans include live music and private event space, along with takeout menu items. In the meantime, the owners invite patrons to "enter as a customer, become our friend and feel like family."

Tutti Pazzi Italian Kitchen is located at 1200 Periwinkle Way. Diners can preview the menu on the website at www.tuttipazzisanibel.com. The restaurant is open six days a week from 4 to 9 p.m. (closed Tuesdays).

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 @thedoggie mom and facebook.com/thedoggie mom. ✨

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What's 'Cap'-enning

A Glance At Captiva Events



by Kathy Kurtz Ferrari

It's getting busier and busier on Captiva and the social scene continues to include lots of interesting activities.

The weekly farmers market, held on Tuesdays

from 9 a.m. to 1 p.m. at the entrance to South Seas Island Resort, is a gathering place for the community. Vendors bring wares ranging from jams to gemstones. The market runs through the end of April.

The Captiva Civic Association (CCA) wraps up its Perfectly Paired wine tasting and food pairing on Monday night, January 31. Tickets may still be available, so check with the CCA.

The Seascapes, Dunes and Skies art show by Douglas David is on display through February 10. David held a painting demonstration on January 20 and those in attendance brought sketch books for an interesting lesson in painting techniques.

On Wednesday, February 2, Civil War historian and certified Gettysburg tour guide Bill Trelease will offer a lecture



This painting by Douglas David was created during the artist's recent painting demonstration on Captiva

photos by Kathy Kurtz Ferrari

entitled Ulysses S. Grant: His Incredible Rise from a Failed Store Clerk to the Savior of the Republic. The free event takes place from 5:30 to 7:30 p.m. but registration is required through the CCA website.

The CCA is also gearing up for its biggest fundraiser, the ABC Gala, which will take place on Tuesday, February 22. This year's lively evening will be held at The Sanctuary Golf Club and feature cocktails, hors d'oeuvres, dinner and live auction. Tickets at \$180 are available by



The Captiva farmers market runs every Tuesday from 9 a.m. to 1 p.m.

contacting the CCA.

The civic association is collecting non-perishable food items for FISH of SanCap throughout the season. A drop box is located at the organization's building, located at 11550 Chapin Lane.

Visit www.ccacaptiva.org for more information and to view the whole schedule of events.

The Captiva Island Historical Society (CIHS) will host another open air drive-in movie on Monday, February 7 at 7 p.m., as the documentaries *Our Mailboat Santiva* and *South Seas: An Enduring*

Paradise will be screened in the parking lot of McCarthy's Marina. Those wishing to attend should bring a lawn chair or their golf cart for viewing comfort. Tickets are \$12 and are available through the CIHS website. Visit www.captivaishistoricalociety.org for more information on the calendar of activities.

And that's what's "Cap"-enning on Captiva this week!

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



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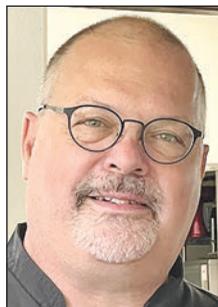
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The Community House

Florida Coconuts



potting soils. The coconut palm trunks may be used for building timbers and the leaves used for house thatching. The coconut palm has little commercial importance in Florida but is highly valued as an ornamental landscaping tree. The coconut palm gives a tropical effect to the Florida landscape and provides fruit for home use.

The coconut palm is typically found along tropical, sandy shorelines since it can tolerate brackish soils and salt spray. However, salt is not required for the growth of healthy coconut palms, which can be successfully grown well inland. Coconut palms grow well in a wide range of soil types provided the soils are well drained. Successful growth requires a minimum average temperature of 72°F and an annual rainfall of 30 to 50 inches or more. Coconut palms are not suitable for areas that regularly experience freezing temperatures. Coconut palms require full sunlight and are tolerant to wind and to temporary flooding or flooded soil conditions for a few days. However, trees may decline and die when exposed to prolonged flooding or waterlogged soils.

Coconut palms are also tolerant of dry soil conditions. However, for optimum fruit production and quality, regular irrigation is recommended during dry periods.

Coconut palms will be injured and may be killed by temperatures below 32°F (0°C) and may show chilling injury symptoms of leaflet necrosis at

temperatures as high as 40°F (5°C). Prolonged exposure to non-freezing temperatures in the low to mid 30s°F can result in permanent trunk damage and even death of the palm. More severe freezes can also result in death of the bud. Research has shown that the severity of cold injury is greatly

reduced for these palms when they have been properly fertilized.

Coconut palm species typically found in Florida are, Jamaican tall, Panama tall, Malayan dwarf, Maypan hybrid and Fiji dwarf.

Here is a recipe I hope you will enjoy using some lovely Florida coconuts:

by Chef John Wolff

There are literally hundreds of uses for coconuts and their products.

The meat of immature coconuts can be eaten with a spoon or be scooped out and made into ice cream. Coconut milk, abundant in unripe nuts, is a refreshing and nutritious drink. The meat in mature coconuts is firm and can be eaten fresh or may be used for making shredded coconut.

The most important economic product of the coconut is obtained by drying the meat into copra, which is pressed to produce coconut oil, primarily used in making soap and cosmetics. Coconut oil is also used for cooking and making margarine. The husk fiber is combed out and sold as coir, a material for making rope and coconut matting. Coir dust is an excellent substitute for peat moss in

Coconut Beef And Pepper Stir-Fry

- 1 pound beef top sirloin steak, cut into thin strips
 - 1 tbsp. minced fresh gingerroot
 - 3 garlic cloves, minced, divided
 - ¼ tsp. pepper
 - ¾ tsp. salt, divided
 - 1 cup light coconut milk
 - 2 tbsp. sugar
 - 1 tbsp. Sriracha chili sauce
 - ½ tsp. grated lime zest
 - 2 tbsp. lime juice
 - 2 tbsp. canola oil, divided
 - 1 large sweet red pepper, cut into thin strips
 - ½ medium red onion, thinly sliced
 - 1 jalapeno pepper, seeded and thinly sliced
 - 4 cups fresh baby spinach
 - 2 green onions, thinly sliced
 - 2 tbsp. chopped fresh cilantro
- In a large bowl, toss beef with ginger, 2 garlic cloves, pepper and ½ tsp. salt. Let stand 15 minutes.

In a small bowl, whisk coconut milk, sugar, chili sauce, lime zest, lime juice and remaining salt until blended.

In a large skillet, heat 1 tbsp. oil over medium-high heat. Add beef and stir-fry until no longer pink, 2-3 minutes. Remove from pan.

Stir-fry red pepper, red onion, jalapeno and remaining garlic in remaining oil just until vegetables are crisp-tender, 2-3 minutes. Stir in coconut milk mixture and heat through. Add spinach and beef. Cook until spinach is wilted and beef is heated through, stirring occasionally. Sprinkle with green onions and cilantro.

*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.**



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Sy Montgomery with Cleo, a giant Pacific octopus at Oregon Coast Aquarium
photo by Amy Kunze

Best-Selling Author Featured In Lecture Series

The second talk in the Bailey-Matthews National Shell Museum 2022 Lecture Series will be held at The Community House on Tuesday, February 1 at 5:30 p.m. It will feature *New York Times* bestselling author Sy Montgomery, who will discuss her 2015 book, *The Soul of An Octopus*, for which she was a National Book Award

finalist.

In three years of research for *The Soul of An Octopus*, Montgomery established such close friendships with Giant Pacific octopuses that the animals would rise from their tanks to greet her, and then embrace her with hundreds of powerful, white suckers – all while looking her directly in the eye and turning color. Montgomery will share details about these extraordinary relationships, as well as surprising research revealing octopuses' remarkable intellectual abilities as they solve puzzles, communicate through color and shape, and play with people and

toys. Pursuing these solitary shape-shifters – creatures with no bones, three hearts and blue blood – Montgomery examines the many kinds of possible minds, the mystery of consciousness and the nature of love.

Researching articles, films and her 30 books for adults and children, Montgomery has been chased by an angry silverback gorilla in Rwanda, hunted by a tiger in India, and swum with piranhas, electric eels and pink dolphins in the Amazon. Her work has taken her from the cloud forest of Papua, New Guinea to the Altai Mountains of the Gobi. For *The Soul of An Octopus*, she not only befriended octopuses at the New England Aquarium but also scuba-dived and snorkeled with wild octopuses in Mexico and French Polynesia.

"*The Soul of An Octopus* is a beautiful book that's really changed how its readers understand and appreciate octopuses," said Sam Ankersen, executive director of the shell museum. "Nearly every day at the museum, at least one visitor cites Sy's book as an influence, and we're delighted and honored to host her for this special talk."

Montgomery's lecture is made possible by Fran Peters and Island Vacations. The Sanibel Captiva Trust Company is the presenting sponsor of the 2022 season lecture series.

The cost to attend is \$35 per person, or \$30 for museum members (memberships to be confirmed upon registration). A book sale and book signing will follow the talk. Wine, beer

and snacks are included with admission. Registration is required at www.shellmuseum.org/in-person-lectures.

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

Shell Found



Rachel Bruns photo provided

Rachel Bruns of Eastview, Kentucky found a junonia in front of Island Inn, where she was staying. This is her first junonia.✪

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and many more.



The Community House

SANIBEL COMMUNITY ASSOCIATION



Grilled Romaine Salad
 2 heads romaine lettuce, split lengthwise
 2 ears sweet corn, cut off cob
 1 pint cherry tomatoes, halved
 1 cup plain yogurt (whole or skim)
 3 tablespoons red wine vinegar
 1 teaspoon Dijon mustard
 ¼ cup fresh herbs (such as parsley and thyme), finely chopped
 ⅓ cup Parmesan cheese, grated
 Oil for cooking
 Sea salt and fresh ground pepper, to taste

In a small bowl combine cheese, yogurt, vinegar, mustard, herbs, salt and pepper. Mix and adjust seasoning as needed. Store in refrigerator until ready to use.

Preheat grill pan to medium-high. Brush both sides of lettuce halves and



Grilled Romaine Salad

season with salt and pepper. Place on hot grill pan for 1 to 2 minutes per side. Remove and set aside. In the same pan

add 1 tablespoon oil and sauté corn for 5 minutes or until corn starts to caramelize. Add tomatoes and cook a few minutes

photo courtesy Fresh From Florida more. Spoon mixture over romaine halves and drizzle with yogurt dressing. Top with more cheese if desired. Serve warm.*

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

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

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

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

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

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

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

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

Donor: \$80; nondonor: \$100.

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

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

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

Portrait Drawing/Painting with Mary Klunk – Friday, February 11, 9:30 a.m. to 3 p.m. Donor: \$65; nondonor: \$81.

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

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

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

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

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

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, February 25 and 26, 9 a.m. to 3:30 p.m. Donor: \$160;

nondonor: \$200.

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

Sunrise & Sunset: Capture the Glow in Watercolor with Patty Kane – Monday and Tuesday, February 28 and March 1, 9

Programs At Captiva Library

Captiva Memorial Library is offering the following activities and programs in February; they are free and open to the public:

Adult Programs

George Burns Performance – 4 p.m. Wednesday, February 16. Entertainer George Burns is performed by actor Duffy Hudson, who brings stories of historical characters to life in a unique and memorable way. Burns was an American comedian, actor, singer and writer whose career successfully spanned radio, film and television. The cigar, the glasses, the wit and the kind grandfather-like image he projected in his later years all found a way into the hearts of many.

Beguiled Again: The Music of Rodgers & Hart – 4 p.m. Wednesday, February 23. The remarkable partnership of composer Richard Rodgers and Lyricist Lorenz Hart spanned 24 years, resulting in the scores for 30 stage musicals and nine films. This program presents songs like *Blue Moon*, *The Lady is a Tramp*, *My Funny*

a.m. to 3 p.m. Donor: \$175; Nondonor: \$219.

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

Valentine, My Heart Stood Still and Bewitched, Bothered and Bewildered.

Children's Programs

Celebrate Black History Month – February 1 to 12. Available during normal library operating hours. Browse the Black History Month book display and complete activity sheets. Make a peace dove craft.

Love Your Library Cards – February 15 to 19. Available during normal library operating hours. Explore books about love and kindness, and complete activity sheets. Make a bouquet of hearts card for Valentine's Day and Love Your Library Month.

Presidents Day – February 22 to 26. Available during normal library operating hours. See the American President Book Display and complete activity sheets. Make a patriotic suncatcher craft.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Normal library operating hours are: Tuesday to Thursday, 10 a.m. to 6 p.m.; and Friday and Saturday, 9 a.m. to 5 p.m. For more information about a program or to register, call the library at 533-4500, visit www.leelibrary.net or call the host library at 479-4636 for more information about a specific program.*

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Book Review

The Dark Hours

by Di Saggau



Renee Ballard and Harry Bosch are a great combination, and they are back again in Michael Connelly's latest, *The Dark Hours*. Connelly takes an unflinching look at police work in the

post-George Floyd era, providing a gritty portrayal of the current social environment. Ballard and Bosch team up to find justice for an innocent victim. It's New Year's Eve and it's a chaotic time in Hollywood. Ballard, working her graveyard shift, seeks shelter at the end of the countdown to wait out the sky full of lead as hundreds of revelers traditionally shoot their guns into the air.

As the calls come in, Ballard ends up at the scene where an auto shop owner has been fatally hit by a bullet during a crowded street party. She quickly decides that the bullet did not fall from the sky. Her investigation leads her to work with Bosch on another unsolved murder. They team up to find out where the old and new cases intersect, wondering if a killer lain dormant for years has struck again.

Bosch is now a private detective, getting old and not happy about how he's being affected by the ravages of time. Both

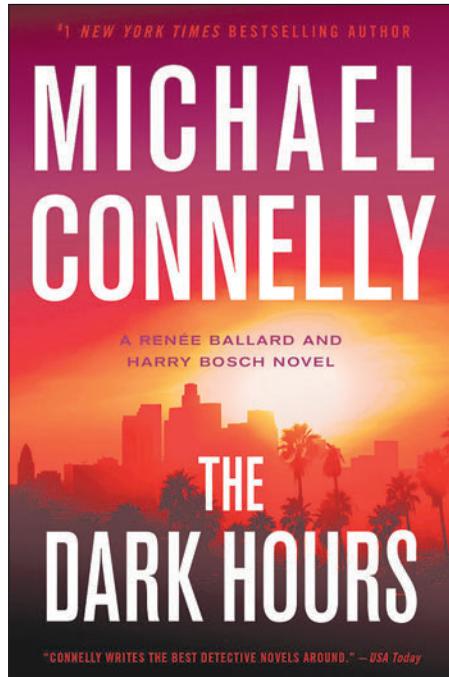


image provided

have street smarts and old-fashioned gut instinct which helps them work together. Ballard is on the lookout for a pair of serial rapists called the Midnight Men, who strike on holiday weekends, just after midnight.

Readers Digest says: "a veteran crime writer returns with a thrill-packed yet incisive look at present-day America." *The Real Book Spy* says: "Few writers have ever managed to grab and hold readers' attention the way Michael Connelly has the last three decades, and *The Dark*

Hours is yet another reminder that we're witnessing one of the all-time greats, who's shown absolutely no signs of slowing down

anytime soon." *The Dark Hours* is a book about our times, authentic, topical and terrifying and one of Connelly's best.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I have second and third grade children who always have free reading as part of their homework. They must read 30 minutes a day

outside of school, log it and then, once a week, I sign off on it and they submit their work. This is getting harder to do as they become more involved in outside activities, and we become a busier family. What suggestions do you have to make this reading time fit our family better?

Julianna P, Cape Coral

Julianna,

Reading is so important for children. You are smart to develop a plan to have your children's required reading time more imbedded into your schedule despite the busy life you lead. It will take some planning and perhaps thinking about reading in a slightly nonconventional way to meet your goal. Here are some suggestions that might help.

Get your children started with audiobooks – Local libraries typically have a good, age-appropriate selection of audio books for kids. If they have a tablet or Smartphone, they can listen to an audio book anywhere, on the bus or in the car. At home, audio books can be accessed on a home computer. You could also make your own audiobook recordings for them as well. Listening to audiobooks requires focus and concentration, word recognition and comprehension skills. Studies show that listening to books is an important activity to build the skills for reading success.

Another activity that would certainly count as reading would be to attend a story time at the library or online. Most libraries have developed excellent programming, especially through the COVID crisis to help kids with their reading.

We all must cook meals – Reading

recipes with your children while preparing dinner counts. It can help your child learn new words and see how reading is part of everyday life, and you might even sneak in a bit a math with the cooking process. You might also read the grocery flyers together as you make your shopping list or clip coupons.

You might consider asking their grandparents become reading buddies with your children – Your children and grandparents could read to each other. It's so easy now with video-calling to enjoy reading together when you can't be together in person.

You might recruit older siblings or neighbors to read with your children – Many older students would enjoy this activity with younger peers. If there aren't any older family or friends around to help, visit www.kidsread2kids.com, where kids can watch videos of books read aloud by other kids. This is a great site that provides free video-audio books read by kids for kids – filmed chapter by chapter for easy listening.

Another great site for literacy is www.improvingliteracy.org/kid-zone. It has an excellent selection of books/videos/audio and literacy games for kids age 3 to 10.

There are many times throughout the day that we have five to 10 minutes of in-between-time to use. It might be waiting for an appointment or waiting to pick up something or someone. You can use those moments wisely, by having a book or e-book with you. These moments are a great time to read to your children or have them read to you.

Reading to your child is great to connect and have fun. By having different ways to make that happen, you will encourage your child to read more and to enjoy reading more, plus they will meet their homework requirements more easily.

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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Nature-Based Activities Highlight Wellness Week

As part of its 40th anniversary celebration this year and to connect individuals with the natural world, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) will offer “Wellness Week: Mind. Body. Heart.” Activities will run from Monday to Saturday, February 7 to 12. In partnership with JN “Ding” Darling National Wildlife Refuge on Sanibel, Tarpon Bay Explorers and Sanibel Recreation Center’s Heart Healthy Month, Wellness Week kicks off with a ribbon-cutting for the new self-guided Mindfulness Trail at Bailey Tract with the Sanibel & Captiva Islands Chamber of Commerce.

Other highlights include Refuge Bootcamp, a ranger-led bike tour of Wildlife Drive, sunrise yoga at the beach, guest speakers on healing through nature, discounts on paddling tours and guided mindfulness walks.

“Wellness Week makes that connection between physical and mental health, and the healing properties of being out in the natural world,” said Jessica Barry, DDWS development and outreach assistant and project leader. “We are excited to debut our Mindfulness Trail, which has evolved from an activity the refuge began in 2020 in response to the impact the pandemic was having on people’s mental state and on refuge programming.”

“We are grateful for Jess and others for



Sit in on outdoor yoga sessions led by esteemed nature yogi Kim Sowinski

photo provided

encouraging us to enhance the work at the refuge in the area of true mindfulness in nature,” said Supervisory Refuge Ranger Toni Westland. “It has resulted in this wonderful Bailey Tract trail with QR codes and podcasts, so hikers can self-guide their mindful journey. We also welcome three visiting nature therapy guides, who will be leading hikes and presentations that week.”

Guest presenters include Dr. Joseph Blanda, a recently retired orthopedic surgeon who now helps people with wellbeing and mindfulness; Cristina Shaul, who leads guided meditation and mindfulness walks; and Kim Sowinski, who teaches ayurveda-inspired nature yoga in

Cleveland, Ohio. Tarpon Bay Explorers will be offering a 10 percent discount on kayak and paddleboarding tours to those who mention Wellness Week.

The schedule of activities:

Daily February 7 to 12

8 a.m. to 5 p.m., 10 percent off kayak and paddleboard tour at Tarpon Bay Explorers with mention of Wellness Week (last rentals of the day at 3 p.m.)

Monday, February 7

9 to 10 a.m., Guided Mindfulness Hike at Bailey Tract

12:30 to 2:30 p.m., Mindfulness Trail ribbon-cutting with chamber of commerce and pop-up stations

4 p.m., Virtual Guided Mindfulness Meditation

Tuesday, February 8

7 to 8 a.m., Sunrise Yoga on the Beach at Perry Tract

9 to 10 a.m., Sunrise Yoga on the Beach at Perry Tract

10 to 11 a.m., Mindful Nature Journaling on Indigo Trail

11 to 11:45 a.m., Refuge Bootcamp

12 to 12:45 p.m., Refuge Bootcamp

3 to 4 p.m., Wildlife Olympics on Indigo Trail

Wednesday, February 9

10 to 11:30 a.m., Ranger-led Bike the Refuge

11 to 11:45 a.m., Refuge Bootcamp

12 to 12:45 p.m., Refuge Bootcamp

2 to 2:45 p.m., Refuge Bootcamp

5 to 5:30 p.m., Virtual Guided Zoom Mindfulness Meditation

Thursday, February 10

8 to 9 a.m., Morning Yoga at the

Refuge

10 to 11 a.m., Morning Yoga at the Refuge

7 p.m. Virtual Nature Can Heal presentation by Dr. Blanda

Friday, February 11

8:30 to 9:30 a.m., Guided Mindfulness Meditation at the Wildlife Education Boardwalk

10 to 11 a.m., Ornithery lecture by author Holly Merker at The Community House

4 to 5 p.m., Guided Mindfulness Hike at Bailey Tract

Saturday, February 12

8:30 to 9:30 a.m., Walking Meditation, Earthing and Grounding 101 at Bailey Tract

11 a.m. to 12 p.m., Paint a Planter with Resident Artist Rachel Pierce

1 to 2 p.m., Paint a Planter with Resident Artist Rachel Pierce

Visit www.dingwellness.com for more information and to pre-register.✧

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. Applications are available online at www.sanibelrotary.org. The deadline for applications is March 1, 2022.✧

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“GENIUS”

- *People Magazine*



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BIG ARTS Monday Night Film Series

Hope

by Di Saggau



The Monday Night Movie for January 31 is *Hope*, a drama from Norway, inspired by true life, based upon director Maria Sødahl's cancer survival story. Andrea Bræin Hovig plays Anja, a successful 40-something choreographer with an international career, in a relationship with Tomas, played by Stellan Skarsgård. When she gets an incurable diagnosis during Christmas week, she and her family are thrown into a crash course in mutual trust and common struggle to tackle an unexpected diagnosis.

The rewards of the film are great, not only for the impeccable performances of the actors, but also for the multi-layered screenplay. Anja returns to Oslo following the success of her first dance production abroad. With their large apartment and six blended children, everything seems perfect. But they are in a rut. She's annoyed with his full-time focus on work and he's withdrawn into his own world, unable to recognize her emotional needs.

Anja's cancer is incurable and until more tests are done, it's unknown whether surgery will prolong her life. A year earlier, Christmas for the family was ruined because of her illness, so trying not to spoil the holidays a second time, she doesn't want to tell the kids. We see, day by day, how she struggles with her cancer treatment and her relationship with

Tomas. She reflects on their relationship and questions her life choices.

The director also incorporates doctors with varying bedside manners and friends, all grasping for comforting things to say. *Hope* is a study of two people who, despite their large family, have been utterly dedicated to their respective careers and neglected their emotional lives. Every actor is worthy of praise but it's Hovig and Skarsgård who command our attention. The film runs 122 minutes and will be shown at 7 p.m. in

image provided

Christensen Performance Hall. After the film, Roland Shrull will lead a discussion.

Tickets are \$10 and can be purchased online or at the box office. All are asked

to wear masks when in Christensen Hall.

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

Poetry Corner

by Jim Weyant

THE UMBRELLA



White sand is speckled with rotund swatches of color, randomly spaced polka dots on an alabaster canvas. Picturesque parasols provide cover from a fiery sun, from under which beachgoers watch the sparkling surf rushing to greet them.

Their canopies flap and flutter caressed by soft sea breezes which soon give way

to gathering gusts of wind that swallow a single parasol

and send it airborne parachuting into choppy gulf waters.

There it floats upside down, a lone umbrella set a-sail,

its vibrant hues contradicting the turquoise sea.

People on the beach drift toward the surf amused by the unusual spectacle, joined by gulls circling aloft in obvious curiosity.

With lack of further activity interest wanes and birds and bystanders alike return to their earlier pursuits.

Alone, I watch and ponder its fate as it fades out of sight, swallowed up by a vast, unforgiving sea.

Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.

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Bank Sponsoring Golf Tournament



From left, David Lowden of Bank of the Islands, Amy and Jim Clapp, co-chairs of Play for PINK, and Susan Schulte of Bank of the Islands photo provided

Bank of the Islands will be a major sponsor for the annual Play for PINK golf tournament, scheduled for Saturday, March 26 at The Dunes Golf & Tennis Club. Golfers will be challenged to land their drive closest to a line in the middle of the fairway on hole 10, the longest hole on the course. All funds raised at the tournament go to the Breast Cancer Research Foundation, the highest rated breast cancer charity in the U.S., with all fundraising efforts underwritten by the Estee Lauder Companies' Breast Cancer Campaign.

"Bank of the Islands is so proud to sponsor such a fun event for such a worthy cause," said Vice President David Lowden.

A roster of 128 golfers will tee off at 8:30 a.m. Players will purchase mulligans, raffle tickets, pay-the-pro tickets, and participate in the closest-to-the-line and putting contests. Prizes will be awarded to the first place men's, ladies and mixed teams. A luncheon will be served in the pavillion. A helicopter ball drop with cash prizes will take place the morning of the tournament. During the week leading up to the tournament - March 23 to 26 - a virtual auction

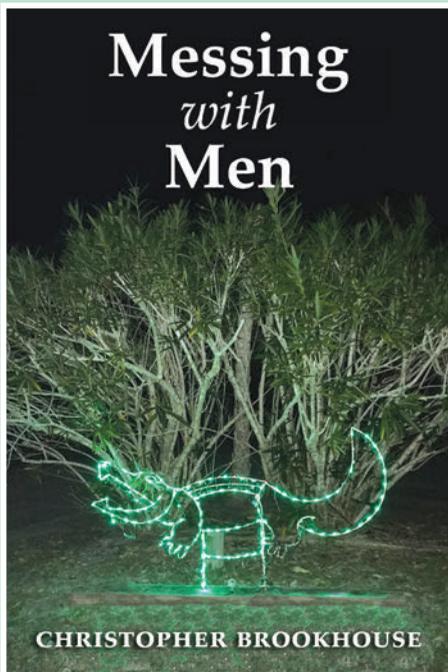
with live bidding will take place. Auction items may be previewed online beginning Saturday, March 19.

For more information, visit www.playforpink.org/thedunes or contact Jim and Amy Clapp at anclapp@aol.com or 240-315-6145.*

Republican Caucus Meeting

The Sanibel-Captiva Republican Caucus will meet at Sanibel Public Library on Saturday, February 19 at 10 a.m. Kevin Ruane, Lee County Commissioner and former mayor of Sanibel, will discuss the state of Lee County. Amira Fox, state attorney for the 20th Judicial Circuit of Florida, will also speak. The 20th circuit covers Charlotte, Collier, Hendry, Glades and Lee counties. This is an elected position and Fox, a Republican, is running for reelection.

Local Republicans and Independents are welcome. Refreshments will be served. Any questions can be directed to Steve Maxwell at 898-8203.*



"The lives of three aging men, each struggling with complicated pasts, collide on a Florida Island [think SANIBEL] . . . an emotionally enchanting drama, thoughtful and unpredictable."

- Kirkus Reviews

Messing with Men by award-winning novelist Christopher Brookhouse, available now at

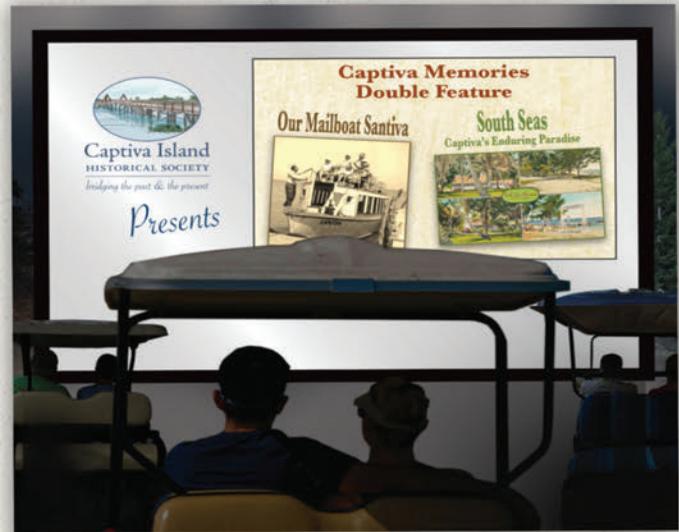
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{Rain Date: February 14}

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Tiffany Repecki, editor, and Mark Martens, account executive photo provided

Newspaper Sponsoring Gala

The *Islander* newspaper is sponsoring the Sanibel Historical Museum and Village Gala on Tuesday, February 22, which features a showing of the documentary *Secrets & Stories of the Sanibel Lighthouse*.

"We are so happy to continue our support of the Sanibel Historical Museum and Village in their efforts to celebrate and educate residents and visitors alike to the heritage and history of Sanibel," said Mark Martens, account executive. "It

has been my pleasure to work with the historical village. It is a wonderful place to visit with my wife and with friends, relatives and visitors to the area. We wish the historical village continued success for many years to come."

"I can't say enough how much *The Islander* does for us throughout the year," said Emilie Alfino, historical village executive director. "They cover our stories and give us the publicity that helps keep the museum going. Now they are adding a silver sponsorship to further support the village. We are very grateful."

For more information on sponsorship, call Alfino at 472-4648 or 357-1644. ✨

New Member For Kiwanis Club

The Sanibel-Captiva Kiwanis Club expanded its ranks this month by adding new member Bill LeJeune. LeJeune will join his fellow Kiwanians in serving the needs of local youth through the club's scholarship program and its grants to youth recreation and other recreation activities.

The Sanibel-Captiva Kiwanis Club was formed in 1973 and is approaching its 50th year of community service. Anyone wishing to join is invited to attend one of the weekly breakfast meetings, held on Tuesday mornings at The Dunes Golf & Tennis Club. For more information, visit www.sanibelkiwanis.org. ✨



Kiwanis Past President Eric Pfeifer with new member Bill LeJeune photo provided

From page 1

Dog Rescue

the fear of the onlooking crowd. Instinct kicked in, and they knew they needed to act.

The two managed to enter the home and sift through the debris and overturned furnishings in an effort to locate the small dog. The lack of any whimpering or barking was concerning, but they forged on. Perhaps Joffe's training in the Army, executing practice missions while blindfolded, and Farst's experience as a shipwreck diver enabled them to navigate the topsy-turvy, upside down environment without thinking much about it. However, after searching through the home, they exited without locating Coco.

Once outside, they realized they had overlooked a small room in the home that was now located two stories up due to the positioning of the relocated dwelling. The door to that room was blocked by a large mattress, and it took some doing to overcome this obstacle. Fortunately, Joffe, who is a competitive bodybuilder, was able to muscle his way in with Farst right behind. After scouring the room while suspended upside down, Joffe finally located little Coco trapped between

a mattress and a boxspring, where it had been for several hours. Joffe was able to reach down to the dog and hand him safely up to Farst. When the two rescuers emerged from the structure with the little dog in Joffe's arms, onlookers were cheering as the animal was reunited with its tearful owner. Fortunately, the rescue took place just in time as the structure broke in half just hours later, making Coco's survival next to impossible.

The duo is adamant in sharing that they are not looking to be heroes. The humble Joffe simply stated, "Helping people is what it's all about." He went on to say that it just seemed like the right thing to do. Farst reiterated that "It was the most natural thing in the world to step in and take action." The two have been buddies since their early years, and each one knows he can always count on the other no matter the circumstances!

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

neighbors helping neighbors

TORNADO RELIEF

FISH OF SANCAP is currently assisting individuals who work on Sanibel and Captiva and were affected by the January 16 tornadoes.

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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.

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Superior Interiors

Small Statement Can Make A Big Impact



by Linda Coin

Refreshing your home's style doesn't always mean giving each room a full-on makeover. You don't have to knock down walls, paint and buy new furniture to switch things up. In fact, there are plenty

of simple changes you can make that can impact the atmosphere without all the heavy lifting.

Before you call the contractor and start the demolition, consider all of the small changes you can make that will produce a huge effect on the look and feel of your home. Consider a few simple upgrades you can make in each room.

Standard switch plates often go unnoticed, mostly because they're in a shade of white or another pale, neutral color. However, switch plates are easy to swap, offering the perfect opportunity for a new set that's equally eye-catching and stylish. Take a risk and choose switch plates in vibrant textures, patterns and colors that match the room.

Much like switch plates, the knobs and pulls found throughout your house can make each room seem outdated, even if the rest of the space is modern and upgraded. Change out the old knobs and pulls that came with the dressers, desks, cabinets and drawers throughout your home for options that are more stylish but still fully functional.

It's easy to get caught up in hanging decor and changing up accessories around the house and then completely forget about dressing the windows. Much like wall art contributes to the style of each room, window treatments can help complete the space and make it feel more finished.

Take a look around the house and consider your use of accessories. Do you have a combination of decor that just sits on the mantel, while others lay across the lounge chair and offer full functionality? Add accessories that serve a purpose, rather than simply looking nice. Throw blankets, for example, have a way of making the end of a bed look more complete while also acting as an extra level of comfort if necessary.

Whether the floors in your home are bare or each room is fully carpeted, you still need to consider area rugs. This piece of decor has a reputation for pulling a room together and providing comfort where you'd least expect. A room without an area rug has a tendency to look like it's missing something. The second you drop down that beautifully textured adornment onto the floor, the space becomes cozier and inviting. It's the true meaning of making a big impact with a small statement.

The best part of adding throw pillows to your chairs, sofas and beds is that they're so versatile. Changing things up doesn't

necessarily require an entirely new set of pillows. They help make any seating arrangement look more comfortable, welcoming, stylish and complex. It's truly amazing what a difference a few small pillows can have on the style of a chair.

Making these subtle changes can have a huge impact, but not if you don't execute things correctly. If you need help pulling all of these ideas together and more, consult a design professional to evaluate the space you want to improve. From there, he or she will offer guidance and advice based on the statement pieces you would like to include.

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

Committee Members Sought

The City of Sanibel is accepting applications for a variety of committees: Recreation Financial Assistance Committee; Historical Preservation Committee; and Vegetation Committee. The deadline for applications is Friday, February 4 at 5 p.m.

Members are appointed by Sanibel City Council for one-year terms. You must be a full-time Sanibel resident and be available to attend committee meetings at city hall. Due to the COVID-19 pandemic, responsibilities may be altered to comply with current Centers for Disease Control and Florida Health Department guidance.

To review all requirements and download an application, visit the City of Sanibel website at www.mysanibel.com. If you have any questions, call 472-3700.✪

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Jen McSorley



Wendy Kirschner

The top sales associates for 2021 at Pfeifer Realty Group were Jen McSorley and Wendy Kirschner.✪

Gulf Beach Properties

The top listing agent for December at Gulf Beach Properties was Paul Zimmerman.✪



Paul Zimmerman

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From left, Porter Goss, Jeff Muddell, Chip Roach and Chauncey Goss photos provided

Father And Son Team Kicks Off New Initiative

Porter Goss, former CIA director under George HW Bush, and son Chauncey Goss, chairman, founder and managing partner of Goss Practical Solutions and appointee of Gov. Ron DeSantis as board chairman of the South Florida Water Management District, launched the inaugural class of the Charitable Foundation of the Islands (CFI) Leadership Sanibel-Captiva recently.

The initiative is intended to engage future community leaders in civic, nonprofit and government roles that support and advance the quality of life on the islands.

The audience, comprised of the board of directors of the foundation and the 12-member leadership class, sat in attention as Chauncey interviewed his father about the early days of the creation of the Sanibel Plan and his role in its development. Porter painted a picture of what the islands were like in the 1960s as the plan was being developed. "You could drive from the Sanibel Lighthouse to Captiva without seeing one car," he said. He went on to note that contrary



From left, John Silvia, Ralph Clark, Tony Lapi and Bob Wiesemann

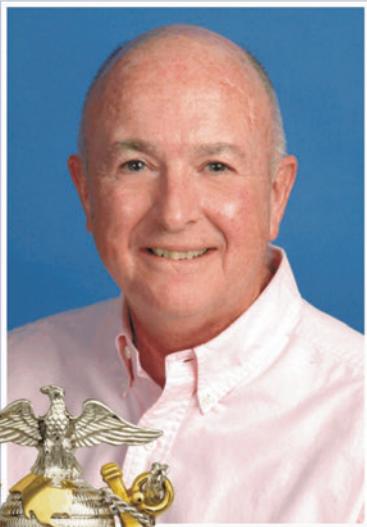
to common belief, those early days were not, in fact, smooth sailing, and not everyone was on board. The long and sometimes rocky road that led to the final passage of the Sanibel Plan required the full engagement of all the people in the community. "There were committees upon committees all across the island and a wide diversity of options and ideas on the table," said Porter. "But most of all it was nonpolitical, non-combative and totally transparent."

The community envisioned and designed the model that ultimately empowered the small town to claim its own destiny and limit state and federal

intrusion and excessive land development.

"I was convinced then, and it has come to be, that the islands' economic health and its desirability as a place to live lay in quality, rather than quantity development," Porter said. A good example is the bike path. The State of Florida was approached to help fund the path and it refused. "So, the 'moms' across the island took over, created a working committee, and made it happen," said Porter.

Chauncey asked if the Sanibel Plan development process was a "slam dunk," and Porter responded by saying that that was a myth. Not everyone on



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From left, Jim Brady, Jane Majeski and Susan Rychman

Sanibel was “all in.” It was a very long process, which involved engaging the entire community, Lee County and the State of Florida, and it hatched lawsuits upon lawsuits. “The process server, who was a friend of mine, was a regular at our doorstep. We always invited him in for coffee. With the help of top-notch legal minds from Chicago, we won every lawsuit,” said Porter.

Today, the Sanibel Plan is a model studied in universities across the United States.

Asked by one audience member what he thought was one of the most

pressing initiatives of the day, Porter responded that environmental integrity and protection are important now to keep the value asset we created. “It is up to all of us, especially new generations of islanders, to step into the arena and make sure we protect what we have created. It is up to more people like my son, Chauncey, who is committed to the hard and often tedious work of staying the course.”

Porter’s dialogue with his son, both of whom have a laudable commitment to community, accomplished what the leadership planners had intended: to



From left, Ellen Sloan, Mike Wood and Joey Almeida

establish a baseline for the class for each of the sessions (Government, Environment, Business, Social Services and Arts & Culture) to follow throughout the season. All point back to, or are in different ways influenced by, the Sanibel Plan.

“We are profoundly grateful to Porter and Chauncey, not only for their work, but their commitment to help the Leadership Sanibel-Captiva program work for years to come,” said Ralph Clark, chair of the leadership planning committee. “The Charitable Foundation of the Islands has embarked upon creating, with our nonprofit partners,

meaningful programs with long-lasting quantitative results. With the participation and financial support of our community, we can make that happen,” said Chip Roach, foundation board chairman.

Charitable Foundation of the Islands is a 501(c)3 nonprofit organization committed to identifying community needs and collaborative opportunities that empower organizations to affect real change, support those in need, and build and distribute resources that advance the vitality and health of the Sanibel-Captiva community. For information, visit www.mycfi.org, email sancapcfi@gmail.com or call 322-3818.✪



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Rotary Happenings

submitted by Cindy Carter



Vana Prewitt

World peace is a nice thought, perhaps something we even wish for, without having any clue on how to begin with this monumental task.

This week's speaker, Vana Prewitt, is devoting her enthusiastic energy to lead Rotary and anyone she meets to head in that direction. Prewitt is a member of the Rotary E-Club of World Peace and a peace ambassador with the Institute of Economics & Peace (IEP).

Rotary E-Club of World Peace members are supported and provide support for those individuals and organizations working to help improve our lives and communities, locally and globally. IEP is an official partner of Rotary International and the producer of the Global Peace Index, which uses

data-driven research to show that peace is an achievable measure of human wellbeing and development.

IEP is an independent, non-partisan, nonprofit think tank dedicated to shifting the world's focus to peace as a positive, achievable and tangible measure of human wellbeing and progress. The organization aims to create a paradigm shift in the way the world thinks about peace, and achieves its goals by developing new conceptual frameworks to define peacefulness; providing metrics for measuring peace; and uncovering the relationships between business, peace and prosperity, as well as promoting a better understanding of the cultural, economic and political factors that create peace.

IEP is headquartered in Sydney, Australia with offices in: New York; The Hague, The Netherlands; Mexico City, Mexico; Brussels, Belgium; and Harare, Zimbabwe. It works with a wide range of partners internationally and collaborates with intergovernmental organizations on measuring and communicating the economic value of peace.

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.

Sponsors Support Two Fundraisers



Eldon Bohrofen and August Crane
photo provided

Past Sanibel-Captiva Rotary Club President and current Area District Gov. Eldon Bohrofen and wife Augusta Crane have signed on as silver sponsors for the Rotary Club Arts and Crafts Festival, scheduled for February 19 and 20 and the March 26 Golf Charity Cup Scramble. Bohrofen is known within Rotary for his Coins for Alzheimer's Research Trust (CART) challenge grants to aid the fight against Alzheimer's disease.

"We are happy to be able to support the good works of San-Cap Rotary both here on Sanibel and internationally," said Eldon Bohrofen. "We know Rotary funds provide assistance locally to FISH, Community Housing, Harry Chapin and others as well as working internationally, sending items like wheelchairs to Guatemala and funds to help develop sources of clean water in Haiti, to fight polio in India and to provide micro finance

loans, giving people a 'hand-up'". Crane said, "I am happy to be able to help extend these good works by supporting the 2022 San-Cap Rotary fundraisers." ❄️

Discussion On Micro Shells

The Sanibel-Captiva Shell Club will meet on Sunday, February 6 at The Community House. Dr. Duane Kauffman of Sarasota Shell Club will be the featured speaker. His program will focus on a few specific habitats within the marine ecosystem of the middle Florida Keys and the invertebrates they host. The pictorial focus will be on live, small snails and a small selection of nudibranchs. Photos of other invertebrates from the selected habitats will also be included.



Dr. Duane Kauffman

Dr. Kauffman recently completed an identification guide to some 150 micro species from western Florida. Fascinated by the tiny snails found in a clump of algae, he has focused on finding, photographing and identifying very small species, and has exhibited miniature shells at several shell shows.

The meeting is free of charge and open to the public. Doors open at 1:30 p.m. for a silent auction. The meeting begins at 2 p.m. There will be a live auction of several premium shells. Masks are required.

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

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Royal Shell Vacations team

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Rotary Club Arts Festival Sponsor

Royal Shell Vacations is a bronze sponsor of the Sanibel-Captiva Rotary Club Arts and Crafts Festival, scheduled for Saturday and Sunday, February 19 and 20 at The Community House.

This is Rotary's major fundraiser and generates grants of about \$100,000 to support local and international programs. Rotary International works

to deliver wheelchairs, help build clean water systems, provide emergency shelter, eliminate world polio and provide micro-finance loans to improve the health and financial stability of those in other countries. Local organizations such as FISH of SanCap, Clinic for the Rehabilitation of Wildlife (CROW), Bailey-Matthews National Shell Museum and the Boy Scouts also benefit from Sanibel-Captiva Rotary funds.

After a hiatus in 2021 due to COVID-19, this year's festival will feature juried artisans from around the country. Exhibits will be set up outdoors, while

a silent auction will be held indoors. Auction items includes vacation stays, dining experiences, personal services, gift baskets and jewelry.

For more information or to make a contribution, contact Chet Sadler at 472-7257.*

FISH Offering Tax Return Assistance

FISH of SanCap will again host the United Way Volunteer Income Tax Assistance (VITA) program, which offers free tax preparation assistance. Eligible households must make \$66,000 or less. Participating taxpayers will have their returns completed and filed for them at no cost. VITA preparers are IRS certified, trained volunteers that ensure each participant's return is maximized by informing them of all tax credits or policies relevant to their personal tax situation.

Beginning Friday, February 4, VITA tax preparation services will be offered at the FISH Palm Ridge location, 2330 Palm Ridge Road on Sanibel, next to Island Pharmacy. Hours are 9 a.m. to 1 p.m. and appointments are required. During the appointment, an intake, tax return preparation and quality review will be conducted. Upon completion, the return will be filed on site with the preparer. Individuals should plan for an approximate one-hour appointment. Additional appointment dates are: February 11, 18 and 25; March 11 and

25; and April 8.

For those with time constraints, documentation may be dropped off on February 11 and 18 between 4 and 6 p.m. The documentation will be taken to Fort Myers for return preparation and returned to Sanibel for pick up on the following Friday at the Palm Ridge location.

Those wishing to have their tax return completed through the VITA program must bring the following documentation, if applicable. If you are married and filing jointly, your spouse must also attend. Tax returns cannot be completed without the following items:

- Valid picture ID
 - Social security card or individual Taxpayer Identification Number (TIN) for each family member and working adult
 - Birthdates for everyone on the tax return
 - Amount of third stimulus payment(s) received
 - Amount of Child Tax Credits received (2021)
 - All earning statements (W-2, W2G, 1099s)
 - Total paid for daycare and provider business Employer Identification Number (EIN)
 - Affordable Health Care Statements (1095-A)
 - Additional information, such as interest and dividend statements, previous year's tax return, student loan information, etc. may be requested by VITA preparers.
- For more information on the VITA program, contact FISH at 472-4775.*

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Will Power

What Is A Testamentary Trust?



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

My office frequently interacts with compliance officers of major banks and brokerage firms. From time to time, we receive curious inquiries from their offices after a client dies. This is because the deceased client's trust may subdivide into one or more "testamentary trusts" that continue on to benefit the client's spouse, children or other beneficiaries. The brokerage office will ask me for a copy of the trust for the spouse, children or other beneficiaries – when they already have it! You see, the testamentary trust was built inside of the revocable trust that they already possess.

If compliance officers inside of major banks and brokerage offices don't understand what a testamentary trust is, I thought that this might be a good topic for today's column.

A testamentary trust (sometimes referred to as a trust under will) is a trust which arises upon the death of the testator, and which is specified in his or her will or revocable living trust. A will or revocable living trust may contain more than one testamentary trust and may address all or any portion of the estate.

There are four parties involved in a testamentary trust: (1) the person (referred to as the "grantor" or "settlor") who specifies that the trust be created, usually as a part of his or her will or revocable living trust – from which the testamentary trust "springs into being" upon the settlor's death; (2) the trustee, whose duty is to carry out the terms of the testamentary trust; (3) the beneficiary(s), who will receive the benefits of the testamentary trust; and possibly (4) The probate court where the testamentary trust is created by a will as opposed to when a testamentary trust automatically is created under the terms of an inter vivos (commonly referred to as a "revocable living") trust.

A "marital trust" that benefits a surviving spouse inside of someone's will is a testamentary trust, as is a "credit shelter" trust, which may be used to consume the decedent's federal estate tax exemption. A continuing trust for a child or grandchild for educational, health or general needs is another example of a testamentary trust. So is a charitable remainder trust that springs out a revocable trust or will as of the settlor's death.

So, you can readily determine now that a testamentary trust is one that doesn't

come into being until the settlor's death and is usually found inside of an existing document such as a revocable living trust or a last will and testament.

When the compliance office of the bank or brokerage house asks for a copy of the testamentary trust instrument, I can usually tell them that they already have it. They just need to look inside of the revocable living trust to one of the Articles. An Article that is entitled "Marital Trust," for example, is a testamentary trust. Same for a "Family Trust" or "Educational Trust" found within the pages of the original instrument.

The trustee of the testamentary trust may be a different party than the one who serves as the trustee of a revocable living trust. Typically, the settlor of a revocable living trust serves as his or her own trustee during the course of his or her lifetime. Upon the settlor's death, however, that person can obviously no longer serve as their own trustee. When the trust therefore divides into the testamentary trust shares, another person, bank or trust company serves.

There may even be a different trustee for each testamentary trust formed. The spouse, for example, might be named as the trustee of the marital trust. An adult child who is the beneficiary of a continuing general needs trust, formed for his or her own benefit, may serve as the trustee of his or her own trust share.

Testamentary trusts are usually irrevocable, meaning that the terms cannot be changed or altered. This is because the settlor who created the trust has died. Even if the settlor reserved the power to amend the trust, since he or she is now dead, the trust becomes irrevocable. The exception to this is when the testamentary trust grants a "power of appointment" to a beneficiary to change the terms of the trust. I've written about powers of appointment in other columns.

Testamentary trusts all have different estate and income tax ramifications. Particularly with the higher federal estate tax exemptions, it's often better to review whether a marital trust is now more appropriate than a credit shelter or a family trust. Since many estates aren't taxable under the federal law, we can minimize taxes for your children and other beneficiaries by planning to eliminate the capital gains through a step-up in tax cost basis. Credit shelter trusts and family trusts do not receive another step-up at the surviving spouse's death.

After reading this, I hope that you are better informed as to what a testamentary trust is. If so, I offer you my hearty congratulations! You're ahead of several compliance officers at major banks and brokerage houses that I've dealt with in the past few months.

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Read us online at www.IslandSunNews.com

How's The Market? Ask Ann Marketing Your Property

Each week, we discuss our number of Homes and Condos for sale as being "historically low." This week, it is down to 16 Homes and 14 Condos and a small number of Vacant Lots, just 16.

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We are starting to see a modest increase in new listing activity at higher listing prices. Want to test the market with a commission rate as low as 3%? My husband John and I have over 60 years of experience selling Sanibel homes and condos. Give me a call with any questions, 239-850-0979.



Ann Gee
Broker/Owner

11 Closed Sales Going Back One Week: 5 Homes & 6 Condos

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937 East Gulf Dr. 3421 Sanibel Inn \$900,000	1275 Sand Castle Rd. \$1,526,000
200 Periwinkle Way 212 Lighthouse Point \$929,000	856 Limpet Dr. \$2,000,000
2445 West Gulf Dr. A 21 Pointe Santo \$1,150,000	699 Anchor Dr. \$ 2,395,000

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

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Ian Breusch, CFA,
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The past year once again proved quite successful for broadly diversified equity investors. Substantial ongoing liquidity provided by monetary and

fiscal accommodation has undoubtedly helped spur economic growth and, by extension, stock market returns. Revenues and earnings across S&P 500 companies have risen more than 15 percent and 45 percent, respectively, year over year. Clearly, the outsized growth rates are a function of 2020 being rather weak as a result of the COVID-19 pandemic. However, U.S. companies overall are producing substantially more in sales and earnings than in 2019 (prior to the pandemic), despite the fact that some industries have yet to fully recover.

Much like the Delta variant of COVID-19, the emerging Omicron variant does not seem likely to pose significant risks to the functioning of global economies. We are learning to live with this virus through practical mitigation efforts, while avoiding some of the more draconian measures first established in 2019. For this reason, we anticipate continued, albeit more normalized, growth going forward.

As we make our way into 2022, the subject of inflation is taking center stage. The latest release of the consumer price index (CPI) on December 10 showed inflation had risen 6.9 percent year over year, which was the highest rate of increase since the early 1980s. Even when we remove the impact of food and energy from the CPI calculation, which often are viewed as transitory goods, inflation is up five percent year over year. Whether you've purchased or sold real estate, shopped for holiday gifts, or bought a gallon of milk, inflation (higher prices) has become readily apparent in our everyday lives. To be clear, inflation can be a pernicious force for consumers, particularly among those living paycheck to paycheck.

As investors, it's important to remember that many areas of the stock market tend to do quite well during inflationary periods of time. For example, companies with pricing power – the ability to raise prices without hurting demand – tend to perform quite well. Commodities, real estate and other hard assets typically increase in value, and owners of those assets hedge themselves against the erosion of value. We also continue to believe that value/dividend-paying companies offer slightly better forward return prospects than many of their growth counterparts.

As interest rates move higher on risk-free assets (such as U.S. Treasury bonds), the discount rate on future cash flows increases when valuing stocks. In other

words, higher interest rates lead to lower valuations among companies with more of their current valuation tied to unproven future cash flows. Conversely, this is also why longer-established companies that pay dividends are seen as more attractive in a rising interest rate environment, given that their respective valuations don't depend as much on the unknown future.

On December 15, the Federal Reserve Board announced an increase in the tapering of their asset purchase program, by reducing the amount of bonds they are buying by \$30 billion per month. They also expect to begin increasing the Federal Funds rate next year. The Fed's removal of economic stimulus and tightening of policy is designed to cause interest rates to move higher, which in turn, reduces inflationary pressures. However, the Fed is just one market participant, and they do not control the entire interest-rate complex.

We will be watching closely as capital markets digest policy changes to combat inflation. We should anticipate higher levels of market volatility as investors adjust to changes in monetary policy. However, as long-term investors, we always encourage our clients to stay the course. Inflation is most damaging to investors who insist on holding cash to avoid market volatility. Holding cash during an inflationary period ensures a negative real rate of return.

Like any other period of time, there are risks to consider. Inflation is simply another variable to navigate as we make investment choices on behalf of our clients. Our focus will remain on sourcing and managing high-quality investments for our clients, while also considering the associated risks.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

Dunes Men's Golf Champions



Jeff Mistler and Bob Rohl photo provided

Jeff Mistler and Bob Rohl were the overall winners of the 2022 Dunes Men's Golf Association Member/Member Championship.*

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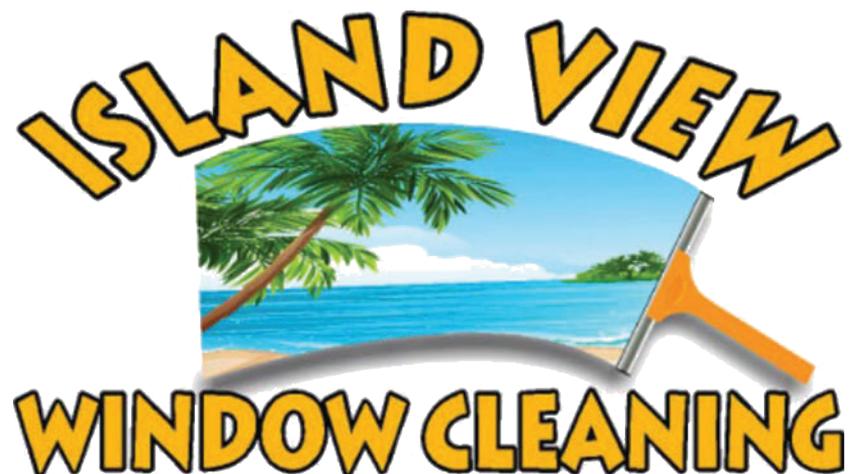
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Frankly Speaking

by Howard Prager



I had a whole different column written for today, interviewing a former MLB team owner, thinking that last weekend's NFL playoff games would be just OK. But that column is on hold until next week.

While I like NFL football, I have always thought college ball is where it's at. The marching bands, cheerleaders, students and athletes, the pageantry and the chance for any team to win, for the walk-on to shine, that's what it's all about. The NFL was a bunch of overpaid, selfish players and owners, in a league where money was all that mattered, especially over the health and safety of players. The latter is probably still true, but otherwise I was wrong.

The NCAA has come down to four super teams and then ALL the rest. If you're not Alabama, Georgia, Clemson or Ohio State, don't even apply. They keep blowing out everyone. As I watched the transfer portal, those were the teams that appeared to pick up the best transfers, so the rich keep getting richer. Sayonara NCAA, this past weekend the NFL won me over and has outdone, outperformed and outshined your whole FBS playoffs. (I do admit the Georgia-Alabama championship was excellent, but here we go, two of the big four). When the two

biggest NFL QBs (Aaron Rodgers and Tom Brady) lost last weekend, all reporters wanted to know was who was retiring afterwards.

Seven of the eight teams in the NFL playoffs aren't "regulars," one of whom was in their first playoff game in 33 years and recorded their first win (Bengals). Six of whom are from small to middle markets where, if it wasn't for the NFL's revenue sharing, they wouldn't even be in this sentence let alone the playoffs. Every game of the weekend came down to the last second and amazing comebacks. The first three games were won on last second field goals by the visiting team, not the favored one. Each one a thrilling ending.

The last game took all of that and said we can top this, with the Bills and Chiefs trading five scores in the last two minutes, the most ever scored in that short of a time in a playoff game. No turnovers, only four penalties all game. The best offense against the best defense. How did Buffalo lose? On a coin toss as to who got the ball first in overtime! Because with just 13 seconds and 50 yards to go at the end of regulation, QB Patrick Mahomes was able to move his team in just two plays into position to kick a tying field goal. This was such a rollercoaster that fans for either team had to go through a bottle of antacids just to watch. This is what we want, what we hope for and what we expect from playoff games. Fun, exciting, back-and-forth action. In a sense, this was the NBA meets the NFL, where the team with the ball at the very end wins.

Will we see this type of weekend in the future? As a fan, we can only hope so. This is sports at its best. They were "lay it

all on the line, hang on to your hat, stay in your seat" type matches. You pick your favorite cliché. Other leagues can only try to match the excitement we watched in the NFL. The network ratings should be through the roof. No one left the stadiums early. And, may I say, boy, we needed this.

We've had two years of a pandemic changing the rules, changing who can play, changing seasons and taking over our lives. We've had our health and the health of our family and friends front and center for our attention. And, too much tension and anger in the country surround that. What can pull us all together and help us forget other worries? Last weekend could. Thank you NFL for doing that. A lot of times if I don't care who wins the game, I cheer for the team whose city needs it the most. In this case, I cheered for our whole country, something we get to do again in a couple of weeks with the Olympics. We all needed this joy and excitement. A weekend where nothing else mattered and we could watch transfixed as each game went down to the wire. Where (almost) every underdog came out on top (sorry Buffalo). Where new legends got to be made. Sports fans, this was your weekend.

The good news story of the week is from the Good News Network. "Students in Western Pennsylvania had a snow day on Monday, but instead of staying home, players on the high school football team were instructed by their coach to get outside and help their neighbors. Coach Brian DeLallo at Bethel Park High School near Pittsburgh took to Twitter to announce he had an alternative assignment for the young men. "Due to the expected severe weather, Monday's weightlifting workout has been cancelled. Find an elderly or disabled neighbor and shovel their driveway... that's our Monday workout." He also told the boys not to accept any money. By mid-morning, more than 27 of the athletes were texting photos to the coach. What better workout than shoveling driveways," said Braedon Del Duca, a junior on the team who paired with teammate Colton Pfeuffer. "It's just nice getting out here, just helping out others that need help," Pfeuffer told WTAE-TV News in Pittsburgh. "We'd love to do it for everybody that we can," echoed Del Duca. That's the spirit.

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.*

Osprey Foundation Attains Milestone

The International Osprey Foundation (TIOF), based on Sanibel, reported that 64 grants for research and education – totaling over \$75,000 – have been awarded for worldwide raptor projects since 1990. This milestone includes \$52,500 distributed to 43 grant recipients in the United States, and \$26,000 awarded to 21 recipients in 13 countries across five continents.

TIOF has awarded its first grant of 2022 to a Boa Vista Osprey Project, a conservation organization located in the Cape Verde Islands off the west coast of Africa, which is the southernmost osprey breeding area in the world. A non-migratory, ground-dwelling osprey population will be studied. The investigators there will monitor the existing osprey population, evaluate predation through photo-trap camera monitoring, build nesting platforms and liaise with local governments about official protection for ospreys.

Michael Academia, the 2021 grant recipient from the college of William and Mary in Williamsburg, Virginia, will be the keynote speaker at the TIOF annual meeting on March 7. He will speak on a citizen scientist osprey project and his current research on osprey breeding success and fish availability in the Chesapeake Bay.

The TIOF grant awarding program is made possible by membership fees and giving opportunity donations. These raptor-related grants, along with other key activities such as building and maintaining local osprey nesting platforms and osprey nest monitoring, allow TIOF to fulfill its mission of protection and preservation of ospreys worldwide. More than 130 osprey nests are monitored by TIOF nest watchers on Sanibel, Captiva and in surrounding areas. The data is compiled into a global

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SPORTS QUIZ

1. What sports apparel manufacturer debuted the 1992 "Dan & Dave" marketing campaign centered around U.S. decathletes Dan O'Brien and Dave Johnson?
2. Name the pop star who was in a relationship with former Dallas Cowboys quarterback Tony Romo from 2007-09.
3. What stadium, demolished in 1960, was home to the Brooklyn Dodgers from 1913-57?
4. Name the U.S. figure skater who won men's singles gold medals at the 1948 St. Moritz and 1952 Oslo Winter Olympics and five straight ISU World Championship titles from 1948-52.
5. What businessman and former racecar driver started his own CART team in 1990 with Eddie Cheever as driver and Target as the primary sponsor?
6. According to sportscaster and author Brian McFarlane, what Hockey Hall of Fame defenseman from the 1920s and '30s "started a thousand fights and never won one"?
7. What football trick play was famously used by the Nebraska Cornhuskers against the Miami Hurricanes in the 1984 Orange Bowl and resulted in Huskers offensive lineman Dean Steinkuhler running for a touchdown?

ANSWERS

1. Reebok. 2. Jessica Simpson. 3. Ebbets Field. 4. Dick Button. 5. Chip Ganassi. 6. King Clancy. 7. The fumble-rook.




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Health First

The Truth About Bottled Water



by Julie Rosenberg, MD

Despite improved quality of drinking water in water distribution systems, the use of bottled water is progressively growing. Global consumption of

bottled water was about 61 billion gallons in 2011 and is estimated to increase to 146 billion gallons by 2025. North America has the highest rate of bottled water consumption (30 percent) followed by Europe with 29 percent, Asia with 27 percent, and 14 percent in other parts of the world. In the U.S., only carbonated soft drinks outsell bottled water.

The Food and Drug Administration (FDA) has set Current Good Manufacturing Practices (CGMPs) specifically for bottled water. Bottled water producers must:

- Process, bottle, hold and transport bottled water under sanitary conditions;

- Protect water sources from bacteria, chemicals and other contaminants;

- Use quality control processes to ensure the safety of the water;

- Sample and test both source water and the final product for contaminants.

Microplastics – In general, bottled

water is safe to drink. However, one cause for concern is the presence of plastic in bottled water. Studies have shown that most bottled water contains microplastics, which are typically characterized as water-insoluble, solid polymer particles that are ≤ 5 millimeters in size. A broad range of properties that characterize microplastics, such as size, shape and chemical composition may cause harm to human cells and tissues. The fate and effects of microplastics on the human body are not fully understood. Recent research has shown that chemicals called phthalates, which are known to disrupt testosterone and other hormones, can leach into bottled water over time. More studies are under way to better define the toxic effects of microplastics on humans.

Environmental health – In addition to personal health considerations, the management of waste generated by discarded bottles is of significant concern from an environmental health perspective. The most common plastic in use to produce containers of packed drinking water is polyethylene terephthalate (PET), which takes 400 years to naturally decompose. While plastic bottles are highly recyclable, less than half the bottles sold are collected for recycling and only about seven percent of them are being recycled. Since PET bottles are not readily biodegradable, they may end up in landfills or dumpsites and in turn contribute to contamination of soil, water, oceans, seas and coastal areas.

Why people buy bottled water – Given the potential health risks from microplastics and the negative environmental impact of

plastic bottles, why are more and more people buying bottled water?

People may choose bottled water if they prefer flavored or sparkling water. Many water brands sell citrus or berryflavored water, for example. Sparkling water is a popular alternative to still water.

Some people prefer the taste of bottled water. However, in blind taste tests, most people can't tell the difference between tap and bottled water.

Often consumers perceive bottled water as a pure and healthy substitute to tap water and link it to their health status (although a definitive link between bottled water and improved health cannot be reliably shown).

People find it convenient to have a bottle to hand when out and about. However, a wide variety of easy-to-carry refillable bottles are now available that keep beverages hot or cold for hours.

Consider the source – When purchasing bottled water, consider the source. Some bottled water comes from municipal sources and is simply filtered tap water.

The FDA classifies some bottled water by its origin.

Artesian well water is collected from a well that taps an aquifer – layers of porous rock, sand and earth that contain water – which is under pressure from surrounding upper layers of rock or clay.

Mineral water comes from an underground source and contains at least 250 parts per million total dissolved solids.

Spring water is derived from an underground formation from which water flows naturally to the surface. This water must be collected at the spring (or through

a borehole that taps the underground formation feeding the spring).

Well water comes from a hole bored or drilled into the ground, which taps into an aquifer.

In conclusion, good hydration is essential for good health. Bottled water is very popular, but it can be bad for our wallets (a gallon of bottled water can be 10,000 times more costly than a gallon of tap water), our health and our environment. Choose wisely – in most instances, tap water is a highly acceptable option.

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@drjulierosenberg.com.

From page 44

Osprey

database with the goal of correlating osprey breeding success with environmental issues facing aquatic ecosystems. The osprey, known as the fish hawk, has been identified as a sentinel species, an indicator of water and environmental conditions due to the specificity of their diet that is comprised, almost entirely, of fish.

For more information, visit www.ospreys.com. To volunteer as a nest monitor or report a nest needing maintenance, email tiof@outlook.com.

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dearRPharmacist

Thyroid Myths And Facts



by Suzy
Cohen, RPH

Dear Readers:

Do you have unexplained fatigue, hair that is falling out quickly, are you feeling cold, and concerned that you're losing your mind? These

are pretty hallmark symptoms of thyroid illness, which goes undiagnosed due to poor standards for testing. The tiredness, hair loss, thermal dysregulation and brain fog are very common but not exclusive to this condition.

It's true this a topic that may not interest a person until the doctor says you have a "thyroid problem." So today, I wanted to show you that it's not necessary to wait until the diagnosis is upon you. It's possible that you can notice the hallmark symptoms yourself, and get help before it becomes too serious. To do that, I'd like to take five minutes and make sure you can separate the myths from facts.

Myth: You need a physician to find out if you have thyroid illness.

Fact: No, you can self-order blood tests today and ask for a thyroid profile. This is the basic test to take. You may do that test, along with other specialized blood test such as TPO antibodies. You do need a physician for proper treatment and help. This is not something you can self treat.

Myth: A natural approach using a diet can manage hypothyroidism, or hyperthyroidism.

Fact: No, this alone will not cure anyone. Low (or high thyroid hormone) production requires natural or conventional medication, or a little

bit of both. The two common meds used for this include natural desiccated thyroid (NDT) or levothyroxine. You will need a physician to get a prescription for medication and to receive proper treatment.

Myth: Thyroid disease does not affect fertility.

Fact: False, thyroid problems make it harder to become pregnant, and the risk for miscarriage is higher.

Myth: You can't eat cauliflower, broccoli or Brussels sprouts if you have thyroid disease because it can enhance goiter formation.

Fact: No. It's the raw consumption that has a small potentially negative impact, but you'd have to eat a lot. If you cook your vegetables, you can eat them with no problem, and they are very healthy.

Myth: If you've been taking a medication and it has stopped working, that means you are getting worse.

Fact: False. If you are taking a medication and you no longer respond, you may need a different dosage, or adrenal support. The thyroid gland and the adrenal glands work together. You may need natural herbal adaptogens to improve adrenal fatigue. Once adrenals are balanced, your thyroid medication will begin to work like magic. If you have been stressed for a very long time, you may benefit more from a desiccated thyroid pill than levothyroxine, which is T4. The T4 doesn't convert very well to active thyroid hormone.

I hosted a worldwide Thyroid Summit and interviewed many doctors and experts on thyroid disease. I offer a flash drive with all of those interviews as well as a book on the topic called *Thyroid Healthy*. For more information, visit my website or Amazon.

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: My boyfriend always says we are going to do something, then he decides not to and I am left disappointed. What does it mean when he doesn't follow through?

A: When you have an expectation and trust that your significant other will follow through and does not, it can lead to frustration, resentment, bewilderment and disappointment. There is obviously an avoidance going on here. Avoidance happens to be the No. 1 coping technique. This type of behavior is damaging to a relationship even if it's in the beginning stages of dating.

Why don't you ask him point blank why he is not in alignment behaviorally with what he says? See if you can understand the breakdown in his miscommunication. You can also ask him what he wants and make him aware that what he says is misaligned with his actions and how this makes you feel.

If he continually hurts and disappoints you, you will want to get clear and ask your inner guidance what you want and if it is worth it to you to continue this

relationship.

You cannot change his behavior however, you can change how you choose to handle yours. At the very least, if he is just pre-occupied or too busy to follow through, do you really want this kind of person in your life? Get clear with what you really want and if it is to be with someone who is present and cognizant of honoring and respecting you, then perhaps you need to move on. Your intuition already knows, so tune in and your answer lies within.

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 Group To Meet

GriefShare sessions are held in the Family Life Center at Sanibel Community Church on Tuesdays from 5 to 7 p.m. January through March. The program is open to anyone who is grieving. There is plenty of room for social distancing. Sessions feature a video, book and support.

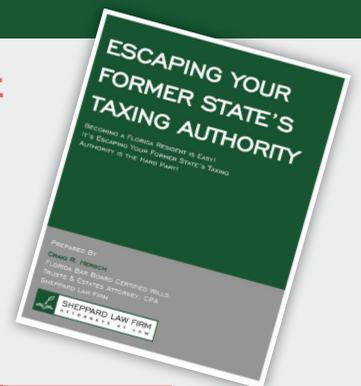
Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

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Doctor and Dietician

Homemade Healthy Pizza



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

Most people love pizza. It is by far one of the most popular dishes around the world, wouldn't you agree? Historians say that the origins of pizza date back to first century BC where a flattened bread was used by European cultures. The history of pizza comes from the 16th century arrival of tomatoes from the New World. Who knew tomatoes were once considered a "poor man's vegetable?" Although this is debatable, the island of Sicily is said to be the earliest home of ancient pizza. Rome and the surrounding areas of Naples and Pompeii used pizzas in their everyday meals.

One of our favorite active vacations was when we traveled to the "Fort Myers of Italy" or the Southwest Italy region of Campania where we experienced

true Italian pizza including San Marzano tomatoes that were plucked right from the volcanic soil.

What we learned from the famous Italian pizza maker was that simple and fresh is best. The pizzas we tasted that day were out-of-this-world delicious, made with fresh Italian flour thin crusts, tomatoes, fresh herbs and vegetables, and meats.

We too love pizza and have tried replicating our Italy experience. We have made diverse kinds of pizza to make them healthier and less carb-heavy. Here are some ways to make homemade pizza healthier that we have used:

1. Make a thin crust versus a stuffed or thick, breadly crust. We purchase artisan Italian flour online (Antimo Caputo gluten-free flour) and it is so delicious. It even smells like Italy.

2. Switch to a more paleo flour such as almond flour.

3. Try a cauliflower or zucchini crust. The key to success with these is to drain out the excess water prior to using. We like to add some shredded cheese and/or almond flour to bind them.

4. Make your own sauce. Fresh garden tomatoes or organic canned San Marzano tomatoes taste wonderful on pizza. Add fresh herbs such as basil, oregano, parsley and garlic (lots of garlic.)

5. Choose toppings wisely. Our favorites are fresh mushrooms, spinach, onions, peppers, broccoli and/or asparagus. We ightly cook them prior to topping the pizza. Go a little crazy and try eggplant, squash or Brussels sprouts on your pizza. Go easy on fatty high calorie meats. Prosciutto is wonderful on pizza, as

well as leftover chopped psteak or chicken.

6. Go easy on the cheese. Believe it or not, not all pizzas are topped with cheese. Try a pizza with no cheese.

When choosing cheese, try fresh buffalo mozzarella, or go a little wild with goat, blue or feta cheese.

Pizza is a fun thing to make at home with the family or with a group of friends. It is a great activity for hosting a get-together. And what better way to get together than to host a pizza party? Gather

some fresh ingredients and make a variety of pizzas. Serve with a delicious salad loaded with veggies and/or fruits and some homemade dressing. Mangia bene!

*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.**

Beautifulife:

Seabiscuit



by Kay Casperson

There are very few movies that I will watch more than once, and *Seabiscuit* is one of them. I may be drawn to it for several reasons. Perhaps it is because I love horses and have owned many,

both bought and rescued. Or maybe because I love the moral of the story, which is that everyone and everything deserves a second chance. But mostly because it inspires those who watch it to never give up on anything or anyone; persistence will persevere.

Seabiscuit was a champion thoroughbred racehorse in the United States. He became the top money-winning racehorse up to the 1940s. He beat the 1937 Triple Crown winner, War Admiral, by four lengths in a two-horse special and was voted American Horse of the Year for 1938.

But the facts surrounding his rise to glory and fame are not typical. He broke all the rules. He had lousy conformation, was small in stature, and did not train well. Yet, he blossomed and captured the hearts of many. At the start of his career, he had raced 35 times when just 2 years old, producing five wins and seven second place finishes.

The streak of success did not last long. Although Seabiscuit was trained by one of the best, he fell short on his performances and was banished from the racing community. Then one day, he was bought by a caring man who gathered

together a team of handlers, trainers and riders searching for a new outlook on life, a new chapter and a second chance. This man saw the potential in all of them before they did. This is the most inspiring part of this true story.

From that day on, Seabiscuit went on to win many races. As a result of his soaring popularity and winning streak, he was selected for the ultimate race with War Admiral. The race was called the Match of the Century and he delivered an unforgettable show, dominating the race by four lengths. He retired as winning more money than any racehorse.

This is indeed a true story about second chances. From the horse to the owner, to the trainer, to the rider, all involved were at the end of their rope, needing someone who believed in them enough to give them a second chance. And because of this, everyone involved thrived and ultimately succeeded.

I believe that we all deserve a second chance; some of you have already had yours and appreciate this very same message and story. Many of us would not be where we are today if not for second chances. Whether yours is to love again, work again, play again or win again, you deserve it. If you surround yourself with people who believe in you and support you, I am confident you will always go on to succeed.

My affirmation you this week is:

"I am embracing my second chances in life and will continue to thrive in all that I have worked for, dreamed of and desired."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.*

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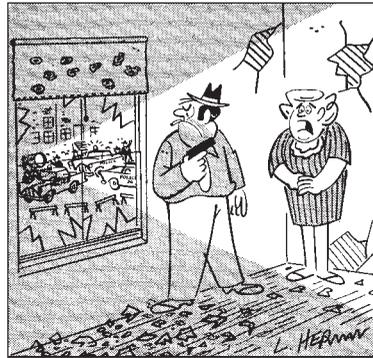


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Answers on page 54 and 55



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RIPTERN

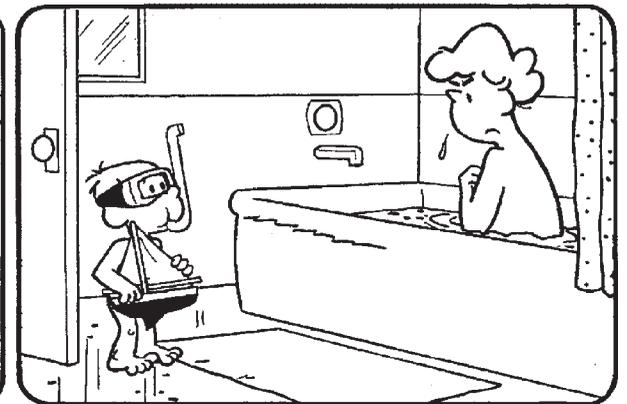
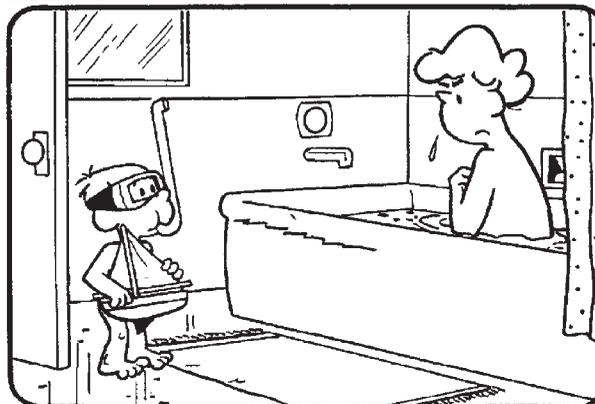
Resound

ABLER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Mirror is smaller. 2. Tube is shorter. 3. Mat is different. 4. Boat is different. 5. Soap dish is missing. 6. Curtain is shorter.

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

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

GO WITH THE FLOW

- ACROSS**
- 1 Tax doc. whiz
 - 4 Vietnam Veterans Memorial architect
 - 11 Facility with a Jacuzzi
 - 14 "Deathtrap" star Michael
 - 19 Skirt edge
 - 20 Worship
 - 21 "Can do!"
 - 23 "Deathtrap" dramatist Levin
 - 24 Gotten out of dreamland
 - 25 Tons
 - 26 Inca conqueror Francisco
 - 28 Natural skill
 - 30 Radio shock jock Don
 - 31 Hog food
 - 32 Ltr. insert
 - 34 Nobelist Wiesel
 - 35 Obama's party: Abbr.
 - 36 Deg. for a Wall Streeter
 - 39 Con's vote
 - 41 Light blows
 - 43 Some small batteries
 - 45 Conan of TBS
 - 47 Dumas' "Le — de Monte-Cristo"
 - 49 Suffix with polyethyl-
 - 50 "Explorer" of kids' TV
 - 51 Daytime nap
 - 52 "— and the Night Visitors" (Menotti opera)
 - 53 Sonata
 - 55 "Well well well!"
 - 57 Church recesses
 - 58 Cinematic Streep
 - 59 Give fresh life
 - 60 Final: Abbr.
 - 61 Final Greek consonant
 - 62 Moose's kin
 - 63 Singer Redding
 - 65 See 69-Across
 - 67 Mai —
 - 69 With 65-Across, attended as a spectator
 - 72 Casual top
 - 73 Adroit humor
 - 74 U.S.-Canada air-watch org.
 - 75 Bit of an oval
 - 76 Title for Ringo Starr
 - 77 Baseball great Mel
 - 78 "Selena" star, familiarly
 - 79 "What's — for me?"
 - 80 Loretta of "M*A*S*H"
 - 81 Deep anger
 - 82 Virtuoso
 - 84 Minister's study: Abbr.
 - 86 Big name in motor scooters
 - 88 Detach, as a badge
 - 90 Pacific Ocean nation
 - 92 "— -haw!"
 - 93 Actor Rob
 - 94 Snared with a lasso
 - 95 Like a clear night sky
 - 97 Angry mutt's sound
 - 99 Poetic tribute
 - 100 Arab chiefs
 - 101 Mysterious — Canals
 - 102 Great Lakes' —
 - 103 Whirled
 - 104 Actor Neill
 - 105 — kwon do
 - 106 Foe of Liston
 - 108 Have the gall
 - 110 Touch gently
 - 112 A bit wet
 - 115 Cure- — (elixirs)
 - 116 Lawn growth
 - 118 Ties tightly
 - 120 Casual affair
 - 124 Rescue financially
 - 126 Even one
 - 127 Former Honda SUV
 - 128 Put under water
 - 129 TV's Jean- — Picard
 - 130 Serpent stuff
 - 131 Super Bowl stats
 - 132 Ceases
 - 133 Volcanic stuff
 - DOWN**
 - 1 Casino disks
 - 2 Hazard
 - 3 Alternative to eBay or Etsy
 - 4 Bryn — College
 - 5 Worship
 - 6 Canadian expanse on the border with Alaska
 - 7 Brighton beer
 - 8 Tall and thin
 - 9 Apple media player
 - 10 Kathmandu's country
 - 11 Coil about
 - 12 "Wham!"
 - 13 Garden pest
 - 14 Major film studio
 - 15 \$5 bills, slangily
 - 16 Not well
 - 17 Prefix with orthodox
 - 18 First-aid ace
 - 22 Ladies' men
 - 27 Unconcern
 - 29 "So long!"
 - 33 Kayaks' kin
 - 36 1991 film about a family exiled from Uganda
 - 37 — noire
 - 38 Santa — (hot winds)
 - 40 Much tabloid reportage
 - 42 Actor Sean
 - 44 Comic Mort
 - 46 Gym units
 - 47 Attended
 - 48 Brunch order
 - 50 With the current ... or what appears at the starts of eight long answers in this puzzle?
 - 54 Dual-sport Sanders
 - 56 2007 Stanley Cup losers
 - 64 Up to, in ads
 - 66 Hall & —
 - 68 Jackie's #2
 - 70 Less stuffy
 - 71 Fads, e.g.
 - 74 Co-founder of the band Chic
 - 80 Accelerated
 - 83 — avis
 - 85 Brain wave tests, in brief
 - 87 Cease
 - 89 Roving types
 - 90 Jrs.' exam
 - 91 Razor name
 - 96 Scold loudly
 - 98 Act like a lion
 - 103 Bagel seed
 - 107 Ain't right?
 - 109 Overzealous
 - 111 Have faith
 - 113 Dish lists
 - 114 Pump (up)
 - 115 As well
 - 117 Family of PC games
 - 119 Plains natives
 - 120 Nero's 605
 - 121 "How — ya?"
 - 122 Chaney of chillers
 - 123 A cow chews it
 - 125 Oahu wreath

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19			20							21		22					
23			24							25							
26			27				28		29		30						
31				32		33		34			35			36	37	38	
		39		40		41		42		43		44		45		46	
47	48				49			50			51						
52					53			54		55		56		57			
58					59					60				61			
62				63	64			65		66		67	68		69	70	71
72					73			74				75			76		
77					78			79			80				81		
		82	83			84	85			86		87			88	89	
90	91					92				93					94		
95					96		97	98			99				100		
101							102			103					104		
105					106	107		108		109			110		111		112
					115			116			117		118		119		
120	121	122					123			124		125				126	
127										128						129	
130							131									133	

King Crossword

- ACROSS**
- 1 Hula swivelers
 - 5 Kvetch
 - 9 Comedian Margaret
 - 12 Inky stain
 - 13 Stead
 - 14 Bond rating
 - 15 Sooner State native
 - 17 "The A-Team" actor
 - 18 Trails
 - 19 Rose parts
 - 21 Halloween disguises
 - 24 Rating unit
 - 25 iPhone down-loads
 - 26 Skunk relatives
 - 30 "— was saying ..."
 - 31 Passion
 - 32 — tai
 - 33 Olympic winner
 - 35 Poet of yore
 - 36 Dutch cheese
 - 37 Arm bones
 - 38 Peer in a box
 - 40 The Emerald Isle
 - 42 Branch
 - 43 Intermediary
 - 48 "Patience — virtue"
 - 49 Thus
 - 50 Corn recipe
 - 9 TV station employee
 - 10 Injure
 - 11 Feed-bag filler
 - 16 Possesses
 - 20 Tic- — -toe
 - 21 Sir's counter-part
 - 22 Church section
 - 23 Peter Parker's alter ego
 - 24 Coin aperture
 - 26 Prudish
 - 27 Takes too much, in med.
 - 28 Skater Lipinski
 - 29 Faction
 - 31 Fear-stricken
 - 34 Big fuss
 - 35 Censors
 - 37 Internet address
 - 38 Hoosegow
 - 39 Celestial bear
 - 40 Jittery
 - 41 Altar vows
 - 44 Roth svgs. plan
 - 45 Extinct bird
 - 46 Picnic crasher
 - 47 Born
- DOWN**
- 1 "Veep" ailer
 - 2 Sort
 - 3 D.C. figure
 - 4 Celery servings
 - 5 Drain block-age
 - 6 Intends
 - 7 Actor Stephen
 - 8 Groan-inducing humorist
 - 91 PC linkup squares
 - 92 Calendar
 - 93 Fill up
 - 94 TV station employee
 - 95 Injure
 - 96 Feed-bag filler
 - 97 Possesses
 - 98 Tic- — -toe
 - 99 Sir's counter-part
 - 100 Church section
 - 101 Peter Parker's alter ego
 - 102 Coin aperture
 - 103 Prudish
 - 104 Takes too much, in med.
 - 105 Skater Lipinski
 - 106 Faction
 - 107 Fear-stricken
 - 108 Big fuss
 - 109 Censors
 - 110 Internet address
 - 111 Hoosegow
 - 112 Celestial bear
 - 113 Jittery
 - 114 Altar vows
 - 115 Roth svgs. plan
 - 116 Extinct bird
 - 117 Picnic crasher
 - 118 Born

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

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

- | | | | |
|------------|-----------|------------|------------|
| Axes | Grid | Line chart | Title |
| Bar chart | Histogram | PERT | Tree chart |
| Data | Labels | Plot | Variables |
| Flow chart | Legend | Scale | |

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

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	8:51 pm	4:14 am	None	None
Sat	9:56 pm	5:16 am	None	None
Sun	10:59 pm	6:09 am	None	None
Mon	2:55 pm	6:56 am	11:56 pm	4:57 pm
Tue	3:07 pm	7:37 am	None	6:02 pm
Wed	12:50 am	8:13 am	3:19 pm	7:03 pm
Thu	1:41 am	8:45 am	3:33 pm	8:03 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	7:56 pm	4:16 am	None	None
Sat	9:01 pm	5:18 am	None	None
Sun	10:04 pm	6:11 am	None	None
Mon	2:00 pm	6:58 am	11:01 pm	4:59 pm
Tue	2:12 pm	7:39 am	11:55 pm	6:04 pm
Wed	2:24 pm	8:15 am	None	7:05 pm
Thu	12:46 am	8:47 am	2:38 pm	8:05 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	11:15 am	3:54 am	8:44 pm	2:57 pm
Sat	11:59 am	4:55 am	10:10 pm	4:00 pm
Sun	12:32 pm	5:51 am	11:14 pm	5:05 pm
Mon	1:06 pm	6:41 am	None	6:02 pm
Tue	12:03 am	7:27 am	1:42 pm	6:57 pm
Wed	12:48 am	8:10 am	2:21 pm	7:52 pm
Thu	1:35 am	8:48 am	3:02 pm	8:47 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	11:01 pm	7:30 am	None	None
Sat	None	8:32 am	None	None
Sun	12:06 am	9:25 am	None	None
Mon	1:09 am	10:12 am	5:05 pm	8:13 pm
Tue	2:06 am	10:53 am	5:17 pm	9:18 pm
Wed	3:00 am	11:29 am	5:29 pm	10:19 pm
Thu	3:51 am	12:01 pm	5:43 pm	11:19 pm

My Stars ★★★★★

FOR WEEK OF JANUARY 24, 2022

Aries (March 21 to April 19) You're eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

Taurus (April 20 to May 20) Doff a bit of that careful, conservative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

Gemini (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it's what you must do. Cheer up. Something more pleasant will soon occupy your time.

Cancer (June 21 to July 22) As you dutifully tidy your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

Leo (July 23 to August 22) Your achievements are admirable as you close out the month with a roar. Now you can treat yourself to some well-earned time off for fun with family or friends. (Or both!)

Virgo (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open your mind before you give someone a piece of it.

Libra (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There's a challenge out there that's just right for you.

Scorpio (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far you go with it depends on you.

Sagittarius (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

Capricorn (December 22 to January 19) While few can match the Goat's fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

Aquarius (January 20 to February 18) Easy does it when it comes to love and all

continued on page 54

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From page 52

My Stars

the other good things in life. Don't try to force them to develop on your schedule. Best to let it happen naturally.

Pisces (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.

Born This Week: Sometimes you forget to take care of yourself, because you're so busy caring for others. But you wouldn't have it any other way.

MOMENT IN TIME

- On February 1, 1884, the first portion of the Oxford English Dictionary (OED) is published. Originally begun in 1857, it was estimated the project would take 10 years to finish. In fact, it took over 40 years. The OED covers all vocabulary from the Anglo-Saxon period (1150 AD) to the present.

NOW HERE'S A TIP

- To soften food that is stuck on a pan, try soaking it overnight with fabric softener. Just fill the pan with enough water to cover the burned-on food, then lay a dryer sheet of fabric softener in the pan (poke it down so it will stay under the water). The next morning, you should be able to wipe the food right off. You can even use the fabric softener sheet as a scrubber.

- AS in Maryland

- I installed rivet rings in the corner of my bathroom towels. Now, when I hang

a towel up, it stays hung up.

- IS via e-mail

- Ways to avoid spam, that nuisance e-mail that comes to fill your e-mail box in droves: Use a name that has both words and numbers. Keep a separate "free" e-mail address for bill-paying and one for shopping. Be sure to report spam to your e-mail provider. Up your filter and add everyone you know to your address book or "safe" list. - via e-mail

- To keep thread straight when threading needles, I run the end across a cheap glue stick. It works very well, and the glue washes right out of the thread. Or, if you are afraid it will be sticky, you can just clip the end off before you start sewing.

- TE in Kentucky

- To make butter easier to spread on bread or toast, we keep a stick in a plastic sandwich baggie. We just handle the butter a bit through the bag. It softens, but doesn't overmelt, like when you put it in the microwave. You can just reseal the baggie and put it back in the fridge.

- NU in Florida

- To make your carpets look clean in a hurry, like if you are having company over, just sweep them with your broom.

- CC in Pennsylvania

STRANGE BUT TRUE

- In 2016, KFC released edible nail polishes in Hong Kong. They came in Hot & Spicy and Original flavor.

- The main reason why Mickey Mouse, Donald Duck, Pinocchio and other early Disney characters wore gloves is because it was easier to animate

them and helped the characters appear to be more humanlike.

- It is illegal to name your pig Napoleon in France.

- Eighty-year-old Tatsuo Horiuchi has created paintings in Microsoft Excel for over 15 years, using vector drawing tools developed primarily for graphs and simple shapes to make panoramic scenes of life in rural Japan.

- More salt is used to remove ice from roads than for eating.

- A Tennessee judge ordered a name change for a baby named "Messiah." She was later fired after the decision was found unconstitutional on appeal.

- Hexakosioihexekontahexaphobia is the fear of the number 666.

- There was a tree in Glastonbury, England, that was known to flower on Christmas Day. Locals were disappointed that it did not obey the switch to the Gregorian calendar in 1752.

- George HW Bush's hatred of broccoli was so intense that he mentioned it 70 times during his presidency, banned it from the White House, and blamed the extinction of the dinosaurs on it.

- Speaking of those famous reptiles, in 1992 after paying for entry to the "Dinosaurs Live!" exhibition at the Memphis Zoo, six visitors demanded a refund. Their grounds? It didn't contain live dinosaurs.

THOUGHT FOR THE DAY

"For pilgrims walking... every footfall is doubled, landing at once on the actual road and also on the path of faith."

- Robert Macfarlane

TRIVIA TEST

- Food & Drink:** What grain is the Japanese wine sake made from?
- Medical:** What is the common name for the condition called aphonia?
- Animal Kingdom:** What is a gastropoda?
- History:** In what city was the United States' Declaration of Independence signed?
- General Knowledge:** What word does the "R" movie rating stand for?
- Music:** How old was Mozart when he began composing music?
- Movies:** Who voiced Mufasa in the animated movie *The Lion King*?
- Astronomy:** What is the largest moon orbiting a planet in our solar system?
- Television:** What is the family's last name in drama series *Blue Bloods*?
- U.S. States:** Which state goes by the nickname "Green Mountain State"?

TRIVIA ANSWERS

- Rice
- Complete loss of voice
- A snail
- Philadelphia, Pennsylvania
- Restricted
- 5 years old
- James Earl Jones
- Ganympede
- Reagan
- Vermont

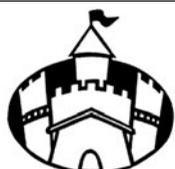
SCRAMBLERS ANSWER

- Breath
- Route;
- Printer;
- Blare

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6/5 * TFN

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1/28 * 3/4

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12/24 * 3/11

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12/3 * 2/18

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4/20 * TFN

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We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake.

Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 * TFN

HELP WANTED

NEWSPAPER PRODUCTION

Full- or Part-time in-house position at Island Sun on Sanibel. Must be detail oriented, proficient in Adobe InDesign and pagination. Wage commensurate with experience. Tolls paid. Email resume to: islandsunlorin@aol.com.

1/14 * TFN

NOW HIRING-HELP WANTED

Heidrick & Co. Insurance is hiring for two full-time positions in our busy, Sanibel office. Please visit our website at www.sanibelinsurance.com/aboutus/careers for details.

1/28 * 2/18

FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to sanibelsole@gmail.com.

11/19 * TFN

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WHIMS NEEDS PART TIME OR FULL TIME HELP PLEASE!

We are hoping to find an upbeat and energetic person to come have fun with us working 2 or 5 days a week at Whims on Periwinkle. Please call 239-322-6101 or drop by the shop in the Baileys Plaza.

Thanks, Beth

1/7 * TFN

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1/21 * 1/28

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1/28 * 1/28

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PETS OF THE WEEK



Autumn ID# A903739
photos provided Franny ID# A903949

Lee County Domestic Animal Services

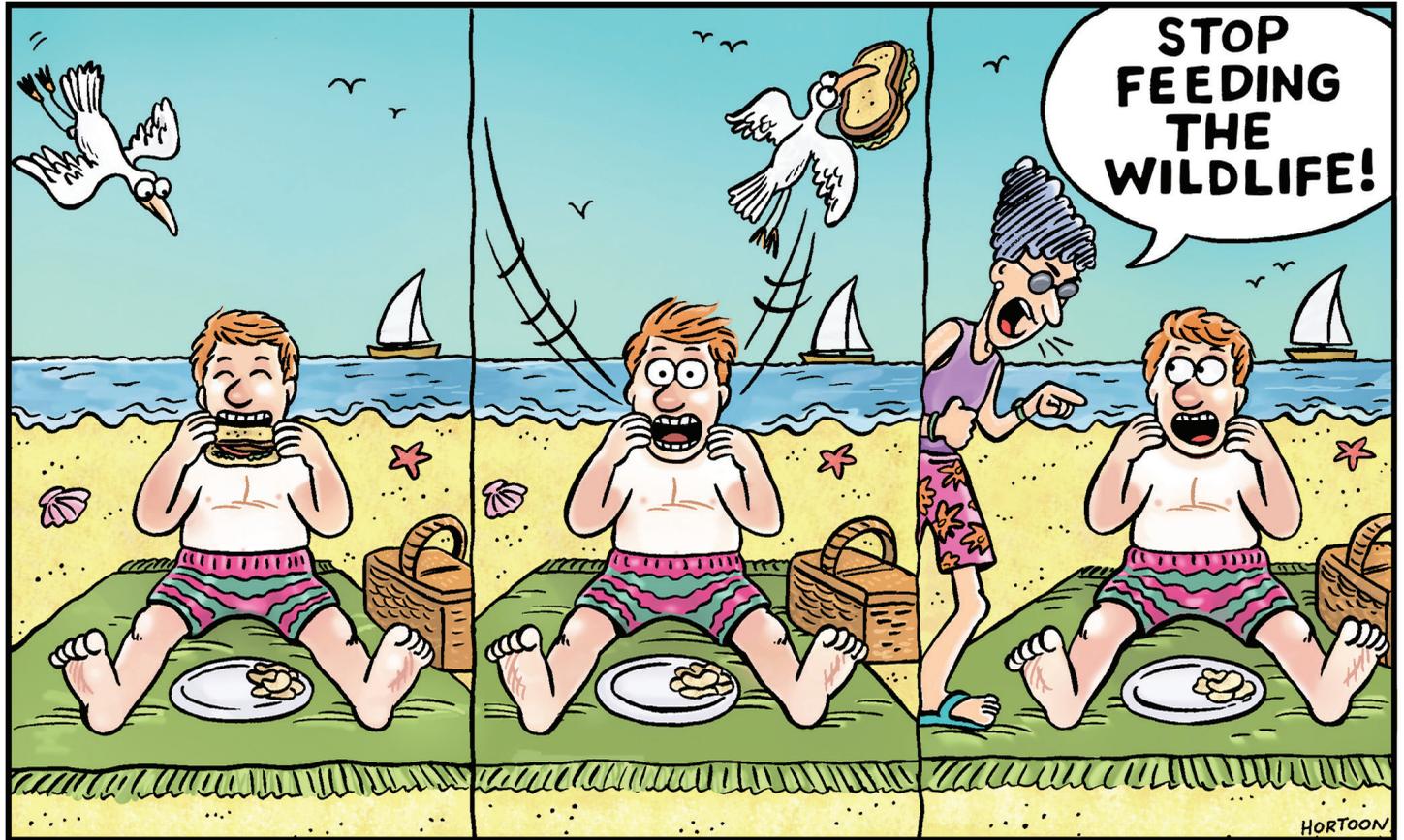
Autumn And Franny

Autumn is a 2-year-old German shepherd mix who is well-mannered and likes to go for walks. Her adoption fee is \$25.

Franny is a 1-year-old domestic shorthair who loves to play. Her adoption fee is \$10.

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

HORTOONS



PUZZLE ANSWERS

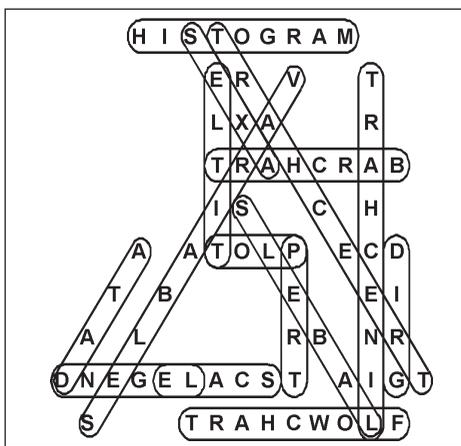
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	2005	10,907	\$6,495,000	\$6,000,000	17
Costa Amalfi	Miromar Lakes	2018	4,354	\$3,300,000	\$3,300,000	0
St. Charles Harbour	Fort Myers	2001	5,166	\$3,389,000	\$3,200,000	21
Shell Harbor	Sanibel	1976	2,389	\$2,358,000	\$2,000,000	141
Summerfield	Estero	2000	3,759	\$1,695,000	\$1,850,000	2
Cape Coral	Cape Coral	2020	2,642	\$1,800,000	\$1,800,000	9
Cape Coral	Cape Coral	2016	2,217	\$1,895,000	\$1,600,000	8
Tradewinds	Sanibel	1969	1,090	\$1,498,000	\$1,400,000	67
Shell Harbor	Sanibel	1973	1,872	\$1,399,000	\$1,330,000	12
Little Hickory Shores	Bonita Springs	1971	1,760	\$1,375,000	\$1,326,000	106

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