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VOL. 29, NO. 32

SANIBEL & CAPTIVA ISLANDS, FLORIDA

FEBRUARY 4, 2022

FEBRUARY SUNRISE/SUNSET: 4 7:12 • 6:13 5 7:11 • 6:13 6 7:11 • 6:14 7 7:10 • 6:15 8 7:09 • 6:16 9 7:09 • 6:16 10 7:08 • 6:17

Speaker To Discuss Spending In Political Arena

No one has done more to expose the wave of secret spending in politics than Jane Mayer. It's ironic because, she said, "I am terrible at math and always have been. This is a very unlikely area for me to be an expert in."



Jane Mayer

Mayer is next up in the BIG ARTS Talking Points series on Thursday, February 10 at 4 p.m. in Christensen Performance Hall. The program is sponsored by The Sanibel Captiva Trust Company.

In 2016, Mayer authored *Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right*.

In the book, she tells how a group of conservatives financed a virtual factory of think tanks, political action committees, advocacy organizations, academic centers, media pundits and faux grassroots groups.

"It all goes back to Charles Koch in 1980," Mayer said. "He decided it wasn't worth just betting on politicians to win. They didn't want to just back the politicians. They want to write their scripts, make them say what they wanted them to say."

So Koch, the CEO of Koch Industries, a large industrial conglomerate, innovated a broad complex of advocacy operations, successfully hiding the funding behind loosened disclosure laws.

As Mayer relates in *Dark Money*, the new wave of political spending surfaced dramatically in the 2010 mid-term election, in President Obama's first term, when Republicans took over the House of Representatives and made gains in the Senate. Since then, the dark money complex, sometimes called the "Kochtopus," has established an outsized place in the U.S. political system. Mayer

continued on page 24

Audubon Lecture On Wetlands And Wood Storks

The Sanibel-Captiva Audubon Society will hold its next lecture of the season virtually on Thursday, February 10 at 7 p.m. The webinar program, entitled *Wetlands, Water and Wood Storks*, will be presented by Dr. Shawn Clem,



Dr. Shawn Clem

Audubon Florida's Western Everglades Research Center is located at Corkscrew Swamp Sanctuary just east of Naples. Dr. Clem is a community ecologist with 20 years of experience in researching and describing the ecology, hydrology and

impacts from environmental stressors on the region, with past positions and projects at Everglades National Park, Audubon's Everglades Science Center in Tavernier, and Big Cypress National Preserve.

Dr. Clem helped establish Corkscrew's research center in 2013. She is focused on filling science gaps in order to answer critical questions about Western Everglades' conservation and restoration. Current long-term monitoring projects include tracking and understanding hydrology, wood storks and other wildlife changes at Corkscrew, gauging restoration success on Panther Island Mitigation Bank, and documenting changes in fish communities within the Picayune Strand Restoration Project.

Under her direction, Audubon's research program is focused on better understanding and describing the region's unique ecology in light of increased environmental pressures, and using this understanding to guide wetland conservation, stewardship and restoration throughout the boundaries of Corkscrew

continued on page 20



Kathleen Taylor's watercolor of the post office

image provided

Plein Air Exhibit Opens Saturday

The Sanibel Historical Museum & Village and Sanibel-Captiva Art League plein air exhibit opens Saturday, February 5. Paintings by art league members showcase the various historical structures. Mediums include

watercolor, acrylic, gouache and oil. All works are for sale.

"The exhibit offers a great opportunity to own original artwork of the village," said Historical Village Executive Director Emilie Alfino. "We enjoy hosting the painters coming often to the village and watching them painting our unique and wonderful buildings. It's a delight to have

continued on page 30

Live Auction To Feature Sculptor's Creation In Gold

For the 40th anniversary of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), island sculptor Jim Sprankle is working with The Cedar Chest Fine Jewelry of Sanibel to create a first-of-its-kind, carved-wood roseate spoonbill feather with 18-karat gold and diamond accents. It will be the featured live auction item at the 10th annual Go Wild for "Ding" fundraiser on Wednesday, February 9 at The Community House starting at 5:30 p.m.

Tickets are on sale for \$150 each and moving quickly at tinyurl.com/GWTickets. Ticket purchase includes drinks, dinner, silent and live auctions, live entertainment and a unique program built around this year's theme: Year of the Anhinga – Soar for 40 More. The anhinga is DDWS' signature bird, featured on its logo.

"Stay tuned for exciting plans to be revealed about future projects at the JN "Ding" Darling National Wildlife Refuge, which this, our biggest fundraiser of the year, supports 100 percent," said DDWS Executive Director Birgie Miller. "Jim's annual feather carving auction is always a highlight, but this year, a first-of-its-kind piece promises to create extra



Master sculptor Jim Sprankle works on his hallmark feather carving photo provided excitement."

Sprankle, a world-renowned sculptor, has carved a signature feather pin for the fundraiser each year. The bid winner becomes a member of the exclusive, 60-plus-member Sprankle Feather Club, which flocks together for an annual event.

This year's hand-carved, hand-painted and artist-signed feather pendant will be

continued on page 22

Community House Calendar

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

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.

Treat your sweetheart to a Valentine's Day dinner to go on Monday, February 14. Menu includes lobster medallion, creamy chicken vol-au-vent, filet mignon or whole maine lobster, and raspberry



The Community House photo by Logan Hart

chocolate mousse cake. Cost is \$75 per person. Reserve ahead for pickup between 5 and 6 p.m. Visit www.sanibelcommunityhouse.net or call 472-2155.

The Sanibel-Captiva Rotary Arts & Craft Festival returns Friday and Saturday, February 19 and 20 from 9 a.m. to 4 p.m. Free parking and \$5 donation to enter.

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.**

Annual Pulpit Exchange

Bat Yam Temple of the Islands and Sanibel Congregational United Church Christ are hosting the annual Pulpit Exchange with Rabbi Stephen Fuchs and Senior Pastor John Danner. Pastor Danner will give the sermon Divine Designs (Exodus 25:1-9) at Bat Yam's Shabbat service on Friday, February 4 at 7 p.m.

Rabbi Fuchs will preach I Am a Man of Unclean Lips (Isaiah 6:1-8) at Sanibel Congregational Church services on Sunday, February 6 at 9 and 11 a.m.

All services will be held at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way. Masks are required at all services.*

Super Bowl Sandwich Platters

Bengals vs. Rams Sunday, February 13

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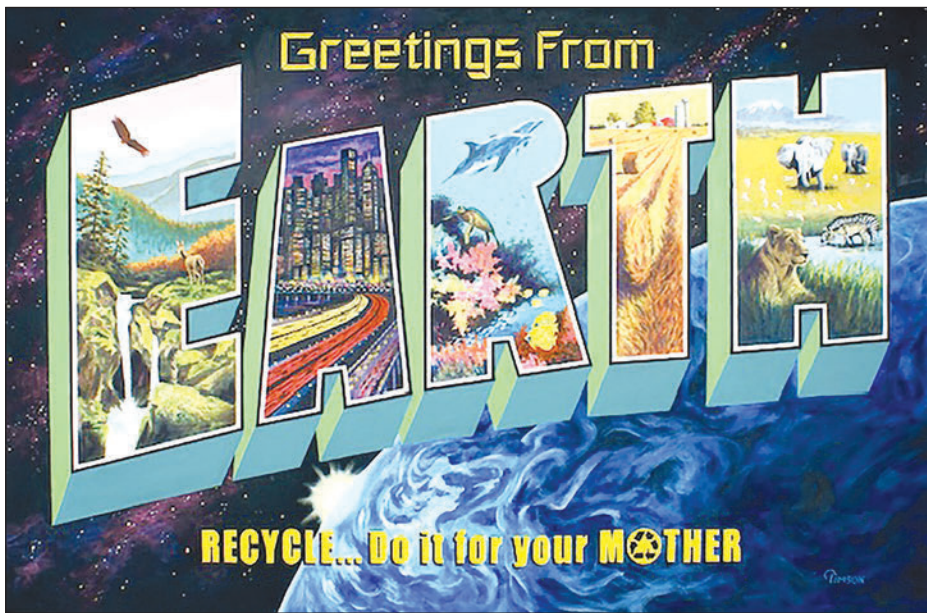
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Postcard by Stan Timson

images provided

February Exhibit Features Two Local Artists

The Sanibel-Captiva Art League will be exhibiting artwork from local artists Marcy Calkins and Stan Timson during February at The Community House. The exhibit is open to the public during business hours; Monday through Friday, 9 a.m. to 3 p.m.

Calkins likes creating a visual invitation on canvas to a current event or an introspection. Her creative "multiple personality" sometimes channels Monet, Audubon, Hopper, Magritte or Matisse. Eliciting viewers to immerse, ponder or to laugh drives her painting. She works primarily in oil and acrylic. Her work is held in private collections in the U.S. as well as some abroad. Paintings may be viewed at www.marcycalkins.com.

Timson divides his time between Southwest Florida and Chester County, Pennsylvania. His artwork reflects his love of both regions. He works primarily in oil and acrylic. After a 35-year career as an art director, he retired and devotes his time to drawing and painting. Timson is recognized for his "Greetings From..." series that recreates the colorful and graphic large-lettered



Great white heron by Marcy Calkins

postcards from the 1940s and '50s.

The Community House is located at 2173 Periwinkle Way on Sanibel. A virtual gallery can be viewed on the website at www.sanibelcommunityhouse.net.✧

Bat Yam Hosting Talk On Czech Torah Scrolls

Bat Yam Temple of the Islands will host a Zoom talk on Saturday, February 5 at 11 a.m. on Light Beyond the Shadows – The Legacy of the Czech Torah Scrolls.

Learn about the miraculous survival of 1,564 Czech Torah Scrolls, the towns where Jews lived, the resilience of Czechs and the resurgence of a new generation of Czech Jews who are beginning to learn about their Jewish identity. Learn

about the journey of Bat Yam's treasured Torah from the Czech town of Boskovice to Westminster in England and ultimately to Sanibel Island.

The three co-presenters are: Sheila Pally, Czech Torah Scrolls photographer and co-author of *Light Beyond the Shadows: A Legacy of the Czech Torah Scrolls*; Lois Roman, trustee of the Memorial Scrolls Trust; and Julius Muller, genealogist and founder of Toledot, Jewish Family History Center in Prague, co-author of *Light Beyond the Shadows: A Legacy of the Czech Torah Scrolls*.

For the link to the Zoom presentation, email Janice Block Chaddock at janiceblockchaddock@gmail.com.✧



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Sanibel ferry landing, 1958

Sanibel Historical Museum And Village

Looking Back: Ferry Landing

This week's image shows Sanibel's ferry landing in 1958. In his 1955 refuge report, Tom Wood, wildlife refuge manager, noted that the ferry brought 33,945 visitors to the refuge from January through April, and



photo courtesy Sanibel Historical Museum and Village

estimated another 1,800 came by boat and plane.

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

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Shabbat services including Torah reading Friday 7 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, 847-309-3926. Email changes to press@islandsunnews.com or call 395-1213.✧



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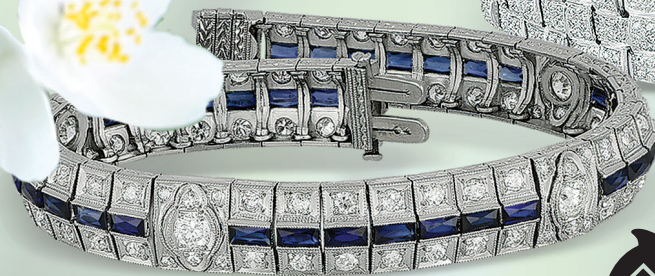
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Shell Crafting

Valentine Mirror



Shell adorned heart-shaped mirror
photo provided

by Anne Joffe

Valentine's Day is coming soon and one of the most popular things to do with shells found on our beaches is to make a shell mirror. It is also one of the easiest. Precut mirrors attached to masonite boards come in several sizes and shapes, and come with the hanger. You may want to purchase a few additional shells to add color to your collected ones. The same technique used in this mirror applies to all sizes and shapes.

- Materials
- Heart-shaped mirror frame
 - Tacky glue or you can use a glue gun

- Assorted shells and sea life
Crystal clear glaze
Instructions
1. Use only clean shells. Soak beach shells overnight in a 50-50 solution of bleach and water. Wash and rinse thoroughly and let dry completely.
 2. Select the shells you will use, broken and chipped shells can be used for the base.
 3. Always begin by covering the inside border where the mirror and the frame meet. Do not let any of the masonite show. It doesn't make any difference if you use all the same shells or different ones, it's your mirror. Use smaller shells and begin to glue them down over the border.
 4. Glue the first layer of shells on the frame. You can use the broken and chipped ones here. You are building the base. Always put the glue on the shell, not the frame. These should be placed side by side, flat onto the frame, not overlapping.
 5. Add the next layer of shells by fitting them together as a jigsaw puzzle. Here, you can hide the flaws. By fitting them together, you will get a nice beveled look. Don't worry if you get any glue on the mirror itself, it will peel right off when it dries.
 6. Continue to build up by gluing shells, touching each other so that none of the frame shows through. Add finishing touches, such as tiny shells, sea horses, small sand dollars or sea stars, or some colorful store-bought shells.
 7. Cover the actual mirror with a paper towel, shake the can of glaze well, and

lightly spray over the entire frame and the glued on shells. This will add a shine as well as bring out the color of the shells. Let dry completely before hanging.
Anne Joffe has owned *She Sells Sea Shells on Sanibel* since 1976. She is the

author of *ShellCrafting Vol. 1 and Vol. 2*. Joffe judges *Artistic and Scientific* categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.✧

Catholics Hold Annual Baby Shower



Table boxes
photos provided

The SanCap Catholics held their annual Right to Life & Baby Shower on January 20 to collect donations of money and clothing in support of the children served by Guadalupe Social Services in Immokalee.

Over 65 members attended the mass and community breakfast, which featured an inspirational talk by Deacon Andrew Lacovara of St. Ignatius Parish in Baltimore, Maryland. Entitled *Life is sacred in ALL forms and ALL seasons*



Deacon Andrew Lacovara speaks to the group

of Life, Lacovara's message reflected on the theme that life's challenges should be viewed as a "seamless garment" requiring a consistent application of moral principles valuing all phases of the sanctity of life.

Lacovara is the youngest son of Philip and Madeline Lacovara, full-time residents of Sanibel.✧

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City Workshop On Center 4 Life Signifies Stall

by Wendy McMullen

“Pause” seemed to be the watchword at the Center 4 Life workshop held on January 26. Sanibel City Councilmembers were generally of the opinion that adoption of specific plans for the proposed new Center 4 Life building should be put on hold pending the results of a recreation study or an overall assessment of city-owned properties and future needs. Councilman John Henshaw led the move to stall on the Center 4 Life building. “I can’t make a decision about or even talk about Center 4 Life without really understanding the total package of all of our needs,” he said, citing the way in which the pandemic has changed everything from future needs to building costs. “We have to start thinking a little more holistically about everything we have in the city. We desperately need to see what this study finds,” Henshaw said, referring to the Comprehensive Recreation Study that the city has commissioned. This study is designed to determine what the entire community wants in terms of recreation facilities. Henshaw was supported by Vice Mayor Richard Johnson who said that he would be looking at balancing the need for a particular facility with whether it was the right fit for the community as a whole. “Let’s make the right decision. Let’s not make a quick decision,” Johnson said, recommending that the discussion be left open until all the city-owned properties are assessed. His view was echoed by longtime resident Darla Letourneau who said that everything had to be looked at again in the light of the new realities. “It’s taxpayers dollars,” she told city council. “So much has changed, we have to use the resources to the benefit of everyone.” Councilman Scott Crater, however, was keen to go ahead with the plans, staying within the same footprint and putting the seniors in the former bank building, and

questioned waiting 10 months for the result of the recreation study. “They want to have it done while they’re still on this earth to enjoy it,” Crater said. Island Seniors, however, did not seem to want the large rooms and high ceilings in the bank building. Island Seniors board member Katie Reid said that they wanted narrower corridors and lower ceilings to recreate a cozy, comfortable atmosphere. “We don’t like the large rooms, the high ceilings, the sterile atmosphere, the wide passageways; we want to keep it like a home away from home,” Reid said. Membership in Island Seniors dropped from 833 members to 173 members as the Center 4 Life closed as a result of the pandemic. The seniors are currently using the Osprey Room at the Sanibel Recreation Center for their social activities, but many complain that the two miles from the center of town is a long drive and prefer the central location on Library Way. “Geographically, you want to have people in the town center,” said resident Ed Holden, urging the city to act before costs rise more. “The rec center is out in the wilderness.” Many speakers at the meeting, however, felt the current arrangement was ideal for the seniors and that spending \$5 million on a new center was a waste of money. Tommy Williams, an opponent of remodeling the bank for a senior center and leader of the group Citizens for Fiscal Responsibility, told city council that membership in the Senior Center had been dropping for years prior to COVID. “I was in there probably every other day for several years. I know exactly how those programs were either rising or falling in participation. It has nothing to do with COVID,” he maintained. The four pieces of land under discussion at the Center 4 Life workshop were the three parcels of land which currently make up the Center 4 Life complex on Library Way (formerly the Sanibel Library) and the adjacent building that previously housed Sanibel Captiva Community Bank. The first three parcels were acquired by the City of Sanibel in 1993 when a new library was built on Dunlop Road. The bank building was bought by the city in 2019 at a cost of \$1.9 million. The Center 4 Life building on Library

Way has been the home for Island Seniors, a nonprofit organization formed to provide recreation programs for seniors, and Community Housing and Resources, which supplies below market rate housing to lower income residents. The city subsidizes both programs and provides 90 percent of the funding for Island Seniors. No formal actions were taken at the workshop. The issue was added to Tuesday’s regular city council meeting to confirm decisions tentatively reached by council at the workshop.*

COVID Numbers Still High But Decreasing

by Wendy McMullen

Transmission of COVID-19 in Lee County is still high but going down, Sanibel City Council members heard at Tuesday’s meeting. The number of cases decreased from 12,815 to 10,183 in the week ending January 23. New hospital admissions increased from 372 to 399. Nevertheless, the percentage of beds taken up by COVID-19 decreased as a result of shorter hospital stays. Deaths from the virus in Lee County remained steady at 16. All of Florida remains in a high community transmission state and the state health department recommends wearing a mask indoors in public. City Councilman Dr. Scott Crater also recommended vaccination for everyone. He emphasized that a person who has had no shots is 78 more times likely to die than someone who has three shots. Vice Mayor Richard Johnson also called for the continuation of masks. Johnson, owner of Bailey’s General Store, has reinstated the mask mandate in the store. “Overwhelmingly, our people feel more comfortable wearing masks,” Johnson said. “I heard very loudly from my community regarding masks, and if this makes our community feel safer, then I’m for it.” Masks are still required in city-owned facilities with the exception of the recreation center, where masks are optional.*

Workshop On Strategic Plan Set

by Wendy McMullen

City Councilman John Henshaw’s plan to hold a town hall meeting at The Community House was co-opted by the entire city council at Tuesday’s council meeting. So the town hall meeting was renamed a community workshop. It will still take place on Tuesday, February 15 from 6 to 10 p.m. at The Community House. The purpose of the workshop is to collect ideas from everyone to apply to island problems such as creating a young and diverse community, protecting the environment, setting sights for the strategic plan for community buildings and to consider comprehensive thinking around the Sanibel Land Use Plan. “There is nothing more valuable than listening to our constituents,” said Vice Mayor Richard Johnson. “We have a great deal of knowledge and intelligence here.” “I think the public is anxious and interested in being engaged and there is a real need for this,” said Sanibel resident Darla Letourneau, speaking in public comment. “I thank you for being willing to truly listen and use it to build a strategic plan.”**

Resident Challenges Ban On Development

by Wendy McMullen

Longtime resident and former city councilmember Peter Pappas said in public comment at Tuesday’s city council meeting that the city could not deny permission to build on vacant land that is in an established subdivision. His comments referred to a direction to planning staff at December’s city council meeting to put together a memo identifying properties in platted subdivisions that planners would like to designate as protected conservation land. continued on page 14

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Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

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Ann Ziehl, Manager
Amanda Hartman

Reporters
Kathy Kurtz Ferrari
Wendy McMullen

Contributing Writers

Kay Casperson	Dr. Jose H. Leal, PhD
Constance Clancy, EdD	Kealy McNeal
Suzy Cohen	Capt. Matt Mitchell
Linda Coin	Trinette Nelson
Cindy Carter	Howard Prager
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Holly Merker photo provided

Mindful Nature Experiences Topic For Lecture

Learn why getting your daily dose of ornithotherapy is just what the doctor ordered at a lecture by Holly Merker, author, art therapist and environmental educator. Merker will speak on Friday, February 11 at 10 a.m. as part of the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) free lecture series. The program, Ornithotherapy: How a Deeper Experience with Nature Can Enrich Your Mind, Body, and Soul, will be held at The Community House, located at 2173 Periwinkle Way on Sanibel.

As part of DDWS’ 40th anniversary Wellness Week, February 5 to 12,

Merker’s presentation explores a mindful approach to the observation of birds and how it benefits holistic health and wellbeing. Based on the book *Ornithotherapy: For Your Mind, Body, and Soul*, which she co-published with Richard and Sophie Crossley in 2021, Merker will talk about how allowing birds and nature to slow you down actively reduces stress, depression and anxiety, while helping to build a stronger heart and immune system.

Merker has worked as a professional birding instructor for National Audubon, American Birding Association and other organizations. Passionate about connecting young people to birds, she co-founded the Frontiers in Ornithology Symposium, and has facilitated young birder groups and teen birding camps.

Dedicated to bird conservation, Merker has been state coordinator and reviewer for Cornell Lab of Ornithology’s eBird Pennsylvania since 2005 and a two-term voting member and chair of the PA Ornithological Records Committee. She is currently promoting the practice of ornithotherapy across the U.S.

Socially distanced seating for the is limited and available on a first-come basis. Staff will be taking temperatures and distributing a limited number of entry wristbands to attendees beginning at 9 a.m. that day. Guests must be wearing wristbands and facemasks to enter the lecture room. Early arrivals may save their seat and one other with personal items. Saved seats must be filled by 9:45 a.m.

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

For the full schedule, visit www.dingdarlingsociety.org/articles/lecture-and-film-series.✧

Rare Junonia Going Up For Bid



Rare junonia to be auctioned off at the Sanibel-Captiva Shell Club meeting on February 6 photo provided

The junonia is often dubbed the “holy grail” of Sanibel, and then there is the junonia “freak.” At a first glance, this shell appears to be quite normal, but if you turn it over in your hand, it is apparent that it is a very unusual shell. Its curved tip makes it a collector’s dream. It was a part of a large collection that was donated to the Sanibel-Captiva Shell Club. No data was included.

This rare junonia and four other items

will be part of the auction held during the shell club meeting on Sunday, February 6 The Community House. A silent auction of over 40 shells and shell related items begins at 1:30 p.m. The meeting begins at 2 p.m. It is open to the public free of charge. Funds raised at the auctions support the Sanibel-Captiva Shell Club and it grants program.

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



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MON., WED. & FRI.

9 & 10:30 am Aerobics w/ Mahnaz

TUESDAYS

9:30 am Letting Loose
w/ Watercolor by Anita
12:30 om Social Bridge

TUESDAY, FEB. 15TH

10 am - 12 pm Guest Chef
Cooking Class

WEDNESDAYS

1 pm Painting w/ Friends

WEDNESDAY, FEB. 9TH

10 am - 3 pm Blood Drive

THURSDAYS

1 pm Chair Stretching w/ Mahnaz

FRIDAYS

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Show your love for the ocean this Valentine's Day

photo provided

Coastal Watch Hosting Ocean Love Cleanup

submitted by Kealy McNeal,
Marine Science Educator

Valentine's Day is almost here, and whether your affection focuses on a significant other, family or friends, love is all about warm feelings and being kind to one another. This day doesn't just have to be about showing

love to other people. Something that we love with all our hearts in Southwest Florida is the Gulf of Mexico.

Show your ocean love by joining Coastal Watch for a beach cleanup on the causeway islands from 10 to 11:30 a.m. on Monday, February 14. Volunteers will check in on Island A (island closest to the toll booth) at the picnic tables on the north side (facing Pine Island). Gloves and trash buckets will be provided. Bring your family and friends to help celebrate your love for the ocean. To sign up, email kmcneal@scf.org or call 472-8585, ext. 2300.✱

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JOIN US FOR SUNDAY WORSHIP WITH SERVICES AT 9 & 11 a.m.

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.

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

Meditation – Zoom only, Mondays at
4 p.m. with Christina Shaul. Zoom link:
<https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjcxcFptVWRZbGhhVkwYUXFZdz09>

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

Page Turners book discussion for
Tuesday, February 8 is *The Lincoln Highway* by Amor Towles. *Women Rowing* by Mary Pipher will be the featured book for March 8. To be added to the email list, contact Louis Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

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

Kayaking is offered on Tuesday mornings, weather permitting, from 8:30 to 11:30 a.m. Sign ups are in person only at the recreation center. Cost is \$5 for members and \$20 for non-members. Basic skill level required. Restrictions apply. Call 472-0345 for details.

Carole Fallon, retired RN, will offer a heart health seminar on Tuesday, February 15 at 1 p.m. Learn easy ways of improving your heart health and recognize when you may have a problem. Sign up in advance.

Theater tickets are still available for Florida Repertory Theatre.

For more information, visit www.center4life.com or call 472-0345.✱

Unitarians To Meet Sunday

The Unitarian Universalists of the Islands will meet at on Sunday, February 6 at 5 p.m. via Zoom to hear a sermon by Miriam Levering, a Harvard graduate and a Buddhist scholar.

Levering will discuss the life and teachings of Vietnamese monk Thich Nhat Hanh, who died recently at his home temple at the age of 95. Thich Nhat Hanh was the first Buddhist leader to speak of and create a model for "(socially) engaged Buddhism," something that never would have been accepted in India, the homeland of the Buddha.

Email Ruth Iyengar at ryi39@aol.com for the Zoom link.✱



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These colorful caladium varieties are available

photo provided

Garden Club Selling Caladiums

Shell Islands Garden Club is selling a variety of colorful caladiums this spring as a fundraiser to support island and club horticultural activities. The tuberous plants, priced at a discounted three for \$10, may be ordered now until March 6. Safe pickup will be available when the caladiums are delivered during the second week of

March. Caladiums are known for their big, heart-shaped leaves displaying amazing color combinations of white, pink, red and green. They thrive in the hot, humid summer climate and will grow well in full to partial shade. The perennials come back year after year with no need to dig them up for winterization. Each tuber has several eyes that produce the colorful leaves. "Plant them and forget about them," said Sandra Dalbec, co-chair of the

fundraiser with Carol Bytnar. "That is, until you see their spectacular colors exploding in your garden. These caladiums are absolutely gorgeous." The garden club is offering five individual varieties: Frieda Hemple, Classic Pink, Pink Beauty, Aaron and Red Alert. For those who cannot decide, there is a mixed color bag available. Instructions for planting and care are included with each order. Shell Islands Garden Club was founded in 1992 to encourage all

phases of home gardening, to study the art of flower arranging, to promote better horticultural practices and to help conserve natural resources. Each year, the organization donates the proceeds of its fundraising activities to local nonprofit groups that support the preservation of the island's native vegetation and wildlife habitat. For more information, visit www.sanibelgardenclub.org. To order caladiums, call Sandra Dalbec at 472-3366 or Carol Bytnar at 472-1410.*

Plant Smart White Moneywort

by Gerri Reaves

White moneywort (*Alysicarpus vaginalis*) is a member of the pea, or bean, family and one of three moneyworts documented in Florida, none of them native. The species' native range is Africa, tropical and subtropical Asia, and northern Australia. It was introduced to the U.S. as a food source for livestock and for erosion control. In its native range, it is also used medicinally. It is naturalized in Florida and the southern U.S., meaning that it sustains itself without cultivation. Common names include alyce clover, buffalo clover, buffalo-bur and one-leaf clover.



Non-native white moneywort is a naturalized member of the pea family photo by Gerri Reaves

This perennial herb takes an erect, trailing, or spreading form and grows to a height of four to 24 inches tall. The base is woody and the stems are covered in short soft hairs. The opposite leaves vary in shape, from oval to oblong or lance-like, and also have fine hairs. Inflorescences of six to 12 flowers appear at the top of the stems. Each flower has the classic pea family structure: five petals of different sizes and shapes. Pea flowers are called papilionaceous, derived from the Latin word for butterfly, because their flower structure resembles a butterfly. The large upper petal, called the standard or banner, varies from shades of pink, purple, or orange. Below the banner are wings, a pair

of petals tinted shades of violet. Between the banner and wings is the keel, named for its resemblance to ship's keel. It is composed of two fused petals that enclose the flower's male and female parts. The keel is violet, green, or magenta with a purple tip. The flattened pods have four to seven segments, measure a half-inch to an inch long, have fine hairs and ripen from green to dark brown. Sources: *Weeds of South Florida* by Palm Beach State College Horticultural Taxonomy Class, George Rogers, Ph.D.; www.iNaturalist.org; and <https://powo.science.kew.org>. *Plant Smart* explores the diverse flora of South Florida.*

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Another Winter Weather Weekend



by Capt. Matt Mitchell

With yet another cold front arriving just in time for the weekend, this one not only brought gale warnings but the lowest temperatures we have seen in

years. Extreme cold fronts like this one always have anglers worrying about our snook population as prolonged cold water can bring a snook kill. Luckily, this time it looks like by mid-week, temperatures will quickly rebound and we should be out of that danger zone.

We were out on the water all week until the front blew us out for a few days. We spent our time fishing for sheepshead and trout. You can always find somewhere out of the wind to keep the rods bent while staying close to home no matter what the conditions are. The colder it gets, the better this fishing gets.

Sheltered grass flats in the two- to four-foot range have been loaded with the most trout I have seen since before our 2017 red tide. Experiencing this amazing trout bite reminds me of when we always took trout fishing for granted. Catching trout after trout ranging in size from 12 to 20 inches is a barometer of how healthy



Bryan Thomas from New Jersey got in on the winter action with Capt. Matt Mitchell this week photo provided

the water is once again. New regulations on trout went into effect in February. These new regulations are three fish per person limit or six per boat max. Trout have to measure between 15 to 19 inches with one over the 19-inch max per vessel.

Trout fishing has been a great way to start off a charter as its a very visual bite.

Popping corks rigged with a live shrimp on a quarter ounce jig head roughly 30 inches bellow has been deadly. This rig allows you to make long fan casts and cover lots of water. Gently pop the float roughly every 10 to 20 seconds to attract the fish. When a trout strikes, you will see the float go under. Don't set the hook

hard, just reel fast enough to come tight while slowly lifting the rod. If the trout lets go, continue popping the float as they will often stay with it. The key to keeping these extremely soft-mouthed fish on is to keep a bend in the rod, any amount of slack line they will come off.

Once a trout is boat side and you don't plan on harvesting it, use a hook out tool to allow you to release it without ever touching it. These fish are very delicate and have a much better chance of survival the less they are handled. If you are going to measure them, wet your hands before lightly grab them. The less of the protective slime coat you disturb, the more healthy they will be when they swim off.

The better sheepshead bite continues to be on structure in and around all of our passes. These are the first places these fish are stopping as they come in from the gulf side to spawn. After each cold front, expect a new wave of these fish to flood in. Chunks of shrimp work best with enough weight to hold the bait down in the current. Although the minimum size of sheepshead is 12 inches, they should be released if they are not At least are 14 inches long. They simply don't yield much meat below 12 inches.

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

From page 8

Development

"There is not a single undeveloped residential property on Sanibel, defined by description and part of a recognized subdivision established prior to, or subsequent to, Sanibel's incorporation as a home rule entity that can be denied development," said Pappas. "Not currently, Not legitimately."

The main reason that Sanibel was incorporated as a city in 1964 was to cap development on the island at approximately 9,000 units. The development that planners want to deny is on land included in platted subdivisions in those 9,000 units.

"We have achieved our stated goals for incorporation over 48 years, and we should not place those achievements at risk now," Pappas said.✪

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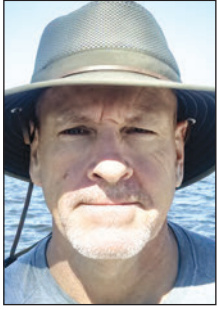
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Common Loon



by Bob Petcher

The common loon (*Gavia immer*) is a quintessential water bird, one that remains wet and only goes ashore to mate or incubate eggs. This classic northern bird, which migrates south in the winter, has a long body, round head and sturdy bill. Half of its body appears to be underwater at most times.

Common loons are known to dive after fish, often fully submerging themselves when pursuing and catching their prey. They are called water quality indicators because they require clear lakes with an abundant population of small fish.

During summer months, common loons are darker and tuxedo-like with a black head and bill, a spotted black and white backside and a white breast area. In the fall and winter months, the color of adult birds fades to gray.

You are probably more used to hearing a loon than seeing one. A regular resident on lakes, the common loon is quite vocal in calling to another loon or group of loons, which is called an "asylum." Interestingly, the collective noun is given due to the loon's distinctive call that, when coupled with its irregular behavior when eluding danger, influenced the phrase "crazy as a loon."

These agile swimmers are also efficient in the air. Migrating loons have been recorded flying at speeds in excess of 70 miles per hour. However, they do require a "runway" for takeoffs and often take up to a quarter mile while flapping their wings and running across the top of the water to gain sufficient speed to get liftoff.



Patient #22-216 rests during recovery

photo by Haillie Mesics

At CROW, a common loon was admitted after being found lethargic on the beach. Upon further examination, veterinarians suspected red tide, another toxin, or systemic disease to be the cause of the loon's symptoms.

"Radiographs were performed to look for evidence of fungal infection in the airways as a possible cause, however, there was no evidence of this on x-rays," said Dr. Charlotte Cournoyer, CROW veterinary intern. "There was a laceration on the hind leg that

later in the course of treatment required surgical debridement – removal of dead tissue.

CROW staff administered pain medications and will continue to monitor the patient.

"Here at CROW, we use multi-modal pain therapy to target different pain receptors for the best possible pain control," stated Dr. Cournoyer. "Pain medications are chosen based on species and the type of pain we are treating. We are (also) monitoring mental/neurologic status, appetite and urates/feces."

It is unsure if the cause of lethargy is brevetoxicosis or some other toxin that caused neurological issues.

"We did not perform specific toxin testing, but treated supportively for toxins and bacterial infection with fluid support and antibiotics. There are many possible causes for debilitation in loons, including toxins – both naturally occurring and heavy metal – bacterial infection, fungal infection and more," said Dr. Cournoyer. "The surgery went well and the repair site is healing well. The wound on the leg is likely (from) struggling due to being neurologically abnormal."

After a few more days of care, the patient is recovering but not quite out of the woods... medically speaking.

"The patient is doing very well. The leg laceration is healing nicely and neurologic abnormalities seen previously in the patient, including lethargy and mild head tremors, have resolved," said Dr. Cournoyer. "The patient is not yet ready for release, but will continue to receive supportive care and will soon be transferred to our rehab team for conditioning."

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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Resort Hosting February Round Robins For Charity

by Allison Havill Todd

Sundial Beach Resort & Spa will be hosting round robin format pickleball matches on Thursdays, February 10 and 24 from 3 to 4:30 p.m. as a fundraiser for a local animal shelter. A portion of the registration proceeds and all donations from these events will go to support the Gulf Coast Humane Society. Following the matches, participants will receive a free drink along with a selection of hors d'oeuvres at the resort's Turtles Tiki Bar as well as live music provided by local musician and pickleball pro Peter Redpath.

Longtime shelter volunteer and Sanibel resident Barbara Levine helped to facilitate this charitable partnership with Sundial Resort's Racquet Sports Manager Josh Jeffcott. Levine is a passionate advocate for dog adoption and a dedicated volunteer at the shelter. Participants, along with all members of the community, are invited to bring items that are always in demand at the shelter:

Sheets, towels, blankets, doggy pee pads, wet or dry dog and cat food (unopened), dog and cat toys, dog and cat treats (made in USA), cat litter, non-retractable leashes, Petco/PetSmart/Pet Supermarket gift cards, grooming and cleaning supplies.



Angie is waiting for her forever home photo provided

Animal advocates in the community are asked to bring requested items to the Sundial pickleball courts any time between 3 and 4:30 p.m. on the designated dates. Donations in the form of checks are also greatly appreciated to support the services that the Gulf Coast Humane Society provides for the homeless pets in our area. Looking for a new pet companion? Levine, along with other volunteers from the shelter, will also be on site to answer any questions and provide information about dogs and cats that are currently available for adoption (no animals will be present at the events). Or, you are encouraged to visit the shelter at 2010

Arcadia Street in Fort Myers. Come out and join in the fun as a participant, spectator or contributor! Registration is limited to 50 players and

the fee is \$10 for members and \$20 for non-members. For more information, or to register, contact Josh Jeffcott at josh.jeffcott@sundialresort.com.*

Artists Celebrating 40 Years



Tower Gallery

photo by Lorin Arundel

Tower Gallery is celebrating 40 years as Sanibel's premier artist cooperative gallery. The community is invited to Celebrate 40! with the artists on Thursday, February 10 from 5 to 8 p.m. There will be refreshments and music, and opportunities to meet and mingle with past and present artists. The celebration is the artists' way of thanking its customers for their continued support.

The two-story gallery is filled with new works in a wide range of mediums including watercolor, oil and acrylic, ceramic, sculpture, photography, woodwork and jewelry. Tower Gallery is located at 751 Tarpon Bay Road, next to the new Pan Asian restaurant, Bamboo. For more information, call 472-4557 or visit online at www.towergallery.net.*

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Shell Found



Jeanne Nicholson photo by Bob Petcher

Jeanne Nicholson from Collierville, Tennessee found a junonia on the beach while staying at Beachview Cottages. She said, "It just rolled up to my feet!"

Shells Found



Sam and Omar Row photo provided

Sam and Omar Row from St. Louis, Missouri each found a whole junonia near the golf course at South Seas Island Resort on Captiva.

Fun Days At The Rec Center

Registration is open for Fun Days at Sanibel Recreation Center on Friday and Monday, February 18 and 21. The program runs from 8 a.m. to 5:30 p.m. and offers a variety of athletic games, craft projects and swim time. Enrollment is available for children in kindergarten through eighth grade. Each child needs to bring a water bottle, towel, sunscreen and swimsuit. Light snacks will be provided. Face masks are required. Call 472-0345.



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562
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Bailey-Matthews National Shell Museum
Shell Of The Week

The Atlantic Distorsio



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

Distorsio clathrata (Lamarck, 1816) has the distorted shell that is typical of the family Personidae. The shell in this species

may reach 80 mm (about 3.2 inches) and shows the characteristic constricted aperture, large apertural shield and lattice-like shell sculpture (*clathrus* is a Greek word for latticework.) The living animal has a very lush and hairy periostracum (outer shell layer). The species is common in deeper water in the Gulf of Mexico, but this is the first shell known to be found on a local beach (found on Fort Myers Beach in 2021 by local resident Katherine Cantlon). 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.✪



The Atlantic Distorsio, *Distorsio clathrata*, from Fort Myers Beach

photo by José H. Leal

Registration Open For After School Program

Registration if open for the Sanibel Recreation Center After School Program spring trimester. The program runs Monday through Friday, February 22 to June 2, from 2:10 to 5 p.m. throughout the school year. It is open to children in kindergarten through

eighth grade. Every child registered in the after school program will receive a one-year complimentary membership to the recreation center. Register on or before February 8 to receive the early bird discount rate.

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

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

American Legion Post 123

The American Legion Post 123 multi-family yard sale and bake sale is going on now through Sunday, February 6.

There are treasures and baked goods galore. Pot roast is on the menu from noon to 8 p.m. on Sunday.

Barbecued ribs and chicken will be served on Sunday, February 13.

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

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

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

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

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

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



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Shells Found



From left, Lily, Maren, Micah and Josh Plath

photo provided

The Plath family of Woodbury, Minnesota found some beautiful shells on the beach near Loggerhead Cay on Sanibel, including several alphabet cones, true tulips and (finally!) a junonia.✱

Program On Wildlife Photography



Great blue heron and nestlings

photo provided

The Clinic for the Rehabilitation of Wildlife (CROW) Speaker Series continues on Tuesday, February 8 with Introduction to Wildlife Photography presented by Kim Patmore, wildlife photographer and volunteer at CROW.

Patmore is a retired financial executive and current financial consultant who divides her time between Sanibel and Colorado. She has fine-tuned her photography work over the past 10 years, specializing in wildlife photography. She uses her photography to benefit nonprofit organizations and has created and produced the annual CROW calendar for the past five years. You can view her photos at www.kimpatmorephotography.com.

The program is designed for beginner, aspiring photographers and will conclude with an opportunity to photograph one of CROW's animal

ambassadors. Attendees will learn tips and hints about photography basics, lighting and composition to help capture the best wildlife photographs suitable for framing.

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. Admission per person is \$10 plus applicable taxes and fees. To reserve your spot, call 472-3644 ext. 229. Payment will be accepted at the door before the presentation.

The speaker series features weekly programs, offered January through April, hosting professionals from across Southwest Florida. For a full schedule of presentations and topics in the series, visit www.crowclinic.org.

CROW is located at 3883 Sanibel-Captiva Road.✱



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Photo by Andrew West/The News-Press

LECTURES

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

Mar. 15: Diver and photographer **LINDA IANNIELLO** (pictured)

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



CLASSES

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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Tree Planted In Honor Of Former City Manager

Each year, the City of Sanibel celebrates Arbor Day by planting a tree. This year, on January 21, a sweetbay magnolia tree (*Magnolia virginiana*) was planted in honor of Judie Zimomra for her 20 years of dedicated service as Sanibel's city manager. Zimomra worked tirelessly to uphold the values of the Sanibel Plan to ensure Sanibel is and shall remain a barrier island sanctuary.

The sweetbay magnolia was provided by Dr. Phillip Marks and supplied by Good Roots Nursery. The sweetbay magnolia is an evergreen tree that is said to glimmer in the wind as it shows off the whitish green undersides of its leaves. The creamy-white, lemon scented flowers appear June through September, and are followed by small red seeds. The fruits and seeds are eaten by a variety of birds and small mammals, and the tree serves as a larval host for the eastern and southern tiger swallowtail butterflies.

Because of Zimomra's passion for



Sweetbay magnolia tree photo provided butterflies, a pollinator garden has also been planted in her honor. The garden will include wild lime, Bahama cassia, firebush, necklace pod and coral bean, and will host butterflies such as the giant swallowtail, cloudless sulfur, orange-barred sulphur and gulf

fritillary. This year's Arbor Day tree and pollinator garden are planted at Sanibel Community Park Preserve, located at 2231 Periwinkle Way, and can be viewed from the hiking trail. Arbor Day celebrations on Sanibel began 33 years ago when the City of Sanibel Vegetation Committee,

seeking to become recognized as a Tree City by the Arbor Day Foundation, recommended the city participate in an annual observance of Arbor Day. Since 1989, Sanibel has celebrated Arbor Day by planting a tree in honor of a historical figure, local individual or organization.*

City Of Sanibel Vegetation Committee Guided Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours begin at 10 a.m. Tour schedule: Wednesday, February 9 and Saturday, February 26 Wednesday, March 9 and Saturday, March 26 Wednesday, April 13 and Saturday, April 23 Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with very little maintenance, is good for the environment and will attract birds and butterflies. Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of

vegetation that is indigenous to the area as it requires very little maintenance, no fertilizer and no supplemental irrigation. Registration is not required. Attendees meet at the main entrance to city hall, 800 Dunlop Road. For more information, email san.dnr@mysanibel.com or call 472-3700.*

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: 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.*

From page 1 Audubon and beyond.

During the lecture, Dr. Clem will discuss what Audubon scientists are uncovering about recent hydrological change in the Corkscrew Swamp Sanctuary wetlands and a possible correlation with declining wood stork nesting. This is the sixth of eight Sanibel-Captiva Audubon Society lectures to be held in 2022. To register for the webinar, go to the the Sanibel-Captiva Audubon website at www.san-capaudubon.org programs up to five days prior to the webinar date. After registration, a link to that webinar will be emailed to you. Each webinar will have a different link. All are welcome and there is no charge to view the webinar. Lecture support has been a \$10 suggested attendee entrance donation for the pre-pandemic live presentations at The Community House. It is suggested that webinar attendees donate by mail to the address on the website homepage or via PayPal to website: [Paypal.me/SanCapAudubon](https://www.paypal.com/donate/?url=https://www.san-capaudubon.org). All donations after costs are used to promote conservation on Sanibel, Captiva and in Florida. Visit www.san-capaudubon.org.*

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A young camper with a handful of mangrove propagules photos provided

Summer Camp Registration Open

General registration for Sanibel Sea School's 2022 summer camp programs will open at noon on Saturday, February 12. A variety of ocean camps are available for campers ages 4 to 17 at two locations – the flagship campus on the east end of the island and at the Bailey Homestead Preserve.

Last summer was the first year Sanibel Sea School offered camp at Bailey Homestead. With wide-open spaces,



Surfing is a favorite activity among campers

nature trails, a covered pavilion and a five-minute drive to the beach, the Bailey Homestead is an ideal place to hold summer camp. Sanibel Sea School will offer eight weeks of camp there again this summer.

Each week of Island Skills camp, offered at both locations, has its own theme. Highlights this summer include Battle of the Operculum – Fighting Conch Week, Hats off to Sea Urchins Week and Snowballs in the Summer – Snowy Plover Week. Each theme has a set of experiments, art projects and games, along with weekly activities like surfing,

snorkeling and net fishing. Most weeks are geared for ages 6 to 13 but Sea Squirt camps are designed for ages 4 to 6. This year's Sea Squirt themes include That's One Big Noggin' Dude – Loggerhead Week, Rainbows in the Swash – Coquina Week and Bunnies by the Beach – Marsh Rabbit Week. Young Sea Squirt explorers also splash and learn while getting comfortable in the ocean.

Teens age 13 and older can participate as counselors in training (CITs), learning useful leadership skills. CITs are a vital link between campers and counselors. Through theory and practice, Sanibel

Sea School teaches CITs how to be leaders and positive role models. The CIT program runs simultaneous to Island Skills weeks at both locations.

Sanibel Sea School will offer additional opportunities for teens at both locations. The lineup of summer camps includes fishing, paddleboarding, kayaking, survival skills, research experience and overnight camping.

For full camp descriptions, dates and pricing, visit www.sanibelseaschool.org/sanibel-camps. If you have any questions, email sanibelseaschool@sccf.org or call 472-8585.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.*

Rotary Club Scholarships

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

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

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Many Activities Happening For Island Seniors



by Allison Havill Todd

For the past 45 years, the Island Seniors group has fostered a community for congregation, conversation, compassion and activities for residents and visitors

of Sanibel, Captiva and Fort Myers. Previously housed in the former Center 4 Life building at 2401 Library Way, the location was closed in 2020 for health and safety reasons due to non-compliance with current ventilation requirements. It was determined that the expenses to bring the older building up to code were cost prohibitive, leaving the long-standing organization without a home. Fortunately, the Sanibel Recreation Center has been able to provide a temporary landing pad for this active organization by reconfiguring existing spaces, along with an adjacent outdoor seating area, in the facility that is dedicated solely to the use of programs and activities for our Island Seniors group. While the pandemic has certainly created a new set of challenges for all of us, Island Seniors board members and staff have been



The return of yoga classes is in the works photo provided

diligently at work to keep as many activities as possible available to its membership and are constantly evaluating new ideas. Island Seniors Board President Shirley Schulz shared, “We are focused on keeping members up to date and involved.” The group is pleased to announce the creation of its new website: www.center4life.org, where current news, a calendar, special events and updates are available for all to view. The organization wants to emphasize to all members past and present that there is “all kinds of stuff to do... every day,” and they are doing everything within their power to continue to offer interesting programs and special events, always mindful of safety, in the interest

of facilitating a sense of community. Island Seniors board members realize that the recreation center is not a long-term solution but are appreciative of the use of this space during this transitory period. For a nominal membership fee of \$20 a year, along with reduced participation fees for special events, individuals can enjoy a variety of daily and weekly activities at the recreation center such as Coffee and Conversation mornings, bridge, mahjongg, hot dog lunches, euchre and kayaking adventures (check the website, newsletter or emails for specific days and times). The staff and board are also working on achieving the return of exercise classes specific to the needs of senior members such as gentle yoga, chair yoga and water aerobics. Other programs like meditation, Page Turners book club and QiGong are being offered via Zoom for the time being. Additional special events on the horizon include an arts and crafts fair on Saturday, February 5 in the outdoor pavilion adjacent to the recreation center, Florida Repertory Theatre outings, tickets to Minnesota Twins and Boston Red Sox Spring Training games, informational talks, as well as Sanibel History Tours (or a Dash of the Past with Dave). Though the former Center 4 Life

building is closed and its new facility is not yet ready, Island Seniors has a lot to offer the community and encourages people to take advantage of its membership opportunities. The organization feels strongly about enabling individuals to keep connections and take comfort in a sense of community and camaraderie that make this island so special. Katie Reid, secretary of Island Seniors, was passionate in saying, “We really miss you and want to get reacquainted!” Everyone is welcome; there are no age or residency requirements, and seasonal as well as year-round residents and vacationers are invited to join. If you are not a current member, or have not renewed a past membership, it is simple to do so by visiting the website or mailing a check to: Center 4 Life, 3880 Sanibel-Captiva Rd., Sanibel FL 33957. Don't miss out on all this organization has to offer! 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.*

From page 1 Live Auction

modeled after the feather of the refuge's signature roseate spoonbill. For the 40th anniversary of DDWS, it will be presented as a necklace, instead of the traditional pin, on a gold chain with an 18-karat gold bale inset with a diamond. Those unable to attend the event may bid on auction items remotely and live by contacting Birgie Miller at 292-0566 that evening or prior to the event. Admission is by reservation only. For more information, visit dingdarlingsociety.org/articles/go-wild-for-ding. The following sponsors make Go Wild for “Ding” – Year of the Anhinga possible: Call of The Wild Level: Bill and Laurie Harkey, Jim and Patty Sprankle;

Champion Level: Gretchen Banks, The Bluedorn Family, Ron E. and Josephine Smith; Guardian Level: Jim and Liz Birmingham, Wayne and Linda Boyd, Doc Ford's Rum Bar & Grill, Boomer Duvin and Family, Stan and Connie Grayson, John and Kathy McCabe, John and Beth Newland, Priority Marketing, Greg and Linda Scherer, Bill and Diane Valerian, Anonymous Donor; Protector Level: Ashton Kirchner Group, Mike and Terry Baldwin, Captiva Spirits, The Cedar Chest Fine Jewelry, Mitchell's Sand Castles, Shawn and Laura Shaffer, John and Elizabeth Simler; Defender Level: HighTower Advisors, Pinocchio's Original Italian Ice Cream, RS Walsh Landscaping, Hank and Linda Spire. To support DDWS with a tax-deductible gift, visit www.dingdarlingsociety.org.*

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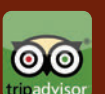
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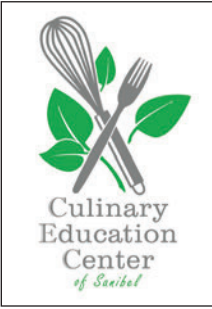
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The Healthiest Leafy Vegetable On The Planet



by Chef John Wolff

Watercress is one of the most nutrient-dense vegetables in the world. It's a globally known green, famous for its flavor and delicate crunch. With more than 28 essential vitamins, minerals and compounds, watercress is a superfood offering a distinctive taste that stands out from many of the muted flavors other salad greens provide.

With vibrant red and green hues, wild red watercress has a striking appearance, coupled with a slightly more intense, peppery bite. It's packed with color, taste and crunch, providing a pronounced and positive impact when added to salads, sandwiches and entrées.

Whereas watercress belongs to the genus *Nasturtium*, the common nasturtium

is quite different. Botanists also give *Roripa* and *Radicula* as alternative generic names. Cultivated watercress is known by a variety of common names, such as eker, biller, bilure, rib cress, brown cress, teng tongue, long tails and well grass. Watercress is a perennial plant grown for the pungent leaves and young stems, which are widely used for garnishing and in salads. The smooth compound leaves have three to a dozen nearly round one-inch-wide leaflets. Leaves and stems are partially submerged during growth. It was brought to this country by European immigrants, and now grows wild in running water and flooded places all over the United States. Commercially, it is grown in unshaded shallow pools of flowing clean water.

Watercress does best in a moderately cool climate and while it can be found throughout North America, central Florida is the capital of winter watercress production in the United States. As much as 75 percent of the nation's winter supply is grown in central Florida, but very few home gardeners attempt to produce it. You may find some success at growing watercress if you have your own stream and know that the water is clean.

About three weeks after the seedlings appear, the plants are ready to harvest. Following cutting, they continue to grow and even appear to become thicker in the bed. Cuttings (12 inches long) from the old beds may be used to start new beds. To harvest, cut the tops of the plants about six inches below the tips. Gather them into bunches as they are cut. Trim the butt ends so the bunches are about four inches long. Thoroughly wash with clean water

and place them into plastic bags to keep in the refrigerator crisper until used. Periodic sprinkling helps keep them fresh for about a week. Watercress is a good source of vitamins A and C, along with niacin,

ascorbic acid, thiamine, riboflavin and iron. Although seldom used alone, watercress adds a zesty flavor to many foods.

Here is an easy recipe to try using fresh watercress:

Watercress Pesto
2 garlic cloves, chopped
2 tsp grated lemon rind
1 cup. grated parmesan cheese
1/2 cup pine nuts
5 tbsp. olive oil, plus extra drizzle
1 lb. spaghetti or tagliatelle
12 cherry tomatoes, halved
12 pitted olives
Preheat oven to 350 degrees.
Roughly chop 4-6 bunches of watercress and place in a food processor with half the parmesan, the pine nuts, garlic and lemon rind. Gradually add the oil and process to form a smooth paste. Season with salt and pepper.

Cook the pasta in a large pot of boiling salted water until al dente.

Meanwhile, place the tomatoes, cut-side on a baking tray. Drizzle with olive oil and season with salt and pepper. Cook in the oven for 6-8 minutes or until just starting to wilt. Toss the pasta with the pesto, tomatoes, olives and the remaining parmesan and watercress.

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.

From page 1

Political Arena

will discuss its likely role in the upcoming mid-term elections this fall when President Biden faces a possible replay of Obama's 2010 mid-term setback.

For Mayer, this marks almost 40 years of close scrutiny of the American electoral landscape. She arrived in Washington in 1984 as the *Wall Street Journal's* first female White House correspondent. Since 1995, she has been chief Washington

correspondent for *The New Yorker*.

Earlier this year, the magazine published her expose of dark money's role in trying to overturn the 2020 election result in Arizona. "It is not just that big money was behind the Big Lie, which it was," she said, "but that the Big Lie is a source of big money: Send us the money and we will get to the bottom of it."

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 at www.bigarts.org.

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Exhibit On View At Visitor Center



Rachel Pierce is exhibiting her works at the refuge

photo provided

With the recent reopening of the “Ding” Darling Visitor & Education Center on Sanibel, free art exhibitions have returned to the auditorium. Currently, 2021 artist in residence Rachel Pierce is exhibiting her work inspired by the JN “Ding” Darling National Wildlife Refuge.

In the spirit of refuge namesake Jay Norwood “Ding” Darling, artist and Pulitzer Prize-winning political cartoonist, the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the Artist in Residence program, culminating in an exhibition of the artist’s work. The 2021 program featured Pierce, who was unable

to mount an exhibition last year because coronavirus had caused the closing of the Visitor & Education Center.

Her current showing of paintings runs through February 28 daily during normal center hours, 9 a.m. to 4 p.m. The artist will be making personal appearances throughout the exhibition; watch for announcements. Her works are for sale through the Refuge Nature Store inside the center.

The second guest artist in residence at the refuge, Pierce retired recently as a longtime anchor for a local television station to devote time fully to her art, which features whimsical, impressionistic

portraits of wildlife. She resides on Sanibel.

Artists in residence at “Ding” Darling conduct free art activities for visitors and collaborate on outreach programs

Scholarship For Young Woman Available

Applications for the Margaret B. Lee Scholarship are now being accepted. The scholarship will be awarded to a young woman who lives on Sanibel or Captiva, or who has a parent who works on the islands.

Applicants may be either a graduating high school student who will attend an accredited college or university, or a current student at one of these institutions. Academic achievement and financial need are considerations.

The scholarship was established by Sanibel resident Jack Lee and his daughters to honor wife and mother Margaret (Margie) B. Lee who passed away in November 2019. Margie was an active member of the Sanibel PEO Morning Stars, women who remained affiliated with their northern PEO chapters.

The selection of the recipient will be made by Sanibel Chapter FV of PEO. To apply or for more information, contact Robin Wright at 660-864-3655.

The scholarship is administered by the

PEO Foundation of PEO International, a women’s educational philanthropic organization that grants scholarships and loans to high school graduates, graduate students and women returning to the classroom for advanced degrees or certification. For more information about other PEO scholarships that are available, visit peointernational.org.

Live Performance On Pine Island

Pine Island Public Library will host a live performance with crooner-style singer Dave DeLuca on Saturday, February 5 from 1 to 2 p.m. Remember Then: Jukebox Hits of the 50s, 60s and 70s brings back the greatest radio hits from several genres.

Originally from New Jersey, DeLuca is an accomplished singer, songwriter, musician and recording engineer who has been performing for over 30 years. He is a member of the Songwriter’s Guild of America and has had songs published by BMI.

Pine Island Public Library is located at 10701 Russell Road in Bokeelia. For more information or to register for seating, call the library at 533-4350.

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Tropical Braised Short Ribs

4-5 pounds beef short ribs
2 mangoes, diced small
1 papaya, diced small
¼ cup Orange blossom honey
3 garlic cloves, minced
2 tablespoons fresh ginger, minced
⅓ cup low sodium soy sauce
⅓ cup hoisin sauce
3 tablespoons rice wine vinegar
2 tablespoons oil, for cooking
Sea salt and fresh ground pepper, to taste

Preheat oven to 325 degrees. Preheat large ovenproof sauté pan to medium-high. Season short ribs with salt and pepper, add oil to pan and sear both sides until golden brown. Push ribs to outside of pan and add garlic, ginger, and diced fruit. Sauté until fragrant, about 1-2 minutes. Add soy sauce, hoisin sauce, vinegar, honey, and mix to combine. Cover with lid, place in oven and cook for 2 hours or until tender. Remove from oven and garnish with scallions and cilantro if desired. Serve over rice.

Fresh tip: this recipe can be prepared in a pressure cooker. Follow same instructions, but reduce cook time to 30 minutes, and allow a natural pressure release.*



Tropical Braised Short Ribs

photo courtesy Fresh From Florida

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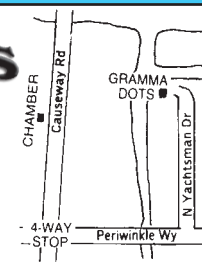
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Three Pandemics That Changed Our World with James Rudin – Mondays, February 7 to 21, 9 to 10:30 a.m. Donor: \$80; nondonor: \$100.

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

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

Paint Your Own: Pineapple Beach Bag with Sunny Krchmar – Wednesday, March 2, 1 to 3 p.m. Donor: \$60; nondonor: \$75.

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

Art History Lecture, (title TBD) with Ann-Marie Bouche – Fridays, March 4 to 25, 9 a.m. to noon. Donor: \$188;

nondonor: \$235.

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

Three Trials That Changed America with James Rudin – Mondays, March 7 to 21, 9 to 10:30 a.m. Donor: \$80; nondonor: \$100.

Pastels with Mary Klunk – Tuesdays, March 8 to 29, 9:30 a.m. to noon. Donor: \$120; nondonor: \$150.

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

Glass Fusing with Petra Kaiser – Thursdays, March 10 to 31, 9:30 a.m. to 12:30 p.m. Donor: \$99; nondonor: \$124.

Greeting Card Class with Donna Lee Cole – Friday, March 11, 9 a.m. to noon. Donor: \$25; nondonor: \$32.

Intermediate Drawing with Douglas David – Saturday, March 12, 9:30 a.m. to 3:30 p.m. Donor: \$135; nondonor: \$169.

Great Blue Heron on Palm Bark with Jenny Licht – Saturday, March 12, 1 to 4 p.m. Donor: \$69; nondonor: \$86.

The Perennial Philosophy: Catching A Glimpse of Truth and Beauty in Each Religion and Every Branch of Science with Ran Niehoff – Saturdays, March 12 to 26, 10 to 11:30 a.m. Donor: \$80; nondonor: \$100.

Paint Classic Florals in Oil with Douglas David – Monday and Tuesday, March 14 and 15, 9:30 a.m. to 3:30

p.m. Donor: \$265; nondonor: \$332.

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

Are You Stuck? Open Paint & Critique with Jan Atkielski – Monday, March 21, 9 a.m. to 3:30 p.m. Donor: \$79; nondonor: \$99.

Music & Art Lecture: Expressionism with Tom Cimarusti – Thursday, March 24, 1 to 3 p.m. Donor: \$40; nondonor: \$50.

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.

Top 10 Books

1. *The Hotel Portofino* by JP O'Connell
 2. *Cuckoo Cloud Land* by Anthony Doerr
 3. *November 9* by Colleen Hoover
 4. *For Whom the Shell Tolls* by Jennifer Schiff
 5. *The Forest of Vanishing Stars* by Kristin Harmel
 6. *The Judge's List* by John Grisham
 7. *Catch Us When We Fall* by Juliette Fay
 8. *Honor* by Thrity Umrigar
 9. *Every Kind of Wicked* by Lisa Black
 10. *Hello Summer* by Mary Kay Andrews
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BIG ARTS Monday Night Film Series

Language Lessons

by Di Saggau

The Monday Night Movie for February 7 is *Language Lessons*, a dramedy that plays out entirely through phone and laptop screens. Director Natalie Morales and Mark Duplass both wrote and co-starred in the film.

It begins with a surprise: Carino (Morales) has been secretly hired by a man named Will (Desean Terry) to teach Spanish to his husband Adam (Duplass). This involves 100 lessons conducted online between Adam in Oakland and Carino in Costa Rica. Will they get along during two years of weekly classes? They not only get along, they become fast friends.

Adam worries that he and Will's large house and well to do lifestyle might be offensive to Carino, but she tells him her lessons won't be in vain. When an unexpected tragedy occurs, their bond becomes deeper. The two talk constantly, messaging back and forth and sharing details of their lives. Their educational relationship moves more and more toward genuine friendship. But how well do they really know each other?

Adam calls from his home's many rooms, his sauna, his pool, his hot tub, his balcony, and Carino only calls from



image provided

one room in her home or from outside. The bond that started out professionally becomes complicated.

Language Lessons is a tender story of a gay California man processing his grief through online Spanish classes with a Costa Rican stranger with the limitations, miscommunications and occasional candor of screen-based interaction.

The film runs 91 minutes and will be shown at 7 p.m. in Christensen

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

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

Poetry Corner

by Clay C. Ewell

Into Life



The loss, that has arrived and now lingers and the aching that bursts forth
In those breathtaking moments that, without warning, remind us
That all we now possess are the sweet and melancholy memories and the regrets
That flow from the things we chose to ignore or the words that remained unspoken.
What now shall we make of this open space around us, where time suddenly stands still.

We wonder about the life that remains before us and tremble as the minds eye Beholds the new landscape stretching to the horizon, now seemingly devoid Of the hopes and dreams that once filled our days and nights,
That were embodied in the sound of laughter, of footsteps in the night,
And the scent and touch of beloved flesh in peaceful repose.

The world it seems, does not, cannot, cease its becoming the next expression Of itself and we feel left behind, abandoned in an unfamiliar and uncaring place. But in that unbearable moment there comes the faint hint of a breeze that Gently but unmistakably asks, even demands, that we turn away from That which defined the past and move toward and surrender again into life.

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

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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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What's 'Cap'-ening

A Glance At Captiva Events

by Kathy Kurtz Ferrari

A sold out crowd turned out at the Captiva Civic Center for the informative talk by master naturalist Brian Holaway on January 27. Holaway spends more than 200 days a year on area waters as a guide for day tour boat charters.

During his entertaining evening lecture and slide show, he shared little known facts about barrier islands of Pine Island Sound with the audience, including details about Punta Blanca, where a school for island children was once located; and Cayo Costa, where 295 different native



Brian Holaway shares stories about the islands photos by Kathy Kurtz Ferrari

plants, 167 species of shells and 83 varieties of birds have been discovered.

Artwork from Douglas David remains on display and for sale through February 10. The next show will feature the work of Paul Arsenault, starting Wednesday, February 18. His exhibit, called Shorelines, tells the colorful story of life on our islands. An opening reception will be held on Thursday, February 17 from 5:30 to 7 p.m. The work will remain on display until April 18.

The Captiva Civic Association (CCA) is collecting non-perishable food items for FISH of SanCap. Donations can be dropped off during events. Visit www.ccacaptiva.org for more information on



Islanders gathered at the Captiva Civic Association to hear tour boat captain Brian Holaway's lecture on the barrier islands of Pine Island Sound

all CCA events.

The Captiva Island Historical Society will be hosting another drive-in movie night on Monday, February 7 at 7 p.m. Two documentaries from the Captiva Memories series will be screened in the parking lot of McCarthy's Marina, located at 11401 Andy Rosse Lane on Captiva. This double feature replaces the event called The Spirit Behind the Spirit of St. Louis, previously scheduled for February 7, after the speaker had to cancel.

The first documentary, *Our Mailboat Santiva*, invites patrons to step aboard the *Santiva*, ride alongside fellow passengers, and experience the daily voyage of delivery of mail and provisions

to Sanibel and Captiva islands.

The second feature is *South Seas: Captiva's Enduring Paradise*. Soaked in the swelter of the sun and washed by the fury of hurricanes, Captiva's paradise continues to showcase the endurance of its island people.

Those interested in attending should bring a lawn chair or a golf cart for viewing comfort. Tickets are \$12, which include water, popcorn and candy. Visit www.captivaislandhistoricalsociety.org for more information or to purchase tickets.

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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Book Review

Mercy



by Di Saggau

FBI agent Atlee Pine has been searching for her twin sister, Mercy, who was abducted at the age of 6. That search reaches a boiling point in David Baldacci's latest thriller, *Mercy*. Atlee, after conducting an investigation that was nearly fatal, has finally discovered why her parents abandoned her and the reason behind Mercy's kidnapping. She also has proof that Mercy is alive, having survived her captors 19 years ago.

Mercy left at least one dead body behind before she fled her captors and Atlee has no idea how she has been surviving all this time. This latest novel is the fourth in a series about Atlee searching for the truth about herself and her missing twin sister. It helps if you read the preceding three books, *Long Road to Mercy*, *A Minute to Midnight* and *Daylight*. With each book, a new piece of the puzzle is solved. Now Atlee will find out the truth about what happened to her sister. Parallel stories of both sisters soon combine and they are back together, fighting for their lives. When they reunite, emotions run high because their differences

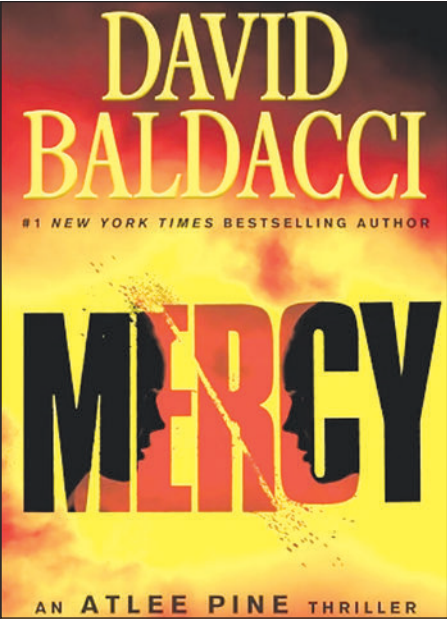


image provided

are greater than their similarities. The scenes involving the pursuit and capture of three central characters keep you on the edge of your seat as you are immersed in a tale full of twists, turns, mayhem, chaos, revenge, survival, danger, violence, cruelty and murder. A strong female character serves as a catalyst for the sisters' reunion. Baldacci's writing is gritty and descriptive, and the characters are ruthless and persistent. *Mercy* appears to be the last in this series and it introduces us to a new heroine, Spectator, who many feel is worthy of her own series. Time will tell.*

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, My second-grade daughter is a smart child, reads well, does well in math but has messy handwriting. Her written work is not good although she tries hard to do well. She's becoming very frustrated. What should I do?

Claudia V, Fort Myers

Claudia, Handwriting is a complex skill and involves the ability to form letters with consistent letter size, proportions and spacing, so that others can read words and sentences. Handwriting skills take time to develop. As young children mature, we assume that their handwriting skills will improve, and that is generally the case. However, some children experience delays with their handwriting progress and that can be due to several issues, including slowly developing fine motor skills. A good first step is to observe and analyze your child's writing. Here are some key factors to examine as you watch your daughter write. Does she form letter correctly, making them the correct size for the page? Are some letters darker than others? Does she form her letters from the bottom up, instead of the top down, use too many strokes or are the strokes done in the wrong order? Does she hold and control the writing tool correctly? How are the letters and words space on the page? Are words and sentences floating above or below the line, written on too much or too little a slant or spaced unevenly or running into each other?

Another important part of good penmanship is having adequate core strength. Core strength is important because the core supports the rest of the body. Poor posture and weak core muscles can lead to issues with handwriting because a child will not have the strength to sit up straight or to grasp the pencil properly. Impulsive or inattentive children may also have poor handwriting. This is typically not related to fine motor skills. Instead, it's the lack of attention to detail or focus to the task at hand that can result in sloppy or messy written work. Producing legible handwriting requires complex visual perceptual skills as well as an integration of motor skills with these visual perceptual skills. Schools screen for this but another screening might be in order if there doesn't seem to be another reason for the poor handwriting. For a more in-depth explanation on these skills, visit www.fwcs.k12.in.us/images/uploads/SpecialEducation/visual_perceptual_skills_required_for_handwriting.pdf. So, what can help with messy handwriting? After you observe your child's handwriting and have some idea of how they form their letters, their posture and form, an important step is to talk with your child's teacher and share your observations. Chances are

the teacher is seeing some of the same things and perhaps you can coordinate an intervention strategy. And even if it's not clear what's going on, you can still work on some building skills at home. Using different pencils and pencil grips, graph paper for writing assignments and raised line paper may help. These items can be purchased at a school supply store or online. For tracing and drawing exercises that might help, visit www.understood.org/articles/en/download-tools-to-help-with-handwriting for free downloads of practice sheets for handwriting.

Give your child constructive praise as she or he works to improve their handwriting. This praise should be very specific and identify exactly what the child has done correctly rather than giving a generic "good job" type of compliment. Everyone likes to hear what they have done well, and explicit praise will give your child an incentive to keep working and repeat the correct behavior. *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.**

From page 1

Exhibit

them exhibit their work at the village." Artist Kathy Taylor said, "I have painted on site at the historical village many times. My favorite building is the little old post office. The vegetation surrounding the post office sets it off beautifully, as does the little mailbox at the side." The exhibit runs through February 24 in the Shore Haven building at the village. The art show is open to the public at no charge. Admission to the historical village is available for the regular \$10 fee per adult. The historical village is open Tuesday through Saturday from 10 a.m. to 4 p.m. The art league plein air painters meet weekly on Thursday mornings on both Sanibel and Captiva as well as Fort Myers from October to May. The group gathers to paint the local landscape scenery and architecture. The Sanibel Historical Museum & Village opened in 1984 and consists of nine authentic historical buildings representing various aspects of life in the pioneer days of Sanibel, including a one-room schoolhouse, fishing house, Cracker-style farm house and tearoom. In accordance with City of Sanibel regulations, masks are required inside the buildings at this time. Guided tours of the village take place at 10:30 a.m. and 1:30 p.m., and advance reservations are not required. There is no additional fee for these tours. The historical village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over 18; no charge for members and children. The village has handicap access to all but one building, the post office. For more information, call 472-4648 or visit www.sanibelmuseum.org.*

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Programs At Sanibel Public Library



Thomas Edison and Henry Ford in 1923

photos provided

Sanibel Public Library offers in-person programs including tech help and history presentations. View the online calendar at www.sanlib.org for up-to-date information about programs.

Computer Coach service is offered on Fridays and Saturdays from noon to 1 p.m. Bring in your device for technology assistance with Hoopla, Kanopy, Libby and other library apps. These apps allow cardholders to download ebooks, magazines and audiobooks, or stream music and movies. For help, go to www.sanlib.org/techappointment to register or call 472-2483 to schedule an appointment.

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

Librarian Beth Jarrell will go over some common online scams and how to avoid falling into scammer's traps at 10 a.m. on Wednesday, February 2.

On the Road Again: Holly Shaffer of Edison Ford Winter Estates will chronicle the camping trips of Thomas Edison, Henry Ford and naturalist John Burroughs in the Everglades on Friday, February 4 at 10 a.m. The program includes their travels with Harvey Firestone, going as far north as New Hampshire.

Author Jennifer Schiff will talk about her Sanibel Mysteries series at 2 p.m. on Tuesday, February 8. Beginning with *A Shell of a Problem*, these cozy mysteries center on an investigative reporter's crime-solving escapades. Most of the settings in the books are actual places on Sanibel.

WWII 1944 Operation Goodwood with Duane Shaffer will be held virtually on Friday, February 11 at 10 a.m. Operation Goodwood was a British offensive, part of the larger battle for Caen in Normandy, France. Historians call the operation the largest tank battle that the British Army has ever fought.

BYOD (bring your own device) and learn how to use language learning software Mango and food database A-Z World Foods. Bring your library card, phone or tablet, and your phone's App Store password at 2 p.m. on Friday, February 11 to join this "Appy Hour" with Librarian Beth Jarrell.

Hear vintage swing and New Orleans



Author Jennifer Schiff

blues with the Hot Buttered Nuggets as they emulate artists from Louis Armstrong and the Ink Spots to Leon Redbone and Tom Waits. The concert will be held at the library from 2 to 4 p.m. on Tuesday, February 15.

Sanibel-Captiva Art League's A Brush with History juried exhibit is on display through March 1. Each artist chose a historical photo from the library's online digital archive. Artworks are displayed with their coordinating historic photo.

In addition to access to cooking databases and cookbooks, the library loans cooking kits, which check out like library books. The kits are circulated in bags with a coordinating cookbook and instructions. Some of the kits are especially handy at this time of year, like the heart-shaped muffin pan, soup pot, cookie kit or crêpe kit.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) to staff, showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service, as well as magazines and daily newspapers, are available. For more information, call 472-2483. Sanibel Public Library is located at 770 Dunlop Road.*



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Long-Awaited Land Acquisition Comes To Fruition

After more than six years in the making, the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) closed on an 8.5-acre land addition to the JN “Ding” Darling National Wildlife Refuge on January 21. The DDWS board of directors, under the leadership of past president and emeritus board member John McCabe, began work on the acquisition in 2014 upon initial conversations with property owner John Boone.

“So much has happened between that time and now, but the end result is that another piece of important Sanibel land is being protected, which the refuge will work with DDWS in restoring and managing,” said DDWS Executive Director Birgie Miller. “It’s hard to believe this purchase finally happened, but it is testament to the power of conservation-

continued on page 6



From left: Birgie Miller, DDWS executive director; Bill Valerian, board treasurer; Bill Harkey, board member; Wendy Kindig, board vice president; Mike and Theresa Baldwin, emeritus board members; Phyllis Gresham, board member; and Kevin Godsea, refuge manager photo provided



Those passing through the cashless Sanibel Causeway tolls should be aware of various payment options photo by Kathy Kurtz Ferrari

Toll System Could Cause Confusion

by Kathy Kurtz Ferrari

What’s the price to enter paradise? As most people coming to our islands know, there’s a cost for a trip across the Sanibel Causeway. And depending on preparedness and awareness, it could be a steep one.

A new system being launched this fall

could find some motorists paying more than they should.

With the onset of the pandemic in March of 2020, cash toll-taking lanes were eliminated and shortly after, Lee County instituted a pay by plate toll system.

Free LeeWay transponder stickers were issued for those requesting them, and the county launched a public awareness campaign on the system. There are discounted annual and six-month payment

continued on page 2

FISH Community Impact Report



Florida Department of Health team at one of the vaccination clinics photo provided

FISH of SanCap is celebrating its 40th year as a “neighbors helping neighbors” organization. From its simple beginnings, FISH now offers over 30 programs and services in the areas of food programs, island-based education, senior and social services, and financial assistance. As the neighborhood agency has grown, its scope of service has evolved. From the food pantry, educational workshops, scholarships and senior programs for dignified

aging-in-place, to providing emergency help with expenses and disaster relief, FISH offers something for everyone.

The biggest success the organization saw in 2021 was the COVID-19 vaccination clinics brought to the community in partnership with The Community House, Rotary Club of Sanibel-Captiva, Sanibel Police Department, Sanibel Fire Department, parish nurses, local medical offices,

continued on page 12

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Bike Club Takes Trip To Venice



Sanibel Bike Club at Venice Legacy Trail

photo provided

The Sanibel Bike Club took an off-island ride to Venice on January 12. Members rode various distances up to 52 miles, starting from the historical Venice train station to the end of Legacy Trail and back. The group met for lunch at Pinchers before heading out again to explore Casey Key.

The Sanibel Bike Club is a group of

cycling enthusiasts at all levels of ability. New members are welcome to take part in on- and off-island rides and monthly potlucks. For more information, visit www.sanibelbicycleclub.org.

The next trip is scheduled for Thursday, February 10, a cruise aboard the *Lady Chadwick* to Boca Grande, and a ride around the island.✪

From page 1

Toll System

options as well. The Cape Coral and Midpoint bridges are also part of LeeWay.

Previously, the cost to cross the Sanibel Causeway was \$6. Starting in October of 2021, an additional \$3 was added for those without a LeeWay transponder, bringing the pay by plate cost to \$9.

Also in October, the discounted rate for motorcyclists was ended. That rate is now the same as regular vehicles.

According to the LeeWay website, the pay by plate change was made for health and safety as well as to improve traffic flow. It also brought the system into compatibility with the statewide SunPass system.

"Traffic flow has improved because no driver needs to stop at a toll booth. Additionally, as fewer lanes need to be open to accommodate toll collections, there is a reduced need to merge back in traffic beyond the toll booths, which previously caused some congestion during busy travel hours," said Timothy Engstrom, Lee County communications department spokesperson, by email.

Bills are mailed to those passing through the toll booth without a transponder. Tolls can also be paid on the Lee County website.

LeeWay transponders work throughout Florida, Georgia and North Carolina.

This fall, a new program called LeeWay Plus will be launched, with a transponder that will work in 19 states throughout the Northeast, Mid-Atlantic and Midwest. In addition to LeeWay and SunPass, the transponder, which according to LeeWay will cost \$20.66 plus tax, will correspond with E-Pass, E-ZPass, QuickPass, PeachPass, I-Pass and Riverlink. There is no set launch date for the new system as the county works out software upgrades for interoperability.

But once that system is live, motorists

who travel through toll booths with a LeeWay transponder, as well as one from another system, need to be aware as they may be double charged.

"When LeeWay is able to read E-ZPass (or other) transponders in the Lee County toll lanes, the customer could be charged twice," Engstrom warned. "To avoid this, the customer should remove one of the transponders from the vehicle and/or close one of the agency accounts."

Even with the old system, those driving a rental car through the causeway toll booth without a LeeWay transponder could pay more than twice the regular price for one trip over the scenic expanse.

"For rental cars, each company handles how it charges its customers according to their own rental car company policies," Lee County Communications Director Betsy Clayton explained by email. "For example, some are flat fees, some are fees per day when tolls are incurred, others are a flat daily fee plus the toll cost."

As a case in point, a reporter for the *Island Sun* rented a car through Thrifty Car Rental and was charged a \$12 "convenience fee" on top of the regular toll for crossing the causeway. So what used to be a \$6 transaction turned out to be \$21.

Transponders can be purchased for rental cars through the LeeWay website but the process involves opening an account, and there is an additional \$10 fee for accounts closed within 60 days or less.

For further information, to obtain a free LeeWay transponder sticker, or to sign up for discounted programs, visit www.leewaygov.com/tolls.

It's another reminder that the cost of getting to paradise isn't free, but with a little awareness, it doesn't have to cost more than it should.

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



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District Commander Cliff Schmidt swearing in Commander Bob Smith photos provided

Boating Club Holds Change Of Watch Ceremony

America's Boating Club of Sanibel-Captiva (also known as the Power Squadron) held its change of watch ceremony on January 19 at The Community House. Past Commander Joanne Heroy-Giller stepped down after serving three successful years as the organization's commander.

District Commander Cliff Schmidt conducted the swearing-in of the club's 2022 commander, Bob Smith. Joining the executive committee are: Michael Chouinard, executive officer;

Kathy Stiles, administrative officer; Steve Abbott, education officer; and Tisa Ladd, secretary. Vicki Ross, not present, was elected treasurer. Additional members of the executive committee include Joanne Heroy-Giller, Tom Schmidt, Manny Aparicio and John Ladd. Also sworn in were: Gloria Smith, assistant executive officer; Elaine Nantz, assistant administrative officer; Mary Holden and Ed Holden, assistant education officers; and Francine Dale, assistant secretary. A highlight of the evening was the presentation of the 2021 Instructor of the Year award to member Bob Orr. Orr is best known as the instructor of America's Boating Course (ABC),



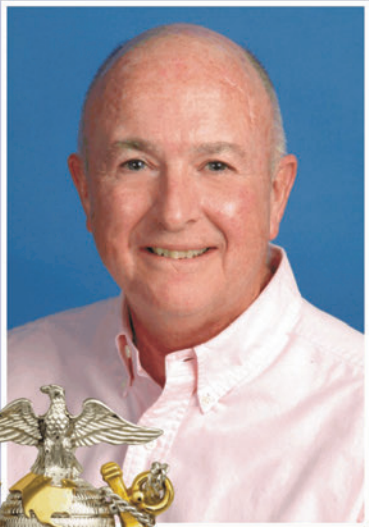
Being sworn in, from left, Michael Chouinard, Steve Abbott, Kathy Stiles and Tisa Ladd

the entry-level course – recommended for boaters new to Southwest Florida waters – that results in students earning the Florida Safe Boating Education ID card, a Florida requirement for all boaters born on or after January 1, 1988. For the past year-plus, during the pandemic, Orr and his team of ABC proctors, created a virtual America's Boating Course, which proved highly successful.

The third and final ABC course of the season will be held on Thursday, March 3 from 6 to 9:30 p.m. and Saturday, March 12 from 9 a.m. to 3 p.m. For more information contact Orr at 579-0139 or robert.orr1663@comcast.net.✴



Bob Orr receiving the Instructor of the Year Award from District Educational Officer Melissa Butler



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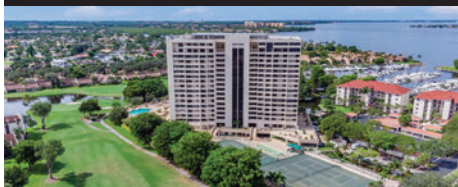
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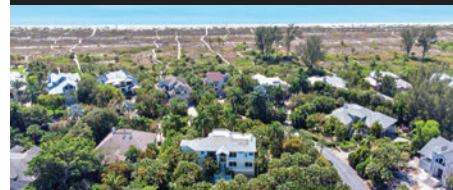
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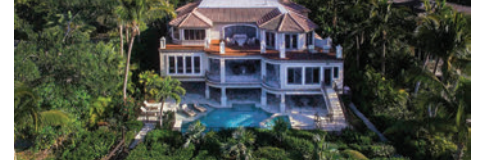
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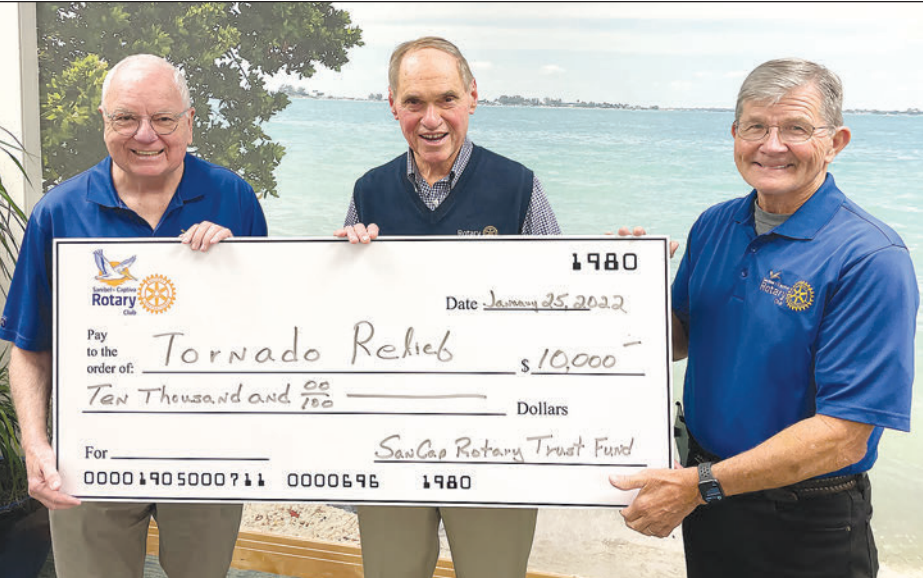
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Sanibel-Captiva Rotary President Bill Letendre, Past President Eldon Bohrofen and Rotary Trust Fund Chairman John Henshaw with the club's donation photo provided

Rotary Donation To Aid In Tornado Relief Efforts

The Rotary Club of Sanibel-Captiva donated \$10,000 to the tornado relief efforts in Fort Myers recently. The funds came from donations from individual club members and the club's trust fund. "One of our club's areas of focus is local crisis relief," said Bill Letendre, club president. "The devastation caused

by the recent tornadoes in Fort Myers certainly qualifies. The victims of those storms are in dire straits and need all the help they can get. This is what Rotarians do, it's in our DNA." The Sanibel-Captiva Rotary Club is leading the efforts of the clubs in Rotary District 6960 to raise funds for tornado relief. Through its trust fund, the club supports numerous local nonprofit organizations and national and international service projects, as well as emergency situations such as the recent tornadoes in the area. "The funds we distribute are

primarily generated by the club's annual arts and crafts festival held in February on Sanibel and by its annual charity cup golf tournament to be held this year in March," said John Henshaw, trust chairman. "Community support for these two major fundraisers is essential to the club's philanthropic activities, as well as our local crisis relief efforts." For more information on the Sanibel-Captiva Rotary Club, visit www.sanibelrotary.org.

Captiva Panel To Meet Via Zoom

The Captiva Community Panel will meet via Zoom on Tuesday, February 8 at 9 a.m. The panel hopes to return to in-person meetings as soon as possible, and will reevaluate the COVID-19 conditions prior to each meeting. The next meeting is scheduled for Tuesday, March 8 at 9 a.m. For more information, visit www.captivacommunitypanel.com.

From page 1

Land Acquisition

-minded people and the difference their support can make." Late last year, DDWS put out a plea to raise additional funds for the purchase after steeply rising property values and costs put the property out of the reach of funds already collected for

the acquisition. With an end-of-January deadline, the additional \$550,000 shortfall was reached within weeks of the November 2021 call for donations. Island residents Don and Joan Sherman supported the effort with matching donations for both the acquisition and needs for future restoration. Adjacent to current refuge property, the land holds a six-acre lake that directly feeds into Tarpon Bay. Its preservation not only means protecting vital wildlife habitat, but also buffering refuge water quality against the catastrophic red tide and blue-green algae events it has experienced in the past. Some of the documented listed species on this property include gopher tortoise, little blue heron and mangrove cuckoo. In addition, small-toothed sawfish, juvenile tarpon, baby sea turtles and West Indian manatees use the lake, along with bobcats and migratory birds. "It was such critical habitat that even with the increased value and purchase price, we believed it is crucial to protect," said Miller. "We are highly grateful to our generous donors and hardworking board, all of whom brought this effort to fruition." The friends group will own and manage an existing home on the property, while the refuge will manage the surrounding land and lake for conservation purposes. To support the effort, contact Miller at director@dingdarlingsociety.org or 292-0566.



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Join Me In Supporting United Way

submitted by Calli Johnson

I would like to share my passion for United Way with the greater Sanibel and Captiva community and invite community members to join me in learning more about this remarkable organization. United Way touches every life in Lee County, whether you have benefited from their services or know someone that has benefited from their services. United Way is a social service organization that helps connect nonprofits in our community with funding as well as offering direct services like VITA tax prep and United Way 211 among others.

My name is Calli Johnson. I work with my family to run Bailey's General Store and The Island Store, along with a few other small businesses. We work together with roughly 120 staff members who live in all areas of Lee County. United Way has assisted or provided funding to an agency that has assisted several of our team (and likely more I am unaware of).

As an employer, we care greatly about our staff, but cannot always help them in certain situations. We are proud to support United Way as the organization we know will be there for our team when we do not have the opportunity/ability. I have the great privilege of serving as a board member for United Way, and I chose to



Calli Johnson

photo provided

pursue this because of my passion for the organization and the variety of outstanding services it offers our community.

The reasons we support United Way and encourage you to learn more about this incredible organization are simple. United Way is one of the best values for nonprofit donations in our county. As a young person in the business community, it is particularly important to make sure the funds I donate are well spent. The accountability United Way offers donors is unparalleled. "Fund distribution teams" with other business professionals like myself review each organization every year in order to ensure my and your

dollars are being invested appropriately in our community. Lastly, United Way is a "one stop shop" for anyone in our area that requires assistance and provides a coordinated follow-through to anyone that calls the 211 Health and Human Services Helpline.

Mark your calendars and plan to attend the inaugural United Way "Fun" Raiser Day on Saturday, February 26 from 2 to

6 p.m., rain or shine, at The Community House on Sanibel.

If I have convinced you to learn more about our United Way, contact me directly at cjohnson@baileys-sanibel.com or look for future informational events coming this February. To find out more about our inaugural United Way "Fun" Raiser Day or to donate to our campaign, visit www.unitedwaylee.org.✱

Zonta Accepting Scholarship Applications

The Zonta Club of Sanibel-Captiva seeks outstanding high school women in the Lee County School District as candidates for its annual Young Women in Public Affairs (YWPA) college scholarship.

Even during these COVID years, young women have found ways to be leaders in their community. Zonta's YWPA award recognizes young women, ages 16 to 19 as of April 1, 2022, who demonstrate superior leadership skills and a commitment to public service and civic causes. "Public Affairs" refers to all aspects of community life where decisions must be made about issues which affect those communities in which people work and live. This award also encourages young women to continue their participation in public and political life as they journey into higher education and work life.

This award offers a \$1,500 scholarship to the successful candidate. The local winner's application will also be passed forward to compete at Zonta's regional and district levels for possible additional honors and awards.

The winner is likely to be a successful Lee County high school student who demonstrates the following qualities:

Active commitment to volunteerism;
Experience in her local government, student government or workplace leadership;

Volunteer leadership achievements.

The application can be printed from www.zonta.org. Mail the completed application and supporting documents (hard copy) no later than March 7 to: Zonta Club of Sanibel-Captiva, P.O. Box 1244, Sanibel, FL 33957.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working to provide hands-on assistance, advocacy, and funds to empower women and girls on the islands, in Lee County and around the world. For more information or to make a donation, visit www.zontasancap.org.✱



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From left, David Lowden of Bank of the Islands, library foundation sponsor and volunteer Mary Ann Loh, Melissa Balthaser, Deanna Evans and Margaret Mohundro of Sanibel Public Library, and Susan Schulte of Bank of the Islands photo provided

Bank Supports Author Series

Bank of the Islands donated \$1,500 in support of the Sanibel Public Library’s 2021-22 Author Series. “The Sanibel Public Library Foundation’s Author Series ensures

the library can provide enriched and enhanced services,” said Bank of the Islands Vice President David Lowden. “We are blessed to have one of Florida’s top-ranked libraries right here on Sanibel. It’s an award-winning institution we are honored to support.” Funds raised from donors to the Sanibel Public Library Foundation

augment public funding and grants secured by library staff. “Bank of the Islands has been a much appreciated and longtime supporter of the author series,” said Margaret Mohundro, library executive director. “During its 14-year run, the author series has brought in internationally bestselling and award-winning authors such as Joyce Carol

Oates, Clive Cussler, Lisa Scottoline, Paul Theroux, Robert Massie, Margaret Atwood, Amor Towles, David Baldacci and many more. That would not have been possible without the support of sponsors like Bank of the Islands.” The 2022 series features Elin Hilderbrand, Marie Benedict and Scott Turow. For more information, visit www.sanlib.org or call 472-2483.✧

Save Rooftop Solar

submitted by Bob Moore



Climate scientists agree that we must take immediate action to reduce the amount of CO2 and methane going into our atmosphere or face devastating environmental consequences. Renewable energy, like rooftop solar, is a critical component of addressing the climate crisis.

There are also economic benefits to investments in solar. Nationally, solar installer is one of the fastest growing, good paying jobs in the country. In the Sunshine State, which produces the third most electricity from solar panels in the country, rooftop solar supports nearly 40,500 jobs.

But those jobs and the savings Florida residents can achieve by going solar are at risk by anti-competitive legislation introduced in the House and the Senate this legislative session.

Senate bill SB 1024 and House bill HB 741 seek to undermine current solar net metering statutes in the state, which are critical to a thriving solar industry. Florida’s net metering rule sets standards for all investor-owned utilities in the state to allow rooftop solar to work with the grid. It provides credits to consumers when they produce more electricity than they use, and those credits offset the cost of energy they draw from the grid when they need it.

As a state, we should be encouraging innovation in renewable energy, including supporting expanded adoption

of rooftop solar. By contrast, these bills would: Remove language from statute calling for the state legislature to promote the spread of clean, renewable energy;

Codify anti-solar utility talking points into law (these bills were first drafted by Florida’s largest utility);

Reduce the amount that utilities compensate for customer-generated clean and renewable energy;

Allow utilities to impose new charges, fees and minimum bills, which hurt Florida consumers.

We need to speak out in support of solar energy here in the Sunshine State. Currently rooftop solar accounts for less than one percent of electricity generated in the state. We need to let this emerging industry expand without monopolistic controls. Please ask your representatives in the Florida House and Senate to provide strong leadership to oppose these bills. Florida should be a leader in addressing climate change through renewable energy and promote market competition and job creation for Floridians.

Representatives in Lee County: Senator Ray Rodrigues, 400 Senate Office Bldg., 404 S. Monroe St., Tallahassee FL 32399

Representative Adam Botana, 422 The Capitol, 402 S. Monroe St., Tallahassee, FL 32399

Bob Moore is senior vice president of a Boston-based healthcare company. He also volunteers his time with local nonprofits. He is co-chair of the Sanibel-Captiva Renewable Energy Working Group and co-founder with his wife, Ariel Hoover, of the Lee County Chapter of the Climate Reality Project. Bob and his wife power their home with solar using the LCEC net metering program. Email leeclimatereality@gmail.com.✧



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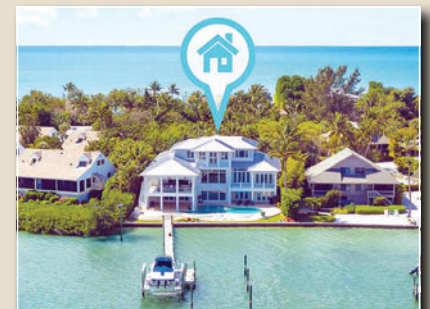
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Museum Of Art Curator Featured In Lecture Series

The third talk in Bailey-Matthews National Shell Museum’s 2022 Lecture Series will be held at the museum on Wednesday, February 16, beginning at 5:30 p.m. The program, Shell Trumpets: The Sound Heard Around the World, will be led by Dr. Bradley Strauchen-Scherer, curator of musical instruments at Metropolitan Museum of Art in New York City.

One of the world’s most widespread, enduring and beautifully designed musical instruments was not made by human hands; it is the elegant shell of various types of conchs. Humble but majestic, practical and mystical, conch trumpets have been used for centuries to signal, convey power, accompany spiritual practice and make music. From conch playing traditions around the globe as chronicled in a surprising range of art and lore, to a demonstration of how conch horns work and sound, this talk explores the timeless art and artistry of shell trumpets.

During her tenure at the Metropolitan Museum of Art, Dr. Strauchen-Scherer led the renovation and reinterpretation of the Met’s five music galleries. Her exhibition work and numerous publications explore the intersections between music, instruments, art and cultural history. Dr. Strauchen-Scherer



Dr. Bradley Strauchen-Scherer photo provided

received her PhD from University of Oxford and is an associate of the Royal Academy of Music.

“In addition to the myriad ways mollusks are integral to science and natural history, their shells have astounding presence throughout human history, art and culture. We’re looking forward to Bradley’s unique exploration of one of humankind’s first musical instruments,” said Sam Ankerson, executive director of the shell museum.

The Sanibel Captiva Trust Company is the presenting sponsor of the 2022 season lecture series.

The cost to attend the talk is \$10 per

person; no charge for museum members (memberships to be confirmed upon registration). Wine, beer and snacks are included with admission. Registration is required at www.shellmuseum.org/

in-person-lectures. Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*

Rotary Happenings



submitted by Cindy Carter



Byron Yake

Sports and journalism may not always seem as if they were to go hand in hand, however, Byron Yake, a former sports writer, editor and senior executive at The Associated Press, is showing that they most definitely can walk side by side.

In 2005, Yake, through inspiration from his interest in sports, journalism, education and his desire to help students improve their writing skills, founded Write on Sports (WoS). WoS is a nonprofit literacy theme-based education program that started with 24 students as a summer camp program with its primary focus in New Jersey. WoS now operates in four states with annual goals to broaden further into high-need communities in New Jersey and beyond.

WoS programs include summer day camps, after school programs and workshops for alumni that now stretch the participant ages from seventh and eighth grades to ninth and 10th grades. In 2019, prior to the pandemic, 10 two-week WoS summer camps were held and several after school programs. In 2021, WoS pivoted to online programs and alaunched two new in-person camps

in Denver, Colorado and Kearny, New Jersey.

WoS has reached about 2,500 students in its 16 years and continues to grow and attract the interest of educators, academic institutions, journalists, broadcasters and young minds.

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.*

Networking With Businesswomen

The next Tips & Sips community networking and socializing event with the Sanibel Captiva Business Women’s Association (SCBWA) will be held on Wednesday, February 16 at 6 p.m. at Blue Giraffe 2, located at 1100 Par View Drive in Beachview Estates.

The speaker will be Toni Primeaux of Lee Health. She will speak about volunteer opportunities and how giving back helps one’s own wellbeing. “Exploring the aspect of giving back and voluntarism are key components of living a balanced life. Having Toni come address our group will shed light on different ways we can positively impact our community by giving back as well as improving our own overall health and wellbeing,” said SCBWA President Taylor Osborne.

The goal of this event is to allow for business networking, facilitate mentorship relationships and opportunities for

continued on page 14B

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Locals Help With Recycling Effort



From left, Mike Peterson, Robin Krivanek, Ginny Robinson, Sandy Jordan and Sandy Teger
photo by Kathy Kurtz Ferrari

Volunteers from the Green Team at Sanibel Congregational United Church of Christ and Bat Yam Temple of the Islands helped donors who were dropping off electronic items to be recycled on January 29 at the church. Among those lending a hand for the cause were Robin Krivanek, Ginny Robinson, Sandy Jordan, Sandy Teger

and Mike Peterson.

Some items would be donated to Computers for Kids, while some were to be sold, used for scrap or recycled for other purposes. According to Peterson, who works for Computer Medics of Southwest Florida and wiped all personal data from hard drives, nothing would end up in a landfill.✱

Car Show At Periwinkle Place



Talk with the vehicle owners and take a look under the hood

photo provided

San Cap Motor Club will host its next Cars & Coffee Cruise-In this Saturday, February 5 from 9 to 11 a.m. at Periwinkle Place. It is open to the public and all are welcome to bring out their classic or vintage models, hot rods, muscle cars or motorcycles. No pre-registration is necessary for vehicle owners and all vehicles are welcome.

Blue Giraffe restaurant will provide a continental breakfast of donuts, coffee

and other refreshments. Additional parking is available in the back of the shopping center.

Membership dues for the season are \$50 per individual or \$75 per couple or family. A membership includes one new club T-shirt. Members gather on the first Saturday of the month for the cruise-in, and on the second Tuesday for dinner. For details, contact Scot Congress at 472-4177 or scot@scongress.com.✱



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Reasons To Rearrange Your Furniture



by Marcia Feeney

Picking out a new color scheme and investing in updated decor for your favorite room may be exhilarating, but when was the last time you rearranged the furniture? Mixing

things up through the placement of your chairs, end tables and sofas is a simple way to enhance your room and give it an entirely new look and feel. Rearranging furniture every season, or at least once a year, can be beneficial in many ways.

Whether you entertain on a regular basis, or your family members are the only people who frequent your living space, there's no escaping the foot traffic that will inevitably wear down your carpeting or hardwood flooring. By moving furniture around, you can hide the heavily touched floors and expose the space that was protected by your sofa or lounge chair for years.

When was the last time you gave the living room, bedroom, or guest

space a deep clean? Not just a vacuum and dusting, but a true deep cleanse of the carpeting underneath the furniture, as well as all of the corners and walls hidden by the bed, sofa, chairs, television console or wardrobe? Rearranging your furniture offers the perfect opportunity to thoroughly clean the room from top to bottom, something you should consider doing a couple times a year, perhaps to flow with the season changes.

Is there a room in your house that you wish you could dream bigger? You don't have to knock down any walls or move to a new home to get that larger living space. Maybe all you need to do is rearrange the furniture. If you're short on space, keep large pieces of furniture against the wall to maximize the room. If you feel like you have a little more space to work with, try floating your furniture, which means bringing those staple pieces that would normally sit on the wall to the center of the room. Not only can this make the room feel bigger, but it'll also encourage steady traffic flow and could potentially make the space look like an entirely different room.

Did you know that moving your furniture around can actually make you feel better? Rearranging a room can elevate your mood, instilling satisfaction, effectiveness, creativity and comfort. It's also a simple way to clear your mind; just as you're cleaning the clutter of the room while rearranging your furniture, your mind becomes at ease, grounded and clearer. So don't wait around for a

bad day, start moving things around in a room that feels less comfortable than it once did for a natural mood boost.

If your furniture has been in the same place since you moved in, it's time for a change. Don't feel intimidated if you don't know where to get started, a design professional can offer a helping

hand. He or she will evaluate your space, discuss a few ideas and develop a floor plan so you'll feel confident in changing things up.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coincdecen.com.✱

From page 1

Impact Report

pharmacies, City of Sanibel officials and FISH volunteers. The clinics ensured that hundreds of vaccine doses were distributed to the island community.

FISH answered 25,798 service requests and impacted the lives of 2,969 individuals in 2021, and 93 percent of every dollar spent went to FISH programming.

Other important impacts included:

5,967 visits to the food pantry, utilizing 255,980 pounds of food;
5,090 hot meals delivered to island neighbors by FISH volunteers;

562 households received holiday food baskets and the Adopt-a-Family programs provided holiday gifts to 243 children;

FISH social services provided 847 instances of emergency financial assistance;

Children received 4,294 food backpacks and 295 students received back to school supplies;

FISH volunteers provided 5,836

hours of service and drove 22,103 miles on behalf of FISH and community members.

"Over the last 40 years, FISH has evolved dramatically both in terms of the services we provide and the people we serve. FISH provides a range of services to people from the very young to the very old," said Jim Metzler, board chair. "One example of our expanded services is the hundreds of vaccines that FISH was able to provide last year, most of which went to seniors who otherwise wouldn't have been able to be vaccinated. Similar to how we offer all of our services, FISH was able to offer those vaccines by leveraging a wide set of partners and FISH volunteers. I strongly believe that working together as a community, we will continue to provide the services that are needed by so many and which help to make these islands the special place they are."

For more information about services offered by FISH or to schedule a tour, call 472-4775. FISH is the only human services organization on Sanibel and Captiva. Visit www.fishofsancap.org.✱

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Jeff Muddell and Al Hanser

photo provided

Trust Company Hosts Forum On Economic Growth

The Sanibel Captiva Trust Company hosted its 2022 Economic Outlook at BIG ARTS recently, the first in-person event in two years. Al Hanser, founder and chairman of the company, welcomed more than 60 clients and guests at Christensen Performance Hall. The program was also live-streamed. Newly appointed Sanibel Office President Jeff Muddell also greeted the group and spoke about his new role, as well as imminent new hires to the Sanibel team.

Senior portfolio managers Edwin Ciskowski and Gary Dyer served as key presenters. Ciskowski began by discussing the 2021 market results across various asset classes. "It was another very strong year for U.S. stock markets overall," said Ciskowski, "and contrary to the year prior (2020) where we saw larger differences between growth and value stocks, there was much less divergence among different areas of large cap U.S. stocks."

Ciskowski addressed the perception among some investors that the stock market is expensive or the stock market is only doing well because of Fed accommodation and government spending. He outlined the rational and irrational responses to this perception.

"There is no correlation between economic growth and political affiliation



Edwin Ciskowski or who's in power," said Ciskowski. "GDP is mostly affected by population growth and labor productivity – two variables over which politicians have very little influence. As for GDP expectations going forward, we anticipate four percent in 2022 and 2.4 percent growth in 2023."

Supply chain issues have had extreme consequences. COVID lockdowns, particularly in manufacturing countries like China, have slowed the pace of goods being available for consumption. The Omicron variant is putting renewed pressure on certain cities within China once again, and although improving, worker shortages remain at key points across the supply chain, some of which are also COVID related. There was excessively



Gary Dyer



Ian Breusch

strong demand for consumer goods as spending shifted away from services and toward goods, due to COVID. There are longer-term infrastructure investments needed to handle elevated consumption, and no short-term solution.

Truck drivers are largely paid by the delivery, not by the hour. The delays have put added pressure on the trucking industry. Many have left the profession. All of this is having an impact on prices (inflation).

Dyer discussed U.S. economic growth in 2022 and beyond. "U.S. stocks should remain the predominant allocation in most portfolios," he said, "due to continued economic growth, low unemployment and healthy consumption, solid corporate sales and earnings growth expectations, and hedging against inflation."

U.S. stocks will likely underperform their recent past. Longer-term expectations for U.S. stocks of five to seven percent remains reasonable (three- to five-year market cycle) and a tightening monetary

policy is likely to put pressure on valuation levels. Interest rates will likely rise this year, so it is suggested to use fixed income (bonds) for risk reduction primarily, but keep maturity/duration exposure very short term. Finally, expect the Fed to increase interest rates three to four times during 2022, so avoid longer-term maturity bond allocations until after the Fed tightening.

Ian Breusch, chief operating officer and senior portfolio manager, addressed questions, the first regarding whether the unemployment rate is affected by a lower participation rate, and is the labor market really as healthy as the unemployment rate would indicate? Breusch said, "There are certainly shortcomings in the way the unemployment rate is calculated, but it provides us with a good sense of overall health across labor markets. There's no doubt employment has improved dramatically over the past few years, allowing the Fed to focus more closely on inflation going forward."✱✱

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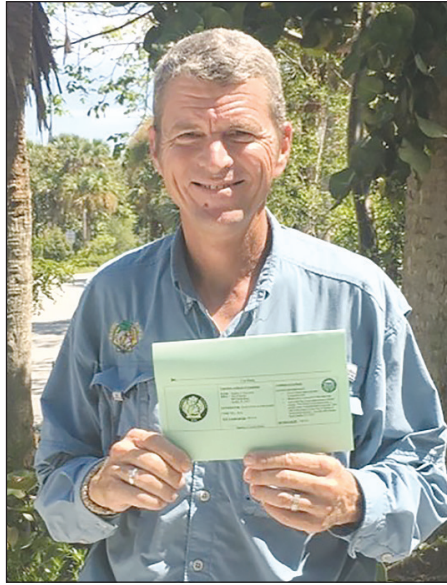
City Of Sanibel Vegetation Committee

Things To Know When Hiring A Landscaper

Sanibel is fortunate to have an abundance of lush vegetation and because of this, seasonal and full-time residents frequently need help with maintaining their landscaping. This article will help answer some frequently asked questions regarding landscaping and landscaper selection.

Why are there vegetation standards and requirements on Sanibel? "To preserve and protect vegetation from improper planting, transplanting, removing, pruning, trimming or damage or destruction," as stated in the City of Sanibel's Vegetation Standards. The retention of native plants is part of the Sanibel Plan, which ensures the conservation and protection of the ecosystems and wildlife. The vegetation standards require that for new development, the landscape must be at least 75 percent native plants in three categories: trees, shrubs and groundcovers. Furthermore, the use of native plants is also encouraged for existing landscape projects.

Why should I hire a licensed contractor? The city requires vegetation contractors working on Sanibel to obtain a vegetation competency card, certification achieved by passing a written test covering Sanibel's vegetation



Steve Schweitzer of the City of Sanibel Public Works Department with his vegetation competency card photo provided

standards and a field plant identification test. When working on Sanibel, there must be at least one licensed landscaper on site to oversee any type of vegetation work. This helps to ensure compliance with the vegetation standards. Hiring a licensed contractor is also important to homeowners because it protects the property owner from potential litigation should an unlicensed vegetation worker be injured while on the job.

What can your yard maintenance crew do without a vegetation competency card? Landscape companies may cut

grass, edge or blow clippings without a vegetation competency card. All other activities, such as trimming or pruning, require a vegetation competency card.

Can my landscaper trim mangroves? The State of Florida's 1996 Mangrove Trimming and Preservation Act requires mangroves to be trimmed by professional mangrove trimmers. Sanibel's professional mangrove trimmers are required to take a mangrove competency test separate from the vegetation competency course. Additionally, all mangrove trimming activity requires notification to the city.

How do I find a licensed landscaper? A list of licensed vegetation contractors and professional mangrove trimmers can be found on the city's website

at www.mysanibel.com/content/download/24058/149710.

Where can I learn more about native plants on Sanibel? The vegetation committee hosts free plant walks from November to April at Sanibel City Hall to view and discuss the use of native plants. All are welcome

To view pictures of invasive exotic plants or the city's *The Alien Invasion* brochure, visit www.mysanibel.com/Departments/Natural-Resources/Vegetation-Information/Exotic-Vegetation/Other-Invasive-Exotic-Vegetation or contact the natural resources department at 472-3700.

To read other articles in this series, visit www.mysanibel.com/Departments/Natural-Resources.✱

Wellness At The Refuge Topic For Business Lunch

The Sanibel Captiva Business Women's Association (SCBWA) will hold its monthly luncheon meeting on Tuesday, February 15 at Sundial Beach Resort & Spa. The meeting begins at noon, with guest speakers Toni Westland and Birgie Miller of JN "Ding" Darling National Wildlife Refuge.

This meeting is a continuation of the 2022 theme of promoting overall health and wellness. Westland and Miller will discuss the benefits of the wildlife refuge to health and wellness as well as other areas of outreach offered during its Wellness Week, which runs February 7 to 12.

Westland said, "The refuge understands the importance of wellness, getting outdoors, physical and mental health for ourselves and our visitors. Our first ever Wellness Week (is) February 7 to 12 to kick off the first ever Mindfulness Trail at the Bailey Tract. Other events include Refuge Bootcamp, ranger-led bike tour, sunrise yoga, Walk with a Doc, and more."

SCBWA President Taylor Osborne said, "We are really looking forward to having Toni and Birgie speak to our group and discuss another aspect of health and wellness. "Ding" Darling's Wellness Week goes hand-in-hand with Sanibel Captiva Business Women



Birgie Miller and Toni Westland photo provided

Association's focus on wellness."

SCBWA meets on the third Tuesday of the month at various locations. Register on Eventbrite at www.sancapbwa.eventbrite.com.

For more information, contact taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✱

From page 10B

Networking

involvement with philanthropic endeavors.

Tips & Sips is held every third Wednesday of the month and rotates between Sanibel and Captiva restaurants.

Register at no charge at www.sancapbwa.eventbrite.com or email taylor@irisprintdesigns.com. Updates posted at www.facebook.com/SanCapBWA.✱

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New Trustees For SCCF Board

Sanibel-Captiva Conservation Foundation (SCCF) appointed Bob Brooks, Laura DeBruce and Megan Doss to four-year terms on the organization's board of trustees. "SCCF's longtime CEO Erick Lindblad was known to say that the right board members always seem to join our governing body at exactly the right time," said SCCF CEO James Evans. "No truer statement could be made about Bob, Laura and Megan. Each brings a unique skill set and a fantastic collaborative nature to our governance. We are so fortunate to have them join our leadership."

Founder of manufacturers representative agency Robert Brooks Associates, Brooks vacationed on Sanibel since the 1980s and is a current resident. He serves on the Coastal Watch Advisory Committee, Sanibel FlyFishers board, and was the first director of development for Captains For Clean Water. His focus on water quality, protection of wildlife and habitat, and safeguarding Sanibel and Captiva as island sanctuaries were paramount in his decision to serve as a trustee.

DeBruce is a lawyer and entrepreneur who has had a presence on Sanibel since 2010. She has brought her extensive background in legal advice and consulting services to bear locally, serving on the Sanibel Planning Commission and



Bob Brooks

Community for Housing Resources Executive Committee. She is a founding member of the Sanibel Captiva Business Women's Association.

Doss has held many public service roles in Michigan where she is also the owner and founder of Special Events! LLC. Her broad-based volunteer service demonstrates her advocacy for education, recreation and the environment. The Doss family has been represented on Sanibel and Captiva for three generations. They are dedicated to living in harmony with the oceans and wildlife, engendering respect for Southwest Florida's local ecosystems.

"In saluting our new trustees, we also must recognize the nominating



Laura DeBruce



Megan Doss

committee, chaired by former board president Doug Ryckman," said SCCF Board President Don Rice. "The committee was dedicated to finding the

Progressive Club To Meet

Professor Caroline Mala Corbin, professor of law and dean's distinguished scholar at University of Miami School of Law, will address the Constitutional Threat to Women's Rights, particularly reproductive rights, at the Progressive Club's Zoom meeting on Thursday, February 17 at 4 p.m. Her scholarship focuses on the First Amendment's speech and religion clauses, particularly their intersection with equality issues.

Corbin's articles have been published in major university law reviews. She writes for multiple blogs including SCOTUS blog, and is often a commentator for local and national media on First Amendment questions.

Corbin joined the Miami law faculty in 2008 after completing a post doctoral research fellowship at Columbia Law



Caroline Mala Corbin

volunteers who can bring their talents as well as their passions to making SCCF a constantly improving operation. Their work is truly appreciated."*

School. Before her fellowship, she had litigated civil rights cases as a pro bono fellow at Sullivan & Cromwell LLP and as an attorney at the ACLU Reproductive Freedom Project. She also clerked for the Hon. M. Blane Michael of the United States Court of Appeals for the Fourth Circuit. Corbin holds a bachelor of arts degree from Harvard University and a juris doctor degree from Columbia Law School.

The meeting is interactive with time for questions. To attend, email pcisancap@gmail.com to receive the link or watch online at www.facebook.com/pcisancap.

Annual dues for the Progressive Club are \$35 per individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information visit www.pcislands.org, call 944-3175 or email pcisancap@gmail.com.

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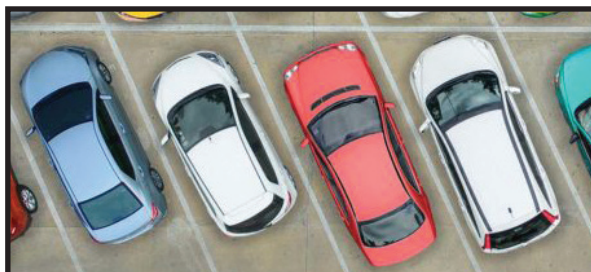
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BURNS *family* TEAM



1



2

1. SUNSET CAPTIVA 30 - CAPTIVA

- 3 BR/ 2 BA + loft with large kitchen, multiple lanai's, updated bathrooms & top floor primary suite with private deck
- Community amenities include beach access, pool, tennis, shared docks, and more
- **\$1,495,000 EURO 1,289,799**

2. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL

- 5 BR, 3.1 BA home completely renovated with gourmet kitchen, soaring 2 story ceilings and incredible views
- Private office, library, formal dining room, private pool, 2 car garage, and more
- **\$2,695,000 EURO 2,204,949**

3. SUNSET CAPTIVA 57 - CAPTIVA

- 2 BR/2 BA plus loft charming home with updated kitchen, vaulted ceilings, fireplace, and multiple lanais
- Community amenities include beach access, pool, tennis, shared dock, fishing pier, and more
- **\$1,399,000 EURO 1,238,674**

4. SINGLE FAMILY HOME IN KELLY GREENS - FORT MYERS

- 2 BR /2 BA + den in Kelly Greens with bamboo floors, vaulted ceilings, private pool, & 2 car garage
- Kelly Greens is just a short drive from the beach and offers 18 hole golf course, clubhouse, tennis & more
- **\$470,000 EURO 415,993**



3



4

NEW LISTING



5



6

5. WEST END CANAL HOME - SANIBEL

- 3 BR/ 2.5BA home on Sanibel's west end with refurbished boat dock & lift
- Cozy coastal style, new roof, new pool pump, offered fully furnished with new furnishings
- **\$1,495,000 EURO 1,316,525**

6. BEACH HOME IN THE DUNES - SANIBEL

- 2 BR/2 BA home with updated kitchen, wood ceilings, and a spacious screened porch with views of the private backyard.
- Short walk to the clubhouse, 18 holes of beautifully manicured golf course, restaurant, tennis courts, pool, and nights of entertainment and fun.
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7. ON A WHIM - CAPTIVA

- 2 BR/ 2 BA cottage located steps to the Bay in the Captiva Village area
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8. CANAL LOT ON SANIBEL

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Will Power

Using Donor Advised Funds In Your Estate Plan



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

Donor-advised funds (DAFs) are usually free and easy to establish, and can be used a variety of beneficial ways in your estate plan. A donor-advised fund is like a charitable investment account, for the sole purpose of supporting charitable organizations that you care about. When you contribute cash, securities or other assets to a DAF at a public charity, you are generally eligible to take an immediate tax deduction, although they can also be used in testamentary (after death) planning. Most DAF accounts at the big brokerage and online mutual fund companies qualify as public charities.

There are a few problems about naming a charity directly in your will or trust that can be mitigated by using a DAF. Suppose, for example, that you name different charities receiving different percentages in your will or trust. If you ever want to add a charity, delete a charity or change the percentage bequest, you must create a codicil to your will or amend your trust. Testamentary documents must be signed in accordance with state law, which generally requires you to use an attorney in order to assume that you've accomplished your change correctly.

If instead you name a DAF, you need only change the charities and percentages inside of the DAF, which now can usually be accomplished online. Assume, for example, that Sam Houston establishes a DAF at a large online mutual fund company. The charities he wishes his DAF to benefit include his university, church and a local environmental organization. He instructs his attorney to name "Sam Houston Charitable DAF" as a beneficiary of his trust. If he later wants to add the American Heart Association to his DAF, he does not need to amend his trust. Instead, he logs onto his DAF online, adding it and adjusting all the percentages of the other charities so that they add up to 100 percent.

Many clients have larger qualified retirement account balances, such as in traditional IRA and 401(k) accounts. If you name an individual or trust that benefits an individual as the beneficiary, income tax will be due on the distribution from the Inherited IRA. Instead, if you name a charity, there will be no income tax due. Somewhat problematic, however, is that several IRA custodians increasingly require the charity to establish an

account with that custodian before transferring the bequest. This isn't a problem for large charities like the American Heart Association but can be quite the strain on your local church who may not have staff to complete the paperwork.

Rather than naming the charities as direct beneficiaries of your IRA account, you can establish a DAF and name it. The DAF then makes distribution to the charities without the requirement for additional paperwork.

There are some things to know about DAFs. They are not a private foundation, which is a separate legal entity. Private foundations must go through a rigorous process to obtain a tax exemption letter from the IRS, and are subject to more stringent tax laws and regulations, including tax filings and recordkeeping requirements.

DAFs are part of a larger charitable organization established by a custodian broker or by a charity itself. This means less record keeping on your (or your estate's) part. As such, however, there's a governing body which must approve charitable distributions you recommend. Before establishing the DAF, you'll therefore want to investigate with the supporting organization whether your charities are or will be approved, especially if they are a bit out of the ordinary.

If your DAF will largely be a testamentary transfer device, you'll want to nominate individual(s) of your choosing to be your successor. You'll want to ensure that any successor that you name will carry out your wishes rather than change the beneficiaries. Generally, many DAFs allow you to log in and name and/or change your successor.

The grants your DAF bestows can be public or can be anonymous. Further, your DAF may ask the supporting organization to attach a specific purpose to your grants, which would be relayed to the charity. You cannot, however, legally bind pledges with a DAF. You may also make grant recommendations "in honor of" or "in memory of."

If a Donor Advised Fund interests you, talk to your estate planning attorney about the most advantageous way to incorporate it into your estate plan.

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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.

All local Republicans and Independents are welcome to attend. Refreshments will be served. Any questions can be directed to Steve Maxwell at 898-8203.✧

How's The Market? Ask Ann Properties Moving Quickly



Ann Gee Broker/Owner

We pay attention to the "pending" sales reported to our MLS system. The vast majority of these transactions end up as "Closed Sales" within 3-6 weeks. If you are looking for a leading indicator, this is as good as it gets.

Currently, if a new listing comes on to our market under \$1,000,000, it quickly goes "Pending" and disappears from our inventory. Last week, I noticed similar activity in new listings priced under \$2,000,000 going under contract quickly. As I write this article, there are only 14 homes for sale on Sanibel with an average price of \$3,073,714 and only 15 condos with an average price of \$1,301,253. Keep in mind, during "normal" times, our MLS would be between 500-600 homes and condos for sale.

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

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ON ISLAND FOR ISLAND

Lions Club Inducts New Member

The Sanibel-Captiva Lions Club inducted its fourth new member of the year, Mark Salvo, at the meeting on January 19. The induction was led by Tom Mavor, district treasurer, who reviewed the history of the Lions as a local and international organization with a "We Serve" motto. Salvo's sponsor was Lion Jerry Miller. President Steve Schulz presided.

The Sanibel-Captiva Lions Club sent two teams to the Feed My Starving Children Mobile Food pack event on January 29 at Sanibel Community Church. Preparations are now under way for the annual arts and crafts fair on March 11 and 12 to raise funds for local charities.

The Sanibel-Captiva Lions Club is part of Lions Club International, the largest service organization in the world with over 1.4 million members in chapters in over 200 countries. Meetings are held the first and third Wednesdays of the month at 6 p.m. at The Community House. For more information, call Lion Steve Schulz at 233-6261 or visit www.sanibelcaptivalionsclub.org.



From left, Jerry Miller, Mark Salvo, Tom Mavor and Steve Schulz photo provided



From left, Lorin Arundel, Ann Ziehl, Mike Terry and Bob Petcher

photos provided

Local Businesses Sponsor Historical Village Gala

Island Sun newspaper is a silver sponsor of the Sanibel Historical Village Gala Movie Premiere fundraiser scheduled for Tuesday, February 22, featuring a screening of the documentary *Secrets & Stories of the Sanibel Lighthouse*.

"The *Island Sun* has always been a great supporter of the Sanibel community, and I can't say enough about how much the newspaper and its staff does for us throughout the year," said Executive Director Emilie Alfino. "We're very grateful to have them as a sponsor."

Also joining as a silver sponsor is the Ashton Kirchner Group. "We really appreciate the community-minded support of the Ashton Kirchner Group," Alfino said. "The way they operate their business and the values they hold are the perfect match with Sanibel's proud



Chris Kirchner and Sarah Ashton history."

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

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Frankly Speaking

by Howard Prager



Cincinnati Bengals, you keep surprising us. Being a visitor doesn't bother you. Good luck against home team L.A. in the Super Bowl, who managed to shut down the 49ers

in the final minutes of their playoff. Ash Barty, you've done your country proud being the first native to win the Australian Open since your mentor, Yvonne Goolagong Cawley, did so 44 years ago. Cawley did not attend because she was ill, but surprised Barty by being secretly flown in and isolated in a separate room until the moment of the presentation, when she was revealed as the surprise dignitary to hand over the Daphne Akhurst trophy. Beautiful moment. And kudos to Rafael Nadal who now takes the lead in total Grand Slam victories by winning his 21st major tournament.

Warm thoughts, sports fans. I had the pleasure of interviewing a former owner of the Seattle Mariners, Jeff Smulyan. We talked about baseball past, present and future. His assessment and insight into owning a major league franchise is fascinating.

HP: What are the challenges with owning a baseball team?

JS: As a new owner, you're the biggest hero the first few years. A friend of mine came to visit me and spent the day with us and said, "This is like a real job." Especially in smaller markets, it's a struggle to just break even. It was a challenge – I loved it. But I didn't have enough money to own a team in a smaller market. Math is tough. It's a business. You get involved by hiring good people. It's only a few players on a team that make the big money. No one loves a sports owner. Tom Werner, one of the owners of the Red Sox once

said “Rather than losing \$10 million and finishing third, I would rather donate \$10 million to charity and finish fifth.” He got skewered for that comment. One title owners want to have – former owner.

HP: What are the differences between owning a team in a small versus large market?

JS: In a small town, there's a willingness to keep teams. It's a point of civic pride. Indianapolis will spend \$900 million on a football stadium. LA's SoFi Stadium cost \$4 to \$5 billion, and the city didn't have to invest in it at all. Smaller towns have a much greater willingness to invest.

HP: Is there a favorite moment you'd like to share?

JS: Having Ken Griffey Jr. on the team and watching him take batting practice. Every night before games, we'd sit behind home plate. He'd come up to us afterwards and talk about the game that night.

HP: What are the key issues you see in the MLB lockout today?

JS: No salary cap. There's tension between a player's union that wants more money and owners who don't. We want to control the total amount of dollars in the game. The issues are fervently fought. Teams have unequal revenues. In football, all teams share the revenue. That's what allows a team from Green Bay to compete with teams from much larger cities.

HP Why aren't younger people following baseball?

JS: Baseball doesn't excite today's generations. Video games are fast and

generations. Video games are fast and violent, just like football. Baseball is a cerebral, slow game. Today, kids don't want to talk about who may be coming out of the bullpen. Baseball is just a slower game, especially to them.

HP: Baseball keeps tinkering with ways to speed the game up. Is there something else they can do?

JS: Difference in the time of the game now is an extra hour because of TV. We used to have one minute between innings; now it's three minutes. More bullpen calls. A starter may go five innings and then

turn to specialists, with four to five pitchers in a game. They've tried pitch clocks, 20 seconds to throw the ball, maximum number of pickoffs. We need a faster game that can entice younger people. Today, an average NFL game audience is twice that of a World Series game. Baseball is more of a regional sport – if your team is in the pennant race, you're more apt to be involved.

HP: What's the future for baseball managers?

JS: It's like the money ball era. Billy Beane now with specialists as coaches. Most GMs have MBAs. There are 20 Theo Epstein's out there. Always a tradeoff in the game between data people in the front office, and coaches and people knowledgeable about the game on the field. But we can't measure going by your gut.

HP: Last year, baseball agreed to start providing minor leaguers better housing allowance. What's their future like?

JS: The minor leagues are subsidized by major leagues. Owning a minor league team is pretty good because major league team pays part of their expenses. Minor leagues produce two to three prospects per year. That's costly development. Yet, politically, no one wants to change that. NFL has no development costs, it's all borne by the NCAA. Baseball funds all these kids through minor leagues, plus pays for scouts and a front office. No one's making much except the top 10 percent of players. It all siphons through to a few people.

HP: What do we need to worry about?

JS: Biggest threat to the game is people cutting their cable cord. An 85-year-old grandmother in Pasadena is paying \$30 to \$35 per month for sports. Cable's highest fees goes to sports, especially baseball and basketball. People are cutting their cable package off. It was 105 million viewers and is now down to 70 million. Sports is driven by subscriber fees. They would love to just go directly to sports fan, but sports fans are only 30 percent of the audience. Grandma is subsidizing them.

HP: What's your outlook?

JS: Upbeat. People care about sports and as long as they care; it will continue to thrive.

Our good news story comes from the Des Moines Register. When outgoing Iowa

Cubs owner Michael Gartner gathered the team's 23 full-time employees at the end of the year, he told them he was handing out new business cards. What he handed out instead were bonus checks to the tune of \$600,000, the *Des Moines Register* reported. The money came from profits from the recent sale of the team, and Gartner and his four associates wanted to share those profits with staff members. Everyone, including the club's custodian, got a check — \$2,000 for every year they had been employed, even as interns. The longest tenured employee received a check for \$70,000. "It was pretty crazy," Iowa Cubs broadcaster Alex Cohen said. "People were crying and shaking." Baseball is about family and caring, all the way around.

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@islandssunnews.com.✱

LCEC Program Helps Neighbors

Lee County Electric Cooperative (LCEC) customers can help others by enrolling in the Power to Share by Rounding Up program. The program was created in 2009 to assist financially strained customers. It is a partnership between LCEC and the United Way, and is funded through donations by LCEC employees, business partners and customers.

In 2020, LCEC expanded this program with the introduction of the Power to Share by Rounding Up program. This program allows participating customers to round up their monthly electric bill to the nearest dollar. Customers also have the option to make an additional monthly contribution or make a one-time donation to their bill. With many ways to donate, giving is easy. Customers can enroll and unenroll easily through the LCEC SmartHub, online at www.lcec.net or by calling LCEC Customer Care at 656-2300.

For more information on the program or other ways that LCEC positively impacts the community, visit www.lcec.net.✱

The advertisement is a full-page graphic with a blue sky and white clouds background. At the top left, a red trapezoidal shape contains the text "NOW SERVING" in large white bold letters, followed by "Sanibel & Captiva Islands!" in smaller white italicized letters. Below this, a white horizontal line separates the text "CALL ANYTIME" and "(239) 217-4111" in large white bold letters. On the right side, there is a logo for "ALLIED AIR SERVICES" featuring three stars (two yellow, one silver) above a red banner with the company name in white. Below the banner is a red ribbon with the text "HEATING • VENTILATING • AIR CONDITIONING" in white, and below that, the phrase "Home of The Comfort Club!" in white script. A dark blue horizontal band across the middle contains the website "WWW.ALLIEDAIR.BIZ" in white bold letters. Below this band is a yellow rectangular box with the text "HVAC SERVICE | REPLACEMENTS" and "APPLIANCE REPAIR & DIAGNOSTICS" in red bold letters, followed by "COMMERICAL/RESIDENTIAL" in red bold letters, and a small asterisked note "*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA." in black. At the bottom, a dark blue band contains the text "CALL FOR A MAINTENANCE CHECK ON YOUR AC TODAY!" in large yellow and red bold letters.

SPORTS QUIZ

1. Name the NASCAR Hall of Famer who in 1963 became the first Black driver to win a race in NASCAR's premier Grand National Series.
2. What Panamanian jockey amassed 9,530 career wins, including one at the Kentucky Derby (1984) and three straight at the Belmont Stakes (1982-84)?
3. What NFL franchise played its first season in 1967 but did not have a winning campaign until it finished 12-3 in the strike-shortened 1987 season?
4. What New York Yankees lefthanded pitcher was named AL Rookie of the Year in 1981 and threw a no-hitter on July 4, 1983?
5. What name did the NBA's Washington Wizards franchise have when it was established in 1961?
6. Federation Internationale des Echecs (FIDE) is the global governing body of what game?
7. Name the Denver Nuggets coach who was fined and suspended for ordering his team to stop playing defense during a 156-113 loss to the Sacramento Kings in November 1983.

ANSWERS

1. Wendell Scott. 2. Lattin Pincay Jr. 3. The New Orleans Saints. 4. Dave Righetti. 5. The Chicago Packers. 6. Chess. 7. Doug Moe.

Helicopter Ball Drop Sponsor

Pfeifer Realty Group is again a major sponsor for the Play for PINK golf tournament scheduled for Saturday, March 26 at The Dunes Golf & Tennis Club. With a donation of \$2,000, Pfeifer Realty Group will sponsor a helicopter ball drop, to take place before the 8:30 a.m. tee-off. All of the funds raised with the ball drop, golf tournament and virtual auction go to the Breast Cancer Research Foundation. All fees are underwritten by the Estee Lauder Companies' Breast Cancer Campaign on behalf of the foundation. It is the highest rated breast cancer charity in the country.

"Nowhere else have we found a community of residents so generous of their time and talents to support the many organizations that benefit us all and make our islands home. Over the years, many people have trusted Pfeifer Realty Group with their real estate goals and we are honored to turn their trust in our brokerage into community support for important organizations and events like Sanibel's Play for PINK Golf Tournament. Thank you for giving us this opportunity," said Mary Ellen Pfeifer.

Chances for the helicopter ball drop can be purchased online at www.playforpink.org/thedunes. Monetary prizes will be given for the three balls landing closest to the designated target.

There are 128 golfers scheduled to tee-off this year. Players will purchase mulligans, raffle tickets, pay-the-pro tickets and participate in putting and closest-to-the-line contests. Prizes will be awarded to the first place men's, ladies and mixed teams. Following the



Eric and Mary Ellen Pfeifer

photo provided

tournament, there will be a luncheon in The Dunes pavilion. A virtual auction will take place during the week leading up to the golf tournament, from March 23 to 26. 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.*

Local Firm Sponsors Tournament

John Henshaw and Associates, LLC, will be a major sponsor for the Play for PINK annual charity golf tournament at The Dunes Golf & Tennis Club on Saturday, March 26.

With a donation of \$1,500, Henshaw and Associates will sponsor the putting contest. With help from all the local sponsors and underwriting from the Estee Lauder Companies Breast Cancer Campaign, 100 percent of the funds raised from the golf tournament and virtual auction are donated to the Breast Cancer Research

Foundation (BCRF), the highest rated breast cancer charity in the country.

Some 128 golfers will tee off at 8:30 a.m. Players will purchase mulligans, raffle tickets, pay-the-pro tickets and participate in putting and closest-to-the-line contests. Prizes will be awarded to the top men's, ladies and mixed teams. New this year is the helicopter ball drop; chances can be purchased online. Bidders can preview the virtual auction items online starting on Saturday, March 19. Bidding goes live on March 23 and will close at 6 p.m. on the day of the tournament.

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

"Research dollars are critically needed to study, treat and prevent breast cancer," said John Henshaw. "I encourage everyone to support this effort for those at risk or dealing with this disease."**



John Henshaw and Jim Clapp

photo provided

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Health First

Health Benefits Of Pilates



by Julie Rosenberg, MD

The COVID-19 pandemic has been associated with a surge in unhealthy lifestyles among Americans, leading to weight gain and increased sedentary behaviors. If you are working to get back on track, and possibly try something new to augment and enhance your fitness routine, consider Pilates. I love Pilates, both personally and professionally, as it offers something for everyone, from those undergoing rehabilitation to professional athletes.

What is Pilates?

Pilates was created in the early 20th century by Joseph Pilates. The Pilates method is based on six basic principles: centering, concentration, control, precision, fluidity and diaphragmatic breathing. The Pilates repertoire is comprised of over 600 exercises and variations that enable you to work your entire body. The exercises can be either mat-based or involve use of specialized equipment.

Studies have shown that Pilates significantly improves quality of life by

strengthening the deeper muscles of the core and helping individuals to develop functional and sustainable movement patterns. Following are seven key benefits of a regular (at least once weekly) Pilates practice.

1. Increased Core Strength – The core consists of the muscles surrounding your trunk, including your abdominals, obliques, diaphragm, pelvic floor, back extensors and hip flexors. Your core muscles support and help stabilize your entire body. Pilates exercises help to improve core strength and function. Good core strength may support you in performing daily activities with ease versus with stiffness, restriction and pain.
2. Improved Posture – Pilates focuses on total body alignment. Pilates teaches you good spinal alignment and helps you become more aware of your posture. It helps to promote improvements in habitual posture by enhancing spinal, scapular and joint flexibility while strengthening shoulder, lower back and abdominal musculature.
3. Decreased Back Pain – About 16 million adults (eight percent of all adults) experience persistent or chronic back pain, which may result in limitations in everyday activities. Pilates strengthens the deeper abdominal muscles and pelvic floor so that they work more effectively to protect and stabilize back muscles.
4. Enhanced Body Awareness – A Pilates practice encourages you to turn your attention inward and to focus on the sensations in your body. Pilates therefore supports enhanced body awareness and proprioception, the body's ability to sense

its location, movements and actions. The body becomes better able to respond to stimulus, which can help prevent injuries and falls.

5. Decreased Stress – The focused breathwork in Pilates creates a physiological response in the body that down-regulates the nervous system. This, in turn, helps to reduce stress by taking a person out of “fight-or-flight mode.” Pilates can also increase endorphins, which helps to enhance overall mood.
6. Improved Flexibility and Mobility – Flexibility is the amount of passive stretch in a muscle, while mobility is the range of motion at a joint. A Pilates practice involves precise and controlled movements. Most of the exercises are a combination of stretching and strengthening, which improves flexibility, mobility and strength.
7. Better Balance – Pilates principles that are beneficial for balance training include concentration, coordination, breathing and alignment. Pilates also improves balance through core strengthening.

A Few Considerations – With the many nuances of Pilates, working with a qualified instructor who can assess specific exercises and provide modifications for your needs and goals is key, especially for beginners. Due to the high skill level required of qualified instructors, coupled with the high cost of equipment, Pilates training can be a significant financial investment. Consult your healthcare provider before embarking on a new exercise program.

In summary, Pilates is a mind-body exercise that focuses on strength, core

stability, flexibility, muscle control, posture and breathing. Pilates can help you move with more freedom and less pain. Specialized Pilates studios are widely available in Southwest Florida. Give it a try – you'll be glad you did!

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

February Pet Adoption Special

Puppy love is in the air at Lee County Domestic Animal Services, so consider adopting a furry Valentine instead of the traditional roses and chocolates.

During the month of February, all adoptions will cost \$14 with an approved application. The reduced adoption fee includes the complete package of services: sterilization, age-appropriate vaccinations, county license, microchip ID, de-worming, flea treatment, a heartworm test for dogs, feline AIDS and leukemia test for cats and a 10-day health guarantee. The adoption package is valued at more than \$500.

Lee County Domestic Animal Services shelter is located at 5600 Banner Drive in Fort Myers. To view adopted pets, visit www.leelostpets.com. For more information, call 533-7387.✧

When we went to the store someone did not have enough money so we gave him some.



—by Grant, The Sanibel School



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

2430-B Periwinkle Way
Sanibel FL 33957
239.472.4775 • fishofsancap.org

dearPharmacist

Ways To Treat Sudden Low Blood Pressure



by Suzy Cohen, RPh

Dear Readers: When I was a practicing pharmacist at a large retail chain, I'd get this type of phone call a lot: What do I do? My husband took his blood

pressure pill and now he feels faint! Is that normal?

Probably every pharmacist has received a similar call after dispensing any one of the popular anti-hypertensives like losartan, lisinopril, nifedipine and atenolol.

The answer given depended on the severity of the situation of course, and we were always mindful of having the patient's doctor informed and notified. A person often experiences low blood pressure because they have high blood pressure, and they're supported on blood pressure pills to bring it down. But the problem is that it can go down too fast, and too much. Hence, a hypotensive crisis can occur.

Kidney dysfunction, heart disease, sleep apnea as well as thyroid disease are other causes for a hypotensive crisis. Vitamin B12 deficiency is known to cause pernicious anemia and it's quite common. This is an overlooked but common cause of chronic low blood pressure.

The symptoms are the sensation of dizziness or feeling faint and lightheaded. There could also be nausea, weakness and inability to focus or concentrate. Vision can be impacted. If it's serious, of course, call 911 and get help. Smelling salts aren't a bad idea while you're waiting for help.

For simple, occasional bouts of sudden low blood pressure, I could recommend the following:

1. Lie down and put a thick pillow under your legs so your head gets more blood flow. The reason you feel faint is because the blood left your head, so this positional change should be done first.

2. Munch on something very salty like

potato chips, or drink salt water if you can sit up. It's made up of half cup water and half teaspoon sea salt. Stir it well.

3. Generally speaking, drink more water. The more fluid you drink, the more pressure there is inside your blood vessels and that's the goal.

4. Compression stockings are great if you have those. You should buy a pair of compression hose if you are on a blood pressure drug because you never know when you'll experience this problem.

5. Fludrocortisone is a prescription medication that raises blood pressure. It works by controlling the sodium and the fluid balance in your body.

6. Do not get up fast. Even if you have been on a medication for years, and you feel confident of its effects, still I caution to never get up fast.

7. Licorice teabags can be used because that will elevate blood pressure too. If someone is around to help you steep this while you lay down with your legs up, it would be ideal. These teabags are sold everywhere. They are used most often for liver disease and, more recently, for respiratory infections.

If you'd like to receive a more comprehensive version of this article with more tips, sign up for my newsletter at www.suzycohen.com.

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

Autism Screening

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

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest

Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am in my early 20s, and I have been dating this guy for about seven months. He just told me he likes me but he's not into having an exclusive relationship. What should I do?

A: Is his liking you but not wanting exclusivity enough for you? Some people are accepting of that, however, you run the risk of being disappointed if you are waiting to go out with him and he is with someone else. Respect the fact that he was honest with you. Some guys simply just ghost you. I know that stings when you want a monogamous relationship. Now decide if you are better simply not dating him? Can you just be friends with no expectations? If this doesn't feel good to you, you can give yourself permission to leave and move on. No matter what you decide, if you do split ways, it still can be hurtful and disappointing. What

referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱

is important for you is to take time for yourself and reflect on this issue and practice on extreme self-care. Put yourself back out in the dating world when you are ready.

You most deserve to have someone who is totally into you. He should like who he is when he's with you and treat you with honor and respect. Most of all, you want to be your best self, and when you feel this way, you will attract someone who is genuinely interested in pursuing you. When you love yourself first and foremost, you will exude this and it is attractive to someone else. They will pick up on your energy.

Put yourself in situations that you enjoy, and you will naturally meet others who have similar interests and want to get to know you. You may want to continue to see this person you have been dating, however, if your needs are an exclusive relationship, I would caution you not to wait around. You don't know if he will ever be ready.

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

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Doctor and Dietician

Are You Heart Smart?



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

With Valentines Day just around the corner, let's talk a little about the heart. The heart is the large muscle in our bodies that pumps blood through the blood vessels throughout the circulatory system. This blood carries oxygen and nutrients to the body, while also carrying metabolic waste such as carbon dioxide to the lungs. The heart pumps about 5.7 liters of blood in a day and beats on average 100,000 times per day. Not only is the heart one of the central organs in our physical bodies but it is the place where emotions and desires originate, driving us to action, creating our behaviors. With what we see going on in the world these days, you might say that

humanity has a heart problem. Our spirit life begins in the heart. When things may not make sense to our hearts, Proverbs tells us to "trust in the Lord with all your heart and do not lean on your own understanding." We alone cannot control the circumstances around us. Let go, let God. What can we do to keep our hearts strong and steady? Research shows that getting out in nature helps relieve stress and anxiety, improves mood and boosts feelings of happiness. Our brains and our hearts benefit from getting back to nature. When we are up against feelings of stress, depression, anxiety, self-absorption, fatigue and feel anti-social or uninspired, getting outside in nature can help us make a complete turnaround. Have you taken time to look around in awe and wonder at the beauty of the stars, the sun, the moon, the sand, the trees? God's creation all around should be awe-inspiring and stimulate our senses to realize that we are part of this amazing universe. How much time have you spent outside lately? We cannot encourage you enough to take a walk, ride your bike, swim in the gulf, or visit a nature preserve. What can we do nutritionally to strengthen our hearts? Well, the American Heart Association for years has been suggesting a low cholesterol, low sodium diet. Unfortunately, there is so much more to heart health than this. In our years of work at Caring Medical, we have researched this topic and come

to realize that much of the heart disease problem is related to inflammation, allergies, lack of nutrient-dense food intake and an overabundance of chemicals in the typical SAD (standard American diet). Chemicals, additives and allergens cause stress and inflammation in the body. Consuming a diet that has a low toxic load and is easily utilized by the body is key to heart health. Most people need to avoid dairy, wheat and sugar. Wheat processed in other countries could be good, but here in the US, it is terrible. Excessive sugar and/or artificial sweeteners, chemical-laden "non-foods," hydrogenated oils, preservatives, dyes and flavor modifiers should be avoided as much as possible. Those types of things should never come near your mouth. We should eat whole, fresh, organic foods when at all possible. Food is our life source. Ingesting terrible, poor-quality food and expecting optimized health is dumb. Heart disease incidence is climbing, and people are showing up

with signs of it at much younger ages. Why? Poor nutrient intake. Increased incidence of anxiety and stress. Increased cell phone use and facedown lifestyles lead to instability in the cervical spine, thus cutting off vital nutrient supply to vital organ systems, as well as blocking the vagus nerve that can then affect the heart. We will discuss more in part two of this article. The choice is ours. We live in an amazingly beautiful place where we can be outside every day of the year. We have access to fresh food. We can walk, run, or bike outside any time. We can choose to be positive and show love to one another. Our heart health is in our own hands. Let's make it good. 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.*

Health Program For Women

FISH of SanCap is offering a Women's Health Discussion with Loureen Downes, PhD, associate professor at FGCU, on Wednesday, February 16 at 6 p.m. at The Community House. The program will focus on nutrition and health. Dr. Downes will discuss nutrition education and the incorporation of positive nutrition practices in everyday lives. She will also discuss the connection between nutrition and

breast cancer. The discussion will run approximately one hour, followed by a question-and-answer session. This is part two of a three-part series and open to the public. The final part of the series, focusing on weight management, will be held on Wednesday, February 23 at 6 p.m. Dr. Downes' clinical experience spans 30 years, including 24 years as a family nurse practitioner and 15 years as a nurse practitioner educator. For more information, call 472-4775 or visit www.fishofsanacap.org. The Community House is located at 2173 Periwinkle Way on Sanibel.*

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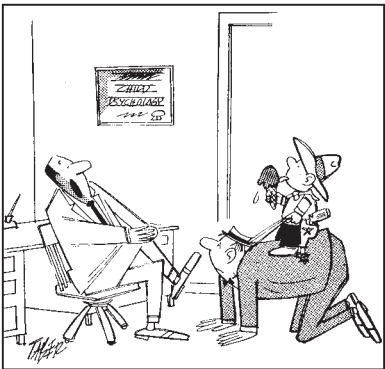


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Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
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Arcade Theater.....	332-4488
Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
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Audubon Society.....	472-3744
Bailey-Matthews National Shell Museum	395-2233
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CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald.....	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 31B



"Off-hand, I'd say he's
_____."

SCRAMBLERS

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

Swap
DATER _____

Warrior
PARANTS _____

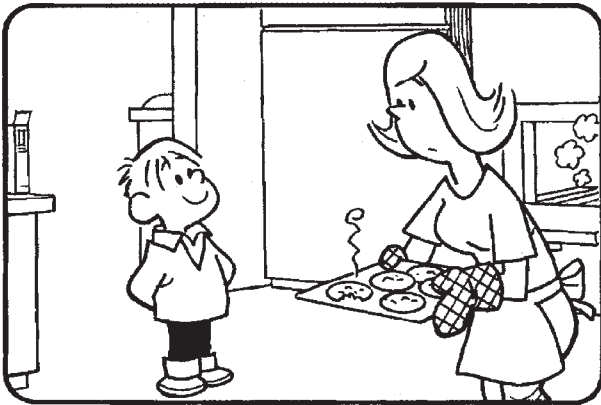
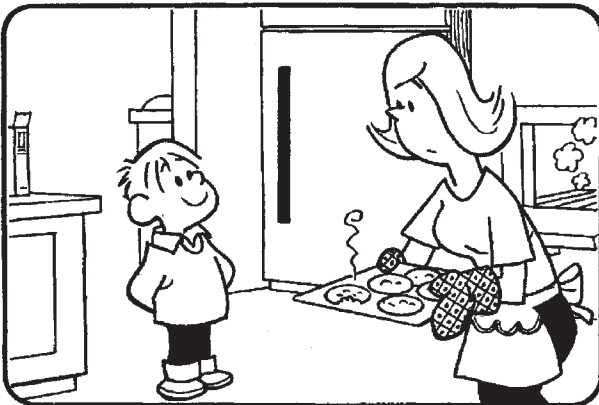
Unrelated
TALENT _____

Static
AIRDO _____

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Cabinet is moved. 2. Neckline differs. 3. Handle is missing. 4. Gloves are different. 5. Apron is different. 6. Pants are different.

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

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 31B

Super Crossword SLICK MIDDLE

ACROSS
1 Musical McEntire
5 Bank acct. underwriter
9 Skate parts
15 Church seats
19 Students at Yale
20 — avis (one of a kind)
21 Actor Shaw
22 Take one's leave
23 Photoelectric cells used for IDing
25 Title heroine of a 2001 French film
26 Onetime rival of Nintendo
27 Charges to get some quick cash
28 Property of a body in motion
31 Vardalos of the screen
32 Morales of "Bad Boys"
34 Roman 1,501
35 Noisy tot toy
36 Principles of household management
42 Rooted (in)
43 Hidden obstacle

DOWN
1 Sends back into custody
2 Euphoria
3 Female honcho
4 "You wish!"
5 Most liberated
6 Go on a brief yacht outing
7 Furious state
8 Wine vessel
9 Marlon of film
10 Chinese noodle dish
11 Aid in wrongdoing
12 Sandwich shop
13 Actor Bana of "Munich"
14 Control the course of
15 Pre-euro Spanish money
16 Puts forth
17 Move like a hula dancer
18 Didn't leave
24 Ho-hum grades
29 "No worries, dude"
30 Catch red-handed
33 Here, to Yves
37 Pulitzer-winning novelist Jennifer

ACROSS
44 Kitchen flooring, to a Brit
45 Sullen
47 Gore and Pacino
50 Humorous impact
58 Tightens, as one's fist
63 Track circuit
64 Chute-deploying jumper
65 Goth foe
66 Fixed fashionably
68 Dollar part
70 Author — Johns
71 Taj Mahal locale
73 Person on a most-wanted list
77 Geraint's patient wife
78 Averse (to)
80 Swanky
81 Diplomat
83 Suffix with ethyl
84 Strong coffee
87 Suffix with fact
89 One frosting a cake, e.g.
91 All-out attempt
94 Potentially shocking fish

DOWN
95 Discontinued iPod
96 Rock concert equipment
99 Speak like Daffy Duck
103 Hits, as a fly
108 Imaginary band on the earth's surface
113 Form a single file
115 "— tu" (Verdi aria)
116 Healing sign
117 Drink in a schooner
118 Luge, diving and biathlon
123 Saintly
125 Sit heavily
126 Clause's cousin
127 Face-off area in hockey (or what's found in eight answers in this puzzle)
129 Article in Germany
130 Yamaha products
131 "— girl!"
132 The Bradys' Alice, e.g.
133 Elk relative
134 Sharply focused
135 Low in pitch
136 Poker cost

ACROSS
38 Ltr. extra
39 Uncanny
40 Wets a bit
41 "Ew, gross!"
46 Marina del —, California
48 PC screen type
49 Frigate, e.g.
51 Ralph of "The Karate Kid"
52 Duel weapon
53 Govt. med approver
54 Bona —
55 Smoothed (out)
56 "My Heart Will Go On" singer Dion
57 Brokerage employee
58 Alpine abode
59 "The Raven" co-star Bela
60 Absorbed
61 Academy URL ending
62 Writ for court appearance
67 Arafat's gp.
69 Dayton-to-Toledo dir.
72 Trac II successor
74 "Time — the essence"
75 Team VIP
76 Olden times
79 Clucking bird
82 "— -haw!" (rodeo shout)

ACROSS
85 Bad deed
86 Swindle
88 "Doggone!"
90 Penne — vodka
92 Mental haze
93 "You're oversharing," in texts
97 They may run Windows
98 Some trig functions
100 Like "penne" and "graffiti"
101 Seek pleadingly
102 Go ahead of
103 Went uphill or downhill
104 Baseballer Mays
105 "Who's interested?"
106 Tone down
107 Have dinner
109 Liam of film
110 Author Hemingway
111 Australia's main airline
112 Force along
114 Kid-lit's Longstocking
119 Uppercut landing area
120 Part of QED
121 Windmill part
122 Healing sign
124 Columnist Bombeck
128 Socrates' "H"

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															45			46		
					47	48	49			50		51	52					53	54	55
58	59	60						61	62		63				64					
65					66					67		68			69			70		
71					72						74					75	76		77	
78					79				80						81				82	
84						85	86			87		88		89				90		
91									92				93			94				
									92				93			94				

King Crossword

ACROSS
1 Shade
4 Frontiersman Crockett
8 Pocket bread
12 100 percent
13 Dutch cheese
14 Pedestal occupant
15 Cowboy's sweetie
16 Do math
18 Slowpoke
20 Hydrocarbon suffix
21 Cushions
24 Persian Gulf emirate
28 Nutritional label info
32 Flamingo's color
33 Copper head?
34 Lauder of cosmetics
36 Summer on the Seine
37 Guns the engine
39 Toe of Italy's boot
41 Fashion
43 Hit with a stun gun
44 Ms. Thurman
46 Gossip
50 Baseball's "Iron Man"
55 Deluge refuge
56 Now, in a memo

DOWN
1 Cronos
2 — Bator
3 First lady of scat
4 Proclaim
5 Nabokov novel
6 Batman portrayer Kilmer
7 Village People hit
8 Cowboy's neckwear
9 Luau bowlful
59 Quick swims
60 Winter blanket charge
61 Novelist Rand
11 Hearty quaff
17 German conjunction
19 Wall St. debut
22 Platter
23 Attack
25 Coffin stand
26 Con
27 Furniture brand
28 2006 Pixar film
29 Help a hood
30 Tax
31 Actress Ward
35 "Calm down!"
38 Drinks noisily
40 Spell-off
42 Brit. record label
45 LAPD alerts
47 Wine valley
48 Helen's home
49 Related
50 Scoundrel
51 "— was saying ..."
52 Napkin's place
53 "— -Tiki"
54 "Evil Woman" band

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

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

- Beethoven
Bingen
Brahms
Chopin

Debussy
Handel
Haydn
Liszt

Mendelssohn
Schubert
Schumann
Schutz

Strauss
Wagner
Weill

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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	2:31 am	9:12 am	3:50 pm	9:04 pm	Fri	1:36 am	9:14 am	2:55 pm	9:06 pm	Fri	2:30 am	9:22 am	3:40 pm	9:38 pm	Fri	4:41 am	12:28 pm	6:00 pm	None
Sat	3:24 am	9:37 am	4:11 pm	10:08 pm	Sat	2:29 am	9:39 am	3:16 pm	10:10 pm	Sat	3:31 am	9:52 am	4:16 pm	10:29 pm	Sat	5:34 am	12:20 am	6:21 pm	12:53 pm
Sun	4:24 am	10:01 am	4:37 pm	11:18 pm	Sun	3:29 am	10:03 am	3:42 pm	11:20 pm	Sun	4:30 am	10:18 am	4:51 pm	11:28 pm	Sun	6:34 am	1:24 am	6:47 pm	1:17 pm
Mon	5:41 am	10:22 am	5:07 pm	None	Mon	4:46 am	10:24 am	4:12 pm	None	Mon	5:33 am	10:35 am	5:27 pm	None	Mon	7:51 am	2:34 am	7:17 pm	1:38 pm
Tue	7:40 am	12:33 am	5:43 pm	10:37 am	Tue	6:45 am	12:35 am	4:48 pm	10:39 am	Tue	6:43 am	12:43 am	6:09 pm	10:27 am	Tue	9:50 am	3:49 am	7:53 pm	1:53 pm
Wed	6:28 pm	1:52 am	None	None	Wed	5:33 pm	1:54 am	None	None	Wed	7:53 am	1:51 am	7:03 pm	10:16 am	Wed	8:38 pm	5:08 am	None	None
Thu	7:26 pm	3:05 am	None	None	Thu	6:31 pm	3:07 am	None	None	Thu	8:02 pm	2:49 am	None	None	Thu	9:36 pm	6:21 am	None	None

My Stars ★★★★★
FOR WEEK OF JANUARY 31, 2022

Aries (March 21 to April 19) Put that restless surge to good use this week by preparing your winter-weary home for spring. Also, be more flexible about accepting a workplace change.

Taurus (April 20 to May 20) Your well-known ability to be patient is challenged as you wait for more news about a promising opportunity that could lead you to a new career path.

Gemini (May 21 to June 20) A setback in your travel plans could prove to be a blessing in disguise. Use this extra time to help close a growing gap between you and a family member.

Cancer (June 21 to July 22) Don't let a sudden sense of separation between you and your spouse or partner go unchallenged. It's important to make a strong effort to clear things up.

Leo (July 23 to August 22) Use the information you recently received

to make some long-deferred changes regarding a personal situation. Continue to exercise financial restraint.

Virgo (August 23 to September 22) That new responsibility you're now considering could lead to many opportunities. But be sure you have all the facts before you agree to take it on.

Libra (September 23 to October 22) A friend might try to advise you against a potentially risky move. Ultimately, the decision is yours, but hear him or her out before you decide.

Scorpio (October 23 to November 21) You might feel justified in demanding an apology, but it might be wiser to settle things so that today's adversary doesn't become tomorrow's enemy.

Sagittarius (November 22 to December 21) Good news: Expect a more positive aspect to dominate your personal and professional lives. Someone close to you seeks your counsel.

Capricorn (December 22 to

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January 19) A disappointment can turn into a learning experience. Now, at least, you know what not to do. Meanwhile, expect more options to open up.

Aquarius (January 20 to February 18) What goes around comes around, as a friend from the past returns a favor. Don't be timid about accepting it with good grace. You deserve it.

Pisces (February 19 to March 20) Your spiritual strength helps you deal with a family member's problem. Expect some difficulties, but stay with it until it's ultimately resolved.

Born This Week: You can observe people and situations with absolute honesty. You'd be a fine social worker, psychoanalyst or member of the clergy.

MOMENTS IN TIME

• On February 13, 1633, Italian philosopher, astronomer and mathematician Galileo Galilei arrives in Rome to face charges of heresy for advocating Copernican theory, which holds that the Earth revolves around the Sun. The Copernican theory conflicted with the teachings of the powerful

Roman Catholic Church.

• On February 8, 1936, University of Chicago halfback Jay Berwanger, the first Heisman Trophy winner, is picked No. 1 overall in the NFL draft. However, Berwanger never played for any NFL team because he had too many demands, which teams refused to meet. Instead the college star became a foam rubber salesman.

• On February 9, 1942, the largest and most luxurious ocean liner on the seas at that time, France's Normandie, catches fire while in the process of being converted for military use by the United States. It was to become a troop transport but ended up at the bottom of New York Harbor.

• On February 7, 1962, President John F. Kennedy issues an executive order broadening the United States' restrictions on trade with Cuba. The embargo, which effectively restricts all trade between Cuba and the United States, has lapsed several times, notably under Presidents Jimmy Carter and Barack Obama.

• On February 11, 1970, at the Kagoshima Space Center in Japan,

the Ohsumi, Japan's first satellite, is successfully launched into an orbit around Earth. The achievement made Japan the world's fourth space power, after the Soviet Union in 1957, the United States in 1958, and France in 1965.

• On February 10, 1996, after three hours, world chess champion Garry Kasparov loses the first game of a six-game match against Deep Blue, an IBM computer. Kasparov was ultimately victorious when he bested Deep Blue with three wins and two ties and took home the \$400,000 prize.

• On February 12, 2002, former Yugoslav president Slobodan Milosevic goes on trial at The Hague, Netherlands, on charges of genocide and war crimes in Bosnia, Croatia and Kosovo. The trial ended without a verdict when Milosevic was found dead from an apparent heart attack in his prison cell.

NOW HERE'S A TIP

• File this one under safety AND energy smarts: Clean the dryer vent after every load. Clean the dryer vent

screen monthly with a gentle soap and water bath. Rinse well and dry thoroughly before inserting back into your dryer.

• I used to struggle with plastic wrap every time I tried to use it. But now, it's a breeze since I learned to do these two things: One, keep plastic wrap in the freezer. It unrolls evenly, not one side or the other. Two, use a serrated knife to cut it instead of relying on the metal strip down the side of the box. You lay it out on the counter, and just run the knife down the edge you want to cut. Works like magic, and it's no longer frustrating.

– GS in Georgia

• Store an apple or two with your potatoes to keep them from sprouting. Be sure to check them often.

• Cut cotton pads in half to double your supply. They are typically big enough for two uses, and you can always use two halves if you need a whole.

• "Make a cream lipstick last longer and stay cleaner by using a makeup brush to apply. Your skin picks up more
continued on page 30B

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PETS OF THE WEEK



Flower ID# A904975 photos provided
Lee County Domestic Animal Services

Flower And Sammy

Hello, my name is Flower. I am a gray 6-year-old female pit bull mix. A flower by any other name would smell just as sweet, and my personality is just as sweet. I have a calm demeanor that will endear you to me quickly and allow you to fall head over tails in love. My adoption fee is \$14.

Hi, I'm Sammy. I am a white and brown 1-year-old shorthair rabbit. I am hoping you will hop on over to the shelter to see me and my furry friends currently available for adoption. I am litter-trained and love to cuddle. I will tuck my nose into your arm while you pet me. My adoption fee is \$5

From February 1 through 28, all



Sammy ID# A904502

adoptions will cost \$14 with an approved application in celebration of Valentine's Day. The reduced adoption fee includes the complete package of services: sterilization, age-appropriate vaccinations, county license, microchip ID, de-worming, flea treatment, a heartworm test for dogs, feline AIDS and leukemia test for cats, and a 10-day health guarantee. The adoption package is valued at more than \$500.

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.

From page 29B

Now Here's A Tip

of the lipstick than necessary, one reason why we blot our lips afterward. But the brush uses only what you need. And there's less bacteria transfer." – YR in Massachusetts

- Studies have shown that you spend more and make worse decisions when grocery shopping at peak hours. To be a saver on the family food bill, pick a time to shop when you're not rushed; have a list; know the sales ahead of time; and eat before you go.

STRANGE BUT TRUE

- In mid-18th century France, eating potatoes was considered cruel and unusual punishment since they were not only thought of as feed for livestock, but believed to cause leprosy in humans. The fear was so widespread that the French passed a law banning them in 1748.
- Every year, Americans alone create around one-fifth of the world's trash.
- Some of the boulevard medians in Milwaukee, Wisconsin, have 8- to 10-foot deep bunkers with toilets in them, originally installed in the 1930s as a convenience for city workers who were out and about all day without access to a bathroom.
- According to the head of MI6, if Ian Fleming's iconic hero James Bond were real, he wouldn't be allowed to work for British intelligence due to lack of the required emotional intelligence, respect for the law and teamwork abilities.
- Colombian pop singer Shakira was

rejected for the choir in her Catholic school because her music teacher thought that her vibrato was too strong and that she sounded "like a goat."

- In 1907, Parisian waiters went on strike for the right to grow a moustache.
- Cruise control in cars was invented in 1948 by the blind inventor and mechanical engineer Ralph Teetor. The idea was inspired by his frustration with his driver's habit of speeding up and slowing down as he talked.
- There is a material called Fogbank, used by the U.S. Department of Energy, the precise nature of which is classified and so top secret and compartmentalized that the government once actually "forgot" how to make it due to a lack of actual records and dwindling institutional knowledge.
- A sloth takes two weeks to digest the food it's eaten.

THOUGHT FOR THE DAY

"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind." – Theodore Roosevelt

TRIVIA TEST

1. **Anatomy:** How many ribs are in the human body?
2. **Animal Kingdom:** What kind of animal is a flying fox?
3. **Geography:** In which body of water does the island of Malta lie?
4. **U.S. States:** What animal is featured on the state flag of Louisiana?
5. **Television:** What was the name of the fictional airline whose jet

CLASSIFIED

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House or condo, 2x2 minimum (pool preferred), close to beach. Four months (or more) starting December 1, 2022. Retired couple; on island now. Call, text or email: 518-376-9061; hpnmw@aol.com
1/28 ★ 3/4

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12/24 ★ 3/11

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SANIBEL ISLAND HOME WATCH SERVICES
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11 Years Servicing Sanibel
First Visit Free
12/3 ★ 2/18

ROGER NODRUFF ELECTRIC
Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203
State License #13002788
4/20 ★ TFN

CAREGIVER RETIRED RN
Sanibel resident with caregiver experience. Available to provide compassionate care. References available upon request. Please call 239-699-8961.
2/4 ★ 2/4

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 sanibelsale@gmail.com.
11/19 ★ TFN

HELP WANTED

RECEPTIONIST
Receptionist needed part time for professional island office. Fridays and Saturdays. \$16 per hour. Send resume to cayocosta@earthlink.net.
2/4 ★ 2/11

CAREGIVER
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

GARAGE SALE

GARAGE SALE
Feb. 11 and 12, 8 a.m. to 1 p.m. Fishing rods and lures, tools, antiques, household goods, shell artwork, cut glass and much more.
1230 Angina Lane, Sanibel
2/4 ★ 2/11

- crashed on an island in *Lost*?
6. **U.S. Presidents:** Which president ran on the slogan “Vote Yourself a Farm and Horses”?
7. **Movies:** What is the name of Thor’s hammer in the earlier *Avengers* movies?
8. **Food & Drink:** *The Iron Chef* TV cooking show originated in which country?
9. **History:** In what year did the Cold War end?
10. **Science:** What weather condition is measured in millibars?

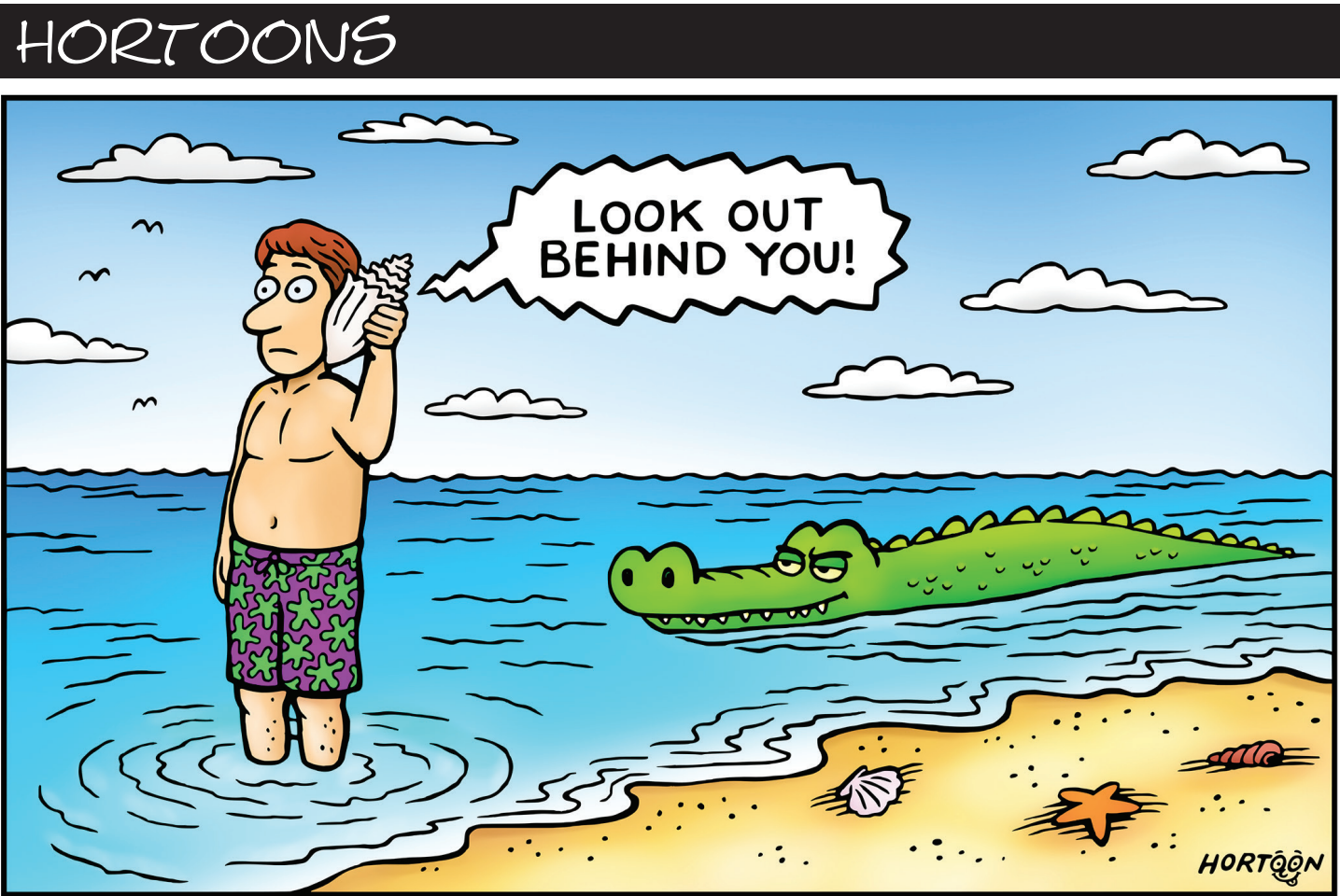
TRIVIA ANSWERS

1. 24 2. A type of bat 3. Mediterranean Sea 4. A pelican 5. Oceanic Airlines 6. Abraham Lincoln 7. Mjolnir 8. Japan 9. 1989 10. Atmospheric pressure

SCRAMBLERS ANSWER

1. Trade 2. Spartan;
3. Latent; 4. Radio

Today’s Word
SPOILED



PUZZLE ANSWERS

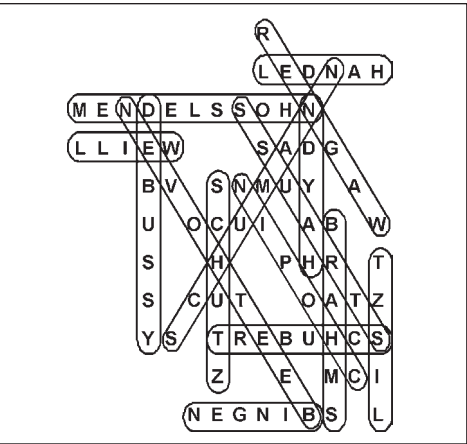
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Laguna Shores	Fort Myers Beach	2014	3,544	\$5,749,000	\$5,500,000	42
Savona	Cape Coral	2016	4,044	\$4,299,999	\$4,300,000	84
Cape Coral	Cape Coral	2021	4,000	\$4,000,000	\$4,031,000	0
Bay Creek	Bonita Springs	2005	8,525	\$4,200,000	\$3,850,000	56
Murano	Miromar Lakes	2016	4,149	\$3,500,000	\$3,500,000	1
Sanctuary At Wulfert	Sanibel	2018	3,722	\$2,495,000	\$2,495,000	6
Cranbrook Harbor	Estero	2004	5,530	\$2,400,000	\$2,300,000	55
Cape Harbour	Cape Coral	2009	4,951	\$2,195,000	\$2,195,000	10
Cape Coral	Cape Coral	2005	5,905	\$1,950,000	\$1,950,000	4
Crescent Park Addition	Fort Myers Beach	1991	1,400	\$1,924,000	\$1,924,000	6

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14010 SCHULTZ ROAD



RIVERFRONT ESTATE LOT

- Nearly one-acre buildable lot w/ 100' River frontage
 - Dock plans to accommodate a 100' yacht
 - Exclusive, private, gated community w/ 4 lots
- \$2,400,000**

16280 CAPTIVA DRIVE



BALI HI

- Tropical paradise getaway! 6BR,6BA,4402 SQFT
 - Clear blue water, white sugar sand, breathtaking sunsets
 - Open concept, huge lanai, guest house, private beach access
 - \$600k in rental income per year!
- \$8,900,000**

15867 & 15879 CAPTIVA DRIVE



CAPTIVA GULF TO BAY ESTATE

- Rare opportunity! Main house 3 bedroom, 3.5 bathrooms, 4,000 sf3
 - Spacious guest cottage 3 bedroom, 3 bathroom, almost 1,300 sf
 - Panoramic views of the bay, deep water dock, pool spa
 - Panoramic turquoise gulf views, the beach is your front yard
- \$10,750,000**

15261 CAPTIVA DRIVE



WATERFRONT OASIS

- 4 BR, 5 Bath, Furnished Home, Private Deep Water Dock w/Lift
 - Custom Design by Stofft Cooney of Naples
 - Heated Pool w/Infinity Spa, Lush Landscape, Estate Lot
 - Master Retreat w/ Loft Sitting morning coffee Bar
- \$10,995,000**

3336 W RIVERSIDE DRIVE



MCGREGOR RIVERFRONT

- 5 BR, 5.5 BA, 7,000 S.F., 150' River Frontage
 - Chef's Kitchen, Large Wine Cellar
 - Soaring Ceilings, Game Rm., Elevator
 - Infinity Pool/Spa w/Amazing Sunsets
- \$5,300,000**

1433 SW 57TH TERRACE
NEW LISTING



SOUTHWEST CAPE CORAL

- 10,000 S.F. Masterpiece, Deep Water Access
 - 150' Waterfront w/ Room for 100' Yacht
 - Over the Top Luxury Built for Entertaining
 - Elevator, 1st & 2nd Level Master BR
- \$5,995,000**

451 SAWGRASS PLACE



HUSCHKA LOT

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 - Beach Access Directly Across Street
 - Corner Lot off West Gulf Drive
 - 10' Elevation
- \$949,000**

1321 SEASPRAY LANE



SEASPRAY LOT

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 - Community Tennis Courts & Pool
 - Private Community Beach Access
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