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VOL. 29, NO. 24

SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 10, 2021

DECEMBER SUNRISE/SUNSET: 10 7:05 • 5:37 11 7:06 • 5:37 12 7:07 • 5:37 13 7:07 • 5:37 14 7:08 • 5:38 15 7:09 • 5:38 16 7:09 • 5:38



Guests aboard *Lady Chadwick* for a previous concert cruise photo provided

Limited Tickets For Concert Cruise

Sanibel-Captiva Conservation Foundation (SCCF), in partnership with Todd and Leanne Marcum and Captiva Cruises, will host the second Pine Island Sounds cruise of the season this Sunday, December 12, featuring

The 502s. This fundraising concert series supports SCCF's water quality efforts including research, policy and educational outreach for the very waters the concert cruise sails upon.

The 502s are a band of brothers whose sound has received critical acclaim as celebratory and utterly life-affirming. Led by banjo-strumming songwriter Ed

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New Executive Director For FISH Of SanCap

FISH of SanCap has promoted Maria Espinoza to executive director.

Espinoza has been with FISH since 2017 and began as a volunteer. She was quickly brought on as a full-time employee. Throughout her tenure with the nonprofit organization, Espinoza has played a critical role in operations and growth, particularly in food programs.

"Maria was the obvious choice for us," said Maggi Feiner, president and CEO.

"Maria's passion and commitment to our island residents, workforce and community continue to grow and enhance the mission of FISH. In her role as executive director, she will continue her focus on the broader scope of our work. There are few that know the ins and outs of FISH like Maria, and her involvement in our community to bring awareness to FISH through networking and promotions is second to none. We are excited to have Maria be a part of FISH leadership."

Espinoza has volunteered at various



Maria Espinoza photo provided

nonprofits in Lee County including The Salvation Army Center of Hope, Boys and Girls Club of Lee County and Junior Achievement of Southwest Florida. Before joining FISH, Espinoza taught foreign language to elementary students.

"I'm so grateful to be part of the FISH team and continue to make a real difference within the Sanibel and Captiva island community. I feel extremely encouraged by the support of the FISH board and exceptional team of dedicated

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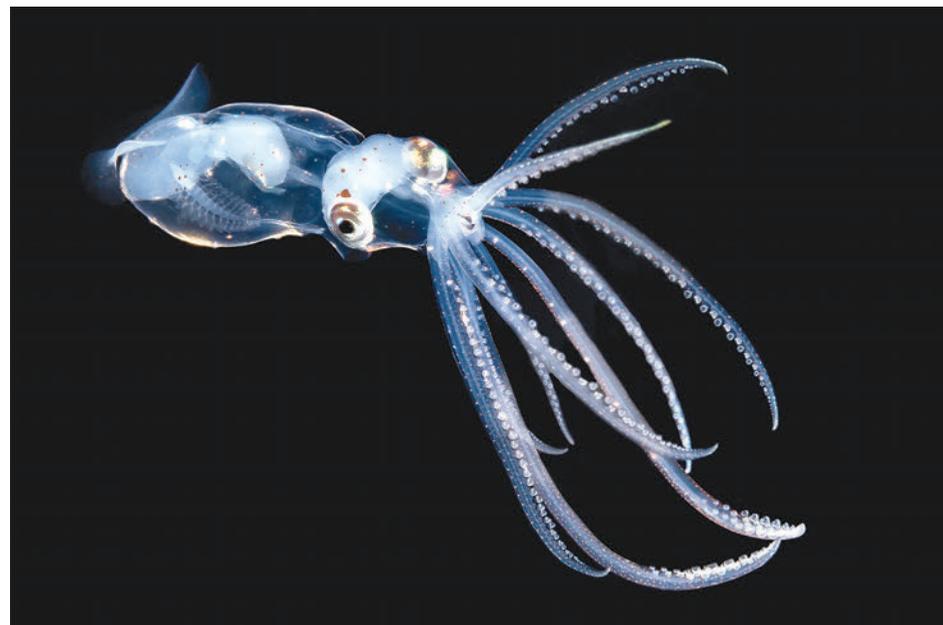
Blackwater photographs by Linda Ianniello and Susan Mears photos provided

Blackwater Exhibit Opens

Beginning Friday, December 10, Bailey-Matthews National Shell Museum will open a new exhibition on Friday, December 10, titled Blackwater Moments: Nocturnal Photography of Open-Ocean Mollusks. The exhibition will be on view through May 30 on the

second floor of the shell museum during regular operating hours.

"In the open ocean at night, many animals move up from deeper water to feed," said José H. Leal, shell museum science director and curator, who organized the exhibition. "Divers and underwater photographers Linda Ianniello and Susan Mears take remarkable images of marine life swimming at night by practicing the adventuresome, emerging



art form of blackwater photography."

The unusual, elegant, nocturnal images featured in this exhibition were taken by Ianniello and Mears in the Gulf Stream of the Atlantic Ocean, approximately five miles off the East Coast of Florida and at depths of 50 to 100 feet. These excursions, known as blackwater dives, carry divers along the Gulf Stream for

a distance of up to seven miles during a 90-minute dive, providing opportunities to photograph animals as they emerge from the depths and move through the Gulf Stream.

The exhibit features some 30 photographs by Ianniello and Mears, with a focus on pictures they have taken of

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Old Bailey's Store at the historical village

worked alongside the Johnson family at the store for years. She oversees the selection and creation of each new ornament with input from the Johnson family. The collectible ornaments were first started in 2009. This year's design is yet to be revealed.

The ornaments are manufactured for Bailey's by Charleston Mint. They are made of solid brass and gold plated. The limited edition ornaments are numbered and come with a certification of authenticity and note of historical significance. Once released, the 2021 ornament will be available at Bailey's General Store, located at 2477 Periwinkle Way on Sanibel. For more information, call 472-1516.*

Grocery cart ornament photos provided

Ornament Collection On Display At Village

Bailey's General Store and its owners, the Johnson family, are known for a long tradition of supporting Sanibel and its history. This year, as in many years past, the Sanibel Historical Museum and Village has put together a holiday display in each of the buildings. The story of the historical usage of each of the buildings is set forth on the trees and timelines throughout the village, a treasure trove of memories.

This year, the Johnson family donated the Bailey's Store collection of ornaments to the village. The ornaments are on display in the second Bailey's island store, which was relocated to the village in 1992.

The idea for starting the collection came from Pat Kiely, a longtime ornament collector herself, who has

Community House Calendar

Letting Loose with Watercolor classes with Anita Force Marshall are offered on Tuesdays from 9:30 to 11 a.m. The subject for the December 14 class is the manatee, December 21 is the fighting conch, and December 28 is the roseate spoonbill. Cost per class is \$35 for members and \$40 for guests. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10.

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 between \$3 and \$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 1 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 every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Cost is \$5.

Sanibel-Captiva Art League will be exhibiting works by artists David King and Donna Filomio during December. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually through 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 following current CDC guidelines.

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

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We were proud to be a part of the farewell party for former City Manager Judie Zimomra

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Pastel by Donna Filomio

images provided

New Exhibit Captures Beauty Of Natural World

Sanibel-Captiva Art League is featuring the artwork of Donna Filomio and David King at The Community House this month. Viewing hours are Monday through Friday from 9 a.m. to 3 p.m.

Filomio is a local resident who studied art at Edison Community College, receiving both her associate in arts degree and undergraduate education through a Rauschenberg Foundation scholarship. She went on to earn her bachelor of fine arts degree in sculpture. Filomio taught art in New York City at Columbia University and earned her master's degree there as well.

Her work reflects her feelings and emotions with regard to the earth and climate. She has a series entitled As It Should Be, which is based on her desire to save the waters, their inhabitants and the people who enjoy the waters. Filomio said, "In our crazy, everyday world, we must be reminded visually, of nature's beauty and her importance to our own existence and especially the children who will inherit her." Filomio works in her preferred medium, pastels.

King is a self-taught watercolor artist, specializing in nature's many moods. He started painting in 1967 while serving in the Air Force, stationed in Wyoming.



Watercolor by David King

He practiced dentistry in Michigan for 31 years then retired to Southwest Florida. He has participated in juried fine art shows in the upper Midwest and Southwest Florida for 40 years. His paintings can be found in many private and corporate collections in the United States and abroad. His most memorable experience was being accepted as artist in Residence in Denali National Park, Alaska, where one of his paintings is on display at Eielson Visitor Center.

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

Vegetation Trimming Under Way On Sanibel

The City of Sanibel has a vegetation trimming project under way, which will continue through Friday, December 17 from 8 a.m. to 5 p.m. The vegetation along Sanibel-Captiva Road from Rabbit Road to Bowman's Beach Road is being trimmed on both sides of the road, including the shared use path, weather permitting.

Due to the nature of the work, one lane of Sanibel-Captiva Road may be intermittently closed to traffic, so be prepared for delays. Drivers and

pedestrians are asked to proceed slowly and cautiously through the area when workers are present.

Call 472-6397 if you have any questions.*

Trail Closed For Construction

Wulfert Keys Trail off of Wildlife Drive at JN "Ding" Darling National Wildlife Refuge is closed until further notice for construction and bank stabilization. The reopening date is unknown at this time.

Updates can be followed on the refuge's Facebook page at <https://www.facebook.com/dingdarlingrefuge>.*



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Mosquito control ditches

photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Looking Back: Mosquito Control

Mosquito control ditches were first dug in 1955, starting at the lighthouse end of the island and working to the west. The ditching was never completed, leading the mosquito control



director to say, "We start larvaciding where the ditches stop."

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

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

Churches/Temples

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

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

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

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

SANIBEL COMMUNITY CHURCH
Sunday services at 9 a.m. and 11 a.m. in

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

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

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

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

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

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



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OBITUARY

MERRELL CHRISTINE RUSHWORTH

Born on March 28, 1957 at Lee Memorial Hospital, Merrell Christine Rushworth was the first born daughter of Jack and Milbrey Rushworth.



Jack and Milbrey moved to Tobago with Merrell when she was a baby. They returned and resettled on Sanibel when Merrell was a toddler. Merrell grew up on Sanibel and spent her early adult years traveling extensively. She settled in Charlottesville, Virginia and worked as a travel agent for many years. Her love of travel then led her to a career in the airline industry in Tampa, Florida. After her time with the airline, she left the travel industry and began a career as an insurance agent.

Merrell returned home to Fort Myers, Florida in 2003 where she lived until her passing. She worked as an insurance agent on Sanibel, and served the Sanibel community through her involvement as a former board member for the St. Michael Episcopal Church Women, and as a board member at Island Inn.

A daughter, sister, niece, aunt, cousin and friend, Merrell adored get-togethers with friends, good times and laughter. She loved shelling out on the beach and liked trying to find the perfect shell. She was an avid crafter and enjoyed perusing thrift stores. She had a soft spot for dogs, her cats, and spending time with family and friends. All those who knew Merrell loved her smile and her silly, endearing sense of humor. She had a knack for telling funny stories and making everyone around her feel more joyous.

Merrell is survived by her sister Jennifer Ann Rushworth, her brother John L. Rushworth Jr., her sister-in-law Carol Rushworth, niece Lindsay Rushworth, and nephews Scott Rushworth and John (Jack) L. Rushworth III, along with many cousins and extended family. Merrell meant so much to so many people who knew and loved her. She will be missed greatly.

Merrell's wishes are for a small family gathering which will occur at a later date.

In lieu of flowers, donations can be made to American Cancer Society, Bailey-Matthew National Shell Museum, or at your local blood bank.✽

OBITUARY

JEAN ANN HEUER

Jean Ann Heuer passed away peacefully on Thanksgiving morning at her home in Santa Rosa, California at the age of 96. She was preceded in death by her husband of 52 years, Arthur John Heuer. She



is survived by her four daughters, Judy/Phoebe (David), Sally (Steve), Janice (Andy) and Molly (Charlie); five grandchildren, Glynis, Logan, Luke, Blake and Silas; and two great-grandchildren, Bennett and Theodore.

After graduating from University of Minnesota, Jean married and raised her family in Roseville, Minnesota. She later earned a master's degree from the University of St. Thomas and taught special education until her retirement. "Adventure Mom" enjoyed a long life full of love, curiosity and grace, with an active mind and body.

A resident of Sanibel, Florida, she divided her time between Florida, Minnesota and California. A private memorial service will be held at a later date.

Jean had a generous spirit and would be pleased if family and friends would like to make a donation in her name to a favorite charity.✽

Become A Member Of The Chorus At Sing-In

Sanibel Congregational United Church of Christ will hold a sing-in on Sunday, December 26 at 3 p.m. Selections will include the Christmas portion of Handel's *Messiah*, plus *Worthy Is the Lamb* and the *Hallelujah Chorus*.

Guests will receive a copy of the music and will be invited to sit with others who sing the same choral part: soprano, alto, tenor or bass. A professional orchestra and conductor will lead, and guests will hear all the solos sung by local artists and FGCU music students.

No rehearsal is required; you can sing within your comfort zone and listen to the rest. There is no admission charge but free-will offerings will be accepted. Any funds collected beyond costs will be used to help provide scholarships for students at the Children's Education Center of the Islands, the local preschool that prepares some 35 youngsters for kindergarten each year.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel. For more information, call Mackenzie Albert, director of music, at 472-0497.✽

Toy Drive At The Sanibel School

The Quillen family annual toy drive will be held at The Sanibel School pavilion on Friday, December 10 and Friday, December 17 from 5:30 to 7:30 p.m. All donations will benefit Toys for Tots.✽

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Captiva Kicks Off Holiday Season With Annual Golf Cart Parade



The golf cart from Beach Stuff, with the theme Island of Misfit Toys, took home the trophy as champion of the Captiva Holiday Golf Cart Parade photos by Kathy Kurtz Ferrari



From left, judges Lisa Spooner, Calli Johnson and John Jensen with emcee Nick Hanna at the awards presentation



The Island of Misfit Toys from Beach Stuff



John and Denice Beggs



These participants used a line from a Christmas movie for their golf cart



Penguins in Paradise is a crowd favorite



A golf cart is converted into a cargo ship



Families get in on the fun



Helping set up for the Captiva Luminary Holiday Stroll on December 4, from left, Cindy Mason, Jon Rosen, Pam Rosen, Lisa Riordan, Carla Restivo, Kathy Ferrari, Denice Beggs and John Lai photo provided

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St. Michael and All Angels Episcopal Church choir photo provided

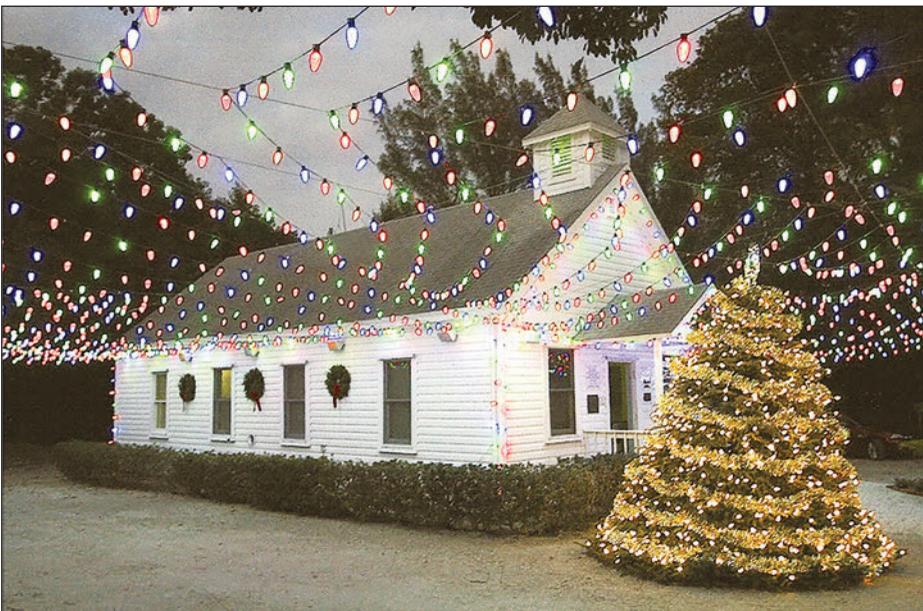
Chamber Ensemble And Choir To Perform

The choir of St. Michael and All Angels Episcopal Church will be joined by a chamber ensemble from the Southwest Florida Symphony Orchestra in presenting a Service of Lessons and Carols on Wednesday, December 22 at 6 p.m. The concert will

be held at the church, located at 2304 Periwinkle Way on Sanibel.

The public is welcome and there is no charge to attend. It will also be livestreamed at www.saintmichaels-sanibel.org.

The Service of Lessons and Carols is designed as an intentional preparation for the celebration of Christmas. Through scriptures, carols and choral works, Lessons and Carols tells the story of God in the midst and the birth of Jesus, who brings light and love to the world.✠



Chapel by the Sea aglow for the Christmas season photo provided

Carol Sing At Captiva Chapel

Historic Captiva Chapel by the Sea will host its 11th annual Community Carol Sing on Sunday, December 12 from 6 to 7 p.m.

Residents and visitors to the islands are welcome to attend this free event and sing-along to seasonal selections – from *Jingle Bells* to *O Holy Night* and *Joy to the World* – in an intimate, casual setting. Christmas lights in the chapel yard will add to the atmosphere. Outside seating will be available in addition to

seating inside the chapel.

Pastor Larry Marshall will emcee and chapel organist Lynne Dugan, along with her husband, Bob, will lead the music.

“We had to skip this popular annual tradition in 2020 due to COVID-19,” said chapel board member Nathalie Pyle. “We are pleased to be able to bring the community together again to enjoy sharing songs of the season. Audience participation will be the focus of our time together.”

For more information, visit www.captivachapel.com or call 395-1886. Captiva Chapel by the Sea is located at 11580 Chapin Lane.✠

Sanibel Congregational United Church of Christ

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Sunday, December 19, 3:00 PM

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Readings and Music of the Season

Friday, December 24, 5:00 PM

Lighthouse Beach Christmas Eve Service

Candles, Music and the Old, Old Story

Friday, December 24, 9:00 PM

Christmas Eve Candlelight Service

Lessons and Carols and Special Music

Sunday, December 26, 10:00 AM

Bell Sunday Worship Service

Ring Out Wild Bells!

Sunday, December 26, 2:00 PM

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OBITUARY

CAROL DANIELS

A force of nature, Carol Daniels got things done to make the world a better place for all of us. She died peacefully in her sleep on November 24, 2021.

Carol was born to Thomas and Frances Daniels of St. Paul, Minnesota on Christmas Eve



1935 and grew up there and on the north shore of Lake Superior. She graduated from Sarah Lawrence College in 1956 and went on to work as an elementary school teacher, meeting her future mother-in-law at the Windward School. She and Michael Toombs (1935-78) were married in August 1958, settled in Rye, New York and had three children, Amelia, John and Polly. In 1987, she married the love of her life, Richard Jacker.

Carol was preceded in death by her beloved husband, Richard E. Jacker (Dick), as well as her first husband, Michael Toombs, her parents and brothers, John Daniels, David Daniels and Forrest Daniels.

Her children, Amelia Mitchell, John Toombs and Polly Toombs, along with

grandchildren, Forrest Hurley-Toombs, Emerson Hurley-Toombs and Sarah Spruill, live on with hearts full of memories.

Never satisfied with the status quo, Carol was influential in creating the Rye Preschool Playschool in the early 1960s. She was active in Rye, New York politics, the human rights commission, Christ's Church Rye and Episcopal Diocesan projects, and was elected to the Rye school board for two terms. During these years, she also earned her master of social work degree from University of Bridgeport and worked at New York Hospital.

In the early '90s, when readying for "retirement," Carol and Dick chose Captiva Island and the Fort Myers, Florida area. Carol, a devoted and unwavering philanthropist, became very involved in the community; personally spearheading the effort to bring a Planned Parenthood to the area. She was instrumental in building Brightest Horizons (now the Early Learning Program for the Heights Foundation) to its current reach and scope. She was also their unofficial Santa for many years, preparing catalogs so the kids could choose what they wanted instead of receiving a more generic gift. Beyond these two passions, Carol cared deeply for the work of Habitat for Humanity, leading many successful local building campaigns, especially through one of her two spiritual homes, Chapel by the Sea.

Carol's final years were spent as she had planned, sheltered in the excellent care of Shell Point Retirement Community, most especially from those at the Pavilion.

She lived her life by her own terms and was a mentor and advisor to many, accomplished gardener, lover of history, roses, Wales and Cavalier King Charles spaniels.

Memorial services will be planned for Spring 2022 at St. Michael and All Angels Episcopal Church on Sanibel and Chapel by the Sea on Captiva.

In lieu of flowers, donations may be made to Planned Parenthood of Fort Myers or to the Early Learning Program through the Heights Foundation in Fort Myers.*

Theology Lecture

The Rev. Dr. John Danner will lead a lecture on Wednesday, December 15 at 10 a.m. at Sanibel Congregational United Church of Christ. The topic will be Peasant to Queen: Mary through the Centuries.

One of the most important figures in the history of the Christian church, Mary, the Mother of Jesus, has been revered by many for centuries. However, in terms of biblical material, very little is known about her. Protestants have often ignored her, or downplayed her importance, but for most of the church, she is second only to Jesus in significance. Pastor Danner will provide an overview of Marian (having to do with Mary) history and theology.

The program will be held in Fellowship Hall and also on Zoom. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, call 472-0497.*

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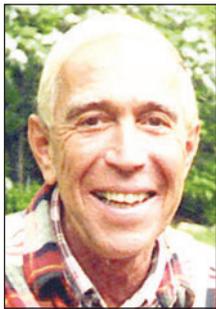
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OBITUARY

PETER H. TILLOU

Peter Tillou passed away peacefully at his home in Litchfield, Connecticut on November 22, surrounded by his family. Born in Buffalo, New York on October 28, 1935, son of Manley Tillou and Virginia Eller, Peter is survived by younger brother, Dana Tillou, and two sons, Trace and Jeffrey, along with grandchildren, Alexander and Harrison Tillou.



Peter was a renowned international arts and antiques dealer with galleries in Buffalo, New York; Litchfield, Connecticut; Sun Valley, Idaho; London, England; and New York City during the course of his career, spanning over 65 years. He started his business in college, earning a degree from Ohio Wesleyan in 1957. Known among his colleagues and clients as an expert and authority in a vast number of fields, Peter loved to share his knowledge and was extremely passionate about the pieces he both sold and collected. In his illustrious career, he was known for building important collections in various fields for both museums and clients.

Peter forged many close relationships in his business, which carried over into

his personal life. He enjoyed his trips around the world with the Natural History Museum, fly-fishing, the outdoors and was an accomplished amateur golfer.

He was a Sanibel Island resident for 35 years and enjoyed supporting the Sanibel-Captiva Conservation Foundation and "Ding" Darling National Wildlife Refuge. He loved the island very much and will be terribly missed.

Peter's biggest love was for his family and grandchildren. He will be remembered by all of those he touched with his kindness, generosity and love. He had a way of brightening a room and making people smile when he entered. Peter will be dearly missed, yet the stories and memories of him will live on.

A memorial service will be planned for the spring. The family respectfully requests no flowers.✧

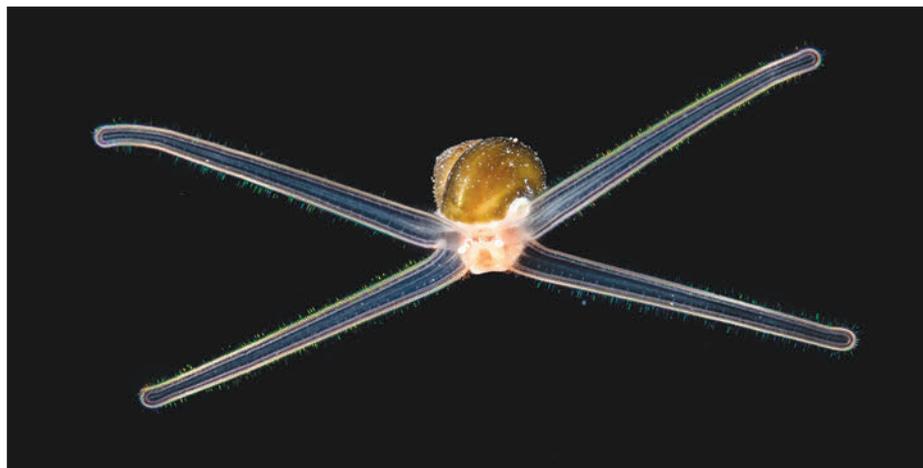
Red Kettle Bell Ringers Needed

This year's Salvation Army Red Kettle program is under way and runs through Friday, December 24. Sanibel bell ringers are on duty from 8 a.m. to 7 p.m. Monday through Saturday. Volunteers are needed, preferably for a two-hour session. Sign up online at www.registertoring.com. Log in with your email and password, and choose your date(s) and time(s).

Coordinators for this year's campaign are John MacLennan, 401-932-4383, and Susan MacDowell.✧

From page 1

Blackwater Exhibit



A blackwater moment

photo provided

open-ocean mollusks. Species include the blanket octopus, argonauts and sea butterflies. The exhibition also includes a section about blackwater diving and the daring methods that produce these beautiful images.

Ianniello and Mears co-authored the book *Blackwater Creatures – A Guide to Southeast Florida Blackwater Diving*, which chronicles highlights of over 500 blackwater expeditions. On March 15, Ianniello will give an artist talk at the shell museum to discuss the exhibition and the images captured by the two divers.

The Bailey-Matthews National Shell Museum is a natural history museum, and the only museum in the United States

devoted solely to shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum's collection of some 500,000 shells, as well as the Beyond Shells living gallery of aquariums with over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10 a.m. to 5 p.m. Admission cost is \$23.95 for ages 18 and over, \$14.95 for ages 12 to 17, \$8.95 for ages 5 to 11 and no charge for children under age 5. For more information, visit www.shellmuseum.org or call 395-2233.✧



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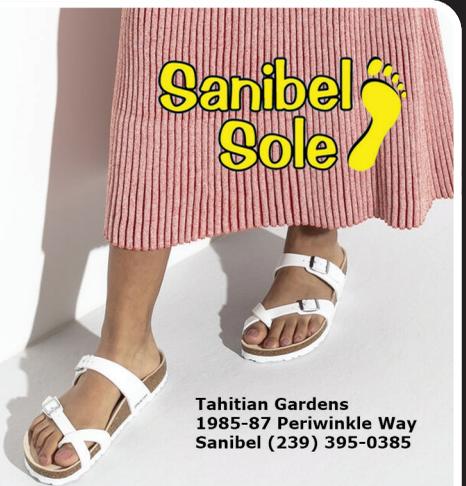
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Negative Lows A Plus



by Capt. Matt Mitchell

All winter long we experience some of the lowest tides of the year. These negative tides, which can be a foot or more lower than a regular low, are my favorite.

During these super extreme lows, the lack of water causes all of the fish to get much more concentrated. Imagine half as much water in the bay and just as many fish.

Deeper channels, both natural and man-made, are the places to be during these lows. Some of the best action will come both on the last hour of the outgoing tide and then again during the first hour of the incoming. As always, moving water is still the critical factor.

Many of the mangrove channels I fish all winter long offer the fish a place to hide up under the trees during regular tides. Reaching these fish with a bait can be tough if not impossible once the tide is high as the water can go back as far as 20 feet into the mangroves. During these negative low tides, these same fish have no choice but to fall out from the trees and sit on the channel edge.

A few of my favorite mangrove creeks require a shallow draft boat to access as there are very skinny areas in the



Jim Robertson with a low tide redfish caught while fishing with Capt. Matt Mitchell this week photo provided

entrances. Once across these areas and into the creeks, the channels are deep enough to maneuver. Look for the fish to be set up in the deeper pools in the bends and even in the middle of these narrow channels. The most perfect setup is when you get trapped by the tide way back in one of these mangrove creek

systems. Some days, it gets low enough that another boat cannot enter until the tide comes back up a few inches and you have it all to yourself.

Negative low tides are also a great time to learn the lay of the land. Seeing how the natural channels weave through both the mangroves and even the open

sound is priceless knowledge. When exploring on these minus low tides, I suggest going out during the first few hours of the incoming tide so, if you do get stuck, the tide is coming up and you won't get trapped or grounded for too long. There is no other time of the year when having a shallow draft boat is so important as the next few months.

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.*

Pension Board Member Sought

Sanibel City Council is accepting applications to fill a general employee pension board of trustees partial term appointment with an expiration date of September 30, 2022.

Responsibilities include attending quarterly board meetings on the second Wednesday of February, May, August and November at 10 a.m. at city hall. General time commitment is 15 to 20 hours per year to review materials and attend quarterly meetings.

Visit the homepage at www.mysanibel.com to submit an application. The deadline for submission is Monday, December 20 at noon.

If you have any questions, contact the city clerk's office at 472-3700.*

City Seeking Commissioners

Sanibel City Council is accepting applications to fill two planning commission terms. The two full term appointments begin January 11, 2022, with an expiration date of January 13, 2025.

Responsibilities include attending planning commission meetings on the second and fourth Tuesdays of every month at 9 a.m. at city hall.

To fill out an application, visit the homepage at www.mysanibel.com. The deadline for submission is Friday, December 17 at noon.

If you have any questions, contact the city manager's office at 472-3700.*

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CROW Case Of The Week:

Sherman's Fox Squirrel



by Bob Petcher

The Sherman's fox squirrel (*Sciurus niger shermani*) is larger than most squirrels with a long, bushy tail and strong hind legs that allow it to leap freely from place to place.

If you are unable to determine the species of squirrel by size, you can distinguish a Sherman's fox squirrel by its head coloring of gray to black with lighter coloring around its nose and ears.

The Big Cypress fox squirrel is more common in this part of the state, while the Sherman's fox squirrel is often found in central to north Florida or Georgia. The latter is named after HB Sherman, a prominent ecologist who made many contributions to the study of native Florida mammals with his research.

At CROW, an infant female Sherman's fox squirrel was admitted from Naples after being found alone. Upon examination, veterinarians found her to be severely dehydrated and cold. Her eyes were closed, which is appropriate based on her age estimation of two to three weeks. The patient has been receiving



Patient #21-5937 napping in a temperature regulating incubator photo by Dr. Laura Kellow

six feeds a day and will continue to be monitored under supportive care while she grows.

"We use a specialized milk formula for wildlife that replicates nutrients they would receive from their mom," said CROW Rehabilitation Manager Breanna Frankel. "Besides regular feeds every few hours, we are keeping the squirrel warm and offering supplemental fluids as needed. As it grows and matures, we will slowly start introducing other types of food into its diet as well as enrichment."

Besides growth time at the clinic, the tiny patient will also need time to get

acclimated to the wild.

"The patient has stayed at the clinic since admit, it is currently in a temperature regulating incubator because it's too young to be able to stay warm on its own," said Frankel. "Over the next couple weeks, it will be moved into a bigger space with a heating pad, and eventually into a cage with no additional heat source."

Veterinarians first suspected the infant squirrel had either fallen from the nest or was abducted. After learning more, the former situation was verified.

"This squirrel fell out of the nest because its nest tree was cut down.

Unfortunately, after the tree came down, no parents were found in the area," said Frankel. "Based on the history provided with this patient, renesting was not an option due to the tree coming down. Following the tree being cut down, the mom did not return for the infant, so it was brought to the clinic to be raised with us."

During instances when a young animal is found, time is needed to ascertain if its parents are no longer around. Call CROW at 472-3644 or visit www.crowclinic.org/found-animal if there are any questions.

"Our 'If you care, leave it there' program is critical for the survival of many infant animals that fall from their nest," said Frankel. "Most tree nesting animals have infants that jump from the nest – or get knocked out by accident. This is a very natural part of their development in the wild and leaving them to be raised by their parents is the kindest thing we can do. We are very good at what we do, but we are not as good as their wild parents. We are not their best option; we are their last option. Please call us when you find infant animals on the ground so we can assess the situation and determine if renesting is the right option for that animal."

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

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CROW Calendar Of Events

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

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

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

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

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

Wildlife Walk Guided Hospital Tours - \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process.



The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 11 a.m. Capacity is limited to eight participants. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, December 10, 11 a.m., A Day in the Life - CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. Volunteers, staff members and students are will be on

hand to give you an inside look at what happens behind the scenes at CROW. One of CROW's animal ambassadors will be present.

Monday, December 13, 11 a.m., Patient Profiles: Virginia Opossums - Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, December 14, 11 a.m., Species Profile: Snakes of Southwest Florida - Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides, which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Wednesday, December 15, 11 a.m., Wildlife Rescue 101 - Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on

sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW's animal ambassadors will be present.

Thursday, December 16, 11 a.m., Patient Profiles: Owls of Southwest Florida - Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

Special Services At Sanibel Church

Sanibel Community Church will hold candlelight services at 4, 6 and 8 p.m. on Christmas Eve, Friday, December 24. On Sunday, January 2, there will be only one service at 10 a.m. in the Sanctuary.

Regular services are held at 9 and 11 a.m. in the Sanctuary.

Sanibel Community Church is a non-denominational church, located at 1740 Periwinkle Way on Sanibel.*

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Plant Smart

Field Copperleaf

by Gerri Reaves

Field copperleaf (*Acalypha arvensis*) is a member of the spurge family whose native range is from Mexico to Tropical America.

This annual was introduced to Florida in the 1980s and is now naturalized. It frequently pops up in yards, along roadsides and in disturbed areas.

It is a relative of two other common non-native acalyphas, Wilkes' copperleaf (*A. wilkesiana*) and chenille plant (*A. hispida*).

Copperleaf species native to the state include bastard copperleaf (*A. chamaedrifolia*) and the three species with the intriguing prefix "three-seed mercuries" in their common names: slender (*A. gracilens*), pineland (*A. ostryifolia*) and diamond (*A. rhomboidei*).

Copperleaves often have bronzy leaves or pinkish fuzzy catkin-like flowers, thus their use as ornamentals.

Field copperleaf has both of those characteristics, as well as hairy reddish stems. It can reach up to about three feet tall, but sometimes reclines or even has a vine-like habit.

The serrated leaves vary in shape but are generally oval, often with pointed tips.

The elaborate colorful flower spikes can be appreciated only if examined close up. The word acalypha is Greek for "nettle," and even though the spikes might look bristly, they are fuzzy and soft.



Field copperleaf's tiny green "second" female flowers are visible on the far right at the tiptop of the spike

photo by Gerri Reaves

This species shares an interesting feature with some other *Acalypha* species: it has two, not one, types of female flowers and one male. Theories differ as to why those species have evolved in that way.

The "normal" female flowers are hidden amid the leafy overlapping bracts in the lower portion of the spike.

Above the bracts is the thin reddish area holding the male flowers that produce pollen.

Farther up at the tiptop of the spike on what looks like a tiny flagpole are the other type of female flowers, which are green and differ in appearance from the "normal" ones.

The ovoid capsule is smooth and

contains pitted seeds.

If this species volunteers in your yard, you might decide to get rid of it, but treat yourself to a close look at those spikes first.

Sources: <http://www.efloras.org> and <https://treasurecoastnatives.wordpress.com>.

*Plant Smart explores the diverse flora of South Florida.**

City Council
Lauds SCCF

by Wendy McMullen

City Council issued a proclamation on Tuesday commending the Sanibel-Captiva Conservation Foundation (SCCF) for acquiring 24 acres of environmentally sensitive land within the City of Sanibel and in Lee County.

The proclamation declared that by following its ideal that land acquisition is an essential conservation strategy, SCCF has become Sanibel's largest private landowner, preserving and managing over 1,250 acres of wildlife habitat on Sanibel, and more than 900 acres in Lee County.

The proclamation recognized the increasing threats to local water quality and stated that SCCF's active preservation of wetlands and other environmentally sensitive lands comes at a pivotal time for the city as it serves to further Sanibel's vision to be a sanctuary island community where residents live in harmony with wildlife and natural habitats.*

IN MEMORIAM



THOMAS ROBERT NEUMEYER
7/7/1936-12/7/1991

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Glory-Of-The-Seas Venus



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

Callpita eucymata (Dall, 1890), is a member of the venus clam family Veneridae. The species reaches 27 mm in size, and

its outer surface is sculptured with about 50 flattened commarginal (“concentric”) ribs. The color pattern has reddish-brown blotches that resemble tents, or “mountain ranges,” set against a cream-white background.

The species has a broad distribution in the western Atlantic, living from the coast of New Jersey through northern Brazil, and also present in deeper water in the Gulf of Mexico. The species is not found, however, along the beaches of Southwest Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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



BMSM 24703
Callpita eucymata
West Palm Beach, Florida, USA

NAME *Callpita eucymata* Dall 1890
LOCALITY 1/2 mi. N. of West Palm Beach, Fla.
COLLECTED BY J. H. Leal DATE 12/10/21

The Glory-of-the-seas Venus, *Callpita eucymata*, from West Palm Beach, Florida

photo by James F. Kelly

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

American Legion Post 123



American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, December 12. All are welcome.

There will be a silent auction and raffle on Sunday, December 19 from 1 to 5 p.m. to benefit artist Lacy McClary.

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.

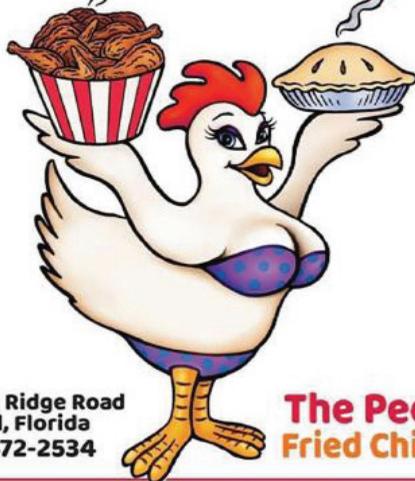
If you have a flag that needs to be retired, you can drop it off at Post 123.

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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Kim Bouwkamp, left, leads the group along Bunche Beach

photos provided

Sharing Wonders Of The Sea

submitted by Shannon Stainken,
Youth Education Director

Sanibel Sea School recently hosted a group of 5- to 8-year-old students from Child Care of Southwest Florida's Joseph H. Messina Children's Center for a field trip to Bunche Beach Preserve.

Marine science educator Kim Bouwkamp led the group on a beach walk, seining in the seagrass, and using dip nets to find crabs. "We caught lots of small fish, comb jellies, snails and hermit crabs. Students were most excited to hold the wiggly silver fish – their giggles were contagious," Bouwkamp said. To end the trip, Bouwkamp surprised students by pulling a surfboard out of the van. For the last hour, they learned how to paddle, turn the board around, and pop up.

These field trips are part of Sanibel Sea School's outreach effort to provide opportunities to students who wouldn't otherwise experience the ocean. There

are thousands of children in Southwest Florida who, despite living just miles from the coast, rarely have a chance to interact with it in a meaningful way. "Most of the students on the trip had never been to Bunche Beach or Sanibel before. The best part of the trip for me was the drive there because their excitement was at an all-time high," said Bouwkamp. "I hope students took away a new interest in exploring nature and asking questions. It was so wonderful to spend the day together at the beach." Field trips also help reinforce concepts that are learned during monthly classroom visits to Joseph H. Messina Children's Center in Fort Myers. Students will join Sanibel Sea School on three more trips this school year.

If you would like to support this outreach program, visit www.sanibelseaschool.org/ocean-outreach and click "Support the Cause" or contact sanibelseaschool@sccf.org.

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. ✨



The students had an opportunity to try out the surfboard



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

2022 Season New Exhibits and Programs



Photo by Andrew West/The News-Press

EXHIBITS

RED, BLUE, GREEN:
An Introduction to Water Quality in Southwest Florida
January 15-June 10

Produced in partnership with Sanibel-Captiva Conservation Foundation

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

LECTURES

Jan. 21: Environmental writer CYNTHIA BARNETT

Feb. 1: *The Soul of An Octopus* author SY MONTGOMERY (pictured)
This lecture is made possible by Fran Peters/Island Vacations

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

Mar. 15: Diver and photographer LINDA IANNIELLO

Apr. 6: News-Press visual journalist ANDREW WEST

Registration and details at ShellMuseum.org



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 ShellMuseum.org

Shell Found



Ken Sheldon photo provided

Ken Sheldon of New York found his first Scotch bonnet while shelling with his wife during negative low tide on December 5. Sheldon said, "We have found the most shells right in front of our condo at Loggerhead Cay." ✨

Shell Found



Kathleen Donahue photo provided

Kathleen Donahue of White Bear Lake, Minnesota found a junonia just west of The Plantation on Sanibel last week. Donahue, who has been combing for shells for about 35 years, called it "a find of a lifetime." ✨

Virtual Cooking Class Features Appetizers

Holiday celebrations revolve around hors d'oeuvres, and the FISH of SanCap sponsored Cooking with Leslie virtual class will focus on three hors d'oeuvres to make your celebrations sparkle. The class will be held on Thursday, December 16 at 2 p.m. via Zoom.



Leslie Adams

Participants will learn how to prepare: ham and arugula in mini crepes with cream cheese; dates stuffed with gorgonzola and bacon served on rice crackers; and sausage stuffed mushrooms. Leslie Adams, chef and owner of Sanibel Captiva Catering/Catering by Leslie Adams, will lead the lesson.

FISH can purchase and deliver the items on the day of the class for those living on Sanibel or Captiva. FISH will provide a shopping list prior to the class for those who want to purchase their own ingredients.

"These elegant hors d'oeuvres recipes will be a delicious start to any holiday celebration," said Jennifer Pagano, FISH education and outreach director. The

virtual class is offered monthly. Registration if requested by Monday, December 13 by calling 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar. ✨

Snook Harvest In Atlantic To Close

The recreational harvest season for snook closes on Wednesday, December 15 in Atlantic state and federal waters, including Lake Okeechobee and the Kissimmee River. It will remain closed through January 31, reopening to harvest on February 1. Anglers may continue to catch and release snook during the closed season.

In the gulf, all state and federal waters, including Monroe County and Everglades National Park, are currently closed to harvest. All gulf state waters northwest of State Road 64 in Manatee County and south of Gordon Pass in Collier County will reopen to harvest on March 1. Snook remains catch-and-release only in state waters from State Road 64 in Manatee County through Gordon Pass in Collier County through May 31, in response to the impacts of red tide. Snook also has a regular season closure in gulf waters that runs May 1 through August 31.

For more information, visit www.myfwc.com/marine or download the Fish Rules App at www.instagram.com/fishrulesapp or www.facebook.com/fishrulesapp.

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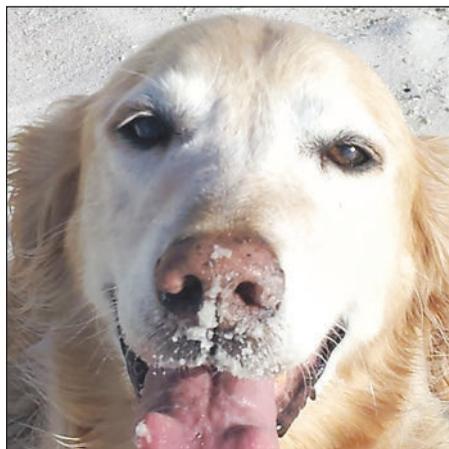


Aging In Place: How To Live With A Senior Dog



by Allison
Havill Todd

Our furry friends age much more quickly than we do; experts say that one year in a human life is equivalent to seven for a dog. The average life



Jesse, my adopted golden retriever, who was 16 years old when she departed in 2019
photo by Allison Havill Todd

disguising pain because they don't want to disappoint you or miss out on the fun and get left at home, so it is essential that we monitor their physical condition and take note of any changes such as limping, incontinence or panting. Regular physical exams will enable your veterinarian to detect any hip or joint problems as well as suspicious lumps that will guide you in altering your pup's activity level or medications as needed.

Provide additional cushioning in your senior dog's bedding to reduce possible joint pain and stiffness. When an animal is experiencing physical discomfort, he may act differently around others. After all, wouldn't you be a little grumpy if you were in pain? Exercise caution when disturbing an older animal that

may be sleeping and carefully monitor the situation if children are present. A previously friendly and cheerful puppy may not welcome the attention of others as he ages. It is especially important to avoid alarming a dog who may have lost its sense of sight or hearing. Approach carefully, and make sure he is aware of your presence before startling him with a touch.

Dogs are creatures of habit, and as they age, this sense of structure becomes even more important. This is probably not the best time to do a complete home remodel or rearrange all your furniture, but if it is unavoidable, make sure your pet has a safe, quiet place of his own.

Many shelters are full of senior dogs that are turned in because they become inconvenient or too costly for their owners. It is sad to see an animal that has devoted its life to its human being cast aside to spend its last few years without a home to call its own. Before giving up on your older dog, seek assistance. Many shelters and local nonprofit organizations are able to help with temporary financial assistance and food for your pet. This will enable him to remain in his home instead of an already overcrowded shelter where his chances of being adopted are slim.

Consider the commitment you made when you brought this animal home with you the first time. He has been your best friend during his time with you and deserves your patience, love and loyalty in return during his golden years. Let's allow our pets to age in place gracefully

at home with us, just as we would wish for ourselves.

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

Concert Cruise

Isola, The 502s have been described as undeniable rays of Florida sunshine, spreading joy with one rambunctious folk song at a time.

The sunset concert cruise is quickly gaining popularity for the high level of talent performing in the intimate, open-air setting of *Lady Chadwick*.

"Thankfully for SCCF, the Pine Island Sounds concert cruises tend to sell out quickly, so please get your tickets while you can," said SCCF Events Manager and Pine Island Sounds Producer Jeff Siwicke. "This event would be a great holiday experience for your whole family."

The cruise sets sail at 4 p.m. from McCarthy's Marina on Captiva. Ticket price is \$100 and includes a "First Drink's on Us" coupon, courtesy of Jack and Janie, as well as an individual snack box. A cash bar is also available onboard. To purchase tickets, visit <https://pineislandsounds.eventbrite.com>.*

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Art League Juried Show Winners

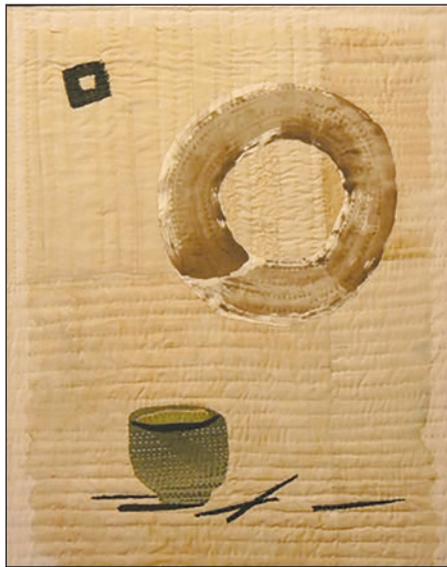


Great White Egret by David King

images provided



Fisherman's Cottage by Peter Zell



The Stand-Off by Ann Reardon

exhibit are on display throughout the month at Sanibel Public Library, located at 770 Dunlop Road on Sanibel.*

The winners of the Sanibel-Captiva Art League Out of the Box exhibit have been chosen. They are:

First place – David King, *Great White Egret*, watercolor;

Second place – Ann Reardon, *The Stand-Off*, fabric;

Third place – Peter Zell, *Fisherman's Cottage*, oil.

All works in the juried member

Volunteers Sought For Christmas Bird Count

San-Cap Audubon will conduct its annual Christmas Bird Count on Saturday, December 18.

The results of the local count will be forwarded to the National Audubon Society for inclusion in the 122nd National Christmas Bird Count. Due to the COVID-19 outbreak, social distancing and masking will be required for all participants in the field.

More than 50,000 observers participate each year in this census of early-winter bird populations. The results are compiled into the longest running database in ornithology, representing over a century of unbroken data on trends of early winter bird populations across the Americas.

If you would like to be part of this



Snowy egret

photo by Rick Bunting

year's Sanibel-Captiva Christmas Bird Count, call 395-1878. Birding skills are helpful but not necessary.*



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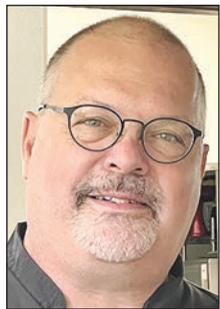


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The Community House

Thailand



by Chef John Wolff

Since I began at The Community House on September 1, I've been following a theme of mostly unusual and important ingredients that grow indigenously in Florida, or have been brought here and are produced commercially. I'd like to shift gears a little and explore some of the world's distinctive cuisines and use of unique ingredients, plants and herbs.

In the summer of 2019, I had the opportunity to travel to Thailand and help a friend with her café and bakery business. The Love at First Bite café was opened in 1999 and was the first of its kind in Chiang Mai, a major city in northern Thailand. We served a light lunch and some more "typically western" types of food such as pizza and empanadas. We also had many pastry items, cheesecake, pies and tortes. The

business was famous locally due to its unique offerings (for Chiang Mai anyway) and the unique setting. However, many similar coffee houses and bakeries have sprung up in and around Chiang Mai.

Although the café was a big hit with the locals, I was out to sample as much of the northern Thai cuisine as possible.

There are four main "cuisine regions" in Thailand. Thailand's northeast region, or Isan, is famous for its grilled meats, sticky rice, strong fermented salads and heaping plates of fresh vegetables and herbs. Perhaps the least well known and understood of Thailand's regional cuisine, southern Thai food is characterized by its spice and sharpness. Its curries and flavor profiles are the most powerful, with the heat of the chili as well as sour tamarind.

Cuisine from Thailand's central region probably comes closest to what visitors view as Thai food, with well-known dishes such as Phat Thai and curry pastes involving the staple ingredients of chilies, garlic, galangal, lemongrass and shrimp paste. Bangkok is at the heart of the area, with its paddy fields, plentiful river of fish and fertile soil for crops.

Finally, there is the far northern region in which Chiang Mai is located. Also known as Lanna cuisine, visitors to Chiang Mai fall in love with their first bite of the Khao Soi (curried noodles). Flavor and texture contrasts dominate a red and yellow coconut curried broth, and crunchy noodles are piled on top of the soft noodles with succulent chicken leg meat layered underneath.

There is more to northern Thai

cuisine, however, than Khao Soi.

Influenced by the countries that share a border with the north, delicious foods such as Kaeng Hung Le (spiced curry), Khanom Chin Nam Ngiao (spicy rice noodles), Kaeng Khanun On (unripe jackfruit curry) and Kaeng Hoa (fried curry) proudly show off the region's vibrant flavours.

Visit during mid-March to April and you can try Kaeng Phak Wan Kai Mot Daeng (vegetable soup with ant eggs), which is considered a rare, luxury. Best to start the meal with local hors d'oeuvres – Nam Phrik Ong/Nam Phrik Num (chili dips), Sai Ua (northern curried sausage) and Khaep Mu (crispy pork rind) served with an interesting assortment of lightly

boiled vegetables.

One of the experiences enjoyed by the western tourists is a day trip to a Thai cooking school. I attended just such a school located outside of Chiang Mai in the countryside. Although most of the schools run full-day or half-day programs, there are schools that house the students and guests for up to seven days. One of the more famous of these schools is located outside of Chiang Mai and run by Thai food Master Hanuman in Doi Saket. I'm sharing a local recipe for Khao Soi Gai (Northern Thai Coconut-Curry Noodles with Chicken) made with fresh ground curry paste that we prepared at the Smile Organic Farm Cooking School in Phra Sing.

Khao Soi Gai For the Curry Paste:

3 dried red Thai chilies (or chiles de árbol)

2 fresh or dried makrut lime leaves (optional)

15 cilantro stems with leaves (about ¼ bunch)

2 large shallots or 1 medium yellow onion, roughly chopped

2 (1 ½- to 2-inch) pieces fresh, unpeeled turmeric, scrubbed and roughly chopped (or 2 tablespoons ground turmeric)

1 (4-inch) piece lemongrass, from the base of the stalk, sliced

1 (3-inch) piece fresh ginger, peeled and roughly chopped

4 large garlic cloves, peeled and smashed

1 teaspoon curry powder

1 teaspoon shrimp paste or 2 teaspoons fish sauce (optional)

½ teaspoon grated lime zest (preferably from a fresh makrut lime)

For the Noodles:

3 cups neutral oil

1 (16-ounce) package dried, flat Chinese-style egg noodles or fat dry Thai rice noodles

Kosher salt

For the Chicken and Broth:

2 (13-ounce) cans full-fat coconut milk (not shaken or stirred)

2 cups chicken broth (preferably low sodium)

Kosher salt

8 chicken legs (about 2 pounds)

2 to 4 tablespoons fish sauce

2 to 4 tablespoons palm sugar or brown sugar

For Serving:

½ cup homemade or store-bought Yunnanese-style pickled mustard greens

1 shallot, peeled and thinly sliced

Chili paste or chili oil

Lime wedges

Make the curry paste: Bring ¼ cup of water to a boil in a small saucepan. Add the dried chilies and makrut lime leaves (if using) to a small bowl; pour the boiling water on top and let steep for 10 minutes.

While the mixture steeps, separate the cilantro leaves from the stems; set leaves and any tender stems aside for garnish. Roughly chop cilantro stems and add to a small food processor (or the bowl of a large mortar and pestle) along with the shallots, turmeric, lemongrass, ginger, garlic, curry powder,

shrimp paste (if using) and lime zest.

Add the soaked chili mixture (including its liquid) and process (or crush with a pestle) until curry paste is smooth, scraping down sides of bowl as needed, about 10 minutes for either method. Curry paste can be made up to 2 weeks ahead; store in a covered container in the refrigerator.

Prepare the fried noodles: In a medium (2-quart) saucepan, bring 3 cups neutral oil to 325 degrees over medium-high heat. Add 4 ounces noodles and fry, flipping once or twice, until light brown, 30 to 60 seconds. Using a slotted spoon, transfer noodles to a paper towel-lined plate; set aside until ready to serve. Cool, strain and store remaining oil in a covered jar for another use.

Heat a large Dutch oven or pot over medium. Add about ¼ cup coconut cream, scraped from the top of one of the cans of coconut milk, to the pot and let it melt, about 10 seconds. Add at least half of the curry paste – or more, for a more pungent Khao Soi – and stir until deeply fragrant, about 30 seconds. Add 1 ½ cups chicken broth and the remaining coconut milk, and increase heat to medium-high. Bring mixture just to a low boil, about 3 minutes.

Use 1 tablespoon salt to season drumsticks, then add them to the boiling curry mixture. Cover and let simmer until chicken is cooked through, 20 to 30 minutes. Uncover, lower heat and add remaining ½ cup chicken stock along with 1 cup water (It should be more like soup than stew). Season to taste with fish sauce, sugar and salt. Turn heat to very low and cover to keep warm.

Meanwhile, bring 4 quarts water to a boil in a large pot. Add 2 teaspoons salt and remaining 12 ounces of noodles. Cook until al dente. Drain and portion into four bowls. Add 2 drumsticks to each bowl, and about 2 cups curry broth. Garnish with fried noodles, pickled mustard greens, sliced shallots, chili paste or oil, reserved cilantro leaves and lime wedges. Serve immediately.

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



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Miss Charlotta's Tea Room

photos provided

Exhibit Features Historic Timelines

This year's holiday exhibit at Sanibel Historical Museum and Village focuses on the history of each of its nine buildings. The exhibit, Trees, Timelines, & Special Memories, runs through the first week of January.

After doing extensive research on each of the village's buildings, volunteers found that most of them were used for several different purposes before they were moved to the village. "We found it fascinating to discover each building's

complete history," said board member Gayle Pence, who headed up the project.

For example, Miss Charlotta's Tea Room, now one of the favorite buildings in the village, actually had several lives. First it was built to serve as a gas station for the old Bailey store; instead it had to serve as a temporary store when Bailey's was destroyed in the hurricane of 1926. Soon the new store was built, and the tea room could be just that, a place for serving tea and refreshments to people arriving and leaving on the ferry. The refreshments were prepared at the nearby Island Inn and brought to the tea room each day. While Miss



The front porch of Miss Charlotta's Tea Room

Charlotta, sister to island icon Frank Bailey's wife, dispensed her sweets, lemonade and good humor, the men played miniature golf behind the building – on the first golf course on the island.

Once the ferry was relocated and no longer landed at the tea room's location, the tea room was closed and later became home to school teachers, then to the butcher who worked at the Bailey store, and later to others. The structure did not have a bathroom until 1955.

Timelines will be on exhibit in each of the village's nine buildings. The holiday trees and exhibits will reflect the items found on the timelines. Pence said this holiday exhibit will offer a whole

new layer of island history never before shared at the village.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Masks are required inside the buildings. Guided tours are available if reserved in advance for groups of no more than six, depending on docent availability.

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

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 1 ounce orange juice, squeezed fresh
 1 sprig fresh mint
 Ginger beer, chilled
 1 strawberry for garnish
 Fill a mule mug or highball glass with ice. Add vodka, lime juice and orange juice. Top with chilled ginger beer. Garnish with mint, half of a squeezed lime and strawberry. Drink responsibly.*



Mule

photo courtesy Fresh From Florida

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From left, Mayor Holly Smith and Vice Mayor Richard Johnson read a proclamation to Judie Zimomra, honoring her for 20 years of service to the city photo by Wendy McMullen

Former City Manager Praised At Farewell Party

by Wendy McMullen

Islanders and island organizations turned out in force at The Community House on December 4 to thank Judie Zimomra for her 20 successful years as manager of the City of Sanibel.

In addition to the food and fun, there were testimonials galore on Zimomra's management style, her dedication, her involvement in the community, her sense of humor and her compassion. Marty Harrity, owner of Doc Ford's Rum Bar & Grille, was master of ceremonies and introduced speakers including former Mayor Kevin Ruane, Maggi Feiner of FISH of SanCap, Melissa Rice from Community Housing and Resources (CHR) and Dana Congress, an intern with the city during Zimomra's tenure.

Al Hanser from The Sanibel Captiva Trust Company presented Zimomra with a glass etching by Luc Century depicting two eagles that Zimomra had photographed.

Zimomra herself, with characteristic modesty, told the guests that it was not her but about Sanibel and honoring the community.

"It's fair to say that even the most optimistic person could not have envisioned such a bright future of our community," she said, adding a shout out to city employees, "It's not any one person who's essential, it's every one of their city employees."

A video produced by Rusty Farst

recorded a myriad of other comments from island organizations and individuals. On the patio outside The Community House, an extensive buffet was laid out with food provided by Doc Ford's, Bailey's General Store, Blue Giraffe, Cielo, 400 Rabbits, Gramma Dot's, Lazy Flamingo, Traders, MudBugs, Sanibel Café, Sanibel's Best Homemade Ice Cream, The Community House, The Timbers and T2.

The party was ceremonial as well as festive. The Pledge of Allegiance was led by the Sanibel Boy Scouts, the Sanibel Police Department presented the Color Guard, and Mayor Holly Smith and Vice Mayor Richard Johnson read a proclamation congratulating Zimomra on her 20 years of service.

The many achievements mentioned in the proclamation included guiding the city through restoration after hurricanes Charley, Wilma and Irma, battling the economic crises caused by red tide and blue-green algae and the long-term effects from COVID-19. The proclamation also recognized Zimomra's efforts in obtaining some \$30 million bed tax dollars and \$35.8 million dollars in grants over the past decade to reduce the tax burden on Sanibel property owners.

The proclamation was also read at the beginning of the Sanibel City Council meeting on Tuesday.

The party was organized and funded by Sanibel City Councilmember John Henshaw along with Al Hanser and Marty Harrity.

The entire video of the tributes by islanders and island organizations is available on YouTube and can be seen at <https://youtu.be/wsn-Gz7toHs>.*

Jingle Bells, *Ave Maria* and Disney's *Frozen* at the Gulf Theater in Punta Gorda on Sunday, December 12 at 4 p.m., the Village Church at Shell Point on Monday, December 13 at 7 p.m. and First Presbyterian Church in Bonita Springs on Tuesday, December 14 at 7 p.m.

Tickets are \$20 to \$35. For details, visit www.swflso.org or call 418-1500. These concerts are made possible through the support of Ellie Fox.*

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Date Set For First Author Series Ticket Lottery

The Sanibel Public Library Author Series, a partnership with Sanibel Public Library Foundation, has connected local readers to award-winning authors by bringing in high caliber writers for an intimate evening, followed by a book signing and Champagne reception. Past guests include Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Lee Child, Dennis Lehane, Amor Towles, David Baldacci and Margaret Atwood.

The *New York Times* calls Elin Hilderbrand, "Queen of the Beach Reads." Her past books, including *28 Summers*, *The Identicals* and *Here's to Us* have become a summertime staple, with stories set in and around the island of Nantucket. The author has written 27 novels and the newest one, *Golden Girl*, was published in 2021.

Hilderbrand will speak at the library on Wednesday, January 19. Enter your request for Hilderbrand Author Series tickets from 9 a.m. on Monday, December 20 through 9 a.m. Tuesday, December 21. Look on the www.sanlib.org homepage during those 24 hours for the link to enter the ticket lottery. Names of those requesting tickets will be selected at random, and then be notified by email. Requests made before or after that time will not be honored.

The library utilizes a lottery system



Elin Hilderbrand photo by Nina Subin

ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to attend an Author Series event. Tickets are distributed at no charge to library cardholders; one card per person, two tickets per card. Tickets must be requested online. If you are unable to access the online form or if you would like assistance, contact the library.

The next speaker in the series is Marie Benedict, a lawyer who wrote a series of historical novels including *The Other Einstein*, *Carnegie's Maid*, *The Only Woman in The Room*, *Lady Clementine*, and *The Mystery of Mrs.*



Byers' Choice figurines on display photo provided

Christie. Her 2021 *The Personal Librarian* was co-written with Victoria Christopher Murray. Benedict will speak at the library on Thursday, February 10.

Scott Turow is the author of many bestselling works of fiction, including *The Last Trial*, *Testimony*, *Identical*, *Innocent*, *Presumed Innocent* and *The Burden of Proof*. His books have been translated into more than 40 languages, sold more than 30 million copies worldwide, and have been adapted into movies and television projects. Turow's Author Series evening will be held at the library on Wednesday, March 9.

Books by these three authors can be borrowed in print, audiobook, and as an OverDrive Libby ebook or Hoopla ebook.

Major funding for the Author Series is provided by the Sanibel Public Library Foundation, Inc. and its donors. For more information about the foundation or to make a donation, call 472-2483 or visit www.sanlib.org.

The library continues to follow safety guidelines consistent with the CDC regarding health and safety for staff and the public. Author Series dates are final, ticket information and other details are subject to change. Sign up for the email newsletter to receive updated information on the series, www.sanlib.org/newsletter to sign up.

WWII history, technology help, book signings and a variety of other programs have been scheduled, starting in January.

View details online at www.sanlib.org.

Sanibel Public Library is located at 770 Dunlop Road. It is open from 9 a.m. to 8 p.m. Monday and Thursday, 9 a.m. to 5 p.m. Tuesday, Wednesday, Friday and Saturday. The library will be closed on Friday and Saturday, December 24 and 25 for the Christmas holiday.

Stop by this month to see more than 30 Byers' Choice figurines on display. The Byers' Choice carolers, polar bears, ice skaters and sleigh are on loan from the Balthaser and Lambrix families. If you have a collection to loan, contact the library. Sanibel Captiva Art League is displaying *Out of the Box* this month, a juried exhibit dedicated to Ann Bishoff and Rita McClain.

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 also available. For more information, call 472-2483.*

From page 1

New Director

professionals and volunteers," said Espinoza. "As we celebrate our 40th anniversary, it's been interesting to review the history of FISH and see how we've grown. I'm excited to be an integral part of the future of FISH and the community we serve."

"Maria is one of the most dedicated individuals I know and, on behalf of FISH, we are looking forward to her input and commitment to our mission in serving island neighbors," said Feiner.

FISH works through donations and provides assistance to residents, workers and visitors of Sanibel and Captiva. For more information about programs and services, contact Espinoza at 472-4775 or visit www.fishofsancap.org.*



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Fort Myers Symphonic Mastersingers

photo provided

Mastersingers Return To Sanibel

The Fort Myers Symphonic Mastersingers will perform the sounds of the season with Holiday Passport, a celebration of Christmas around the world. The annual Sanibel Christmas performance will take place on Sunday, December 19 at 5 p.m. at Sanibel Community Church. There is no charge to attend, however, a goodwill offering will be taken to benefit a worthy

community organization.

The concert will feature holiday selections from countries around the world including: *Betelehemu*, a Nigerian carol arranged by Barrington Brooks; the traditional Irish *Wexford Carol* arranged by Elaine Hagenberg; *Ose Shalom*, a traditional Hebrew poem set to music by John Leavitt; and *Ocho Kandelikas*, a Ladino song for Chanukah by Flory Jagoda. The concert will also feature accompaniment by guest musicians including guitar and percussion.

“Since we’re all too familiar with

our favorite American carols, it seemed important to expose our audience to holiday music from around the world,” said Mastersingers Artistic Director Shannon Arnold. “The evening will include a wide variety of fun and beautiful music that will be sure to get everyone in the holiday spirit.”

The Mastersingers are looking forward to returning to Sanibel for their annual Christmas performance, which could not happen in 2020 due to the pandemic. “We are grateful for our ongoing partnership with Sanibel Community

Church and the island community,” said Mastersingers President Jill Janda-Kanner, who is a Sanibel resident. “As an organization, we love and appreciate this tradition and are excited to return to Sanibel this year.”

For more information on upcoming concerts, visit www.mastersingersfm.com.

Sanibel Community Church is located at 1740 Periwinkle Way.*

Help A Veteran Get Back To Work

The annual Shoes and Socks for Homeless Veterans campaign is under way and collection sites will remain open through Thursday, December 23.

Many veterans have lost their jobs or have medical issues, and are living on the streets. You can help these veterans get back to work by providing new shoes and socks this holiday season. The following locations are accepting donations:

Bailey’s General Store – 2477 Periwinkle Way on Sanibel

St. Isabel Catholic Church – 3559 Sanibel-Captiva Road on Sanibel

St. Columbkille Catholic Church – 12171 Iona Road in Fort Myers

Visit www.songsandstoriesforsoldiers.us for additional drop-off sites.

You can also send shoes and socks to: Songs and Stories for Soldiers, 1224 Kittiwake Cir., Sanibel, FL 33957. For more information, call Dan Perkins at 973-687-4826.*

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Book Review

The Plot



by Di Saggau

The Plot by Jean Hanff Korelitz is one that will grab you from page one and never let go. It's actually a book within a book, which makes for an unusual format. The main

character is Jake Bonner, a struggling teacher of a mediocre writing workshop at a little-known college in Vermont. He had one novel published that was fairly successful, but his second one did not receive much praise and that has left him desperate to write another.

One of Jake's students, Evan Parker, stands out in the class. He is totally self-confident that he has already planned a novel that will be a sure hit. He shares several pages of his writing with Jake, who agrees it has promise.

Two years later, Jake does a Google search to see if the book has been published and finds out Evan has died. Taking what he learned from Evan, Jake writes the story and his book becomes a bestseller. Jake is enjoying his success until he starts receiving emails and online posts calling him a thief.

The author does a great job of making the reader think about what

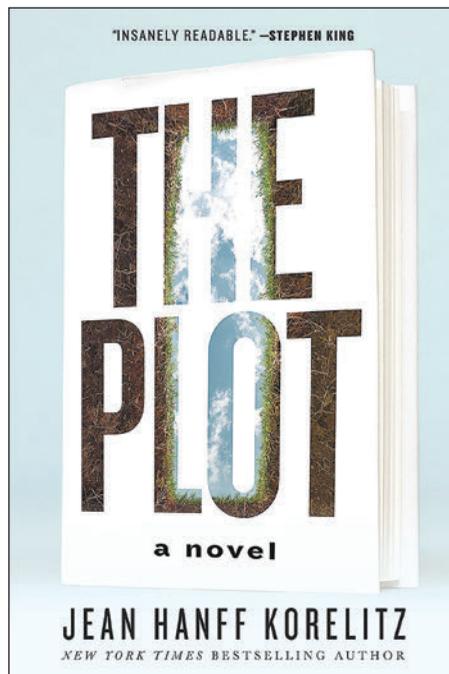


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makes up a small theft. Is it OK to borrow part of a plot, or is it plagiarism? Who actually owns a story, especially if that person is now dead?

As Jake starts to understand his antagonist and hides the truth from his readers, he learns more about Evan, and what he discovers both amazes and terrifies him.

The Plot is an excellent psychological thriller with well-developed and interesting characters.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Most of us are faced with both a happy and sometimes stressful task about this same time every year – what should I get for

my kids this holiday season. We are all bombarded by media ads exclaiming the latest, coolest item that every child must have. Should you purchase the latest thing for your children? Maybe if you think it's something they will use and enjoy for a while. However, here are some other ideas for educational, non-tech items that most children will appreciate:

You might purchase a series of classes for them. Music, dance, riding, drawing, acting – classes are a great way to encourage children to pursue their interests. Find out what's available and sign them up.

You might consider purchasing a family membership for a local nature center science museum, children's museum, zoo, YMCA membership, etc. These are particularly great family gifts and a great way to have family time.

Purchase a magazine subscription for something they are interested in. Kids enjoy getting things in snail mail and they also will be practicing their reading and learning specialized vocabulary.

Purchase tickets to special events that they are interested in. Movie tickets, or tickets to a play, concert or sports event are great. Having an event to look forward to is exciting for kids.

Kids love activities like miniature golf, bowling, skating and jumping on a trampoline. Take them to one of these activities as a special time together. Children love spending time with the

adults in their lives plus these activities will provide for some exercise.

Games and puzzles are great activities for developing memory and cognitive skills like problem solving. Games teach a lot, too, and not just factual information but social skills as well.

Books are my all-time favorite gifts for kids young and old, and the benefits from reading are endless. While a book from their favorite author is always welcome, you might want to try something new, like reading poetry, a play or a mystery out loud to one another.

Give a gift to a charity chosen by the child. Depending on the age of your child, you may need to introduce them to several charities. Include organizations that work in your area (such as a food bank), that do work that is important to your family (perhaps, planting trees in deforested areas), or that your child would find intriguing (say, provides school supplies to low income kids in your community). Let your child choose a charity and give a gift in your child's name to that organization. Deliver the gift in person, if appropriate. Alternatively, you could find a Christmas Giving Tree-type program in your area and gift your child the same gifts you provide for the low-income child in need to serve as a reminder of how kids everywhere all just want to play and feel loved.

I hope that these suggestions are useful to you and result in happy gift giving and receiving.

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

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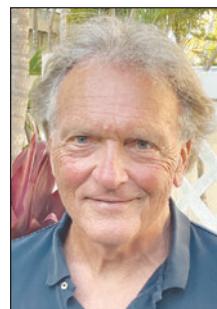


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Poetry Corner



by Clay C. Ewell

AWAITING THE DAWN

The passage of these days, like all those before them, Seek to maintain a sameness, a pattern that in its Familiarity, soothes our vague apprehension of something Unknown, yet somehow missing, from the fabric of our life.

The passage of these days, reminders of their reflecting all the sentences that, end to end, become the story Of the life we have shared, while marking in the sands of time The acceptance of one less to be had, beyond the horizon.

So I reach for your hand or turning in the darkness, listen To the rhythm of your breathing at rest and the sounds That you make as a dream carries you floating upon the Currents of your soul. And I know I am where I belong.

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.✱

Christmas Jazz Program At Sanibel Church

After last year's hiatus, Advent Jazz Vespers will return to the Sanibel Congregational United Church of Christ sanctuary on Sunday, December 19. The 3 p.m. service will offer jazz arrangements of Christmas songs, readings from a variety of sources and a chance to sing favorite carols. The Rev. Dr. John H. Danner will read an excerpt from his new book, *Angels Dancing on the Roof*.

All are welcome to attend this service and to remain afterwards for light refreshments. There is no charge, though there will be a free-will offering.

Saxophonist and vocalist Shawn Allison, pianist Abbey Allison and guitarist Dave Dust will present upbeat pieces, ballads and other Christmas music, all with a jazz twist. Shawn Allison will lead the carol singing, which will feature familiar Christmas songs.

The trio has chosen readings by authors, poets, orators and theologians. These "lessons," to be presented by members of the congregation, will emphasize Christmas miracles, peace and the joy of the season. The story Pastor Danner will read from his new book will be both entertaining and inspiring.

The musicians are looking forward



From left, Shawn Allison, Abbey Allison and Dave Dust photo provided

to a return to this service that was so well received in 2019. "Every year, we find lovely holiday poems and writings, and we have all these great jazz Christmas arrangements we hardly ever get to use," said Abbey Allison. "The idea of putting them together is very appealing."

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel, across from the main entrance to Periwinkle Place shopping center. For more information, call 472-0497.✪

BIG ARTS Monday Night Film Series

The Audition

by Di Saggau

The BIG ARTS Monday Night Movie for December 13 is *The Audition*, a film from Germany starring the incomparable Nina Hoss in one of her best performances. Hoss plays Anna, a violin teacher at a music-focused German high school who takes a particular interest in Alexander, a promising new student, as they practice for his upcoming exam. When her tightly wound nerves start to come undone, nothing goes as planned.

Alexander needs a lot of practice, but she is drawn to him possibly because he reminds her of what she could have been as a musician. Due to mounting pressure on her personal and professional life, she neglects her own family including her young son, Jonas, who grew up with the violin but has lost interest.

The film portrays Anna in both calm situations and flurries of agitation. We get glimpses of her home life and learn about her personal history. Her husband, Philippe, patiently builds the instruments and she attacks them with a passion.

It's interesting watching an actor known for her perfectionism playing a woman who cannot abide imperfection in herself or in others. Anyone who has ever learned to play a musical instrument will experience some



image provided

recognition during certain moments of *The Audition*.

The film runs one hour, 39 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film, Stefanie Irwin will lead a discussion. Tickets are \$10 and can be purchased online or at the box office. All those who are not fully vaccinated are asked to wear masks.

BIG ARTS is located at 900 Dunlop Road. Call 395-0900, visit www.bigarts.org or stop by the box office.✪

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Captiva Renourishment Project A Success

The Captiva Erosion Prevention District (CEPD), dedicated to preserving the beaches and waters of Captiva, completed its beach renourishment project on November 11 under the guidance of CEPD Executive Director Jennifer Nelson and Chairman Rene Miville. The nourishment project began on September 1 and encompassed pumping 820,000 cubic yards of sand onto the 4.85 miles of Captiva shoreline. CEPD worked with marine contractors Great Lakes Dredge and Dock to go six miles offshore of the Captiva beaches to harvest the sand. This is the seventh beach nourishment project since the district was created as a special legislative district in 1959 by the State of Florida.

The project was permitted to be completed during turtle nesting season, and the Sanibel-Captiva Conservation Foundation (SCCF) was the vendor for turtle nest relocation. The project significantly benefits the foliage, creates natural dunes, increases the quality of the beaches for recreational purposes and protects against natural erosion and storms. Additionally, properties facing the Gulf of Mexico were grouped into six zones known as storm protection benefits zones, and they are now better protected from storm damage and



The newly renourished beach on Captiva

photo provided

erosion.

“We are grateful for our partnership with Lee County Natural Resources Department, the Tourism and Development Council and our Board of County Commissioners who recognize the importance of this project in protecting our shorelines that further our economy in Lee County,” said Nelson.

“We did this beach nourishment project during turtle nesting season, and by doing so, CEPD captured a cost savings of almost \$3 million to the Captiva taxpayers. We have one

person to thank for this, and that is Commissioner Mike Mullins for this new process,” said Miville. “It’s creative thinkers like Mike who give the Captiva Erosion Prevention District its nationwide sterling legacy and reputation it deserves. Captiva can only hope to have more dynamic, big picture thinkers to get involved and contribute, such as Mike, in the future.”

For over 60 years, the CEPD has worked to keep these natural water and beach treasures healthy. Because erosion is a natural occurrence that happens over time, the prevention

district has completed many projects over the decades that have contributed to the safety of the natural wildlife, and clean and healthy beaches. These projects also enhance the values of properties near the improved beaches.

The last project of this caliber occurred in 2014, and noticeable erosion has happened since then. This project is designed to last for eight to 10 years. The total project cost is estimated at \$20 million. It was voted on and approved in March 2019 by the Captiva Board of Commissioners and was funded by the Florida Department of Environmental Protection (21.07 percent), Lee County (29.26 percent) and assessments levied on the island’s commercial and residential properties that will benefit from the project (49.69 percent).

For more information on the project, visit www.mycepd.com/2021-beach-nourishment-project.✳

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New Ranger At 'Ding' Darling

JN "Ding" Darling National Wildlife Refuge hired Urban Ranger Janet Sokolowski last month as part of the U.S. Fish & Wildlife Service (FWS) Urban Outreach initiative to expand the mission of national wildlife refuges into the community, especially to low-income neighborhoods that don't typically have the resources to interact with refuge wildlife and conservation ethics.



Janet Sokolowski

where we have recently concentrated efforts. Federal budget cuts have taxed staff in keeping WoW vital, but the "Ding" Darling Wildlife Society has helped make it possible by funding the construction of WoW and its staffing. With Janet now coming aboard as a federally supported member of the team, it's a huge relief and asset to our mission."

Sokolowski comes to Sanibel from Fort Benning, Georgia where she worked as an operations and resource manager, scheduling federal land and airspace to train and test weapons from .22 caliber up to .50 caliber rifles and machine guns, missiles, drones, radio equipment and unmanned vehicles.

A veteran of the war in the Middle East, Sokolowski taught marksmanship to allies in Afghanistan. Born in Massachusetts to Dominican Republic parents, she is fluent in Spanish and is one of the few females in the U.S. Army awarded the President's Hundred Tab and Excellence-in-Competition Gold Distinguished Badge for competing in national marksmanship competitions.

"We hired Janet based on her skill set, passion, organizational skills, lengthy 20 years' experience teaching diverse audiences and eagerness to

learn," said Westland.

"I am interested in everything about 'Ding,' especially the rescuing of animals, control burns, the maintenance of the water to free it from fishing lines and trash, necropsy, boat and tram tours, WoW, and canoeing," said Sokolowski, a native of North Miami Beach, Florida.

Sokolowski looks forward to showing and educating people who wouldn't otherwise have the opportunity to discover the joys of being outdoors and finding peace. She moved to Southwest Florida with her husband, a retiree from

the Army after 22 years of service, and two dogs – a Yorkie and Australian shepherd. Her husband, Adam, just completed his CDL (commercial driver's license) and HVAC training in the Army to be certified for a civilian career, and her two children are in college.

Sokolowski is already loving her new home, job and Sanibel Island. "It is a sense of security, where people are genuinely looking out after you and your children, a community that is tightknit," she said. "The refuge is like a tropical island somewhere far away, but it is in really our own backyard." ❄️

"At 'Ding' Darling, we have led the FWS movement for urban outreach through various programs, most notably our WoW, Wildlife on Wheels interactive mobile classroom," said Supervisory Refuge Ranger Toni Westland, who heads up the refuge's outreach efforts. "WoW has received rave reviews and lots of love from our local Title 1 schools such as Tice Elementary,

Team Member Promoted To Store Manager

Chris Galloway has been promoted by "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) from Nature Store assistant manager to manager of all three stores on Sanibel.



Chris Galloway

Galloway began working for DDWS in December 2016 and has also held the position as assistant office manager, plus assists in IT matters, including leading the set up of www.shoppingdarling.com last year. He steps into the position formerly held by Ann-Marie Wildman, who will be moving into new roles within the nonprofit organization, which supports the JN "Ding" Darling National Wildlife Refuge.

"I feel privileged to have this fantastic team to work with, and I'm really excited to continue working to not only support the refuge through store sales, but to be

stewards for the refuge in communicating with visitors to our stores," said Galloway. "We've made great strides in the past couple of years despite challenges, and I anticipate that we will continue pushing forward in our efforts."

When COVID-19 shut down the original flagship Refuge Nature Store in the "Ding" Darling Visitor & Education Center in 2020, the DDWS team moved ahead to promote its fledgling e-commerce site and open a second store at 2250 Periwinkle Way, which also serves as a fulfillment center for online orders.

A graduate of the Florida SouthWestern State College technology programs, Galloway holds a degree in network service technology and post-secondary vocational certificates in network security and information technology support.

"Chris, Ann-Marie, senior assistant manager Carrie Harmon and part-time assistant Laura Denick have taken our retail operation to a new high in past years at a time when the refuge needs even more support than usual due to staff shortages and pandemic restrictions," said DDWS Executive Director Birgie Miller. "Chris has become an invaluable member of the DDWS team in so many ways, we are excited to see him continue in a heightened leadership role." ❄️



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5. Direct Access Basin Home on Limpet Drive - SANIBEL

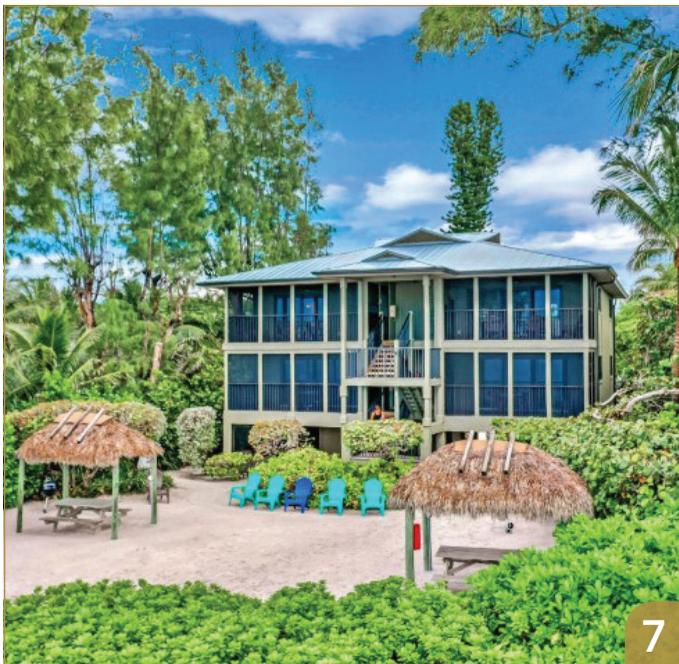
- 3 BR/3 BA home on one of Shell Harbor's most sought after streets with wide boating basin & deep water direct access
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Resort Group Hires Team For Special Events

Sanibel Captiva Beach Resorts has hired Nicholas Royka and Cindy Kaiser to lead weddings and events at Captiva's Tween Waters Island Resort & Spa, and Sanibel's West Wind Island Resort.

Royka joined the resort as group sales and events manager. Since 2014, he served in event production, home fashion consultation, client relations and sales with Bloomingdale's in New York. Prior to that, he gained hospitality marketing experience with Walt Disney World in Orlando as an events intern. He graduated LIM College in New York in 2016, with an associates in arts degree. "We're absolutely thrilled to have someone with Nicholas' energy, enthusiasm, creativity, personality and work ethic leading our weddings



Nicholas Royka



Cindy Kaiser

and events efforts," said Doug Babcock, chief executive officer of Sanibel Captiva Beach Resorts. "He brings passion and knowledge, and is fully committed to guest satisfaction – from the best weddings ever, to business events that inspire teams and companies."

Kaiser has also been named a group sales and events manager at the resorts. Her background includes more than 20 years of hotel, resort, special events, catering management and venue

management for a variety of hotels, resorts, public radio and consulting services in Utah. She also owned a sports marketing company in New York for 15 years. She is a graduate of the University of Utah with a degree in business marketing.

"With Cindy and Nicholas, we have

what I believe is the most creative, intelligent and enthusiastic weddings and events team in Southwest Florida," said Michele Berger, director of resort operations. "Their personalities and professionalism will put smiles on everyone's faces, guaranteed." ✨

Progressive Club Virtual Meeting

The Progressive Club of the Islands will host a Zoom meeting at 4 p.m. on Thursday, December 16 with Annette Taddeo, a candidate for governor of the state. She was born and raised in Colombia, the daughter of an American fighter pilot and a Colombian mother. She is a working mother with a daughter in public school and a successful small business owner who has lived the American Dream. In 2014, she was the first Latina in the state of Florida to run statewide when she was the Democratic nominee for lieutenant governor, and



Annette Taddeo

now she is running to to be the first Latina governor of Florida.

Taddeo currently represents a district she won in a special election in 2017, becoming the first Latina Democrat to serve in the Florida Senate. In 2018, she was re-elected to a four-year term.

Her legislative accomplishments have focused on compassion for the underserved, as well as building a stronger Florida environmentally, economically and educationally. In her years in the Senate, she has earned the trust and respect of her fellow Democrats, and has been able to work across the aisle with Republicans.

The meeting will be interactive with time provided for questions. To attend, email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap. Annual dues for the Progressive Club are \$35 for an individual or \$70 per couple. To renew a membership or join, mail a check payable to: PCI, P.O. Box 898 Sanibel FL 33957. For more information visit <https://pcislands> or call 994-3175. ✨

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New Concierge For Rental Firm

Sanibel Captiva Island Vacation Rentals (SCIVR) has added Michael Laperuta to its team of owner relations concierges.

Laperuta has excelled in sales positions since 2008 at the New York Sports Club, where he was promoted to assistant general manager in 2012. He then joined Bloomindale's in 2015 as brand manager for Hugo



Michael Laperuta

Boss. He is a graduate of St. Francis College with a bachelor of arts degree in communications. He relocated to Southwest Florida this summer to be closer to family and friends.

In his position at SCIVR, Laperuta will develop new owner relationships while serving as primary owner concierge for existing clients. "We're extremely excited to have someone with Michael's sales background join our growing team," said Jackie Royka, SCIVR general manager. "His addition to our staff will be a plus for all of us as we continue toward our goal of becoming the largest and most successful – for our clients, as well as our company – vacation rental firm on the islands."

Laperuta will serve prospects and guests out of both the Sanibel and Captiva offices. ✨



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 • Pool/Spa, Gated, Elevator, Generator
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Superior Interiors

New Homeowner Tips And Tricks For Styling House



by Jeanie Tinch

Purchasing a brand-new home is an exciting adventure, whether you're first-timers or moving from one house to another. A new living space offers an opportunity for new beginnings – a

chance to create long-lasting memories with your loved ones in a totally new space.

To build a comfortable living environment that makes it easy to unwind, have fun and enjoy the atmosphere in the midst of it all, decorating your home is a must. Without a solid design plan in place, however, interior design can be a bit overwhelming when you're dealing with an entire house.

Don't fret... if you're looking for design and decor advice, you've come to the right place. Here are some of our tried-and-true tips and tricks for styling your new home:

Start with the foundation – This is an easy style tip you can plan for before even moving into your house. When taking the

tour of the new home, were you satisfied with the wall colors? How did you feel about the architectural accents? Does the flooring match your personal style? These are all adjustments that can be made in advance before moving into your home and can make it easier to decorate and come up with furniture placement.

Roll in the furniture (new or old) – Once the foundation of your home is squared away, it's time to think about your current furniture and how it will look in your new living space. Do you have enough seating, tables and other furniture to fill the square footage? Could you benefit from a bigger sofa? Have your children outgrown their current bedding arrangements? Even if you plan on holding on to most of your old furniture, you can make a room pop with a new focal point in the form of a chair or other piece of furniture.

Bring rooms to life with accents – Filling your room with furniture is important but adding in accents and decorations will complete your living space. Think carefully about how you want to style your home based on your overall goals with the design and decor. Do you have an open floor plan? If so, it may be more difficult to follow multiple themes. You might think about following one overarching design scheme while giving each room on the main floor its own unique decor. Then, you can let your children decorate their own bedrooms as they wish.

Bonus tip – Let your personal style shine. Whether you and your partner

are tackling the home design and decor project together, or you have full reign on the new house, think of it as a blank canvas that's waiting for you to let your creativity and personality shine. Don't hold back. Have fun with the decorations and accents and create a living space that your friends and family can easily identify with your style preferences.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.

Sanibel Sea School Is Hiring

Sanibel Sea School is looking to fill two seasonal positions: a marine science educator and a customer service and retail coordinator. Both positions are full-time from February through August.

The customer service and retail coordinator provides administrative support and will serve as a receptionist for Sanibel Sea school's main campus. Administrative duties will include assisting clients with program questions and registration, answering phones and responding to email inquiries. Retail responsibilities include ordering, selling and receiving retail stock.

Marine science educators primarily teach day courses on a variety of marine science topics. Day courses are three hours long for ages 6 to 13 and field based. There will be opportunities to work with ages 4 to 6 in modified day courses.

Educators ensure the safety of participants in a variety of outdoor settings and foster an appreciation for marine ecosystems and encourage students to practice good ocean stewardship. A bachelor's degree with a background in marine biology, environmental education, biology or a similar field is required.

To see the full job descriptions, visit www.sanibelseaschool.org/jobs-volunteers. To apply for either position, send a résumé or curriculum vitae, cover letter and three references to sanibelseaschool@sccf.org.

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Valerie Tutor



Sue Plein

The top selling agent for November at Kingfisher Real Estate was Valerie Tutor. The top listing agent was Sue Plein.

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Captiva Historical Society Adds Board Member

Captiva Island Historical Society has added Capt. Brian Holaway to its board of directors. A Captiva resident since his college graduation in 1994, Holaway joined the staff at South Seas Island Resort, and soon earned his captain's license. He worked for Captiva Cruises for over 20 years as a captain and interpretive guide on shelling trips to Cayo Costa State Park.



Brian Holaway

Fascinated by the history, people and cultures of Southwest Florida, Holaway researched the history of the area through extensive reading and communication with longtime island residents. "I am always trying to keep the stories alive, and learn from the past," Holaway stated.

He helped create the interpretive trail focused on the Calusa culture at Randell Research Center on Pine Island. He has monitored sea turtle nests on Cayo Costa, and served as a photo scout and guide for *National Geographic*, *Martha Stewart Living*,

Lands' End and LL Bean.

In 2016, Holaway became a full-time independent island guide to allow guests "to experience and gain appreciation for the waters, islands, shells, plants, marine life, wildlife, history and people of this unique area of Southwest Florida," according to the Visitor and Convention Bureau (VCB) of the Beaches of Fort Myers and Sanibel. The VCB tapped Holaway to receive the Junonia Award in 2018, calling him, "humble, quiet, and totally focussed on telling the story of our exquisitely natural county through visual, historical and common sense messages." The VCB also honored Holaway with its E-Award in 2014, and the Good Samaritan Award in 2015.

Holaway earned his Florida master naturalist certification through University of Florida. He has served as a board member for Friends of Cayo Costa State Park since 2013. He earned designation as part of the Founders Circle of the Randell Research Center in 1996 and has been a contributing writer for *Times of the Islands* since 2017.

Holaway and his wife, Melanie, were married in 1998 at Chapel by the Sea on Captiva. They have a daughter, who is in college in Boca Raton.

"Captain Holaway's knowledge, experience and enthusiasm for the islands make him a robust addition to the hard-working board of directors of CIHS," said Molly Downing, PR director of the CIHS board.✳

New Hire For Client Services At Trust Company

The Sanibel Captiva Trust Company has appointed Karen Meinen as vice president, client services and trust operations at the company's Palm Ridge Road office on Sanibel. Meinen's responsibilities include serving as a primary point of contact for her clients by managing the daily business of account intake and administration, cash transfers, and generating trust and tax documents. Al Hanser, founder and chairman of the company, said, "Karen has an exceptional breadth of experience in the financial industry, which is a tremendous asset to both our clients and employees. We feel very fortunate to have her on the team."



Karen Meinen

Prior to joining the trust company, Meinen worked for Busey Bank/Investor's Security Trust Company of Fort Myers, where she held the position of vice president, fiduciary advisor. She managed a \$135 million book of business, serving as a personal relationship manager to wealth

management clients, placing trades and assisting team members in clients' investment reviews.

Meinen held the position of portfolio manager/investment manager at the bank for 17 years, where she assisted clients in identifying their investment objectives, determined their risk profiles and reviewed client accounts. She also created, monitored and maintained investment policies and procedures. From 1993 to 2003, Meinen built a career at SunTrust Bank of both Central Florida and then Southwest Florida as general accountant, lead reconciling specialist and personal asset management representative.

Meinen is a graduate of the Cannon Trust School, and holds designations as a certified trust and fiduciary advisor (CTFA) and certified financial planner (CFP). She is a member of the Financial Planning Association and the Estate Planning Council of Lee County.✳

Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html. Call 877-841-5509 for free screenings or referrals.✳



1799 Middle Gulf Dr, tropical Sealoft Village has 9 free-standing elevated homes that share pool, pickleball/putting green, beach access. #109 has great rm with fireplace, remodeled kitchen/baths, 2 bedrms & upper loft. \$899K furnished



Eco-zone here offers most building coverage on Sanibel. Steps to Shell Harbor beach access, 860 Lindgren Blvd has seawall, patio dock, & this view over wide boat basin. Easy boating to gulf/bay/intra-coastal. \$1.2M



732 Donax St, 1/2 duplex in residential condo community of just 20 owners. Pool, tennis, BBQs. #7 has great rm with screened porch, 2 bedrms plus loft, & separate utility room. Monthly rental minimum. \$699K furnished

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Elise Carnes, Listing Coordinator, Notary

Rotary Happenings

submitted by Cindy Carter

This year, World Interact Week was November 1 to 7 and Interactors around the world were taking action and sharing how their Interact clubs are making a difference in their communities. You may wonder, "What exactly is Interact?" We are glad you asked.



The word Interact, as defined by Oxford Languages, is a verb meaning "to act in such a way as to have an effect on another; act reciprocally." Rotary clubs around the world mentor Interactors, students ages 12 to 18, helping them develop leadership skills while discovering the power of Service Above Self. Rotarians help the Interact students to take action to make a difference in their schools and communities, discover new cultures and promote international understanding, become leaders in their schools and communities, have fun and make new friends from around the world.

Interact clubs organize at least two projects every year; one that helps their school or community and one that promotes international understanding. Rotary club sponsors mentor and guide



The Sanibel School Interact members, led by social studies teacher Edna Dykhuizen, right, showing off their new Interact T-shirts photo provided

Interactors as they carry out projects and develop leadership skills. At The Sanibel School, the Interact Club has been busy with local and international projects, led by middle school social studies teacher Edna Dykhuizen. In September, the Interact members collected donations for people struggling

in Haiti after the earthquake that shook the nation in August. They collected items such as canned foods, water bottles, gently used clothes, blankets, batteries, lanterns and first aid kits. They collaborated with FISH of SanCap, creating Smile Boxes, care packages delivered to people in retirement homes.

They plan to volunteer at Rotary's charity golf tournament on March 26. The Sanibel School Interact members were asked what they thought about Interact and the projects they participate in. "I like being able to help people and it's a good message," said one student. "It's well organized and makes a good impact on our community," said another. "It's a good cause and lives up to its name and expectations," said a third Interact member. "It sets a good example for others," said another.

All Rotary clubs follow the International Rotary 4-Way test. They are the things we think, say or do. First, Is it the Truth? Second, Is it fair to all concerned? Third, will it build goodwill and better friendships? Fourth, will it be beneficial to all concerned?" The Sanibel-Captiva Rotary Club added a fifth question to our test, "Is it fun?" You can only imagine the smile on my face when I heard this student's comment about Interact: "It's fun!" Enough said. Interact helps create stewardship in our youth, something that should make everyone smile.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 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.

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Two Guests For Business Women Holiday Meeting

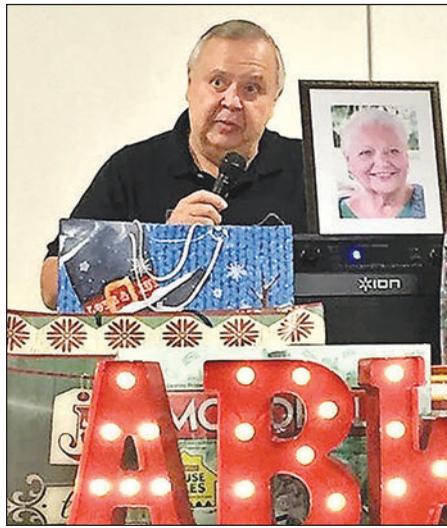
The Sanibel Captiva Business Women's Association (SCBWA) is holding its monthly luncheon on Tuesday, December 14 at Sundial Beach Resort and Spa at noon. Guest speakers from island nonprofits will share how they will be helping the community this holiday season.



Maria Espinoza

Attendees will learn about various ways to get involved with nonprofits on the island during the holidays and year-round. "It is a vital component of our organization to be involved in the community. Our December meeting will be full of wonderful information on how to become involved in local outreach as well as heartwarming stories focused on both the recipients of aid and those who volunteer. I hope everyone walks away with knowledge gained and a warm holiday feeling," said Taylor Osborne-Clarey, SCBWA president.

One of the featured speakers will be FISH of SanCap Assistant Executive Director Maria Espinoza. She will speak



Tom Louwers photo provided

about the general services FISH offers, but also what one can do to help this holiday season. Espinoza said, "There's something for everybody in regard to ways they can be involved." For the holidays, this can include toy drives, wrapping gifts, giving monetarily or giving of one's time.

Other guests are Tom Louwers from Friends Who Care and FISH of SanCap Outreach Director Jennifer Pagano.

The group will be collecting unwrapped gifts and gift cards for the Friends Who Care gift drive during the luncheon. Attendees are asked to bring an unwrapped gift or gift card to help island children in need.

San Cap BWA meets on the third

Tuesday of the month at Sundial Beach Resort and Spa, with exception of weeks that include holidays.

Register on Eventbrite for both Zoom and in person attendance at <https://san capbwa.www.eventbrite.com>.

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

Commissioners Approve Out Of State Toll Program

The Lee Board of County Commissioners voted on Tuesday to approve measures that will expand where LeeWay toll transponders can operate. The change will allow motorists to purchase a multi-protocol transponder that will work throughout Florida and the E-ZPass network in 19 states across the Northeast, Mid-Atlantic and Midwest.

These new transponders will be called LeeWay Plus and will be available for purchase sometime in the fall of 2022.

Commissioners approved an E-ZPass Sponsored Affiliate Member Agreement that will allow Lee County to issue special multi-protocol transponders that will work on both Florida and E-ZPass toll lanes. The agreement allows Lee County transponders and electronic toll transactions on E-ZPass toll lanes to be

processed through the Central Florida Expressway (CFX).

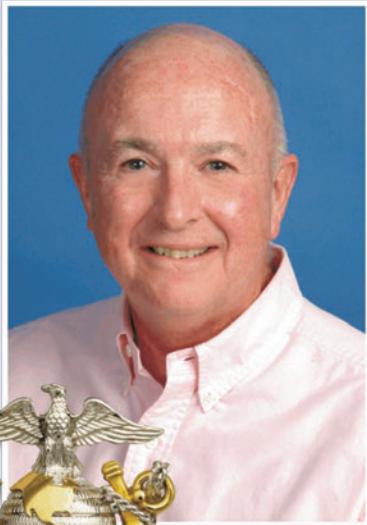
The costs to complete the interoperability process will require software upgrades, a one-time \$200,000 payment to CFX and a payment of \$60,000 to the county's toll software vendor, which already is included in a board-approved contract.

Commissioners also approved a one-year agreement with the county's transponder vendor, Transcore LP, to provide the LeeWay Plus transponders, which will sell for \$20.66 plus tax. LeeWay sticker transponders will continue to be free to customers and work throughout Florida, North Carolina and Georgia.

Lee County has used All-Electronic Tolling since the pandemic began in 2020. The Lee Board of County Commissioners voted in June and August this year to maintain this to align with Florida's SunPass program, to return to the same tollway fee structure that was in place before the pandemic and to adjust motorcyclists' toll pricing to align with vehicles.

On October 1, the county reinstated the \$3 administrative fee for pay-by-plate customers who do not have a transponder or do not maintain a positive balance in their LeeWay account.

Free transponders that work on LeeWay toll bridges are still available at www.leegov.com/tolls at no cost to motorists, but they will not work in the E-ZPass service areas.✳



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Clock Is Ticking To Save Income Taxes On Your Northern Residence



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

Did you move to Florida while maintaining your residence in another state, with plans to one day downsize that residence? If so, you might want to sell your northern residence sooner rather than later to get the Section 121 exclusion from income for the sale of your primary residence.

Many people retire to Florida to enjoy our great weather and outdoor activities, but most of all to avoid paying state income tax. Because children and grandchildren reside up north, those same individuals tend to maintain two residences; one here that becomes the primary residence for tax purposes, and the other in their

former home state.

The residence up north might be the one where they raised their family. It might be larger than necessary, so the intent is to downsize. But there's a massive income tax exclusion at risk. If a couple sells a residence that was their primary residence for two years of the past five-year period ending on the date of sale, they exclude \$500,000 of the gain from their income. An individual taxpayer excludes \$250,000. (See Internal Revenue Code Section 121.)

Assume, for example, that John and Jane Smith resided at a residence in Needham, Massachusetts beginning in 1995, purchasing a home there for \$500,000. They bought a home in Florida in 2015 and filed for homestead on January 1, 2019 making Florida their primary residence. They sold the Needham residence for \$1.3 million on December 1, 2021. The Smiths qualify for the \$500,000 exclusion from income since the Needham residence was their primary for at least two years of the past five dating back to December 1, 2016.

If the Smiths wait until June 30, 2022, they wouldn't qualify for the exclusion, because going back five years takes them to June 2017 and they declared Florida their primary residence on January 1, 2019. Consequently, the Needham residence was the primary only for 18 months during that time.

As you can readily determine, the clock is ticking on this exclusion from the time that one declares Florida residency. What if you don't want to sell the home right away? Are there options? Yes, of course, there are!

You can establish an irrevocable trust with a separate tax identification number

benefiting your children, and they can purchase the residence from you within the qualifying time period. You would want to record a note and mortgage, and for the time that you use the residence, you would want to pay fair market value rent (that can offset the trust's carrying costs of the residence). When the residence is ultimately sold to a third party, the note and mortgage would be satisfied at closing.

I'm leaving out details to the transaction that would be necessary to qualify for the exclusion, as that's not the point of this column and I don't have enough space to examine them all, but you get the picture.

Now is actually a good market for sellers. If you thought about pulling that trigger, keep in mind the Section 121 exclusion on the sale of primary residence.

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Sarah Ashton



Chris Kirchner

Local Businesses Hosting Toy Drive

The Great White Grill, along with Sarah Ashton and Chris Kirchner of the Ashton Kirchner Group of Keller Williams Realty are hosting a holiday toy drive on Wednesday, December 15 beginning at 6 p.m. Both locations at 2440 Palm Ridge Road will offer hors d'oeuvres, refreshments and raffle prizes. New, unwrapped toy

donations will be accepted throughout the evening.

The Great White Grill has hosted the drive for several years to kick off the holiday giving season. John Nader, owner, delivers truckloads of collected gifts to the FISH Walk-In Center. There, FISH volunteers sort and wrap presents that will be distributed just before the Christmas holiday.

"FISH provides an amazing resource for families, particularly children during the holiday season. We want to help those kids who may not have much cheer during Christmas to be able to feel the joy of the holiday," said Ashton, who has been a part of the annual toy drive for several years.

"Having kids of my own, I know the joy on the faces when they open their presents on Christmas Day. If we can help one child feel that joy, this is a real success and the reason we have the toy drive," said Kirchner.

For more information about programs and services offered by FISH, visit www.fishofsancap.org.✪

How's The Market? Ask Ann Reduced Fees for Sellers

Listing Inventory continues to drop to new historic lows, with only 20 homes and 15 condos on the market. The average median price of a single family home listed for sale is \$2,095,000; for condos, it is \$950,000. Frustrating for Buyers wanting to purchase and for Sellers trying to appropriately price a newly listed property. Lots of Realtors competing for business. Over 220 Realtors on Sanibel. We have more agents in Florida than in California.

During November, our MLS reported a total of 11 Home Closings with an average time on the market at 36 days. Price negotiation was 98% on homes. There were 21 Condo Closings with an average time on the market at 33 days. Price negotiation was 99% on condos.

Most of the agents are working with several buyers competing to buy new listings priced between \$850,000 and \$1,500,000. "Crazy" seems to be the favorite adjective given to describe our market. I am not an Economist, but because of my day to day experience in our market, I see this continuing into the 2022 season.

To direct new listings into our office, I am offering reduced listing fees similar to what you see advertised on TV. Talk to me if you are considering a sale or just want to gather more information. I am a Certified Real Estate Negotiator and my husband John is a "Realtor Emeritus," with a total of 75 years of experience between us.

Let our experience benefit you. Thank you for reading my column.

11 Closed Sales Going Back One Week: 4 Homes & 7 Condos

1501 Middle Gulf Dr. D304 Sundial West - \$550,000	4221 Old Banyan Way - \$1,305,000
760 Sextant Dr. 231 Mariner Pointe - \$636,000	5418 Osprey Ct. - \$1,310,000
5789 Baltusrol Ct. 201 Ibis at The Sanctuary - \$650,000	1401 Middle Gulf Dr. L402 Sundial East - \$1,389,000
773 Cardium St. - \$650,000	2445 West Gulf Dr. A43 - \$1,500,000
696 Sea Oats Dr. - \$820,000	2445 West Gulf Dr. E37 - \$1,600,000
760 Sextant Dr. 622 Mariner Pointe - \$855,000	

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

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Chamber Holds Ribbon-Cutting

The Sanibel & Captiva Islands Chamber of Commerce welcomed Seaside at Fort Myers into the community on November 30 with a ribbon-cutting ceremony during an open house at the facility.

Managed by Retirement Unlimited Inc. (RUI) of Roanoke, Virginia, Seaside took the reins of an existing assisted living facility on July 1 as one of 12 communities the organization oversees in Virginia and Florida. Seaside of Fort Myers is an independent living, assisted living and memory care community. It debuted RUI's signature programming in Florida for the first time there and Seascape at Naples. The company looks forward to taking on more Florida locations.

"Since our founding in 1984, RUI's passion has been providing quality care, excellent customer service and a luxurious lifestyle to the senior population throughout Virginia," said Doris-Ellie Sullivan, president of RUI, which has operated under the Fralin and Waldron families since its inception. "After focusing on and perfecting that mission in Virginia for nearly 40 years through diverse enrichment programs, social experiences, and levels of care in comfortable and elegant settings, we feel the time is right to expand our senior living experience to Florida, and are excited to deliver a lifestyle that residents have earned and



Chamber representatives with staff at Seaside at Fort Myers

photo provided

deserve to our Florida residents." Seaside's open house showcased its signature programs starting with RUI University, which partners with colleges, universities, museums, art venues and noted professors to present a free, semester-based learning experience for residents of the facility and community at large.

"From history to music and other topics of interest, we've really established RUI University as a lifelong system that takes learning to the next level," said Sullivan.

Other programs include: Taste of RUI,

a fine dining and catering experience employing executive chefs; RUI Fit & Therapy, using personal trainers to help residents achieve wellness goals; Leash on Life, a concierge service for resident pets; and Inspiratas, which adapts its other programs to benefit memory care residents through the arts and gourmet dining.

"We are excited to be a part of the Sanibel and Captiva Islands Chamber of Commerce," said Holly Winningham, executive director of Seaside at Fort Myers. "We look forward to becoming an active partner in our community,

showing support and building rapport with community leaders, and becoming a valued and trusted member of the Fort Myers community."

"The chamber welcomes Seaside at Fort Myers into the fold as a one-of-a-kind service we are happy to inform residents and guests about," said John Lai, chamber president and chief executive officer. "It fills a needed role in our community, and we look forward to partnering with its staff, which is knowledgeable in so many fields."

For more information about the chamber, visit www.sanibel-captiva.org.

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ON ISLAND FOR ISLAND

Frankly Speaking

by Howard Prager



Today, we honor six truly great players who have been selected to join the Hall of Fame: Twins teammates Tony Oliva and Jim Kaat, the only two of the six still living;

Negro League stars Buck O'Neill and "Minnie" Miñoso, the first black player for the White Sox; Gil Hodges of the Brooklyn Dodgers; and Bud Fowler, the first African-American in organized baseball. The announcement was originally scheduled to coincide with the big league winter meetings, which were nixed because of the MLB lockout. This column borrows heavily from Phil Miller of *Star Tribune*, Ben Walker of the Associated Press and Do-Hyoung Park from Major League Baseball.

Kaat spent 13 years with the Twins and is the winningest pitcher in team history. "I really didn't think this day would ever come," he said. "I'm grateful they recognized my accomplishments over a long period of time." Only 16 other pitchers in baseball history started more games than Kaat, who remains the Twins' all-time leader in wins (190), losses (152), innings (2,959) and starts (422). He also pitched for the White

Sox, Phillies, Yankees and won a World Series with the Cardinals in 1982, Kaat didn't hesitate when asked what logo he would prefer to be wearing on the plaque in Cooperstown. "The Twins, no question," Kaat said. "I was in that organization (counting his years with the Senators) for 16 years... That's the team I'd want to be identified with."

"My goal was always to start 40 games and pitch 280 innings," Kaat said. Kaat is arguably one of the greatest fielding pitchers having won 16 consecutive Gold Gloves. Only Brooks Robinson (16 at third base) and Greg Maddux (18 as a pitcher) equal or better. At 83, he still participates in a handful of Twins broadcasts every year.

Oliva, also 83, was a three-time batting champion and .304 career hitter who spent his whole career with the Twins from 1962 to 1976. An eight-time all-star, he was the American League Rookie of the Year in 1964, led the American League in hits five times and was the first player in AL/NL history to win batting titles in his first two seasons. Oliva and Miñoso are also the fifth and sixth Cubans to be elected to the Hall of Fame.

"My mother, my father, my brothers, some sisters, they never saw me play," Oliva said. "I wish they had this opportunity to be here today." After his playing career, Oliva was a coach for the Twins, serving on the staffs of the 1987 and 1991 World Series championship teams. He remains an ambassador for the Twins.

O'Neil, who had a monumental, eight-decade career on and off the field, was a two-time all-star first baseman in the Negro Leagues where he helped the Kansas City Monarchs win championships as a player and manager. The first black coach in the major leagues, he became the ultimate ambassador for the sport until his death in 2006 at age 94. He was posthumously awarded the Presidential Medal of Freedom and already is honored with a life-sized statue inside the Hall of Fame. His numbers were hardly gaudy – a .258 career batting average, nine home runs – but what he meant to baseball can never be measured by numbers alone. The hall's board of directors periodically present the Buck O'Neil Lifetime Achievement Award to a person "whose extraordinary efforts enhanced baseball's positive impact on society... and whose character, integrity and dignity" mirror those shown by O'Neil.

Miñoso was a two-time all-star in the Negro Leagues before joining the Chicago White Sox in 1951. Born in Havana, he was a seven-time all-star with the White Sox and Indians. He hit over .300 eight times with Cleveland and Chicago, led the AL in stolen bases three times, reached double digits in home runs most every season and won three Gold Gloves in left field. Miñoso finished up, or so it seemed, in 1964. He came back at age 50 to the White Sox in 1976 – going one for eight – and batted twice in 1980, giving him five decades of playing pro ball. "Trailblazer among Afro-Latinos and Cubans, five-tool dynamo on the baseball diamond, 'Mr. White Sox' ... any description of his career now ends with the words 'Hall of Famer,'" Chicago chairman Jerry Reinsdorf said in a statement.

Hodges became the latest Brooklyn Dodgers star from the "Boys of Summer" to reach the hall, joining Jackie Robinson, Duke Snider, Roy Campanella and Pee Wee Reese. An eight-time all-star with 370 home runs and a three-time Gold Glove at first base, Hodges enhanced his legacy when he managed the 1969 "Miracle Mets" to the World Series championship, a

startling five-game win over heavily favored Baltimore. Hodges was still the Mets' manager when he suffered a heart attack during spring training in 1972 and died at 47. "My dad was a great manager and a great player but above all else he was a great dad," said Hodges daughter, Irene, in a statement released by the Mets.

Fowler, born in 1858, is often regarded as the first professional baseball player. From Wikipedia, his father escaped from slavery and migrated to New York. In 1859, his family moved from Fort Plain, New York, to Cooperstown. He learned to play baseball during his youth in Cooperstown. Fowler first played for an all-white professional team based out of New Castle, Pennsylvania, in 1872, when he was 14 years old. On April 24, 1878, he pitched a game for the Picked Nine, who defeated the Boston Red Caps, champions of the National League in 1877. The pitcher and second baseman helped create the popular Page Fence Giants barnstorming team.

Our good news story of the week is last weekend's NFL annual #MyCauseMyCleats weekend, the one week of the season where players can wear shoes that are not team-specific and within the NFL's uniform rules. A few of the very important causes include: Patriots DB Cody Davis supporting AxeALS to help raise awareness and funding for ALS treatment; Jets QB Mike White supporting Special Olympics; Chiefs OT Orlando Brown paying homage to all of those who lost their lives through diabetes, including his own dad; Bucs TE Rob Gronkowski supports the USO; and Cardinals OLB Devon Kennard who said, "I truly believe in my heart that teaching kids financial literacy can change families, neighborhoods, cities, countries and the world." Thanks to all the players who participated and the many causes they support.

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

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SPORTS QUIZ

1. What member of the Polynesian Football Hall of Fame played 12 NFL seasons from 1987-98 as a defensive lineman for the Detroit Lions, Kansas City Chiefs and Seattle Seahawks?
2. A rooster named Footix was the official mascot for the 1998 FIFA World Cup soccer tournament hosted by what country?
3. Name the U.S. track and field Olympian who won gold medals in the men's 400-meter hurdles at the 1976 Montreal and 1984 Los Angeles Summer Games.
4. What traveling football team, established in 1922 by dog breeder Walter Lingo, played two seasons in the NFL and had Jim Thorpe as a player and coach?
5. When British commentator Rob Walker says his catchphrase, "Let's get the boys on the baize!," what sport is he covering?
6. Ebonite, Brunswick, 900 Global and Motiv are manufacturers of equipment for what sport?
7. What long-running TV game show often includes a golf putting challenge called Hole in One (or Two)?

ANSWERS

1. Dan Saleaumua. 2. France. 3. Edwin Moses. 4. The Corang Indians. 5. Snooker. 6. Bowling. 7. The Price Is Right.



There will be networking and a white elephant gift exchange

photo provided

Networking And Holiday Cheer

The next Tips and Sips community networking and socializing event with the Sanibel Captiva Business Women's Association (SCBWA) will be held on Wednesday, December 15 at 6 p.m. at Blue Giraffe 2 at Beachview Estates. This will be a holiday themed gathering with an optional white elephant

gift exchange. If you would like to participate, bring a holiday themed gift. Tips and Sips is held every third Wednesday of the month and rotates between Sanibel and Captiva restaurants. Blue Giraffe 2 is located at 1100 Par View Drive on Sanibel. Light appetizers will be provided by SCBWA with cash bar available. There is no charge to attend. Register at <https://sancapbwa.eventbrite.com> or email taylor@irisprintdesigns.com. Updates at www.facebook.com/SanCapBWA. ✨

Gifts Needed For Angel Tree



David Lowden and Susan Schulte with the Angel Tree

photo provided

Bank of the Islands is asking its customers and island neighbors to contribute unwrapped Christmas gifts for needy children in the community. Stop by and choose an ornament from the Angel Tree, located in the bank lobby. Each ornament will indicate the age of a boy or girl hoping to receive a gift this holiday season. Donations of unwrapped gifts for infants through age 17 will also be accepted without selecting an ornament.

"We're so happy to be partnering

again with Friends Who Care on this special holiday gift drive," said Bank of the Islands Sanibel-Captiva Assistant Office Manager Susan Schulte. "They have been quietly helping neighbors in need for more than 30 years."

Friends Who Care must complete the wrapping of collected gifts before Christmas. Unwrapped gifts can be dropped off through Tuesday, December 14 in the bank lobby, located at 1699 Periwinkle Way on Sanibel. For more information, call 472-7211. ✨

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Health First

Five Tips To Avoid Holiday Headaches



by Julie Rosenberg, MD

The holidays are a time to rejuvenate and enjoy family and friends. However, holiday celebrations, travel, crowded shopping malls and “too much

togetherness” may be associated with significant stress that can trigger headaches. When a person is stressed, they often elevate their shoulders, furrow their brow and clench their teeth, which can cause tension and muscle spasms in the head and neck, leading to headache. The problem can be more significant if someone has a history of temporomandibular joint dysfunction.

As a chronic migraine sufferer, I need to take extra care to manage holiday stress so that my headaches do not escalate. In this article, I offer five tried and true tips to help you avoid holiday headaches. They work – I know firsthand.

1) Maintain a regular sleep schedule – Most adults need seven to nine hours

of sleep per night. Late night events and changes in sleep patterns can lead to headaches. A lack of sleep can cause headaches as a short-term consequence and reduce the body’s overall ability to withstand pain. Research has shown that a lack of rapid eye movement (REM) sleep, which occurs about 90 minutes after falling asleep, can be associated with more painful headaches. To help normalize sleep, try to keep a consistent bedtime and wake time every day, even on weekends.

2) Limit or abstain from alcohol intake – If you do drink alcohol, moderation is key. Limit consumption to one or two alcoholic drinks per day. If you choose to have a cocktail or glass of wine, sip your drink slowly and hydrate by drinking water as well. Red wines, sherry, port and brandy all contain chemicals that can induce a headache. The alcoholic drinks that seem most benign in terms of headaches are white wines and vodka.

3) Hydrate, hydrate, hydrate – When we get busy with holiday shopping and other festivities, we may forget to drink enough water. Remember that good hydration is essential for health and is necessary for numerous bodily functions including temperature regulation, waste removal through urination, sweating and bowel movements, joint lubrication, and tear and saliva production. There is no set daily amount of fluid that a person should drink, but a good rule of thumb is to drink half your weight in ounces of water each day.

4) Maintain a healthy diet and regular meal schedule – Holiday dining is often replete with foods that may trigger headaches such as cheese, chocolate, artificial sweeteners, foods with MSG and processed meats. Susceptibility to headache from food triggers is highly variable, so know your headache triggers and avoid them. Caffeine can be a trigger for some people, as large amounts of caffeine can lead to headaches. On the other hand, caffeine withdrawal can lead to headaches, so don’t make sudden, drastic changes in caffeine consumption during the busy holiday season.

Eating a diet of whole foods on a regular basis can reduce the risk for headache. Long periods of time between meals may cause headaches due to low blood glucose levels. Likewise, skipping meals can trigger headaches for some people, especially if they skip breakfast.

5) Don’t smoke – Smoking and second-hand smoke from cigarettes, cigars and pipes can contribute to headaches for both the smoker and the non-smoker. Both nicotine and carbon monoxide may increase headaches. Smoke also contains toxic chemicals: ammonia, benzene, cyanide, formaldehyde and cadmium. Breathing these chemicals can cause numerous physiologic responses, including headaches. Avoid bars and crowded outdoor spaces where smoking is allowed.

This holiday season, be proactive

about your health. Do your best to maintain a healthy lifestyle – this effort will help you minimize your risk not only for a holiday headache but also for other health-related concerns.

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.*

Enroll Now For Holiday Camp

Registration is open for youth holiday camp at the Sanibel Recreation Center. The program will run Monday through Thursday, December 20 to 23 and December 27 to 30. It is open to kindergarten through eighth grade students.

There will be Winter Olympics-themed games as well as arts and crafts. The program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, water bottle, towel, sunscreen and swimsuit. Face masks are required.

Financial assistance is available to qualifying families. For more information or to register, call 472-0345 or visit www.mysanibel.com.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.*

I helped my dad carry groceries to the car.

It took multiple trips to get it all. When we were done we got ice cream and I thanked him.



—by Tristan, *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.

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dearRPharmacist

The Psychoactive Properties Of Nutmeg



by Suzy Cohen, RPh

Dear Readers: Recently

I made some homemade vanilla eggnog and used freshly grated whole nutmeg. It really does make a difference if you

grate a whole nutmeg versus regular powdered nutmeg spice. The flavor is incredibly richer with the former. The recipe is posted at my website, but the point is nutmeg is a super interesting spice with tons of health benefits.

But you may not realize nutmeg naturally contains a compound that can get you a tad bit high. It's called the nutmeg high. The psychoactive properties of nutmeg might explain why that one relative gets all weird after Thanksgiving dinner. A recipe contains nutmeg.

Nutmeg has compounds in it that impact the brain and, for sensitive individuals, it may be a little too much. The worst part is that children and teens are usually the ones getting into trouble with nutmeg because the nutmeg challenge trend started on a popular social media app called TikTok.

The results have been devastating and lead to some fatalities.

Before you go and trash the nutmeg in your home, I want to tell you that the myristicin is in your parsley, anise, cinnamon, clove, fennel, parsley, star anise and basil. There's just not that much in those other spices. And, moreover, the kids trying to trip off the myristicin aren't going for those other herbs, they're looking in the cabinet for the nutmeg.

Nutmeg has medicinal properties that make it a delicious, health-giving spice. It is known to help with sleep, blood pressure, inflammation, stomach problems and pain. It's a strong anti-inflammatory and has anti-tumorigenic properties. I don't want to scare you away from nutmeg when it is a superfood. It even

improves memory and, if used correctly in recipes, it will enhance the flavor of any dish.

Using it properly is key. Recipes call for small amounts, usually one-quarter or half of a teaspoon to the batter or soup you're making. It's a very tiny amount compared to the whole recipe. But kids and some adults are being dumb and taking a whole teaspoon, and sometimes up to a tablespoon or two. This can lead to fatal consequences depending on the individual.

The psychoactive compounds in nutmeg spice put the sympathetic nervous system into action, and this can cause fight or flight symptoms. In excess, one may experience dry mouth, blurred vision, dizziness, confusion and heart rhythm abnormalities. If there is a pre-existing heart condition, even a teaspoon or two can be fatal.

The difficulty is that the LSD-like effects don't occur right away, the spice is fully ingested and absorbed into the bloodstream before the dreadful situation presents itself symptomatically. Eventually one may experience toxic effects such as dizziness, vertigo, tachycardia, hallucinations, disorientation to time and space, depersonalization, dysphoria, nausea/vomiting and more.

Nutmeg is easily a superfood, with tremendous health benefits. When abused it can lead to intoxication. Please read your recipes carefully and keep an eye on what your kids or grandkids are watching on social media.

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.

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, December 17 from 9 a.m. to 2 p.m.

The screenings are conducted by the Golisano Children's Hospital of

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

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.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What is cognitive dissonance?

A: Cognitive dissonance is a defense mechanism where one holds two conflicting feelings and/or beliefs. The New

Oxford American Dictionary defines cognitive dissonance as "Psychological conflict resulting from incongruous beliefs and attitudes held simultaneously. The state of having inconsistent thoughts, beliefs or attitudes, especially as to relating to behavioral decisions and attitude change."

One may experience this in a relationship where two conflicting feelings are held: 1. Remembering the good times and the love for this person. 2. Disliking the person for all of the pain you went through while in the relationship. It causes feelings of unease and discomfort.

Everyone experiences cognitive

dissonance to some degree at some point in their life. Some additional signs that you may feel this include:

Feeling uncomfortable before making a decision or doing something;

Feeling ashamed about something you have done and feeling you need to hide from others;

Experiencing regret about something you have done in the past; and

Doing things out of social pressure that you are not really comfortable with.

Some coping strategies to handle cognitive dissonance include:

Add more supportive beliefs that outweigh dissonant beliefs;

Reduce the importance of the conflicting belief; and

Change your belief. This can be challenging especially if you hold a deeply held value or belief,

Becoming aware of how conflicting beliefs impact the decision-making process is a great way to improve your ability to make more accurate choices.

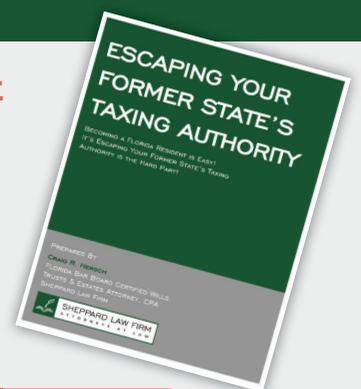
Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

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Have A Healthy Holiday



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

Many of us experienced a wonderful Thanksgiving weekend filled with family, friends and food. The extra piece of pumpkin pie, the third serving of those oh-so-delectable mashed potatoes and, of course, the delicious gravy smothered all over all of it is no wonder most Americans experience at least an eight-pound weight gain over the holiday season.

Days are filled with holiday parties, get-togethers, school functions, shopping, cooking, decorating, gift-wrapping, sweets at work, and tight schedules, combined with lack of sleep, lack of exercise and over-indulgence that can lead to weight gain and “holiday blues,”

putting our bodies into a state of chronic inflammation.

We want to encourage you this holiday season to stick to your healthy eating plan and make adjustments when you do find yourself over-stressed and over-eating. We have control over what we eat, how we feel and what we do, but doing so may require making some changes to our traditions and expectations.

10 Tips for a Healthy Holiday:

1. First and foremost, learn to say “no” when you need to. It is impossible to attend every party or event that you may want to or bake 10 kinds of cookies, send out personalized Christmas cards, and choose the perfect gifts for every family member and friend. Prioritize, minimize, and be okay with it.

2. Get enough sleep. Go to bed and get up at the same time. Use mindfulness techniques, shut off your devices before bed, make the room cool and dark, and meditate on something positive before bed. Try not to have too many nights under seven hours of sleep.

3. Plan a minimum of 30 to 45 minutes of exercise four to five days per week. Walking, running, yoga, exercise class, pickleball, bike riding, swimming, weights – the possibilities are endless. If you do not know where to start, consider working with a trainer or exercise coach. We love working with Back in Motion located in Fort Myers.

4. Stick to healthy, balanced food choices that focus on fresh vegetables and lean protein, along with plenty of

daily water for most meals. When faced with richer foods at parties, eat smaller portions.

5. Keep sweets and alcohol moderate. When you do consume extra, increase your exercise the next day.

6. Take your immune-boosting supplements. Key in our arsenal are Vitamins C, D and A, along with Quercetin and a favorite immune-booster called Host Defense Comprehensive Immune Support. Use immune-enhancing essential oils such as doTerra’s On Guard in the form of beadlets, lozenges, diffused, or on the skin.

7. Gargle with hydrogen peroxide and mouthwash a couple of times per day, especially when exposed to people with colds/flu.

8. Ward off body pain by movement. Joint pain and chronic inflammation are at its peak during the cooler months. People who suffer from arthritis feel it

more during this time, thus many people come to Southwest Florida during the winter months. If you are moving less due to pain, see someone about it and get it taken care of. We specialize in this at Caring Medical; we would love to help.

9. Sign off social media, internet and TV and spend time outside strengthening relationships with real people.

10. Give! Use this as a time to give to others. Volunteer. Donate money or time. It does the body, mind and spirit good.

Here’s to a happy and healthy holiday season!

*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.**

Island Seniors At The Rec Center

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

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

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

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

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

Cost for all games is \$3 for members and \$5 for nonmembers. Prizes are awarded.

A hot dog lunch will be served at 11:30 a.m. in the Osprey Room on Wednesday, December 22. Cost is \$3. RSVP to Dave or Jessica at 472-0345.

The annual member/board meeting will be held on Saturday, December 11 in the outdoor pavilion at The Sanibel School. Parking will be available in the school parking lot. A vote will be held for three new board members.

Page Turners with Louise Fitzgerald is held in the new senior activity area. The book for discussion on Tuesday, December 14 at 2:30 p.m. is *The Splendid and the Vile* by Erik Larson. If you would like to be added to the Page Turners email list, contact Louis Fitzgerald

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

Paul Lawrence offers QiGong classes via Zoom for Island Seniors free of charge. QiGong is a mind-body-spirit practice. The class meets every Tuesday and Thursday at 3:30 p.m. No preregistration required. To access the class, log in on Zoom and use ID: 881 9005 3793 with password: qigong.

Sanibel resident and Center 4 Life volunteer Cristina Shaul leads a simple, guided meditation via Zoom on Mondays at 4 p.m. Sessions are designed to bring peace, calm and clarity. No experience is needed. Sessions last approximately 20 to 25 minutes. Shaul encourages participants to sit in a comfortable chair. The Zoom camera can be on or off. For access, go to <https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjcxZFZkdz09>.

An arts and crafts fair will be held on Saturday, February 5 at the outdoor pavilion. Volunteers are needed to help with set up and break down of tables and chairs, monitoring activities throughout the fair and directing individuals to the pavilion. Hots dogs will be sold along with soda and chips. Contact Dave or Jessica at 472-0345 if you would like to volunteer.

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

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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
- ARTS**
- Arcade Theater..... 332-4488
- Art League Of Fort Myers..... 275-3970
- BIG ARTS..... 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony..... 277-1700
- Herb Strauss Schoolhouse Theater..... 472-6862
- Lee County Alliance for the Arts 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
- CLUBS & ORGANIZATIONS**
- ABWA..... <http://abwasanibelcaptiva.org>
- American Legion Post 123..... 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL..... <https://www.audubonswfl.org/>
- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 984-5920
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service..... 472-0404
- Horticultural Society of the Islands..... 472-6940
- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society 472-6940
- Sanibel-Captiva Power Squadron . . . www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

To be listed in calling card email your information to: press@islandsunnews.com

PUZZLES

Answers on page 54 and 55



"Hey, Al, do we have something back there called _____?"

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!

Dainty _____

RENTED _____

Dream _____

RANEY _____

Unkind _____

DINES _____

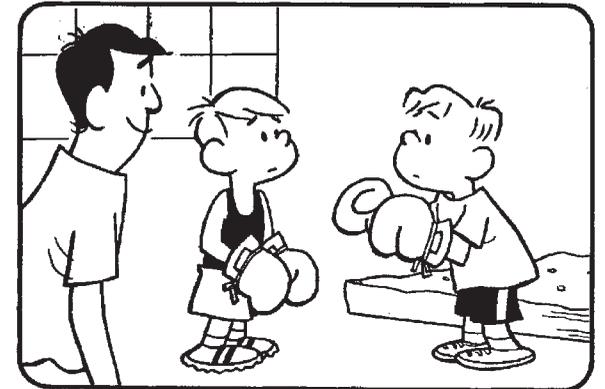
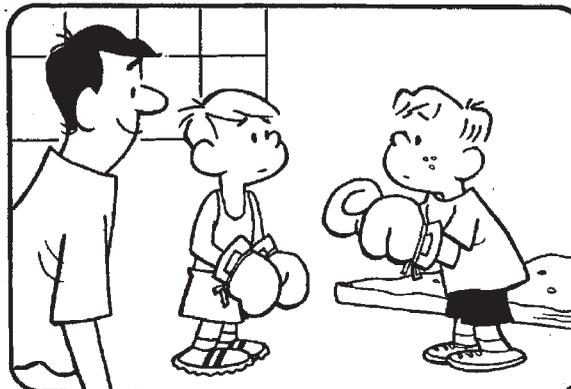
Sniff _____

HEALIN _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Shirt is different. 2. Sleeve is shorter. 3. Freckles are missing. 4. Mat is thicker. 5. Stripe is added. 6. Nose is smaller.

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

To Play Sudoku:

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

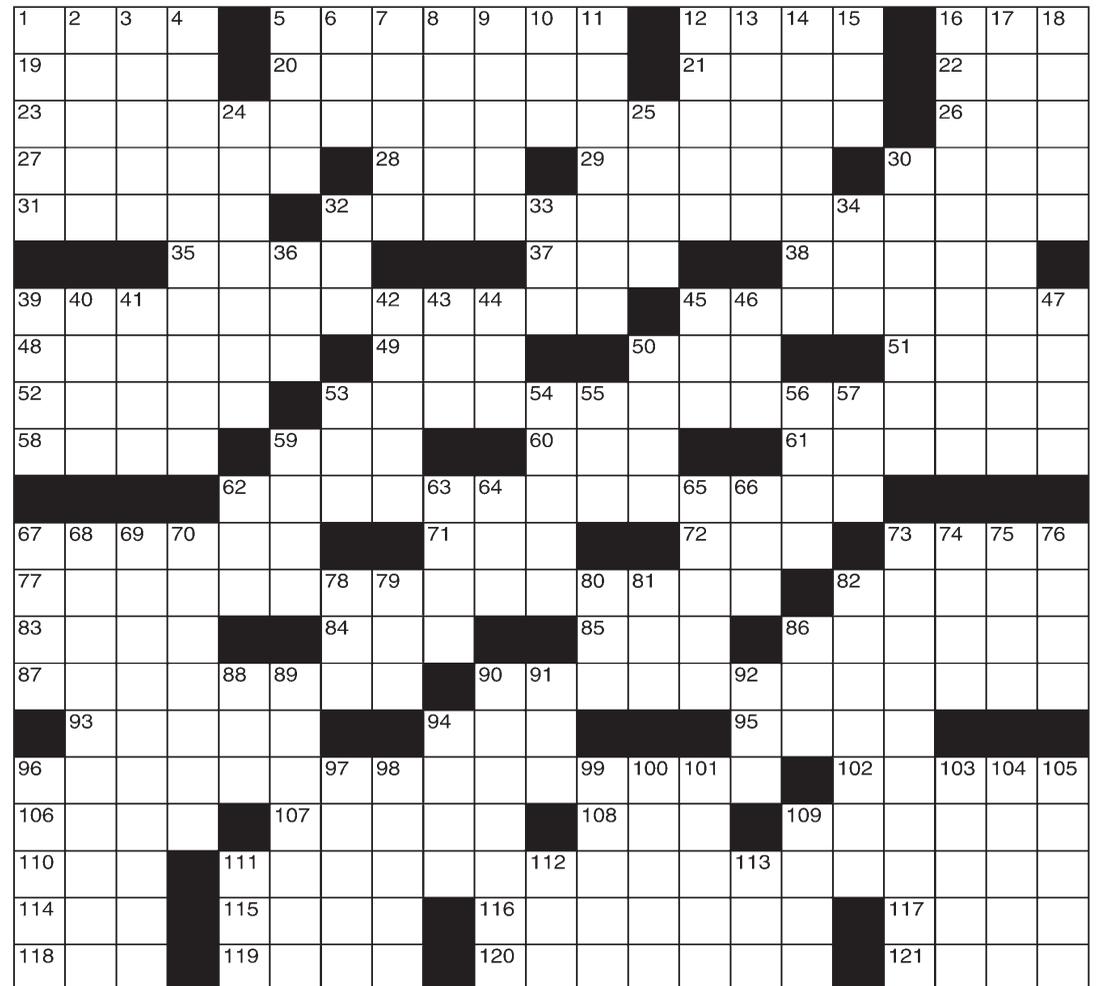
PUZZLES

Answers on page 55

Super Crossword

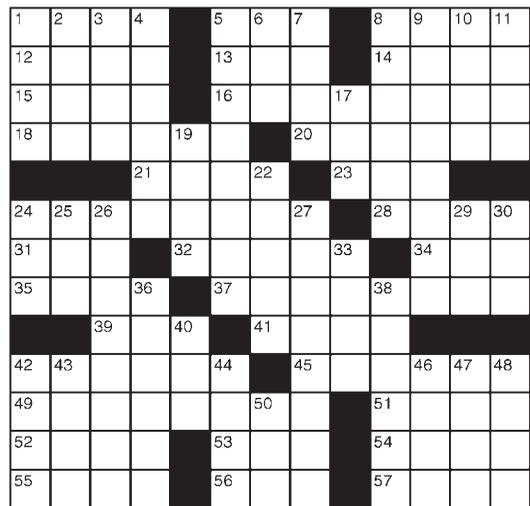
BEGINNING AT THE TOP

- ACROSS**
- 1 Skipper's site
 - 5 Las Vegas attractions
 - 12 Part of WMD
 - 16 Dol. fractions
 - 19 Safe, at sea
 - 20 Venezuela's main river
 - 21 Brand of skin cream
 - 22 "— Abner"
 - 23 Limit for riding a roller coaster, often
 - 26 Oath reply
 - 27 In — by itself (unique)
 - 28 '60s muscle car
 - 29 Port-au-Prince locale
 - 30 Profound
 - 31 Spherical bacterium, for short
 - 32 Payoff of athletic training
 - 35 "Othello" foe
 - 37 Grammy category
 - 38 Rocker Patty of Scandal
 - 39 Animal that hunts, but isn't hunted
 - 45 Is remorseful
 - 48 Life's work
 - 49 Frazier foe
 - 50 Mauna —
 - 51 Peel, as fruit
 - 52 Preteen
 - 53 It has a "3D White" product line
 - 58 Reproachful clicks
 - 59 Fish in a garden pond
 - 60 Writer Levin
 - 61 Be fixated
 - 62 Company that owns Log Cabin, Vlastic and Mrs. Paul's
 - 67 Decides to participate
 - 71 Sallie —
 - 72 Gp. backing arms
 - 73 Auntie played by Lucille Ball
 - 77 The Isle of Man, to Britain
 - 82 Sealed up, as a package
 - 83 Singer Basil
 - 84 About half of all adults
 - 85 Prevaricate
 - 86 Lubing
 - 87 Begins
 - 90 NCAA conference of the Midwest
 - 93 Barkin of film
 - 94 Sinking ship's call
 - 95 Hippie's "Got it"
 - 96 Source of wacky products in Road Runner cartoons
 - 102 Jab gently
 - 106 Dress shirt ornament
 - 107 Company shuffle, for short
 - 108 PC undo key
 - 109 Fetus' place
 - 110 Grafton's "— for Alibi"
 - 111 Onetime competitor of Magnavox
 - 114 — polloi
 - 115 Kitchen scraps
 - 116 Discard from the memory
 - 117 "Puppy Love" singer Paul
 - 118 Kin of Ltd.
 - 119 "To be," to Brutus
 - 120 "My friends," in France
 - 121 Vodka brand
 - DOWN**
 - 1 Good laughs
 - 2 Choose (to)
 - 3 1983 J.P. Donleavy novel
 - 4 Digital camera resolution units
 - 5 Foldup beds
 - 6 ETA part: Abbr.
 - 7 Long attack
 - 8 Photo-sharing app, for short
 - 9 Totally unacceptable
 - 10 Bar code-scanning gizmo: Abbr.
 - 11 "That's how it was told to me"
 - 12 Artistic theme
 - 13 Supreme Court's Samuel
 - 14 2015 and 2017 Best Actress nominee
 - 15 Similar-meaning wd.
 - 16 Set of regular customers
 - 17 Tables with data on daily ebbs and flows
 - 18 Steepness
 - 24 Like the Greek letter eta
 - 25 Type of fish that a 59-Across is
 - 30 Places to get body wraps
 - 32 "The Raven" writer
 - 33 Positive aspect
 - 34 Roman 2,050
 - 36 Cur's threat
 - 39 Bank stmt. ID
 - 40 Oom- — (tuba sounds)
 - 41 TV's Estrada
 - 42 Singer Bobby
 - 43 Bar order
 - 44 "— a pity"
 - 45 Egg — yung
 - 46 Scarf down
 - 47 Poor grades
 - 50 Bread buy
 - 53 33-Down's opposite
 - 54 Like mosaics
 - 55 Uno + due
 - 56 "Today" co-host Kotb
 - 57 "Nova" ainer
 - 59 Variety
 - 62 ATM code
 - 63 "That's right!"
 - 64 Spam holder
 - 65 "— had a secret love ..."
 - 66 Suffix with contradict
 - 67 They precede Novs.
 - 68 Shelter
 - 69 Key-centered compositions
 - 70 Eddied
 - 73 Spanish dances like fandangos
 - 74 Happy as — in mud
 - 75 List of dishes
 - 76 Verge
 - 78 Aussie bird
 - 79 Verve
 - 80 Stately tree
 - 81 Takeaway game of strategy
 - 82 Link with
 - 86 Ancient
 - 88 Sleuth, slangily
 - 89 Noisy nappers
 - 90 Tropical cereal grass
 - 91 D.C.'s home
 - 92 Spam holder
 - 94 Variety
 - 96 Tokyo beer
 - 97 Sublets, e.g.
 - 98 Social grace
 - 99 Narrates
 - 100 "— bad moon rising"
 - 101 Philosopher with a "razor"
 - 103 Bar order
 - 104 Slimy
 - 105 Think piece
 - 109 Footed vases
 - 111 Actress Saldana
 - 112 Detroit-to-Montreal dir.
 - 113 Hexa- halved



King Crossword

- ACROSS**
- 1 Creche trio
 - 5 The whole enchilada
 - 8 Outlet letters
 - 12 Teensy bit
 - 13 Irish actor Stephen
 - 14 Vivacity, in music
 - 15 At the summit of
 - 16 Her bed was too soft
 - 18 Jungle trek
 - 20 Make happy
 - 21 Swindles
 - 23 Workout site
 - 24 Spaghetti topper
 - 28 Whirled
 - 31 Hosp. area
 - 32 Small stream
 - 34 "As I see it," to a texter
 - 35 Lavish affection (on)
 - 37 Lunar light
 - 39 Family card game
 - 41 Greek letters
 - 42 Regard highly
 - 45 Morals
 - 49 Legume used in Asian cuisine
 - 51 Acknowledge
 - 52 Wax-coated cheese
 - 53 Baton Rouge sch.
 - 9 Slapstick mis-sile
 - 9 "Buenos —!"
 - 11 Apple center
 - 17 H.S. math
 - 19 Eldest Stark child on "Game of Thrones"
 - 22 Sailing vessel
 - 24 Central
 - 25 Green prefix
 - 26 Fall-related
 - 27 Relax
 - 29 Actress Thurman
 - 30 — de plume
 - 36 Puzzle
 - 38 It's equivalent to C, in some scores
 - 40 Sphere
 - 42 Iowa city
 - 43 Ranch visitor
 - 44 Slithery
 - 46 Currier's partner
 - 47 Corn castoffs
 - 48 Smack a baseball
 - 50 "— was saying ..."
- DOWN**
- 1 "Serpico" author Peter
 - 2 "— girl!"
 - 3 Blunder
 - 4 Influence
 - 5 How lovers may stroll
 - 6 Meadow
 - 7 Genie's home
 - 8 Monasteries
 - 103 Bar order
 - 104 Slimy
 - 105 Think piece
 - 109 Footed vases
 - 111 Actress Saldana
 - 112 Detroit-to-Montreal dir.
 - 113 Hexa- halved



MAGIC MAZE ● AT FIRST

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: SPACE JUST BELOW THE ROOF

- Athlete
- Atlas
- Atrium
- Attended
- Atlanta
- Atoll
- Atrophy
- Attenuate
- Atlantic
- Atom
- Attach
- Attire
- Atlantis
- Atonement
- Attend

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 FRIDAY Mostly Sunny High: 76 Low: 68	 SATURDAY Sunny High: 79 Low: 73	 SUNDAY Mostly Sunny High: 76 Low: 68	 MONDAY Sunny High: 77 Low: 70	 TUESDAY Mostly Cloudy High: 72 Low: 64	 WEDNESDAY Sunny High: 75 Low: 69	 THURSDAY Partly Cloudy High: 74 Low: 67
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:38 am	12:23 pm	8:09 pm	None
Sat	6:23 am	12:34 am	8:31 pm	1:10 pm
Sun	8:13 am	2:13 am	8:54 pm	1:53 pm
Mon	9:47 am	3:21 am	9:18 pm	2:32 pm
Tue	11:04 am	4:13 am	9:42 pm	3:07 pm
Wed	12:11 pm	4:56 am	10:05 pm	3:37 pm
Thu	1:09 pm	5:35 am	10:30 pm	4:04 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:43 am	12:25 pm	7:14 pm	None
Sat	5:28 am	12:36 am	7:36 pm	1:12 pm
Sun	7:18 am	2:15 am	7:59 pm	1:55 pm
Mon	8:52 am	3:23 am	8:23 pm	2:34 pm
Tue	10:09 am	4:15 am	8:47 pm	3:09 pm
Wed	11:16 am	4:58 am	9:10 pm	3:39 pm
Thu	12:14 pm	5:37 am	9:35 pm	4:06 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:10 am	12:16 pm	7:03 pm	None
Sat	6:35 am	12:58 am	7:50 pm	1:20 pm
Sun	7:51 am	2:14 am	8:33 pm	2:12 pm
Mon	9:06 am	3:10 am	9:15 pm	2:59 pm
Tue	10:29 am	4:01 am	9:55 pm	3:44 pm
Wed	11:23 am	4:47 am	10:32 pm	4:28 pm
Thu	11:57 am	5:28 am	11:03 pm	5:09 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:48 am	1:34 am	10:19 pm	3:39 pm
Sat	8:33 am	3:50 am	10:41 pm	4:26 pm
Sun	10:23 am	5:29 am	11:04 pm	5:09 pm
Mon	11:57 am	6:37 am	11:28 pm	5:48 pm
Tue	1:14 pm	7:29 am	11:52 pm	6:23 pm
Wed	2:21 pm	8:12 am	None	6:53 pm
Thu	12:15 am	8:51 am	3:19 pm	7:20 pm

My Stars ★★★★★
FOR WEEK OF DECEMBER 6, 2021

Aries (March 21 to April 19) Your curiosity might not be appreciated by everyone. Expect some resistance in getting answers to your questions. But stay with it. You need facts in order to make important decisions.

Taurus (April 20 to May 20) Some of the mystery surrounding your recent fiscal situation soon will be dispelled with a clear explanation. Use this new knowledge to help you chart a fresh

financial course.

Gemini (May 21 to June 20) Start your holiday gift-buying now. This will help avoid problems caused by possible mid-December delays. A family member has important information.

Cancer (June 21 to July 22) Use a little more sense in how you plan to spend your end-of-the-year holiday dollars. Meanwhile, you continue to gain support for your stand on a workplace issue.

Leo (July 23 to August 22) Wearing that big, loving Lion's heart of yours on your sleeve leaves it unprotected. Let

things develop a little more before you allow your emotions to spill over.

Virgo (Aug. 23 to September 22) You might feel you're not ready to patch up an unraveled relationship. But the longer you wait, the more difficult it will be for all parties to take the first healing step.

Libra (September 23 to October 22) Your end-of-the-year holiday plans could be disrupted by something out of your control, but stay the course. Ultimately, things will settle back into a normal pace.

Scorpio (October 23 to November 21) Your honest approach to a

workplace project earns you both respect and credit from those in charge. Meanwhile, that personal problem still needs to be dealt with.

Sagittarius (November 22 to December 21) Money could be a little tight this month. This means the usually bargain-oblivious Sagittarian should look for ways to save on end-of-the-year holidays.

Capricorn (December 22 to January 19) Examine the facts, and you might find that it's a wiser move to shift gears and redirect some of your goals before

continued on page 54

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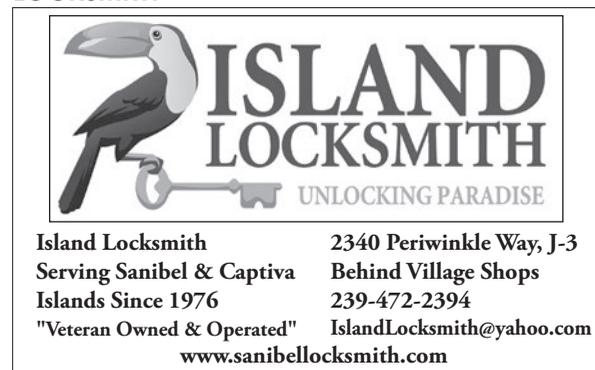
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END OF SUMMER AC TUNE-UP
 Have you done your
 AC Tune-Up Yet?

From page 52

My Stars

the end of the year. Someone close to you offers good advice.

Aquarius (January 20 to February 18) Be careful that your generosity is not abused. Find out more, both about the special favors you might be asked to grant and who is asking for them.

Pisces (February 19 to March 20) You've come through a recent rough time in great shape. Congratulations. Now go out and enjoy your well-earned rewards. More good news comes in mid-December.

Born This Week: You aim for truth, and you usually find it. Your honesty earns you the friendship and respect of others.

NOW HERE'S A TIP

- Got plastic packaging that's a pain to get open? Use your can opener. Run it around the sides to break into your packages. It works!

- For every side dish that requires extra preparation time, plan for one or two that don't. For instance, if you are preparing a casserole with many ingredients and complicated instructions, serve a package of vegetables that require nothing more than steaming.

- Wine buyers tip: Experts say to multiply the number of adult guests by a half bottle to determine how many bottles of wine to buy for your holiday gathering. Add an additional glass of wine per guest for every hour after dinner you expect guests to linger.

- How to peel potatoes: Boil whole

potatoes with skin on for 20 to 30 minutes (depending on the size of your potatoes). You should be able to stick a knife all the way through without resistance. Then remove them to an ice bath for 10 seconds each. The skin will slip right off.

- "Have kids make their own whipped cream with a jam jar! Fill a screw-top jar (glass, chilled, works really well) halfway with heavy cream, a little sugar and any flavoring extracts you like, then seal and shake. Kids also can make butter with cream in a jar. You may add a pinch of salt instead of sugar, and shake longer." -AA in Florida

- Researchers tell us that the best time to interview is late morning on a Tuesday. You will avoid the interviewer's likely Monday/Friday crunch, and have his or her full attention. Do your homework on the company, and get ready to shine.

STRANGE BUT TRUE

- During the first Gulf War in 1991, every U.S. soldier was sent a frozen Snickers bar as a Thanksgiving treat.

- Mario Puzo, author of *The Godfather* books who also helped adapt them to film, had no formal training and had never written a screenplay before. After winning two Oscars for the first two movies, he bought a book to help himself learn how to be a screenwriter.

- Delaware and Colorado allow a marriage to be annulled if it was performed as a dare.

- At the center of every snowflake is a pollen or dust particle on which an extremely cold water droplet has frozen to

form an ice crystal.

- "Passion purpura" is the medical term for a hickey.

- Saccharin, the first artificial sweetener, was discovered by accident when chemist Dr. Constantine Fahlberg forgot to wash his hands after work and tasted something "unspeakably sweet" during dinner. He interrupted the meal to sample every beaker in his lab, which fortunately contained nothing poisonous.

- The distress signal SOS does not actually stand for anything.

- "Buffalo buffalo Buffalo buffalo" is a grammatically correct sentence using buffalo as a proper noun, verb and noun. To put it more simply: "Buffalo bison that other Buffalo bison bully also bully Buffalo bison."

- Donald Trump was the first president in 168 years not to have a pet in the White House.

- It took Frank Lloyd Wright 15 years, 700 sketches and six sets of working drawings to create the Guggenheim Museum in New York.

THOUGHT FOR THE DAY

"The more clearly we can focus our attention on the wonders and realities of the universe, the less taste we shall have for destruction." - Rachel Carson

TRIVIA TEST

1. **Geography:** What percent of the world's population lives in the Northern Hemisphere?
2. **Movies:** Which 1987 film contains the catchy line, "May the Schwartz

be with you"?

3. **Literature:** Author John Steinbeck contends that his dog ate the first draft of which of his novels?
4. **Animal Kingdom:** What is a group of parrots called?
5. **Music:** Who is considered the "Father of the Blues"?
6. **U.S. Presidents:** Who was the first sitting president to throw out the first pitch on baseball's opening day?
7. **Food & Drink:** Which fruit also is sometimes called a "love apple"?
8. **Television:** Where do the vampires live in *What We Do in the Shadows*?
9. **History:** In what year did East Germany start to build the Berlin Wall?
10. **Inventions:** Which scientist invented the color wheel?

TRIVIA ANSWERS

1. 90 percent 2. Spaceballs 3. Of Mice and Men 4. A pandemonium 5. WC Handy 6. William Howard Taft (1910) 7. Tomato 8. Staten Island, New York 9. 1961 10. Sir Isaac Newton

SCRAMBLERS ANSWER

1. Field 2. Flange;
3. Invest; 4. Detain

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1/26 * TFN

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12/3 * 1/7

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11/19 * TFN

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10/22 * TFN

PUBLIC SERVICE

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 * TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

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

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

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

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

Florida residents as well as out of state visitors need a fishing license to fish from shore.

PETS OF THE WEEK



Wiggles ID# A878569 photos provided Joy ID# A898036

Lee County Domestic Animal Services
Wiggles And Joy

Wiggles is a 5-year-old pit bull mix. She affectionately earned her name because her butt wiggles when she walks. Her adoption fee is \$75.
Joy is a 4-year-old pit bull. She is just as her name would infer, an absolute joy to be around. Her adoption fee is \$75.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

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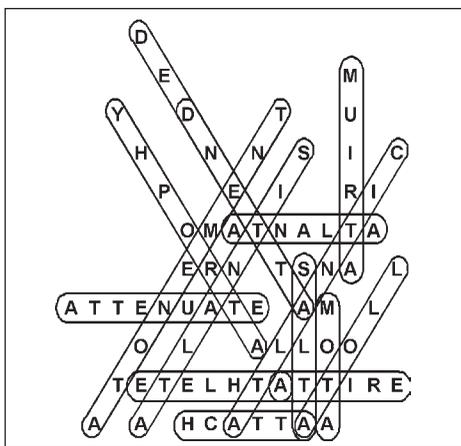
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ACCLASS	GTO	HAITI	DEEP
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CROWND	DEPEND	ENCY	TAPED
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ATOM	REA	BRIO
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4	2	3	5	8	7	9	1	6
1	5	6	4	3	9	8	7	2
9	7	8	6	2	1	3	5	4
3	4	1	9	5	6	2	8	7
8	9	2	7	4	3	5	6	1
7	6	5	2	1	8	4	3	9
6	3	9	8	7	4	1	2	5
5	1	4	3	6	2	7	9	8
2	8	7	1	9	5	6	4	3

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Grand Ole Man	Fort Myers Beach	2018	5,820	\$5,795,000	\$5,800,000	9
Lanes F A Bayview Subdivision	Captiva	1946	2,809	\$5,795,000	\$5,675,000	157
Tarpon Bay At Captiva	Captiva	2002	4,385	\$4,799,000	\$4,375,000	203
Salerno	Miromar Lakes	2018	3,948	\$3,575,000	\$3,575,000	13
Isola Bella	Miromar Lakes	2004	5,259	\$3,595,000	\$3,367,500	177
Mcphe Park	Fort Myers Beach	1935	1,020	\$3,200,000	\$3,000,000	2
Magnolia Pointe	Fort Myers	2001	4,738	\$2,499,900	\$2,500,000	95
Water Shadows Unrecorded Subdivison	Sanibel	1987	2,200	\$2,250,000	\$2,220,000	6
Island Shores	Fort Myers Beach	2021	3,055	\$2,199,000	\$2,199,000	155
Punta Robalo Unrecorded Subdivision	Upper Captiva	1989	2,156	\$2,149,000	\$2,027,000	117

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