



# Island Sun

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VOL. 29, NO. 33

SANIBEL & CAPTIVA ISLANDS, FLORIDA

FEBRUARY 11, 2022

FEBRUARY SUNRISE/SUNSET: 11 7:07 • 6:18 12 7:07 • 6:18 13 7:06 • 6:19 14 7:05 • 6:20 15 7:05 • 6:20 16 7:04 • 6:21 17 7:03 • 6:22

## Daughter Of Famed Artist To Speak On Sanibel

Following last year's publication of the first book to chronicle the life and work of legendary Southwest Florida artist Ikki Matsumoto, Amy Matsumoto Urich will speak on *The Captivating Art and Times of My Father, Ikki Matsumoto* at a free, in-person lecture at The Community House on Thursday, February 24 at 10 a.m. It is hosted by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and sponsored by Bill and Laurie Harkey.

Ikki, his wife Polly and daughter Amy – all artists – moved to Sanibel in the mid-1970s and quickly got involved in the community. Amy attended school on Sanibel and became a part of the close-knit island community.

"I grew up in the midst of art and creativity," said Urich, whose Japanese-born father worked in commercial art, newspaper advertising design and textbook illustration before moving to



From left, Amy Matsumoto with parents Polly and Ikki Matsumoto at a showing of her father's work

photo provided

Sanibel. Her most recent efforts resulted in the publication of *Captivated: The Art of Ikki Matsumoto* by Steve Saari.

Following her lecture, Urich will be

signing copies of the coffee table, limited-edition book, which will be available for sale that day. It features rare examples of Matsumoto's nature-inspired, graphic

posters plus family photos.

The two refuge nature stores, at JN "Ding" Darling National Wildlife Refuge at 2250 Periwinkle Way, are also carrying a selection of limited-edition framed and unframed Ikki Matsumoto works signed by the artist, some of which will be available for purchase the day of the lecture.

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

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

Following the Urich lecture, there are four more dates in the series:

Friday, March 4 at Sanibel Congregational United Church of Christ Fellowship Hall – Author Doug Chadwick, *Four Fifths a Grizzly: A New Perspective on Nature that Just Might Save Us All*

continued on page 30



Paul Arsenault painting at a beach access

photo provided

## Artist Reception On Captiva

The Captiva Civic Association (CCA) is hosting an art show, titled *Shorelines... Paintings and Stories of Captiva and Island Neighbors*, by Florida artist Paul Arsenault. The exhibit opens at Captiva Civic Center with an

artist reception on Thursday, February 17 from 5:30 to 7 p.m. and will remain on view through April 18.

The one-man show features works by Arsenault of places and landmarks on Captiva, Sanibel and the Pine Island region. Mostly acrylic on canvas, Arsenault's work captures the vibrance of the tropical island communities. His work was described in an article by the



Shelling at Blind Pass by Paul Arsenault

image provided

*Naples Daily News* as "softly focused, but more detailed than most Impressionists, both luminous and colorful." Collectors of Arsenault's work comment on his distinct style, unique to him and easily recognizable as an Arsenault original.

Shorelines is a deliberate play on

words as a title for this show, as Arsenault believes his creations inspired by these island "shore" locales are capturing the history, or the "lines" of the story of these places. His longtime connections, encounters and adventures with the

continued on page 12

# Community House Calendar



**The Community House** photo by Logan Hart

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

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

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

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

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

members and \$10 for guests.

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

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

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

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

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

Sanibel-Captiva Art League is exhibiting works by artists Marcy Calkins and Stan Timson for the month of February. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually at [www.sanibelcommunityhouse.net](http://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](mailto:sanibelcommunityhouse.net) if you are interested in sponsoring either of these programs.

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

Art Kits to Go are also available for purchase or to ship. There are eight

different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is located at 2173 Periwinkle Way. Visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155. CDC guidelines are being followed.\*

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

Letting Loose with Watercolor classes with Anita Force Marshall are offered on Tuesdays from 9:30 to 11 a.m. The subject for the February 15 class is the junonia. On February 22, it's the calico scallop. Cost per class is \$35 for members and \$40 for guests. Limit eight students per class. Register online at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155. Watercolor rental kits are available for \$10.

Treat your sweetheart to a Valentine's Day dinner to go on Monday, February 14. Menu includes lobster medallion, creamy chicken vol-au-vent, filet mignon or whole maine lobster, and raspberry chocolate mousse cake. Cost is \$75 per person. Reserve ahead for pickup between 5 and 6 p.m. Visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.

Guest Nancy Bialy Daversa will lead a program on Historic 1700s Cooking on Tuesday, February 15 at 10 a.m. On Thursday, February 17, her topic will be Historic Herbal Remedies, also at 10 a.m. Cost is \$15 per person.

## Shell Found



**Larry Beals** photo provided

Larry Beals from Iowa found a junonia on February 6 near Middle Gulf Drive on Sanibel.\*

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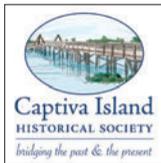
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Captiva Island Historical Society

## Looking Back: Harold Bixby

This week's image depicts Harold Bixby. The photo was taken around 1963.



Harold Bixby photo courtesy Captiva Island Historical Society Archives

Bixby and his wife bought property in 1954 on Captiva after having been introduced to Captiva by their friends, Charles and Anne Lindbergh.

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

Visit the website at [www.captiva-island-historical-society.org/archives/](http://www.captiva-island-historical-society.org/archives/) research to view many more images to bring you closer to Captiva.\*

Share your community news with us.  
Call 395-1213 or email [press@islandsunnews.com](mailto:press@islandsunnews.com)

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Shabbat services including Torah reading Friday 7 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes at 9:45 a.m. on Zoom. Email [batyamsanibel@gmail.com](mailto: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](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto: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](http://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](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 a.m. and 10:30 a.m. [www.saintisabel.org](http://www.saintisabel.org), 3559 Sanibel-Captiva Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Service schedule through April, Saturday at 5 p.m., Sunday at 8 a.m. and 10:30 a.m. The 10:30 a.m. Sunday service is also livestreamed at [www.saintmichaels-sanibel.org](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 847-309-3926. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.\*



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**OBITUARY**

**HERBERT WICKHAM CHANEY**

**H**erbert Wickham Chaney passed away and began his eternal life peacefully at home with family at his side on February 2, 2022 after a short illness.



Herb was born in Freemont, Nebraska on November, 10, 1955 to Christopher W. Chaney and Nancy Dean (Koyen) (Chaney) Jones. He grew up and was educated in California, Brazil, Minnesota and Ohio. He moved from California to Sanibel, Florida, where he raised his two sons.

Herb served and was honorably discharged from the U.S. Army and after his service attended Hickok Griswold Technical Institute. His career as a sales executive spanned many decades and many continents bringing him from Fort Myers to Hong Kong, where he and his wife lived for a number of years.

Following retirement, Herb worked at the JN "Ding" Darling National Wildlife Refuge and volunteered for a number of other ventures. Herb was a longtime member of American Legion Post 123 of Sanibel and served as finance officer

for a time.

Herb never met a stranger. His magnetic personality, infectious laugh and expert storytelling will be greatly missed by his family and the many friends who grew to love him during his 30 years on Sanibel and in Southwest Florida. Herb's many nieces and nephews will always remember him as Uncle Happy.

Herb was predeceased by both parents. He is survived by his wife of 44 years, Mary Elizabeth (Porto) "Bunny;" their two sons, Christopher John (Ashley) of Tallahassee, Florida and Daniel Herbert (Mei) of Bali, Indonesia; step-father of 46 years, John F. Jones of Sanibel; brothers, Christopher Noel of Fort Myers and Cameron Kirk (Jae) of Vista, California; step-sister Victoria Jones of Dickinson, Texas; and step-brother Phillip Jones of San Juan Capistrano, California. He had three grandchildren, Penelope, Charlotte and Gia.

A memorial service will be held in Herb's honor on Monday, February 14 at 1 p.m. at Chapel by the Sea on Captiva.

In lieu of flowers, the family requests a donation be made to Hope Hospice, Attn: Donations, 9470 HealthPark Cir., Fort Myers, FL 33908 or online at <https://morehope.org/donate-now/>\*

Read us online at [www.IslandSunNews.com](http://www.IslandSunNews.com)

**OBITUARY**

**JOHN L. VITALE**

**J**ohn L. Vitale, 98, of Sanibel, Florida, passed away. Formerly an Illinois resident of Wilmette, Kenilworth and Western Springs, John was the husband of late, beloved Virginia (Ginny), and proud father of John II (Kathleen), Mari, Lisa and Tami Vitale. He was the proud grandfather of Caitlin and John III Vitale, Brandon and Virginia Burtis, and brother of Mary Louise Sciarro.



John received a bachelor's degree from Thiel College, a master's from University of Michigan, and an honorary doctorate from Thiel College. He was a certified public accountant and a managing partner in the international accounting firm KMPG.

He served in the United States Armed Forces during World War II in the European Theater of Operations, from Normandy, throughout northern France, the Rhineland, the Ardennes and Central Europe, for which he was awarded four individual battle participation stars. His unit was awarded the Fourragere of the Belgian government for heroic service during

the Battle of the Bulge.

Memorial services will be announced at a later date. Memorial contributions may be made to the following charities: Chicago Honor Flights, 9701 W. Higgins Rd., Ste. 310, Rosemont, IL 60018-4703, 773-227-8387; Saints Faith, Hope and Charity Catholic Church, 180 Ridge Ave., Winnetka, IL 60093, 847- 446-0031; St. Isabel Catholic Church, 3559 Sanibel-Captiva Rd., Sanibel, FL 33957, 239-472-2763.\*

**CARD OF THANKS**



**Volunteers packing meals at Sanibel Community Church** photo provided

**O**n January 28 and 29, nearly 600 volunteers gathered to pack meals for Feed My Starving Children at Sanibel Community Church. They packed 147,000 meals, which will feed 404 children for a year. Donations to cover the cost of the meals and beyond totaled over \$85,000. Organizers extend a big thank you to all who packed or donated, and look forward to seeing everyone again in January 2023.\*

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**Feb. 13 Buckeye**  
**Feb. 14 Chocolate-Covered Strawberry**  
**Feb. 15 Sea Salt Caramel Truffle**  
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Mayor Holly Smith receives a certificate recognizing that she completed four Leadership Academies offered by the Florida League of Cities on November 6 last year. Shwanda Barnette, ambassador of membership relations, presented the framed certificate to the mayor at the February 1 city council meeting. photos by Wendy McMullen

## Sandbar Avoids Foreclosure But Lawsuit Continues

by Wendy McMullen

Sanibel's Sandbar Restaurant avoided foreclosure Friday by paying the \$250 per day fine imposed by the city and agreeing to move the offending dumpster to the front of the property on West Gulf Drive.

District court appeals against the city and neighboring Nutmeg Village continue, however.

The Sandbar Managing Partner Brian Silveira paid \$219,000 in accrued fines "under protest" on February 4 following a failed mediation hearing.

The four-year-old case, in which the city demands the relocation of the dumpster, has included three code enforcement hearings. After the third code enforcement hearing, the date of non-conformance was fixed at September 2019 and fines of \$250 a day were imposed. This, then became a lien against the property, which is now lifted with the

payment made last week.

Silveira is now appealing to the second district court of appeal.

The owners of The Sandbar have 30 days from the payment of the lien to move the dumpster.\*

## Causeway Counts Last Year At Record High

by Wendy McMullen

Traffic crossing the Sanibel Causeway exceeded even pre-pandemic levels, a report from the city's finance department informed Sanibel City Council at the February meeting.

A total of more than 3.5 million vehicles crossed the causeway in 2021, an increase of 19 percent over 2020 when COVID-19 significantly cut crossings.

Vehicle traffic in 2021 not only exceeded pre-pandemic levels but was the highest number ever in the history of the causeway. Prior to the pandemic in 2019, the number of vehicles crossing the causeway was 3,338,811. Last year, it was



Officer James Serrago, far right, was congratulated by Mayor Holly Smith on recently achieving his bachelor of applied science in public safety administration from Florida SouthWestern State College. Police Chief Bill Dalton stands by his side.

at an increase of 3,535,223.

Prior to last year, the most cars crossing the causeway was in 2001 with 3,460,347 crossings.

Historically, the busiest months are February and March but 2021 saw an extended season with record numbers in June, July and August. December was a particularly busy month with 307,355 vehicles crossing, the highest number ever for December.

Over the years, causeway crossings have been impacted by the date of the Easter holiday, red tide fish kills and causeway repairs. Hurricanes Irma, Wilma, Charley and Georges, and Tropical Storms Isaac and Fay closed the toll facilities. Crossings also dropped when transponders were introduced and the toll increased from \$2 to \$6. The current toll is \$6 with a transponder and \$9 without.\*

## Correction

In last week's article on the city attempting to prevent development on platted lots, it was stated that the main reason that Sanibel was incorporated as a city in 1964 was to cap development on the island at approximately 9,000 units. The city was, in fact, incorporated in 1974 not 1964.\*

## Commission Re-Elects Chairs

by Wendy McMullen

The Sanibel Planning Commission unanimously re-elected Roger Grogman as chairman of the commission and Eric Pfeifer as vice chairman at Tuesday's meeting.

Grogman is an experienced business manager who has served on the boards of various island associations including the Shell Harbor Property Owners Association, Sanibel Community Association, and Community Housing and Resources.

Pfeifer is a prominent real estate broker who active with the Sanibel & Captiva Islands Association of Realtors, Sanibel-Captiva Kiwanis Club, youth sports, and parks and recreation. He will continue to serve as chairman of the Below Market Rate Housing Review Subcommittee.

The commission also confirmed appointments of commissioners: Karen Storjohann as chairman of the Capital Improvements Review Subcommittee; Paul Nichols and Ty Symroski as chair and vice chair of the Land Development Code Review Subcommittee; and Matt Kirchner as chairman of the Permitting Process Review Subcommittee.\*

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Sanibel & Captiva Islands

USPS 18: Bulk Rate permit paid, Sanibel, FL, 33957  
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1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000-10,000 per week (seasonal).

Mailed free to Sanibel and Captiva residents every Friday. Subscription prices:  
Third Class U.S. \$60 one year, \$30 six months (allow 2-3 weeks for delivery).  
First Class U.S. \$150 one year, \$75 six months (allow 3-5 days for delivery).  
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### TUESDAYS

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

### TUESDAY, FEB. 15<sup>TH</sup>

10 am - 12 pm Guest Chef  
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### WEDNESDAYS

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### FRIDAYS

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## Shell Found



Terri Black photo provided

Terri Black of Cornelius, North Carolina found a junonia in the water by Sundial Beach Resort. Black has been coming to Sanibel for seven years. She enjoys shelling with her family, and the overall beauty of the island. She said, "I have collected many beautiful shells over the years but this one is a special one!"\*\*

## Shell Found



Dorothy Fontana photo provided

Dorothy Fontana of Potomac, Maryland found a junonia on Captiva on January 31. The shell was in shallow water off South Seas Island Resort and about to be pulled out by the next wave when she saw it and grabbed it. "What a great day of shelling!" she said.\*\*

## Shell Found



Ezra LaRoche photo provided

Ezra LaRoche of Danville, Indiana found a large lightning whelk on January 31 at low tide. Ezra spotted the spikes sticking out from the sand offshore and had his sisters help him dig it out. He was excited to see how good of shape it was in, and that nothing was living inside.\*\*

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

## ENGAGEMENT



Laura Escoto and Aaron Walton  
photo by Shane Antalick

Robert and Chelle Koster Walton of Sanibel announce the engagement of their son, Aaron Walton, to Laura Escoto, daughter of Manuel and Juanita Escoto of Cape Coral.

A student of Florida Gulf Coast University and a pharmaceutical tech supervisor at Gulf Coast Hospital, Escoto will graduate this fall with a degree in hospital administration. Originally from Cuba, she now lives in Fort Myers.

Walton, born and raised on Sanibel Island, attended Florida SouthWestern State College and Rasmussen College. He currently lives in Fort Myers and works as operations manager at the Sanibel & Captiva Islands Chamber of Commerce.

The couple is planning a fall 2022 wedding.\*\*

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## OBITUARY

### STEPHEN KITT OBERBECK

Stephen Kitt Oberbeck passed away peacefully at his home on Sanibel Island on January 26, 2022 at the age of 84. Steve is survived by his loving daughter Sally, her husband Jay and three grandchildren, as well as many nieces, nephews and beloved grandnephews. He will be remembered for his intellectual passion, fiery rhetoric, and profound appreciation for life and beauty. He was a loyal friend and mentor, and always welcomed the most vigorous, challenging and heartfelt encounters.

Born on August 12, 1937 in St. Louis, Missouri, Steve graduated from Brown University in 1960 and was awarded a fellowship at the esteemed Iowa Writers Workshop. A talented writer and business analyst, he worked with many of America's blue chip companies: he served as a *Newsweek* editor and broadcaster for 10 years, a senior public relations advisor for ExxonMobil and a consultant for Philip Morris. He served as a senior consultant to the Executive Communications Group in New York and worked with In-Person Communications in the United States and overseas. He has written for top-tier



corporate executives in the U.S., Europe and Asia, and his editorial work has been widely published in magazines and newspapers around the globe.

Steve was a well-known and beloved figure in the Sanibel community for over 20 years. He conducted annual writing workshops at BIG ARTS for a decade, and guided many burgeoning island authors to write their first works of creative fiction, and deeply authentic memoirs. He was a passionate docent at Bailey-Matthews National Shell Museum and a regular at the Sanibel Recreation Center, where he swam countless laps in the pool. He will be deeply missed by his family and his many island friends. ✨

## Authors To Sign Books At Sanibel Shell Festival

A group of authors, many of whom are local to Sanibel, will sign copies of their popular shell and Sanibel-themed books at the Authors' Table during the 85th annual Sanibel Shell Festival this year. The festival takes place Thursday, Friday and Saturday, March 3, 4 and 5 from 9 a.m. to 4 p.m. at The Community House, located at 2173 Periwinkle Way. The suggested donation for daily entry is \$5 per person. Safety protocols will be in place and attendees must wear masks at all times.

This year's Authors' Table features illustrated books about shells and

shell-crafting, as well as Florida beaches and marine life. There will also be a selection of books for children, young adult fiction and page-turning Sanibel-based mysteries.

The lineup is:

Thursday morning authors include Jane Kirschner, Amanda Collette and Harlan Wittkopf. Kirschner will be signing her popular children's book *Annabel from Sanibel*. Collette will be signing her book of photography *My Way of Shelling*, which details her shelling adventures throughout Florida. Wittkopf, a staple of the festival, will be signing copies of his bestselling book, *The Sanibel Kaleidoscope, Beach Treasures of the Gulf Coast* (co-authored with Peter Dance) and his children's book *Alphie Finds the Seashell Alphabet*.

Thursday afternoon welcomes back local author Jennifer Lonoff Schiff, who will be signing copies of her bestselling Sanibel Island Mystery series, *A Shell of a Problem* (Book 1), *Shell Shocked* (Book 5) and *For Whom the Shell Tolls* (Book 8). Karen Bartlett, author of the popular *Mostly Kids' Guides* series, will be in attendance with *The (Mostly) Kids' Guide to Sanibel and Captiva Islands*.

On Friday morning, the Authors' Table will feature a new author to the festival, Megan McCormick, who will sign her Sanibel-based young adult fiction novel *Legacy*. Author James Usavage will have three new novellas: *On these Shores*, *A Bottle that Washed Ashore*, and *Of Songs and Dreams and Fields of Flowers*. Kirschner will return with

*Annabel from Sanibel*.

Friday afternoon offers the duo of Wittkopf and Collette. Visit with these writers, listen to their take on each other's books and purchase autographed copies.

On Saturday, there will be signings by Usavage, McCormick and Wittkopf. In the afternoon, Bartlett and Collette return. Signed copies of Alice Cypress' children's books *Scuba Zak Meets Thaddeus the Barracuda*, *Scuba Zak Searches for Thaddeus* and *Sophia the Nurse Shark* will be available, although Cypress is unable to attend this year.

For more information about the festival, contact festival co-chairs Mary Burton at marybsanibel@hotmail.com or 395-3626 or Joyce Matthys at joycematthys1@gmail.com or 1-503-871-1082.

The Sanibel-Captiva Shell Club awards grants from the proceeds of its annual show. Grants are given towards education and research in the fields of conchology and malacology, as well as for conservation and water quality projects, primarily in Southwest Florida. For more information, or to join the club, visit [www.sanibelshellclub.com](http://www.sanibelshellclub.com). ✨

## Dean's List

Hannah Alston Fay of Sanibel has been named to the fall 2021 Dean's List. To be named to the Dean's List, a student must be enrolled for at least 12 semester hours of graded courses and attain a semester grade point average of 3.6 or higher. ✨

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The January America's Boating Class will be an in-person class held at the Sanibel Library. The class will run Thursday, March 3rd, 2022 from 6:00 pm to 9:30 pm and Saturday, March 12th from 9:30 am to 3:30 pm. Interested persons should pre-register for the course by going to [www.sancapboating.club](http://www.sancapboating.club). Click on Education at the top and follow the prompts to the Americas Boating Course March 3rd, 2022.

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**Spanish bayonet's needle-tipped leaves**  
photos by Gerri Reaves

## Plant Smart Plants As Natural Deterrents

by Gerri Reaves

If you'd like to send a message of "privacy" or "no trespassing" in your yard, consider planting native species that will naturally create a border or privacy screen.

The three species pictured here are not only beautiful, low-maintenance and wildlife friendly, but they will naturally deter unwanted visitors.

No one would want to tangle with the needle-sharp points of Spanish bayonet (*Yucca aloifolia*), whose tapered sword-like

### Sweet acacia's daunting thorns

leaves live up to the plant's common name.

This self-pollinating member of the agave family usually grows to a height of about 15 feet and is drought and salt tolerant.

It produces spikes of three-petaled, bell-shaped creamy flowers and is the larval food for the yucca giant skipper butterfly.

Sweet acacia (*Acacia farnesiana*) is indeed sweet, as far as flower fragrance and overall appearance.

But look closely at the reddish-brown branches and you'll see long spines that protect not only your privacy but provide protected cover for nesting birds.

In the wild, this member of the pea family grows in shell mounds, pinelands and hammocks, reaching a height of up to 25 feet and nearly that breadth.

Getting through its branches would be an inconvenience at the very least.

Fragrant yellow puff-ball flowers bloom

### Saw palmetto's saw-toothed stalks

all year long and attract butterflies, and the fine-textured, feathery leaves endow the tree with notable beauty.

Anyone who's walked too close to saw palmetto (*Serenoa repens*) understands the reason for the common name – the daunting saw-toothed leaf stalks.

A member of the palm family, it is one of the most common and recognizable plants in South Florida, growing in pinelands, hammocks, coastal dunes and dry scrub.

Widely used in home and commercial landscapes, this species reaches a height of about six feet.

It is very slow-growing but individual plants can live for hundreds of years, a fact that makes it all the more distressing to see them scraped from landscapes in the name of development.

A waxy coating on the fan-like segmented leaves enable them to survive seasonal fires and drought. It's pest resistant and highly salt tolerant too.

Add to those attributes the creamy white flowers and the plant's role as the larval host for the monk skipper butterfly.

Of course, these "security plants" are not suitable for an area where children or pets might be harmed, nor by an entryway. But in the right place, these plants can add a measure of security as well as beauty to the landscape.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G.

Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; and hort.ufl.edu.

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

## Bird Walks With Audubon Society

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

- February 12, JN "Ding" Darling National Wildlife Refuge
  - February 19, Pond Apple Park
  - February 26, JN "Ding" Darling National Wildlife Refuge
  - March 5, Harn's Marsh
  - March 12, JN "Ding" Darling National Wildlife Refuge
  - March 19, Bailey Tract
  - March 26, JN "Ding" Darling National Wildlife Refuge
  - April 2, Lakes Park
  - April 9, Lighthouse Beach Park
- Visit [www.san-capaudubon.org](http://www.san-capaudubon.org) for more information, including directions to each site.✳

From page 1

## Artist Reception

people and places are encapsulated in his work.

Emily Ankerson, CCA executive director, said "We had planned to have this exhibition last year but had to postpone it. Paul's work is really amazing, breathtaking, and he is a wonderful storyteller. I think people in the community are really going to enjoy his beautiful paintings and the stories behind them."

RSVP is required to attend the opening reception. It is open to the public and will include bar, light refreshments and live music. Go to the Eventbrite link on CCA website at [www.ccapactiva.org/events-classes-meetings/](http://www.ccapactiva.org/events-classes-meetings/). Captiva Civic Center is located at 11550 Chapin Lane on Captiva.✳

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## Two New Exhibits Open At Historical Village

Two exhibits are now open and will be on view through the end of the month at Sanibel Historical Museum and Village.

February is Black History Month and pictures and texts describing the black pioneer experience are on view in the Caretakers' Cottage. Artifacts and photos reflect the family, work and social lives of members of the Gavin, Jordan, Walker and Burns families, as well as other black Sanibel islanders.

In light of Valentine's Day, the historical village is highlighting the lives of a number of historical Sanibel couples. Look for the red frames in each building. Also on display throughout the village is a collection of antique Valentines.

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 take place at 10:30 a.m. and 1:30 p.m. Advance reservations are not required



Edmund and Elnora Gavin photo provided and there is no additional fee for tours.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$10 for adults over 18, no charge for members and children. For more information, call 472-4648 or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

## ABC Gala Includes Dinner And Live Auction



This 2013 Mercedes Benz GLK 350 is one of the auction items photos provided

Captiva Civic Association (CCA) holds an annual fundraiser called the ABC Gala. The fundraiser started in 1967 and "ABC" stood for attic, basement, closet. Members of CCA and the Captiva community cleaned out their attics, basements and closets to donate items for a tag sale of sorts, from which the proceeds funded CCA programs and operations.

The popular event evolved to become a catered dinner and live auction at the civic center. This year, a dinner and live auction will be held at The Sanctuary Golf Club on Tuesday, February 22, and the items have gotten a lot bigger and better than what you'd find in a rummage sale.

This year, one CCA member has donated a Mercedes Benz GLK 350 in pristine condition with only 23,500 miles. Other items for auction include donations from Congress Jewelers, Captiva Cruises, Bailey's, South Seas Island Resort, Gold Parrot, private tours



This painting by Rachel Pierce is the featured piece for the gala theme and will go up for auction

led by Sanibel-Captiva Conservation Foundation, Rauschenberg Foundation and Bailey-Matthews National Shell Museum, as well as donations from CCA members, and furniture pieces decorated by local artists.

Each year, the CCA has a featured artist who donates a piece of artwork and the rights to use their work for the gala invitation and T-shirts. This year's featured artist is Rachel Pierce.

CCA members have first right of refusal on tickets for this event, as the CCA is limiting capacity for the comfort of its guests. However, remaining tickets will be available to the public as of Monday, February 14. Tickets are \$180 per person and include a cocktail hour with hors d'oeuvres, dinner with wine, and a live auction presided over by auctioneer Tommy Williams. Auction bidders must be ticketed guests present at the event to participate. For tickets, email [info@ccacaptiva.org](mailto:info@ccacaptiva.org) or call 472-2111.

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# Winter Fishing Patterns In Full Swing



by Capt. Matt Mitchell

The ups and downs of this "crazy Florida winter" weather continued over this past week. Having frost on my boat and on the marina docks is certainly not a regular

occurrence. During the warm-up, fishing was up and down with some days being much better than others. Even more than the water temperature being so cold, moving water was the most important factor to getting on good action.

Trout fishing has become much more consistent over the past couple of months with these fish hanging out on shallow sand-dotted grass flats. Protected bays that have been sheltered from the wind and have clean clear water have brought the best action. Popping cork rigs with a jig head and live shrimp caught fish after fish. The Fosters Point flats on North Captiva along with the Buck Key flats on Captiva displayed the amazing rebound these fish have made since the 2017 devastating red tide we endured.

Popping cork rigs though very simple are incredibly effective when fishing the flats. The pre-made sliding type of



Jim from Iowa with one of many trout caught this week with Capt. Matt Mitchell photo provided

popping cork has a few metal beads that make a rattle when popped, and that attracts the fish. This rattle sounds like

a shrimp or baitfish clicking or skipping on the surface. These float rigs are so much easier to fish than the old slip-on

popping corks which consistently tangled up. The weight of this pre-made rig makes it easier for everyone to make long prospecting casts and better locate the fish.

Like I tell my clients, a little pop of the concave float every 10 to 20 seconds draws the fish in. Just a little twitch of the rod tip when the line is tight makes this fish-calling noise. When the float does go down, I like to reel just fast enough to create a bend in the rod. Trout have extremely soft mouths so a strong hook set will rip their lips and pull the bait right out of their mouth. Once hooked, keep the rod tip high and with constant pressure to slowly bring the fish to the boat.

Although we often think of bobber fishing as kids fishing, there are certain situations when there is not a more effective way to catch trout and shallow water fish. This rig not only gives the angler a visual indicator of a strike but also attracts fish with the noise it creates. When fishing shallow grass flats, it keeps the bait from hanging up in the bottom and allows it to drift and cover lots of water. All winter long the main two setups I carry rigged on my boat when shrimp fishing are popping cork rigs and jig head rigs. Between these two setups, you have it all covered.

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](mailto:captmattmitchell@aol.com). ✨

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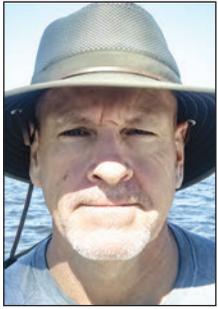




Dave Doane with his co-worker Jesse

CROW Case Of The Week:

## Loggerhead Sea Turtle



by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most abundant species of sea turtle that nests on our beaches and most beaches across the country. The marine reptile is so-named due to its

large head, which supports powerful jaw muscles that allows it to feed on hard-shelled prey.

Loggerheads, along with leatherheads, olive ridleys and hawksbills, also dine on prey like jellyfish and sea sponges, which allows coral to grow in abundance. They are also called water bulldozers because their powerful bodies keep sediment loose so that fish can hide and lay their eggs in a clean setting. In that respect, they are termed a “keystone species” due to their importance to their environment.

At CROW, an adult loggerhead sea turtle was admitted after being found unresponsive. Upon further examination, the patient was extremely hypothermic and had inhaled water and sand.

Veterinarians suspect the patient was cold-stunned.

“When cold-stunning occurs, sea



**Patient #22-321 needed to be gradually warmed after being admitted with a cold-stunned condition**

photo by Haillie Mesics

turtles become lethargic and are unable to eat or swim, resulting in floating at the surface. Body functions slow down, including the heart beat and breathing,” said Dr. Charlotte Cournoyer, CROW veterinary intern. “This tends to occur during water temperatures less than approximately 50 to 54 degrees Fahrenheit, and death occurs starting at temperatures less than 43 degrees Fahrenheit.”

After taking x-rays, CROW staff found a large fish hook lodged in the patient’s mouth, which could have contributed to its condition. Dr. Cournoyer agreed.

“The fish hook in the mouth could have been a source of debilitation prior to cold-stunning that made the turtle more susceptible,” she said.

The hook was manually removed and the patient was set up on a gradual warming schedule.

“It is important to warm the cold-stunned sea turtle slowly, otherwise there can be severe negative effects in the body,” said Dr. Cournoyer. “To warm the turtle slowly, we obtain a body temperature on admit and try to only raise the temperature by about five to 10 degrees per day. This is done by keeping

the patient in a cooler room at first, then eventually moving it to a warmer area as it naturally warms.”

The turtle will continue to be closely monitored and proactively treated for potential secondary issues.

“The loggerhead developed pneumonia secondary to the water/sand inhalation and cold-stun, which we are currently treating with antibiotic therapy. The patient also had a low potassium (level), which we treated with intravenous fluid therapy containing supplemental potassium,” said Dr. Cournoyer. “The patient also has ulcers on the surface of the eyes from losing the ability to blink during the cold-stun event, which we are treating with antibiotic ophthalmology ointment and drops.”

Now that it has been gradually warmed up, the loggerhead has begun to recover.

“The patient is now more active, the eye ulcers are improving, and the patient has been moved into a larger tank,” said Dr. Cournoyer. “It is too soon to say definitively if the turtle will make a full recovery, however, we are happy with the progress thus far. We will continue to provide treatments and closely monitor the patient over the coming weeks.”

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](http://www.crowclinic.org).

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# CROW Calendar Of Events

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

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

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

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

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

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

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



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

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

**Daily Presentation Schedule**

**Friday, February 11, 11 a.m.,** Baby Care At CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

**Friday, February 11, 2 p.m.,** Why Sanibel? – Sanibel is known for good food, award-winning beaches and snowbirds, but it is also home to some of the most diverse wildlife in Southwest

Florida. This presentation will talk about what makes Sanibel stand out and what policies are in place to keep Sanibel a sanctuary island.

**Saturday, February 12, 11 a.m.,** Day In The Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories. One of CROW's animal ambassadors will be present.

**Monday, February 14, 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.

**Monday, February 14, 2 p.m.,** The Misunderstood Animals – There are some animals that humans are not so fond of. Most of these animals are not cuddly and fluffy but hold an environmental importance. This presentation discusses some of these misunderstood animals and why they aren't so bad after all. One of CROW's animal ambassadors will be present.

**Tuesday February 15, 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.

**Tuesday February 15, 2 p.m.,** Patient Profile: Shorebirds – There is a diversity of birds on the shore and in the water. This presentation will discuss all these different birds, from the tiny snowy plovers to the big white pelicans. Learn how they play a role in the environment and why they are more important than ever.

**Tuesday February 15, 4:15 p.m.,** Speaker Series: Shark Zone via Zoom – This program is focused on shark research at Mote Marine Laboratory. Using a combination of recorded and live shark cam video, take a virtual tour of the local shark habitat. After an overview of shark husbandry and training, hear about the research technology being used to study sharks. Question and answer session follows.

**Wednesday, February 16, 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

continued on page 20

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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Beaded Periwinkle



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

**C***enchritis muricatus* (Linnaeus, 1758) is a marine snail of the periwinkle family Littorinidae. The species may reach

30 mm (about 1.2 inches), and, as the common name implies, the shell surface is covered with a sculpture of tiny beads.

The snails basically live above the high tide line on rocky coasts, exposed coral rock and other hard substrates. Beaded Periwinkles are capable of climbing vertical rocky cliffs to heights of over 14 meters (about 46 feet). When away from the water, it avoids desiccation and overheating by hiding in moist crevices.

As with other periwinkles, Beaded Periwinkles graze on microalgae and possibly microfungi that grow on hard substrates on the so-called "splash zone" above and between tide lines.

Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).



The Beaded Periwinkle, *Cenchritis muricatus*, from Coral Cove, Florida

photos by James F. Kelly

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](http://www.sanibelmuseum.org). For more information, call 395-2233.\*

## American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. on Sunday, February 13. All are welcome.



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. Locals and visitors are invited to take the mic and entertain the crowd.

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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Joey Garofano leads the group on a beach-themed scavenger hunt photos provided

## Windy Days Make For Perfect Scavenger Hunt

submitted by Shannon Stainken, Youth Education Director

On January 25, Sanibel Sea School Marine Science Educator Joey Garofano led an after school island scavenger hunt. These island-themed scavenger hunts are filled with interesting

clues, challenges, teambuilding exercises and island exploration. They are designed to focus on four barrier island habitats; marsh, bay, gulf beaches and mangrove forest.

Garofano's scavenger hunt was designed for the gulf beaches. Cold, windy days have resulted in exciting finds washing ashore – shells, sea urchin tests (outer skeleton), egg cases, mermaid's purses, crab exoskeletons and sponges. Students had a list of 43 items to try to find over the course of two hours – and some required solving a clue before



Students found more than 30 of the 43 items on their list

knowing what they would be seeking.

"The students' excitement increased with each step to the beach as they all started to strategize how to find all the items on their list," Garofano said. "The first items found were crab claws and fish bones that they could smell long before they could see them. Some students asked if the smell was me. I sure hoped it was a joke." Students started off competing in two teams but eventually came together to search for remaining items on the list. They ultimately found more than 30 of the items, including a hermit crab, a shell

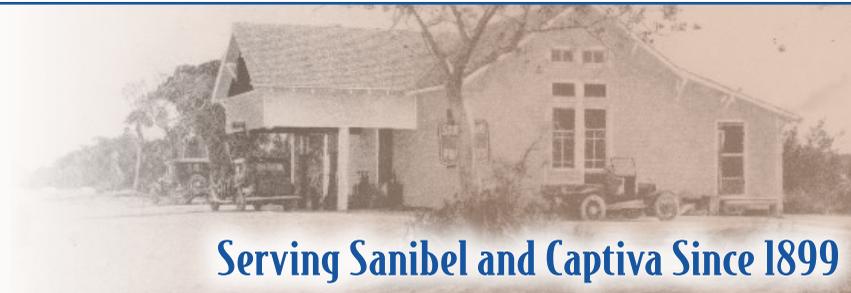
with a perfect hole in it (evidence of a moon snail), a sand cast from a lugworm and a Florida fighting conch.

Sanibel Sea School will continue to offer after school courses through May. Topics include surfing and seining. After school courses are for ages 6 to 13 and \$20 per participant. For more information, visit [www.sanibelseaschool.org/afterschool](http://www.sanibelseaschool.org/afterschool).

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

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A scene from the documentary *2040*, which kicks off the film series with a Zoom discussion on February 16 photo provided

## 'Ding' Darling Film Series Lineup

The 10th annual "Ding" Darling Film Series will air virtually this winter on five dates; one of the dates (April 6) with a double-feature. Zoom discussions for the films are scheduled for February 16 through April 13. The films explore natural topics – from global warming to the impact of human behavior on the environment as seen through the lens of a sea turtle.

The series kicks off on Wednesday, February 16 with the award-winning documentary *2040*, which presents a story of hope that looks at the possibility that humanity could reverse global warming and improve the lives of every living thing in the process. Director Damon Gameau embarks on a

global journey to meet innovators and changemakers in the areas of economics, technology, civil society, agriculture, education and sustainability.

Another of the season's highlights, *The Biggest Little Farm*, on Wednesday, March 2, chronicles the eight-year-journey of one couple as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the free film showings. Pre-registration for the films and discussions is open online at [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series) and is required by the day prior to the discussion, depending upon availability (limited to 200 for each film.)

Films will be available to viewers on various platforms to watch at a time and link assigned via email. Discussions

at 5 p.m. on the dates listed below allow visitors to gain more from their documentary-viewing experience by listening to other people's points of view and analyzing what they just watched.

The schedule is:

February 16 – *2040*

March 2 – *The Biggest Little Farm*

March 16 – *Salmon Forest*

April 6 – *Last Green Thread & Chasing Ghosts*

April 13 – *Troubled Waters: A Turtle's Tale*

For information about sponsorship opportunities, contact Sierra Hoisington at [shois@dingdarlingsociety.org](mailto:shois@dingdarlingsociety.org) or 472-1100 ext. 233.\*

## Fun Days At The Rec Center

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

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit [www.mysanibel.com](http://www.mysanibel.com).\*

From page 16

## CROW Calendar

posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

**Wednesday, February 16, 2 p.m.,**

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

**Thursday, February 17, 11 a.m.,**

Patient Profiles: Birds of Prey – 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 native and migratory raptors. One of CROW's animal ambassadors will be present.

**Thursday, February 17, 11 a.m.,**

Aquatic Environments – This presentation discusses the aquatic environments around Sanibel and what makes them a vital part of the ecosystem. One of CROW's animal ambassadors will be present.\*

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Members of the Sanibel Captiva Art League with their hand painted bags photo provided

## Hand Painted Bags Up For Bid

The Sanibel Captiva Art League, in cooperation with Bailey's General Store, is once again holding its silent auction of painted bags in support

services and programs offered by FISH of SanCap. The bags are on display at Bailey's General Store until March 7. If interested, you can place your bid at the service counter.

Bailey's General Store is located at 2477 Periwinkle Way on Sanibel.✪



From left, SCCF CEO James Evans, Bill and Ruth Brooks, former SCCF CEO Ryan Orgera, SCCF Adult Education Director Jenny Evans and Sue Ramos, customer relations at SCCF Native Landscapes & Garden Center photo provided

## Plans Under Way For Botanical Site

Plans are under permit review for construction of the Sanibel-Captiva Conservation Foundation (SCCF) Ruth Brooks Propagation Facility at the Bailey Homestead Preserve, which was funded with the help of the Brooks family. The facility will allow the nurturing of the next generation of native plants, particularly species that are not commercially grown, are rare or at risk of extinction.

The Ruth Brooks Propagation Facility honors one of SCCF's most dedicated supporters, a true naturalist and advocate for the botanical world. A seasonal island resident since 2004, Ruth Brooks is a leader of SCCF's Weeds 'n' Seeds program, City of Sanibel Vegetation Advisory Committee member, JN

"Ding" Darling National Wildlife Refuge volunteer, and decades-long SCCF supporter.

"We are truly excited by the prospect of the Ruth Brooks Propagation Facility. It will allow our Native Landscapes & Garden Center staff to grow and care for more native plants, be more efficient in our operations, and help to get more native plants out into the landscape," said SCCF Adult Education Director Jenny Evans.

Construction of the facility will increase the Native Landscape & Garden Center's plant-growing capacity by almost 30 percent. Additionally, rare and significant species will be targeted for propagation efforts. Of the 3,300 plant species native to Florida, only about 600 are currently in cultivation, and available for habitat restoration and home landscapes. The new facility will help to improve that ratio. Stay tuned for project updates.✪



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# Refuge Unveils Mindfulness Trail

On February 7, as the kickoff to its Wellness Week – Mind. Body. Heart. – JN “Ding” Darling National Wildlife Refuge unveiled its new, self-guided Mindfulness Trail with a Sanibel & Captiva Islands Chamber of Commerce ribbon-cutting and live, pop-up interpretation by the Wellness Week team.

The Mindfulness Trail, a meditative nature experience, features five stations with QR codes that connect hikers to podcasts with guided meditations on nature and wellbeing. The 0.35-mile trail runs around the perimeter of Ani Marsh, a popular wildlife-spotting area at Bailey Tract. It is the first nature mindfulness experience to debut among the nearly 570 U.S. national wildlife refuges.

The podcasts start with an introduction to the Health Benefits of Nature by Dr. Joe Blanda, a recently retired orthopedic surgeon who promoted mindfulness and nature exposure to his recovering patients. He continues to help people with wellbeing and connectivity outdoors.

In his introduction to the trail, Dr. Blanda talks about the wellness benefits of being outside – ranging from treating high blood pressure and mental illness to preventing obesity and diabetes.

“Best of all, it’s easily accessible, free and there are no bad side effects,” Dr. Blanda said. “Most importantly, it’s proven by science that it works. More



Jessica Barry demonstrates one of the trail’s signs that connect users to a meditative podcast photos provided

than one thousand studies confirm the health benefits of being outdoors.” He concludes with a quote from Hippocrates: “Nature is the best physician.”

Four other calming podcasts guide trail-users on the topics of grounding and mindful listening, viewing and feeling. Each podcast runs about four minutes, easily available through smartphone technology.

“We are excited to debut the Mindfulness Trail, which has evolved from an activity the refuge began in 2020 in response to the impact the pandemic



From left, Jessica Barry, Landen Collins, Dr. Joe Blanda, John Lai, Sierra Hoisington, Cristina Shaul, Kevin Godsea, Kim Sowinski, Ron Clayton, Katy Hosokawa and Aaron Walton

was having on people’s mental state and refuge programming,” said Jessica Barry, DDWS development and outreach assistant, who worked on the project with the refuge. “The guided Mindfulness Walks became such a popular activity, the refuge decided to take them a step further.”

“We are grateful for Jess and others for encouraging us to enhance the work at the refuge in the area of true mindfulness in nature,” said Supervisory Refuge Ranger Toni Westland, project leader. “It has resulted in this wonderful

Bailey Tract trail so hikers can self-guide their mindful journey.”

“We applaud the ‘Ding’ Darling team for this timely innovation,” said John Lai, chamber president and chief executive officer. “Right now, we could all use a little calming effect from nature in our lives, and leave it to the refuge to realize that.”

The refuge also continues to offer guided Mindfulness Meditation Walks along the trail on select dates throughout the winter season. Visit [www.dingdarling.eventbrite.com](http://www.dingdarling.eventbrite.com) for times and to register.\*\*

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## Sanibel-Captiva Audubon Society Bird's Eye View

You may want to check the skies frequently this month to see the arriving swallow-tailed kite (*Elanoides forficatus*). These graceful neo-tropical migrants arrive here and throughout the six southern states, mainly Georgia, Florida and the Carolinas to rest, nest and rear their young. These kites have lost much of their historic range due to disturbance, deforestation and through pesticide usage harming prey populations. Swallow-tailed kites visit Sanibel for half the year, foraging in conservation areas and wetlands, and some kites even nest on the island.

At first sight, they may take your breath away with a white head and a bold well-defined pattern of iridescent black and white, adorned with white underwings edged in black, and a deeply forked black tail used as a rudder, giving flight flexibility to soar on an imperceptible breeze. Kites are known as "gymnastic flyers," rolling and diving, catching their prey (frogs, snakes, lizards) from the tops of trees, and flying insects in the air. They also drink "on-the-wing," as do skimmers and swallows.

Their wafer-thin wingspan is approximately four-feet long for a bird that weighs only between 11 and 21 ounces. David Sibley calls them "the most graceful flyer of any North American



Swallow-tailed kites raptor."

The birds migrate from South America, flying from the ranchlands and areas of open and forested land of southern Brazil and Bolivia, stopping on the Yucatan Peninsula to rest and feed before crossing the Gulf of Mexico, which is approximately 450 to 600 miles of open water. They may travel up to 10,000 miles total, flying at 25 mph. The migration routes can be seen in a blog produced by the Avian Research and Conservation Institute (ARCI), whose director, Dr. Ken Meyer, has spent decades tracking over 480 swallow-tailed

photo by Gina Kent, ARCI

kites, gathering the data from tiny solar powered transmitters; several tracked birds are from Sanibel.

These transmitters provide information for the experts to interpret behaviors such as shifting population trends, and biological information pertaining to their arduous migration to wintering grounds back to Florida. Location monitoring data is kept confidential to maintain safety for the nesting and roosting kites and the landowners that provide valuable tree and freshwater marsh habitat where they may gather food.

In Florida, kites typically nest in slash

pinus and bald cypress, which provide cover from the elements. Deforestation and invasive species spread has left many kites without a home to successfully forage and raise young. Sanibel kites often nest in Australian pines, which have an open canopy and outcompete native slash pine and other native vegetation. This presents an ecological dilemma as the Australian pine is both a destructive invasive species and thus illegal to plant on Sanibel.

Australian pine has a shallow root system which forms dense strands, eliminating native vegetation under and around its canopy due to allelopathic (toxic) properties. The open canopy doesn't provide adequate shade or cover for most nesting birds. Additionally, these monocultures leave the soil without proper rooting structure to prevent erosion, while simultaneously displacing native vegetation and wildlife in vulnerable critical habitats such as freshwater wetlands and fragile dunes that secure beaches and homes. The solution to the dilemma is simple; plant native slash pine and bald cypress in your yard to enhance native habitat for birds across the island.

Swallow-tailed kites are monogamous, returning most often to the same nest, which they will refurbish with loose sticks and Spanish moss.

These sleek black and white raptors are late risers, waiting until the air warms, heat rises and they can float out on the thermals. One to three chicks are incubated 28 to 31 days and fledge after

continued on page 24

BIG ARTS 2022

## CELEBRATE COMMUNITY

### BIG ARTS WELCOMES THE SOUTHWEST FLORIDA SYMPHONY

The Southwest Florida Symphony is Lee County's only professional orchestra and one of the oldest symphony orchestras on Florida's Gulf Coast. Since its inception more than a half century ago, the Southwest Florida Symphony has grown to a roster of 70 world-class musicians. The symphony returns to Sanibel with the full orchestra to perform for the first time on the Christensen Performance Hall Stage as part of their Masterwork Concert Series.



The Symphony Program will include Copland Fanfare for the Common Man, Rodrigo Concierto de Aranjuez and Beethoven Symphony No. 7

TICKETS: [BIGARTS.ORG](http://BIGARTS.ORG) OR CALL 239-395-0900. TICKETS ALSO AVAILABLE THE EVENING OF THE PERFORMANCE.



Take a virtual tour of Mote Marine Laboratory's shark habitat

photo provided

## Shark Research At Mote Marine Topic For Lecture

The Clinic for the Rehabilitation of Wildlife (CROW) weekly speaker series continues on Tuesday, February 15 with Shark Zone presented by Jason Robertshaw, program manager for virtual learning at Mote Marine Laboratory. The program focuses on shark research at Mote Marine

Laboratory. Using a combination of recorded and live shark cam video, you will experience a virtual tour of Mote Marine's 135,000-gallon shark habitat. After an overview of shark husbandry and training, Robertshaw will discuss the research technology used to study sharks. Programs begin at 4:15 p.m. and are approximately one hour in length. The talk will be presented virtually over Zoom and advance registration is required. Admission per device is \$10 plus applicable taxes and fees.

Visit <http://www.crowclinic.org/articles/2022-speaker-series> or <https://bit.ly/SharkZoneMote>.

For the full schedule of presentations and topics in the lecture series, visit [www.crowclinic.org](http://www.crowclinic.org).

From page 23

## Bird's Eye View

five to six weeks. Both parents tend the nest and nurture them. Kite nests increase in size over the nesting season, as the chicks defecate in the nest and more materials, mostly epiphytes, are brought to cover the mess. If you do see a nest, be sure to stay back at least 300 feet to avoid disturbing the nesting parents and their young, or attracting predators to the area such as crows and eagles. If you observe the bird changing its behavior, you are too close. Never report a nest online or on eBird to ensure nesting success. These birds are very vulnerable to disturbance.

You may visit CREW watershed on the mainland or Fisheating Creek to see kites in abundance, soaring together, calling with high-pitched whistles. Banding together is a good defense from their primary predator, the great horned owl.

Prior to migration to the wintering grounds, several thousand kites may roost together. Here on Sanibel, approximately 20 individuals have been observed on Sanibel-Captiva Conservation Foundation preserve land with similar reportings from Six Mile Cypress Slough, where they can be seen in the tall slash pines. Thousands

together decorate the pines and cypress of Florida before leaving.

Kite populations declined from nesting in 21 states through the late 1800s into the 1900s, mainly due to habitat loss, pesticide use and human disturbance. Currently, the global population is estimated to be about 150,000 with a breeding population here of approximately 15,000 (three percent). In the Carolinas and Georgia, managed timber company plantations provide open savannas with a diversity of trees, encouraging nesting activities in tall slash pines as well as roosting and foraging habitat in areas that have been logged and have started to regrow. Sustainable managed lands provide long-term benefits to the local economy, water quality, carbon sequestration and wildlife. Kites need to forage on an abundance of insects, reptiles and amphibians to provide enough stored energy for breeding and for a successful migration. Traveling over the Andes to Brazil can take as long as three months. Pesticide use on farmlands and the habitat alteration of these areas, to crop monocultures like soybeans and sugar cane in the kite's wintering grounds of Brazil, decrease their food source.

ARCI states, "we gather the scientific data that makes conservation happen," and it's our chief responsibility on Sanibel to support these efforts. Residents of Sanibel are fortunate to have the swallow-tailed kite nesting on their sanctuary island. Watch for them. Help protect them.

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Captiva Postmaster Carol Marlet greets customers with a smile photos by Kathy Kurtz Ferrari

What's 'Cap'-enning

# A Glance At Captiva Events

by Kathy Kurtz Ferrari

During all that recent cold weather, you surely could tell who were locals and who were tourists on Captiva. The visitors were out splashing around in bathing suits at the beach, while we locals were bundled up in layers. Hopefully, we will get some more consistently Florida-like weather.

While many residents seemed to go

into hibernation due to the chill, we still had to venture out to the post office to get our mail. The Captiva Post Office continues to be a gathering spot for islanders, and Postmaster Carol Marlet is always there with a friendly smile. She is a big part of the community and always a source of island goodwill.

There were a few events that took place on the social calendar. The Captiva Civic Association (CCA) hosted Civil War historian Bill Trelease for an informative lecture on Ulysses S. Grant: His incredible Rise from a Failed Store Clerk to the Savior of the Republic. Trelease has been a frequent visitor to the



After his informative lecture at the Captiva Civic Association, Civil War historian Bill Trelease, center, visits with his hosts Tom Libonate and Merni Libonate

island, as he is a good friend of Captiva Island Historical Society President Tom Libonate and CCA President Merni Libonate, Captiva's "first couple." Usually, Trelease's Civil War talks have been part of the historical society's calendar, but Merni must have beaten Tom at an arm wrestling match to win the honor for the CCA this year.

The artwork of Paul Arsenault will be on display at the CCA from February 18 to April 18. An opening reception for his work *Shorelines* will be held Thursday, February 17 from 5:30 to 7 p.m. It will include refreshments and live music.

The CCA is also preparing for its

annual ABC Charity Gala Auction on Tuesday, February 22 to be held at The Sanctuary Golf Club. The festive dinner and auction is the largest fundraiser for the organization.

For more information on events at the CCA, visit [www.ccacaptiva.org](http://www.ccacaptiva.org). Visit [www.captivaislandhistoricalsociety.org](http://www.captivaislandhistoricalsociety.org) for more information on the historical society.

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

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. Email [Kathy.islandsunnews@gmail.com](mailto:Kathy.islandsunnews@gmail.com) ✨

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**Grilled Chicken Sandwich**

- 2 chicken breasts, grilled
- 1 tomato, sliced thin
- 2 cups arugula
- 3 garlic cloves
- 1 lemon, zested and juiced
- ½ cup olive oil
- 2 tablespoons unsalted butter, softened to room temperature
- Sandwich bread (your favorite)
- Sea salt and fresh ground pepper, to taste

In a blender or food processor combine arugula, garlic cloves, lemon zest and juice, and pulse until combined. Turn on low and slowly drizzle in olive oil until loose paste forms. Pour into a small bowl and set aside. Heat grill to high. Season chicken with salt and pepper and grill for 4 minutes on both sides. Brush arugula pesto onto chicken and continue to cook until internal temperature reaches 165.

**Grille Chicken Sandwich**

Remove and set aside to rest. Spread butter on inside of sandwich buns and

place directly over heat for 1-2 minutes or until warm and toasted. Remove from

grill and assemble sandwich. Serve with your favorite vegetables.\*



photo courtesy Fresh From Florida

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## Rotary Challenge Raises Funds For Wheelchairs

The 3rd annual Howard S. Danner, Jr. Wheels for Wheels Cycling Challenge held this fall by the Rotary Club of Sanibel-Captiva brought in \$33,000 for the Wheelchair Foundation. Approximately two dozen riders this year had pledges, which will make possible the purchase of over 300 wheelchairs for those in need of basic mobility.

The fundraiser is named for the late Howards S. Danner, Jr., father of the event's founder and past president of the club, the Rev. Dr. John H. Danner. Howard Danner was struck by a hit and run driver, and spent the last 17 years of his life as a paraplegic, dependent on a wheelchair.

This year's challenge was coordinated once again by a team that included John Henshaw and Roger Grogman in addition to Danner. A new logo was created this year by David Cook. The team plans on holding the challenge again in 2022.



From left, Roger Grogman, Bill Letendre, Rev. Dr. John H. Danner and John Henshaw photo provided

A portion of the wheelchairs purchased this year will be headed for Barbados. In prior years, wheelchairs have gone to Guatemala, Trinidad and Peru.\*

## Lions Club Helps Pack Meals



From left, Lyn and Bob Kern, Bill and Karen Sartoris, and Ken and Nancy Sebree photos provided

submitted by Bill Sartoris

The Sanibel Captiva Lions Club fielded two teams to support the Feed My Starving Children mobile food pack at Sanibel Community Church on January 29. The team members had a good time while volunteering for a good cause.

The Feed My Starving Children program supplies food to children in over 80 countries at a cost of 25 cents a day. The Lions, whose motto is "We Serve," were proud to be able to aid in this effort. Over the two-day food pack, volunteers filled 684 boxes, which will provide 147,744 meals to children. This will provide 404 children with one nutritious meal a day for a year.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva Communities for over 50 years. While the Lions Club is most known for its effort to eliminate preventable blindness, the club serves citizens of the islands and greater Southwest Florida in a variety of ways. The local club is part of Lions Club International, the largest service organization in the world with over 1.4



The team in action

million members in chapters in over 200 countries.

Individuals interested in community service are invited to attend a club meeting, held the first and third Wednesdays of the month at The Community House at 6 p.m. For more information, contact Membership Chair Lion Steven Schulz at 233-6261 or visit [www.sanibelcaptivalionsclub.org](http://www.sanibelcaptivalionsclub.org).\*



BAILEY-MATTHEWS

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#### NEW EXHIBITS

**RED, BLUE, GREEN:**  
*An Introduction to Water Quality in Southwest Florida*  
Now through June 10

**BLACKWATER MOMENTS:**  
*Nocturnal Photography of Open-Ocean Mollusks*  
Now through May 30

Photo by Andrew West/The News-Press

#### LECTURES

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

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

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



#### CLASSES

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

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

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

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

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**BIG ARTS Monday Night Film Series**

# Julia

by Di Saggau

**J**ulia is a phenomenal film about a phenomenal woman, Julia Child. This invigorating new documentary looks back on Child and her influence on how Americans cook and eat. There is a lot of archival footage and talking heads. The film examines Child's life and influence on American culture.

While in the Strategic Services during World War II, her international travels influenced her growing appetite for different cultures and cuisines. She also met her supportive and adventurous husband, Paul, a free-thinker whose influence helped transform Child both artistically and politically.

The film shows Child's personal shortcomings, touching on a casual homophobia she renounced when the AIDS crisis hit, pouring her energies into raising money to fight the disease. Directors Julie Cohen and Betsy West are convincing, depicting Child as the woman who empowered millions of men and women to become accomplished chefs in their own right.

The film is a visual feast in the form of close-ups, interspersed throughout, of a pair of hands cooking some of Child's best-known dishes, a trick that allows the viewer to imagine we are watching Child herself. Glistening morsels of beef and mushrooms combine in a red wine sauce in beef bourguignon, poached pears drip with syrup, and yet it is the imposing

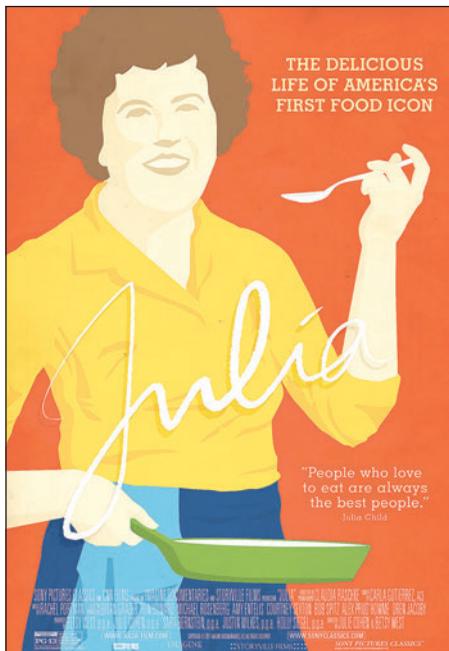


image provided

presence of Child at six-foot-three, with a cap of signature curls, that offers the most lingering impression. *Julia* captures the legendary cookbook author and television superstar who changed the way Americans think about food television, and even about women.

The film runs 95 minutes and will be shown at 7 p.m. After the film, Kathy Mahan will lead a discussion. Tickets are \$10. Masks are required.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For tickets, call 395-0900 or visit [www.bigarts.org](http://www.bigarts.org).

## Workshops And Classes

**B**IG ARTS offers a variety of workshops with experienced instructors. The schedule is:

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

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

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

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

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, February 25 and 26, 9 a.m. to 3:30 p.m. Donor: \$160; nondonor: \$200.

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

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

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

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

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

Art History Lecture, (title TBD) with Ann-Marie Bouche – Fridays, March 4 to 25, 9 a.m. to noon. Donor: \$188; nondonor: \$235.

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

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

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

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

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

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

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

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

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

Paint Classic Florals in Oil with Douglas David – Monday and Tuesday, March 14 and 15, 9:30 a.m. to 3:30 p.m. Donor: \$265; nondonor: \$332.

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

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

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

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



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Leslie Adams in the kitchen

photo provided

## Virtual Cooking With The Caterer

The monthly Cooking with Leslie virtual class sponsored by FISH of SanCap will be held on Thursday, February 17 beginning at 2 p.m. via Zoom. This month's recipes feature a winter salad with homemade vinaigrette and French onion soup followed by paleo/keto brownies for dessert. "This simple version of the classic French onion soup is warm, cozy and flavorful," said Jennifer Pagano, FISH education and outreach director.

"The accompanying salad and brownies present a well-balanced meal for all to enjoy."

Leslie Adams, chef and owner of Sanibel Captiva Catering/Catering by Leslie Adams, will lead the lesson in cooking class format.

One of last month's participants said, "My husband and I look forward every month to the FISH cooking classes. My spouse never likes to leave the house and for him especially, they are a real treat. Thank you, FISH, for enriching our lives."

Adams was trained at California Culinary Academy in San Francisco and attended classes at Le Cordon Bleu in

Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

FISH will provide a list of ingredients for the lesson to registered participants. If needed, FISH volunteers can assist in

purchasing ingredients and deliver on the day of the event. Register by Monday, February 14 by calling 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the webinar.\*

## Island Seniors At The Rec Center

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

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

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

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

Euchre – Fridays, 1 p.m.

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

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

Meditation – Zoom only, Mondays at 4 p.m. with Christina Shaul. Zoom link: <https://us04web.zoom.us/j/79975149666?pwd=TVd5ZjcxcFptVWRZbGhhVkwYUxFZdz09>

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

Page Turners book discussion for Tuesday, March 8 is *Women Rowing by*

Mary Pipher. To be added to the email list, contact Louis Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com) or call 304-707-1701.

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

Carole Fallon, retired RN, will offer a heart health seminar on Tuesday, February 15 at 1 p.m. in the Osprey Room. Learn easy ways of improving your heart health and recognize when you may have a problem. Sign up in advance with Dave or Jessica at 472-0345

Leisure Lunchers will be held at Cip's Place on Tuesday, February 22 for Island Seniors members only. Advance sign up by Friday, February 18 is required. Call Deborah Butler at 314-4554 (you can leave a message) or email her at [deborahpbutler@comcast.net](mailto:deborahpbutler@comcast.net). Everyone will order and pay individually.

Florida Repertory Theatre tickets are still available. Call Jessica at 472-0345.

The Sanibel Recreation Center is located at 3380 Sanibel-Captiva Road. For more information, visit [www.center4life.com](http://www.center4life.com) or call 472-0345.\*

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Book Review

# The Lincoln Highway

by Di Saggau



**A**mor Towles' new novel, *The Lincoln Highway*, follows four boys, two 18-year-olds who met in a juvenile reformatory, plus an extremely smart 8-year-old who loves to regale

others with tales about both mythical and real heroes, from Achilles to Zorro. It's June 1954, and Emmett is driven home to Nebraska to pick up his young brother Billy and head to California for a new life. His father is dead, his mother left the family, the family farm is in foreclosure and there's no need to stick around.

Unknown to him, two of his friends from the work farm have stowed away in the trunk of the warden's car. The charismatic Duchess and his offbeat pal Wooly have a different plan for Emmett. It's one that will take the four on a fateful journey in the opposite direction to New York.

The book spans 10 days with chapters going from Ten to One as they build to the climax. The characters are constantly diverted by one

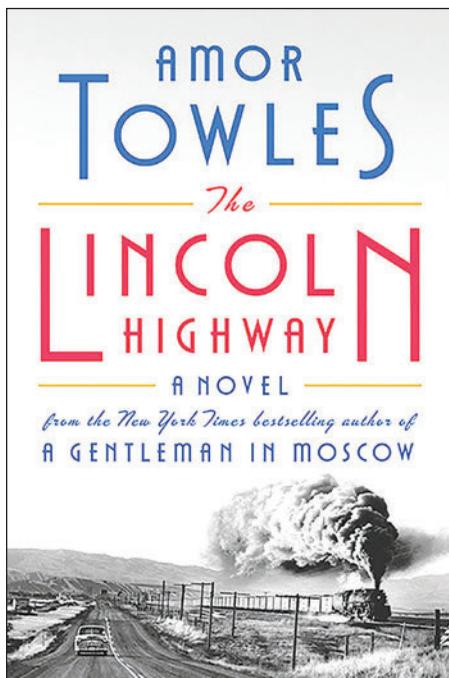


image provided

life-threatening adventure after another, whether riding boxcars or in "borrowed" cars. The teenagers are remarkably mature and fascinating in spite of their situations.

Billy wants to follow his mother's path, having saved all the postcards she sent for years from various locales along the Lincoln Highway. Emmett and Billy never make it to California in this multilayered tale of misadventure and self-discovery. They travel about as far

away from California as possible. It's an absorbing, exhilarating ride.

Towles' earlier novel *A Gentleman in Moscow* was one of my favorites. He's back again with *The Lincoln Highway*, a novel that overall is full of light, wit, youth and adventure.✳

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, I'm finding that conversation with my "tween" is becoming more difficult. She doesn't want to talk with me very much

anymore. I know that this is common, but I'm wondering if there are any techniques I can use to get her to talk to me.

Thanks,

Meredith N, Cape Coral

**Meredith,**

I think every parent of a tween/teen feels shut out by their child on and off through adolescence. When children are younger, it seems that they want to talk constantly with us, and we don't have a private moment to collect our thoughts. Then suddenly, we can't get them to say much at all to us. This is quite typical of the adolescent process. It's very normal for tween/teens to crave personal space and independence as they develop into their own person. Even though children this age push us away frequently, parents are still extremely important to them, but they just don't always demonstrate that.

Keeping communication channels open between you and your tween/teen is critical, and you can use all modes of communication to keep the channels open. Texting, emailing, talking, phoning, sending notes or funny cards, stickie notes in their lunch or on their bedroom door are some of the different ways you can communicate with your tween. Your communications do not need to be lengthy, but through these communications, you are demonstrating to your children that you are open and willing to talk in a variety of ways.

Take advantage of the time you spend together in the car, doing errands and chores, and even when you're watching TV together. These are prime times when kids might be more prone to open up and chat with you.

The following are some great suggestions from [www.parents-together.org](http://www.parents-together.org) to connect with your child in short conversations that will leave the door open for further discussion:

Ask your child for advice, whether it's about which shoes to wear, a personal issue of your own or even what you might cook for dinner. Showing that you value your children's advice is a powerful indicator of your high regard for them and a huge vote of confidence in their thinking process.

Share a personal story with them about something you struggled with when you were their age. This lets them know that everyone faces problems, even their

seemingly perfect parents.

Play a game together. Mad Libs, which you can find online for free, is a great one for quick laughs and lots of fun. Laughing together is refreshing and might remind both of you of some wonderful experiences you've shared in the past.

Have your tween/teen play you their favorite song and make sure to listen nonjudgmentally. Ask about why and what they like about the song and then comment about a part of the song that you enjoyed. If you don't understand the music, ask what it means and why it's important to the song. Make sure to stay calm and positive in this discussion even if you find the selection offensive.

Parenting is hard work, and adolescence can be a very challenging time. However, if you can keep the lines of communication open, the parenting process will be a bit easier.

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](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✳

## Local Named To Dean's List

**R**uth Rendall of Sanibel was named to the Dean's List for the fall 2021 semester at Wheaton College.

To earn Dean's List honors at Wheaton, an undergraduate student must carry 12 or more credit hours and achieve a semester grade point average of 3.5 or higher on the 4.0 scale.✳

From page 1

## Daughter To Speak

(co-sponsors: Diane Esslinger, The Jenni & Kyle Foundation);

Friday, March 11 at Sanibel Congregational United Church of Christ Fellowship Hall (two lectures at 10 a.m. and 1 p.m.) – Author David Allen Sibley, *What It's Like to Be a Bird: From Flying to Nesting, Eating to Singing – What Birds Are Doing, and Why* (co-sponsors: Stan and Connie Grayson, HighTower/Thomas & Swartz Wealth Management, Drs. John and Wendy Kindig);

Friday, March 18 – Author Jack Davis, *The Bald Eagle: The Improbable Journey of America's Bird* (co-sponsors: Pat Appino, Sonya Keene and John Moy, In Appreciation of the DDWS Staff Donor, In Memory of Roddy West); and

Friday, March 25 – Author Stan Tekiela, *Bird Nests: Amazingly Ingenious and Intricate* (sponsors: Vortex Optics, A Fellow Minnesotan, The Jenni & Kyle Foundation)

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).✳

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**Vivi Whalen leads Teen Kindergarten**  
photos provided

## Activities For All Ages At The Sanibel Library

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

Beer tap handles on loan from Rick Goodrich are on display throughout the month. Stop by to see the collection.

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

Hear vintage swing and New Orleans blues with the Hot Buttered Nuggets on Tuesday, February 15 from 2 to 4 p.m. The band emulates artists from Louis Armstrong and the Ink Spots to Leon Redbone and Tom Waits.

Teens are invited to come play like it's old-school kindergarten with blocks, fingerpaint, Play-Doh and Duck, Duck, Goose. Snacks and juice boxes will be served. Teen Kindergarten will be held on Thursday, February 17 from 6:30 to 7:30 p.m. For ages 12 to 18, hosted by Vivi Whalen of the library.



**The Hot Buttered Nuggets perform on February 15 at the library**

Ken Weaver of the Lee County Genealogical Society will review waves of German immigration to America, going back as far as the 1600s, at 10 a.m. on Friday, February 18.

War of Nerves – Chemical Weapons in WWII with Richard Gollin will be held at 2 p.m. on Friday, February 18. In World War I, first the Germans and then the allies used chlorine, phosgene and mustard gases. By World War II, both sides had stockpiled huge supplies of gases. Which side would blink first, who won The War of Nerves?

WWII 1944 – Battle of the Philippine Sea with Duane Shaffer will be held virtually on Friday, February 25 at 10 a.m. This battle took place during the U.S. amphibious invasion of the Mariana Islands. It was the largest carrier versus carrier battle in history. To join the program, go to the homepage at [www.sanlib.org](http://www.sanlib.org); log in a few minutes before 10 a.m. Stop by the library this month to see Shaffer's display of model tanks, planes and other WWII memorabilia.

Intro to DigiFindIt is offered on Friday, February 18 at 11 a.m. DigiFindIt is an archive of Sanibel and Captiva newspapers dating as far back as 1961. Stop by for a quick one-on-one tutorial.

On Friday, February 25 at 11 a.m. learn how to use library editions of Ancestry and Fold3. The library offers access to Ancestry.com, a popular digitized genealogical search tool. Use Fold3 to access records from the U.S. national archives, national archives of the UK, and other international military records. Fold3 features premier military collections, including the stories, photos,

and personal documents of the men and women who served.

Appy Hour: BYOD (bring your own device and passwords) and learn how to download ebooks and audiobooks to your device. This Intro to Hoopla and Libby begins Friday, February 25 at 2 p.m.

Youth Services Librarian Deanna Evans invites elementary school-age children to participate in a Saturday Crafterday program on February 26. This 45-minute arts and crafts program starts at 1 p.m.

Sanibel-Captiva Art League's A



**Rick Goodrich's beer tap collection**

Brush with History juried exhibit is on display until March 1. Each artist chose a historical photo, many from the library's online digital archive. Original artwork is displayed with its coordinating historic photo.

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

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## New Owners Plan Major Changes At South Seas

by Kathy Kurtz Ferrari

**S**outh Seas Island Resort has a long and storied history on Captiva. Occupying nearly a third of the island stretching from beach to bay, the resort has hosted generations over its many years.

New ownership intends to begin a new era for South Seas, as the aging island beauty is getting a facelift.

The resort was sold last year to a group of three investment companies, and managing partner Timbers Company is making plans to bring the resort back to its former glory.

Timbers, which owns resort destinations throughout the U.S., Mexico and Italy, recently moved its headquarters from Colorado to Winter Park, Florida. The company was looking to expand in Florida, and CEO Greg Spencer, a native of Tallahassee who has fond memories of visiting our islands as a child, thought South Seas would fit nicely into the company's portfolio.

In researching the property, Spencer and his staff felt South Seas had lost its allure as a family vacation destination.

"I want to make this the No. 1 family resort in the country," Spencer said. "Why wouldn't that be the goal? I want to celebrate the specialness and uniqueness of the property."

Spencer was on property last week to meet with a team of experts to discuss renovations, although the company has yet to submit plans to Lee County.

"While I can't get into all the details, one of the things I want to share with you is we're going to make the investment jump not just in capital but in elbow grease," Spencer explained. "That's what I think has been missing at the resort. It's kind of like everybody out there was doing their own thing and there was no common vision."

Conversations have been initiated with the resort's many homeowners and their associations about planning. Unit owners will be asked to make investments in their own property, such as updating appliances and cosmetics to raise the quality of the overall product. Timbers is allowing amenity access privileges solely to owners who rent their units through the resort's rental program. An access program will be extended to Captiva residents outside



South Seas Island Resort will see improvements as new owners take charge photos by Kathy Kurtz Ferrari



Timbers Company CEO Greg Spencer looks over the yacht harbor and marina at South Seas Island Resort



The golf course at South Seas will be redesigned with stormwater management techniques

the resort.

Some improvements have already been made to the property, including replacing docks at the two marinas and new landscaping.

"It takes a while to plan out construction activities and it takes a while to get it approved. We never want to talk about something that hasn't gone through the county and gotten approved yet," said Spencer.

Chadwick's Square, the retail area outside the resort's gate, will see cosmetic updates, including the

expansion of Starbucks.

The check-in area, now located inside the security gate, may be moved to conference space outside the gate. The parking lot will be reconfigured. Captiva's weekly farmers market has already been moved to Chadwick's Square in preparation of those changes.

"I think you'll start to see some significant changes within the first 24 to 36 months," Spencer said.

The company intends to add more amenities to the south end of the property to entice more guests to stay

there. Rumors have suggested a new water attraction may be added there. Pools will be improved throughout the property.

Employee housing is an immediate concern, as the new ownership condemned the former building that will be demolished in the next six to eight months. Condominiums may be built in that area.

"Look, I'll own it. I was the one that made the decision and recommend to my partners to condemn it because,

continued on page 8B



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## Jeweler Supports Historical Village



Melissa and Scot Congress

photo provided

Congress Jewelers is a gold sponsor of the Sanibel Historical Village Gala Movie Premiere fundraiser, to be held on Tuesday, February 22. The screening of the documentary *Secrets & Stories of the Sanibel Lighthouse* is the highlight for the evening.

“Congress Jewelers has always been very supportive of the historical village’s mission to preserve, share and celebrate Sanibel history,” said Executive Director Emilie Alfino. “We are grateful to them for their sponsorship of our gala.”

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

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 take place at 10:30 a.m. and 1:30 p.m.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

## Book Signing With New Author

Shawn Peters, debut author of *The Unforgettable Logan Foster* and frequent visitor to Sanibel, will be at MacIntosh Books and Paper on Wednesday, February 23 from 1 to 2 p.m. He will sign books and read selections from his acclaimed middle grade novel.

Full of superhuman adventures and comic-book-quality illustrations, the book focuses on a neurodivergent 12-year-old boy with a photographic memory, whose foster parents turn out to be superheroes trying to maintain their secret identities. Peters’ debut novel has already earned raves from dozens of reviewers, including a starred review from Booklist that called it, “a winning series opener that features both a ka-pow! premise and a particularly memorable addition to the recent uptick of neurodivergent narrators.”

Peters launched the book a month ago at An Unlikely Story, the Massachusetts bookstore owned by *Diary of a Wimpy Kid* author Jeff Kinney. Since then, he has appeared on author Adriana Trigiani’s Facebook Live show, Adriana Ink, and has been interviewed online by Literary Rambles, Rockin’ Book Reviews and *Authority Magazine*.

MacIntosh Books owner Rebecca Binkowski noted that she has reordered the new release multiple times already because “they keep jumping off the shelf.” This not only indicates the

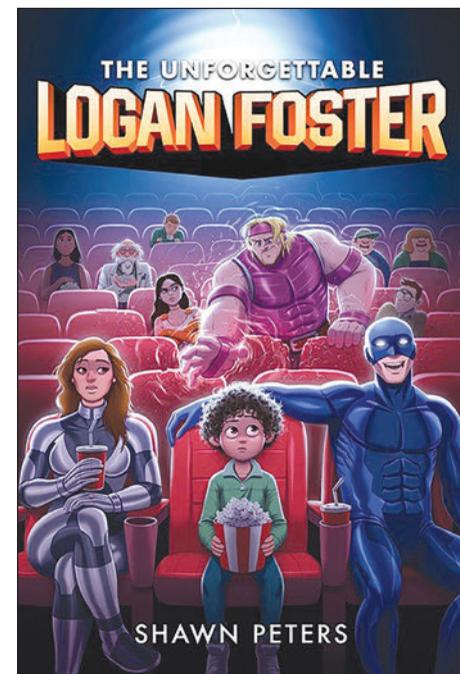


image provided

popularity of the book, but also the support Peters has received from the Sanibel community, including his parents who are year-round residents of the island. The family-friendly outdoor event will be geared to book lovers and superhero fans of all ages. Light refreshments will be available.

MacIntosh Books and Paper is located in The Village Shops at 2340 Periwinkle Way. For more information, call 472-1447.

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From left, tournament co-chair Amy Clapp, Sheri Prange, David Wright, Gaby Bell and Mona Strasser of Sanibel Captiva Community Bank, tournament co-chair Jim Clapp, and Alex Martinez of Sanibel Captiva Community Bank, photo provided

## Bank Returns As Sponsor For Golf Tournament

The Dunes Golf & Tennis Club will host its annual Play for PINK golf tournament on Saturday, March 26 and Sanibel Captiva Community Bank will again be a major sponsor with a donation of \$2,000. The sponsorship will underwrite the virtual auction, which raised over \$12,000 last year.

Thanks to local sponsors and underwriting from The Estee Lauder Companies Breast Cancer Campaign, all

of the funds raised from the auction and golf tournament will be donated to the Breast Cancer Research Foundation, the highest rated breast cancer charity in the United States.

Sanibel Captiva Community Bank CEO Craig Albert, said, "For 19 years, charitable giving has been part of our company culture at SanCap Bank, and we're pleased to support Play for PINK again this year."

Committee members are visiting local restaurants, shops and businesses soliciting items for the virtual auction. Bidders can preview the auction items beginning Saturday, March 19. Bidding goes live on March 23 and will close at

6 p.m. on the day of the tournament. To view the auction, go to [www.charityauctiontoday.com/auctions/dunes-play-for-p-i-n-k-2022-29524](http://www.charityauctiontoday.com/auctions/dunes-play-for-p-i-n-k-2022-29524).

There are 128 golfers scheduled to tee off at 8:30 a.m. Players will purchase mulligans, raffle tickets, pay-the-pro tickets and participate in putting and closest-to-the-line contests. Prizes will be awarded to the first place men's, ladies and mixed teams. New for 2022 is the helicopter ball drop; chances can be purchased online.

For more information, visit [www.playforpink.org/thedunes](http://www.playforpink.org/thedunes) or contact Amy and Jim Clapp at [anclapp@aol.com](mailto:anclapp@aol.com) or 240-315-6145.✪

## Program On Establishing Florida Domicile

The Sanibel Captiva Trust Company is offering a round table seminar on why and how to establish Florida Domicile at the Captiva Community Center on Wednesday, February 16 at 10 a.m.

The event is being hosted by Jeffrey A. Muddell, CFP, office president, executive vice president and wealth services advisor; Steven V. Greenstein, JD, CTFA of trust company; and David M. Platt, PA of SanCap Law. They will explain the definition of Florida Domicile and why it is critical for new residents to establish it properly.

"So many more people are making Florida their home this year, taking advantage of the state's many tax and estate protection benefits," said Muddell. "Often, new residents don't realize the many steps necessary to solidify their Florida domicile."

"It's also surprising to learn about some of the ways new residents may be challenged by their former state of residency, which we point out to our guests in the presentation," said Greenstein.

Seating is limited and reservations are required by calling 472-8300 or emailing Frances at [fsteger@sancaptrustco.com](mailto:fsteger@sancaptrustco.com).

Captiva Community Center is located at 11550 Chapin Lane on Captiva.✪



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Stephanie See and Alex Santana

photo provided

## New Sponsor For Historical Village

ConnectSWFL is a bronze sponsor of the Sanibel Historical Village Gala Movie Premiere, scheduled for Tuesday, February 22, with a showing of the documentary *Secrets & Stories of the Sanibel Lighthouse*.

"It is an honor to be able to help the historical museum and village with their continued efforts to share the history

of Sanibel as well as the preservation of the historic buildings," said Alex Santana, CEO of ConnectSWFL, a graphic and website design company.

"Having been an islander myself, I understand the importance of remembering the people who helped shape Sanibel to what it is today," said Stephanie See, creative director for Connect SWFL. "The historical village is filled with so many interesting artifacts, photos and stories from the past. It is important that visitors and

locals have the opportunity to visit the museum and village for years to come."

"ConnectSWFL has been key to the business of the historical village for many years," said Emilie Alfino, executive director. "They not only

support us with their excellent work but now with their sponsorship dollars as well."

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

## School Board Selects Next Superintendent

The Lee County School Board has selected Dr. Christopher Bernier to be the next superintendent for the School District of Lee County. Contract negotiations have begun, and the selection is not official until the school board votes on and approves a contract.



Christopher Bernier

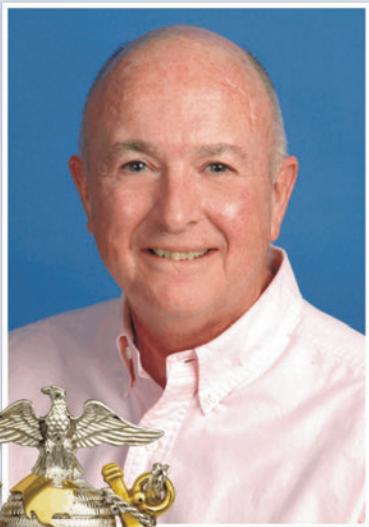
"We are thrilled to have selected a superintendent who embodies all the characteristics the community said was important to them during this process," said Debbie Jordan, board chair. "Dr. Bernier is the strong leader, decision-maker, communicator and consensus builder the district needs. I am thankful to all of the staff and

community participation in the process and look forward to welcoming him to the School District of Lee County."

Dr. Bernier is currently the chief of staff for the Clark County School District in Las Vegas, Nevada. Clark County is the nation's fifth largest school district with 310,000 students and an annual budget of \$5.3 billion. Dr. Bernier previously spent 32 years with the Orange County Public Schools in Orlando working his way up from teacher to principal, to eventually associate superintendent for nine years.

"I am both honored and grateful to have been selected to lead the School District of Lee County," said Dr. Bernier. "I am committed to putting our students first and working with the school board to achieve its vision of being a world-class school system. I look forward to collaborating with the students, their families and our community and business leaders to positively influence the trajectory of all students to ensure they reach their highest personal potentials."

Dr. Bernier will replace Dr. Ken Savage who was appointed to serve on an interim basis after the retirement of Dr. Greg Adkins in June of 2021.✪



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FISH needs volunteers to ensure successful operations

# 40 years THEN & NOW

By Cindy Chalmers  
Volunteers who care about their neighbors and their community are needed on Sanibel to ensure the successful operation of Friends in Service Here (FISH).  
Following a pattern set by countless non-denominational FISH organizations that have spread around the country, local FISH seek to offer non-professional, those who

article from The ISLANDER  
Tuesday, Feb 2, 1982

# THEN & NOW

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

In 1982, a group of 40 neighbors began working together offering acts of kindness and intentional help to other island neighbors in need. Initially, FISH primarily served as a resource to help with hurricane evacuations, driving people to medical appointments, and offering medical equipment to those who needed it. 40 years later, FISH offers over 30 programs and services to address a wide range of human needs on Sanibel and Captiva. **On any given day, FISH operations use between 10 and 20 volunteers to successfully implement these programs.** The time, talents and energy of our **dedicated volunteer base—roughly 175 strong today**—continue to be instrumental in making it all happen, day after day, and year after year.



“The level of caring and compassion from our volunteers is second to none, and we are so very proud to work with them. We cannot thank each and every one of them enough.”

—Maria Espinoza  
FISH Executive Director



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

## 40 year timeline

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



# Magazine Sponsor Returns



From left, Marty and Brenda Harrity, Katy Forret, SCCF CEO James Evans, Carle Mitchell and Joe Harrity photo provided

Doc Ford's Rum Bar & Grille is a returning sponsor for the upcoming winter issue of the Sanibel-Captiva Conservation Foundation (SCCF) *Connecting You to Nature* magazine.

"This magazine is a great means for our members and neighbors to take a deep dive into the nature that surrounds

us and the work SCCF does to protect it," said SCCF CEO James Evans. "It's just terrific that Doc Ford's has returned as a funding partner for this third issue."

The magazine is mailed island-wide twice annually, in the winter and spring. It is intended to give readers a greater understanding of how the land, water and wildlife on and around Sanibel and

Captiva depend on SCCF's stewardship. "Doc Ford's has partnered with SCCF since the first year we opened our doors," said Marty Harrity, proprietor of Doc Ford's Rum Bar & Grille. "They have been the conservation stewards for our islands for more than 50 years, and we're proud to return as a sponsor for this very

worthwhile publication." As was the case in 2021, The Sanibel Captiva Trust Company joins Doc Ford's in underwriting this issue. Companies interested in future underwriting opportunities can contact SCCF Development Director Cheryl Giattini at 822-6121.\*

## From page 1B South Seas

frankly, I was embarrassed when I walked through it. It was bad," Spencer explained.

Vans are currently being used to shuttle workers to and from the island. Some workers have been scrambling to find housing. Plans to purchase an off-island complex fell through in December. Spencer stressed the company is committed to finding another option.

Truck traffic is a major concern, both for the resort and the Captiva community.

"It's crazy. We've never seen anything like it. Every delivery truck shows up whenever they want and what you get is a lot of vehicular traffic when people are trying to ride bikes or walk on the road. We're going to try to tackle that," he stated, suggesting a delivery schedule for vendors.

Inappropriate use of golf carts is another problem.

"There's golf carts all over the place. There's 8- and 9-year-olds in golf carts driving around. And we're going to put a stop to that," Spencer emphasized.

The Captiva Community Panel has been discussing a switch to all electric golf carts. The resort is planning the same which will be equipped with GPS to control where and how the carts can operate.

The golf course itself will likely be closed before the end of the year for redesign. Storm water mitigation is a major part of the plan as heavy rain floods that end of the resort. Environmental engineers and conservation experts are being consulted. Some trees on the course will be saved in a temporary nursery during the project.

Timbers has brought in the golf course designer who worked with Tiger Woods on the new par 3 course at Pebble Beach. A new clubhouse and oceanfront dining may be added.

"I'm not going to lie. Some of the stuff will be impactful while we are doing it," Spencer admitted. "But we'll try to communicate it. We'll obviously have it screened off. I ask people to be patient, because the end product will be far superior to what we have today.

"One thing I would just ask folks is to be patient with us. This property didn't get in disrepair overnight. So it's not going to get fixed overnight. But we are definitely committed to making the investment, not just dollars but also through leadership and effort, and just trying to do the right thing for everybody."

**South Seas Offers Captiva Residents Amenity Access**  
South Seas Island Resort will

continue to allow access to Captiva residents.

Rather than the previous annual tiered memberships for use of amenities such as golf, tennis, restaurants, beach, trolley and main pool, a new resort amenity access program has been created for the remainder of 2022.

The announcement clears up some confusion conveyed in January stating access would no longer be extended to previous members living outside the resort.

A premiere access program for a fee of \$6,000 plus tax will give full use of all the resort's amenities until the end of the year. It includes discounts at all restaurants, retail stores and vendors, as well as 30 percent discount on golf cart and club rental.

A social access level for an annual fee of \$2,000 plus tax will include golf, tennis, fitness center and some restaurants, as well as discounts to some rental vendors.

According to Austin Watkins, managing director of hospitality sales for Timbers Company, the resort may offer a limited number of outside opportunities as South Seas staff studies overall density of use at the resort.

Extended family cards are available for \$25 per day on a limited basis when resort occupancy levels are below 80 percent.

South Seas homeowners who do not participate in the resort's rental program will also need to pay to use amenities.

The cost of the access program is higher compared to the previous membership. Watkins said that is likely a result of the rising cost of goods and services across the board.

Last year's memberships were extended for the month of January as South Seas' new owners worked on details for the program. Pricing covers February through December.

The program will likely be altered in the future, as Timbers is looking to close the golf course for redesign. The timetable is unknown for that project. According to Timbers CEO Greg Spencer, the resort will ultimately see upgrades to all amenities.

"It's not like we are going to use existing amenities and charge more. We are going to have brand new amenities," Spencer said.

Watkins noted the resort is also upgrading its high speed cable and Internet service, which should benefit the entire community, not just the resort.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email [Kathy.islandsunnews@gmail.com](mailto:Kathy.islandsunnews@gmail.com).\*



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### Here are some of the important contributions COTI has made to further this mission:

- Wrote and successfully sponsored the "People's Choice" charter amendments that prevent weakening of important land code protections without voter approval.
- Successfully supported the "Forever Wild" charter amendment prohibiting the sale or disposal of environmentally sensitive City lands without voter approval.
- Opposed creation of a major resort and shopping complex at Periwinkle and Bailey Road which, after a voter referendum, became Pond Apple Park.
- Led the successful effort to restrict the use of large commercial buses on Sanibel.
- Initiated the creation of architectural and design standards to ensure that development/redevelopment of multifamily, commercial and institutional buildings is consistent with Sanibel's small-town character.
- Questioned assumptions and plans for development of a "Civic and Cultural Core Project," which was subsequently cancelled.
- Advocated for water quality improvements including supporting increase in water monitoring stations, objected to the SFWMD's proposed Minimum Flow/Level rule and supported septic tank inspection legislation and advocated for improvements to LOSOM.
- Spearheaded the successful efforts to ban gasoline-powered leaf blowers, effective January 1, 2023, and thereby reduce noise and pollution.
- Advocated various land-use measures including supporting Lee County "20/20" land acquisitions and opposing the Eden Oak development.
- Successfully advocated for a ban on micro-mobility devices on the Sanibel Shared Use Path but supported an exception from that ban for speed-limited pedal-assisted e-bikes.

### How COTI Will Help Protect Sanibel Going Forward:

- **City of Sanibel.** COTI representatives attend all Sanibel City Council and Planning Commission meetings.
- **Water Quality.** COTI continues to seek water resource policies to improve protection of the Caloosahatchee River estuary.
- **Coastal Resiliency.** COTI supports City efforts to examine the implications of Coastal Resiliency, sea-level change, and increased storm severity and will participate in planning infrastructure changes to respond to these challenges.
- **Home Rule.** COTI will continue to monitor and oppose State legislation that would limit or eliminate Sanibel's right to regulate local matters, such as short-term rentals, to assure compliance with the Sanibel Plan.

*COTI is an independent, non-partisan advocacy group that works for a better Sanibel without regard to political affiliation.*

HERE'S WHAT YOU CAN DO TO HELP COTI CARRY OUT ITS MISSION - BECOME A MEMBER TODAY!

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CURRENTLY A MEMBER? PLEASE BE SURE TO RENEW YOUR MEMBERSHIP WHEN REMINDERS ARE SENT OUT.

# Rotary Happenings



Alicia Miller

Home is a place where young women are taught how to love themselves and their babies while teaching them the life skills it takes to be a successful adult. All of the young ladies attend school with the end goal of either graduating high school or obtaining their GED.

Since its inception, over 400 mothers and children have benefited from the Our Mother's Home Mentored Living program, successfully preserving families, transitioning foster mothers to self-sufficiency, and saving the lives of children by avoiding their re-entry into foster care.

Alicia Miller shared with our club her role as the executive director of Our Mother's Home of SWFL, Inc., whose mission is to empower young women by breaking the cycle of generational poverty. She is responsible for overseeing the administration, programs and strategic planning of the organization. She is also in charge of fundraising, marketing and community outreach to help support the unique environment for young mothers in foster care and their babies.

Miller graduated from University of Florida with a bachelor's degree in psychology and a minor in secondary education. She was previously executive director for the Deaf and Hard of Hearing Center and the adoption specialist for The Children's Network of Southwest Florida. Her previous experience with the foster care system, along with her desire to be a role model and leader for young women in the

community led her to Our Mother's Home.

In 2019, Miller was named one of *Gulfshore Business*' 40 Under 40 and in 2020, she was recognized as the Cape Coral Community Foundation's Executive Director of the Year. Miller is also involved with the Fort Myers Chamber of Commerce and in 2021, was listed as one of three APEX Women in Business finalists.

*The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto: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](http://www.sanibelrotary.org).*

## New Aqua Zumba And Cycling Classes

Sanibel Recreation Center is offering Aqua Zumba on Mondays, Wednesdays and Fridays from 10:30 to 11:30 a.m. This class will be taught by new instructor Monika Perez. Classes will be dependent on weather conditions. Aqua Zumba uses the Zumba philosophy with water resistance, creating less impact on your joints. It features pulsating rhythms and

easy-to-follow moves providing a calorie-burning fitness experience.

The Sanibel Recreation Center will also be adding an early cycling class on Mondays and Wednesdays from 7 a.m. to 8 a.m. with new instructor Jill Wisniewski.

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

submitted by  
Cindy Carter

**H**elen Coppage and her

husband were teen foster parents for many years. She wanted to create a maternity home, a place where the young women could stay and live with their children after they were born. At that time, any child born into foster care would be separated from the mother and placed in a different foster care home. In 2000, on Mother's Day, they broke ground on what would later become Our Mother's Home.

Young women between the ages 11 and 21 arrive at the home either pregnant or with a child. Our Mother's Home provides a place for them to live, with their child. Their mentored-living program provides many different services such as life skills training, group parenting classes, relationship therapy and financial literacy. Our Mother's

### ISLAND SUN BUSINESS NEWSMAKERS

#### John Gee & Company



Michelle Bornhorst



Bobbie McGlynn

The top producers for January at John Gee & Company were Michelle Bornhorst and Bobbie McGlynn.

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## Shell Club Thanks Major Sponsors



Anne and David Joffe of She Sells Sea Shells

photos provided

The Sanibel-Captiva Shell Club thanks the following major sponsors of the 85th annual Sanibel Shell Show: She Sells Sea Shells, *Island Sun* and Congress Jewelers. The Sanibel Shell Show is an integral part of the Sanibel Shell Festival that will be held Thursday to Saturday, March 3, 4 and 5 at The Community House. For more information, visit [www.sanibelshellclub.com](http://www.sanibelshellclub.com).\*



Lorin Arundel and Ann Ziehl of Island Sun



From left, Carlos Fernandez, Michelle Denny, Melissa Congress, Brandie Dumas and Ron Lee of Congress Jewelers

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# Double Duty Home Office For House Guests

by Trinetta Nelson



**H**aving a room for your home office is a key way to promote productivity when you work remotely, but what if there were some easy ways to transform it into a multi-use space.

Specifically, a spare room for when house guests drop by?

Creating a multi-use room is a great way to get daily use out of your spare room, whether as an office or guest bedroom for family and friends. This transition may not seem the most straightforward, but with a few helpful tips, you can optimize your spare room for work and hosting.

Invest in multi-use furniture. You don't have to commit to a home office or a guest room if you enter the space with multipurpose functionality in mind. A great option includes a convertible or sleeper sofa that can extend into a bed or fold into compact seating at a moment's notice. This way, the room can stay professional most of the time and then change into a cozy getaway without any hassle.

Keep an eye out for storage opportunities. Something an office and guest room both have in common? A need for organization. Whether it's stacks of work materials or extra blankets and pillows, having plenty of storage options is essential. Wicker baskets and ottomans with hidden storage are ideal candidates for either. Similarly, a desk with cabinets and drawers can help tuck away any unnecessary items instantly.

Add art to the room. Just because the

room mainly functions as an office space doesn't mean it has to be dreary or dull. Brighten it up with paintings or pictures. This can help transition the room from work to warmth without the need to change anything for either use. The art can become the common denominator decoration that ties the shared space together in either form.

Incorporate different lighting options. When you work, you want a brightly lit space to help keep you on task. However, that's not necessarily the perfect atmosphere for a guest bedroom that your family and friends may want to rest in. To meet this challenge, aim to offer a couple of lighting options in this room. For daily use, consider overhead lighting or a bright desk lamp. For guests, have an ambient lamp by their sleeping arrangements or hang whimsical twinkly string lights around the room for extra coziness.

Excited to get started? Creating a multifunctional shared office and guest room can be a daunting task. Relieve some of the pressure with expert assistance from a design professional to begin your design journey and get the perfect multi-use spare room. They can help you optimize the space for an easy transformation to accommodate guests when needed.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinetta@coindceden.com](mailto:trinetta@coindceden.com).\**

## Women's Group Explores Nature

**T**he Sanibel Captiva Business Women's Association (SCBWA) held two mindfulness walks, on January 29 and February 2, led by Cristina Shaul, a volunteer with JN "Ding" Darling National Wildlife Refuge.

The members of SCBWA explored concepts of mindfulness and considered physical and mental benefits of spending time in nature with a hike around Ani Marsh. Through senses and various mindfulness exercises, participants were

able to connect with themselves and peace found in the present moment. The walks fit in well with SCBWA's 2022 theme on health and wellness.

Shaul said the walk around Bailey Tract is a way to, "check out (our) tract that not many people know about."

"The walk was a great way to start my day. It is easy to go about your day running from one thing to the next, but taking the time to center and be present is so important" said Maureen McGauran, SCBWA board member.

SCBWA holds a speaker series on the third Tuesday of the month at various restaurants and businesses around the islands. The group also hosts a Tips and Sips networking every third Wednesday of the month and rotates between Sanibel and Captiva restaurants.

For more information, contact [taylor@irisprintdesigns.com](mailto:taylor@irisprintdesigns.com). Updates are posted at [www.facebook.com/SanCapBWA](https://www.facebook.com/SanCapBWA).\*

## Progressive Club Meeting

**P**rofessor Caroline Mala Corbin, professor of law and dean's distinguished scholar at University of Miami School of Law, will address the Constitutional Threat to Women's Rights at the Progressive Club's Zoom meeting on Thursday, February 17 at 4 p.m.

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

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

Annual dues for Progressive Club membership are \$35 per individual or \$70 per couple. Mail check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit [www.pcislands.org](https://www.pcislands.org), call 944-3175 or email [pcisancap@gmail.com](mailto:pcisancap@gmail.com).\*

## Sales Benefit Historical Village



Emilie Alfino with Lynn Hoops, manager at The Shack photo provided

**T**he Shack Frozen Custard recently delivered a check to Sanibel Historical Village as part of its 12 Days of Giving program over the holidays. The Shack chose 12 local nonprofits and dedicated a percentage of sales from one day to each organization.

"We're happy The Shack chose the historical village as one of the beneficiaries," said Emilie Alfino, executive director of the Sanibel Historical Village. "We talked it up and got a lot of our volunteers and staff members to treat themselves to some frozen custard and help the village at the same time. It was a very happy partnership, and we hope to be included next year as well."

The Shack is also sponsoring the historical village's gala fundraiser on February 22 with a platinum-level, in-kind donation. Tickets are still available for the gala for \$125 per person. It will be a premiere showing of a commissioned documentary about the history of the lighthouse and of Sanibel. For more information, call Alfino at 472-4648.\*



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Gross Champions, from left, Dave Escamilla, Eric Messerschmidt, Mike Roos and Craig Jorgensen

photos provided

## The Sanctuary Charity Classic Exceeds Goal

The Sanctuary Charity Classic was held on January 29 and, despite the below average temperatures and strong winds, proved to be a success on every metric raising more than \$200,000. John McCabe, president of The Sanctuary Golf Club Foundation, said, "We were elated to see everyone pull together and exceed our goal of raising funds to benefit human needs on our islands and our employee scholarship fund. The outpouring of generosity confirms The Sanctuary and our community truly care and support those in need on Sanibel and Captiva."

The outpouring of generosity enables The Sanctuary Golf Club Foundation to provide ongoing support to the islands' primary social service nonprofits, as a way to supplement its members' individual donations. By having a charitable reserve fund, the foundation was



Net Runner-Up, from left, John Kaltenmark, Jim Courter and Carmen Courter (not pictured, AJ Scribante)

able to ease the burdens for island nonprofits when unanticipated local needs arose for things like tutors at The Sanibel School to provide a boost to children who fell behind during the pandemic due to remote learning.

More than 150 participants and volunteers showed up at The Sanctuary Golf Club to help raise money for nonprofit organizations, such as FISH of SanCap Community Housing and Resources, Children's Education Center of the Islands, Sanibel School Fund and SanCap Cares. A golf tournament was held during the morning, topped off by a helicopter golf ball drop, reception with gourmet food stations and an awards ceremony in the afternoon. Mike Roos, who won the helicopter golf ball drop, handed the money back to the foundation so the funds could be used to further help those in need in the community.

John Schmidlin and Jackie Bingham, co-chairs, said, "We are very fortunate to have such caring and generous members, participants and volunteers to contribute to the success of The Sanctuary Charity Classic."

Jim DiMarino, director of golf, said, "A full house



Couples Champions, from left, Kathy and Bob Paul, and Carolyn and Joe Palchak

of golfers showed up and demonstrated a high level of golf skills navigating our challenging course, which we were delighted to have in terrific shape thanks to our dedicated course crew. Winning this tournament required players to be on their A game."

The 2022 Sanctuary Charity Classic champions were:

Gross Champions: Dave Escamilla, Craig Jorgensen, Eric Messerschmidt and Mike Roos.

Net Champions: Craig Albert, Eric Carlson, Kyle Decicco and Brian Terrell.

Net Runner-Up: Jim Courter, Carmen Courter, John Kaltenmark and AJ Scribante.

Couples Champions: Bob and Kathy Paul, and Joe and Carolyn Palchak.

The mission of The Sanctuary Golf Club Foundation is to support nonprofits that positively impact the lives of people living or working on Sanibel or Captiva, and to provide educational opportunity grants to Sanctuary employees and their families. For more information, contact Ken Kouril, executive director, at 333-3777.✪



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The Sanibel Captiva Trust Company

## Help Youth Get A Strong Financial Start



by West McCann, Office President, Naples Trust Company

The following story swathes several crucial financial topics: the importance of an early start to investing; the time value of money;

family governance; and the power of compounding. Each of these topics is integrated into the wealth management services in which we advise our clients. Here at the trust company, we are called upon to explain complex estate planning, investment philosophies and the management of financial goals. From time to time, however, we learn clever and intelligent ideas from our very wise clients, and that is what I am sharing today.

A gentleman with whom I worked offered an idea that is simple and yet very effective in assisting a young person to begin the journey of saving and investing. This gentleman had a grandson who was working in a summer job, not earning a great deal but his

grandfather was proud of the work ethic that was being established. To encourage the young man, he met his grandson after the boy had received a W-2 for his past summer's work. The grandson had earned a little more than \$3,000 and the grandfather took him to open a Roth IRA. As a reminder, a Roth IRA is funded with after-tax dollars and grows tax free. Completely tax-free withdrawals can start at age 59 1/2, and a worker may contribute 100 percent of earned income to a Roth, up to \$6,000.

The grandfather's gesture prompted the first of many discussions about investing wisely, with the grandfather often reinforcing the concepts of thrift and being responsible with wealth. The grandson enthusiastically embraced the newfound bond with his grandfather, and the two have enjoyed a great many conversations about saving for the future and investing wisely. Stock ideas and financial markets became a staple of their mutually enjoyable conversations.

Several years passed with the grandfather making additional gifts to the Roth IRA in amounts of \$3,000, \$3,500 and \$4,000 for a total contribution of \$13,500. Another important investment topic now entered the discussion – the effects of compounding. This grandchild was 18 years old at the time of the first gift, and he graduated from college and became fully employed at age 24, at which time he could begin funding a 401k and saving from his own earnings. The

mathematical effect of even modest gifts like this can be astounding, not because of high rates of return but because of time. Young investors possess the most important ingredient to building a substantial investment portfolio – time. Many of us realize far too late how difficult it is to build investment wealth with little time. Compounding over time has extraordinary impacts. When the grandson reaches age 65, his Roth IRA – earning an average of 8.5 percent per year – would reach a value of approximately \$415,000. Since the grandson is holding a Roth IRA, he will be able to withdraw those assets tax free or choose to pass the account along to his heirs.

The wise grandfather intended to help his young grandchild establish good savings and investment practices. What he would tell me later, is that those small contributions really transformed into much more. First, he built a bond with his grandson that was very meaningful to both of them. They shared ideas and thoughts, and discussed results with enthusiasm. They suffered investment declines and celebrated investment victories together.

Making small gifts to a Roth IRA early in a young worker's life creates the opportunity to share values, opens up topics for discussion and sharing, and is the most tax-effective way of building

investment wealth in our planning universe.

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

## New Teller At Community Bank

Karen Miller has joined Sanibel Captiva Community Bank as a teller at the Periwinkle Branch, located at 1037 Periwinkle Way on Sanibel. Miller is responsible for assisting customers with personal and business banking transactions.



Karen Miller

In addition to a retail banking background, Miller has over two decades of experience in customer service and office management in the medical field.\*

## LCEC Program Helps Neighbors

Lee County Electric Cooperative (LCEC) customers can help others by enrolling in the Power to Share by Rounding Up program. The program was created in 2009 to assist financially strained customers. It is a partnership between LCEC and the United Way, and is funded through donations by LCEC employees, business partners and customers. In 2020, LCEC expanded

this program with the introduction of the Power to Share by Rounding Up program.

The program allows participating customers to round up their monthly electric bill to the nearest dollar. Customers also have the option to make an additional monthly contribution or make a one-time donation to their bill. Customers can enroll and unenroll through the LCEC SmartHub, online at [www.lcec.net](http://www.lcec.net) or by calling LCEC Customer Care at 656-2300.\*

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## New Sponsors For Movie Premiere



Ron Zajac, owner of Coastal Cooling  
photos provided

Captiva Cruises and Coastal Cooling are silver sponsors of the Sanibel Historical Village Gala Movie Premiere on February 22, featuring a screening of the documentary *Secrets & Stories of the Sanibel Lighthouse*.

"We appreciate this support from our community members. These generous donations help us fulfill our mission to preserve, share and celebrate Sanibel's interesting history. With their help, we can pursue our goal to improve and



Bob Rando of Captiva Cruises

enhance our exhibits," said Emilie Alfino, historical village executive director.

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

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access.✪

## Meeting On Captiva About Sea Level Rise

Captiva Community Panel will host a community meeting – Adapting to Sea Level Rise on Captiva – on Friday, February 18 at 5:30 p.m. at Captiva Civic Center.

Options on bayside adaptation for Captiva will be presented by Cheryl Hapke, PhD, Integral Consulting, who has been working with the Captiva Community Panel's Sea Level Rise (SLR) Committee since 2019.

Those wishing to attend the meeting in person must sign up (no cost) at Eventbrite (link below), as seating is limited to 75 people due to the Captiva Civic Association's COVID-19 policy. Masks or face coverings are required indoors for anyone over age 6.

The adaptation study followed Hapke's completion of a baseline SLR vulnerability assessment covering the potential impact of one, two and four feet of SLR. This vulnerability assessment only included SLR, not storms. (The panel, in conjunction with the City of Sanibel, has submitted grant proposals to conduct assessments of both Captiva and Sanibel that include storm modelling.)

Based on this vulnerability assessment, the SLR Committee identified five priority areas on Captiva's bayside, representative of both the potential SLR risk and the various shoreline types generally found on the bayside.

The SLR Committee secured funding

to develop conceptual adaptation strategies for two feet of SLR for each of the bayside priority areas, to enable property owners to understand their options to protect their homes and properties from increased inundation, higher tides and storm waves.

This presentation will cover the adaptation options in depth, and will be followed by a Q&A session. The presentation will also be available via Zoom (see below), and will be recorded and posted on the panel website, [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com), for viewing.

The adaptation study was funded by Captiva Erosion Prevention District, Sanibel-Captiva Conservation Foundation, Captiva Civic Association, Jay and Cindy Brown, Robin and Lisolotte Vince, Surinder and Edda Sehgal

RSVP at <https://www.eventbrite.com/e/captiva-sea-level-rise-meeting-tickets-262233215607>

Zoom link: Webinar ID: 860 5365 8967 Passcode: 309551

Captiva Civic Center is located at 11550 Chapin Lane on Captiva.✪

## Rotary Club Scholarships

The Sanibel-Captiva Rotary Club is accepting scholarship applications for the 2021-22 school year.

Eligible applicants are students who will attend FGCU, who live or work regularly on the islands, or whose parents live or work on the islands. Applications must be postmarked by June 1, 2021 and can be found online at [www.sanibelrotary.org](http://www.sanibelrotary.org).✪

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## 2. BUCK KEY - CAPTIVA

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## 3. SUNSET CAPTIVA 57 - CAPTIVA

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## 4. REMODELED DIRECT ACCESS BASIN HOME ON LIMPET DRIVE - SANIBEL

- Enjoy one of the island's newest remodeled homes featuring 4 BR/2 BA with completely remodeled interior & exterior, hurricane-rated windows, deep water Gulf access, travertine pool and over \$100k of decorator furnishings

- Completion scheduled for June 2022, more details available
- **\$3,250,000 EURO 2,913,361**



## 5. WEST END CANAL HOME - SANIBEL

- 3 BR/ 2.5BA home on Sanibel's west end with refurbished boat dock & lift
- Cozy coastal style, new roof, new pool pump, offered fully furnished with new furnishings

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## 6. BEACH HOME IN THE DUNES - SANIBEL

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## 7. CAPTIVA HIDE-A-WAY - CAPTIVA

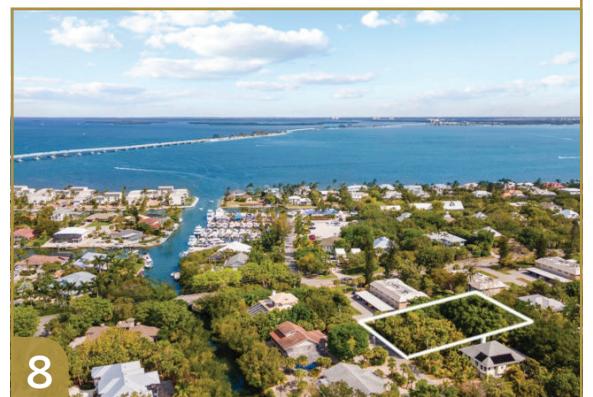
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Will Power

# Income Tax Planning For Trust Beneficiaries



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

In a recent column, I discussed the benefits of embedding continuing testamentary trusts for your children and grandchildren into your revocable living trust. After your passing, rather than having your estate distribute all the assets outright to your loved ones, I suggested protecting them from divorce, creditors and predators.

Your adult children don't have to lose control of these trusts and the assets. My clients fear a situation where their adult child will have to beg a bank or trust company to enjoy the benefits of her inheritance. You can name your adult children as their own trustee, putting them in control of investment and distribution decisions. This is where the income tax planning comes into play.

When creating testamentary trusts for loved ones, many attorneys will draft provisions that read something like this, "all of the income shall be paid to my child..." This type of provision makes the income tax planning relatively easy in the sense that the trust earns the income (usually interest and dividends) and pays that income to the child/beneficiary. The child/beneficiary is the taxpayer. This type of wording, however, doesn't help with estate tax planning (as the amounts will likely be included in the child's estate when he or she dies) or with protecting the assets from divorcing spouses, business lawsuits or creditors.

In order to both minimize tax and offer protection, the trust must be discretionary to the trustee/beneficiary. Most attorneys do this by limiting the distributions to an ascertainable standard as defined in the tax law. You've probably seen this phrase: "My trustee may distribute the income to the beneficiary for her health, education, maintenance and support." Those are magic words in the Internal Revenue Code that satisfy various legal requirements.

But that generic language isn't enough to thwart an adverse income tax outcome. Let's suppose, for example, that Lisa is an adult child beneficiary of her mother's trust. Mother recently died. The testamentary beneficiary trust for Lisa's benefit was discretionary, and included the health, education maintenance and support language.

Suppose further that Lisa is subject to a lawsuit, so she doesn't want to distribute the income from the trust, she'd rather accumulate that income inside of the trust until the legal danger subsides.

When income is accumulated, it usually means that the trust is the taxpayer. The income tax rates for trusts are compressed, such that accumulating \$13,000 of income results in the trust paying the highest marginal federal rate. Lisa won't pay that rate unless she earns several hundred thousand dollars of income.

Is there a workaround? Yes, there is. It requires using an advanced planning strategy, that if not used properly, could strip away the asset protection features of Lisa's testamentary trust. I won't go deeper than that as an explanation because the strategy should be tailored to each individual situation, but the result is the income can be accumulated, thereby shielding it from the lawsuit, yet treated for tax purposes as if it was distributed to Lisa, so it's taxed at a lower marginal rate than what the trust would pay.

This strategy is especially effective when you leave traditional IRA or 401(k) distributions in trust. Using my prior example, let's assume that Lisa has a daughter, Kaylee, who's a minor. Lisa's mother can't name Kaylee directly as an IRA beneficiary or the financial institution where the account is held (Vanguard, Schwab, UBS, etc.) can't make a distribution to a minor. Therefore, Mother created a trust and named Lisa as the trustee with Kaylee as the beneficiary.

When Mother died, the traditional IRA account became an inherited IRA account. Lisa has 10 years from her mother's death to withdraw the entire balance. She doesn't want to wait until the 10th year to withdraw, since the tax burden would be higher as the amount would be the entire amount plus all the growth over the 10 years.

Say Lisa chooses to withdraw \$50,000 but wants to accumulate it in the trust for Kaylee, and would rather wait until Kaylee is in college before she uses the money. Here again, we have a \$50,000 taxable distribution from the IRA, and the trust will be the taxpayer, paying taxes at the highest marginal rate.

Can we use the same strategy mentioned above for a minor beneficiary to tax the income at Kaylee's lower rate? Yes and no. I say "yes" because we can use workarounds to treat the income as distributed when it really isn't. The "no" is because Kaylee is a minor, so the "kiddie tax" rules apply. Her tax rate will likely be Lisa's marginal tax rate.

As you can see, there's a lot more to estate planning than estate tax. Asset protection and income tax consequences are important factors to consider. The rules are complicated, but it pays to consider all your options.

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## How's The Market? Ask Ann Selling? Talk to me first.



Ann Gee  
Broker/Owner

We continue to witness rising sales prices and a continued reduction of homes and condos for sale on Sanibel. Very strong demand continues to absorb any new listings quickly. What happened? Our last "normal" year was 2019, when 374 new homes and 228 new condo listings became available. Total Unit sales in 2019 were 211 homes and 127 condos, resulting in a healthy inventory of resale homes available at the end of the year. Now, let's look at 2021, when 313 homes and 243 condos became available for sale. It is worth noting that 355 homes and 287 condos were sold in 2021. A major increase in sales as compared to 2019. In my view, it will take many months to go back to a "normal" supply of homes and condos available to purchase.

Selling? A new listing priced to the current market should sell quickly (2-3 weeks). Talk to me, my selling fee is as low as 3% if I personally sell your property.

Thank you for reading my column and the positive feedback.

### 14 Closed Sales Going Back One Week: 7 Homes, 6 Condos & 1 Lot

|   |   |
|---|---|
| 2902 West Gulf Dr. #1 Duggers Cottages <b>\$452,000</b> | 2777 West Gulf Dr. #308 Nutmeg Village <b>\$1,225,000</b> |
| 732 Donax St. #7 Donax Village <b>\$650,000</b>         | 1195 Sand Castle Rd. <b>\$1,250,000</b>                   |
| 741 Cardium St. #17 Donax Village <b>\$695,000</b>      | 543 Boulder Dr. <b>\$1,265,000</b>                        |
| 0 Rue Belle Mer Vacant Land <b>\$699,000</b>            | 2475 West Gulf Dr. #110 Tarpon Beach <b>\$1,350,000</b>   |
| 3702 Coquina Dr. <b>\$850,000</b>                       | 2445 West Gulf Dr. Pointe Santo <b>\$1,350,000</b>        |
| 644 Lake Murex Cir. <b>\$869,000</b>                    | 979 Whelk Dr. <b>\$1,600,000</b>                          |
| 4285 Gulf Pines Dr. <b>\$900,000</b>                    | 2391 Wulfert Rd. <b>\$2,350,000</b>                       |

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Sanibel Mayor Holly Smith and City Manager Dana Souza

photo provided

## CASI Hosting Breakfast Meeting With City Officials

The Condominium Associations of Sanibel Island (CASI) is hosting breakfast with Mayor Holly Smith, City Manager Dana Souza and other city department heads on Thursday, February 24 at The Community House. Registration begins at 8 a.m. for the 8:30 a.m. breakfast; program begins at

9 a.m. Cost is \$15 for CASI members, officers and condominium owners; \$30 for the public. Cash and checks will be accepted at the door but advance registration is required by Monday February 21. RSVP to: [casi.sanibel@gmail.com](mailto:casi.sanibel@gmail.com) or text Jane Michaud at 410-5465. Include name/title and association or company for each attendee.

The breakfast is sponsored by Bank of the Islands.

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

## Lee Coast MOAA Seeks Sponsors For Golf Outing

Sanibel is replete with clubs and associations that had their beginnings on the island. One of those associations is the Lee Coast Chapter of the Military Officers Association of America (MOAA). What started out in 1981 as the Sanibel-Captiva chapter meeting at The Dunes Golf & Tennis Club – a gathering of like-minded military retirees and veterans over dinner socials – has evolved through the years to the MOAA chapter as it is today.

Every year for the past nine years, the Lee Coast Chapter has held an annual golf outing to raise funds for distribution to veterans service organizations, local colleges and the 16 Lee County high schools JROTC units. This year is no different. The 9th annual MacKenzie-Janes Tribute Golf Outing will be held at Shell Point golf course on Wednesday, April 6. The goal is to raise at least \$50,000 in support of its veterans, college and JROTC programs.

You can help the chapter reach that goal by being a sponsor. Sponsorship levels range from Bronze (\$250) to Diamond (\$5,000).

The Lee Coast Chapter is non-partisan organization, with its charitable foundation dedicated to maintaining a strong national defense; fostering

fraternal relations among active, former and retired officers of all uniformed services; providing service to area veterans families, and Lee County JROTC programs, while promoting the purposes and objectives of Military Officers of America national association.

This golf outing is the Lee Coast Chapter Foundation's primary fundraiser to help fund programs that serve veterans, high school and collegiate military programs independently and in cooperation with community and educational organizations. This outing has raised over \$117,000 in the last four years.

This year's honorary chairman is Commander Rich Kolko, USN (Ret.), safety and security specialist at WINK News.

For more information on sponsorships or registering for the golf outing, contact USAF Colonel (Ret.) Tim Moore, golf outing chairman, at [col.tbmoore@gmail.com](mailto:col.tbmoore@gmail.com) or 941-626-2943. Moore is president of the Lee Coast Chapter.\*

## Osprey Nest Monitors Needed

The International Osprey Foundation (TIOF) needs volunteers to monitor osprey nest territories on Sanibel, Captiva, Fort Myers Beach, Pine Island and the surrounding areas. Training is provided. Contact [tiof@outlook.com](mailto:tiof@outlook.com).\*

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## Frankly Speaking

by Howard Prager



The sports world is in full swing. My pick for Super Bowl Sunday is Bengals 31, Rams 28. The Winter Olympics are in progress (and again without fans). The NBA and NHL

are approaching their all-star games, and MLB is not going anywhere. Many believe commissioners Rob Manfred (MLB) and Roger Goodell (NFL) aren't doing enough to advance their respective sports, to keep players safe, to stem cheating and to ensure greater equality and diversity in the front office. From baseballwikia.com: "The commissioner of baseball is the title of the highest office in Major League Baseball. Under the direction of the commissioner, the office hires and maintains the sport's umpiring crews, and negotiates marketing, labor and television contracts. The commissioner is chosen by a vote of the owners of the teams." The biggest complaint about Manfred is that instead of representing the best interests of the sport, he represents the best interests of the owners and doesn't consider what's in the best interests of both players and owners, and especially you and me, the fans.

It is highly unlikely that Spring Training will start on time because of the lockout, although two years ago the players needed just three weeks preparation, albeit for a shortened

season. The player's agreement (CBA, or collective bargaining agreement) expired in December when the owners locked the players out. Both owners and players weren't happy with the current agreement. The CBA is packed with legalese about how soon a player can be arbitration eligible, minimum salary, draft picks and compensation, and a myriad of other issues. Manfred offered federal mediation. The players rejected, saying that MLB has not negotiated yet. Secretary of Labor Marty Walsh on Monday said he'd step in to mediate if asked. He knows this is for the good of the country. The owners meet next week, and the players reps will be there in case they want to negotiate in person. But distrust is deep. From Yahoo Sports: "Mets reliever Trevor May predicted on social media that spring training will be lost, Rob Manfred has not negotiated in good faith and is instead doing what he can to win the labor battle, rather than provide fair opportunities for both parties. In the past, there's been an element of respect for the game of baseball and tradition and a romantic [feeling] – they (commissioners) like baseball. Those things are not on Rob's radar. He just doesn't really think about the fan as a fan, he doesn't really think about the player as people, he thinks about all of us as a dollar sign, and he wants to move the pieces in order to maximize the number of dollar signs that go to his bosses. That is just the way that it is." As reported by SB Nation, "In an ideal world, a commissioner would be an impartial guardian of the sport. Everything they do would be for the good of the game, from rule changes to punishments. This is not an ideal world. Sports franchises

are big business, and that unpleasant fact has been more and more obvious as teams change posture from trying to win to trying to maximize profits" and even purposely tank to get better draft picks. Can Manfred move baseball forward and get things resolved before spring training is totally lost?

Let's look at Goodell. Similar job description, chosen by the owners. According to SBNation, "Goodell is the archetype for all of the league's stuffiness and largesse. You got issues with ticket prices, personal conduct suspensions, drug offenses, your team moving, or your team fleecing your city for a new stadium? That also doesn't even get near the ways the league has bungled serious issues like player safety and domestic violence. He's on the hook for those, too." Goodell issued a memo Saturday in which he said, "we must acknowledge" that the efforts to promote diversity with respect to head coaches have been unacceptable." That's his response to coach Brian Flores' lawsuit against the NFL and three of its teams alleging a pattern of racist hiring practices and racial discrimination. In the memo, Goodell says that the league will reevaluate all "policies, guidelines and initiatives relating to diversity, equity and inclusion, including as they relate to gender." So far in 2022, six of the nine head coach hires, including one that is expected to become official after the Super Bowl, have been white men. It's time for both commissioners to step up with actions that move both leagues forward for the good of the game. Let's have the commissioners face issues in both society and sports, and create a culture that listens, responds and moves forward. A commissioner for the whole sport.

We need a good news story this week. Here's one fresh from the Olympics courtesy of *The Independent*: "From a lion in a chemotherapy cage to the king of the slopestyle jungle, Max Parrot didn't need an Olympic gold medal to love life. 'My goal is to go for the gold, that's for sure,' the Canadian snowboarder said last month. 'But I'm really happy as well that if I don't get it, I won't have any regrets.' Parrot's source of perspective is a painful one:

a Hodgkin lymphoma diagnosis and 12 treatments over six months, stripping bare an Olympian body, day by day. Cancer took everything but left him something - a chance, that so many millions never get - to live the rest of his life in pure technicolor. 'I try to smile all day long now,' he said. 'I don't take anything for granted any more. I appreciate every day - from little things in the morning to my passion for snowboarding. It's made me better.' Parrot won silver at PyeongChang 2018 and, a few weeks later, missed 2018-19 due to chemotherapy. He won Olympic Gold thanks to a daring run that blended huge air with brilliance on rail sections. His second jump was magnificent. Parrot scored 90.96 points, the only man to break 90. 'By far, the biggest run of my entire career,' he said." Now that's a comeback. Let's hope his cancer doesn't.

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](mailto:press@islandnews.com).

## Kiwanis Club Scholarships Available

The Sanibel-Captiva Kiwanis Club is accepting scholarship applications for the 2022-23 school year. Scholarships in varying amounts are available. Applicants must be Sanibel or Captiva residents, or employed full-time on the islands, or a family member of such, and attending a college for an undergraduate degree or attending a vocational school. The club collects the applications and an independent committee makes the selection. The deadline for applications is March 25.

Applications are available on the website at [www.sanibelkiwanis.org](http://www.sanibelkiwanis.org), or by contacting: MJ Hays at 579-0660 or [mj@sanibelinsurance.com](mailto:mj@sanibelinsurance.com); Bill Traum at 671-0155 or [billtraum@outlook.com](mailto:billtraum@outlook.com); or Chris Heidrick at 579-0660 or [chris@sanibelinsurance.com](mailto:chris@sanibelinsurance.com).

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## SPORTS QUIZ

1. What city in Norway hosted the 1994 Winter Olympic Games?
2. At the 2006 Turin Winter Olympics, what U.S. snowboarder blew a three-second lead and settled for the silver medal in the snowboard cross final after a method grab caused her to fall?
3. East Germany's Ulrich Wehling won three consecutive Olympic gold medals from 1972-80 competing in what sport?
4. At the 2002 Salt Lake City Winter Olympics, South Korean short track speed skater Kim Dong-Sung was disqualified in the men's 1,500-meter final. What U.S. Olympian won the gold medal as a result?
5. Name the Heisman Trophy winner who competed for the U.S. bobsled team at the 1992 Albertville Winter Olympics.
6. In 2000, NHL and U.S. Olympic hockey player Bret Hedican married what U.S. Olympic figure skating gold medalist?
7. As of the 2018 Winter Olympics, what country has won the most total medals in skeleton?

## ANSWERS

1. Lillehammer. 2. Lindsey Jacobellis. 3. Nordic combined. 4. Apolo Ohno. 5. Herschel Walker. 6. Kristi Yamaguchi. 7. Great Britain, with nine.



Phase 1 of the Causeway Islands Project on Island B

photos by Bob Petcher

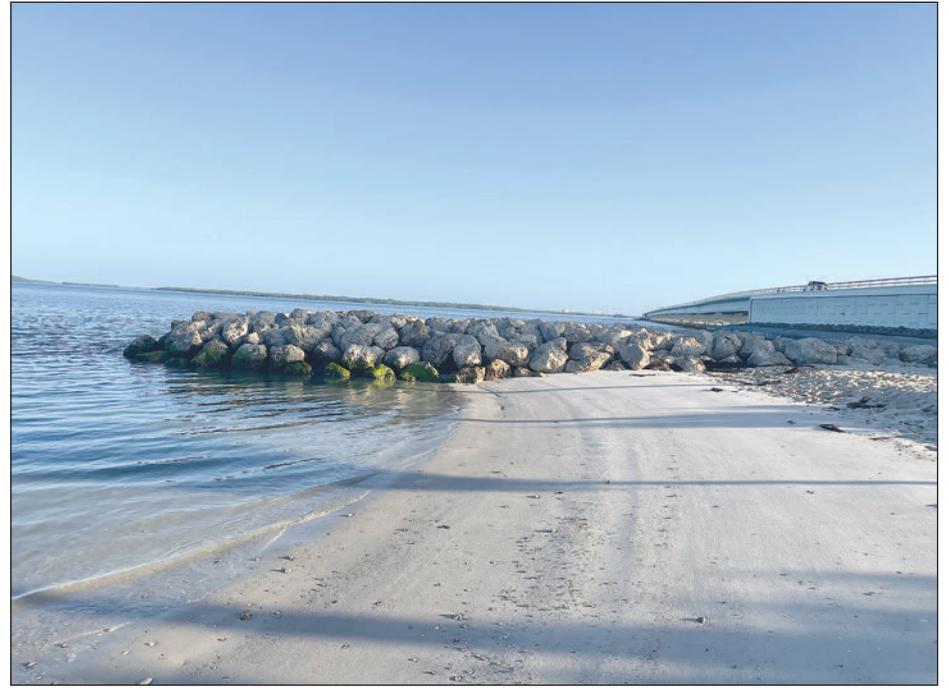
## Causeway Project Updates Available Online

Lee County has launched an interactive web tool for the Sanibel Causeway Islands Project to provide easy access to information about the proposed project, including

maps, plans and timelines in a user-friendly interface.

The \$8.5 million project ultimately will enhance both Island A and Island B using tourist development tax dollars and state funds. Contracts for the project were awarded in August 2021 and the project is estimated to be complete by summer 2024.

The interactive resource illustrates the shoreline improvements already under way on the causeway islands



Completed groin on the bay side of Sanibel Causeway Island B

(Phase 1), as well as the proposed upland improvements (Phase 2). Current conceptual plans for Phase 2 and a historical timeline of the project are posted on the site. Visitors may also take a survey, which can be used to provide feedback on the conceptual plans.

This project involves stabilizing portions of the shoreline at this facility, including on both Island A and Island B. Additional improvements could

include the development of compacted shell designated parking areas and corresponding stormwater management areas, as well as the addition of beach sand, new restrooms on Island A, native plant landscaping and picnic pavilions. Access to existing fishing areas also will be improved.

The interactive web tool can be accessed at <https://leegis.leegov.com/causewayislands> or [www.leegov.com/parks/projects](http://www.leegov.com/parks/projects).

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Health First

# Managing Blood Glucose



by Julie Rosenberg, MD

**M**easuring blood glucose, or blood sugar, is important, as blood glucose can be indicative of several health problems, including hypoglycemia,

insulin resistance and diabetes. Blood glucose levels fluctuate throughout the day and night in response to meals, physical activity, stress levels, hormone levels and even circadian rhythms. A normal fasting (no food for eight hours) blood glucose level is between 70 and 99 mg/dL. Prediabetes is clinically indicated by a fasting blood glucose in between 100 and 125 mg/dL and/or an A1c between 5.7 and 6.4 percent. (A1c is a blood test that gives a two- to three-month average of blood sugars). Diabetes, on the other hand, is diagnosed by any one of the following:

Two consecutive fasting blood glucose tests that are equal to or greater than 126 mg/dL;

Any random blood glucose that is greater than 200 mg/dL;

An A1c test that is equal to or greater than 6.5 percent.

Managing blood glucose is important

for overall health and wellbeing. It is also a good strategy for controlling hunger, food cravings, energy and stress levels, and mood swings. Additionally, stable blood glucose levels support more stable insulin levels. Elevated insulin levels can be concerning as they are often linked to high blood pressure, high cholesterol levels, hormonal imbalances, decreased immunity, increased inflammation and an increased risk of heart disease.

Following are eight recommendations to help keep your blood glucose as low and stable as possible throughout each 24-hour period.

1. Eat approximately every three to four hours during the day. Feeding your body on a regular schedule throughout the day helps regulate blood sugar and insulin levels. A whole foods diet will provide a solid foundation of vitamins, minerals, antioxidants and phytonutrients.

2. Limit processed carbohydrate intake. Foods made from white flour (breads, bagels, cereals, crackers, cookies, and cakes) are digested and absorbed rapidly, leading to elevated blood glucose and increased insulin levels after eating.

3. Eat foods with a low glycemic index. The glycemic index of a food is an indicator of how rapidly blood glucose rises after that food is eaten. Lower glycemic index foods are digested and absorbed more slowly than higher ones. Beans, sweet potatoes, barley, most vegetables, yogurt, nuts and fresh berries have a low glycemic index.

4. Focus on fiber-rich foods to improve glycemic control. Fiber, especially the soluble type found in beans, oats,

vegetables and fruits, slows digestion and absorption, and improves satiety (a feeling of fullness). In addition to eating foods rich in fiber, a fiber supplement may help you achieve your daily fiber goal (25 grams for women and 38 grams for men).

5. Include lean protein-rich foods with each meal and snack. Choose high quality plant proteins (beans, lentils, tofu, tempeh) or lean animal proteins (fish, skinless chicken breast or lean red meats). The protein Reference Daily Intake for an adult who eats 2,000 calories a day is 50 grams. Individual protein needs are based on age, weight, height, sex and activity level.

6. Incorporate healthy fats into your diet. Avoid saturated fats from higher fat meats and dairy products, and add monounsaturated fats to your diet. Monounsaturated fats are found in extra virgin olive oil, avocado, black olives, peanuts, almonds and natural nut butters. Omega-3 fats, found in cold-water fish (e.g., salmon, arctic char, sardines), omega-3 enriched eggs, flaxseeds and walnuts are also good choices.

7. Incorporate exercise into your daily routine. Aerobic exercise is important in

improving insulin sensitivity (the ability of cells to respond to insulin). Strength training can also contribute to improved metabolism as it stimulates glucose uptake by muscle cells for energy.

8. Practice relaxation each day.

Chronic, unmanaged stress is characterized by high levels of the stress hormone cortisol. Cortisol raises blood glucose levels. Yoga, meditation, deep breathing and progressive relaxation are excellent ways to de-stress and lower cortisol levels.

In summary, managing blood glucose is important for good health and wellbeing. Both dietary and lifestyle choices are key to blood glucose control. Keeping blood glucose levels within a safe range over time (fasting blood glucose of <99mg/dL) will reduce your risk of diabetes and heart disease.

*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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).\**

## Women's Health Series Wraps Up

**F**ISH of SanCap, along with Loureen Downes, PhD, associate professor at FGCU, will host the final segment of the Women's Health Series on Wednesday, February 23 at p.m. at The Community House. The topic for discussion will be weight management for

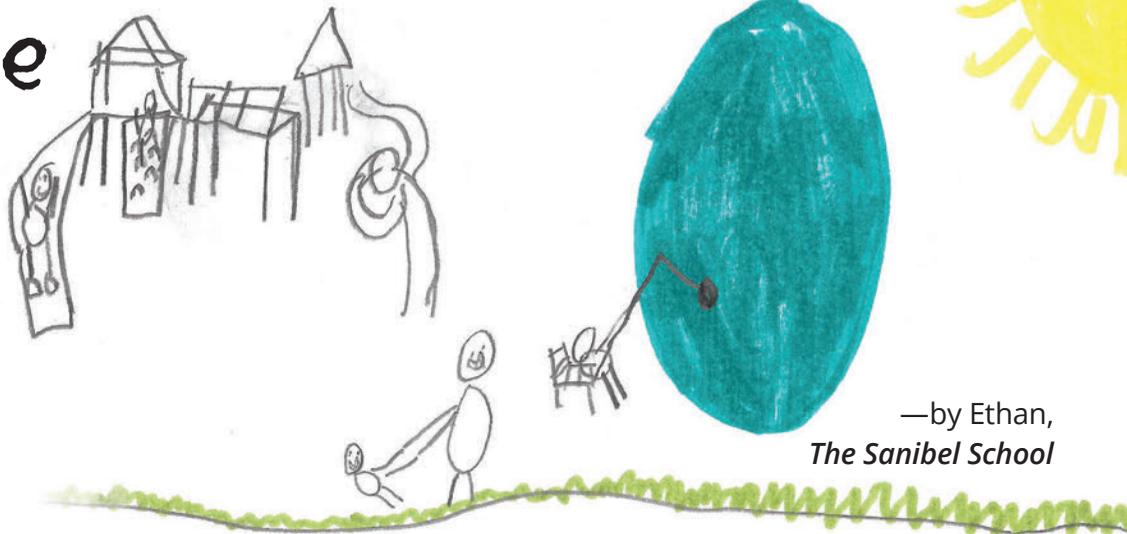
positive health outcomes.

Dr. Downes will introduce the effects of a healthy diet on diabetes and brain health, and provide tips for weight management. The discussion runs approximately one hour, followed by a question-and-answer period. The program series is open to all.

For more information, call 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).

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

I helped someone get up at the playground.



—by Ethan, 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

## An Intracranial Headache Feels Like This



by Suzy Cohen, RPh

**Dear Readers:** Having a headache is common, and probably 80 percent of people experience one in their life. There are all sorts of

headache disorders such as migraines, tension, hormonal and cluster headaches. Popular medications can induce a headache including the very effective blood pressure pills known as "ACE inhibitors." You probably have heard of the ACE receptor since that's where the bug of 2020 binds to as it enters human cells.

Have you heard of intracranial headaches due to high pressure on the brain? It's a serious problem, and I think it is important for you to understand what that type of headache feels like. It's also critical to distinguish this from a migraine which often has an aura.

Probably the most common symptom of intracranial hypertension (aside from the headache itself) is eye trouble. There is no aura. You may have blind spots, poor peripheral (side) vision, blurry vision, double vision and temporary bouts of vision loss. Left untreated, many people experience permanent vision loss.

An intracranial hypertension headache happens when there is increased intracranial pressure (ICP) in the brain. Normally, this occurs if a person has a traumatic brain injury, car accident, sports injury or a disease involving the spinal cord. It wasn't that common except in the elderly population with high risk of a stroke, hydrocephalus or aneurysm. Nowadays, I get questions about severe, moving headaches frequently, so I've been researching the cause of these.

The hallmark symptom of course is a severe headache, one that might

even move quickly around your head. It may be sharp and severe, or may feel like a dull, aching pressure that make your eyes hurt. You may feel less alert and a bit confused, but also possibly restless. As the pressure rises in your brain, you may become less able to speak normal, and your speech may be weaker. It may feel like it's a little bit harder to breathe. These symptoms can come on in minutes and wake you in the middle of the night. This is not a headache you can treat at home, this is a medical emergency in many cases, because it could mean impending stroke or blindness.

However, there are a number of cases where individuals can walk around and sort of function in life with mild ICP. And this may be you if you've been to dozens of doctors for your weird, unrelenting headaches.

The condition can be diagnosed with a lumbar puncture that assesses the pressure of your cerebrospinal fluid (CSF). A visual examination looking for papilledema is critical as part of the fundamental work-up. I hope this article has been helpful in terms of enlightening you to the new type of headache we are seeing. I hope it helps you to have learned the symptoms today in case you or a loved one experiences this. For more information, visit [www.ihrfoundation.org](http://www.ihrfoundation.org).

Also, if you are interested, I have a more comprehensive version of this article. Please sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com) and I'll email it to you.

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

## First Aid Course At Rec Center

In conjunction with Healthy Heart Month activities, the Sanibel Recreation Center will be offering the American Red Cross Community CPR/AED/First Aid course on Tuesday, February 22 from 10 a.m. to 2 p.m.

The course provides participants with the knowledge and skills necessary

to sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives.

Upon successful completion of this course, participants will hold an adult, infant, child CPR/AED/First Aid certification valid for two years.

Cost is \$74 for members and \$96 for non-members, and includes all materials. Skills acquired in this course

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I would like to use my intuition to a greater degree. Do you have any ideas on how to do this?

**A:** We all have intuitive abilities, and we can use our intuition to the degree we want to develop it. The most important part of developing your intuition to a greater degree is to trust the universe and believe the universe has your back. The first step is to become still. This is why a meditation practice is so important, so if you already meditate all the better. If you do not meditate, it's never too late to get started. Meditation can help you connect with your inner voice that

cannot be applied to a lifeguarding certification as this course certifies participants in rescue skills for lay responders, not professional rescuers.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information or to sign up for the course, contact Steve Vela, aquatics manager, at [steve.vela@mysanibel.com](mailto:steve.vela@mysanibel.com) or 472-0345.\*

tells you to do something or not. Your answers are within, and that is why you have the gift of intuition.

Begin to utilize it to free yourself from the outer voices of ego and negativity around you.

Learn to find the miraculous in each moment and know that when you pay close attention, your intuition or inner guidance system, as I often call it, will never lead you astray. Check in with yourself daily and offer gratitude for all that you have, even the smallest gifts like your morning tea or coffee. When you are still, your intuitive answers will become more clear. Trust this and practice.

You will begin to notice how your wise self is trustworthy, and you will build on that trust over time.

*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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*

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# Low Carb Lifestyle



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

We are proponents of consuming a “real food diet” versus a diet of processed, chemicalized, so-called food. We believe that everyone needs vegetables in their diet. Each person’s macronutrient (carbohydrates, fats and protein) needs vary based on their individual diet types. In our earlier days at Caring Medical, we developed our own testing called Hauser Diet Typing. We also authored the book *The Hauser Diet: A Fresh Look at Healthy Living!* where we discussed the five different diet types.

In summary, the diets range from vegetarian to carnivorous with some mixed diet in between. There is no one perfect diet for everyone, as each

person is made of their own DNA. With our research on diet typing came the revelation that most carbohydrate sources in the United States are not good quality – due to excessive processing, use of genetic modification and/or poor nutrient content. The whole grains of today do not carry the nutrient value that they once did.

A low carbohydrate lifestyle means that you reduce simple carbohydrates at each meal and consume more healthy protein, fats and veggies. A carb-heavy diet causes blood sugar fluctuations and energy highs and lows. Many people suffer from insulin resistance or metabolic syndrome as a result, as well as obesity, heart disease and diabetes. Some studies suggest upwards of 80 percent of the U.S. population is insulin-resistant from excessive carbohydrate intake. Eliminating simple carbs can be the first step towards a healthier metabolism.

“Simple carbohydrates” to avoid? The most obvious item is sugar – in all forms – meaning added sugar, sugar substitutes, as well as products made with sugar, including cake, cookies, pie, ice cream, candy, soft drinks, etc. Other simple carbs include white rice, white refined pasta, white bread, baked goods, etc.

Instead of consuming these items, we recommend finding ways to make healthier choices. Some of them we have discussed in prior articles are zoodles (zucchini spiralized) or spaghetti squash in place of traditional pasta and black or brown rice with added legumes such as lentils in place of white rice. Another

great idea is to make keto gluten-free flatbread and bagels. Have you tried them? So delicious! These do require a lot of cheese, but if you are vegan or dairy intolerant, you could use Daiya cheese substitute.

**Keto flat bread (or naan):** What you need: 3 cups shredded cheese (cheddar, mozzarella, or any meltable cheese), ½ cup grated parmesan or asiago cheese, 2 tbsp. Greek yogurt or sour cream, 2 eggs, 1½ cups almond flour, 1 Tbsp baking powder, mixed dried shallot/dill/garlic seasoning (or whatever one you like). Butter and garlic powder. What to do: Preheat oven to 375 degrees and cover baking sheet with parchment paper or baking sheet. Mix soft cheese and yogurt together and heat over a double boiler (some people microwave, but we don’t) until melty. In a separate bowl, mix eggs, almond flour, grated cheese and baking powder together with seasonings. Combine with melty cheese until dough forms. We flour our hands to press dough out onto the baking sheets to about ¼ inch thickness. Brush with melted butter or olive oil and garlic powder. Bake for about 20 minutes until golden brown.

Makes about 12 small pieces or 6 large. You could even use this for a pizza crust.

**Keto Everything Bagels:** What you need: 1 cup shredded cheese (cheddar, mozzarella, or any meltable cheese); ½ cup grated parmesan or asiago or other grated hard cheese, 2 eggs, 2 tbsp. everything seasoning. What to do: Preheat oven to 375 degrees. Combine shredded cheese and egg in bowl until fully combined. Divide into 6 parts and press into a donut pan or make your own bagel shapes. Sprinkle everything seasoning over the tops and bake for 15 to 20 minutes. Feel free to mix up your cheeses – we just recommend using one melting cheese and one hard cheese to get the right flour-like texture. Add other favorite seasonings such as salt, garlic, sesame seeds etc. Bon appetit.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.\**

Beautifulife:

## What Is Love



by Kay Casperson

Valentine’s week is a time to express love for each other in many ways. It is a time to embrace what love means, and appreciate others. Some may celebrate with a dinner out, a trip to

the spa or some flowers, while others do something extra special for someone.

Years ago, when my daughters were just toddlers, I had a favorite book that I would read to them called *What Is Love*. My parents received it from my cousin; his daughter is an artist and the illustrator for this book. This book is a beautiful reminder that love is simple and anyone can embrace it, from kids to adults.

“What is love?” is the question that it asks repeatedly. Can you see it? Can you feel it? Can you touch it? Can you hear it? And, all of these questions can be answered with a big “Yes.”

Sometimes, bringing back a lesson that we used to teach our kids can remind us of important things that we overlook and maybe even take for granted. We forget that we can express our love in many ways but sometimes, the little ways can significantly impact us.

Love is the smile you get when you do something nice for someone. Love is the smell of a meal cooked specially for you by someone who cares. Love is that sweet embrace and the sound of laughter between friends. Love is all around us in the big and little things.

This particular book’s actual point is that Love is God and God is everywhere, always and forever. If you look for it, you will see that love is in the beauty of the earth and the people we surround

ourselves with every day.

One of my favorite bible verses is in 1 Corinthians 13, “love is patient, love is kind. It does not envy; it does not boast. It is not proud. It does not dishonor others; it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

We don’t need to wait until Valentine’s week to express it; in fact, we speak it in the little things we do every day without even knowing it. Love is the most powerful word, thought and expression that we have, which leads us to our best and most beautiful life.

My affirmation for you this week is: “Love is what inspires me to be my best every day, and I will continue to give it away freely.”

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

## Grief Support Group Meetings

GriefShare Sessions are held in the Family Life Center at Sanibel Community Church on Tuesdays through March from 5 to 7 p.m.

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

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

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- Progressive Club of the Islands ..... [pcisancap@gmail.com](mailto:pcisancap@gmail.com)
- Rotary Club ..... 472-7257 or 472-0141
- Sanibel Bike Club ..... [sanibelbicycleclub.org](http://sanibelbicycleclub.org)
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- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . [www.sancapboating.club](http://www.sancapboating.club)
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
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- 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](mailto:press@islandsunnews.com)

# PUZZLES

Answers on page 31B



"Mr. Principal, class teachers, distinguished audience ... I forgot my \_\_\_\_\_."

## 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!

Swallow        

**SIGNET**                        

Maps        

**STARCH**                        

Equip    

**REAPPER**                        

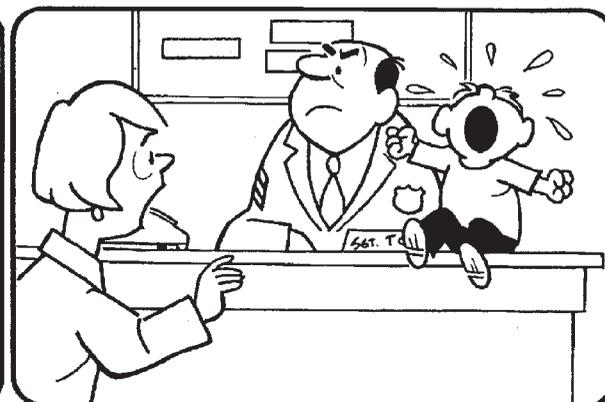
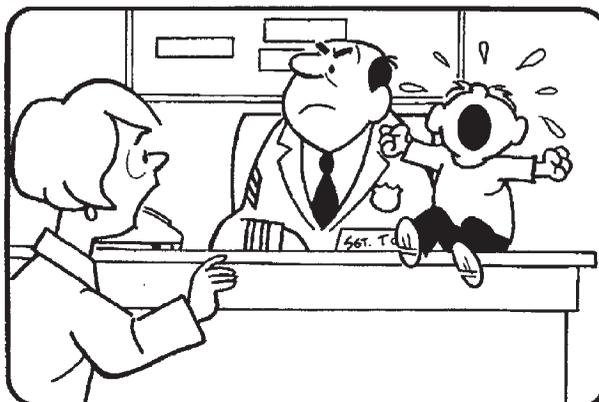
Plod                        

**GUDTER**                        

### TODAY'S WORD

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hair is different. 2. Chair is missing. 3. Cuff stripes are missing. 4. Tie is different. 5. Badge is missing. 6. Arm is moved.

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

## To Play Sudoku:

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

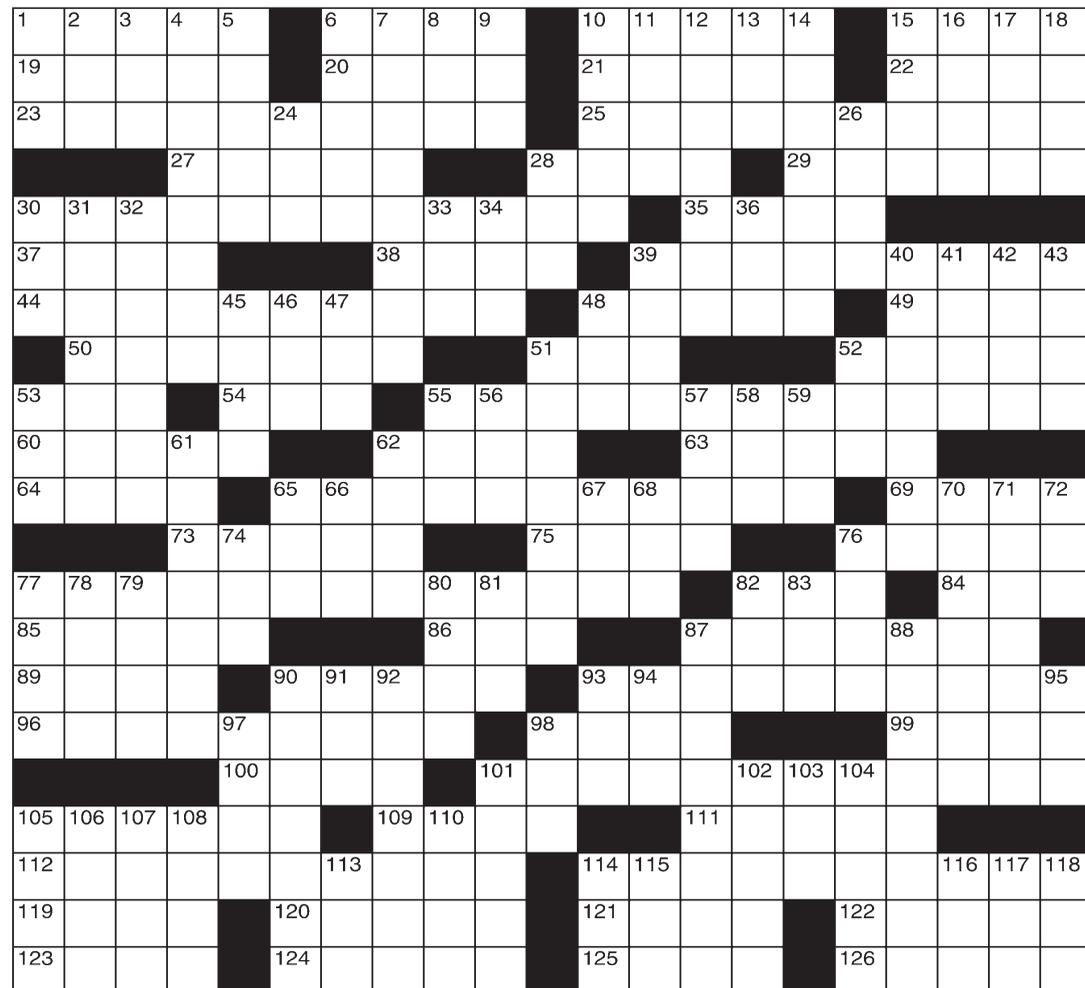
# PUZZLES

Answers on page 31B

## Super Crossword

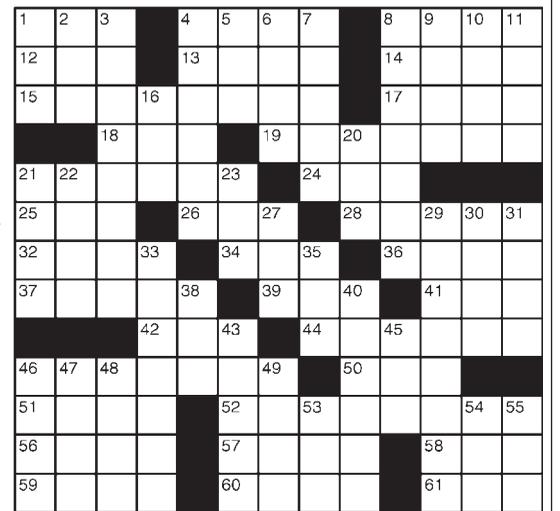
### EATING WITH A SPOONERISM

- ACROSS**
- 1 Uncertainty
  - 6 Home to the Taj Mahal
  - 10 Sporty Mazda
  - 15 Pats gently
  - 19 Mistake
  - 20 Co. bigwigs
  - 21 Tunesmith Harold
  - 22 Opera solo
  - 23 Denim pants that rise up to the navel?
  - 25 Illusions a postman performs with his letters?
  - 27 Astrologer Sydney
  - 28 Small dent
  - 29 Discusses at length, with "over"
  - 30 Bet taker who's great with scissors?
  - 35 Weed-nixing tools
  - 37 — B'rith
  - 38 "— afraid of that"
  - 39 Baffle a lecherous fellow?
  - 44 Actor Crystal playing a high-ranking policeman?
  - 48 Ship spars
  - 49 Margarine, quaintly
  - 50 Pants lines
  - 51 Ump relative
  - 52 Ridicule
  - 53 Busy crawler
  - 54 Phone bug
  - 55 Violent guys on a Greek island?
  - 60 "Can — witness?"
  - 62 Abbr. on a bank door
  - 63 Eagle's nest
  - 64 Make anew
  - 65 Add comstarch to spiced tea?
  - 69 Sitarist Shankar
  - 73 Appeals
  - 75 Debt memos
  - 76 Involving warships
  - 77 Bloated dancer?
  - 82 Genetic helix
  - 84 Sugar suffix
  - 85 Florida Air Force Base
  - 86 Realty unit
  - 87 Uses logic
  - 89 Kingly Norse name
  - 90 Seismic event
  - 93 Romantic song sung with an audience watching?
  - 96 What might result in an octuple bogey?
  - 98 Arizona tribe
  - 99 Oscar — Renta
  - 100 Currency unit of 11-Down
  - 101 Solution to rinse partially closed eyes?
  - 105 Akron native
  - 109 Sale caveat
  - 111 Olive-green songbird
  - 112 Supermarket vehicles within easy reach?
  - 114 Comic Foxx being shamelessly bold?
  - 119 Longish skirt
  - 120 Kellogg's waffles
  - 121 City in central Poland
  - 122 Beast of Borden
  - 123 Plumlike fruit
  - 124 Tending to ooze
  - 125 Comply with
  - 126 Ford fiasco
  - DOWN**
  - 1 Cotillion star
  - 2 Mine metal
  - 3 Net address
  - 4 Cowboys' neck cords
  - 5 "Go ahead, I'm listening"
  - 6 Sour-tasting
  - 7 Transmission lubricants
  - 8 "Hellboy" star Perlman
  - 9 Beast of burden
  - 10 First lady Eisenhower
  - 11 Persia, now
  - 12 Dismounts from a horse
  - 13 — Aviv
  - 14 Patriotic songs
  - 15 Lectern spot
  - 16 Shoe part
  - 17 BMX vehicle
  - 18 Give lip to
  - 24 Pantry item
  - 26 Scraping file
  - 28 Belittle, informally
  - 30 Ottawa-based TV network
  - 31 Disconnect, as a door
  - 32 Sullied
  - 33 Barn hooter
  - 34 Eloise creator Thompson
  - 36 Ump's cry
  - 39 Ump's cry
  - 40 Musical period since the 1950s
  - 41 Balm additive
  - 42 Deborah of "Quo Vadis"
  - 43 Huge spans
  - 45 Greek cheese
  - 46 Lamb's call
  - 47 Bratty kid
  - 48 Encountered
  - 51 Proof of purchase
  - 52 — -fi
  - 53 Make public
  - 55 Public health agcy.
  - 56 "Drop Dead Fred" star Mayall
  - 57 Infants' cries
  - 58 "Isn't — little old for her?"
  - 59 Jackie's "O"
  - 61 Best-of list countable on one hand
  - 62 Closed hand
  - 65 Actor Danson
  - 66 Possesses
  - 67 — Valley, San Francisco
  - 68 Mongrel dog
  - 70 "Anne of Green Gables" town
  - 71 Feudal tenants
  - 72 Dot in la mer
  - 74 Actor Cariou
  - 76 Skylab org.
  - 77 Lowly worker
  - 78 Aptly named hybrid fruit
  - 79 Custard tart
  - 80 Deer cousins
  - 81 "Annabel Lee" poet
  - 82 Wildlife lair
  - 83 Arrest
  - 87 Enter hostilely again
  - 88 Europe, Asia and Africa
  - 90 Pear relatives
  - 91 Hagen of the stage
  - 92 Like fugitives
  - 93 —wester (storm type)
  - 94 —Pen
  - 95 Lah-di- —
  - 97 Talk to God
  - 98 Command ctrs.
  - 101 Actress Spacek
  - 102 Fluster
  - 103 Previous to
  - 104 Zellweger of Hollywood
  - 105 Resistance units
  - 106 Salute
  - 107 — -Chinese
  - 108 Pooch in "Garfield"
  - 110 Knock off
  - 113 Get mellow
  - 114 Slo- — fuse
  - 115 Knock off
  - 116 Ar-tee linkup
  - 117 Fizzle out
  - 118 Costa — Sol



## King Crossword

- ACROSS**
- 1 Kitten's cry
  - 4 Opera set in Egypt
  - 8 Garden intruder
  - 12 Eggs
  - 13 Some deer
  - 14 — -bitty
  - 15 Containers for laundering
  - 17 Appease
  - 18 "So there!"
  - 19 Pittsburgh pro
  - 21 Emphasize
  - 24 Droop
  - 25 Chop
  - 26 Pirate's potation
  - 28 Yokels
  - 32 "I've Got — in Kalamazoo"
  - 34 Pinnacle
  - 36 "— come back now, hear?"
  - 37 Trifled (with)
  - 39 PC alternative
  - 41 Roman 151
  - 42 "— the sea-son ..."
  - 44 NASA vehicle
  - 46 Critic's essays
  - 50 Part of DJIA
  - 51 Send forth
  - 52 Give a faded look to, as jeans
  - 56 Lettuce vari-
  - 7 Admin. aides
  - 8 Know-it-all
  - 9 And others (Lat.)
  - 10 Diminutive suffix
  - 11 Color worker
  - 16 Dinner for Dobbin
  - 20 Corn spike
  - 21 Excellent, in slang
  - 22 Toy block name
  - 23 Place
  - 27 May honoree
  - 29 Aftermath
  - 30 Vogue rival
  - 31 Thin cut
  - 33 Beatles classic
  - 35 Standard
  - 38 Conk out
  - 40 Pamper
  - 43 Sage
  - 45 Farm female
  - 46 Country's McEntire
  - 47 Actor Jannings
  - 48 Unspoken feeling
  - 49 Gulf War mis-sile
  - 53 Unwell
  - 54 Yon maiden
  - 55 Sweetie
- DOWN**
- 1 Trim the grass
  - 2 Actress Longoria
  - 3 Remove by cleaning
  - 4 Tennis legend Ashe
  - 5 Debtor's note
  - 6 Society new-bies



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

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

|         |           |         |          |
|---------|-----------|---------|----------|
| Alexeev | Kuznetsov | Pavlov  | Sokolov  |
| Egorov  | Lebedev   | Petrov  | Vasiliev |
| Fedorov | Mikhailov | Popov   | Volkov   |
| Ivanov  | Morozov   | Smirnov |          |

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|  |  |   |  |   |  |   |  |   |   |   |   |   |  |
|--|--|---|--|---|--|---|--|---|---|---|---|---|--|
|  | <b>FRIDAY</b><br>Sunny<br>High: 64 Low: 52 |  | <b>SATURDAY</b><br>Sunny<br>High: 66 Low: 56 |  | <b>SUNDAY</b><br>Few Showers<br>High: 64 Low: 52 |  | <b>MONDAY</b><br>Mostly Cloudy<br>High: 66 Low: 56 |  | <b>TUESDAY</b><br>Mostly Cloudy<br>High: 71 Low: 59 |  | <b>WEDNESDAY</b><br>Mostly Cloudy<br>High: 75 Low: 65 |  | <b>THURSDAY</b><br>Mostly Cloudy<br>High: 74 Low: 62 |
|--|--|---|--|---|--|---|--|---|---|---|---|---|--|

**Redfish Pass Tides**

| Day | High     | Low     | High     | Low     |
|-----|----------|---------|----------|---------|
| Fri | 8:34 pm  | 4:07 am | None     | None    |
| Sat | 9:39 pm  | 4:58 am | None     | None    |
| Sun | 1:56 pm  | 5:42 am | 10:34 pm | 4:00 pm |
| Mon | 2:05 pm  | 6:18 am | 11:21 pm | 4:50 pm |
| Tue | 2:12 pm  | 6:50 am | None     | 5:33 pm |
| Wed | 12:03 am | 7:18 am | 2:17 pm  | 6:15 pm |
| Thu | 12:44 am | 7:43 am | 2:25 pm  | 6:59 pm |

**Point Ybel Tides**

| Day | High    | Low     | High     | Low     |
|-----|---------|---------|----------|---------|
| Fri | 7:39 pm | 4:09 am | None     | None    |
| Sat | 8:44 pm | 5:00 am | None     | None    |
| Sun | 1:01 pm | 5:44 am | 9:39 pm  | 4:02 pm |
| Mon | 1:10 pm | 6:20 am | 10:26 pm | 4:52 pm |
| Tue | 1:17 pm | 6:52 am | 11:08 pm | 5:35 pm |
| Wed | 1:22 pm | 7:20 am | 11:49 pm | 6:17 pm |
| Thu | 1:30 pm | 7:45 am | None     | 7:01 pm |

**Punta Rassa Tides**

| Day | High     | Low     | High     | Low     |
|-----|----------|---------|----------|---------|
| Fri | 12:40 pm | 3:45 am | 9:06 pm  | 2:58 pm |
| Sat | 11:56 am | 4:39 am | 10:10 pm | 3:51 pm |
| Sun | 12:05 pm | 5:28 am | 10:58 pm | 4:43 pm |
| Mon | 12:30 pm | 6:09 am | 11:34 pm | 5:28 pm |
| Tue | 12:58 pm | 6:46 am | None     | 6:09 pm |
| Wed | 12:04 am | 7:20 am | 1:29 pm  | 6:50 pm |
| Thu | 12:32 am | 7:52 am | 1:59 pm  | 7:33 pm |

**Cape Coral Bridge Tides**

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 10:44 pm | 7:23 am  | None    | None     |
| Sat | 11:49 pm | 8:14 am  | None    | None     |
| Sun | 4:06 pm  | 8:58 am  | None    | 7:16 pm  |
| Mon | 12:44 am | 9:34 am  | 4:15 pm | 8:06 pm  |
| Tue | 1:31 am  | 10:06 am | 4:22 pm | 8:49 pm  |
| Wed | 2:13 am  | 10:34 am | 4:27 pm | 9:31 pm  |
| Thu | 2:54 am  | 10:59 am | 4:35 pm | 10:15 pm |

**My Stars ★★★★★**  
**FOR WEEK OF FEBRUARY 7, 2022**

**Aries** (March 21 to April 19)  
Temper that Aries impatience. Demanding answers or results before they're ready to be revealed could create more delays. Take time out for fun with family or friends.

**Taurus** (April 20 to May 20)  
Someone involved in your latest venture makes new demands that you find disturbing. While you dislike being a quitter, it might be best to drop this

project and move on.

**Gemini** (May 21 to June 20) A decision could involve more serious implications than you first thought. Get more information and seek the counsel of trusted friends before you sign or say anything.

**Cancer** (June 21 to July 22) It's a good time to reconsider some of your plans, especially those involving major investments of money and/or time. Expect to hear from someone in your past.

**Leo** (July 23 to August 22) Love

continues to dominate for both single and paired Lions. In the workplace, deal with a co-worker's thoughtless comments before they cause problems later on.

**Virgo** (August 23 to September 22) You might be angry enough to end a friendship because of something you were told. But consider the source of the gossip before you act.

**Libra** (September 23 to October 22) Your career move seems to be stalled. Request a meeting to discuss the situation. It will be a learning

experience for everyone involved.

**Scorpio** (October 23 to November 21) That important relationship is about to move to a new level. Continue to be patient, and resist pushing it even further. It still needs time to blossom.

**Sagittarius** (November 22 to December 21) Paired Sagittarians do very well at this time. However, some challenges loom for single Archers who are considering stronger romantic commitments.

**Capricorn** (December 22 to January 19) Be patient. A

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misunderstanding is close to being completely resolved, as new facts emerge that will help change those stubborn minds.

**Aquarius** (January 20 to February 18) A change in a personal relationship reveals some long-hidden truths. Your challenge now is to use this new information wisely for all concerned.

**Pisces** (February 19 to March 20) Draw on your deep reserves of good Piscean common sense to avoid taking the lure from someone who thinks he or she can get the best of you.

**Born This Week:** You have a remarkable ability to make friends with strangers. This allows you to command an army of devoted admirers.

**MOMENTS IN TIME**

• On Feb. 19, 1851, an angry mob in San Francisco's business district "tries" two Australian suspects in the robbery and assault of CJ Jansen, a store owner. When the makeshift jury deadlocked, the suspects were returned to law-enforcement officials. Local authorities convicted the men at a real

court trial.

• On Feb. 15, 1898, a massive explosion sinks the battleship USS Maine in Cuba's Havana harbor, killing 260 crew members. A U.S. Naval Court of Inquiry ruled that the ship was blown up by a mine, with Spain the likely suspect.

• On Feb. 17, 1915, after encountering a severe snowstorm, the German zeppelin L-4 crash-lands in the North Sea near the Danish coastal town of Varde. The Danish coast guard rescued 11 members of the crew; they were brought to Odense as prisoners to be interrogated.

• On Feb. 16, 1968, the first official 911 call is placed in the United States, but 911 was not standard across the country for many years after its adoption by Congress. By 1987, only half of the nation was using the system.

• On Feb. 20, 1974, Reg Murphy, an editor of *The Atlanta Constitution*, is kidnapped by William A.H. Williams after being lured from his home. For the next 49 hours, Williams drove Murphy around the city, stopping to phone in ransom demands to the

newspaper. The money was finally delivered to Williams and Murphy was released. Williams served only nine years in prison.

• On Feb. 14, 1990, 3.7 billion miles away from the sun, the *Voyager 1* spacecraft takes a photograph of Earth. The picture, known as the Pale Blue Dot, depicts our planet as a nearly indiscernible speck roughly the size of a pixel. *Voyager 1's* journey continues.

• On Feb. 18, 2001, racer Dale Earnhardt Sr. dies in a last-lap crash at the 43rd Daytona 500, the fourth NASCAR driver to die within a nine-month period. Earnhardt, 48, was driving his famous black No. 3 Chevrolet and vying for third place when he collided with another car, then crashed into a wall.

**NOW HERE'S A TIP**

- If you store nail polish in the fridge, it will dry more quickly and last longer.
- "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you

sleep. Pull it next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." – GG in New York

• As tax time draws ever closer, try taping a large manila envelope to the fridge, leaving the top open. Immediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes, all items will be together and easy to find.

• "To help moisten really dry feet, slather on lotion, wrap feet in plastic wrap, then slip on some socks overnight – or for as long as you can stand it."

– BH in Michigan

• "My no-iron tip: I toss the wrinkly garment into the dryer for about five to 10 minutes with a damp washcloth, and it steams most wrinkles out. It won't look starched and pressed, but it's good enough for casual wear or running-late mornings. I haven't ironed in years."

– EW in Florida

• Don't forget to clean your washing machine  
continued on page 30B

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# PETS OF THE WEEK



**Darius ID# A905038** photos provided  
Lee County Domestic Animal Services

## Darius And Gabby

**H**ello, my name is Darius. I am a white and black 2-year-old male pit bull mix and a favorite at Animal Services. I am sweet and loving and am looking for a new family to call my own. I am a laid back guy that wants nothing more than to be loved by everyone. I would make a great companion for any family that has some extra love and time to give. My adoption fee is \$14.

Hi, I'm Gabby. I am a black and white 2-year-old female pit bull mix. I came



**Gabby ID# A903872**

to the shelter as a stray and was quite shy and reserved. The fabulous team of volunteers has gotten my wonderful personality to shine, and I am coming out of my shell. I am very sweet and love head scratches and cuddle time. My adoption fee is \$14.

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](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387. ✨

From page 29B

## Now Here's A Tip

machine every so often by running it on the highest-temperature cycle empty after adding a gallon of vinegar. This will clean out the hoses and get rid of stuck-on detergents.

- To remove soot from your carpet, sprinkle it with salt, let sit and then vacuum. Repeat as many times as necessary to remove all traces.

### STRANGE BUT TRUE

- Leona Woods was the only woman physicist on the team that built the world's first nuclear reactor as part of the Manhattan Project. She became a mother during the project, but hid her pregnancy as not to miss work. Afterward, as a professor, she authored more than 200 papers in physics and astrophysics.

- A 10-second French kiss spreads around 80 million bacteria between the two smoochers.

- Director Michael Bay (*Transformers*) traced his interest in action films to when he attached firecrackers to a toy train and filmed the ensuing fiery disaster with his mother's 8 mm camera. The fire department was called, and Bay was grounded.

- The African country of Zambia entered the Space Race in the 1960s with a plan to visit Mars and convert aliens to Christianity. The plan unraveled when one of the "Afronauts" got pregnant, another pulled out to join a local dance group and a third went

missing.

- Sharks can grow up to 50,000 teeth in their lifetime.

- Libyan revolutionary Moammar Gadhafi had a serious obsession with Secretary of State Condoleezza Rice, showering her with over \$200,000 in gifts and having a famous local composer write a song for her called *Black Flower in the White House*.

- Ever notice that the word "phonetic" is not phonetic?

- As if job interviews weren't stressful enough, some notably head-scratching questions asked by employers include "If Germans were the tallest people in the world, how would you prove it?" (Hewlett-Packard), "Why is a tennis ball fuzzy?" (Xerox), and "Are you exhaling warm air?" (Walker Marketing)

### THOUGHT FOR THE DAY

"Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much." – Ralph Waldo Emerson

### TRIVIA TEST

1. **Language:** In British English, what is a singlet?
2. **Animal Kingdom:** What is a murmuration?
3. **Movies:** Which 1951 adventure film features a character named Charlie Allnut (played by Humphrey Bogart)?
4. **U.S. Presidents:** Which president

# CLASSIFIED

### COMMERCIAL RENTAL

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1/26 ✨ TFN

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office. Please visit our website at [www.sanibelinsurance.com/aboutus/careers](http://www.sanibelinsurance.com/aboutus/careers)  
for details.  
1/28 ✨ 2/18

### CAREGIVER

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

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2/4 ✨ 2/11

### RENTAL NEEDED

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1/28 ✨ 3/4

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campaigned for reelection with the slogan, "Don't change horses midstream"?

5. **History:** Where did the St. Valentine's Day massacre (murder of seven gangsters and associates) take place?
6. **Television:** How many seasons did the original *Star Trek* series run?
7. **General Knowledge:** What is the basic currency used in Kenya?
8. **Measurements:** What is a furlong?
9. **Geography:** What is the longest river in Europe?
10. **Anatomy:** What is the basic component of hair, skin and nails?

**TRIVIA ANSWERS**

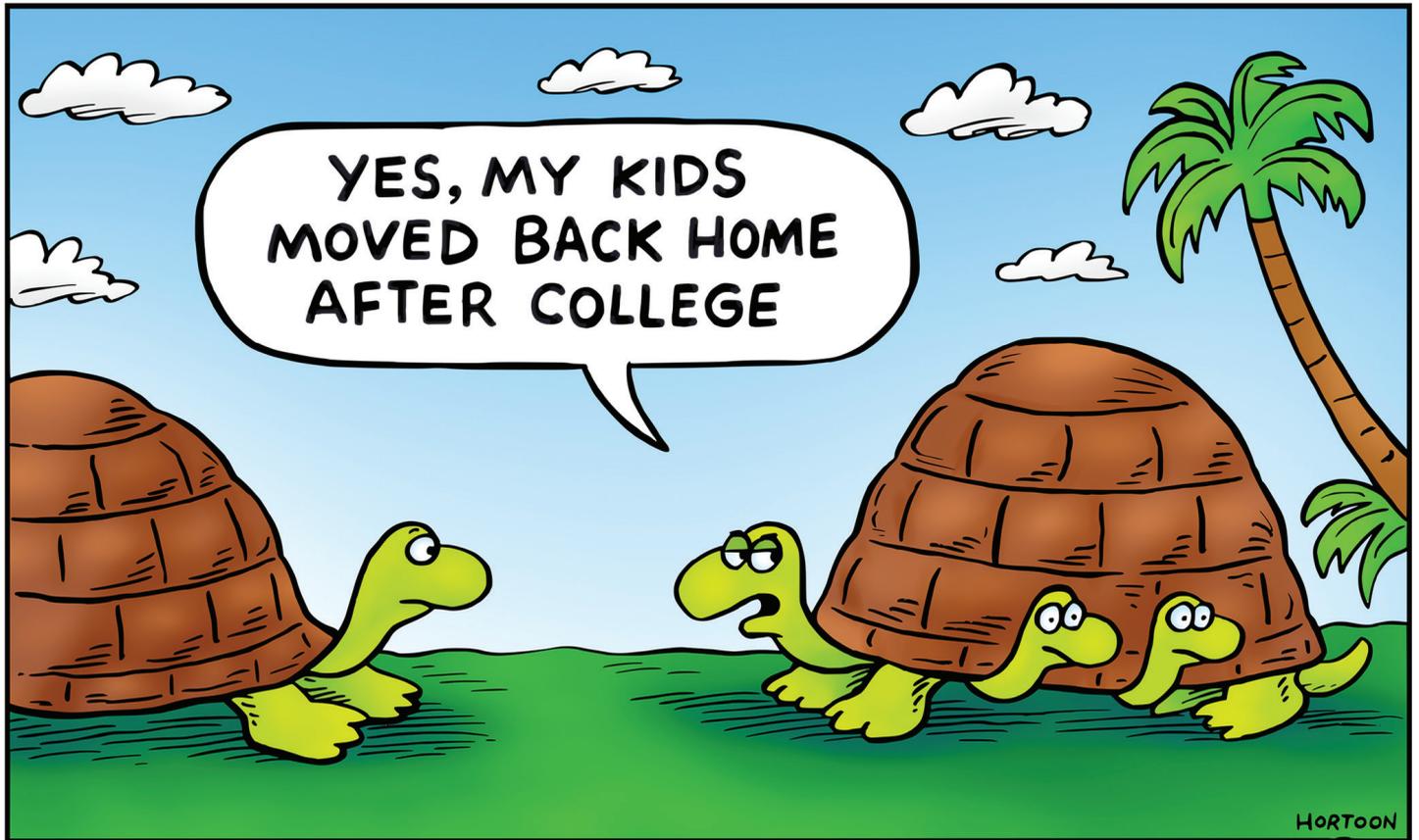
1. An underdhirt 2. The flight of a large flock of starlings in a coordinated, swooping pattern. 3. *The African Queen* 4. Abraham Lincoln, 1864 5. Chicago 6. Three Kenyan shilling 8. An eighth of a mile 9. The Volga 10. Keratin.

**SCRAMBLERS ANSWER**

1. Ingest 2. Charts 3. Prepare; 4. Trudge

*Today's Word*  
**SPEECH**

**HORTOONS**



**PUZZLE ANSWERS**

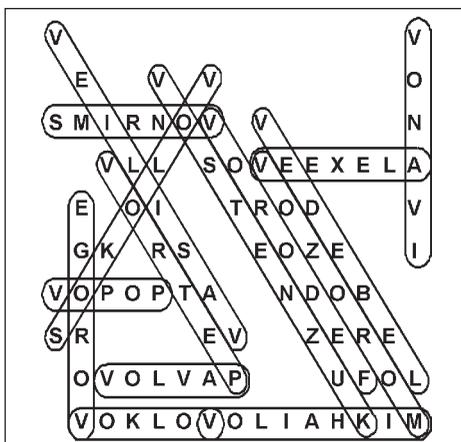
**SUPER CROSSWORD**

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

**KING CROSSWORD**

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

**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

| Subdivision          | City             | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|----------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Metes And Bounds     | Captiva          | 1991       | 4,630          | \$4,989,000   | \$4,794,500   | 44             |
| Rookery Lake         | Bonita Springs   | 2001       | 5,895          | \$4,200,000   | \$4,100,000   | 2              |
| Southport On The Bay | Bonita Springs   | 2005       | 5,060          | \$3,495,000   | \$3,300,000   | 45             |
| Beach Homes          | Captiva          | 1974       | 1,620          | \$3,395,000   | \$3,125,000   | 111            |
| Southport On The Bay | Bonita Springs   | 1995       | 2,835          | \$2,995,000   | \$2,995,000   | 0              |
| Yacht Club           | Cape Coral       | 2012       | 4,684          | \$3,699,000   | \$2,850,000   | 11             |
| Cape Harbour         | Cape Coral       | 2015       | 3,571          | \$2,500,000   | \$2,500,000   | 9              |
| Sanctuary At Wulfert | Sanibel          | 2005       | 4,873          | \$2,395,000   | \$2,350,000   | 38             |
| Jonathan Harbour     | Fort Myers       | 2000       | 2,663          | \$1,599,000   | \$2,000,000   | 4              |
| Yachtsmans Cove      | Fort Myers Beach | 1977       | 2,967          | \$1,695,000   | \$1,625,000   | 50             |



  
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