

Support Our Island Businesses **SHOP AND DINE LOCAL**



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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 7, 2022

JANUARY SUNRISE/SUNSET: 7 7:18 • 5:51 8 7:18 • 5:52 9 7:18 • 5:53 10 7:18 • 5:53 11 7:18 • 5:54 12 7:18 • 5:55 13 7:18 • 5:56



Annabelle Tometich



Hugh Starnes



Shadreka McIntosh



Tessa LeSage



Sarah Chayes



Jane Mayer



Rick Atkinson



Ann Hagedorn

Diverse Class For BIG ARTS Talking Points Series

What do food, spies, racial disparities, war, myths and politics have in common? All are featured topics for the upcoming BIG ARTS Talking Points series. This eclectic gathering of prize-winning, nationally known writers and thinkers will be held on six Thursday afternoons at 4 p.m. in Christensen Performance Hall, beginning

January 20. Talks will be available in person as well as online, sponsored by The Sanibel Captiva Trust Company.

The lineup is: January 20 – Stories from a Local Food and Restaurant Critic. For 15 years, Annabelle Tometich was "Jean Le Boeuf," the restaurant and food critic for *The News-Press*. Recently, she shed her pseudonym to oversee the paper's new *Taste* section. Hear how a young writer first embraced the perks of a male name, and later decided to come out of his shadow. She can dish on all the local restaurants and food trends, and introduce

you to her latest venture, *The Half Flip* newsletter, where she shares recipes and stories about food, family and growing up in Fort Myers.

January 27 – Racial Bias in Southwest Florida, a panel discussion. For more than four decades, Fort Myers native Hugh Starnes was a judge in Florida's 20th Judicial Circuit. But in 2020, amid social justice protests following the murder of George Floyd, he chose to leave the bench and its constrictions on his personal advocacy to support the Black Lives Matter movement. Flaws in society led him to want to use his voice in new

ways. The move was not one expected of someone raised in a segregated city who grew up adoring Confederate legends and "cracker cowboys." Joining him will be Dr. Shadreka McIntosh, who grew up in the predominantly black Dunbar area of Fort Myers. She is a doctor of pharmacy with 20 years of experience in healthcare and has returned to her home turf to open Sozo, the first wellness center and pharmacy serving the Dunbar community. An entrepreneur, she is erasing the pharmacy "desert" of her childhood. Moderating the panel will be Tessa

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Stormy, oil on canvas, by Douglas David

images provided

Art Reception On Captiva

The Captiva Civic Association will host an opening reception for its newest exhibition, *Seascapes, Dunes & Skies*, a solo exhibit showcasing paintings by Douglas David.

The reception will take place on Thursday, January 13 from 5:30 to 7

p.m. at the Captiva Civic Center, located at 11550 Chapin Lane on Captiva. It is open to the public and will feature live music, light hors d'oeuvres and refreshments. The association requests that masks be worn while indoors. Food and drink will be served outside on the porch and patio.

David has painted his way across the country, capturing the beauty and spirit of the things he loves. He has received



Grasses, oil on canvas, by Douglas David

numerous regional and national awards for his work. In this exhibit, he displays three scenes: blue-green seascapes with rolling waves; sweeping shorelines with dune grasses; and white sands with pink and

lavender hues.

The exhibit runs through Thursday, February 10. Viewing is open to the public Monday through Friday from 10

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Sheepshead Is What's For Dinner



by Capt. Matt Mitchell

Enjoying the warmest December in a long time is great for anglers looking to catch snook, though until this point it hasn't been great for sheepshead.

Many of my winter clients love to target these fish to take home for a fresh fish dinner. This week, it seemed we finally turned the corner and the sheepshead bite became much better. With water temperatures still at a warm 72 degrees, another cold front will really fire this bite up.

Docks and structure in and close to the passes are some of the first places these sheepshead show up as they come in from the gulf to spawn every winter. Look for them on basically any structure that has barnacles on it. Throw in fast-moving current and you are in the right place. All winter long, every dock both around the passes and in deeper water is a pretty good bet to catch them. Some of my favorite places also include deeper mangrove channels with shell and oysters on the bottom.

Another option that will be a lot less pressured are the many deeper creeks in both Matlacha Pass and Pine Island



Sydney from Minnesota with a sheepshead caught while fishing with Capt. Matt Mitchell this week photo provided

Sound. Often the best fishing in these creeks is right in the middle of the channels as the sheepshead are on the bottom eating shells and crustaceans. The many deep entrances into St. James Creek and on the Sword Point side of Matlacha Pass, while hard to access, can be amazing sheepshead fishing.

Most of my sheepshead fishing is done on a little lighter tackle, I prefer

10-pound braid with a 20-pound fluorocarbon leader. A rod at six foot, six inches or seven feet with eight to 15-pound medium-light action and with a 2500 series spinning reel makes catching these fish a battle. Chunks of fresh shrimp threaded on a quarter-ounce jig head give you the most feel of this quick bite and make it harder for them to steal the bait. These fish are difficult

to hook as they have a mouthful of teeth and gnaw on a bait like we eat a chicken wing. I tell clients to gradually lift the rod as the fish nibbles until you feel the weight of the fish load the rod tip. While the rod tip is loaded, make one quick strike straight up and pop it again while the rod is still bent. This usually ensures the barb gets in the mouth.

Sheepshead offer some of the mildest firmest meat of any of our fish. The trick to filleting them is to start the tip of the knife in the groove that the dorsal fins fold down into. Once you get through the skin, let the tip of the knife do the work. I always avoid cutting through the rib cage bones as there is no meat over the ribs. For the size of the fish, there is not as much yield as you would expect, which is why we don't keep any less than 14 inches even though the regulations are 12 inch minimum. The more of these fish you fillet, the better you will get at it.

Although sheepshead are not one of our more glamorous species, there is something I really enjoy about catching them each winter. Not only do these fish require patience, it's a totally different technique than we use for any other fish. Once you get this bite dialed in, they pull hard and taste even better.

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.

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Art Reception

a.m. to 1 p.m.

Captiva Civic Association will also host an afternoon demonstration with the artist on Thursday, January 20 at 5 p.m. See how he creates dunes and grasses, captures light and shadow and the colors of the sands, as he paints a seascape in oil. He will also share stories and insights on how he translates natural beauty to canvas. Bring a notebook or sketchbook.

For more information about the exhibit or the demonstration, call Captiva Civic Association at 472-2111 or visit www.ccapcaptive.org. For more information about the artist, visit www.douglasdavid.com.

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Dave Doane with his co-worker Jesse