



**Veterans Day
November 11**

Island Sun

VOL. 23, NO. 20

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 6, 2015

NOVEMBER SUNRISE/SUNSET: 6 6:40 • 5:44 7 6:41 • 5:43 8 6:42 • 5:42 9 6:43 • 5:42 10 6:43 • 5:41 11 6:44 • 5:41 12 6:45 • 5:40



Mayor Kevin Ruane, center, is joined by firefighters, EMTs and commissioners of the Sanibel Fire & Rescue District, who were recognized for their 60th year of service to the islands during Tuesday's city council meeting photo by Jeff Lysiak

Surrey Ordinance, Traffic Management Update Heard By Council

by Jeff Lysiak

A proposed ordinance that would revise the city's code for surrey vehicle dimensions was rejected by city council after a discussion on ways that would allow island businesses to continue renting surreys without being restrictive both presently and in the future.

The second reading of an ordinance which would have increased the code for surrey vehicle maximum width from 36 to 47 inches – the “standard” manufacturer size for such carriages – was challenged by Vice Mayor Mick Denham. In objecting to the proposed change, Denham instead suggested grandfathering the current code for 15 years, which would allow both businesses that rent surreys to their customers – Billy's Bike's &

Rentals and Finnimore's Cycle Shop – to continue that practice.

“These vehicles have been operated safely for the past 10 years,” said Denham, who also cited that surrey dimensions may change in the future, altering the “standard” of today's surreys.

Billy Kirkland, owner of Billy's Bikes & Rentals, who initially supported altering the city code for a 47-inch maximum, told the council that he didn't want to see more surreys on the island. Mayor Kevin Ruane agreed with him, adding that he preferred that the city limit the number of surreys on Sanibel and grant a 15-year period for existing businesses to maintain surreys for rent.

According to Kirkland, he and Finnimore's have a combined inventory of 16 surreys.

City Attorney Ken Cuyler suggested that the current code not be changed, but a clause grandfathering the existing businesses a 15-year period for their surrey rentals could be added, as well as limiting the number of surreys not to exceed their current inventory. That suggestion was approved unanimously.

In other business, council rejected all three bids received from a Request for Proposals (RFP) for the City of Sanibel Dark Skies Education Program after the staff

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Taste Of The Islands This Sunday

On Sunday, November 8, CROW's 34th annual Taste of the Islands will return to Sanibel Community Park, located adjacent to The Community House at 2173 Periwinkle Way, from noon to 5 p.m. Admission is \$5 for adults and free for children 12 and under.

The family-friendly fundraiser features 16 of the islands' most popular eateries, who will be serving tapas-sized portions of their culinary specialties. There will also be games, giveaways, a silent auction and live music.

This year's judges are:

- Elaine M. McLaughlin, CEO, McLaughlin Tourism Management
- Ken Piech, avid shell collector and gourmet food aficionado
- Andrew Pritchett, Dick Pritchett Real Estate/SWF Eagle Cam
- Robyn Bell-Valenti, interim business manager, Harborside Event Center



- Gwendolyn Howard, owner and chef at Gwendolyn's Café and Catering Co.
 - Cathy Arentz, Publix food demonstrator
- This year's participating restaurants are:
- Bubble Room
 - Cip's Place
 - Doc Ford's Sanibel Rum Bar & Grille

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Sanibel Veterans Day Ceremony

The City of Sanibel and the Lee Coast Chapter of the Military Officers Association of America (MOAA) will conduct its annual Veterans Day Ceremony to honor military veterans on Wednesday, November 11. It will be held on the grounds of Sanibel City Hall, located at 800 Dunlop Road, with military music beginning at 10:45 a.m. and the ceremony starting at 11 a.m. Fred Bondurant, MOAA Chapter president, will officiate. Mayor Kevin Ruane, city council members and City Manager Judie Zimomra are expected to participate.

The guest speaker is former naval aviator and Sanibel resident Ed Sieber. He flew his Curtiss Helldiver in the initial attack wave against Japan's super battleship Yamato and made a hit on the ship in the second attack a day later. The ship was sunk in that attack. The Yamato was being sent from Japan's home waters to break up the American invasion of Okinawa late in the war. Sieber is a recipient of the Silver Star, two Distinguished Flying Crosses and four Air Medals.

Sanibel's BIG ARTS Concert Band will provide music.

For those who have never attended, one of the most touching aspects of the ceremony is Remembrances, where veterans recall their military experiences and how they and others were affected by them. Any veteran who wishes to participate is welcome to do so.✱



Friday, November 13th
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Landmark:

Gore Hotel – Early 1900s



Visit the History Gallery to learn more about the unique and diverse history of Captiva. Interpretive panels and touch screen access to historic photos are featured. Step aboard a wooden replica of the old mailboat *Santiva* to capture the spirit of the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. This week's image is The Gore Hotel with the Post Office addition in the front, circa early 1900s. Mrs. Fayrum is the first in line. This was the Gore residence on Captiva. Owners Alvin and Hattie Gore ran a tourist camp there called Camp Gore. Gore Lane is thought to be named for them. Many photos like this (that capture the unique and diverse history of Captiva) are featured through graphic and video panels in the History Gallery, developed by the Captiva Island Historical Society. All ages are welcome to visit the History Gallery and learn about the combination of historical events and people that shaped Captiva.

photo archives of the Captiva Island Historical Society

Captiva Community Panel Meeting

The Captiva Community Panel will hold its regular monthly meeting on Tuesday, November 10, beginning at 9 a.m. in the Cone Rooms in Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- Workshop on county staff comments on Captiva Plan update.
- Presentation on SanCap Solar Connect.
- Update on priority committees (tentative).
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- A Hurricane Preparedness and Response Committee update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be December 8. Information and background documents are available online at www.captivacommunitypanel.com.✱

American Legion Post 123

On Sunday, November 8, American Legion Post 123 will serve barbecue ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14.

On Wednesday, November 11, Post 123 will host a Veterans Day celebration, with a complimentary meal offered to all veterans and members of the U.S. military from 11 a.m. to 8 p.m.

On Sunday, November 15, the Legion will host a fish fry all day long.

8-Ball Pool League play can be seen every Monday at 5 p.m. Come by and watch some great action.

Tuesday's special is soft shell or deep fried tacos all day. Hump Day specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

If you have a flag that needs to be retired, drop it off at your convenience.

Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✱



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The LWV Sanibel is nonpartisan and devoted to providing Sanibel residents with voter services and educational forums about national, state and local legislative issues. Besides voter registration services, the LWV works to insure that every voter has fair and unbiased information to understand ballot issues and the candidates' opinions. The LWV does not support or oppose candidates or parties, but sometimes supports or opposes ballot measures, proposed laws and government actions.

Contact: LWV Sanibel, P.O. Box 1194, Sanibel, FL 33957

Email: LWVSanibel@gmail.com

Website: LWVSanibel.org

Annual Memberships: Individual -- \$65

Family -- \$95

Susan B. Anthony -- \$125

2015-2016 PROGRAMS

LWV Luncheons and Programs are from Noon to 2:00 p.m. at the Sundial Beach Resort (Waterview Room), 1451 Middle Gulf Dr. Registration begins at 11:30 a.m. Reservations due the Monday preceding the luncheon. Call 239/395-0927 or email LWVSanibel@gmail.com.

November 19 - How Sugar Has Soured Florida Politics.

Speaker, Ray Judah, former Lee County Commissioner; Coordinator-Florida Coastal and Ocean Coalition.

December 13 - Holiday Party, 5 - 7 p.m.

Gulfside Place Clubhouse, 1605 Middle Gulf Dr.

January 21 - Protecting the Franchise: The State of Voter's Rights. Speaker, Laura C. Weir, Ph.D. (Political Science); Executive Director, Center for International Education, Florida SouthWestern State College, Edison Campus.

February 18 - Defending the Environment: A Bi-partisan Approach. Speaker, Aliki Moncrief, Executive Director, Florida Conservation Voters.

March 17 - Justice for All? Speaker, Hon. Linda Doggett, Lee County Clerk of Circuit Court; member, Florida Commission on Access to Civil Justice.

April 21 - LWV Sanibel Annual Meeting.

The Community House



Original Community House as it looked in 1927, the year it opened



Community House planned renovation (artist's rendering)

Community House Renovation

The history of Sanibel reflects several strong themes – respect for the past, careful planning for the future, and a spirit of self-reliance. These values have been evident in the island's commitment to conservation and respect for nature. They were also evident when Sanibel residents, resisting overdevelopment, protected the community's small-town character by incorporating the City of Sanibel and creating the Sanibel Plan.

One of the earliest examples of these values was the creation of The Community House, which opened in 1927. Island residents at that time, mostly farmers and fishermen living in isolated and modest homes, saw a need for a central gathering place where they could get together for civic and social

activities. Sanibel's residents responded to that need by donating the land and building materials, and providing volunteer labor. The result was the original Community House structure located on Periwinkle Way. (The original building had no indoor restrooms, so an outdoor "privy" was also part of the project). The original Community House, now referred to as the North Room, is recognized on the Register of Historic Landmarks.

Creation of The Community House reflected the forward thinking and self-reliance of Sanibel's early residents. And for the past 88 years, with several expansions over the years (including indoor restrooms), The Community House has continued to serve as Sanibel's town hall and largest public meeting space. Many of Sanibel's organizations got their start there, and the City of Sanibel was born there as

citizens gathered in a series of community meetings to plan for and implement incorporation.

Today, The Community House is used by 57 different Sanibel organizations for meetings and activities, and it also hosts social gatherings. More than 50,000 people a year come through the doors of The Community House (not counting private events such as parties, wedding receptions and celebrations of life). Many non-profits rely on The Community House to stage their major events and fundraising activities throughout the year.

Unlike most towns, Sanibel's Community House receives no public funding or tax-generated revenues. It is owned by the Sanibel Community Association (SCA), a non-profit 501(c)3 organization, and operated with funds generated from the community through donations, membership dues and user fees.

This season, SCA is preparing for a major renovation of The Community House that will: restore and preserve the historic North Room; redesign and landscape the exterior in a compatible, attractive "old Florida" style; create a more functional open floor plan in interior rooms; expand and update the kitchen, restrooms, lobby and storage areas; and install new electrical, plumbing, HVAC and communications systems. Tom Sharbaugh, SCA board president said, "This renovation is long overdue, and it will transform The Community House into an up-to-date gathering place that is an asset to today's Sanibel community and ready to serve its future needs." Construction work is planned for the off-season summer months of 2016.

Cost of the project is estimated to be \$2,000,000. In the coming months, SCA will be conducting a Renovation Fundraising Campaign in the community to raise the funds. Campaign co-chair Nicole McHale said, "This is an important island cause, and a way for today's Sanibel residents to emulate our predecessors who created The Community House. It's an opportunity for us to 'pay it forward' for future generations."

In future weeks, SCA will be publishing a series of articles which explore the interesting history of The Community House and provide details about the upcoming renovation.

Colorful Sips

The Community House is hosting evening art and wine parties with local artist Sissi Janku, who will encourage the artist within to complete a masterpiece. Member price is \$45, non-members are \$55. The Colorful Sips painting classes will be held on the following Wednesdays from 7 to 9 p.m.: November 18, December 2, December 16, January 6, January 20, February 3, February 17, March 16, April 6 and April 20.

No experience is necessary. All the materials will be provided. Bring your favorite wine and a snack for sharing with fellow artists. This is a relaxed opportunity to create an original work



On November 18, Sissi Janku will demonstrate her painting titled *Little Cottage*

of art.

For a detailed schedule of these and all other painting classes offered by Janku, visit www.sissijanku.com. Her work is on display at Island Style Gallery.

Call 472-2155 for reservations.

Meditation Class

Meditation is widely accepted as a pathway to better health and greater happiness. Many people have tried meditation by taking courses or reading books. Some people stick with it, but many feel that they have failed because they couldn't quiet their minds. This assessment is based on a fundamental misunderstanding of meditation.

With proper instruction, success is guaranteed. This workshop teaches meditation in a contemporary way, maintaining respect for ancient tradition while incorporating and referencing modern neuroscience. The technique is easy and natural, and rigorous research has validated its effectiveness. In addition to many health benefits, meditators experience a pronounced shift away from fear-based perceptions to a world view characterized by acceptance and joyfulness.

The course is from 10 a.m. to noon. The price for members is \$89, guests are \$99. There are three sessions. Session 1: Monday, November 9, Tuesday, November 10 and Thursday, November 12. Session 2: Monday, January 25, Wednesday, January 27 and Friday, January 29. Session 3: Monday, March 21, Wednesday, March 23, and Friday, March 25.

Coffee And Conversation

Residents are invited for coffee and conversation at The Community House on Wednesday, November 11 at 10 a.m. This informal get-together will give newcomers an overview of the island's non-profits, clubs and civic opportunities, plus other information that will help them become part of the community. If you have a new neighbor



See our updated architecture

<http://sanibelcommunityhouse.net/renovation-campaign/>

- **Your Community House is a vital resource for Island non-profits, where they hold their activities and stage their fundraisers.**
- **Your Community House will remain at its current, traditional site on Periwinkle Way.**



The spirit of the Community House can be seen every day as it hosts many of the island's organizations for meetings and events. You can always find activities for all ages at the Community House, whether it's learning to create paintings while enjoying snacks and "sips", practicing yoga, playing mini golf, participating in self fulfillment classes, partaking at a health screening, attending an evening with song writers, putting on a costume for the Fall Festival, bringing a dish for the monthly pot-luck or attending one of the many other happenings at the house. The Community House is the spirit of our beautiful island community." *Cathie Lewis*



Community House friends welcome you who has recently arrived, pass the word. Call 472-2155 for more information or stop by 2173 Periwinkle Way.

Artisan & Crafts Fair



Check out local art at the fair

The Artisan & Crafts Fair will be held at The Community House on Saturday, November 7 from 9 a.m. to 2 p.m. There will be many handmade pieces for sale, including fused glass, pottery, jewelry, sea glass

creations, woven baskets, knitted goods, beaded glass, holiday ornaments, mirrors, shell crafts, wire jewelry, dinnerware, marmalades, soaps and body products, candles and cosmetic products. There is no admission cost and inexpensive food and drink is available. There will be over 25 tables of quality crafts.

Paper Crafts

Create unique greeting cards to share with friends and family. Instructor Carol Morris will introduce you to your creative side. At each workshop, a variety of greeting cards will be made for all occasion, special events and holidays. A variety of techniques will be shared including stamping, embossing, cutting, creative folding and embellishing. The workshop fee includes everything you need to create three handcrafted cards. The fee per class is \$25 for members and \$25 for non-members. Classes will be held from 9:30 a.m. to 12:30 p.m. on the following Tuesdays: November 10, January 19, February 16 and March 15. Prepayment is required. Call 472-2155.

Free Energy Medicine Workshops

Karen L. Semmelman, director of Semmelman Energy Center, will host a series of workshops on Optimizing Your Health, based on Eden Energy Medicine (EEM). Six monthly two-hour workshops are on the agenda. All workshops are held and sponsored



Karen Semmelman

by The Community House.

Workshops will be held on the following Wednesdays:

November 11, 4 to 6 p.m. This class will provide exercises for improving eye health and assist with healing for cataracts, night vision, bright light that hurts the eye and teach a daily eye routine.

December 2, 6 to 8 p.m. Boost focus and memory with Energy Medicine tools.

Wednesday, January 6, 4 to 6 p.m. Balance and coordination a challenge? Regain your rhythms easily with Energy

Medicine exercises.

February 3, 6 to 8 p.m. Pain overriding your life? Loosen the congestion with Energy Medicine tools.

March 9, 4 to 6 p.m. Use Energy Medicine tools to create movement and looseness for joints troubled by arthritis, stiffness and replacements.

April 6, 6 to 8 p.m. Body, mind or spirit in overdrive? Unleash the innate ease with Energy Medicine

Semmelman, EEM-AP, JD, a matrimonial lawyer for 30 plus years, is an advanced Eden Energy practitioner, teacher and inspirational speaker.

For more information, email ksemmelmanenergy@gmail.com.

November Potluck

The monthly potluck will be held on Wednesday, November 11 from 6 to 8 p.m. The guest speaker is Jerry Gonzalez from Fresh Taqueria, whose topic will be Know Where Your Food Comes From.

Gonzalez and his partner Maureen Whitaker own and operate Fresh Taqueria on Periwinkle Way. Gonzalez is a Swiss trained chef who previously cooked in the New Jersey and Philadelphia area, but he has had ties to Sanibel his entire life. He did his cooking internship at South Seas Island Resort and was the chef at Red Fish Blue Fish on Captiva. He loves highlighting the flavors of fresh ingredients and foraging for ingredients like yucca blossoms to present to his customers.

In keeping with learning and tasting

continued on page 9

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Sanibel-Captiva Conservation Foundation

Gator Tales With Lindsey Hord

Lindsey Hord has just retired as the head of the state of Florida's Nuisance Alligator Program. He has many good alligator and crocodile tales to tell. Hord relocated both of Sanibel's saltwater crocodiles; the one who died in the cold winter of 2009 and the 8.5-foot female that needed a new home on the island that same summer. No one knows better the challenges of Florida's numerous new residents learning to live with these dinosaurs.

The program will be held on Friday, November 6 at 10 a.m. in the SCCF Nature Center.



Happy the snapping turtle



Lindsey Hord relocating the crocodile that died in 2009



Indie the indigo snake

Tank Talks

On Tuesday, November 10 at 10 a.m., meet the SCCF Nature Center ambassadors. Meet Indie the endangered indigo snake who recently laid nine eggs, Happy the snapping turtle, and Lucky the soft shell. The diamond back terrapins have laid eggs again this summer. Meet two young terrapins that hatched last August. Take a tour with a biologist to learn about the SCCF research and projects

associated with these local critters. Call 472-2329 for more information.

Native Plant Nursery Moving

SCCF's Native Plant Nursery will be moving to the Bailey Homestead Preserve. The nursery closed its doors at SCCF's Nature Center on October 31 for the move to its new location.

On Wednesday, November 11 at 8:30 a.m., there will be a soft opening for the nursery's new location at 1300 Periwinkle Way, and to present its new name, SCCF Native Landscapes and Garden Center. The new location and new name highlight the expansion of the nursery's horizons in offering demonstration gardens, landscaping services and native plants for sale.

The Bailey family home will not be open to the public until early 2016.



New native plantings going in at the Bailey Homestead Preserve

Turtle Tracks

Learn about the life cycles and habits of sea turtles that are now nesting on island beaches and what SCCF is doing to protect them. Since 1992, SCCF staff and volunteers have covered every inch of Sanibel and Captiva beaches each morning May through October finding and marking sea turtle nests laid the night before. Remember to turn off beach lights at night to protect nesting turtles and their hatchlings.

The Turtle Tracks program is Thursday, November 12 at 10 a.m. at SCCF. The program is free to SCCF members and children, \$5 for adults.



Florida soft shell turtle





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Wines in the Wild attendees enjoying the event with a sustainable glass of wine in hand

Wines In The Wild

SCCF invites you to go on a Sustainable Safari at the 2015 Wines in the Wild on Saturday, November 14. The wine and food tasting will be held on the grounds of the SCCF Nature Center from 6 to 8 p.m.

"My first criteria when choosing the wines for this always fun evening is value," said Tom Uhler, event founder and wine aficionado. "I search out wines that have a good relationship between price and taste. This year, I've also looked for offerings that have a sustainable component. Whether in their grape growing practices or their wine making, many vintners the world over are more aware of their impact on the environment. The selections will show that wines can be responsible as well as tasty."

Erick Lindblad, SCCF executive director, said that this year's theme fits well with SCCF's mission to conserve the natural resources in and around our islands. "Good food, good wine, good conversation. Those are the ingredients for a good evening and we invite islanders to join us to celebrate the arrival of season while supporting our many programs."

Reservations for Wines in the Wild can be made by calling SCCF at 472-2329. The cost is \$75 per person, \$85 at the door. Bank of the Islands is the evening's Presenting Sponsor.

Call SCCF at 472-2329 for more information on these programs unless otherwise indicated. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.✽

Island Seniors At The Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up. **The Center 4 Life will be closed Wednesday, November 11 in observance of Veterans' Day.**

Trash & Treasures Sale will be held November 14 from 9 a.m. to 2 p.m. The center is still accepting donations of clean, gently used items. All items are tax deductible. Bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. Please, no books, clothes, shoes, computers or old TVs. If you have any questions, call 472-5743.

Page Turners with Ann Rodman – If you would like to be on the Page Turners list, email annrodman@aol.com or contact the Center 4 Life.

The featured book for Wednesday, November 18 is *The Girl on the Train* by Paula Hawkins. This is a physiological page turner following three women who cross paths before and after a gruesome crime. It debuted at number one on *The New York Times* ebook fiction list.

Friday Collage Classes with Bea Pappas – November 6, 12:30 to 3:30 p.m. Pappas teaches an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

Sunset Social on the Causeway – Tuesday, November 10 at 5 p.m.

Enjoy an evening relaxing and watching the sunset with friends. Participants are asked to provide an appetizer to share and bring a beach chair. Call 472-5743 if you are interested in participating and for directions to the viewing area. (weather permitting).

AARP Driver Safety Course – Thursdays, November 12 and 19, 1 to 4 p.m. Course fee \$20 and AARP members receive a \$5 discount.

Island Seniors, Inc. is sponsoring the AARP Driver Safety course. This is a

fast-paced interactive six-hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers and other topics to help you maintain confidence in your driving. In addition to making the roads a safer place you, will be eligible for a discount on your auto insurance. Classes will be held at the Sanibel Recreation Center, 3880 Sanibel-Captiva Road. Register by contacting Ed VanderHey at 292-4012. You need not be a member of the Island Seniors to attend but you must attend both classes in order to receive course certificate.

Naples Botanical Gardens – Tuesday, November 17. Cost is \$37 for members and \$42 for non-members.

Experience the growing magic of Naples Botanical Garden. Then join the group for a trip to the Naples Zoo to see lions, giraffes, monkeys and more. The trip includes admission to the zoo and guided tour through the botanical gardens. Depart from Center 4 Life at 8:30 a.m. Transportation is not included. Carpoolers/carpooling arrangements to be made. The registration deadline is Friday, November 13. Paid registration reserves your seat.

Complimentary Diabetes, Glaucoma, Hearing and Blood Pressure Screenings by Sanibel-Captiva Lions Club – Wednesday, November 18, 9:30 a.m. to 12:30 p.m. All screenings will take place at the Center 4 Life. The diabetes test uses a tiny drop of blood extracted with an almost painless prick of the finger,

which is then read by a blood glucose meter in five seconds. The glaucoma test checks peripheral vision and eye pressure, which can detect existing eye damage and/or provide predictive information. The Lions screeners have been trained and certified by a doctor and use all appropriate methods to insure antiseptic conditions and privacy during the screening. Screenings are performed on a first come, first served basis. Call the center for more information. 472-5743.

Games

Bridge – Monday and Wednesday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Mahjongg – Thursday at 1 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Tuesday Kayaking – and November 10 and 17 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Classes are available and all ages are welcome. Island Seniors, Inc. members pay \$4 per class or visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to Gentle Yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by 2401 Library Way.*


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The Condominium Associations of Sanibel, Inc.

Annual Kick-Off Breakfast

Good News for Sanibel Condominiums
A Study by the Highlands Group

Clubhouse at The Sanctuary * Wednesday, November 18th

8:00 Registration * 8:30 Breakfast Buffet * 9-10 Speakers

\$15 for condominium owners & staff * \$25 all others

For reservations call 334-2138 or e-mail suitors@earthlink.net by Fri., Nov. 13th

OBITUARY



ROSE S. ROGERS

Rose S. Rogers, 86, of Sanibel, Florida died Friday, October 23, 2015 in Fort Myers, Florida. She was a long-time resident of Sanibel, moving here from Barrington, Rhode Island in 1978. In 2010, Rose lost her beloved husband of 55 years, John Hiram (Jack) Rogers. She is survived by her children Hiram Rogers and his wife, Jean Gauger, of Knoxville, Tennessee, and daughter Sarah (Sally) Schubert Rogers and her husband, Thomas Donaldson, of Tampa, Florida. She is

also survived by her sister-in-law Vera R. Lane of Vero Beach, Florida, and many nieces, nephews and their families, along with her caretakers, Noelle Morton and Ana Martes-Rodriguez. Rose was born on December 31, 1928 to the late Elmer and Katherine Schubert of Rochester New York. She was predeceased by her brother John (Jack) Schubert. Rose graduated from St. Patrick High School in Miami Beach, Florida. She later went to work at Gulf Oil in Rochester, where she met Jack.

Rose was the best Mother imaginable, always devoted to and supportive of her children. She and Jack traveled extensively after their retirement, but Rose always loved returning to their home on Sanibel, where she especially enjoyed shelling and bird watching. She served as president of the Sanibel-Captiva Conservation Foundation in 1982 and 1983. Above all, Rose was a sociable person, turning everyone she met into a friend with her warmth, interest and sense of humor. Rose brightened the day for many people.

A memorial service honoring Rose's life is planned for January 16, 2016. Further details will be shared with her friends and family at a later date.

At her request, there will be no funeral service. In lieu of flowers, the family suggests that contributions may be made to the Sanibel-Captiva Conservation Foundation, Box 839, Sanibel, FL, 33957.*

OBITUARY



BRADLEE JAMES BATTLE

Bradlee James Battle, the beloved son of Angelica Rae Jordan and Shadrack "Lee" Battle, Jr., passed away suddenly but peacefully at his home in his sleep. No one knows or understands why Bradlee was needed in Heaven, but he is an "Angel" there now, just as he was here on Earth.

Throughout his brief eight weeks here, Bradlee brought immense joy and happiness into the lives of everyone he touched. He was adored for his cherubic face, head full of soft hair, his unforgettable expressions, and his soft little cry resembling the sound of a baby lamb.

Most of all, the family will miss his cuddly warm snuggles, hearing his sweet little sounds, and being surrounded by his Heavenly smell... that will stay with the family forever!

Bradlee will join many cherished family members in Heaven. He is survived by his parents, Angel and Lee; grandparents, Marguerite and James Jordan, Carolyn and Shadrack Battle, Sr.; his loving sisters, Amaya and Lee'keria; and dozens of beloved aunts, uncles, cousins and many other family members and dear friends. He will be greatly missed by all.

Services will be held on Saturday, November 7 at Fort Myers Memorial Gardens, located at 1589 Colonial Boulevard, with a viewing and memorial at 11 a.m., followed by burial at 1 p.m. In lieu of flowers, memorial contributions are being accepted at Wells Fargo Bank through account number 8102873935.

*"Each new life, no matter how brief, forever changes the world."***

Read us online at IslandSunNews.com

OBITUARY



JOHN OLIVER LA GORCE, II

John Oliver La Gorce, II died at home on November 2, 2015. John was born in Washington, DC in 1936. He attended The Mercersburg Academy and went on to graduate from The University of Missouri's Columbia School of Journalism. His first position after serving in the United States Army was with the National Geographic Society. While filming in South America, he became a partner in a natural resource exploration and devel-

opment company and concurrently was a partner in a real estate investment company. As owner of an independent documentary film company, he co-produced several productions with BBC TV and also taught photojournalism, cinematography and film editing. His documentary feature, *The Last Boat Home* about saving the historic riverboat *The Delta Queen*, was narrated by Johnny Cash and was subsequently acquired by the Smithsonian Institution.

In Middleburg, Virginia, he served as a board member of The Hill School and was also on the board of the Virginia Abused Women and Children's Shelter. As a volunteer in conservation disputes, he was on a committee to keep The Disney Co. from building a Civil War Theme Park adjacent to the Manassas, Virginia Battlefield. With his wife, Deborah, he helped Habitat for Humanity by donating and rezoning land for a low-income housing project near their farm in Upperville, Virginia.

John was a full-time Sanibel resident since 1995 and was an ardent supporter of SCCF (Sanibel-Captiva Conservation Foundation) on whose board he served. Among his many interests was helping to establish the recon system, which measures the pollutants in and quality of the surrounding waterways of Sanibel and Captiva. He was chair of the fundraising committee to purchase and restore The Bailey Homestead Property.

He was an enthusiastic supporter of BIG ARTS on Sanibel Island, where he

and his wife sponsored many programs including the long-running Sunday Afternoon Classical Concert Series.

John and his family, along with two other families, donated the recently built pavillion at the homestead, which will welcome educational programs, concerts and best of all, parties. The La Gorce Family was the major donor to what is now called The Blue Skies Preserve and family members will forever think of their husband, father and grandfather when they pass the big curve on Casa Ybel Road.

He is survived by his wife Deborah Welch La Gorce; his three children, Judith, Elliott and Aimee; and seven grandchildren: William, Gillian, James, Elliott, Henry, Katie and Isobel.

At John's request, there will be no formal services.

As a gesture of condolence, the family asks that you consider making contributions in John's name to SCCF (Sanibel Captiva Conservation Foundation) 3333 Sanibel-Captiva Road, Sanibel, FL 33957.*

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Jerry Gonzalez

From page 5

Community House

at the monthly potlucks, Gonzalez will cover selecting, evaluating and finding the best ingredients. He will demonstrate how to handle and use different types of peppers. Gonzalez and Whitaker grow a lot of their own herbs and peppers. The Kitchen Guild is planning to embark on a garden for The Community House this fall, so it

will be timely to learn what is possible to grow on the island. This is also an opportunity to hear more about the House Kitchen Guild, a new group that brings together people with all types of food interests. Cooking, canning, growing, meal planning, entertaining, wine and spirits, and nutritional education are some of the ideas that are being discussed as possible directions for future presentations. An overview of the plans for redevelopment of The Community House will be available at the potluck.

Gonzalez will prepare some fresh salsas and guacamole. Sign up early as this free event is well attended and only a couple of weeks away. Reservations are appreciated for planning purposes. Call the office at 472-2155. Bring a dish to share for approximately six people. Bring your own drinks, but water and iced tea will be available at no charge.

Chalk Painting

Learn how to chalk paint with Carla. All materials are provided including choice of paint, a coordinating color wax and brush, as well as the frame and full instruction. Each person will be painting an old garage sale picture frame. You will learn how to turn a tired ugly frame into a unique custom piece that you will want to use in your home or give as a gift.

Chalk paint is easy to use and dries quickly, so the frame you paint in class will be ready to take home that day. If you have a piece at home that you



A handmade card

would like to bring in and begin its transformation, feel free to bring it. Sometimes there is even a contest to see who can bring in the ugliest piece to paint. You must be able to carry it inside.

The class will take place on Thursday, November 12 from 6 to 9 p.m. Other dates for this class are: Tuesday, January 26, Tuesday, February 16, and Tuesday, March 22. Cost is \$70 for members, \$75 for guests. Pre-payment and registration are required. Call 472-2155. Cancellation fees may apply. Minimum number of students required.

Love Your iPhone/iPad

Phones and iPads are extraordinary devices that keep you connected to friends, family and the world. They can enrich your life in new and exciting ways but they can also be intimidating. This workshop is designed for the beginner wanting to master the basics. It provides an easy on-ramp to really love your Apple mobile device.



iPhone

The course covers setup, navigation and safe use. An extensive handout recaps the course for mastery to continue at home. Topics include techniques to improve efficiency, use of the Cloud, exploration of specific high value apps, and how to fall in love with Siri. Cost is \$40 for members and \$45 for non-members.

Classes will be held from 9:30 to 11 a.m. with an hour allotted for questions until 12 p.m. Beginner's classes will take place on the following Thursdays: November 19, January 7, February 11 and April 7. The intermediate class will take place on the following Thursdays: December 3, January 28 and March 10. Students for these classes are asked to update their iPhone's operating system to the most recent iOS option prior to coming to the class.

Register by calling 472-2155 or on the website www.sanibelcommunityhouse.net.

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

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INSIDE CITY HALL

From page 1

Traffic Management

selection committee recommended that the highest bidder be selected. Three proposals to create a multi-year public education plan to implement the Dark Skies Ordinance were received by the city. Those bids were:

- Gravina, Smith, Matte & Arnold – \$149,000
- HD PR Group – \$52,000
- Paradise Advertising & Design – \$60,000

According to a city memorandum, “following the interview and presentation, it was clear to the selection committee that the past experience of Gravina, Smith, Matte & Arnold, familiarity and quality of previous work for the City of Sanibel, and their highly detailed proposed plan of approach makes Gravina, Smith, Matte & Arnold the most qualified to accomplish the goals of this RFP.”

Councilman Marty Harry immediately objected to the proposal.

“I come across the causeway at night,” he said. “And if this island isn’t dark already, then I don’t know what dark is.”

Harry also called the proposal “an absolute misuse of public funds.”

During public comment on the matter, resident Steve Maxwell also objected to hiring an outside firm to create a public education campaign on behalf of the city. “Use teamwork to get this done,” he said, suggesting that city staff could accomplish the task. “A pamphlet shouldn’t be more than 10 pages.” Fellow citizen David Bath added that while there is a need for

public education on the Dark Skies Ordinance, the definition on critical issues is essential. “What information do we need to get these points across?” he asked.

Following some additional debate, Ruane requested that the city should “find a way to get this done internally.” He added that the public education campaign work be given back to staff, and brought back to council for additional discussions at a future meeting. His suggestions were approved unanimously.

Also, Ruane commented briefly on the status of the traffic management study currently under way. In addition to a staff-prepared report on collected traffic data – in addition to traffic counts and toll statistics – the city received a six-page proposal PB&A Marketplace Intelligence “to provide unbiased research regarding the issue of traffic congestion on the island and whether or not any action by the city is desired and/or appropriate.”

Earlier this year, the council and planning commission held a joint workshop session to discuss traffic management. According to Ruane, those meetings focused on technology and behavior modification.

“We’re committed to three meetings, so we’re going to have two more meetings,” said Ruane. “I will give a more extensive report after our next meeting.”

Denham, who noted that the city must manage the expectations of the public regarding in-season traffic, said that completing a peak-season traffic analysis should be their top priority. “That’s a very important first step,” he added.

“There is so much information in this report, but I don’t think there’s anything new here,” said Harry. “I don’t want anybody to think that this is going to

solve any of our issues.”

Fellow councilman Jim Jennings suggested that a public education campaign could include traffic alerts via local radio stations, which might persuade some visitors to plan their trips to Sanibel according to those reports.

After a brief discussion, Ruane said

there were three main issues at hand.

“We need to identify what we can do this year. We have to identify what we can do over the next two or three years. And we have to manage public expectations,” he added. “We have an awful lot to do, and what we’ll do, we’ll do in increments.”✱



Andy Pritchett



Cathy Arentz



Elaine McLaughlin



Gwendolyn Howard

From page 1

Taste Of The Islands

- Fresh Taqueria
- Matzaluna
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- Sanibel Fish House
- Sanibel Sweet Shoppe
- Starfish Grille (Best Seafood-Honorable Mention 2014)
- The Dunes
- The Normandie Seaside Café
- Thistle Lodge (Sustainable Seafood Award 2014; Best Appetizer Award 2014)
- Timbers (Rolla Best Vegetarian Award 2014; Best Appetizer-Honorable



Ken Piech



RobynValenti

Mention 2014)

- Traders (People’s Choice Award 2014; Best Appetizer Award-Honorable Mention 2014)

For more information about Taste of the Islands, visit www.crowclinic.org.✱



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Co-Publishers

Lorin Arundel & Ken Rasi

Advertising

Bob Petcher

Graphic Arts & Production

Ann Ziehl
Kristy See
Rachel Atkins

Reporters

Anne Mitchell
Jeff Lysiak

Contributing Writers

Kimberley Berisford	Tanya Hochschild
Constance Clancy, ED.D.	Jane Vos Hogg
Suzy Cohen	Shirley Jewell
Linda Coin	Audrey Krienen
Tim Drobnik	Dr. Jose H. Leal, Ph.D.
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BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam
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2050 Periwinkle Way. Rabbi Myra Soifer.
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Tuesday 8:30 a.m. Holy Days call.

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9 a.m. Wednesday Healing Eucharist,
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sanibel.org](http://www.saintmichaels-sanibel.org)

UNITARIAN UNIVERSALISTS OF THE ISLANDS:

Meets on the first Sunday of each month
from December through April at the
Sanibel Congregational Church, 2050
Periwinkle Way at 5 p.m. A pot luck is
held at a member's home on the third
Sunday of each month. For more informa-
tion call 433-4901 or email ryi39@aol.com.

ANNIVERSARY ANNOUNCEMENT

Happy 50th Anniversary

Sanibel residents Karin and Peter
Leonardi are celebrating their 50th
wedding anniversary. While sta-
tioned in Germany, Pete met Karin and
they married on November 6, 1965 in
Hockenheim, Germany. They moved to
Sanibel from Plymouth, Massachusetts
in 1978 and opened several retail shops
on the island while raising their three
children, Tanya, Mark and Peter. The
Leonardis are currently enjoying their
retirement.✽



Karin and Peter Leonardi

Chapel By The Sea To Open 67th Season

The second Sunday of
November will mark
the beginning of the
67th season of Sunday
worship services at Captiva
Chapel by the Sea.

The Chapel is said by
many to be, in the words
of Celtic spirituality, a
'thin place' where God is
uniquely present. The gentle
breezes off the Gulf, soaring
ospreys and sea gulls, the
gathering of people from
many states, countries and
faith traditions, the sounds
of sacred music, all contrib-
ute to a soul inspiring and
spiritually uplifting experi-
ence.

Beginning on November
8 through April 2016, in
addition to Sunday morning
happenings, the Chapel will
be open daily for visitors to
stop by and learn about an
early 1900's schoolhouse
becoming a place where
people come to pray and
meditate, be baptized, join
in marriage, renew wedding
vows, and be prompted and
motivated to meet the needs
of people through a variety
of ministry and social out-
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Captiva's Chapel by the Sea

Trash & Treasures Sale

Saturday, November 14, 2015

9:00 a.m. - 2:00 p.m.

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St. Michael's Church Sends School Books To Honduras

Honduras is the second poorest nation in the western Hemisphere. In the rural areas, 50 percent of the population live in conditions of extreme poverty. Although primary education is purportedly free and compulsory, many children do not attend because there are no local schools, the cost of books and uniforms is prohibitive, and family poverty requires many children to work. Only 43 percent of the children fortunate enough to attend school complete the primary level. The government estimates that 100,000 children ages 7 to 12 years never attend school.

In an effort to help alleviate this grim situation, the Episcopal Church of Honduras operates seven church-affiliated schools that provide bilingual grades 1 through 11 education for 1,700 children. Recently, Fort Myers High School reached out to see if these schools could use 1,000 Spanish-English workbooks which they planned to discard. The Director of the Honduran Schools, Canon Robinson, was enthusiastic and actually flew up to Florida to attend meetings and retrieve the workbooks.

The next challenge was getting them packed and transported to Central America. The St. Michael's Youth Group were ready to help but Food For The Poor, a non-denominational relief and development organization located in Coconut Creek, Florida,

offered to not only pack and bubble-wrap the books but ship them to Honduras.

Two weeks ago, Sanibel residents John and Ellie Harries drove the workbooks over to Coconut Creek in their van and the books are now on their way to Honduras. ✨

FISH Offering Free Crime Prevention Workshop

FISH of Sanibel-Captiva, Inc., in partnership with the Sanibel Police Department, is offering a Crime Prevention Workshop on Tuesday, November 10 from noon to 1:30 p.m. at the Sanibel Congregational Church Heron Room, located at 2050 Periwinkle Way.

The free presentation will focus on personal safety, home safety, mail, phone and computer fraud and scams and important techniques for protecting yourself.

The workshop will identify different issues that are threats to the community, increase awareness of certain crimes, and teach participants what to do to intervene and prevent victimization. The workshop is complimentary and open to the community. Lunch and refreshments will be provided.

For more information, call Christine or Jessi at FISH of SanCap at 472-4775. ✨



Tahitian Gardens

1975 Periwinkle Way

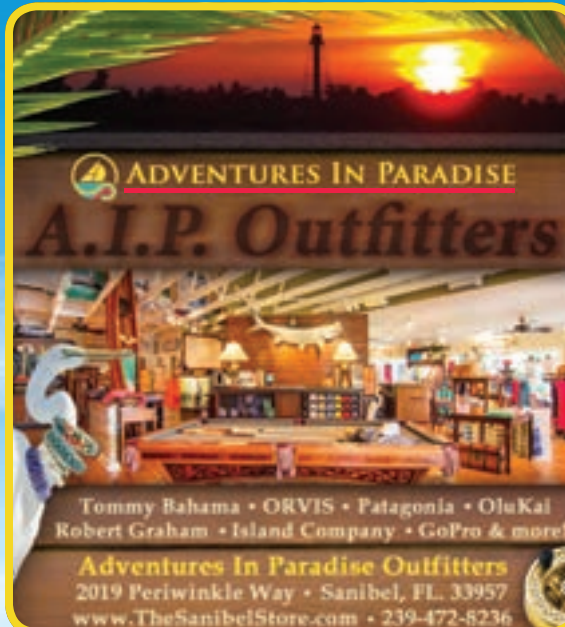
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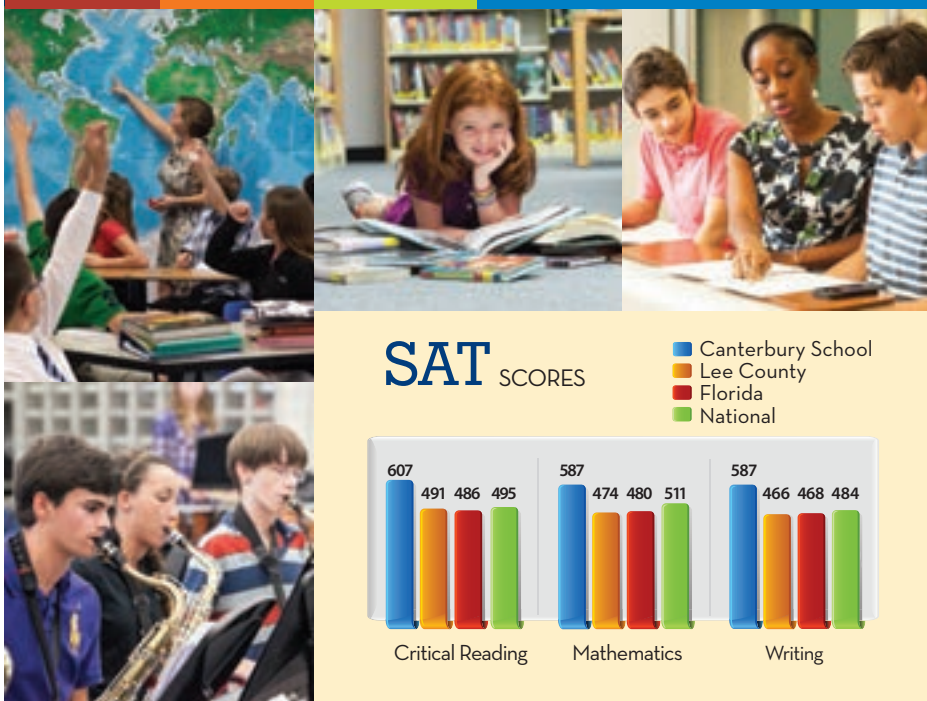
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Rotary Happenings

submitted by Shirley Jewell

There are often questions directed to our members about how our club goes about deciding what projects will be funded each year by the Rotary Club of Sanibel-Captiva Trust, the giving arm of the Sanibel-Captiva Rotary Club. Primarily, our local giving concentrates on organizations and non-profits that have projects that benefit our local community. That can range from contributions to educational and health entities, broader community based social service organizations, environmentally focused non-profits, and cultural and historic organizations on island and throughout Lee County. However, the Rotary Club of Sanibel-Captiva Trust funds also have a broader reach throughout the world by partnering with Rotary Clubs around the globe on special projects that basically fall into the same categories.

The split between local and global financial support is about 50/50. All requests for local funding are sponsored by Sanibel-Captiva Rotary members and are reviewed and measured on possible outcome by our seven-member trust fund board. Global giving can be requested in this same manner but Rotary International encourages the partnering of Rotary clubs around the world to form alliances on projects that require higher financial investment. The broad reach and scope of these projects are amazing.

This past week, we had a report from Sanibel-Captiva Rotarian and Rotary International Foundation Representative Chet Sadler on an important Rotary/World Fund clean-water project in Haiti that the Sanibel-Captiva Rotary Club has entered into with the Hitchin Tilehouse, England Rotary Club and Saint Marc, Haiti Rotary Club. As most of us know, after the 2010 earthquake in Haiti, the clean water supply in certain areas of the country was compromised and sanitation within the earthquake territories was non-existent. A widespread cholera epidemic broke out, probably introduced by foreign aid workers. Cholera most often affects poor countries with limited access to clean water and proper sanitation. More than 8,000 people died from the cholera outbreak and it infected tens of thousands more.

Although almost six years have passed, sanitation and clean water problems still exist in Haiti. Hitchin Tilehouse Rotary Club, England sent aid to Haiti after the earthquake and in 2011 and

2013, members of the club visited Haiti and villages along the polluted Artibonite River and observed the living conditions and sanitation conditions in Ducas, Haiti. Today, villages are still relying on the river for their water supply. A decision was made in 2013 by Tilehouse Hitchin club members to raise funds to install urgently needed filtration and chlorination units in at least two villages along the Artibonite River.

Sanibel-Captiva Rotary became involved in 2013, when a member of the Tilehouse Hitchin Rotary Club visited Sanibel and attended one of our Friday morning meetings. He introduced himself and his home club's water project in Haiti. Sadler immediately connected with



Artebonite River at Pont Sonde

this club, our club board and trust board reviewed the project and joined in on this project with Hitchin Tilehouse, St. Marc, Haiti Rotaries and Water Missions International, a U.S.-based global charity which specializes in the provision of clean water in many of the world's poorest countries.

This joint project would build water treatment tanks in the community of Ducas, Artibonite, Haiti; approximate population of 4,500.

Water purification systems reduce waterborne disease by removing pathogens and treat 10 gallons per minute, as much as 10,000 gallons per day. "Basically, the raw water is pumped from the river, mixed with alum settled in the alum mix tank. It then goes into a filtering tank for large particles and another filter tank for small particles. Both of these filters are engineered to be back flushed for cleaning with the super clean water. This is very important because all the particles could foul the filters if not cleaned properly. Finally, the clean ready-to-drink water is pumped to a 275-gallon storage tank. When no electricity is available, solar panels are used to run the filtering system," Sadler said. The water is then sold for two cents per five gallons, defraying the cost to maintain the filter system.

The cost of this project was budgeted at \$44,532: Hachin Tilehouse, \$10,400; Sanibel-Captiva, \$2,500, St. Marc, \$100; matched by Rotary District Designated Fund (DDF), \$13,000; and World Fund Match, \$19,500 for a total of \$45,500.

The Sanibel-Captiva Rotary meets at 7 a.m., Friday mornings at the Sanibel Community House, Periwinkle Way. Guests are always welcomed.✧

New Toddler Size Play Equipment

In response to citizen requests, the Sanibel Community Park playground, located at 2221 Periwinkle Way, now includes toddler size active play equipment. The equipment was funded through the Sanibel-Captiva Kiwanis Foundation Grant, local park impact fees and the City of Sanibel.

The new play equipment, including swings, is specifically designed for children ages 2 to 5 years. Use of the public playground is free and open to all.✱



Kai Schwartz, Nathan Ashley and Jayden Wolfe



Matthew Miller, DJ Jenkins and Tyler Lloyd

San Cap Motor Club Cruise-In

This Saturday, November 7 marks the monthly Cruise-In for the San Cap Motor Club. Periwinkle Place Shopping Center will host the gathering from 9 to 11 a.m. Everyone is welcomed to attend with or without a car. Participants can park in the front of the shopping center in an informal setting to share your love of all types of motor vehicles. The event is casual, with no pre-registration necessary. Join fellow auto enthusiasts for coffee and donuts.

"Now that the winter residents have returned we think even more participants will attend this weekend," said club member Scot Congress.

Last year was the inaugural year of the San Cap Motor Club, and many turned out for a fun Saturday morning talking cars with islanders. The first event was held in September. Many individuals have joined since the inception, and the club now boasts more than 50 members. Memberships are available for \$50, with a T-shirt included. Registration forms are available at the Cruise-In.

For more information on joining the San Cap Motor Club, contact Mike Stone at 322-0044 or mike@sancapstone.com, or Scot Congress at 472-4177 or scot@scongress.com. Visit the club's website www.sancapmotorclub.com and Facebook page, San Cap Motor Club.✱

New Programs For League Of Women Voters

The League of Women Voters of Sanibel is launching a new season of programs and activities of importance to all citizens. Whether you are part time or full time, male or female, and regardless of political persuasion, the league invites you to join the group in focusing on issues of importance to Florida, such as conservation, voting rights and justice. And while the nation is discussing the impact of money in presidential elections, the Sanibel league will kick off this season's programs by spotlighting one aspect of the subject close to home: "The issue of how money is warping the electoral process affects all levels of our government and consequently most aspects of our lives," said Robin Krivanek, local league president.

In addition to luncheon programs, league members will provide voter registration opportunities early in 2016 before the Presidential Preference Primary and later in the Spring in preparation for the August and November elections. Those who would like to register or make changes in their current registration can do so anytime by going to www.leelections.com (click on "Voters") to check

qualifications and download the registration form.

For complete details on this season's program topics and on membership in the League of Women Voters of Sanibel, visit the website at www.lwvsanibel.org.✱

Judah To Speak To Women Voters

The League of Women Voters of Sanibel will have Ray Judah as its speaker for the Thursday, November 19 program. Judah has been an outspoken defender of the environment as current coordinator of The Florida Coastal and Ocean Coalition after serving almost 20 years as Lee County commissioner.

His topic will be How Sugar Has Soured Florida Politics, a look at big money in action in the state.

The league meets at 11:30 a.m. for registration at Sundial Beach Resort, lunch is at noon. Reservations are required and can be made calling 395-0927 or by email at LWVSanibel@gmail.com. Cost is \$25 at the door or payment of \$100 for the series of five programs. Deadline for reservations is November 16. You will be billed for your reservation if no cancellation has been made.

The league programs are open to the public. All are welcome.✱



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Anna Busch, left, of Exotic Orchids in Fort Myers and Ronn Downey of Sanibel admire orchids for sale at a recent Sanibel-Captiva Orchid Society meeting

Vandas To Be Discussed At Orchid Society Meeting

submitted by Nannette Lehr,

Vivacious Vandas will be the topic of the Monday, November 16 meeting of the Sanibel-Captiva Orchid Society. The program will be presented by Dan Christensen of Dan and Margie Orchids in Southwest Ranches, Florida. The meeting will take place at 1:30 p.m. at St. Michael & All Angels Episcopal Church,

located at 2304 Periwinkle Way on Sanibel. Orchid novices are encouraged to come to the meeting's Fundamentals Session at 1 p.m. to hear Bill Overton discuss Cattleya Care and Culture. Overton has been growing orchids for over 40 years and is an accredited American Orchid Society judge. He will moderate this season's monthly Fundamentals Sessions. Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during show-and-tell. Orchid society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid and best species orchids. An orchid raffle will also be held. Annual society membership is \$25 for individuals or \$40 for couples. Guests are \$5. For more information, visit www.sancaporchid.org. The Sanibel-Captiva Orchid Society annual Christmas luncheon will be held on Monday, December 14 at The Dunes Golf and Country Club. Reservations can be made at the November meeting.*

Sacred Dance Ushered In All Saints Day At St. Michael's



Dancers Luann Fortune (left) and Gari Lewis performed prayer in mirrored motion on All Saints Day at St. Michael and All Angels Episcopal Church

A sacred dance opened all three weekend services at St. Michael and All Angels Episcopal Church for the feast of All Saints Day on Saturday, October 31, and Sunday, November 1. The dance was choreographed and performed by Gari Lewis and Luann Fortune to a gentle instrumental song, titled *Blessed Encounters*.

Lewis, a former competitive figure skater who teaches Christian Yoga at St. Michael's, describes the performance as a dance in which souls mirror one another in prayer and praise. Lewis said that the dance has three components, "a prayer, in fluid movement, at the altar, another directed toward the congregation, and a third prayer, again at the altar."

Fortune, a licensed massage therapist and integrative health specialist, is on the faculty at Saybrook University. Co-leader of Women at the Well, a women's spirituality group at St. Michael's, she describes the mirroring dance movements as "a means to bring the entire congregation into the performance – viewers can sense themselves as part of the dance experience."

Lewis' Christian Yoga classes are held on the last three Tuesdays of each month from 3 to 4 p.m. Women at the Well meets on the first and third Tuesdays of each month from 1 to 2 p.m.

For information call 472 2173 or visit saintmichaels-sanibel.org. The church is located at 2304 Periwinkle Way.*

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Great Variety Continues



by Capt. Matt Mitchell

After battling with strong winds for what seems like weeks, things finally wind up, giving way to calm, near perfect conditions out on the water. Warming water

temperatures and daytime low tides were certainly not the best set-up, although the fishing action was pretty consistent if you worked at it and kept an open mind on what species to target. Mixed bag was the best way to describe the week's fishing, with a crazy variety of species caught both in the bay and on the beaches.

I'm still running out along the beach and looking for birds and fast-paced action on Bonita and Spanish mackerel. This bite, once located, is wide-open with fish hooked on just about every cast when throwing small spoons and jigs. Following feeding birds in the sound



Steve Day with a Bonita caught while fishing with Capt. Matt Mitchell this week

slowed some this week with the warming water temperatures.

Inshore snook action this week seemed just a little off. These fish get in a patten and with the wind direction changing daily, if not every hour, I could not seem to patten them. Every snook hole fished was good for one or two usually small fish, then the bite would just

quit. I did have a client land a keeper snook this week on the very first cast of the charter. This, as a fishing guide, is usually a bad omen, although the client was very happy with his first ever snook. After catching a few redfish on this same shoreline, the omen proved true and things did not get any better than that first cast of the day.

Catching the right size bait for snook has also been part of the problem too. The shiners are either too large or too tiny. There has been a noticeable lack of the perfect size snook candy shiners we are used to fishing with. Bait on the causeway bridges is a mix of threadfins and shiners, with almost everything on the small side. These small baits work well for live chumming but with so much small stuff, it takes you longer to clean

the gilled bait out of your cast net than it does to load the live well. On the flats, we have an abundance of pinfish along with a few large shiners. I have been going to the bridge first, making one throw and then cleaning the net while I chum out on the flat for the larger baits.

If you have the patience to fish with just a large pinfish and big turbo shiners, the fish are eating them, although you have to put in your time and work for a few big strikes. These larger baits produce the biggest fish of the week, which included a few monster snook hooked along with some gag grouper on deeper shorelines. The smaller shiners caught a great mixed bag of fish including flounder, snapper, redfish, small snook and trout. Having the small shiners when the bite was a little slow made all the difference in the world as just about everything will eat them.

Trout fishing remained strong this week with both shiners and live shrimp fished under a popping cork catching limits of trout along with lots of Jacks and ladyfish. Flats in the middle to northern sound with clear water were the better trout action. When other more prized species did not want to cooperate, these trout were a great option. Flats and sandy potholes from Hemp Key to Bird Key were the most productive.

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.✱

Send Us Your Fish Tales

The *Island Sun* would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com; or call 395-1213.

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CROW Case Of The Week:

Pied-Billed Grebe



by Patricia Molloy

Pied-billed grebes (*Podilymbus podiceps*) are fascinating little birds. Small and duck-like in appearance, they live in fresh-water habitats and occasionally slightly brackish waters.

While some pied-billed grebes live in Florida year-round, many migrate to the northern U.S. and Canada during the spring and summer. Populations of the waterfowl increase dramatically in winter months.

Pied-billed grebes, like all grebes, are excellent swimmers and divers thanks to the fact that their feet are placed farther back on their bodies than most waterfowl. As a result, they are able to move their feet above, below or level with their bodies underwater. While the unusual leg placement allows for greater agility in the water, it makes them extremely awkward on land as they cannot stand. In order to become airborne, pied-billed grebes require a long "runway" on the surface of the water. Once in they air, they are strong fliers, but lack a lot of maneuverability.

Once a breeding pair have selected one another, they will work together to

build a floating nest. Each grebe will dive for fresh and decomposing plants at the bottom of a calm lake to construct the nest, then anchored it to aquatic plants that offer a bit of camouflage.

Another interesting fact about pied-billed grebes is that they pluck and swallow hundreds of their own feathers in order to protect their intestines against lacerations caused by ingesting fish bones and shards of crayfish shells.

This past weekend, a pied-billed grebe was admitted to CROW as patient #15-3189. "He was found on the road and was likely hit by a car," said Dr. Molly. Remarkably, no broken bones were palpated upon presentation and the grebe appeared to be bright, alert and at a healthy weight.

"The radiographs and bloodwork looked fairly normal. His neurological exam and his visual exam were fine and he's been eating very well. He seems to be pretty healthy, so I think he was just grazed (by a car) very lightly," the veterinarian intern explained. "We are giving him one more day of physical therapy, then we'll probably get him out of here as soon as possible."

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.✽



The pied-billed grebe, patient #15-3189, enjoys its morning tub time





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Christmas Decorations Ready For Purchase At Noah’s Ark



Christmas dinnerware is available at Noah’s Ark

Noah’s Ark, a popular island thrift shop located on the grounds of St. Michael and All Angels Episcopal Church, has just redecorated for Christmas. Items on sale now include fully lit artificial Christmas trees, tree ornaments, wreaths, Christmas-themed dinnerware and miscellaneous decorations. The Ark also offers, at bargain prices, women’s and men’s clothing, children’s clothes, kitchen electronics and housewares, furniture and home furnishings, a large assortment of lamps, on occasion a collection of quality art, and a varied selection of books – including excellent vacation reading – in its own special book station, “Barnes and Noah.”

Adele Mattern, who recently accepted the position of Ark Chair, describes its 80 volunteers as the Noah’s Ark miracle. “They come together to do all it takes to run a thrift shop, and to provide an essential service to islanders and the island’s workers,” Mattern said. “The Ark is a welcoming place to shop and to raise money for important causes. I am honored to lead this mission and the wonderful volunteers who work at Noah’s Ark. My goal is to continue, and build on, our reputation for service.”

In operation for more than 50 years, Noah’s Ark is operated by the women of St. Michael’s Church. Proceeds from Ark sales, coupled with monies from the parish’s annual budget, go to more than 25 local, regional and global charities. A few of these include: Habitat for Humanity, FISH, the Harry Chapin Food Bank, Voices for Kids, El Hogar Honduras School, Human Trafficking Awareness and Interfaith Action of Southwest Florida.

Noah’s Ark gratefully accepts donations, which can be left any time at the shop’s loading dock. Furniture items are accepted with the approval of the furniture chair. Items should be clean and in good condition. The Ark staff and St. Michael and All Angels Church extend heartfelt thanks to all donors who make the Ark’s charitable mission a continuing success.

The Ark is open weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m. Noah’s Ark is located behind St. Michael and All Angels Church, 2304 Periwinkle Way on Sanibel. For more information, call 472-3356.*



Take a Christmas tree home now

Shells Found



Russ Adler

Russ Adler from Lodi, Wisconsin found a junonia, alphabet cones, a florida dusty and a jasper at Bowman’s Beach. He was staying at Blind Pass Condominiums.*

Stronger Waves: A Worry For Coastal Communities

submitted by Ken and Kate Gooderham, ASBPA managing directors

If you live in a low-lying area, the prospect of sea level rise is not a welcome one. But if you rely on a sandy shoreline to keep water at bay, new research says you could be facing a one-two punch that will make the future even more threatening. Scientists with The Nature Conservancy recently published findings gleaned from looking at some 60 years of wave energy data, which found that waves have been getting stronger in recent years compared to decades past. Much as with sea level rise, the increase in wave strength is not uniform, with greater increases in the southern hemisphere and more mixed results in the northern – less on the U.S. West Coast and Europe, more on the U.S. East Coast and Caribbean. These findings also note that other climatic events (such as the El Nino currently in force) can similarly affect wave energy, among other impacts. As any coastal scientist will tell you, high water causes flooding and big waves carry sand away. So stronger

waves and higher water levels presage the potential for more erosion. There are three areas where this new research can come into play for coastal communities:

- How we manage our coasts will need to factor in this potential for greater wave erosion. That means wider beaches and higher dunes in areas where upland properties must be protected, as well as possibly modified schedules for restorations and methods to secure (or recycle) sand to keep it in the system longer and respond to storms faster.
- How we address coastal building is likewise in need of a closer review. The mantra of “building higher, stronger and further back” will be more crucial than ever, as will how communities address properties that face increasing and repetitive flood or storm losses in a way that balance private property rights with that community’s ability to protect endangered sites.
- Finally, the cumulative impact of stronger waves and rising water levels will require innovation to protect coastal cities, ports and other vital infrastructure that simply cannot be abandoned, moved back or raised significantly higher. Every new super-storm event underscores the coastal risks so many areas face, and we must shift from a reactive to a proactive approach to stay safe and ahead of the next rising risk.

Obviously, more study of wave

energy and its impact is necessary, as is a better understanding of how the variety of natural (and manmade) forces could interplay to create new challenges (and, we hope, opportunities). If we’re drastically remaking the oceans and consequent coastal impacts as so many predict (and data is supporting), we need sound science and engineering to help us understand what’s happening, to predict how it will change our coastal conditions and to prepare accordingly. From the cliffs of California to the beaches of Florida, from low-lying cities such as New Orleans to the vulnerable subterranean infrastructure of, say, New York City, we have a lot at risk from strong waves and rising tides. Coastal scientists, engineers, advocates and residents need to be ready to make the changes necessary to manage those risks and protect our country’s invaluable shorelines. For more information about the American Shore & Beach Preservation Association, visit www.asbpa.org.*

Read us online at
IslandSunNews.com

Tower Gallery To Welcome New Artists At Party

The artists of Sanibel's Tower Gallery announced three new artists and will greet returning winter residents and visitors with a Welcome New Artists party on Saturday, November 21 from 5 to 9 p.m. at 751 Tarpon Bay Road on Sanibel.

How do you know it's autumn in Southwest Florida? The license plates are all changing colors! November is the time to greet our visitors and returning seasonal residents. And we think the best way to say "We're glad you're back" is with a party.

Come join the fun and meet our three new award-winning artists Mike Danley, Megan Kissinger and Jay Lana. Snacks and refreshments will be served. Meet the artists and see all of the beautiful new work by some of Southwest Florida's most creative painters, jewelry designers, potters, photographers, printmakers and sculptors.



Mike Danley

Originally from Kansas City, Danley moved to Fort Myers in 2009. While in Kansas City, after apprenticing with two professional puppeteers, he formed a puppet troupe – The Kansas City Critters. Later, he worked as a freelance photographer. After moving to Florida, Danley took up scenic photography that



Megan Kissinger

he sold in shops, fairs and galleries.

A native Floridian, Kissinger is an acrylic painter. Her background in scientific illustration helps her to present the beauty and connectedness that she sees in every aspect of the natural universe. Her artistic passion drives her attempt to "make viewers aware of how everything in the world is connected in some way." In order to show structure and design in nature, Kissinger's paintings get viewer up close and personal with plants and animals.

Lana is a Florida-based self-taught artist who works with reclaimed materials to create award-winning, functional art and sculptures. Mainly guided by intuition,



Jay Lana

each unique piece he creates tells a story of time and place, the materials used in each piece provides it with qualities such as strength, grace, balance and endurance. He has worked from his own studio since late 2013; since then, his pieces have been featured in art galleries, juried art festivals and publications, locally as well as out of state.

Tower Gallery, located at 751 Tarpon Bay Road on Sanibel, is an artists' cooperative consisting of 23 artists in two-dimensional and three-dimensional media such as oil, acrylic, watercolor, photography, ceramic, wood, glass and metal. For more information, call 472-4557.✴



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Shell Of The Week

Polished Paper Mussel



by José H. Leal, PhD, The Bailey-Matthews National Shell Museum Science Director & Curator

A member of the mussel family *Mytilidae*, the polished paper mussel, *Arcuatula papyria* (Conrad, 1846), is an elusive local species that happens more abundant in nature than its relative obscurity



Photos by José H. Leal

The polished paper mussel, *Arcuatula papyria* (Conrad, 1846). Top view shows inside of shell, bottom view shows outside surface.

photos by José H. Leal

and scarcity in local collections would lead us to believe. One of the reasons for its status as a poorly known species is that it lives burrowing in the muddy bottoms of local bays and protected back waters, in areas that are difficult to reach and almost impossible to walk on due to the plastic, very soft nature of the mud. Another reason is that polished paper mussel shells are extremely thin, breaking almost immediately after

the mollusk dies. Nonetheless, it is a very elegant pale green shell, semi-translucent shell, internally with faint hints of mother of pearl (nacre). Learn more about the polished paper mussel at <http://shellmuseum.org/shells/south-west-florida-shells/arcuatula-papyria>.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our marine biologist for a beach

walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk guests receive half-off museum admission. (Current Island Inn guests please book through the Inn).

Mollusk movies and scavenger hunts run continuously throughout each day.

Daily Tank Talks, 11:30 a.m. and 3:30 p.m. Gain great insights into the fascinating world of mollusks.

Monday at 1:30 p.m.: Carolyn's Collection – A fun and engaging look at quality shells of a private collector. (Please check shellmuseum.org to note any schedule changes)

Tuesday at 1:30 p.m.: Shell Bingo
Wednesday at 1:30 p.m.: Midday Tank Talk at the museum live mollusk tank.

Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not on exhibit.

Friday at 1:30 p.m.: Arts & Crafts – Create marine-themed art and take it home with you.

Saturday at 1:30 p.m.: Sanibel Shells – Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m.: Shell Bingo
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.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.

For reservations, contact Rachel Rainbolt at rainbolt@crowclinic.org or 472-3644 ext. 228 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, November 6, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need assistance. Facilities like CROW should be an animal's last resort, not their first. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

Friday, November 6, 2 to 3:30 p.m., \$20 per person, advanced registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get

an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. There is a photography opportunity available following the tour with an animal ambassador.

Monday, November 9, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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.

Tuesday, November 10, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Wednesday, November 11, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need assistance. Facilities like CROW should be an animal's last resort, not their first. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

Thursday, November 12, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a "Keystone Species." CROW's presenter explains why they are admitted and how the medical staff treats this species.

Friday, November 13, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.*

2016 Sanibel Scenes Calendars

feature photos of local scenery and wildlife taken in and around Sanibel, so they are close to home.



In addition to the beautiful pictures, each month contains some tidbits of information or personal advice you should know.

This is the third consecutive year for these popular calendars, and they are available at these island favorite stores:

Bailey's General Store
Bailey's at Sundial
CVS Pharmacy
Doc Ford's
Island Pharmacy
Jerry's Foods
Suncatcher's Dream
Tuttle's Seahorse Shop

I ♥ Sanibel bumper stickers are also available at these favorite island stores.

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Fish Caught



Emily Bonser
Emily Bonser, 15, from Greenwood, Indiana caught a 34-inch snook while on a Sea Reed Charter.✧

Read us online at IslandSunNews.com

Booksigning

Melissa DeCarlo, debut author of *The Art of Crash Landing*, will appear at a booksigning at Sanibel Island Bookshop on Friday, November 13 from 2 to 5 p.m.

From a bright new talent comes this novel about a young woman who travels for the first time to her mother’s hometown, and gets sucked into the mystery that changed her family forever.

Mattie Wallace has really screwed up this time. Broke and knocked up, she’s got all her worldly possessions crammed into six giant trash bags, and nowhere to go. Try as she might, Mattie can no longer deny that she really is turning into her mother, a broken alcoholic who never met a bad choice she didn’t make. When Mattie gets news of a possible inheritance left by a grandmother she’s never met, she jumps at this one last chance to turn things around. Leaving the Florida Panhandle, she drives eight hundred miles to her mother’s birthplace-the tiny town of Gandy, Oklahoma. There, she soon learns that her mother remains a local mystery - a happy, talented teenager who inexplicably skipped town 35 years ago with nothing but the clothes on her back. But the girl they describe bears little resemblance to the damaged woman Mattie knew, and before long it becomes clear that something terrible happened to her mother, and it happened here. The harder Mattie digs for answers, the more obstacles she encounters. Giving up, however, isn’t an option. Uncovering what started her mother’s downward spiral



might be the only way to stop her own.

Hilarious, gripping and unexpectedly wise, *The Art of Crash Landing* is a poignant novel from an assured new voice.

“A dazzling debut that truly soars, about figuring out the tug of the past, about family mysteries and the marvels of forgiveness, and all of it features a spunky heroine readers won’t be able to stop falling in love with,” said Caroline Leavitt, *New York Times* bestselling author of *This Tomorrow* and *Pictures Of You*.

Sanibel Island Bookshop is located at 1571 Periwinkle Way. Can’t make the event? Call 472-5223 to pre-order your signed copy.✧

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Attention Sanibel-Captiva Gardeners

The first meeting of the Master Gardener Lecture Series (the 74th program) will be held on Thursday, November 12 at 10 a.m. at the Sanibel Public Library, 770 Dunlop Road. The topic is Care and Fertilization of Palms. This is a timely topic, since Sanibel has experienced an extremely wet summer, which means leaching out most nutrients in the soil. Fertilizer ordinances on Sanibel allow application from October 1 through June 1. Many palms are exhibiting signs of nutrient deficiencies on the island.

Palms are the iconic tree of Florida and Sanibel has many different varieties and species – some native but others from many parts of the world. They contribute beauty and character to the island. Contrary to a widely accepted urban legend, palms are low maintenance and require little care. Don't take your palms for granted. They require nutrition (fertilization) to resist environmental stress and to remain healthy. Special formulations of fertilizer that are "palm special" are slow release and contain the necessary micronutrients.

Donna Cressman, a 10-year graduate of the Florida Master Gardeners Program, will discuss the recommended types and frequency of fertilizers, and will also bring living palm fronds to illustrate healthy and deficient palms. Cressman is a senior staff member of a well known nursery and lectures extensively in Southwest Florida. In her presentation, she will be using actual palm specimens and welcome questions from the audience.✽

Top Ten Books On The Island

1. *The Hypnotist's Love Story* by Liane Moriarty
 2. *Rogue Lawyer* by John Grisham
 3. *Me Before You* by Jojo Moyes
 4. *Haunted* by Randy Wayne White
 5. *The Devil in the White City* by Erik Larson
 6. *Miss Emily* by Nuala O'Conner
 7. *Annabelle From Sanibel* by Jane Kirchner
 8. *Hunter's Moon* by Randy Wayne White
 9. *Dark Light* by Randy Wayne White
 10. *George Washington's Secret Six* by Brian Kilmeade
- Courtesy of Sanibel Island Bookshop✽

Our email address is press@islandsunnews.com

Slow Down For Migrating Manatees

With winter's chill approaching, Florida manatees are on the move. Manatees cannot tolerate cold water and may begin to seek warmer water when temperatures start to drop below 68 degrees Fahrenheit. Some travel hundreds of miles to reach a warmer destination. Because of the annual migration, the Florida Fish and Wildlife Conservation Commission (FWC) is reminding boat and personal watercraft operators that it is important to slow down to avoid manatees, particularly in shallow areas.

Manatees can be difficult to see as they often swim and rest just below the water's surface. Boaters wearing polarized sunglasses are more likely to spot manatees underwater.

November is Manatee Awareness Month. There is no better time to plan a visit to observe Florida's beloved manatees. Find these places by going to MyFWC.com/Manatee and clicking the link under the "Where Can I See Manatees?" box.

"Watching these large plant-eating mammals swim slowly through Florida waters, often accompanied by their calves, is a special experience for residents and visitors to the state," said Carol Knox, the FWC's Imperiled Species Management section leader. "Boaters following posted speed zones for manatees

migrating to warmer waters help conserve this iconic Florida species for future generations."

Boaters should be aware that many seasonal manatee protection zones go into effect on November 15 throughout the state. For information about manatee protection zones by county, including the seasonal changes, go to MyFWC.com/Manatee, and click on "Data and Maps." At the bottom of that same page, there also is information on FWC Manatee COLD-weather changes to speed zones. FWC law enforcement officers will be on the water enforcing these seasonal rules to protect manatees in busy boating areas.

People can report sightings of injured, sick or dead manatees to the FWC's Wildlife Alert Hotline at 888-404-3922, #FWC and *FWC on a cell phone, or with a text to Tip@MyFWC.com.

The purchase of a Florida manatee license plate at BuyaPlate.com or a manatee decal from tax collectors' offices in Florida is another way to help manatees. The license plate and decal support the FWC manatee program, including research, rescue, rehabilitation, conservation, management and education efforts.

Learn more about Florida manatees at MyFWC.com/Manatees. Click on "Manatee Habitat" to discover what plants they eat when inhabiting Florida's rivers, bays, canals, estuaries and coastal areas. While on that page, click on "Boat, PWC & Paddle-sport Operators." Also check out "A Boater's Guide to Living with Florida Manatees" and "Guidelines for Successful Manatee Watching in Florida."✽



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Plant Smart

Salt-And-Pepper

by Gerri Reaves

Unlike many members of the aster family that have both disk and ray flowers (petals), salt-and-pepper (*Melanthera nivea*) has only disk flowers.

Rounded flower heads at the stem ends are packed with white tubular flowers. The anthers, a portion of the male flower parts, are like black specks against the white.

The word *melanthera* means black anther in ancient Greek and *nivea* derives from Latin words meaning snow or full of snow. The speckling of black speckles snow white inspires another common name, nonpareil, a chocolate disk sprinkled with white sugar pellets.

This perennial wildflower is a larval host plant for the Florida white butterfly and a nectar plant for many other butterflies and skippers, such as the cassius blue, gray hairstreak and gulf fritillary, as well as native bees and wasps.

Salt-and-pepper grows erect or sprawling, reaching two to six feet high, and



Native salt-and-pepper attracts butterflies, skippers, bees and wasps
photos by Gerri Reaves

blooms throughout the year. After pollination, flowers form achenes, one-seeded fruits, which are released after the flowers are spent.

The leaves are coarse and arrowhead-shaped with two basal lobes. The square stems give the flower yet another common name, snow squaristem.

This resilient wildflower is recommended for a butterfly garden or natural landscape, but because it can be leggy and weedy, not as a specimen plant.

Give it a moist but well-drained spot in full sun or light shade. It will grow even in poor soil but needs some organic content.

It is drought-tolerant but not very salt-tolerant.

Propagate it with seeds, cuttings or clump division – or, just let it self-sow. Prune it for fuller growth and remove the mature flower heads to control its spread.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, fnps.org, hawthornhillwildflowers.blogspot.com, nativeplantwildlifegarden.com, regional-conservation.org, southeastgarden.com, *Plant Smart explores the diverse flora of South Florida.*✧

Hypertufa Class

A Hypertufa workshop and lunch will be offered on Tuesday, November 11 at Forever Green Ace Hardware located at 2025 Periwinkle Way on Sanibel. Les Williams, garden décor designer from Mount Dora, Florida and Highlands, North Carolina, will lead the class, which will run from 10 a.m. to noon. Lunch at Cip's Place will follow the workshop and is included in the price.

Hypertufa, commonly associated with English garden troughs, is a lightweight cement based material used in making planters and other decorative items. In this class, each participant will make a planter of their own. Williams will also demonstrate carving and coloring techniques.

Cost is \$75 per person for the two hour class and lunch, and includes all materials. Old clothes are recommended. Repeat students will receive advanced instruction (requires advance notice). Pre-registration is required and each class is limited to 6 to 8 people.

Sign up at Forever Green Ace Hardware, 2025 Periwinkle Way or call 472-5354 and ask for Sue. For questions about the class, call Les at 352-250-4462.✧

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Sanibel Island Fishing Club To Meet

On Tuesday, November 10, the Sanibel Island Fishing Club will be holding its second meeting of the upcoming 2015-16 season. The meeting will begin at 6:30 p.m. in the north room of The Community House, located at 2173 Periwinkle Way on Sanibel. This month's featured speaker will begin her presentation at 7 p.m. sharp. There is no admission charge for the event and the angling public is cordially invited to attend. Pizza and refreshments are available at a nominal charge.

This month's featured speaker is Rae Ann Wessel, director of natural resource policy for the Sanibel-Captiva Conservation Foundation. Wessel is a limnologist and marine scientist with over 30 years of experience working in the environmental field in South Florida. She is a past commission appointee to the Lee County Local Planning Agency and has received awards for her work, including 1998 Conservationist of the Year from Audubon of Southwest Florida. In

2012, Wessel was selected as one of the Women Who Make Southwest Florida. She received the 2013 Citizen of the Year Award from the Committee of the Islands, who recognized her work as a "tireless scientist for the environment."

Wessel's topic is El Nino: What It Means To Our Waters. A very strong El Nino forecast is predicted for the coming year, expected to produce wetter than normal dry season conditions, which will most likely significantly affect the critical spring nursery functions of the Caloosahatchee estuary and influence near shore coastal waters. A weaker El Nino chased away Atlantic hurricanes this year, but also caused severe drought in Florida's lower east coast severely affecting Florida Bay which could be on the precipice of an ecological disaster. SCCF is currently restoring oyster and seagrass restoration to offset impacts that resulted from massive freshwater deluges in 2013, with funding provided from the 2014



Rae Ann Wessel

legislature to restore habitats in the Caloosahatchee and St Lucie estuaries. We will examine how these weather extremes affect our waters.

The Sanibel Island Fishing Club meets monthly through season and sponsors several group outings as well as lending support for various fishing related charities and organizations such as SCCF, "Ding" Darling Fishing for Kids, Crackerfest/START, "Ding" Darling Tarpon Tournament, Florida

Coastal and Ocean Coalition and the Sanibel Sea School.

For information on joining the club, call Rol Campbell at 472-8994 or attend our next meeting. The Sanibel Island Fishing Club has been an active social club for more than 30 years on the island. To learn more about the club, and to view our great fishing photos or to explore our fish recipe section, visit www.sanibelislandfishingclub.com.*

Beach Advisory Issued For Blind Pass

The Florida Department of Health in Lee County (DOH-Lee) has advised the public not to enter the water at Blind Pass Beach, located at 6497 Sanibel-Captiva Road on Sanibel, and Turner Beach, located at 17200 Captiva Drive on Captiva, due to high levels of bacteria identified in routine testing.

Tests completed on October 29 indicated that the water quality at Blind Pass Beach and Turner Beach do not meet the safety criteria for enterococcus bacteria recommended by the Florida Department of Health. Water contact may pose an increased risk of disease, particularly for susceptible individuals.

No wading or swimming at Blind Pass Beach or Turner Beach is recommended.

Enterococcus bacteria normally inhabit the intestinal tract of humans and animals. The presence of an elevated concentration of these bacteria is an indicator of pollution, which may come from storm water runoff, pets, wildlife or sewage. Elevated levels of Enterococcus bacteria have been associated with an increased risk of swimming-associated gastroenteritis illness (diarrhea and abdominal pain).

For more information call 274-2200 or go to <http://lee.floridahealth.gov>.*

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A pair of Department of Public Works employees add a breakwater barrier to the bottom of a fence along the edge of the roadway located on the east end of Sanibel

photos by Jeff Lysiak

East Periwinkle Erosion Causes Road Closure

by Jeff Lysiak

A combination of heavy surf, high tides and a full moon cycle forced the closure of a small section of East Periwinkle Way last week due to significant erosion along the edge of the roadway.

“Due to the recent erosion on the

eastern end of East Periwinkle Way, the portion located on the eastern end of Lighthouse Park is currently closed to motor vehicles until repairs can be made,” a city press release issued on October 27 stated. “At this time, the roadway to the Sanibel Fishing Pier and Lighthouse Beach gulf-side parking lot remain open to the public.”

On Wednesday morning, City of Sanibel employees from the Department of Public Works began repairing the fence which follows the curve of the roadway bordering San Carlos Bay, adding a breakwater along the lower portion of the



Ongoing fence repairs with city employees

structure. Those repairs were completed before the weekend.

“As of October 29, the repairs are nearing completion, but the road surface needs to dry further,” Public Works Director Keith Williams wrote in an email last Thursday afternoon. “Immediate repairs include replacement of shell road surface and reinforcement of the wooden edge fence.”

According to Williams, costs for the repairs are minimal, since the city was using in-house labor and materials already on hand.

Last week’s closure of East Periwinkle Way was the third time the roadway had



The roadway off Periwinkle Way was eroded by heavy surf and high tides

been shut down to vehicular traffic in 2015, all associated with full moon high tides. Prior to that, the road had not washed out since 2012, when Tropical Storm Isaac came close to the island.

Asked if there were any plans to reinforce that section of roadway in a more permanent manner, Williams explained that his department would work with the city’s Natural Resources Department to evaluate any other options that may be considered.✽

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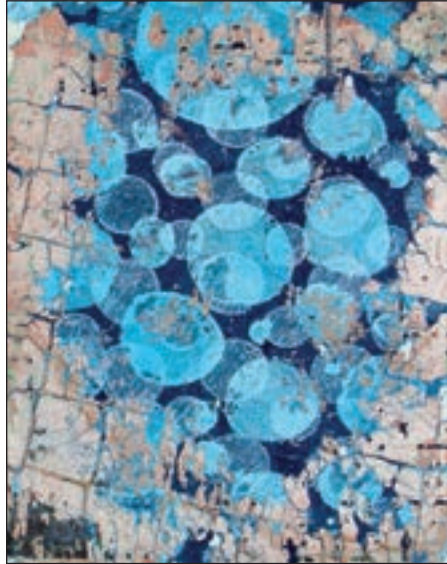
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Pappas To Speak At Art League's Monthly Meeting

The seasonal opening meeting of the Sanibel Captiva Art League will be held on Thursday, November 19 at 1 p.m. at The Community House, 2173 Periwinkle Way on Sanibel. Visitors and local residents are most welcome to attend. November's program features guest artist and teacher Bea Pappas, who will be demonstrating use of the new exciting Gelli plates with acrylic paint. For anyone interested in monotypes or in the making of collage papers, this material will be a joy to work with.

Pappas has been teaching for over 40 years. Beginning in January, she will be teaching three classes a week at BIG ARTS. A member of many art associations, she is an artist member of North Shore Art Association on Gloucester, Massachusetts and a signature natulus member of the International Society of Experimental Artists, where she serves on the board.



Artwork by Bea Pappas



Artists enjoying a recent paint out

The current season for Sanibel Captiva Art League has already begun with plein air painting every Thursday morning. Visitors and Sanibel residents are invited to join members of the art league to paint outdoors at selected places around the area. Paint-outs are from 9 a.m. to noon, and are followed by an informal critique

continued on page 31

Author Series Ticket Requests Open Soon

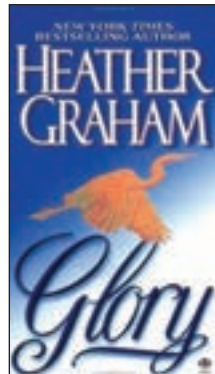
submitted by Maureen Tesoro, Sanibel Public Library

The Sanibel Public Library announced its 2015-16 Author Series lineup.

The library, partnering with the Sanibel Public Library Foundation, Inc., is celebrating eight years of success in bringing high caliber, best-selling authors to the library. Past guests of the series include Sue Monk Kidd, Jodi Picoult, Clive Cussler, Lee Child, Dennis Lehane and Erik Larson.

This season's Author Series begins with Heather Graham, writer of historical romance, suspense and time travel fiction. Graham will speak at the Sanibel Public Library at 7 p.m. on Wednesday, December 9. Online ticket requests begin at 9 a.m. on Monday, November 9 at www.sanlib.org, and will continue for 24 hours.

New York Times and *USA Today* best-selling author Heather Graham majored in theater arts at the University of South Florida. Her first book, *When Next We Love*, was published in 1982 and since then she has written more than 100 novels and novellas including romantic suspense, historical romance, vampire fiction, time travel, occult and Christmas holiday fare. Graham has been published in approximately 20 languages, and was honored with awards from Waldenbooks, B. Dalton, Georgia Romance Writers, Affaire de Cœur, Romantic Times, and more. She has had books selected for the Doubleday Book Club and the Literary Guild, has been in *The Nation*, *Redbook*, *People* and *USA Today*.



The Sanibel Public Library has incorporated a few changes in the ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to meet the authors and attend an Author Series event.

Requests for Author Series tickets may be made beginning on the dates listed below (one month prior to each Author Evening). Names of those requesting tickets will be placed in a lottery and selected at random, and then be notified by email.

Tickets are available at no charge to Sanibel Public Library cardholders; one card per person; two tickets per card. Library patrons may receive a maximum of two tickets per person. Tickets must be requested online at www.sanlib.org.

If you are unable to access the online form or if you would like assistance using the online form, the library will have personnel and a computer set aside for your use. Online requests begin at 9 a.m. on the dates listed, and continues for 24 hours. Requests made before or after that time will not be honored.

Patrons need to have a current library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee.

The next speaker in the series is memoirist and novelist Alice Sebold, who is the author of *Lucky*, *The Lovely Bones* and *The Almost Moon*. Sebold will be speaking at the Sanibel Public Library on Wednesday, January 27. Ticket requests will be accepted online for 24 hours, starting at 9 a.m. on Monday, December 28.

Frances Mayes will speak at the Library on Tuesday, February 23 and Wednesday, February 24. Ticket requests for both Frances Mayes evenings will begin at 9 a.m. on Monday, January 25, and run for 24 hours. Library patrons should request either the Tuesday or Wednesday Mayes event. Only one entry per library card will be accepted. Mayes has created several hugely popular memoirs, her most recent memoir being *Under Magnolia*.

On Tuesday, April 12, crime, mystery and suspense writer Lawrence Sanders will speak at the library. Ticket requests begin online at 9 a.m. on March 14.

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

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Monday Night Movie

Leviathan



by Di Saggau

The BIG ARTS Monday Night Movie for November 9 is *Leviathan*, a compellingly told, stunningly shot Russian drama that retells the story of Job. It's impressive film-making on a grand

scale. The director combines an Old Testament fable with something resembling Elia Kazan's *On The Waterfront* or Robert Rossen's municipal classic *All The King's Men*.

Kolya (Alexey Serebriakov) is a car mechanic with a modest property on prime real estate: a beautiful spot on the Berents Sea. A crooked mayor called Vadim (a wonderful performance from Roman Madyanov, looking something like Boris Yeltsin) covets this land and hits Kolya with a compulsory purchase order. Kolya enlists the help of an old army buddy, a slick Moscow lawyer who has an incriminating dossier on Vadim that he promises will force Vadim to back down. They soon find out that attempting to blackmail this well-connected gangster is fraught with danger.

Leviathan shows a world governed by drunken and depressed men: most are drowning in vodka and despair. It



compares living in Russia to living in a minefield. Kolya is at the center of a perfect storm of poisoned destiny, at the focal point of smart lawyers, aggressive politicians and arrogant priests.

Kolya lives with his wife, Lilya, and his teenage son from a previous marriage, Roma. During Kolya's fight with city hall, an act of infidelity rips apart his already frayed family and provides his enemies with political ammunition. The result is a fatalistic fall. *Leviathan* has few sympathetic figures. They are mostly an angry lot motivated by varying degrees of greed. One critic says

the film draws a connection between Russia's oppressive communist past and its politically corrupt present. It runs 141 minutes. A lively discussion after the film is guaranteed.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Series Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker, June Rosner and Russ Bilgore. Series Supporters: Sanibel Taxi, Jerry's Foods of Sanibel.

BIG ARTS is located at 900 Dunlop Road. Tickets are available at the door or by calling 395-0900.*

Evening Of Silver And Gold Tickets Now On Sale

Come to the Sidney and Berne Davis Art Center, located at 2301 First Street in downtown Fort Myers, on Saturday, December 12 for An Evening Of Silver & Gold, which will be held from 6 to 10 p.m.

Last year, the inaugural LGBT Lee County Black & White Ball was sponsored by Equality Florida, with proceeds supporting LGBT political needs throughout the state.

Proceeds from this year's event will remain in Southwest Florida and donat-

ed to the LGBT Community Fund of Southwest Florida, a fund of Southwest Florida Community Foundation.

Heavy hors d'oeuvres will be served, a drink ticket will be issued to each guest for either beer or wine while dancing the night away with DJ music from The Bass Agency. A cash bar will be available.

Guests will join in and bid on live auction items including vacation packages, tickets to events, etc.

Event ticket price is \$100 per person. Go to www.floridacommunity.com to purchase your tickets and/or make a donation.

The LGBT Community Fund of Southwest Florida is referred to as a giving circle that engages like-minded individuals and organizations to increase philanthropic support in Southwest Florida for the unique challenges and opportunities facing Southwest Florida's LGBT (Lesbian, Gay, Bisexual, Transgender) community.

Grant making from the LGBT Community Fund is research-based. By researching local, national and state statistics, the committee has identified the following areas in the SWFL region in need of assistance.

All contributions from the fund will be granted out each giving year to meet the needs of the community. Contributors who give \$250 within the year will have a vote to determine grant focus areas.

For tickets or sponsorship opportunities, visit www.floridacommunity.com.*



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10th Sanibel Island Writers Conference

Florida Gulf Coast University (FGCU) invites aspiring writers and other devotees of the written word to attend the Sanibel Island Writers Conference, being held November 5 to 8 at BIG ARTS and the Sanibel Public Library on Sanibel. Participants can now register for a variety of workshops, panels, lectures and readings presented by celebrated and experienced writers and teachers. Edwidge Danitcat, John Darnielle and Dan Bern headline the conference.

Keynote speaker Danitcat is the author of several books, including *Breath, Eyes, Memory*, an Oprah Book Club selection, *Krik? Krak!*, a National Book Award finalist, *The Farming of Bones*, an American Book Award winner, as well as *Create Dangerously*, *The Dew Breaker* and *Claire of the Sea Light*. She has written for young adults and children, most recently the picture book *Mama's Nightingale* and the young adult novel *Untwine* (both 2015) as well as the travel narrative, *After The Dance*. Her memoir, *Brother, I'm Dying*, was a 2007 finalist for the National Book Award and a 2008 winner of the National Book Critics Circle Award for autobiography. She is a 2009 MacArthur fellow.

The event is free and open to the public and begins at 6 p.m. on Saturday, November 7 in Schein Hall at BIG ARTS, 900 Dunlop Road on Sanibel.

On Friday, November 6, celebrated singer-songwriter and author Dan Bern will perform songs from his latest album, *Hoody*, and from his vast catalog of albums he's recorded over the past 20 years. Bern's songs have been featured in films such as *Get Him To The Greek* and *Walk Hard: The Dewey Cox Story*. In addition to his skills as a songwriter, Bern is author of the novels *Quitting Science* and *10,000 Crappy Songs*. The concert takes place at BIG ARTS, begins at 6 p.m., and is free and open to the public.

On Thursday, November 5, singer-songwriter John Darnielle of The Mountain Goats performs a solo concert. As the leader of The Mountain Goats, Darnielle has released over 600 songs across 20 records, eps and compilations. Darnielle is also a celebrated novelist whose first book, *Master of Reality*, was released in 2008 as part of the 33 1/3 Series. His second novel, *Wolf In White Van*, was published in 2014 and shortlisted for the National Book Award. The concert begins at 6 p.m., takes place at BIG ARTS, and is free and open to the public.

In addition to the artists mentioned above, the conference offers workshops, presentations, panels and readings from the following authors, editors

and literary agents: Steve Almond (creative nonfiction), Andrea Askowitz (narrative performance), Lynne Barrett (plot), Charles Bock (dialogue), Erica Dawson (poetry), John Dufresne (flash fiction), Wayne Falbey (self-publishing), Beth Ann Fennelly (humor), Nick Flynn (memoir), Gina Frangello (fiction), Tom Franklin (fiction), William Giraldi (fiction), Jim Gustafson (poetry), Shane Hinton (publishing), Jay Hopler (poetry), Leslie Jamison (flash memoir), Kimberly Johnson (poetry), Steve Kistulentz (poetry), Christina Baker Kline (creative process and research), Kimberly Lojewski (publishing), Lyn Millner (facts into story), Dito Montiel (screenwriting), Alan Michael Parker (poetry/fiction), Tom Piazza (dialogue), Mark Powell (creative writing education panelist), Margo Rabb (young adult fiction), Deborah Reed (publishing), Ryan Rivas (publishing), Jim Shepard (close reading), Karen Shepard (emotional stakes in fiction), Christopher Schelling (literary agent), Darin Strauss (narrative) and Jay Wexler (humor).

For a complete schedule, registration fees and other information, visit www.fgcu.edu/siwc or contact Tom DeMarchi at tdemarch@fgcu.edu or 590-7421.*

Read us online at
IslandSunNews.com

Learn Traffic, Bike And Pedestrian Safety At Sanibel Public Library



Cyclists on Sanibel's east end shared use path

WalkWiseLee will cover the rules of the road for pedestrians, cyclists, and motorists at 10 a.m. on Monday, November 9 at the Sanibel Public Library, 770 Dunlop Road. This interactive 15- to 30-minute presentation (intended for adults) actively engages the audience through an electronic feedback system. Participants will receive lightweight reflective backpacks.

Traffic safety affects everyone, since we are all part of it at some point during our day – particularly as pedestrians when we walk for practical purposes, exercise or recreation. Lee County is one of the Top 15 High Crash Counties in the state for pedestrian fatalities and in the Top Ten for pedestrian fatalities in 2014. Many incidents occurred along the high-speed thoroughfares connecting Interstate 75 to downtown Fort Myers and the beach communities.

WalkWiseLee presenter Dan Moser is a long-time bicycle/pedestrian advocate and experienced traffic safety professional who cycles, runs, and walks regularly for

transportation, recreation, and fitness. Moser is also a cycling education instructor for CyclingSavvy and League of American Cyclists as well as a State of Florida Certified Driving Instructor. Come to the Sanibel Public Library on November 9 to meet Dan and learn to "WalkWiseLee."

WalkWiseLee is a joint undertaking by the Center for Urban Transportation Research (CUTR) at University of South Florida and the Florida Department of Transportation (FDOT). The public is invited to this library program. There is no registration required and no additional cost to participate.

Ongoing Sanibel Public Library weekly children's programs include Toddler Time and crafts on Mondays, activities for preschoolers and school-aged children on Thursdays, as well as a lap sit program for babies on Wednesdays. A complete list of programs and times are listed on the library's website. Residents as well as non-residents are invited.

For more information, call 472-2483 or visit www.sanlib.org.

From page 29

Pappas To Speak

for those who wish to participate. Bring your own bag lunch. On November 5 and 12, the paint-out will be held at Chapel by the Sea on Captiva.

The Sanibel Captiva Art League is a

member of the SW Florida Art Council. Membership in the league enables participation in council art exhibits as well as local member shows held at the Sanibel Public Library. Membership is \$30 annually, and the year begins in November. Details, including a membership application form, are available online at sanca-part.com.

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Captiva Author Releases New Book On Innovation

In his new book, *63 Innovation Nuggets (For Aspiring Innovators)*, Captiva Island resident and author George Barbee convincingly pronounces, "True innovation is broader than just invention. With increased confidence and direction, each one of us can excel innovatively, well beyond what we give ourselves credit for and it is well within our grasp."

63 Innovation Nuggets (For Aspiring Innovators) reveals how each of us and the organizations we work for can become more innovative in very practical, real terms. The book is organized in four sections around these topics:

- Haven't most of the truly innovative strategies already been discovered and written about?

- How startling can innovative observations be? Is innovation really all around us that we haven't seen?

- How can companies with "organization and innovative cramp" improve through organizational effectiveness?

- If I'm a reasonably smart person, what personal strategies are proven to improve my innovative capabilities?

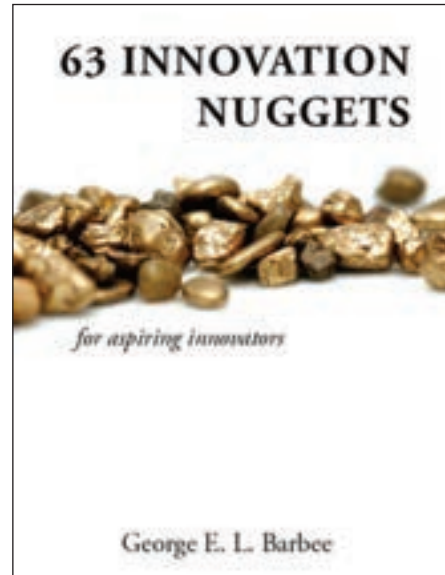
Each "innovation nugget" is accompanied by a slice of life anecdote or brief case study that brings the point across in real and practical terms. They have been



George Barbee

tested by Barbee in a variety of settings and are applicable to Fortune 500 companies as well as small startups. Carefully crafted, amply illustrated and inspired by years of hard work and experimentation, *63 Innovation Nuggets (For Aspiring Innovators)* will help you on your path to successful innovation.

Innovation expert George E.L. Barbee shares his experiences and insights based on his 45-year career across 40 countries. He has founded three successful entrepreneurial companies and led innovation with several Fortune 100 companies including Gillette, General Electric, PepsiCo, IBM and PriceWaterhouseCoopers. Over the last



15 years, he has taught innovation to more than 500 students and executives at the top-ranked University of Virginia Darden Graduate School of Business.

The author and contributor of numerous articles and has been quoted widely in the *Wall Street Journal*, *New York Times* and *Fortune*, Barbee has appeared frequently on NBC's *Today Show*, *Good Morning America*, CNN and PBS. More information is available at www.innovationnuggets.com.

On Saturday, November 7, Barbee will be signing copies of his new book from 11 a.m. to 1 p.m. at Sanibel Island Bookshop, located at 1571 Periwinkle Way. For more information, call 472-5223.

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@centurylink.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Sunrise

by Kyle Sweet

New promise, day awakens
Welcomed first song, cool earth, wet,
fresh dew

Light creating yellow, orange, blue,
long shadows abound

Warmth touches the skin, alive,
breathe, seeing today for the first time
Bright, climbing, followed by tropical
green leaves, paradise

Creation, miraculous, overlooked,
remember

Each day, prays for
Sunrise

Kyle Sweet is the Golf Course Superintendent at The Sanctuary Golf Club and a hobbyist photographer and writer who has spent the past 23 years enjoying Sanibel sunsets and sunrises with family and friends.

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Todd and Lisa Dergins

Know The Signs

submitted by Todd Dergins

I have known for most of my life that I had heart problems. The heart murmur and occasional arrhythmia was detected when I was young. At the age of 9, I was sent to Riley Children's Hospital and diagnosed with a defective heart valve. It was a genetic defect that had been passed down in my family for generations.

I was told that it should not affect me until I was into my 50s, so I was never too concerned about it. I just thought the longer I could wait, the more advanced the medical field would become, and it would be easy to fix later.

Later comes earlier than you expect.

The whole incident started back in 2008. I started having light-headedness and problems with my balance. My former manager told me he had experienced the same thing from an ear infection.

I visited the doctor for a variety of tests and was ultimately told it was not an ear infection, but it was probably time to address my heart problem. How could this be? I was only 40. Anyway, the problem had stopped, so it must have just been an ear infection that cleared up on its own.

Everything seemed to be fine for the next few years, until I started to develop breathing problems in 2014. I had a persistent cough for no apparent reason and started to experience shortness of breath.

I had been told years before by a PA that I had symptoms of asthma. This was easy to believe because every time I would get a cold, it seemed to go straight to my chest. I began to take over-the-counter asthma medication, which would help only some of the time. The symptoms continued to get worse. I would frequently wake up at night feeling like I couldn't breathe. I had to start sitting up some nights to try to get some sleep.

The final sign that something was seriously wrong came when I started to rapidly gain weight. I began to notice swelling in my legs that quickly progressed to my abdomen. I was eating less but still gaining weight. I felt like Tim Allen in *The Santa Clause*.

I went to the doctor for some tests to find out what was causing this breathing difficulty and sudden weight gain. On my second visit, the PA took a look at my test results and asked me why I was in the office instead of the hospital. I was immediately admitted to Cape Coral Hospital with congestive heart failure.

I spent 19 days in the hospital. After a couple days at Cape Coral Hospital, I was transferred to HealthPark. They have the best cardiac team in this area, and I needed the best. Most of the time spent in the hospital was just to get me healthy enough to survive the open-heart surgery I needed.

On May 1, 2015, I underwent Aortic Valve Replacement surgery. Fortunately, after continued on page 20B

Lockard Makes Trip To State Championship

Bishop Verot senior Lauren Lockard finished her high school golf career with an outstanding performance, which took place over a three-week period. The team ended its regular season with an 11-1 record.

On October 13, Lauren helped lead her team to its first District Title Championship in over 15 years. She shot a 79 on a windy Shell Point golf course, placing her second overall. The Bishop Verot girls team won their district with a team score of 340.

A week later, the team qualified for the State Championship by placing second to St. Steven's Academy by one shot in the Regional 1A Finals. Lauren placed third overall individually and led her team in scoring with an 83.

Last week, the Bishop Verot Girls Golf Team spent three days at Mission Inn Resort in Howie-In-The-Hill, Florida; the site of the State Finals. The team played very well, finishing 14th. Lauren shot a two-day total of 171, placing her in the top 50.

This was Lauren's second appearance in the State Finals. She also qualified as an individual as a freshman.*



Lauren Lockard with her father, Ed Lockard

Veterans Day Operation Hours And Refuse Collection Schedule

The City of Sanibel administrative offices will be closed in observance of Veterans Day, Wednesday, November 11 and will resume normal office hours on Thursday, November 12. If you have any questions, call 472-3700.

The Sanibel Recreation Center and Center 4 Life will be closed in observance of Veterans Day on Wednesday, November 11 and will resume normal office hours on Thursday, November 12. If you have any questions, call the recreation center at 472-0345 or the Center 4 Life at 472-5743.

All garbage, recycling and vegetation waste collection by Advanced Disposal scheduled for the week of Veterans Day will run as scheduled. If you have any questions, call 334-1224.*



At the conference were Zontians, from left, Barbara Beran, Nancy Dreher, Nola Theiss, Governor Karen Pati, Gari Lewis, Linda Robison, Nori Ann Reed and Virginia Jones

Local Zontians Shine At District Conference

The Zonta Club of Sanibel-Captiva was a highly visible presence at the recent Zonta District 11 annual conference in Fort Lauderdale. Seven members made the trip to Fort Lauderdale from October 9 to 11 to attend the conference, and were thrilled when the club was once again awarded the coveted Governor's Cup for 2014-15, an annual recognition for the club that best exemplifies the ideals and objectives of Zonta International.

District 11 comprises 41 Zonta clubs from North Carolina to the Caribbean. The Sanibel-Captiva club has won the award more times than any other club in District 11, beginning with 2005 and continuing through 2006, 2008-10, and 2013. This year's award was based on the year during which Robyn Moran served as president.

Factors considered in awarding the

Governor's Cup include charitable fundraising per club member, service hours per member, service projects, grants awarded, and contributions to the Zonta International fund. The local club was found to excel in all of these areas, including its pledge to Zonta International of \$29,190, the highest amount ever. This contribution comes from funds raised during the annual home tour, A Peek at the Unique, and plans are already under way for the 15th annual event, scheduled for Saturday, March 12, 2016.

"We realize that being a large club with around 70 active members provides us with the resources for making a significant impact in all that we do," said current president Virginia Jones. "But since scores are calculated through averages per member, the playing field is level for all clubs. We are so proud that the cup has once again come home to Sanibel."

The cup was presented to the Sanibel contingent by Governor (and Sanibel member) Karen Pati, a former president of the Sanibel club, currently serving a two-year term, 2014-16. Linda Robison, who also attended and is a former president of the club, was elected Governor-



Current president Virginia Jones hoists the Governor's Cup, applauded by Barbara Beran, left, and Linda Robison. Seen in the background is Governor Karen Pati

elect for the 2016-18 biennium.

In addition to the excitement of receiving the Governor's Cup yet again, the club's efforts in human trafficking awareness were featured when club member Nola Theiss, founder of the Fort Myers-based Human Trafficking Awareness Partnerships, led an educational session on that topic. Also, Virginia Jones served as the official photographer, capturing the essence of the meeting in hundreds of shots.

The Zonta Club of Sanibel-Captiva is a service organization that empowers women through service, advocacy and funds in Lee County and around the world through Zonta International. To learn more, visit www.zontasancap.com.

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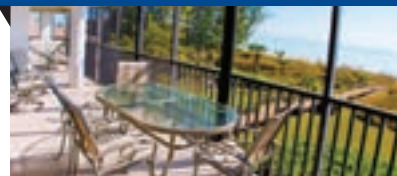
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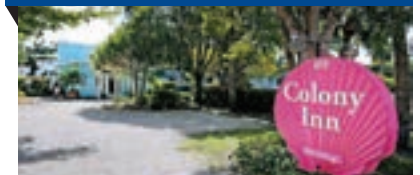
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Sanibel School Volleyball Team Wins Tournament

The Sanibel School's girls volleyball team, co-champions in the regular season with St. Francis Xavier School and winners of the Sun Coast Jr. High Tournament, had a great regular season record of 7-1.

Seeded second in tournament play, in

the semi-finals Sanibel beat St. Andrews Catholic School (Cape Coral) in three sets and St. Francis Xavier (Fort Myers) beat St. Michaels Lutheran (Fort Myers) in two sets. In the finals, The Sanibel School faced off against St. Francis.

In the first set, St. Francis won easily and earned three championship points in the second set, but Sanibel came back and won the match, 26-24. The lead went back and forth in the third set, with Sanibel prevailing in the end, 15-12.

Team members included Hayley Halski, Daisy Arensman, Savannah Nippa, Rose Tupy, Allison Van Olst, Brooke Yelenich, Sloan Yelenich, Meleah Thomas and Lisa Arce. The coaches were Christie Bradley and Kari Wheeler.✧

New Class Of Disabled Veteran Trainees

Disabled Veterans Insurance Careers (DVIC) has launched its next class of disabled veteran trainees. The veterans will spend the next six months training and learning the many facets of the insurance industry in order to pursue careers in that field. There are currently four veterans from Southwest Florida, two veterans from Kansas, and one veteran from

Texas in the training program. "DVIC offers disabled veterans who have served our country the opportunity for a meaningful career," said Gary Bryant, president and CEO of DVIC. "These men and women should have career opportunities when they return home and it is our mission to provide excellent insurance education and training so they can be a success." DVIC relies on fundraising and personal donations to continue to sponsor disabled veterans who go through the training program. If you would like to sponsor a veteran or make a donation to DVIC, visit DVIC.us or call 433-8523.✧

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SANIBEL 8-BALL POOL LEAGUE 2015-16 Standings through November 2

Standing	Team Name	Won	Lost
First	Sanibel Café	46	34
Second	Bunt's Ball Busters	43	37
Third	Sandycappers	39	41
Fourth	Fresh Legion Crew	32	48

November 2 Results

Bunt's Ball Busters	13	Sandycappers	7
Sanibel Café	11	Fresh Legion Crew	9

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Sanibel 8-Ball Pool League Players Pull Out The Shots

Randy Carson led the league, leading Sanibel Café team to an 11-9 victory over Fresh Legion Crew. Carson went 4-0 against Matt Hall. He was backed by a 3-1 effort by Pete Mindel over Chip Gelpi. Legion Crew's Becky Skog hammered Graham Sell 3-1 and finished one of the games with a scintillating long bank 8-ball winner. Sanibel Café still holds a two-game edge in the standings but runs into Sandycappers next Monday. The Copper guys are still smarting from a 12-8 thumping by Sanibel Café in the second week of the season and are looking for revenge.

Bunt's Ball Busters 13-7 thrashing of Sandycappers could be about Rich Ennis and Dave Doane posting 4-0 wins over John Bates and John Riegert. Or it could be about Ken Rasi and Bob Buntrock getting pasted by 3-1 scores by Jeff Brown and Kevin Pottorf. Or it could be about Mike DeWitt's 3-1 marathon match with Jack Dalton. These highlights pale by comparison to Dave Doane's masterful jump shot to pocket the 13-ball in one of his games and produce perfect position to run out through the 8-ball. It should be noted, however, that this was the first jump shot run out effort by Doane since he purchased his jump cue at the 8-Ball Nationals in Las Vegas 10 years ago.

Big match on Monday is Bunt's Ball Busters vs. Fresh Legion Crew. The Ball Busters are out to avenge the 11-9 loss to the Legion team on the second night of the season.✧



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Shelling Concierge Added At South Seas Island Resort

South Seas Island Resort on Captiva Island brings its world-class shelling for guests to a new level with the introduction of a Shelling Concierge. Leading guided beach walks each week, the Shelling Concierge is a complement to additional eco-friendly offerings at the on-site Sanibel Sea School that range from marine conservation classes to birding tours.

Both novice and serious collectors can discover the shelling paradise on the walk each week along the resort's two-and-a-half miles of beaches. Shellers can learn about basic bivalve and gastropod biology, find out why so many seashells wash up on the resort's shoreline and even learn secrets on where to look for the most coveted shells. Among the many species guests may expect to find include conch, lightning whelk, cockle, scallops, murex and coquina. The shelling concierge will even assist with tips to find the Junonia, perhaps the island's most elusive shell of all, considered the pinnacle of the shelling quest. The prized shell is yearned for because of its rarity and beauty.

With more than 250 species of shells, Captiva Island has earned its reputation as one of the best spots in the world for shelling. Geography is the main contributor to the rich bounty of shells scattered across its sugary sands. Unlike other barrier islands, Captiva is unique in that it lies east to west rather than north to south acting like a shovel scooping up the shells the Gulf of Mexico imports from the Caribbean and other southern seas. The "Captiva Crouch" has even been dubbed for the frequently seen stance shell-seekers make as they parade along the sands in a bent over position to uncover a treasure.

The Shelling Concierge's beach walks will be offered once each week, based on optimal shelling conditions. The fee is \$20 per person. In addition, guests can stop in to learn more about shelling anytime during Sanibel Sea School's operational hours. For more information on Sanibel Sea School, visit www.sanibelseaschool.org. For more information on South Seas Island Resort, call 1-800-533-5553 or visit www.southseas.com.✱



Guests staying at South Seas Island Resort may use their Shelling Concierge to search for local shells



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The Sanctuary's tennis pro Christie Bradley, left, receives tournament sponsorship from Bank of the Islands' Willy Ocasio

Bank Named \$500 Sponsor Of Hope Hospice Tourney

Bank of the Islands has become a sponsor of the 13th annual Tennis Tournament benefiting Hope Hospice, a nonprofit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. "We are so glad to once again support this tournament for Hope Hospice," said Bank of the Islands' Sanibel/Captiva office manager Willy Ocasio. "So many

families have relied on Hope Hospice for truly exceptional end of life care. Being able to support that is very important to Bank of the Islands." This fun-filled tennis event benefiting Hope Hospice will take place at The Sanctuary Golf Club, located at 2801 Wulfert Road on Sanibel. The tennis workshop event will be held on Saturday, November 14 from 9:30 a.m. to 1 p.m. The special guest at the event will be tennis icon Nick Bollettieri as well as a pro from the IMG Academy who will be running a clinic. A tiebreak tournament will then be held at The Sanctuary. For more information and entry forms, contact Christie Bradley at 472-5276.*

Disabled Veterans Campaign

submitted by Ted Tyson

The 500 members of the Disabled American Veterans (DAV) Chapter #108 want the people of Sanibel and Captiva to know that the 2015 campaign is moving along to raise the \$25,000 goal, but to achieve the goal, we really need your help and donations. I have the distinct honor and responsibility of raising funds for Disabled American Veterans Chapter #108. While the funds raised from Sanibel and Captiva residents, businesses and visitors will support needy veterans on Sanibel through FISH and other Sanibel charities, a proportion of the funds collected through November 15 will also support needy veterans in Lee, Collier and Charlotte counties. The DAV Chapter #108 provides services for local needy veterans and their families as well as the needy families of military service men and women who are on foreign soil defending our freedom. We do it in conjunction with other local agencies like FISH and other military groups/chapters because the need is great, and there is no major military base in the tri-county area to provide emergency support. Also, the chapter's three fully accredited service officers (SO), all unpaid volunteers, spend hundreds of hours each year untangling the maze of VA rules and regulations in order to help veterans receive their VA benefits. All Chapter #108 donations, large or small, go 100 percent to assisting needy

military veterans and families. National DAV donations have an overhead of 3 percent, meaning that 97 cents of every dollar goes to help veterans. Both chapters and the National DAV rank in the top 5 percent of all charitable organizations. One might ask who is donating all the money? The answer is, virtually everyone: Chauncey Goss, Sanibel-Captiva Beach Resorts, GH Azarbarzin, John T. Boone, Ken Cuyler, William Bangert Family, Mayor Kevin Ruane, bankers Craig Albert and David Wright, FISH Executive Director Maggi Feiner, St. Michael's Episcopal Church's The Reverend Ellen Sloan, Ted and Peggy Tyson, Dr. Steve and Lena Brown, *Island Sun's* Lorin Arundel, Donald and Kathleen Novotny, John Gee Realty, Charles and Helen Kettelman, Maughan Law Group, Kelley Provo, Jason Maughan, Jan Claiborne, Alex and Ina MacKenzie, Quest Resources USA Inc., Billy Kirkland Companies, Richard W. Stegman, Jensen Brothers Twin Palm Resort & Marina, Sandy Stilwell Enterprises, Richard and Mead Johnson of Bailey's, novelist Randy Wayne White and a host of other Sanibel and Captiva people, visitors and residents, who prefer their generous donations remain anonymous. The amounts range from \$5 to \$500 and more, no amount too small, no amount too large. Each and every donation, regardless of amount, is accepted with gratitude for each will help needy veterans. An older infirm gentleman offered me a \$10 bill as his donation when he heard me asking others for donations. I told him that I was sorry but I could only accept checks, and started to turn away. He stopped me and said, "Do you mean that you can't let me help my brothers?" He was a veteran, who had fought in Korea and Vietnam. This gentleman, obviously not wealthy, really wanted to help because he knew there are many veterans who really need help, and while he could still help, he would help. He smiled as he gave me his \$10 bill, saying that was all he could give and that he hoped others would give too. I, a Vietnam vet also, gladly accepted his \$10 donation, saluted him, and thanked him for his service and generosity as he left.

You can help reach our goal by donating to the fund raising, which continues through Veterans Day November 11. Your check donation will be accepted gladly and will be used carefully to help our veterans. To donate, make your check payable to: DAV Chapter 108, and mail it (or take it in) to the Sanibel Captiva Community Bank, 2475 Library Way, Sanibel, FL 33957 (Attn: David Wright). If you prefer, bring your check to the Veterans Day Celebration at Sanibel City Hall at 11 a.m. on November 11. Sanibel and its sister community Captiva, are filled with welcoming, friendly, and generous people who respond to our veterans' needs. Please donate for those who have given much to keep us safe and free God bless you, God bless America and all those who serve or have served, defending our freedom.*

HORTOONS



Zavala Earns Teacher Of Promise Award



Silvia Zavala, Spanish language instructor at The Sanibel School, with her Teacher of Promise Award photos by Jeff Lysiak

by Jeff Lysiak

Last month, Spanish instructor Silvia Zavala from The Sanibel School was honored at the Florida Foreign Language Association's annual conference, where she was named a 2015 Teacher of Promise.

The conference, held from October 15 to 17 in St. Augustine, recognizes foreign language instructors in categories



Joining her students in a language exercise, Silvia Zavala incorporates music and dance in her lessons

including Teacher of the Year, Teachers of Promise (instructors with three years of experience or less) and Hall of Fame (teachers who have been nominated for five years).

"I was very happy to know that (the Florida Foreign Language Association) saw something in me to receive this award," said Zavala, who joined The Sanibel School staff in 2012. "It's very nice to be honored."

Zavala was nominated by Silvana Acebal from Challenger Middle School

for the Teacher of Promise Award. "I worked with her in many projects for the World Language Department and she is a great mentor for me," added Zavala. "I had to submit letters of reference, an essay about me and a presentation on how my classes are."

A native of Peru, Zavala followed in her mother's footsteps in following a career path in education. Initially a hotel management major in college, she graduated from Santa Rosa University with a K-3 teaching degree. After moving

to the United States with her husband, Willinievlist, and daughter, Osa, Zavala accepted her first job in teaching at the Children's Education Center of the Islands on Sanibel.

"My mother was a teacher who sometimes taught at her school very late," she recalled. "I remember falling asleep sitting at the desks in her classroom... and I loved drawing with the chalk."

According to Zavala, teaching a foreign language to young students has been a wonderful experience.

"I loved working with the little ones... they pick up the language very easily by listening to songs," said Zavala. "The older kids may not pick it up as easily, but when you remind them about the songs they learned when they were younger, they're like, 'Oh yeah! I remember that.'"

In addition to music, Zavala's Spanish classes incorporate dancing as part of their lessons.

"When they move, they learn," she added, explaining how studies have shown the positive aspects of combining dance with education. "They also learn a lot through the basics, like shapes and colors. And after they pick that up, learning Spanish comes easier to them."

The Sanibel School's staff and co-workers of Zavala were delighted to learn of her recent honor.

"We are proud of Silvia for receiving this prestigious award," said Barbara Von Harten, principal of The Sanibel School. "It is an honor to be recognized for your extra efforts in teaching a foreign language."*



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Superior Small Lodging: Because Bigger Doesn't Always Mean Better

Representatives of the Florida Superior Small Lodging Association (SSL) recently announced 16 Lee County hoteliers have successfully qualified for the distinguished SSL designation. The SSL certification is a statewide hospitality recognition program.

In addition, 15 of the 16 total SSL properties inspected by the Property Review Program (PRP) qualified to receive the coveted Donal A. Dermody White Glove Award for best practices in housekeeping. Properties must receive a score of 100 percent for all components of the housekeeping inspection to be eligible to receive the White Glove Award.

Effective October 1, all members of the SSL will automatically become members of the Florida Restaurant & Lodging Association (FRLA). Additionally, members with restaurants also become members of the National Restaurant Association (NRA).

“Building strong partnerships is vital to the success and effectiveness of any organization,” said Scott Rivelli, executive director of SSL. “Through strategic collaboration we become stronger and more effective while gaining access to education, training, funding and programs that are essential to the future our organizations.”

Superior Small Lodging Program

Eligibility for participation in the Lee County SSL program is restricted to accommodations with 50 room units or less. Properties must hold a valid hotel, motel, inn or bed and breakfast license and pay all applicable state and local taxes related to the operations of an accommodation.

The SSL inspection program and designation is designed to provide travelers with an easily identifiable symbol to demonstrate that the accommodation is clean, safe and a well-managed small lodging.

The passing grade for an unexpected inspection in the program is 82 percent and is based on a comprehensive review of six different property attributes: registration/operations/public places, guest accommodations, bathrooms, bathroom supplies, kitchens, and property exterior.

Lee County properties recognized by the SSL hospitality recognition program include:

- Bokeelia, Cape Coral, Fort Myers and St. James City
- Casa Loma Motel Lahser House – White Glove Award
- Legacy Harbour Hotel & Suites – White Glove Award
- Tarpon Lodge – White Glove Award
- Two Fish Inn – White Glove Award

- Fort Myers Beach
- Beach Shell Inn - White Glove Award
- Gulf Breeze Condos – White Glove Award
- Manatee Bay Inn Bed & Breakfast – White Glove Award
- Matanzas Inn – White Glove Award
- Silver Sands Villas – White Glove Award
- Sanibel & Captiva islands
- Gulf Breeze Cottages – White Glove Award
- Mitchell's Sand Castles – White Glove Award
- The Palm View – White Glove Award
- Sandpiper Inn- White Glove Award
- Shalimar Resort – White Glove Award
- Signal Inn Beach & Racquetball – White Glove Award
- Waterside Inn on the Beach

For more information on the Superior Small Lodging program, contact Nancy MacPhee, program manager, Lee County Visitor & Convention Bureau, at 338-3500. For destination information, visit www.fortmyers-sanibel.com.

Donation Made To SCCF

The 2016 Sanibel-Captiva Nature Calendar



Roseate spoonbills

photo by Al Hoffacker

Jim Fowler, publisher of The Sanibel-Captiva Nature Calendar, announced a donation of \$1,000 to the Sanibel-Captiva Conservation Foundation. This is the 27th annual donation from this publication to a conservation organization. Since first publishing the calendar in 1988, it has become a tradition each fall to donate a portion of the proceeds to one of the organizations listed inside the rear cover.

SCCF was selected because of the organization's extensive ongoing programs to protect and preserve the land, the waters and the wildlife on and around Sanibel, Captiva and neighboring areas.

“In the 1960's, after the first causeway was completed, developers proposed to make Sanibel and Captiva the 'Miami Beach' of the West Coast. Thanks to the founding members of SCCF the course of development on Sanibel was forever changed and guided by principles that placed land and wildlife protection before profit driven uncontrolled growth,” Fowler added. “Early SCCF staff and volunteers provided the money and studies needed by the newly founded City of Sanibel to develop their land use plan. Today, SCCF continues to provide the programs, studies and public education to protect the land, the wildlife and the aquatic environments in the area.”

Last fall, \$1,000 was donated to the Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel. To date, this publication has donated \$21,289.25 to conservation organizations in Florida.

For additional information, call Jim Fowler at 859-846-4528.

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Theatre Conspiracy Annual Fundraiser



by Di Saggau
Supporters of Theatre Conspiracy once again gathered to take part in the festivities of the 17th annual New Play Fundraiser held October 30 at the Alliance for the Arts. During

the social hour, everyone enjoyed wine and appetizers prepared by Cristof's restaurant. Then it was time to enter the theater to hear readings from the final three contestants in the new play contest. Artistic Director Bill Taylor said he received over 600 entries, some from as far away as England and Australia.

A group of local actors lent their talents to the readings from *Brilliant Works of Art*, *Tribunal* and *Vacuum*. Then it was time for the audience to vote for their favorite. The winner was *Vacuum*, which will be performed May 6 through 21. It's a play that deals with deception, sexual intrigue and corporate power plays. Taylor also announced that *Tribunal*, which takes place in postwar Nuremberg and deals with historical history of that period, will be produced next season and taken to local high schools.✱



From Sanibel, Maddy Maxeiner, Bob Maxeiner, Maddy Mayor and JR Pascall



Marilyn Mecca, Vicki Shankland and Judi Braid



Linda Rodriguez and Bob Schmidt



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Jordan Wilson and Nancy Antonio



John Vowell and Judy Churchill

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My Right Turn Signal

My Left Turn Signal

My Stop Signal

CYCLIST'S RIGHTS (AND LEFTS)

Recent events have signaled a need for more awareness of bicyclist rights and rules while riding in Lee County, and on Sanibel in particular. By reiterating and educating riders and motorists alike, we hope to make cycling a safer pastime for all involved.

All cyclists must ride on the multi-use path: ☐ TRUE ☒ FALSE

Safety first:
A cyclist's choice of whether to ride on Sanibel's shared use path or on the road is primarily about safety. It's a **SHARED USE PATH**, meaning that it is used by more than just bikes. Bicycles share the Path with pedestrians, roller bladers, parents with strollers, people walking for exercise, and pets on leashes. The Path is used by all types of bikes and riders with different skill levels...from experienced to beginners, old and young, and families with small children. For the safety of path users, more "sporting" cyclists going at faster speeds often choose the road. Cyclists choosing to ride on the road must follow the same rules, signs and signals that control motor vehicles.

S.316.183--Unlawful Speed, 316.2065(5)(a)--Bicycle regulations

Road riding:
Sanibel roads don't have paved shoulders or bike lanes; therefore, the cyclist choosing to ride on the road will be in the travel lane. In Captiva, there are paved shoulders, so while many cyclists will prefer to ride on these shoulders (they are not marked or maintained as bike lanes so their use is not required), others will use the travel lane. On all roads, motorists are required by law to give a three foot clearance to cyclists when passing, and motorists may cross the yellow median line to comply with the "three foot law".

Section 21760 Three Feet for Safety Act

Sources:
Florida Bicycle Association
www.floridabicycle.org

Safety Office
Florida Department of Transportation
www.dot.state.fl.us/safety

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Craig Albert, center, of Sanibel Captiva Community Bank prepares for Mardi Gras fun with, from left, Barb Cilbrasi, CHR's Richard Johnson, Melissa Stolt, Tony Gropp, Sheri Prange and David Wright photo by CHR

San-Cap Community Bank Named Presenting Sponsor For CHR Mardi Gras

Community Housing and Resources (CHR) announced last week that Sanibel Captiva Community Bank has been named the Presenting Sponsor of CHR's 4th annual Mardi Gras fundraiser on Saturday, February 6 on Sanibel Island. "Craig Albert and his team at Sanibel Captiva Community Bank have been extremely important supporters of Community Housing and Resources," said CHR executive director Kelly Collini. "They are instrumental in helping CHR with our banking needs. Sanibel Captiva Community Bank has also helped many of our limited equity home owners secure loans and manage their income, and have made themselves available to help whenever we call. Their support is vital to our organization." CHR's Mardi Gras will give Sanibel residents and visitors a chance to celebrate the New Orleans tradition with Sanibel flair. Attendees will enjoy an evening on "Bourbon Street" with live music, open bar, fun acts and delicious New Orleans-style street fare

along with the chance to directly help CHR renovate an older housing unit at their Give To Give table. "This year, the Mardi Gras will feature our first 'Swim for the Beads' relay, and the San-Cap Community Bank has signed on as the Gold Team. You will have the opportunity to purchase gold beads the week leading up to and during the event to support the Gold Team and even win some prizes," said Mardi Gras co-chair Arlene Dillon. "The winning team gets to pick prizes for supporters – you win if they win – so buying gold beads and cheering them on is a must!" CHR appreciates the support of our community, including our Premier Sponsor, The Sanibel Catering Company by Bailey's, and our Presenting Sponsor, Sanibel Captiva Community Bank. Proceeds for the event support CHR's mission of providing affordable housing on Sanibel. All donations to CHR are tax deductible. For additional sponsorship information, call Arlene Dillon at 472-4932 or Melissa Rice at 398-0404, or visit SanibelCHR.org/Mardi-Gras-2016.



Steve Hatfield, vice president of administration and finance with Island Inn and Chris Davison, general manager of the Island Inn are joined by the Sanibel & Captiva Island Chamber representatives Ric Base, president and Trent Peake, member services manager

Island Inn Sponsors Luminary Festival

The Sanibel & Captiva Islands Chamber of Commerce announced that the Island Inn has taken a Gold Sponsorship for this year's Luminary Festival. The 31st annual 2015 Luminary celebrations will take place on Friday, December 4 on Sanibel and Saturday, December 5 on Captiva. "Luminary Weekend is an important event that we value, as it brings the entire Sanibel and Captiva community together for an official start to the holiday season,"

said Chris Davison, general manager of the Island Inn. "It's truly a memorable experience for our guests and we are proud to support the 31st year of this wonderful event." On each of the island's Luminary nights, the main roads are lined with white bags filled with island sand that support carefully lit candlesticks. These luminaries do more than just illuminating the holiday path. Their magical glow sets the mood for the evening and begins the holiday traditions we all look forward to on the islands all year. For more information on this year's Luminary Festival, visit the chamber website at www.sanibel-captiva.org or check local papers for this year's Luminary lineup.

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Bollettieri To Offer Tennis Clinic Next Saturday

by Jeff Lysiak

Tennis Hall of Famer inductee Nick Bollettieri, along with professional players from the IMG Academy in Bradenton, will return to Sanibel next week to take part in Swing For Hope, a fundraiser for Hope Hospice to be held at The Sanctuary Golf Club's tennis courts on Saturday, November 14 from 9:30 a.m. to 3 p.m.

Last year, Bollettieri and his pros came to the island to take part in a tennis tournament held at Beachview Tennis Club, with proceeds benefitting FISH of Sanibel-Captiva. They enjoyed it so much that Dan Schuyler, co-owner of Lily & Co. Jewelers and a long-time student and friend of the tennis legend, suggested holding a fund-raising event on Sanibel every year.

"This will be the third event we're conducting with Nick," said Schuyler, whose business is the Title Sponsor of Swing For Hope. "We both agreed that we'll hold it at a different location each year, so it allows everybody in the community to participate."

Widely recognized as the most influential coach in the history of tennis, Bollettieri has trained 10 players – including Andre Agassi, Jim Courier, Monica Seles, Maria Sharapova, Venus and Serena Williams and Boris Becker – who have attained the world number one singles ranking. In addition, the 84-year-old is an accomplished author, motivational speaker, clinician and philanthropist.

Last week, Bollettieri chatted about returning to Sanibel to help raise money for Hope Hospice, which provides medical, emotional and spiritual care and support for residents of Lee, Glades and Hendry counties.

"I had been to Sanibel before last year's event, but it wasn't for tennis – it was for shell hunting," joked Bollettieri. "I was very impressed by the people who play there: first-timers, amateurs, advanced players. A good mix of players like that keeps coaches like me busy!"

The Swing For Hope event will feature an IMG Tennis Clinic with Bollettieri, along with IMG Academy pros. During the clinic, players will be offered personalized instruction on ways to improve their tennis game.

"I like to offer little tips, like how the formations in the doubles game have changed over the years. It's really a different game today – there's a greater emphasis on placing



Tennis Hall of Famer Nick Bollettieri returns to Sanibel on November 14 at the Swing For Hope fundraiser



Nick Bollettieri with Dan Schuyler

the ball," he said. "I like to tell people to pick a doubles partner who compliments your game. Like if you have a strong serve, you'd want to pick a partner who might be better at returning the ball. But the most important thing is to have good communication."

The Doubles Tie-Break Round Robin Tournament will also include brunch and refreshments, raffle prizes, along with a book-signing by Bollettieri.

"People are going to want to talk to Nick... he's such a great speaker," added Schuyler, who noted that the 2014 FISH fundraiser raised almost \$10,000. "When he spoke at last year's event, you could hear a pin drop. He talked to adult players and talked with some kids, too. He told them about not doing drugs and making the right choices in their lives. And I think that everybody was very impressed."

Sign up now as a player (\$100) or be a guest (\$50) at the fundraiser, with all proceeds to benefit Hope Hospice. Platinum Sponsors of the event are Bank of the Islands and Tween Waters Inn. Gold Sponsors include Wrigley's Tennis and Lamar Advertising.

To register, donate to or sponsor the tournament, contact Christine Bradley at 472-5276 or CBradley@sanctuarygc.net, or Dan Schuyler at 472-2888 or DSchuyler@LilyJewelers.com.✱

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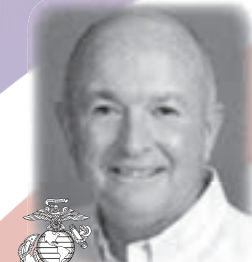


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Semper Fi

Did The Hex Of The Cover Story Doom The Mets In The World Series?



by Ed Frank

Maybe it was the cover story in last week's *Sports Illustrated* titled "The Amazin' Murph."
Maybe it was the ill-fated decision of Mets Manager Terry Collins to allow his starting pitcher, Matt Harvey, who had thrown a shutout in the first eight innings of Game Five, to return to the mound in the ninth inning.
Maybe it was the error-plagued infield of the Mets.
Maybe, maybe, maybe...
No. The fact is that the Kansas City Royals, the 2015 World Champions, defeated the New York Mets four-games-to-one in an historic World Series by establishing themselves as the greatest comeback team in baseball history.

And remember, this was the 111th World Series.
Seven times in this post-season, the Royals won after trailing by two or more runs, erasing a 1996 record of the New York Yankees who had come back five times.
The Royals outscored their opponents 61-11 from the seventh inning on this post-season. And their stellar defense gave up only three errors in the entire post-season.
Are you beginning to get the picture?
It seems so often that a *Sports Illustrated* cover story about a team or individual results in immediate failure. That sure was the case with Daniel Murphy, the Mets' second baseman.

In powering the Mets to the World Series, Murphy had hit home runs in six straight playoff games, seven overall, with a .436 on base percentage and 11 runs scored. Here is the first paragraph of that cover story:

"As the Mets and Royals clash in the Fall Classic, all eyes are on a previously anonymous second baseman who's on one of the great power binges in October history. Can Daniel Murphy possibly keep hitting home runs? The answer will go a long way toward deciding which franchise ends its title draught."

The answer, of course, he could not.
Murphy hit an anemic .150 in the World Series without a homerun and committed two costly errors, the first that led to the Royals Game Four comeback victory. So chalk it up to another *Sports Illustrated* superstition.
The demise of the Mets in the World Series shouldn't be blamed on Murphy alone. New York simply didn't hit like they did when they swept the Chicago Cubs in the National League Championship Series.

Sure we'll remember Murphy's Buckner-like error and Collins' decision-changing move to allow the tiring Harvey to go back in the ninth inning when the team blew a 2-0 lead and ultimately fell 7-2 in the 12th inning of that deciding game.

The simple fact is, however, Kansas City was the better team in winning their first World Series in 30 years.

Fantasy Sports Aims to Self-Regulate

Last week, we wrote about the booming Internet sports fantasy business and the growing concern over its lack of regulation.
When it was revealed that an employee of one company had won \$300,000 on a competitor's fantasy football site, there were calls for government investigations.
Last week, a trade group representing the industry announced it was forming

the Fantasy Sports Control Agency that will be headed by former acting U.S. Labor Secretary Seth D. Harris.
The group said its agency would operate independently and establish auditing procedures to enforce industry standards.
The two biggest fantasy firms, DraftKings and FanDuel already have prohibited their employees from playing on any site.✱



Learn how to combine the fresh offerings of local food producers into a delicious meal, courtesy of Chef Eddie of the University Grill and the Local Roots Farmers Markets owners

Chef To Cook At Farmers Market

Chef Eddie from the University Grill, located on Cypress Lake Drive and Summerlin Road in Fort Myers, will be at the Farmers Market at Florida Southwest College (FSW) on Saturday, November 7 from 10 a.m. until noon. He will be located at the Maverick Meat tent, creating a dish showcasing their prime grade meats that they distribute locally to fine restaurants throughout Southwest Florida. University Grill uses Maverick Meat steaks as do restaurants on 5th Avenue S. and 3rd Street in Naples. Locals are able to purchase their excellent cuts of beef at all six of the Local Roots Markets. "I have loved cooking

since I was a young boy," said Chef Eddie. "Having prime cuts available and being able to integrate fresh local ingredients will be wonderful and will give market patrons an idea of how they can use many of the tempting items found at the market on that day."
Some of the vendors that may be participating in their activity include: JC's Daily Bread, Chiquita Caliente, Maverick Meats, Venus Veggies and Father's Greenhouse (both organic), Big Cheese and tropical fruit grower Wonders of Nature. "We are so excited to have Chef Eddie pop over to the market to demonstrate how to use some of our farm fresh ingredients," said Betsy Ventura and Jean Baer. "We love the fact that University Grill and their sister restaurants support the farmers markets by buying from the local growers, butchers and artisans which in turn strengthens our community."✱



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More Sponsors Added For Shell Museum’s Birthday Free Day



From left, Paul Gulbrandsen of the Bailey-Matthews National Shell Museum, Desiree Liggio and Chuck Bergstrom, owner of Beach Piez



Paul Gulbrandsen, left, Bailey-Matthews National Shell Museum, and Jason Welch, owner of BrightStreet Group

Beach Piez and BrightStreet Group are both new sponsors for the Bailey-Matthews National Shell Museum’s Birthday Free Day on Saturday, November 14.

Bowers Joins Bank Staff

Bank of the Islands President Robbie Roepstorff announced last week that Vicky Bowers has joined the bank’s staff as a teller. “We are so happy to have Vicky on our banking team,” said Bank of the Islands Sanibel-Captiva office manager Willy Ocasio. “Her commitment to quality customer service fits right in with the Bank of the Islands way of doing business.” Bowers has more than 11 years’ experience in retail banking. She moved to the Florida three years ago from Pennsylvania with husband, Neal, and their 5-year old son, Connor.✧



Vicky Bowers

Teen Trip To Swamp Buggy Races

Island teens are invited to join their friends from the Sanibel Recreation Center for all the mudslinging action as they head down to the Florida Sports Park in Naples this Saturday, November 7. Witness the best of the buggies as they compete in seven different vehicle classes for the top Swamp Buggy title. We will make a dollar menu dinner stop before getting to the park, so bring a couple of extra dollars for food. Registration for this event will be \$4 for members and \$5 for non-members. The van will be leaving the Sanibel Recreation Center at 2 p.m. and return time to the Rec Center is approximately 8 pm. Teens ages 12 to 15 are welcome. Van seating is limited. Sign up by Friday, November 6. For more information, call the Sanibel Recreation Center at 472-0345.✧

Superior Interiors

How To Work
With A Decorator

by Jeanie Tinch

Whether purchasing a new home or redecorating an existing one, most homeowners find themselves facing the age-old questions of "Where do I begin?" and "How do I turn this house

into my home?"

Strangely enough, when homeowners need work done in the home, professionals are immediately called in – plumbers, electricians, landscapers and roofers. Why then do so many still shy from using the services of a professional interior decorator when making important decorative decisions and purchases for their home? Once considered a luxury for only the very wealthy, decorating services are more of a necessity for today's busy homeowner who simply can't afford to make costly mistakes.

Working with a professional designer should be an enjoyable experience. Since interior decorating projects are highly per-

sonal and collaborative, the final results are always much more successful when the lines of communication are open and ideas are freely discussed. Be candid with your decorator regarding such important elements as priorities, timing, budgets and tastes. If a style, color or item is suggested that you do not like, feel free to express yourself.

To ensure that you get off to the right start with your decorator and also get the results you are looking for, keep in mind the following tips:

- Be a keen observer. Consciously make note of what catches your interest as you peruse decorating magazines for interesting rooms and make-overs. Start a file of colors, patterns and designs that appeal to you. You may notice a chandelier, mirror, color combination or window treatment that you like. Once you clip and track these for a brief period, you will be better able to draw a conclusion as to your personal style; then communicate these tastes to your interior decorator at your first opportunity.

- Take an honest inventory of your existing décor to determine which pieces you want to keep. Assess your furnishings the way you periodically review your wardrobe. Plan to keep the pieces you truly love and put all others on the to-be-replaced-eventually list.

- Based upon your initial consultation, your designer will present you with fabric samples, sketches and pictures for

your evaluation. Since professionals have access to a world of options unavailable in retail stores, be reasonable about asking to see more and more of everything available. Remember that the first two or three designs you are shown will, in the decorator's opinion, be the best looks for your home. One of the most important services a professional offers is sparing you the confusion of the myriad choices available.

- Trust your designer's advice and stay focused on the overall design goal. Once your design plans are finalized, you will quickly derail your project if you begin to question your decisions because you are heeding the outside opinions of neighbors, friends and relatives. While well intentioned, these people have no concept of the complete overall design and will focus on one phase of the project to criticize.

- The last piece of advice is to give change a chance. The most dramatic changes usually come from introducing a strong new color or a different pattern. Don't panic! Just remember that all change – even for the better – requires a period of adjustment. Most homeowners who have redecorated their home will be quick to tell you, "I should have done it sooner!"

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

Realtor Joins Firm

Realtor Francisco Otalvaro has joined John R. Wood Properties. Otalvaro has integrated his ability to conceptualize, prioritize and meet clients' needs and goals from his international financing and business background into the real estate industry. With over 120 transactions successfully closed in the last two and a half years, his experience is real estate stems from a combination of sales through all of Southwest Florida for a variety of clientele. He attributes his local and diverse market knowledge of Southwest Florida by catering to clients both on and off island.



Francisco Otalvaro

Born in Barcelona, Spain and a former resident of Coral Gables, Florida, Otalvaro has traveled Southwest Florida and its neighboring islands, Sanibel and Captiva, for over 25 years. He has been a resident on Sanibel for the last five years. He attended Villanova University and graduated from FIU (Florida International University) in Miami, Florida.✱

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Assisted living expert McKenzie Millis highlights tips to smooth the transition to assisted living care in a free educational seminar offered at Shell Point Retirement Community on November 20
photo courtesy of Shell Point Retirement Community

Shell Point Offers Assisted Living Seminar

Shell Point Retirement Community invites the public to learn how to reduce the stress of transitioning to assisted living care during a free, educational presentation by Shell Point's assisted living expert McKenzie Millis. The interactive seminar will take place on Friday, November 20 at 10 a.m. in The Springs at Shell Point.

Moving to an assisted living facility often means downsizing, and the associated stress can delay a much-needed decision to improve quality of life.

"The great news is that there are

ways to ease and reduce the tension that downsizing and relocating produce," said Millis. "The goal for this presentation is to share an approach that makes the move more comfortable and manageable, based on our extensive experience in this area."

The Springs at Shell Point is located off of Summerlin Road and McGregor Boulevard, just two miles before the Sanibel Causeway, at 13901 Shell Point Plaza in Fort Myers. The Springs offers affordable, month-to-month assisted living care on a private-pay basis, and provides access to Shell Point's resort-style amenities and healthcare services.

Call 454-2077 to reserve a place at this free seminar. For more information about The Springs at Shell Point, or to request an assisted living brochure, visit www.shellpoint.org/assistedliving.✱

Sanibel Captiva Community Bank Becomes Luminary Weekend Sponsor



The Sanibel & Captiva Islands Chamber of Commerce welcomed San-Cap Community Bank as a new 2015 sponsor. Pictured from left is Melissa Stolt, Trent Peake, Marilyn Kane, Ric Base and David Wright.

The Sanibel Captiva Community Bank presented The Sanibel & Captiva Islands Chamber of Commerce with a check for \$1,000 on October 26 as the chamber welcomed them as a gold sponsor for this year's Luminary Festival Weekend. The 31st annual 2015 Luminary celebrations will take place on Friday, December 4 on Sanibel and Saturday, December 5 on Captiva.

"Luminary is such a great community event and a wonderful way to start the holiday season," said David Wright of San-Cap Bank. "We love the event and are very happy to be a gold sponsor for this year's festivities."

During the Luminary celebrations, the streets will be lined with illuminated candles, businesses are open welcoming island residents and guests, and decorated trees and other festive trimmings create a magical atmosphere sure to enchant young and old alike. Sanibel and Captiva visitors and local residents can enjoy these two magical nights on our islands.

"San-Cap Bank is a strong community supporter; we are excited to include them as one of our 2015 Luminary sponsors," said Ric Base, president of the Sanibel & Captiva Islands Chamber of Commerce. "We truly appreciate their support."

For more information on this year's Luminary Festival, visit www.sanibel-captiva.org or see local newspapers for this year's Luminary lineup.✱



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Albright Elected To Association Of Realtors Board Of Directors

Kasey Albright, Realtor for John Naumann & Associates, has been elected to the board of directors of the Sanibel & Captiva Association of Realtors.

Albright will begin serving a three-year term beginning in January 2016. She has been a Realtor on Sanibel and Captiva for four years and was born and raised here. She has earned the Sanibel & Captiva Island Specialist designation as well as the Resort and Second Home Property Specialist and the At Home with Diversity designation from the National Association of Realtors.

In addition, Albright is the chair of the Realtor Political Action Committee and founded the Young Professionals Network for the Sanibel & Captiva Association of Realtors where she was awarded Rookie of the Year for 2013. She helped found the Young Professionals Association of Sanibel & Captiva. She also coaches volleyball for Fort Myers High School and is very active in the Junior League of Fort Myers.✱



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- ¼ teaspoon salt
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- 2 tablespoons grated lime or lemon zest

Preheat oven to 350 degrees F. Put the filets in a greased baking dish. In a saucepan, melt butter over medium heat; add next seven ingredients. Stir to blend and pour lime butter over filets. Sprinkle grated rinds evenly over the top. Bake for 15 minutes until cooked through and meat flakes easily with a fork.

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Baked Florida Grouper With Lime Cilantro Butter

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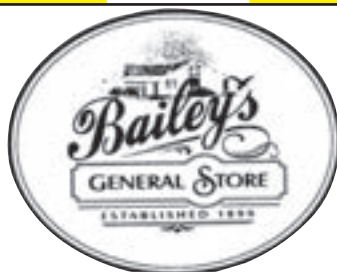
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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My 3 1/2 year old daughter has just started preschool and seems much more active compared to her classmates at her preschool. Her

attention for group activities is a lot lower than that of other students, and when we try to redirect her from something, she wants to do like staying in centers instead of coming to the rug for group, she will often throw herself onto the ground in tears. The teachers are handling it OK but have commented at the suddenness and intensity of her outbursts. Health wise she seems pretty much like the other kids, but I have noticed that her language is not as advanced as some other children her age. Is my daughter's behavior out-of-control? Should I be worried?

Eliza R., Cape Coral

Eliza,

First, there is a wide range of normal behavior in kids. Preschool children typically are very active and haven't fully developed areas of impulse control and self-regulation that allow them to express their emotions and needs in a more effective way. Also, a lack of more complex language development sometimes makes it harder for them to be able to express themselves in productive ways.

Preschool is a very new and different experience for many children. These young children are learning the rules about how the world works, and at times it can be very confusing to them. Try to keep this in mind when you talk to

your daughter. Have a consistent structure that she can come to rely on, and use language that she can understand. In general, ignoring small misbehaviors and focusing on positive feedback and reinforcement, in addition to setting very clear expectations, makes it easier for children this age to comply.

Since you mentioned that her language might be less developed that her peers ask the teachers for some vocabulary words to work on at home. Helping her understand and use the specific vocabulary from school may be one way to help her understand better her new world at preschool. Reading with her everyday though is the best way for her to make quick gains in vocabulary and expand her current and future literacy skills.

However, frequent tantrums and emotional meltdowns can be a sign of potential behavioral problems. If your daughter's behaviors continue to seem out of range or increase, interventions fail and her teachers become seriously concerned an evaluation to rule out a behavioral disorder is warranted. Her teachers or your doctor should be able to recommend a behavioral specialist to consult or you could contact your local public school for assistance. There are effective treatments that can help parents and children communicate better as well as increase compliance and pro-social behaviors.

*Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: How can one heal from unrequited love?

A: Most of us want to be in love with a partner who can add an expansion in our life.

For a harmonious relationship and

balance in love, both parties are involved fully. It is a wonderful feeling when this harmony exists.

Often, the thoughts stemming from the feelings of unrequited love are all or nothing: "Without this person, I have no purpose and my life means nothing! If I can't have them, I don't want anyone!" Putting all of one's eggs in one basket is not a healthy strategy. It can lead to obsession and a fixation on the one whom you cannot have!

Unrequited love even feels worse when one discontinues doing emotional, physical and intellectual things for the self.

Instead, what is helpful is to get outside and exercise in whatever way feels best for you. Call friends and find activities and events that you can attend which will take the focus off the person whom you don't have. Do things you would do anyway and this will help buffer your own peace of mind and take it off of your forlorn thinking and focus.

So, what is the answer here? As difficult as it may seem, ask yourself if there is a pattern of realizing that the love you have for this person may never be what you want it to be. It's a fantasy. The best answer is to allow yourself to let go without judgement or criticism and move on. Or you may want to seek professional help to understand why this is a vicious cycle and what you can do about it.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at constanceclancyfisher@gmail.com.**

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The Fault With Default



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

Much of what happens in life seems almost automatic, doesn't it? We drive the same way to work every morning by default. My wife and I shop at the same grocery store by default. Our computers have default settings for everything from which printer is first used to the software settings for our most popular programs.

But sometimes, letting the "default" happen isn't so good. Especially with traditional Individual Retirement Accounts (IRAs).

Suppose that you completed your IRA beneficiary designation naming your spouse as the primary beneficiary. But you never named a contingent (secondary) beneficiary, assuming that your children, would, by default receive the account the same way Edna would have since they are named in your will.

Think again.

I had just that situation occur with a recent client. "Paul" named his wife, "Edna," as the primary beneficiary to his IRA account but never named a contingent beneficiary. Unfortunately, Edna predeceased Paul. He never thought to update his IRA beneficiary designation to their children. Then Paul died.

Paul and Edna's children assumed that they would simply inherit Paul's IRA and be able to create "Inherited IRA" accounts that would stretch the Required Minimum Distributions (RMDs) over their respective lifetimes. Except that's not exactly what happened.

The financial firm holding the account explained that when no beneficiary is named, the IRA custodial agreement governs who the beneficiary will be. Like many financial firms, when no beneficiary is named, the account owner's estate by default becomes the beneficiary. Although the children were the beneficiaries of Paul's estate because he named them in his will, they could not stretch out the IRA distributions over the course of their lifetimes.

Stretching out the IRA distributions is beneficial because it continues the tax deferred growth, which results both in income tax savings and powerful growth

through compounded interest.

You may wonder what a custodial agreement is. Every IRA account has one. The financial firm must have a custodial agreement that meets certain IRS requirements to qualify the account for tax deductions and deferrals granted to IRA accounts under the federal tax code. The custodial agreement is that multi-paged printout on onion skin paper that you received when you opened your IRA account. Among many of the provisions in the agreement, it dictates who your IRA beneficiary will be should you not name one. Typically, the beneficiary will be your estate.

When your estate is named as the beneficiary, the IRS rules say that no tax deferral will occur because the estate is not a person whose life can be measured. So even if your children are the beneficiaries of your estate (as was the case in Paul's estate), the estate must recognize all of the untaxed income inside of the IRA in the year following the account owner's death.

Considering that Paul had several hundred thousand dollars inside of the IRA, the resulting highest marginal 40 percent tax rate decimated it. Moreover, since the proceeds would be distributed to the children who resided in states that levied a state income tax, even more was lost. To add insult to injury, all of the tax deferred growth that could have occurred had the children been able to stretch the IRA distributions out over the course of their lifetime was lost.

So here, the default provisions found in the typical IRA custodial agreement caused adverse tax and financial consequence.

Avoiding this situation is easy. All you must do is ensure that your IRA beneficiary designations are up to date and include those individuals who you wish to inherit the balance of your IRA in the event of your passing. In Paul's case, had he completed his IRA beneficiary designation naming his children as the contingent beneficiaries, even though Edna died before Paul, his children would have by default become the primary beneficiaries and the situation would have worked out just fine.

Sometimes this situation happens because a family's financial advisor changes firms. The IRA account migrates with the financial planner to the new firm, and the client either never signs a new beneficiary designation or doesn't complete all parts of the new form. So if you have followed your financial advisor from one firm to another, it's always a good idea to double check the IRA beneficiary designations to ensure that they are complete and accurate.

Otherwise, the fault with default could end up costing your loved ones dearly.

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Chauncey Goss



Juan D. Bendeck

Goss, Bendeck Join Foundation Board

Chauncey Goss and Juan D. Bendeck have joined the Southwest Florida Community Foundation's board of trustees.

Goss was raised in Southwest Florida with a deep interest in the community and public policy. He has enjoyed a rich and varied career that ranges from being the executive director of a small, influential nonprofit in Southwest Florida and working for the President's Office of Management and Budget to becoming the deputy staff director of the House Budget Committee under Paul Ryan and starting his own firm locally that provides budget forecasting and analysis. Goss received his bachelor's degree from Rollins College and a master's in public policy from Georgetown University. He serves on the Sanibel City Council, where he is the council liaison to the Planning Commission and the Horizon Council.

In addition, Goss is also chairman of the board of trustees for The Canterbury School in Fort Myers and sits on the boards of the Sanibel-Captiva Conservation Foundation, the United Way of Lee, Hendry, Glades and Okeechobee, the Lee Coast Chapter of the Military Officers Association of America Foundation, the Freedom and Virtue Institute, and the Main Street Growth Project. He is a member of the Sanibel-Captiva Kiwanis Club and the Sanibel Community Church.

Bendeck is a partner with the Naples law firm, Hahn & Loeser. He focuses his practice in estate planning, estate administration and asset protection planning. A longtime resident of Southwest Florida, he is actively involved in the community and is a member of the Florida Gulf Coast University Planned Giving Committee, the Conservancy of Southwest Florida Planned Giving Committee, and the Council of Hispanic Business Professionals. Bendeck also serves on the board of directors of Goodwill Industries of Southwest Florida, Inc. and the Florida Humanities Council. In 2008, he was chosen as one of *Gulfshore Business* magazine's 40 Under 40. Born in Spain, Bendeck is fluent in Spanish.

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.✪

From page 1B

Know The Signs

a whole battery of tests, no other problems were found. Unfortunately, the whole ordeal had weakened my heart significantly to the point that the doctors suggested I consider a defibrillator. A healthy heart has an Ejection Fraction of 50 or more. At the time of my hospitalization, my EF was at a 10. It's still only at 20, but I want to give good diet and exercise a chance before undergoing another surgery. Lisa and I were trying to eat healthy and exercise more before all this. Now it's not really an option. We eat healthier and I exercise regularly now. It's been a life-changer.

I don't want anyone to feel bad for me. There are a lot of people that have been through far worse than I have. Thanks to a great team of doctors and nurses in the cardiology department, I'm still here.

What I want you to remember is know the signs. It's not always as obvious as chest pains. Every one of my symptoms could have been explained away as some-

thing else. I guess I was doing just that. I didn't want to face the fact that it was my heart. Light headedness, dizziness, shortness of breath, inability to sleep lying down, and unexplained weight gain. These were all signs of my heart failure that I didn't know at the time. Now I know. Knowing can save your life.

The work of the American Heart Association focuses a great deal of effort on educating all of us to know the symptoms of heart attack and stroke. The care I received at HealthPark – which uses many of the guidelines established by AHA – is the reason I am still here. I am grateful to Lee Memorial Health System which is the Lee County Heart Walk sponsor and to Sanibel Captiva Trust Company, which has been a consistent supporter of the Sanibel-Captiva Heart Walk.

This year's San-Cap Heart Walk will take place on January 31, 2016 starting at 1 p.m. at the intersection of Tarpon Bay and Island Inn roads. For further information, contact Kelly Goodwien at kelly.goodwien@heart.org or register online at SanibelCaptivaHeartWalk.org.✪

Eden Energy Medicine

Hemorrhoids Or Varicose Veins? Hold Spleen Source Point



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12)

So, you put on your bathing suit and noticed those red spider veins becoming more pronounced? Or you sat down and had a bit of discomfort as you shifted body weight to one side? Welcome to spleen domain!

Chinese medicine views spleen's primary role as transforming food and drink into chi (vital energy) and blood, and then distributing the chi throughout the body. EEM views spleen as metabolizing everything passing through us – emotions, food, substances or vibrations. A pretty important organ.

So, for example, if spleen energy is deficient, we will see nosebleeds, vomiting blood, blood in stools, spotting and frequent bruising (because blood can't be contained in the vessels) or digestive issues including bloating, bowel problems and lethargy. Or perhaps hemorrhoids,

varicose veins appear, slow healing of cuts, prolapse of stomach or intestine or bladder or uterus... you get the idea. Spleen is vitally important to our ability to function optimally.

What is the relevance, you ask? Spleen takes a huge hit daily, producing the chi that powers our complex systems. Triple Warmer first takes energy from spleen to feed the body, until spleen is exhausted. Let's give it a boost (like hitting the foggy mirror in the bathroom with a forceful hairdryer) by holding that reservoir of energy acupoint known as Spleen 3 source point, located on inside of the foot. Find it by moving the finger down the side of the big toe, over the big joint (or bunion) at the base of the toe, stopping at the natural divot below the big joint. It will be sensitive or tender. Hold it, preferably with your middle finger for a minute or two, or until you feel nice pulses. You can hold both sides at the same time. This will promote spleen's production of chi, thus assisting in alleviating hemorrhoids, varicose veins, water retention, gurgling sounds in stomach, muscle cramps, sluggish digestion and generally increasing your energy.

Bonus tip: After you have taken a nice breath from holding Spleen 3, hold the bunions on both sides of the foot at the same time, sending energy up the spine, calming the entire body and nervous systems. Don't hesitate to give the bunions a little squeeze. Then, of course, give yourself a nice hug for loving your body.

Have fun with your energy! Next week's topic is Heart Ache? Shift The Chakra Energy In Minutes.

If you have a question, email Karen Semmelman at SemmEnergyCenter@gmail.com. Learn more at www.semmelmanenergy.com. EEM does not

diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.✱

Doctor and Dietitian

Don't Neglect To Connect



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

Healthy eating and proper exercise are essential for a robust life, but another important aspect of healthy living is connecting socially. Social connection actually strengthens our immune system, improves physical health and maintains psychological well-being. Connection with others who feel what we feel, understand how we think, and who are able to relate with us on a heart-to-heart, soul-to-soul level is one of life's most important skills and needs.

We need human connections for phys-

ical, emotional and spiritual health. Social connection is one of the main traits of folks who live into their 90s and 100s, allowing for a long, full, satisfying, enjoyable and healthy life. Those who feel connected have lower rates of anxiety and depression, because their involvement in a social network provides the giving and receiving of trust and empathy. As you might guess, those who are disconnected reap the opposite results, such as physical and emotional disease and isolation.

Belonging is an irresistible need of all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, and to belong. When that doesn't occur, we don't function as we ought.

Be courageous and take the initiative! Don't be afraid or wait on somebody else to connect with you. Fear is as old as mankind, so instead be wise, strong and resolute, and take the step to connect. Foster, nurture and build your social connections. It just takes a little courage and a bit of adventure. Eat healthy and exercise, yes, but don't neglect to connect.

This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@carimgmedical.com.✱



The journey of a million miles begins with a single step...

Take a step toward healthier living by joining Healthy Lee's Million Mile Movement! We're challenging Lee County to get more active by moving 1,000,000 miles in 90 days.

Whether you're walking, running, biking or swimming, register for this community-wide challenge for **FREE** at www.HealthyLee.com and begin logging your "movement" today.

Be part of the Million Mile Movement!

- WHO?** Lee County residents of all ages and fitness levels can participate as an individual or as a group
- WHAT?** Any form of movement qualifies, walking, running, biking, swimming and even weight training
- HOW?** Register at www.HealthyLee.com and on Oct. 1, start logging your miles on the Challenge Portal, powered by Fit Nation

The Million Mile Movement is part of Healthy Lee's mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.

For more information, visit www.HealthyLee.com

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Methylation And Your Telomeres



by Suzy Cohen, RPh

Dear Readers:

Do you ever wonder why some people are blessed with long lives compared to others? Without going into numerous philosophical, sociological and spiritual questions, there is a very interesting part of your body that provides insight into longevity. It's called a telomere. Research suggests these telomeres which cap the end of our DNA impact how fast we age.

Think of telomeres like the plastic tip on the end of shoe strings. And think of the shoe strings as strands of DNA with all your chromosomes. Each time your cell divides, a little bit of the telomere cap is lost. Over time, your telomere shortens. It's supposed to; that is completely normal. Your cells divide a fixed number of times before dying. If your telomeres are healthy and long to begin with, the strand of chromosomes is protected through each cell division. Once cell division has maxed out its number of times to divide, and the telomere length runs out, then cell health breaks down and problems occur. This is known as the Hayflick Phenomenon,

which refers to the number of times a cell divides until it dies. It correlates with lifespan, and telomeres play an important role.

Researchers have been studying these telomeres for some time and they have known that critically short telomeres cause chromosome instability. Recent research sheds additional insight. Long damaged and dysfunctional telomeres also cause chromosome instability that eventually leads to cell death. If you have a sick cell that really needs to go, I'm not for repairing the telomere with supplements.

The fascinating practical piece of information for you and I is how scientists just discovered that critical nutrients are needed for healthy telomeres. In cell studies, researchers found dysfunctional short and long telomeres more frequently in cells with insufficient folate and thus, reduced methylation. In this particular study, the lack of folate damaged the telomere cap; they were frayed and "beat up" leaving an open door to the chromosomal material. Now remember, without healthy telomeres, your DNA gets damaged. Before leaving folate, and moving on to B12, I want to make one more comment. Folate is the natural form of the B vitamin you think of when you hear "folic acid." But folate and "folic acid" are not exactly the same. The folate form is critical for methylation.

Human studies have confirmed that vitamin B12 is also required for healthy

telomeres. A recent study published in the European Journal of Nutrition studied telomeres from 60 elderly people. They compared supplement intake with vitamin B6, B12, folate, calcium and vitamin D versus just vitamin D and calcium. Then they measured homocysteine levels. After a year, they found that individuals who had elevated homocysteine and reduced B vitamin intake, had reduced methylation and shorter telomeres. This group was literally aging faster.

There are very expensive supplements designed to support telomere health, but I suggest two natural B vitamins to improve detoxification. You can get them from eating a salad every day!

*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.**

Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

I am an older businesswoman work-

ing in a very stressful business. All of the women and some of the men realize that a youthful appearance is a must, so we all try our very best – surgery, skincare, exercise, clothing, etc.

What baffles me is how can you keep your age a secret when you are always asked for your birth date and/or driver's license? Where I live, this is your identification, sometimes even in the grocery store.

Nothing seems to be private any more and privacy seems to be a thing of the past and our birthdate is how we are judged. How do you suggest I get around giving this information?

Vera

Dear Vera,

Protect your private information as much as you can. If someone asks to see your license, ask why. A cell phone company required copying my license for the two-year contract. I asked why and the staff member said it was "policy." I told them they could look at my license and verify my name and address but not copy. I also told them that if that was not enough I would take my business elsewhere. Apparently, that was good enough for them. They did not copy my license and they got my business. So many people complained, it is no longer their policy.

A friend of mine will not allow any clerk to look at her license when writing a check. She writes her license number on the check herself. Another friend will show her license but hold it in a way to cover up her birthdate.

I believe everyone has the right to protect their privacy and, in this day and age, it is a necessity.

Pryce

Dear Vera,

You are absolutely right; privacy seems to be a thing of the past in our modern society. Some cultures keep private information private and residents have to fight to get the information, but here we all must fight to keep our private information private and it is becoming a losing battle in most areas. Pryce has given you some suggestions; otherwise, just keep up your routine. Good health gives an air of youthful enthusiasm and you seem to be on the right track. Best of luck.

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.*

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Lee Heart Walk Returning To Centennial Park

Join more than 6,000 Lee County residents and guests at 8 a.m. on Saturday, December 12 at Centennial Park in Fort Myers for the Lee Heart Walk and help raise awareness and funds to fight heart disease and stroke – America's No. 1 and No. 5 killers – and log more miles for the Healthy Lee Million Mile Movement!

The non-competitive, three-mile walk is free (no registration fee; donations encouraged), open to all age groups and is pet-friendly. Activities start at 8 a.m., with the Heart Walk following at 9 a.m.

Walkers, runners and strollers are welcome to enjoy:

- A Kids Zone area complete with face painting, bounce house and more
- Tasty treats and water stations designed especially for four-legged walkers (leashed pets welcome)
- Heart-healthy sandwiches by Subway, national event sponsor
- Sponsor booths
- Heart-health information
- Giveaways
- Support Network information

The money raised from the Lee Heart Walk will help fund cardiovascular research and education and raise awareness that heart disease and stroke are largely preventable through a healthy diet and exercise.

Research has shown walking to be

the single most effective form of exercise to achieve ideal cardiovascular health. Walking 30 minutes a day can improve critical numbers like weight, blood pressure and cholesterol.

Healthy Lee Million Mile Movement participants should be sure to log their Lee Heart Walk steps as part of the county-wide challenge to get Lee County residents more active by moving a total of 1,000,000 miles between October 1 and December 29. The Million Mile Movement is challenging people in Southwest Florida to get moving and keep track of their physical activity with the goal of logging a total of 1 million miles in 90 days. The challenge is free and open to anyone and everyone – people of all ages and fitness levels, and people can participate as an individual or create a team with family and friends. Register online at <http://healthylee.com/Million-Mile-Movement/>.

The Lee County Heart Walk is part of the American Heart Association/American Stroke Association's My Heart. My Life. movement. This movement is a national rallying cry for change that encourages simple behavior adjustments to help people feel better and live longer. The American Heart Association/American Stroke Association has developed a number of activities under the umbrella of My Heart. My Life. Among them are increased health education, advocacy for better public policy in important health areas such as anti-smoking laws, and helping communities find ways to eat healthier and stay physically active. Simple changes made through My

Heart. My Life. will help the American Heart Association/American Stroke Association reach its 2020 Impact Goal: To improve the cardiovascular health of all Americans while reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020.

The annual success of the Lee County Heart Walk is due in a major part to the support of the Heart Walk's committed local sponsors, including Platform Sponsor Lee Memorial Health System; Presenting Sponsor LCEC; and other numerous area sponsors, including Arthrex and FGCU College of Health Professions and Social Work. Media sponsors include ABC-7, Carter-Pritchett, Comcast, Azteca SWFL, D'Latinos Magazine, Univision SWFL. The Heart Walk is nationally sponsored by Subway

Restaurants.

To register for the Million Mile Movement, visit <http://healthylee.com/Million-Mile-Movement/>. For information on participating in the Lee Heart Walk, contact Kelly Goodwien, Lee Heart Walk Director, at 495-4901 or visit www.LeeHeartWalk.org. Please use #LeeHeartWalk when sharing on social media.✱

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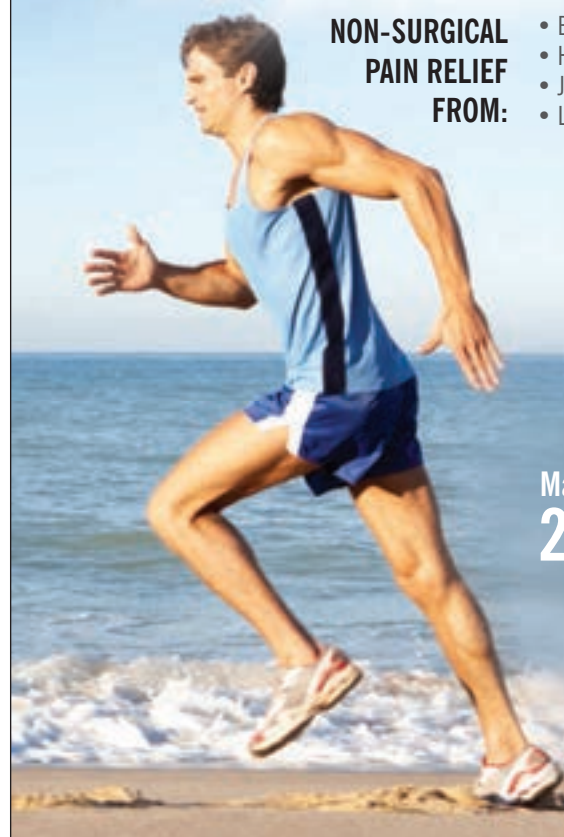
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My Stars★★★★

FOR WEEK OF NOVEMBER 9, 2015

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take

things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones, by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher and a respected member of the clergy.

THIS WEEK IN HISTORY

- On Nov. 10, 1775, during the American Revolution, the Continental Congress passes a resolution that "two Battalions of Marines be raised" for service as landing forces for the Continental Navy. The date is now observed as the birthdate of the United States Marine Corps.

- On Nov. 13, 1850, Robert Louis Stevenson, author of "Treasure Island" and "Doctor Jekyll and Mr. Hyde," is born in Scotland. He pursued a career

as a writer, but his decision alienated his parents, who expected him to follow the family trade of lighthouse keeping.

- On Nov. 15, 1867, the first stock ticker is unveiled in New York City, making up-to-the-minute prices available to investors around the country. Since the New York Stock Exchange's founding in 1792, information had traveled by mail or messenger.

- On Nov. 14, 1900, composer Aaron Copland is born in Brooklyn, New York. Copland was responsible for the creation of some of the 20th century's most beloved and enduring works of classical music, such the Pulitzer Prize-winning "Appalachian Spring" (1944).

- On Nov. 12, 1954, Ellis Island, the gateway to America, shuts its doors after processing more than 12 million immigrants since opening in 1892. Today, an estimated 40 percent of all Americans can trace their roots through Ellis Island, located in New York Harbor.

- On Nov. 11, 1978, on the Georgia set of "The Dukes of Hazzard," a stuntman launches the iconic 1969 Dodge Charger named the General Lee off a makeshift dirt ramp and over a police car. More than 300 different General Lees were used in the CBS TV series.

- On Nov. 9, 1989, East German officials open the Berlin Wall, allowing travel from East to West Berlin. The following day, celebrating Germans began to tear down the wall, the defining symbol of the Cold War.

STRANGE BUT TRUE

- It was early 20th-century American horror novelist H.P. Lovecraft who made the following sage observation: "The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of

fear is fear of the unknown."

- Those who study such things say that Americans spend about \$1.65 billion every year on tattoos, and that 45 million Americans have at least one tattoo.

- Ancient Aztecs believed that when a warrior died, he became a hummingbird.

- In 1974, fast-food giant Kentucky Fried Chicken launched a new marketing campaign in their Japanese stores. Called "Kentucky for Christmas," it has had a lasting impact on the habits of the Japanese. More than 40 years later, the special fried chicken meal, which comes complete with cake and sparkling wine, is offered every Christmas. It's so popular that those who fail to order theirs months in advance end up waiting in line for hours on Christmas Day to get their traditional holiday meal.

- Scientists have identified fruit flies that are genetically resistant to getting drunk. It seems the insects have a certain gene that influences their susceptibility to the effects of alcohol; those with the inactive version of the gene are far less likely to get drunk. Those conducting the studies are calling the gene "happyhour."

- The average citizen of France drinks six times as much wine as the average American.

- You might be surprised to learn that acclaimed American author (and noted recluse) J.D. Salinger once worked as an entertainment director for a Swedish cruise line.

THOUGHT FOR THE DAY

"A man is like a fraction whose numerator is what he is and whose denominator is what he thinks of himself. The larger the denominator, the smaller the fraction." -- Leo Tolstoy

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Closing Price	Days On Market
Gores A M Subdivision	Captiva	1960	3,711	\$7,000,000	\$7,300,000	272
Bayshore Park	Fort Myers	1954	4,987	\$2,199,000	\$2,125,000	72
Castaway Key	Captiva	2008	3,605	\$1,800,000	\$1,500,000	676
Bonita Beach	Bonita Springs	2015	3,655	\$1,399,866	\$1,399,866	226
Willow Walk	Bonita Springs	2002	3,448	\$1,295,000	\$1,200,000	120
Shell Harbor	Sanibel	1970	2,188	\$1,195,000	\$1,050,000	14
Ravista	Bonita Springs	2005	3,008	\$879,500	\$845,000	21
Fiddlesticks Country Club	Fort Myers	2002	4,339	\$800,000	\$800,000	10
Laguna Shores	Fort Myers Beach	1972	2,011	\$835,000	\$800,000	273
Town And River	Fort Myers	1970	2,809	\$799,000	\$775,000	30

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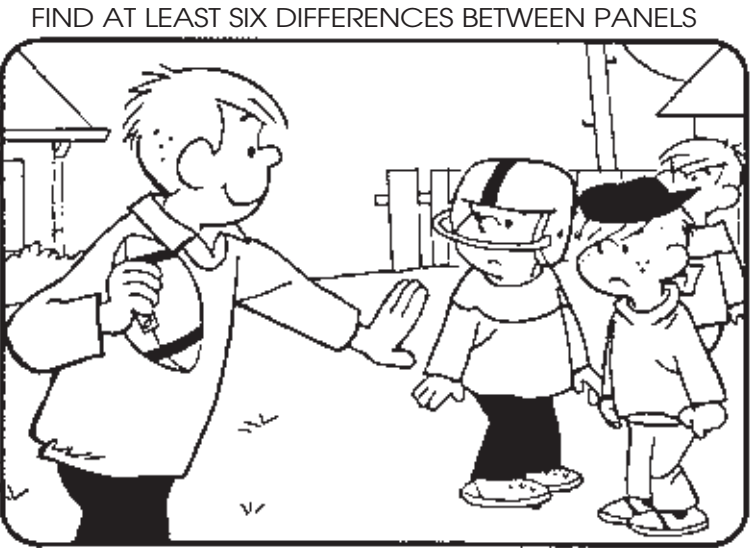
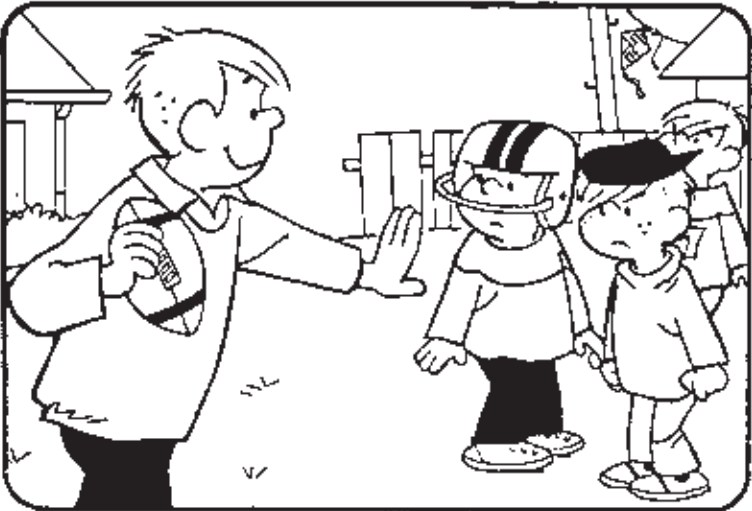


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BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Football is turned. 2. Arm is moved. 3. Fence is shorter. 4. Helmet stripe is missing. 5. Kite is missing. 6. Shirt is shorter.

"Why don't you run along home while I do some?"

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!

Fix
MADEN

Indicate
ANGILS

Warble
PIRCH

Visual
TOPIC

TODAY'S WORD

answer on page 27B

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

SUDOKU

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.

answer on page 27B

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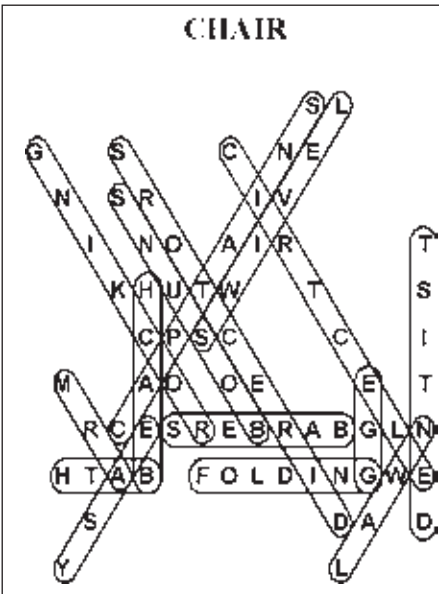
SUPER CROSSWORD

ACID AMASSES SET FORTH
LONE NAME TAG ALCOVE RA
KILLING HOST GOOD MEN
ANALIS MART SEPT ANO
LOW MASS MEMYSEI ANDI
PSE PA M RON SELL
ADAGIOS POW ALECS
SOFTLY ANDIE DFERLY MAL
ERR ISSERS SLOE BADE
ALIAS SLOPS COO ACED
WITH HATT CUGHT IN MIND
ESTAGORR SUPES AMAZE
EIAI PEEPS NLAC IAR
OAT HISSEREVE HIGHNESS
STALE STE EREMITES
EMIH EDS AXIL TRO
SONG SPARROWS TESSERA
CXT HES CAHU PAGAN
RINGTONE ROBERTA FLACK
ADJOINED UNLACENELLE
MEANNESS TSETUNG SEED

KING CROSSWORD

OKRA EBB THEA
RAIL RUE OATS
BLOW HARD TRUE
SETAE STADIA
YMCA ILL
JOBS OBOE ISM
AWL CLANS NEE
NEO LEFT MEET
WHO TODO
DEPOTS YODEL
ODIN PIPELINE
WIPE UKE AVOW
NEED NEW HELD

MAGIC MAZE



SUDOKU

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

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★NS 11/06 CC 11/13

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with Cruzan Vibes, playing reggae and dance. Sunday is Average Joe, playing rock, soul, contemporary and dance. Renata plays funk, jazz, contemporary and dance on Monday. On Tuesday, it's Sir Mitch, playing classic rock, R&B and dance. Wednesday is Barbara Dexter, playing contemporary, oldies and current hits. Thursday is Eric Malibu, playing contemporary, reggae and dance.

The Crow's Nest Beach Bar & Grille at 'Tween Waters Inn on Captiva has live entertainment with the New Vinyls on Friday and Saturday. Crab shows are on Mondays and Thursdays.

The Mucky Duck on Andy Rosse Lane, Captiva features music by Gary Earle on Thursday and Friday. Gene Federico plays on Saturday. Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

Sea Breeze Café at Sundial Beach Resort & Spa has island style live entertainment on Mondays.

Traditions on the Beach at Island Inn has live music Friday and Saturday with Joe McCormick and Marvilla Marzan, playing R&B, jazz and pop. Woody Brubaker performs on Wednesday. Joe McCormick and Marvilla Marzan play on Thursday.

Il Cielo has live entertainment with Scott McDonald on Thursday, Friday and Saturday.

The Island Cow on Periwinkle Way has live entertainment on Friday with Gene Federico. Jay Helt plays on Saturday. Dan Confrey plays on Sunday.

RC Otter's on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandnews.com or 395-2299.★

HELP WANTED ORGANIC SPA/SALON

Master Stylist/Cosmotologist

We have a client base available for you and would love it if you brought some of your own. Generous percentage, retail commission and toll assistance available. Cash tips. Non smoker preferred.

Part time or full time possible, flexible shifts from 8AM - 8PM.
Call Amy at 472-8464.

★RS 10/30 CC TFN

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly
and Monthly.

Captiva Island 472-5800

★RS 1/4 NC TFN

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★NS 7/17 BM TFN

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★NS 11/06 CC 11/27

Island Sun
A Newspaper
Sanibel & Captiva Islands

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as

you lift it out of the water – and do it quickly.

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

- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

FICTITIOUS NAME

FICTITIOUS NAME NOTICE

Notice is hereby given that Derek McCan and Drew Foulke, co-owners, desiring to engage in business under the fictitious name of Tailgate Heritage located in Lee County, Florida, intends to register the said name with the Division of Corporations, Florida Department of State, pursuant to section 865.09 of the Florida Statutes.

★NS 11/06 CC 11/06

To advertise in the
Island Sun
Call 395-1213

Pets Of The Week



Hamlin ID# 642612



Goblin ID# 639313

Hello, my name is Hamlin. I'm a 4-year-old neutered male Jack Russell Terrier mix. I'm a little bit timid, but I'm a true lover boy. I am uncharacteristically quiet for my breed and will be happy to stay right by your side or in your lap doing whatever you love to do. Just give me a belly rub and I'll be your friend forever.

My adoption fee is \$50 (regularly \$75) during Animal Services' Pet'acular Thanksgiving adoption promotion.

Hello, my name is Goblin. I'm a 2-month-old female black and white domestic short hair. My name may be Goblin, but I'm not the least bit spooky. I'm actually quite sweet and adorable. I'd fit in great in your multi-cat household, since I'm used to playing with other kittens. You can take two of us home, since kitties are two-for-one adoption fee.

My adoption fee is \$20 (regularly \$75) during Animal Services' Pet'acular Thanksgiving adoption promotion. Cats and kittens are also two-for-one adoption fee.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✶

Island Sun

NEWSPAPER
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

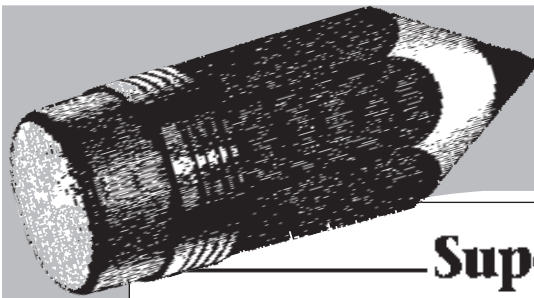
Emergency 911
Sanibel Police 472-3111
Lee County Sheriff's Office 477-1200
On Call Captiva Deputy 477-1000
Fire Department - Sanibel 472-5525
Fire Department - Captiva 472-9494
Florida Marine Patrol 332-6966
Florida Highway Patrol 278-7100
Poison Control 1-800-282-3171
Chamber of Commerce 472-1080
City of Sanibel 472-4135
Administrative Office 472-3700
Building Department 472-4555
Planning Department 472-4136
Library - Sanibel 472-2483
Library - Captiva 239-533-4890
Post Office - Sanibel 472-1573
Post Office - Sanibel (toll free) 800-275-8777
Post Office - Captiva 472-1674
Sanibel Community Association 472-2155
Center 4 Life - Senior Center 472-5743

ARTS
Arcade Theater 332-4488
Art League Of Fort Myers 275-3970
BIG ARTS - Barrier Island Group for the Arts 395-0900
Broadway Palm Dinner Theatre 278-4422
Fort Myers Symphonic Mastersingers 288-2535
Gulf Coast Symphony 472-6197
Lee County Alliance for the Arts 939-2787
Naples Philharmonic 597-1111
The Herb Strauss Schoolhouse Theater 472-6862
Sanibel Music Festival 336-7999
Sanibel-Captiva Art League 472-4258
SW Florida Symphony 418-0996

CLUBS & ORGANIZATIONS
ABWA - American Business Women's Assoc. 565-7872 or 433-7798
American Legion Post 123 472-9979
Angel Flight SE 1-877-4AN-ANGEL
Audubon Society 472-3744
CHR Community Housing & Resources 472-1189
Community Foundation of Sanibel-Captiva 274-5900
CROW - Clinic For The Rehabilitation of Wildlife 472-3644
FISH of Sanibel - Friends in Service Here 472-4775
Sanibel Island Fishing Club 472-8994
Horticultural Society of the Islands 472-6940
Horticulture and Tea Society of Sanibel and Captiva 472-8334
Kiwanis Club 677-7299
League of Women Voters sanibelLWV@gmail.com
Lions Club, Jeff MacDonald 302-521-1158
Master Gardeners of the Islands 472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie 395-9232
Newcomers 472-9332
Notre Dame Club of Southwest Florida 768-0417
Optimist Club 472-0836
PAWS 472-4823
Rotary Club 472-7257 or 472-0141
Sanibel Bike Club sanibelbicycleclub.org
Sanibel Beautification Inc. 470-2866
Sanibel-Captiva Orchid Society 472-6940
Sanibel-Captiva Power Squadron www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus 395-1202
Sanibel-Captiva Shell Club 395-1770
Sanibel Youth Soccer www.sanibelsoccer.org 395-2040
United Way of Lee County 433-2000
United Way 211 Helpline 24 hour 211 or 433-3900
Zonta Club 728-1971

ISLAND ATTRACTIONS
Bailey-Matthews National Shell Museum 395-2233
JN "Ding" Darling National Wildlife Refuge 472-1100
Sanibel Historical Museum & Village 472-4648
SCCF Sanibel-Captiva Conservation Foundation 472-2329

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



BEACH CHAIR PASTIME

answers on page 27B

Super Crossword

TITLE STARTERS

ACROSS

- 1 Turns target
5 Accumulates
12 Present, as a plan
20 Isolated
21 P-n-on in a welcome kit
22 Burn soother
23 Vegetation-destroying weather event
25 It bodes well
26 Author Nin
27 Shopping site
28 Back-to-school month
29 "I'll take that as —"
30 Catholic service with minimal ceremony
33 Number one, redundantly
37 dixie (assertion lacking proof)
38 Hawaiian tree
41 Actor Portman
42 Deal in
43 Slow musical movements
46 Move with cars
48 Actors Guinness and Baldwin

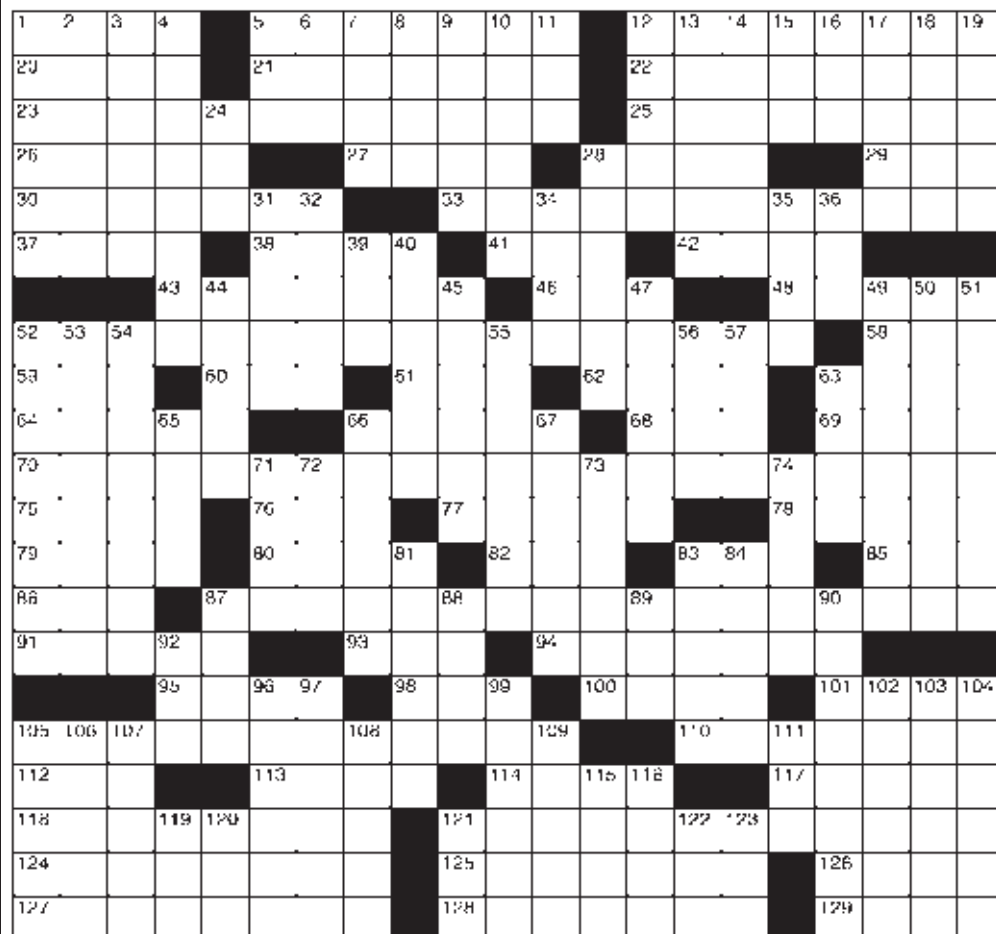
- 52 Hymn that repeatedly urges 'come home'
58 Prefix with practice
59 Exhibit fallibility
60 Magazine edition Abbr.
61 Hosp. zones
62 Plum relative
63 Uttered, as a farewell
64 False identity
66 Spills, icid
68 Dove sound
69 Na led, as a test
70 "Having planted the idea..."
75 Spanish for "this"
76 Bobby on ice skates
77 Apartment managers, for short
78 Dumbfound
79 "L—'d est moi"
80 Chick's chirp
82 Biblical no-no
83 French body of water
85 Roadwork gunk
86 "Can't Help Lovin' — Man"

- 87 Title for Monaco's Prince Albert II
91 Hat, as soda
93 Haloed woman: Abbr.
94 Solitary monk, maybe
95 Kuwaiti ruler
98 Sullivan and Harris
100 Leaf-to-branch angle
101 Racing pace
105 Sweetly melodious birds of North America
110 Tile in a mosaic
112 Roman
113 Goes fast
114 Aloha Tower locale
117 Polytheist, to a monotheist
118 Alert for a 90-Down, say
121 She scored a #1 with the hit found at the starts of this puzzle's longest answers
124 Was next to
125 Carrying no burdens

- 126 Macpherson or Fanning
127 Grinch's trait
128 China's Mao
129 Bit of a core
DOWN
1 Strong base
2 Requiring change to be inserted, briefly
3 Wives' mollifiers, e.g.
4 Salami, say
5 Blyth of film
6 U.S. for one
7 Boom box bands
8 Taxi fighters
9 Typhoon, e.g.
10 Egg-hiding occasion
11 SF-PD title
12 Wise gurus
13 Fees to wed
14 Felle sound
15 Nurtured
16 -lacto diet
17 Supply with a new staff
18 Fashion
19 Southeast Asian capita
24 "Patience virtue"
28 Clerical councils
31 Faxes, as a dog or cat
32 Heroic tales

- 34 Poets' A.M.
35 Criticize brutally
36 Every one
38 Jeremy of the NBA
40 Antique car
44 Kathy Griffin: My Life on the —
45 Patist brand
47 Brand of grape juice
49 Make unhealthy ill
50 Virtuoso solo passages
51 Lugers, e.g.
52 Kelp and Irish moss
53 Weight-loss drug
54 Italian omelet
55 Support, as a bol of
56 Tree anchor
57 Pope from 440 to 461
58 When doubled, baby boy on "The Flintstones"
65 At the drop of
66 Emphasis
67 Lying on one's back
71 Pueblo people
72 Greek Mars

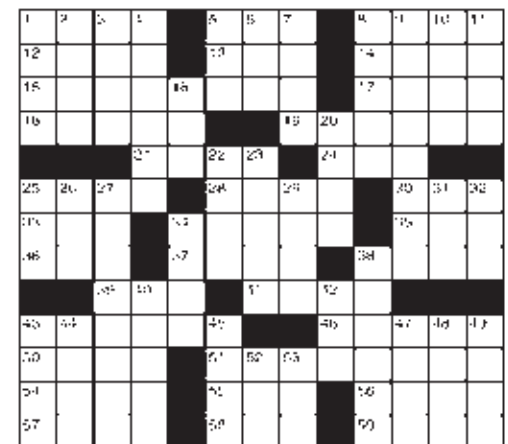
- 73 Taxonomic subdivisions
74 Opposite of day, in Berlin
81 Fizzles (cut)
83 Put a lid on
84 Spray
87 Pants parts
88 Make anew
89 Put a jinx on
90 Company's bottom line
92 Pants part
96 Device that features Siri
97 "Impact" co-star Ella
99 Becomes ecstatic
102 Provide a feast for
103 Delphi shrine
104 Utterly failed
105 "Get out!"
106 Rust or lime
107 Martial arts mercenary
108 "All grasses
109 Jet-black
111 Abbr. on a beach bottle
115 Sun output
116 Language of Pakistan
119 Weed B
120 It's in bronze
121 Daily grind
122 A half-score
123 "Life of Pi" director Lee



King Crossword

ACROSS

- 1 Jumbo need
5 Recede
8 "Take — Train"
12 Bar
13 Regret
14 Dinner for Dobbin
15 Braggart
17 Verifiable
18 Bristles
19 Sports venues
21 Village People hit
24 Under the weather
25 Founder of Apple
28 Clarinet's cousin
30 System of beliefs
33 Piercing tool
34 Families
35 Born
36 "The Matrix" role
37 Deponed
38 Encounter
39 Personal question?
41 Agenda heading
43 Stations
46 Mountain air?
50 Valhalla VIP
51 Direct source of information
54 Use a paper towel
55 Guitar's kin
56 Declare
57 Require
58 Just out
59 Maintained



- 54 Use a paper towel
55 Guitar's kin
56 Declare
57 Require
58 Just out
59 Maintained

DOWN

- 1 Spheres
2 Hardy
3 Laugh-a-minute
4 Forever
5 Pitching stat
6 Prickly seedcase
7 Hotel furniture
8 Sum

- 9 Uncompro-mising
10 Seamstress' case
11 On the briny
16 Height of fashion?
20 Father's Day gifts
22 "Unforgettable" singer
23 At the stern
25 One of the Brady bunch
26 Have pills
27 Glass-maker's device
29 Aware of
31 Get a glimpse of
32 Citi Field player
34 Coagulate
38 Bread
40 Sharpened
42 Coloring agent
43 This way
44 Falco of "Nurse Jackie"
45 Whirled
47 Jackknife, for one
48 Organic compound
49 Lascivious
52 Eislerflower
53 Church perch

MAGIC MAZE ● — CHAIR

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

Find the listed words in the diagram. They run in all directions: forward, backward, up, down and diagonally.

Arm
Barber's
Bath
Beach

Bosun's
Captain's
Dentist
Director's

Easy
Egg
Electric
Folding

Lawn
Rocking
Swivel

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