



Follow the Luminary
Trail on Sanibel
Friday, December 4
and Captiva
Saturday, December 5

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 4, 2015

DECEMBER SUNRISE/SUNSET: 4 7:01 • 5:36 5 7:02 • 5:36 6 7:02 • 5:36 7 7:03 • 5:36 8 7:04 • 5:36 9 7:04 • 5:36 10 7:05 • 5:37



Sanibel Mayor Kevin Ruane, left, congratulates Finance Director Sylvia Edwards, center, on her retirement after seven and a half years of working for the City of Sanibel. She was given a proclamation in her honor, an etched glass vase and a bouquet of flowers during Tuesday's council meeting. Also pictured is Acting Finance Director Steven Chaipel, right.

photos by Jeff Lysiak

Council Approves Initial Phase Of Path Safety Improvements

by Jeff Lysiak

During Tuesday's meeting of the Sanibel City Council, a presentation of the recently conducted Shared Use Pathway Intersection Improvement Study – conducted by TY Lin International – detailed the results of an investigation into the island's 25-plus miles of bicycle and pedestrian paths.

A 40-page document, which documented the findings of TY Lin's extensive investigation of the city's shared use paths – which included the results from an open house

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Working on the oyster project

Oyster Habitat Restoration At Half-Way Mark

submitted by Sarah Bridenbaugh,
Sanibel-Captiva Conservation
Foundation Marine Laboratory

For a short week, we were very successful in getting shell out to the Tarpon Bay site and now it is done. On Monday, we moved the last of the fossilized shell onto the site and on Tuesday, we moved out our recycled restaurant shell.

The recycled shell (or green shell as we call it) is a preferred substrate for juvenile oysters so we hope that by putting that on top we can make an ideal habitat for new oysters. By our estimates, we moved 126,000 pounds of shell to the site. Seriously, that's incredible. One site down, one to go.

For next week, we will be meeting on Wednesday and Friday only at 9 a.m. at the Sanibel boat ramp. Please come in clothes and close-toed shoes that can get wet and dirty. Close-toed shoes are a requirement.

With the next site, San Carlos Bay, we will still be meeting at the boat ramp but will be transferring shell onto the barge on

continued on page 4

Captiva's Lighted Boat Parade

Captiva Cruises this season has a variety of special cruises and events including the 6th annual Lighted Boat Parade on December 12, beginning at 6 p.m.

Visitors can choose to cruise in the parade with special passenger tickets with Captiva Cruises or watch the event from the shore at McCarthy's Marina.

To be a guest on the first lighted boat in the parade as it cruises down Roosevelt Channel on the Bayside of Captiva, reserve a space on board. Refreshments will be available for purchase. Tickets are \$35 for adults, \$25 for children 12 and under.

For those attending the dockside parade party on December 12 from 5 to 7:30 p.m., The Lady Chadwick will be docked at McCarthy's Marina as the lighted boats go down

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Some of the boats in a previous year's parade



The 3-year-old class proudly represented native Americans during their Thanksgiving concert

Children's Education Center Gives Thanks

In true Thanksgiving style, parents, grandparents and friends of the Children's Education Center of the Islands came together to create a feast to celebrate with the students. Turkey, ham, mashed potatoes, stuffing, cranberry sauce, you name it, they had it, including some delicious and somewhat exotic dishes from Sweden and Russia.

The students started the celebration by showcasing their costumes to their family and friends. Then they sang some old favorites such as *I Am Special*, *We are a Family* and *If You're Thankful and You Know It*, followed by some new songs such as *Let's Have a Dinner*.

Director Cindy DeCosta started the program by saying, "We have so many things to be thankful for. We are safe, our children are healthy and we are together, like one big family," ❄️

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**Sanibel Luminary Food & Entertainment
Friday, December 4, 5:30 to 9 p.m.**

1. TROLLEY STOP: Pinocchio's & Lighthouse Cafe

- Live music by Punda Melia, reggae band
- Holiday Facebook photo booth
- Pinocchio's: Italian ice cream samples
- Geppetto's Bakery: Roasted chestnuts and treats
- Lighthouse Café: Beer and snacks
- Lighthouse Realty: Fudge and Red Wine
- Sanibel Sea School: Movies, beer, wine and snacks

2. TROLLEY STOP: Bennett's Fresh Roast

- Bennett's Fresh Roast: Hot Mulled Cider
- Sanibel DQ: Free kid's ice cream cone
- Norris Home Furnishings: Food and drink
- 3. TROLLEY STOP: Jerry's Shopping Center**
 - Jerry's Center: Pictures with Santa, wine tasting and cookies, saxophone musician
 - Boy Scouts: Hot dogs and soda
 - Sanibel Community Church: Walk through Bethlehem, live nativity, music, holiday bazaar, food and drink
 - McCallion & McCallion Realty:

Karaoke Christmas

- 4. TROLLEY STOP: Tahitian Gardens**
 - Live music and refreshments
 - Shiny Objects: BBQ and kabobs
 - Cheeburger Cheeburger: Beer and wine specials
 - Adventures in Paradise: Hors d'oeuvres and drinks
 - Cip's Place: Light refreshments
 - Eileen Fisher: Light refreshments
- 5. TROLLEY STOP: Periwinkle Place**
 - Pictures with Santa 6:15 to 7:15 p.m.
 - Live music from 6 to 8:30 p.m., and

refreshments

- Island Pursuit: Food and drinks
- 6. TROLLEY STOP: School House Theater Lot**
 - Sanibel Community House: Open house, arts and crafts, refreshments
- 7. TROLLEY STOP: Palm Ridge Plaza**
 - Sanibel Deli: Pizza and beer
 - Rosie's Cafe: Wine and snacks
 - Sanibel Sweet Shoppe: Holiday treats and drinks
 - Hillgate: Reindeer feeding post and Ugly Christmas Sweater Photo Booth
- 7A: REMAX:** Giant balloon, The Grinch, food and drinks
- 8. TROLLEY STOP: Olde Sanibel Shoppes**
 - Sanibel School Choir and Herb Strauss Singers,
 - Refreshments and music
- 9. TROLLEY STOP: Bailey's Center**
 - Bailey's General Store: Cypress Lake School of the Arts Acapella Choir, BIG ARTS Chorus, Southwest Florida Symphony Quartet
 - George & Wendy's Seafood Grille: Live music, food and drink specials from 6 to 9 p.m.
 - Zebra Frozen Yogurt: BIG ARTS Community Chorus and free tastings of all flavors
 - Whims on Periwinkle: Drinks and live music*



THE ISLAND WATER ASSOCIATION, INC

It is election time at IWA again, and next year two seats on our Board of Directors will be up for election. The seats are currently held by Ralph E. Sloan, and John R. Cunningham. Mr. Sloan is running for his 2nd term, and Mr. Cunningham is completing his 3rd and final term. IWA is governed by a five member Board of Directors who serve without pay. Directors must be residents of Sanibel or Captiva, so that they can attend all Board meetings, and must be IWA Members or an official representative of a condominium or other IWA Corporate Member. Directors must have no conflict of interest, including but not limited to, active involvement in an enterprise which could potentially do business with IWA or which could benefit from involvement with IWA. Meetings are normally held on the fourth Tuesday of every month. Directors are elected by the Membership at IWA's Annual Meeting to be held in April. Anyone who would like to run for one of the open seats should contact our Board Recording Secretary, Beau Stanley, at (239) 472-2113 (extension 114) or by e-mail at beau@islandwater.com by no later than January 8, 2016. Background checks are required on all Board candidates.

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Rotary Happenings

submitted by Shirley Jewell

Starting this week, Sanibel-Captiva Rotary will be returning to The Dunes Golf & Tennis Club, Sanibel for our 7 a.m., Friday meetings. As usual, guests are always welcome. Come check out the recent Dunes clubhouse renovations, have a wonderful buffet breakfast, meet great people and hear outstanding speakers.

This week's Rotary Happenings will focus on numbers.

We'll start with an amazing number, \$1,622,116.53; that is the amount raised here in the U.S. during a unique fundraising campaign called The World's Greatest Meal (WGM) during November 2015. This same event is held in 70 countries across the globe and gives Rotarians the opportunity to gather together, socialize; enjoy a meal, dinner, party, or organize a virtual social media happening. That gives everyone attending the occasion to learn more about Rotary International's pledge to tackle global polio eradication through mass vaccination of children and encourages all Rotarians to support this astonishing endeavor. The Bill and Melinda Gates Foundation matches all monetary pledges 2 to 1 up to \$15 million a year.

Bill Gates said, "As long as polio



John Greening, past governor of District 1110 of Rotary International Great Britain/Ireland, speaking at the meeting

threatens even one child anywhere in the world, all children – wherever they live – remain at risk. The stakes are that high."

Susan Rea, WGM Ambassador, said, "The eradication of polio is Rotary International's primary cause and will be until the job is done."

So let's take the \$1,622,116.53 from the U.S., add a 2 to 1 match from the Gates Foundation and now we're talking \$4,836,349.59 total, just from the U.S. for one specific cause. This translates to 8,060,000 polio vaccinations. Now that's a pretty large number.

Our Rotary District #6960 alone was able to raise over \$46,000 at a recent WGM event in Cape Coral hosted by our district governor, Cyndi Doragh.

Another wonderful thing that happens at these events is the meeting and mingling with Rotarians from all over our district, the country and around the globe. Two distinguished guests at

the recent WGM in Cape Coral were Rotarians Susanne Rea, past president of the Rotary Club of Cairns Sunrise, Queensland, Australia, a WGM ambassador and co-founder of this unique fundraising initiative; and John Greening, Rotary International Great Britain/Ireland, past District 1110 governor.

Sanibel Rotarian Bill Rahe, immediate past president of our club, never fails to use these types of events to do a little networking. Therefore, he struck up a conversation with Greening and invited him to visit our club November 20 to give us an overview of what it's like to be a Rotary district governor in Great Britain/Ireland.

Now back to the numbers.

First off, Rotary International Britain/Ireland (RIBI) celebrated its 100-year anniversary last year. RIBI has 1,800 Rotary clubs and serves around 50,000 Rotarians. Within District 1110 there are 62 clubs with a number of multiple languages spoken, mostly attributed to the presence of Oxford University within the district.

Okay, so what do you do as a Rotary district governor during your one-year term in office? Well, according to Rotary International there are 12 written goals for this office. Examples are setting club goals for the year, strengthening membership, developing service projects, developing Rotary leadership, connecting with district clubs, maximizing club visits, promoting Rotary's public image and encouraging giving and grants.

Greening had a great deal to accomplish during his term. He drove about 17,502 miles to visit clubs within his district; had 339 Rotary engagements, or

around 39 per month. Most engagements include a meal but, surprisingly, only 10 chicken dinners the whole year. He actually lost five pounds during his term in office. His golf handicap went down from 23.5 to 21.3. And he received 20,489 Rotary-focused e-mails. As he said, "The things you do for Rotary".

A Rotary District 1110 recent highlight: Sending a three-member obstetrics/pediatrician health care professional team to Kabuli Mission Hospital and St. Patrick Surgical Ward, Uganda, Africa. The team held a two-week training session with prenatal medical staff and midwives to help reduce maternal and infant mortality. Cost of this mission was \$20,000.

*The Sanibel-Captiva Rotary meets at 7 a.m., Fridays at The Dunes Golf & Tennis Club. Guests are always welcomed.**

Community Panel To Meet December 8

The Captiva Community Panel will hold its regular monthly meeting on Tuesday, December 8 beginning at 9 a.m. in the Cone Rooms in Chadwick's Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- Review of panel responses to county staff comments on Captiva Plan update
- Update on priority committees (tentative)
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- A Hurricane Preparedness & Response Committee update.
- Other business as necessary.

In addition, there will be a special session that afternoon (beginning at 2 p.m.) in the same rooms, to discuss the South Seas wastewater treatment plant, a recent feasibility study on possible expansion of service, and related topics. Representatives from Lee County, the Florida Governmental Utility Authority and related companies may attend.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be held on January 12. Information and background documents are available online at www.captivacommunitypanel.com.*



The Art of David Ruhe



Meet artist David Ruhe and see his newest Otter painting unveiled 6-8 Friday night during Luminary

630 Tarpon Bay Rd
(near the Over Easy Cafe)

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From page 1

Oyster Restoration

the causeway. Or at least that's the plan right now. We also anticipate that this site will require less shell than the Tarpon Bay site. It is our hope that by the New Year we can be finished with our restoration. And we couldn't have done it without you. Thank you, thank you, thank you. As Bon Jovi said, "We're (a little more than) half-way there."*

Our email address is
press@islandsunnews.com

The Facts About Water Quality

submitted by Kevin Ruane
Mayor, City of Sanibel

It is not difficult to argue that the beaches of Lee County are one of our most valuable assets. Tourism in Lee County generates almost \$3 billion annually. The health of the water surrounding our beaches is paramount to protecting our quality of life, a vibrant tourism-based economy, and a healthy and diverse estuary. The damaging freshwater discharges from Lake Okeechobee in 2005 to 2007 and again in 2013 remind us how dependent our communities are on clean water.

In 2013, the five mayors of Lee County joined forces to advocate for policies and projects to address freshwater discharges from Lake Okeechobee and the Caloosahatchee watershed. We sent numerous letters to Governor Scott, our Florida legislators, the South Florida Water Management District, the Army Corps and our federal representatives. These letters included a request to reevaluate the Lake Okeechobee Regulation Schedule to provide short-term relief from damaging releases, reassessment of the Adaptive Protocols for Lake Okeechobee so the Caloosahatchee receives enough freshwater during the dry season, and resolutions in support of water storage projects including the C-43 Reservoir and the purchase of lands south

of Lake Okeechobee in the Everglades Agricultural Area.

When lobbying for projects to address our water quality and quantity problems in Tallahassee and Washington, DC, it became apparent that many of advocates on the west coast of Florida were not advocating for the same solutions. In fact, many were advocating for different projects and often criticizing projects that were moving forward to help improve the situation. This left our legislators confused. Instead of funding the critical projects that we need to address our problems, often the money was spent on projects benefiting the east coast. At that point, it was clear to me that what we needed was a comprehensive strategy to address our water quality issues and get all west coast stakeholders on the same page.

In 2014, the mayors of Lee County and the Lee Commission joined forces to develop a comprehensive strategy to address freshwater flows to the Caloosahatchee. Together, we drafted the Caloosahatchee Watershed Regional Water Management Issues White Paper. This document provides a list of short- and long-term solutions for water storage and treatment within the Kissimmee, Lake Okeechobee and Caloosahatchee watersheds. The goal of this comprehensive plan is to align all of our local stakeholders so we can advocate with one voice to improve the quantity, quality, timing and distribution of freshwater water reaching our coast. The document can be found online at www.mysanibel.com/content/download/21060/125864.

load/21060/125864.

A few local environmental advocates have recently criticized the mayors of Lee County for supporting construction of the C-43 Reservoir. They argue that without a water quality treatment component the project is "worthless". Their solution is "Plan 6 is the fix." What they don't tell you is that the two projects are aimed at very different problems. The primary goal of the C-43 Reservoir is to store water within the Caloosahatchee watershed to provide dry-season flows – helping to balance salinity within the estuary, while the Plan 6 concept is aimed at addressing wet-season high-flow discharges. Furthermore, the C-43 Reservoir project has actually been designed and engineered and an accurate cost/benefit analysis has been completed for the project; Plan 6 is still very much conceptual.

We agree that a water quality treatment component for the C-43 Reservoir would enhance the benefits of the project and continue to advocate for a treatment component (see White Paper for details). What some advocates leave out of their argument is that in order to provide the dry-season flows necessary to balance salinity within the estuary and prevent harmful algal blooms associated with stagnation in the river, water from the C-43 Reservoir is a critical part of the solution.

It is estimated that we need 450,000 acre-feet of water storage (146 billion gallons) within the Caloosahatchee watershed to provide dry-season flows to the estuary. The C-43 Reservoir is estimated to store 170,000 acre-feet (55 billion gallons),

which equates to 38 percent of the total volume needed. This is not an insignificant amount of water storage! The critics of this project do not use facts, they use talking points aimed at getting media attention rather than working towards solutions based on sound science and engineering. The fact is the C-43 Reservoir already enjoys wide-spread support among most stakeholders and the planning and engineering is complete. It is also the only project aimed at addressing water storage within the watershed authorized by Congress under the Comprehensive Everglades Restoration Plan.

I challenge any advocate to come to the table and propose an alternative approach that addresses both the high- and low-flow challenges in the Caloosahatchee. I urge you to read the Caloosahatchee White Paper and welcome any viable science-based solutions not addressed in the document.*

From page 1

Boat Parade

Roosevelt Channel. The upper deck of the boat offers the best seats in the house. Music, full service cash bar and restroom facilities are all available. The parade begins at 6 p.m. Price: \$10 per person and \$10 parking.

Captiva Cruises also offers holiday parties and private charters.

For reservations call Captiva Cruises at 472-5300 or visit www.captivacruises.com for a complete schedule of cruises.*

ILLUMINATING

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and Saturday, December 5th to enjoy the
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The Community House

Shell Crafters

Have you ever wondered what to do with all of those beautiful shells that you find? If you are interested in learning a new craft and meeting new people, join the Sanibel Shell Crafters. No experience is necessary; there are instructors and assistants available. The lessons are free, all materials are provided but since the group is dependent on donations for the supply of shells, collections are welcome. You can make flowers, jewelry, animals and other creations out of shells and other sea life.

Instructors and assistants are there every Monday from 10 a.m. to noon (no classes in March). Dessert and coffee are provided, but bring a brown-bag lunch if you choose, as the regulars meet until 3 p.m.

All shell creations made by volunteers are sold during the annual Shell Festival in March. The crafters have been meeting weekly since the late 1920s. The group was created in order to prepare for the annual March Shell Fair.

Colorful Sips

Evening art and wine parties with local artist Sissi Janku are designed to encourage the artist within to complete a masterpiece. Member price is \$45, non-members, \$55. The Colorful Sips painting classes will be held on the following Wednesdays from 7 to 9 p.m.: 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 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.

Beading Classes

All ages are invited to learn the intricate art of beading with shells and other treasures of the sea. Classes are kept small for one-on-one instruction. There is a minimum of three people and a maximum of 10 for these projects. Classes will be held on Wednesdays: December 16, January 20, February 3, March 23, April 6 and 20.

Anita Gober is the instructor. All supplies and tools are included in the price. If you typically wear reading glasses, you should bring them. The cost for each class is \$35 for members and \$40 for guests. Advanced classes will be scheduled ad hoc for \$50 for three hours for members. You can see some of Gober's work at Pandora's Box in Tahitian Gardens.

Free Energy 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 on the following Wednesdays:

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

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, a matrimonial lawyer for 30 plus years, is an advanced Eden Energy practitioner, teacher and inspirational speaker.

For more information, email ksemmelmanenergy@gmail.com.

Luminary Night

The Community House is a stop on this year's Luminary trail, which takes place Friday, December 4.

From 5:30 to 8:30 p.m., The Community House will host various crafters selling homemade items, woven and wire jewelry, soaps, handcrafted linens, glass creations, pottery, island art, homemade cards and flower prints and shell craft items.

There will also be an ugly sweater contest at 7 p.m. Popcorn, snacks and beverages will be available by donation.

Call To Artists

The Community House is offering table space for rent to any local Sanibel crafters to display and sell their crafts

during Luminary. This year, the date is Friday, December 4. The rental fee is \$30. Limited table space is available; tables should be reserved prior to November 30. No shell crafts during this event, as the club will be selling them.

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.

The course covers set-up, 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 noon. Beginners classes will take place on the following Thursdays: 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 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.✽

Applications Sought For Cooking With the Islands' Stars

Community Assn. Redevelopment, Wednesday, February 24, 2016, 6:30 p.m.

Thank you for joining The Community House Team: Cooking with the Islands' Stars. As a part of that team, you are committing to raise funds for the redevelopment of The Community House, specifically for the building of the new 890-square-foot commercial grade kitchen and all of the items that make for a full service catering kitchen. Construction starts in May, 2016 and will be finished in November, 2016, so your energy and commitment are vital to making this dream a reality.

Please complete this form and return it to The Community House office, Attn: Teresa Riska-Hall. 2173 Periwinkle Way, Sanibel, FL 33957, or email teresa@sanibelcommunityhouse.net, phone 472-2155,

First Name _____ Last Name _____

Address _____ City, State, Zip _____

Gender: Male _____ Female _____ Chef Coat Size XS _____ S _____ M _____ L _____ XL _____ XXL _____

2 assistants names, gender, chef coat sizes _____

Phone and email _____

Terms and Conditions: All selected contestants are expected to raise a minimum of \$5,000 for the event. By signing this letter, you agree to raise at least this amount for the Kitchen Redevelopment of the Sanibel Community House, a 501C3. If you do not meet your fundraising minimum by Friday, February 28, 2016, you agree to pay the difference. This commitment letter also serves as consent for the Sanibel Community House to use your image, quotes and photos in any promotional material. It also provides support from the Sanibel Community House in helping you achieve your commitment. The People's Choice winner, as determined by the money you raise, will be awarded a segment on the TV show Real Food Real Kitchens (RFRK). The Judge's Choice winner as determined by our 3 judges will be featured in the fall, 2016 RFRK book-a-zine cookbook.

Why Build a New, Improved Community House Kitchen?

Our new kitchen will enhance our community and create a culture of good health through educational programs while increasing island camaraderie through a myriad of fun activities focused on food.

The Need

- The current kitchen is woefully inadequate. Almost daily an island organization/caterer uses the kitchen and staff hear complaints about the sanitation, ease of use and multiple other issues. One only needs to use the kitchen for an hour to understand the HUGE NEED!
- A new kitchen fills a major void on the entire island, as there is not any commercial grade kitchen available for public use at this time.
- The island currently does not have a place to do culinary training for a group.
- There is an unmet need for a reasonably priced venue for wedding receptions, parties and meetings, but no matter how nice the room itself is, without an up-to-date kitchen to provide refreshments, other more expensive locales will be chosen.

Instilling Community

- The Community House is currently THE gathering place for lectures, luncheons, receptions, meetings and parties and the new and improved kitchen will enhance our ability to handle all of these needs and more with the addition of logical serving areas, warming ovens, beverage stations, food- and dish-handling stations and more. which will also enhance the revenue of the facility.
- Social media (twitter, facebook. Instagram, pinteret, etc) will be used to spread the word about culinary happenings at The Community House and to build a food-based community online.
- Products such as jams and jellies will be sold under The Community House label that are not only produced from the fruit/veggies at The Community House, but also canned/preserved in the new kitchen.
- Potlucks, demonstrations, tastings, and targeted classes will bring a new group to The Community House and things like kids' cooking classes or food for moms on the go will attract a younger crowd than is currently the norm, broadening our current community.
- Classes will include canning, cooking for your specific health need, quick condo meals, cooking for kids; the possibilities for classes and culinary demonstrations are endless!
- Professional island chefs or food purveyors need a kitchen to spotlight their specialties with demonstration and instruction, which will not only enlighten and entertain attendees, but also promote their businesses.
- A cookbook and other printed materials will enhance awareness of The Community House and help to fulfill the mission of educating about healthy eating.✽

I'll Be Home For Christmas – 1945 At The Sanibel Historical Museum



Burnap Cottage circa 1920s

submitted By Jeri Magg

On Friday, December 4, as part of Sanibel’s holiday luminary festivities, the docents and staff at the historical village plan to honor the many brave veterans returning from World War II some 70 years ago. Each building within the village will be decorated with a particular concept relating to the war. The decorating theme for the Burnap Cottage, “The Sons Return” incorporates this concept. Visitors will marvel at wartime memorabilia such as uniforms, flags, training flight goggles and the photo of an Stearman bi-plane used as a primary trainer. They will also learn the facts about “Operation Magic Carpet.”

In September 1944, the U.S. War Department implemented “Readjustment Regulations” quantified as the Advanced Service Rating Score. This was a numerical grading system to determine the order American service personnel were brought home. It was called “Operation Magic Carpet,” the post-war effort to repatriate over eight million service men and women. The guiding light for this system was that those

American Legion Post 123

On Sunday, December 6, American Legion Post 123 will serve corned beef and cabbage from 1 to 8 p.m. On Mondays, the 8-Ball Pool League plays at 5 p.m. Every Tuesday, tacos are served all day. 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. Legion hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. Once again, the Ladies Auxiliary has cookbooks available for a donation of \$15. If you have an American flag that needs to be retired, drop it off at your convenience. American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✴



Box of M&M's from the World War II era

fighting the longest and the hardest would be returned home first. An enlisted man or woman needed to score 85 points to be considered for demobilization. As the war wound down in both theaters, the rules were modified and the 85 point target was lowered. In the end, the numbers show the success of the program. In 1945, the country had 12 million men and women in uniform. By July of 1947, the number had been reduced to 1.5 million.

Hersey Chocolate Corporation was the major supplier of chocolate to the U.S. military during the war. This war candy was known as “Field Ration D” or “Logan Bars” – after Captain Paul Logan, the Army representative in charge and liaison with Hershey. These bars packed 600 calories into a four-ounce bar, and were specially designed not to melt in a soldier’s pocket.

The history of the Burnap Cottage is also important to note. It was built in 1898 on Tarpon Bay by Sam Woodring. In 1902, Hiram Burnap purchased the cottage to use as a fishing retreat during the winter season. Burnap died in 1910 and the cottage was sold twice before James and Nellie Brewster bought it in 1933. Now a part of the Village, it is rumored that the spirit of Nellie Brewster still inhabits the house.

Islanders and visitors are invited to check out the rumor while enjoying the 70th anniversary celebration of the end of WWII. The festivities take place between 3:30 and 5:30 p.m., with caroling, lots of merriment and M&M’s. The Sanibel Historical Museum and Village is located on Dunlop Road. For more information, call 472-4648.✴



Christmas decorations at the Village



The Brewsters in the 1960s



The Pain - no shade



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purchased at
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Sanibel Island

Raffle drawing
takes place
December 30th
5-9 pm.

For more information call (239) 472-4557

LOGOS Turkey Shoot Finds Mark

November 18 found the LOGOS kids at Sanibel Community Church celebrating Thanksgiving by eating a turkey dinner themed appropriately, "Gobble 'Til You Wobble." The Family Time activity was the annual turkey shoot where all the kids took aim with nerf finger darts at the turkey's beak. Great fun! The LOGOS kids are also preparing for singing at Luminary during their worship arts time. So much to celebrate and so much to be thankful for. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). If you would like more information on the Logos program, contact Kathy at Kathy@sanibelchurch.com or call the church at 472-2684.✽



Kindergarten kids are ready to shoot that turkey! Alex Nicodemi and Dinner Dean Cindy Sittton call up the next LOGOS marksman to take a shot at the turkey's beak with a nerf finger dart at the annual turkey shoot



It's true, you will wobble if you gobble too much! Table Parent Janet McBee and Dawson Liebetrau had dessert after feasting on a dinner of turkey, mashed potatoes and green beans at LOGOS on November 18

Meditation Meetup Sessions

The Sanibel Meditation Meetup is offering group meditation and discussion gatherings on December 6, December 13 and December 20 at 4:30 p.m. on Tarpon Bay Beach.

At the end of the beach boardwalk, look to the left for the green and blue umbrella to find the group. Bring a chair, cushion, or towel. Bug spray is a good idea, too. All meditation sessions are free.

Sanibel Meditation Meetup is for anyone interested in learning or practicing meditation. People from all meditative traditions, ages and backgrounds – island locals and visitors alike – are welcome. The format is a 30 minute silent meditation, followed by open discussion. Basic meditation instructions will be provided for beginners.

For more information, visit www.meetup.com/Sanibel-Meditation-Meetup/ or email sanibelmeditation@gmail.com.✽



The Family Life Center

Community Church On Luminary Night

On Luminary Night (December 4) on Sanibel, you will find great food, beautiful lights and live music filling the air on the campus of Sanibel Community Church. The SCC Praise Team will lead the celebration with contemporary Christmas praise music. At 7 p.m., the LOGOS children will be singing! The Church Chancel Choir will lead a time of corporate Christmas caroling at 7:30 p.m. And, besides all that, there will be a petting zoo, fabulous homemade cookies and delicious hors d'oeuvres. The Kids' Tent will feature ornament making, face painting and the story of Jesus' birth.

The Historic Chapel will be converted into A Walk Through Bethlehem, a living theatrical experience with tours of shops which might have been found in Bethlehem at the time of Jesus' birth. All this makes Luminary very special as we celebrate Emmanuel – God coming into

the world through Christ, the Light of the world! The celebration begins at 5:30 p.m. with the Tree Lighting and all singing "Joy to the World, the Lord is come!" And just like the Good News....it is all free! Invite your family and friends to this extraordinary evening.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, visit the web at www.sanibelchurch.com or call 472-2684.✽

Our email address is press@islandsunnews.com

Captiva Holiday Village
6th Annual Lighted Boat Parade
Saturday, December 12, 2015

Two ways to join in the Fun!!

CRUISE IN THE PARADE

Catch the sunset and then be a guest on the first lighted boat in the parade as it cruises down Roosevelt Channel on the Bayside of Captiva. Cruise departs from South Seas Island Resort Refreshments available for purchase on board. Space is limited

5:15 pm-7:15 pm

\$35 + tax Adults
\$25 + tax Child

Call Captiva Cruises at 239-472-5300 for reservations and information.
Advance reservations are required.

WATCH AT A DOCKSIDE PARTY

The Lady Chadwick will be docked at McCarthy's Marina as the Lighted Boat Parade goes down Roosevelt Channel. The upper deck of the boat offers the best seats in the house. Live Music, Full Service Cash Bar and restroom facilities are all available.

5:00 pm -7:30 pm
(parade starts at 6:00pm)

\$10 per person Dock Party Tickets
\$10 per car Parking Pass

Call McCarthy's Marina at 239-472-5200 for additional information.
Advance Reservations are required.

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Luminary Festival Weekend

Sanibel: December 4th

Captiva: December 5th

5:30 pm to 9:00 pm

Luminary Festival 2015



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From page 1

Path Safety Improvements Approved

held at the Sanibel Recreation Center as well as an online survey – made a number of recommended actions that the city should consider.

In total, the firm recommended 19 actions to improve path safety including:

- Removing the STOP and BIKE STOP pavement messages at several locations throughout the shared use path system
- Reposition or relocate the LOOK BOTH WAYS T-shaped signs to increase visibility
- Add YIELD and/or “Shark’s Teeth” warning messages to roadway pavement at several locations
- At selected mid-block crosswalks, add State Law – YIELD To Pedestrians/ Bikes Within Crosswalk signage (R1-6 signs)
- Institute a program of upgrading signage to a high-visibility color (fluorescent yellow-green)
- Cutting back foliage to improve sight lines
- Install half-sized STOP signs along the shared use pathways for pedestrian/ bicyclist usage
- Enhancement of ongoing active public awareness campaign

In addition, the report discovered 38 motor vehicle vs. bicyclist/pedestrian crashes, most of which may have been avoided if the recommended actions had been in place at the time.

“The improvements recommended vary and some are applicable network wide, while others are site specific,” said Keith Williams, public works department director. “Additionally, some actions are

recommended to begin with pilot installations at limited locations to gauge effectiveness.”

As a result, city staff proposed an initial phase for implementation of the study recommendations to include:

- 1) Remove the existing STOP and BIKE STOP path markings where recommended by the study
- 2) Evaluate the city inventory and placement of T-shaped signs for placement and visibility
- 3) Review the placement and spacing of the advanced crosswalk signage
- 4) Carry out improvements to the crosswalk area at the entrance to Lighthouse Beach Park
- 5) Install additional share the road signage on the northernmost section of Tarpon Bay Road
- 6) Initiate intersection trimming and vegetation relocation program in conjunction with the study recommendations.

Additionally, staff proposes to enact four pilot programs:

- 1) Install “Shark’s Teeth” pavement markings in advance of mid-block crosswalks at The Bailey Matthews National Shell Museum and SCCF on Sanibel Captiva Road as well as the crosswalks in front of St. Michael’s Church and Sanibel Community Association on Periwinkle Way
- 2) Install striping, edge or ladder, along driveway crossings for the Periwinkle Path between Casa Ybel Road and Donax Street
- 3) Install R1-6 signs within the roadway at the mid-block crosswalk in front of St. Michael’s Church and Sanibel Community Association on Periwinkle Way
- 4) Install pathway STOP signs at the Periwinkle Way/Casa Ybel intersection, the Tarpon Bay/West Gulf Drive intersection, the mid-block crosswalk across Periwinkle Way adjacent to the Dairy

Queen and the mid-block crosswalk across Bailey Road immediately north of Periwinkle Way.

According to Williams, \$68,600 would need to be budgeted to fund the proposed work.

Following the presentation, members of the council and public weighed-in on the recommendations. Vice Mayor Mick Denham, who noted that he would be in favor of vegetation trimming along the pathway and an education-based safety campaign, balked at the pricetag associated with the actions. “I’m not sure that putting a different sign (in the roadway) is going to do anything,” he said, adding that the city should allow the STOP and BIKE STOP pavement messages to erode naturally, rather than paying to paint over them. “We don’t have a limitless pot of money to pay for all of this.”

Councilman Jim Jennings agreed, noting, “Where there has to be a stop, there should be a stop, and it has to be enforced.”

Councilman Chauncey Goss said, “The city built the paths, and it’s our responsibility to make them as safe as possible.”

Mayor Kevin Ruane, who suggested that the report did not deliver a clear message, also expressed concern for safety on the city’s shared use paths. While he supported trimming vegetation in order to improve visibility for bicyclists and pedestrians, he was skeptical of how effective public education would be. “Our paramount concern is safety,” he added.

During public comment on the issue, Claudia Burns suggested that like Segway users, people who rent bicycles on the island should be required to watch a safety video, such as the seven-minute video produced by the Sanibel Bicycle Club earlier this year. Patti Sousa vice president of the bike club noted that the city’s top priority be painting over the fading STOP

and BIKE STOP messages. Billy Kirkland, owner of Billy’s Bikes & Rentals, suggested that an educational flyer be distributed not only at bike rental businesses but at other locations including hotels, resorts, rental units and the Sanibel & Captiva Islands Chamber of Commerce.

Following some additional discussion, Ruane made a motion to approve the staff recommendations. Members of the council voted 5 to 0 in favor of the action. “If we need to do this, the investment (for safety) is certainly there,” added Ruane.

In other council business:

- The council voted 4 to 0, with Goss abstaining, to grant Sanibel-Captiva Conservation Foundation permission to allow mobile food trucks – under the guidance of local caterer Leslie Adams – to prepare and serve food onsite at SCCF’s Beer In The Bushes fundraiser, to be held on March 12.
- Agreements to purchase a 21-foot Open Contender Fisher Boat (\$61,454.20), a pair of Ford Half-Ton Extended Cab Trucks (\$53,780), two 2016 Ford Explorer 4x4s (\$53,650), a pair of Kubota Deluxe 4WD Cab Tractors (\$39,215.58) and two 2016 Honda ATVs (\$22,472) were approved.
- Members of the Zonta Club of Sanibel-Captiva were recognized with a proclamation in support of the group’s 16 Days of Activism Against Gender Violence, November 25 to December 10.
- The council recognized outgoing Finance Director Sylvia Edwards on her retirement after seven and a half years of working for the city. She was given a proclamation in her honor, an etched glass vase and a bouquet of flowers. “I love you all and I’m going to miss you all very deeply... but not the work,” joked Edwards, who earlier accepted a Certificate of Achievement for Excellence in Financial Reporting for Fiscal Year 2014 on behalf of her department.✱



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San-Cap Optimist Club Island Temptations Raffle

Island Temptations, a raffle of gift certificates to many Island fine dining restaurants, is being offered to the public by the Sanibel-Captiva Optimist Club. Each restaurant is providing generous gift certificates for their meals. The prizes will be good for most of a year.

The raffle will be held at The Sanibel Grill (Timbers) on Friday, December 18 at 5 p.m. The winner does not have to be present. Tickets at \$10 each are currently on sale at Bailey's General Store, Sanibel Café, Sanibel-Captiva Community Bank and early evenings at The Sanibel Grill directly from an Optimist Club member.

The proceeds from the raffle will help fund the San-Cap Optimist Club's support of local youth needs including Sanibel Recreation Center programs and college scholarships.*

Regulations On Holiday Decorations

As a reminder, City of Sanibel Code Chapter 106, Section 106-3, of the Codified Ordinances, the specific standards for Holiday Decorations, Lights and Displays are as follows:

Timing: The day before Thanksgiving

(Wednesday, November 25) through Saturday, January 9, 2016.

Location: Not to be placed in a location or constructed so as to create a hazard on your property and not in the Public Right of Way.

Holidays: National, local or religious holidays.

Permitted Displays: Holiday decorations and lights.

For further information regarding holiday lighting and decorations, call the City of Sanibel's Code Enforcement at 472-4136.*

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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.

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, December 9 is *Euphoria* by Lily King. “King immerses us so fully in the lives of her characters that they remain excellent company beyond the pages of this book. Her research is so well digested that she is able to drop us into the complexities of their work without being didactic,” wrote Camilla Gibb in *The Guardian*.

Island Seniors, Inc. Annual

Members Meeting – Friday, December 11 at 11:30 a.m. All Center 4 Life members are invited and encouraged to attend this informative and entertaining event. At the meeting, you will learn about the center’s many activities throughout the year, the financial standing and you will have an opportunity to elect new board members.

The featured guest speaker will be Ray Fenton, local architect. He has been in the area for over 30 years. A few of his island projects include Ferry Landing, Jerry’s Shopping Center and Beachview Golf Club (now Sanibel Island Golf Club). He will discuss the current trend of Aging in Place, focusing on older adults wanting to continue to live a full life in their

own homes. Fenton will explain ways to modify your home to continue living comfortably and safely.

Contact the Center 4 Life to reserve your seat, 472-5743.

Ostego Bay Walking Tour –

Monday, December 14. Cost is \$15 for the three-hour guided walking tour. Lunch is on your own. Tour the working waterfront. Learn about the shrimp industry from Ostego Bay working waterfront firsthand. You will also learn about Florida’s “pink gold” (shrimp) and the oldest and largest fleet in Florida. The tour will also include 1.5-hour guided visit at the museum, which contains numerous hands-on exhibits. Depart from the Center 4 Life at 8 a.m. Call the Center 4 Life for more information, 472-5743. Registration deadline is Friday, December 11. Paid registration reserves your seat.

St. Petersburg Mural Tour & The

Dali Museum – Tuesday, January 12. Cost is \$72 for members and \$77 for non-members. The trip includes round trip transportation, admission to Walking Mural Tour & The Dali Museum. Travel to St. Petersburg, Florida’s leading art destination throughout the country. Embrace the blossoming street art movement. Feast your eyes at the Acropolis Restaurant and then head down to the Dali Museum for the Dali & Disney Exhibit. Call the Center 4 Life for more information, 472-5743. Registration deadline is Monday, January 4.

Games

Bridge – Monday and Wednesday at 1 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 – December 8 (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. and 11 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.✱



Night Of Worship

On Sunday night, December 6 at 5 p.m., Sanibel Community Church will be hosting a night of worship and communion. This is a time of improvisational and spontaneous worship in the Sanctuary.

Child care is available. All are invited.✱

Join us Friday, December 11th for a trunk show featuring the elegant designs by Trésor and Gem Platinum

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St. Isabel's Women Start Off A New Season

submitted by Genny Gray

The new season for the Women's Guild of St. Isabel's Catholic Church has begun with a flurry of activities.

October's meeting saw the creation of "no-sew" blankets to be given to the Guadalupe Social Service Center in Immokalee. In addition to those created at two assembly sessions, many members took kits home to complete. The result was more than 75 comfortable and comforting blankets to be distributed by the center.

November brought the annual Sunset Cruise, an event open to the entire parish. Red, white and blue-clad parishioners lined up to board the *Lady Chadwick* for a leisurely trip on Pine Island Sound. The inspiration for the evening was gratitude for those who have served or are serving our country in the armed forces. The weather cooperated in a magnificent way, providing cool breezes and a gorgeous sunset over Redfish Pass.

The guild had another outing when a luncheon at Cip's Place followed the regular November meeting. An excellent chance to enjoy each other's company



Blankets for the Guadalupe Social services Center in Immokalee

was combined with great food and a fun surprise. President Theodore "Teddy" Roosevelt (portrayed by David Sobnosky) arrived to talk about the figures on Cip's Sanibel/Captiva mural.

Sobnosky, who is a server and formerly manned the host station at Cip's, has studied up on the stories behind the people featured in the mural who are part of the islands' history. He included many accounts about visits to the restaurant by those pictured or their relatives. It was an afternoon enjoyed by all.

December activities are already underway. The Angel Tree has been installed



Parishioners went on a sunset cruise in November

in the vestibule of the church with suggested gifts for those served by Catholic Charities in the Diocese of Venice. Tags that include ages and sizes of both youth and seniors also have "wish list" items. The gift-wrapped packages with the tags attached are due back to the church in plenty of time for them to be distributed for Christmas. This gift giving is supplemented by the generosity of those attending mass on the weekend of December 13. A collection on those days allows the guild to donate much-needed items to the parish gift delivery.

The upcoming December meeting will include a gift swap game and a second



David Sobnosky portrays Present "Teddy" Roosevelt during a lunch event at Cip's Place restaurant

gathering will finish off the 2015 schedule with the filling of gift bags. The bags, which have been decorated by members' families, will be stuffed with personal care items collected during the year by members as well as donations from people who hear about this project. They will be given to seniors in need.

With a growing membership list and an expected increase in participation, the year ahead promises to be exciting and productive with opportunities to gather for fellowship, service and outreach.✧



Amy Selby and Emma Hall assembled all the ingredients to prepare pumpkin pies for Moms ConnectinG, a group of moms with young children who gather at Sanibel Community Church twice a month for fellowship

Preparing Pumpkin Pies

Twice a month, a group of moms with young children gather at Sanibel Community Church, 1740 Periwinkle Way, for a time of fellowship and learning. Sometimes they learn about family matters and sometimes they learn a homemaking skill. On November 19, the ladies made

homemade pumpkin pies for their families' Thanksgiving celebrations. It was a morning filled with memories from their childhood and making memories with their own families. Moms with young children are welcome at Moms ConnectinG on the first and third Thursdays of each month. Care for nursery and preschool children is available. For more information, contact Amy Selby at amysselby27@gmail.com or Emma Hall at emh411@gmail.com ✧

Role Of Jesus In Islam Class Offered

Islam is much in the news these days, but an often overlooked fact is that Jesus plays a significant role in Islamic theology. Sanibel Congregational United Church of Christ will offer a two-part course – the second of which will take place on Wednesday, December 9 – with identical sessions at 10 a.m. and 7:30 p.m. The Rev. Dr. John H. Danner, the church's senior pastor, will lead the class in an exploration of Islamic thought, and in particular in the place of Jesus in Islamic understandings. The class will feature an examination of portions of Islam's Jesus, written by Dr. Zeki Saritoprak.

Dr. Saritoprak is scheduled as the annual Shared Scholar Lecturer on January 17. The December class is being offered in preparation for his appearance next year. He is the Nursi Chair of Islamic Studies, and a professor in the Department of Theology and Religious Studies at John Carroll University. He is the author of numerous works on Islamic theology.

The course is free and open to the public. The church is located at 2050 Periwinkle Way on Sanibel. For further information or directions, call the church office at 472-0497 or visit www.sanibelucc.org.✧

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Highlights Of The 4th Annual 'Ding' Darling Kids Fishing Derby



At Saturday's 4th Annual "Ding" Darling Kids Fishing Derby, 4-year-old Connor Elwing of Islamorada, Florida caught a pufferfish off Causeway Island A. Also pictured are Connor's dad, Jonathan, and 3-year-old sister, Ainsley.

photos by Jeff Lysiak



Ronnie Michael helps his daughter Isabella bait her hook



Derby judge Kurt Will helps participant Jakob Musich untangle his fishing line



Event staff, from left, Ginny Koeppell, Leigh Gay, Becky Larkins and Jenny Rieki



Ranger Becky Larkins announced the contest rules prior to the start of fishing



Raffle prize-winner Ryder DeSouza, 3, and his father, Darrel



The Musich family, dad Shane with kids Jakob, Greyson and Kaeden. They have participated in the derby every year.



Eight-year-old Maci Swenson of Fort Myers looks at a pufferfish caught by another angler

Churches/Temples

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Reverend Dr. Elias Bouboutsis. Orthros Service Sunday 9 a.m. Divine Liturgy Sunday 10 a.m. Fellowship Programs, Greek School, Sunday School, Bible Study. www.orthodox-faith.com, 481-2099

BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544.

CAPTIVA CHAPEL BY THE SEA:

The Reverend George E. Morris Services every Sunday 11 a.m. through April 24, 2016. 11580 Chapin Lane on Captiva. 472-1646.

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SANIBEL FELLOWSHIP, sbc

Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502.

SANIBEL COMMUNITY CHURCH

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Dr. Daryl Donovan, Senior Pastor

Sunday Worship Hours: 8 a.m. Traditional in historic Chapel. 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary. 10:15 a.m. Courtyard Fellowship. 9 and 11 a.m. Bible classes. Childcare available at all services.

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The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 a.m Chapel Service, 9 and 11 a.m. Full Service with Sunday school and nursery care provided. Elevator access.

ST. ISABEL CATHOLIC CHURCH:

3559 San-Cap Road, 472-2763
Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH:

5 p.m. Saturday Eucharist, 8 and 10:30 a.m Sunday Eucharist, 10:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 6 p.m. Third Wednesdays Taizé Service. 472-2173, 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 information call 433-4901 or email ryi39@aol.com.✧

Social Services Available At FISH

FISH of San-Cap's social services are services provided for the benefit of the community and activities aiming to promote the welfare of others. At FISH, there are many programs, services and workshops that do just that.

FISH social workers continuously help people deal with life's challenges. They assist in managing the logistical, social and emotional aspects of health and wellness. They are assisting island families with food insecurities by providing access to the food pantry, weekend backpack and other food related programs. They are making sure that people with illnesses, cancer or those that are disabled get the physical and emotional support they need to live healthier through home healthcare providers and various workshops. They are assisting island seniors live with independence and dignity by helping seniors and their families face the challenges of growing older. That could mean providing direct counseling, dealing with special health care needs, or even something as basic as better nutrition – whatever it takes to keep seniors living well and as independently as possible.

FISH's Licensed Clinical Social Worker Christine Swiersz can provide one-on-one or group therapy to a wide variety of people – veterans, teenagers, soccer moms and seniors; anyone who needs their help.

continued on page 31

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Together, FISH Chairman of the Board John Pryor and his wife Judy coordinate the annual Thanksgiving partnership with St. Michael's

St. Michael's Angels Baked Thanksgiving Pies For FISH Clients

Parishioners at St. Michael and All Angels Episcopal Church engaged in a baking frenzy last week, preparing pies for distribution to clients of FISH of Sanibel-Captiva, Inc. In all, 34 pumpkin and apple pies were delivered as a delicious addition to the charitable organization's annual Thanksgiving meal baskets. Protective containers for the pies were provided by Bailey's General Store.

According to Judy Pryor, who organizes the initiative each year, St. Michael's parishioners have been baking pies for FISH since 2008.

"At first, we baked them in the church's kitchen. It was fun, but a challenge, since we didn't have quite the space necessary for the number of pies that were needed." Now, participants bake them at home, or purchase them freshly baked at selected groceries. Pryor says that sending freshly baked pies to FISH is especially rewarding because "we are helping our own – our island neighbors."

In operation for 33 years, FISH was established as a means for islanders to give to one another. As John Pryor, chairman of the board, says, "Our motto is 'neighbors helping neighbors.' We want to support those in need who live, work or visit the islands – to help families live independently and with dignity."

Donations to FISH are always gratefully accepted. Tax-deductible gifts directly support the organization's mission, offering help, hope and happiness to islanders in need.

The FISH Walk-In Center is located at 2430-B Periwinkle Way. For further information about FISH and its charitable activities, visit www.fishofsancap.org, or contact Maggi Feiner, president and CEO, at 472-4775 or maggi@fishofsancap.org.



FISH Assistant Program Director Jessi Ziegler distributes holiday meals and the St. Michael's pies to FISH clients



The Reverend Anne Kimball, left, a clergy associate at St. Michael's, hands a pumpkin pie to donation organizer Judy Pryor.



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Happy Holidays To All!



Wind Woes



by Capt. Matt Mitchell

Wind and more wind was the story on the water this week. Most days our wind gusts were over 30 mph. Fishing in these condi-

tions was all about finding somewhere protected to hide. The big high pressure system causing all the wind slowed the bite most days and it certainly took more persistence and hard work than usual to catch fish. Fishing in these winds just makes everything a little tougher than usual and nothing seemed to come very easily.

Staying close to home most days and tucking out of the breeze in the sheltered mangrove creeks was a good choice all week. Mangrove creek fishing on live shiners and shrimp caught clients a mixed bag of fish including snook, trout, mangrove snapper and jacks. We did catch a

few redfish and flounder in the mix too. On many trips this week we enjoyed good action on trout, jacks and ladyfish after not finding much else going on.

Fishing with popping corks and shrimp was what it took some days to get on any kind of high activity bite. During morning low tide periods, fishing the small sheltered bays between the creek systems was a good choice to catch lots of trout along with ladyfish. Most of these trout have been on the small side of the slot although if you stick it out there are certainly some keepers for you meat fishermen.

Chumming the small feeder mangrove creeks produced a few snook and mangrove snapper although the huge numbers of snook we experience in these creeks all winter long has not happened yet. Live chumming these creeks with shiners only produced a few pops and very few snook showing themselves. I think it will take another cold front for these creeks to get loaded up.

Deeper creek mouths on the low incoming tide were a good choice if you where looking for that bigger bite. Large pinfish pitched up around the structure in these fast-moving creek mouths resulted in a few major gag grouper and

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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Jeff Woehler from Indianapolis with a blacktip shark caught while fishing with Capt. Matt Mitchell this week

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snook bites although getting one of these hooked fish away from the often dense structure at times seemed impossible.

One of the many things that makes Pine Island Sound so unique is that even during these crazy windy periods it's generally still possible to get out and comfortably enjoy a day's fishing.

Knowing where to go, depending on the day's wind direction and being able to utilize the many sheltered channels, is the key. Most days you can get where you want to go, catch some fish and totally avoid the wind-blown, rough open water.

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

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CROW Case Of The Week:

Eastern Screech Owls



by Patricia Molloy

While it is quite common for several patients of the same species to undergo treatment at CROW during the same time period, it is rather unusual for three unrelated patients to be admitted within a day of one another after being injured in similar, but separate, incidents. This is precisely what

occurred when three screech owls, all of which were likely hit-by-a-car cases, were admitted over the same November weekend.

Eastern screech owls (*Megascops asio*) are one of the smallest species of owls in the world, standing only 6.3 to 9.8 inches tall. They are strictly nocturnal hunters who are difficult to detect during daylight hours due to their habit of occupying old woodpecker holes and natural cavities of trees. These regal avians are best known for their large repertoire of vocalizations that includes rasps, barks, chuckles and whinnies. Their distinctive sounds are frequently used to "set the mood" in movie and television scenes.

The first to arrive was patient #15-3142. "He came in with a leg wound," Dr. Molly explained. "He developed a pretty significant superficial corneal ulcer on the right eye. We've done a few cotton swab debridements, so it's been a week now. We did a little more debriding yesterday and we're going to see how that goes over the next few days then decide what we need to do. He's still on eye drops



All three screech owls will likely be releasable after treatment by CROW's expert wildlife staff. Here, one perches quietly in an outdoor enclosure.

at this point and (pain medication)."

As for the second screech owl, patient #15-3153, Dr. Molly said, "He had some left ear and eye trauma, but is still fully visual. We are putting him through a course of Baytril (an antibacterial) with that and checking his bloodwork again today, then likely moving him outside."

Even though the third screech owl had injuries consistent with a car collision, patient #15-3171 was not found where one might expect. "He was found on a bike path," Dr. Molly said. "But he definitely was not hit by a mere bicycle."

The DVM intern continued, "There were really no significant exam findings: radiographs, bloodwork, etc. were fairly normal, so he was mainly depressed and a little mentally dull. But other than that, he only had a minor (eye injury). He will likely be moved outside very soon to an outdoor small flight enclosure. If his flight looks good, we'll go from there."

Fortunately for these three patients, the people who found them quickly contacted CROW for advice on how to gently collect the injured owls and deliver them safely to the wildlife clinic. Each bird had fairly good body conditions, which would indicate that they had not been down for days at a time.

Once each patient has regained its strength and stamina, these magnificent screech owls with the bright yellow eyes will be released to once again whinny and hoot under the cloak of darkness.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.



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Sanibel-Captiva Conservation Foundation

Red Tide Program

Dr. Jordon Beckler from Mote Marine Laboratory will be at the SCCF Nature Center on Friday, December 4 at 10 a.m. to talk about red tide research. Dr. Beckler is a scientist in the ocean technology program at Mote Marine Lab in Sarasota. His current research projects include using autonomous underwater vehicles (AUV) to understand the conditions that may lead to red tide blooms; developing in situ methods to measure Florida red tide toxins (brevetoxins); and remotely monitoring Florida red tide and dissolved organic matter using Mote's Optical Phytoplankton Discriminator (OPD) instruments.

In addition, Mote has several collaborations in progress or pending with the Sanibel-Captiva Conservation Foundation, including co-locating Mote's in situ instruments at RECON sites to better understand water quality in the Caloosahatchee estuary, and exploring the effects that sediment nutrient and trace metal release from Caloosahatchee sediments may have on phytoplankton blooms further downstream. Dr. Beckler is also actively involved in developing STEM outreach programs to teach the next generation about how to use technology to better understand the ocean.

Cost of the program is \$5, with SCCF members attending for free. Call 472-2329 for more information.

Bobcat Tales

Come and see videos of bobcats on SCCF trails. Learn more about the biology and society of this shy feline that peacefully roams the islands. There has never been a negative human bobcat interaction reported on Sanibel. Bobcat Tales will be held on Wednesday, December 9 at 10 a.m. in the SCCF Nature Center auditorium. Cost of the program is \$5 per adult, with SCCF members and children attending for free. Following the program, take a walk on the trails to the Sanibel River where you may see bobcat scat. Climb the tower to see Sanibel's Everglades-like wetlands where the bobcats live. Call 472-2329 for more information and directions.



Bobcat pictured after Hurricane Charley



Passiflora incarnata flower

Wildflower and Pollinator Walk

Wildflower and Pollinator Walks are held at SCCF's Bailey Homestead Preserve. Join Dee Serage-Century on Tuesday, December 9 at 11 a.m. for a walk at the new pollinator garden at SCCF's Bailey Homestead Preserve. See who is nectaring on the hundreds of wildflowers and learn the native butterfly host plants. Will the male green orchid bees be collecting oils at the scent station set up for them in the garden? Did you know that male bees do not have stingers? Maybe guests can find the ground nest of the peaceful female green sweat bees recently observed. Reservations are required. Call 472-2329 to sign up.

Call SCCF at 472-2329 for more information on these programs. The Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.*

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City Of Sanibel Vegetation Committee

Do You Want To Reduce Your Water Bill?

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of City Hall grounds, planted solely with native plants. The next tour of City Hall grounds is on Wednesday, December 9, beginning at 10 a.m.

If you are unable to attend then, the next tour dates in the month of January 2016 are Wednesday, January 13 and Saturday, January 23.

Come walk the grounds for ideas on planting native vegetation that require no fertilizer. Come see how you can plant a garden that reseeds itself with very little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation Committee members will provide valuable information on proper planting and care of native vegetation.

The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires very little maintenance, no fertilizer, and no supplemental irrigation.

Registration is not required. Attendees can meet at the main entrance to City Hall, 800 Dunlop Road, in front of the main staircase. For additional information regarding the guided native vegetation tour, contact the City's Natural Resources Department at 472-3700.

The City of Sanibel is a "walkable and bikeable" community and features one of the most extensive shared use paths in the state of Florida. Attendees to these special events are encouraged

to enjoy our good nature. Bicycle to these events and stay FIT-4-LIFE!

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.✱

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Sanibel Captiva Orchid Society Hosts Annual Holiday Luncheon

The next monthly luncheon of the Sanibel Captiva Orchid Society will be held at The Dunes Golf & Tennis Club on Monday, December 15 at 11:30 a.m. The featured speaker will be Mac Rivenbark of Mac's Orchids in Fort Lauderdale. His topic will be A Trip To Asia.

Cost for Sanibel Captiva Orchid Society members is \$25 and guests are \$35. Reservations for the luncheon, including choice of entree, should be made with payment to the Sanibel Captiva Orchid Society. For more information or to make reservations, call Carol Zell at 395-2122. Payment must be made by December 11.

Dues for the 2015-16 season are \$25 for a single membership or \$40 for couples.

There are three luncheon entrees to choose from: grilled chicken breast and baby shrimp on crisp romaine with asiago croutons and caesar dressing; cheese tortellini with serrano ham, portobello mushrooms, garlic and white wine; or caribe-dusted mahi-mahi with dirty rice and seasonal vegetables. Each lunch includes a house salad, rolls and Key lime pie. For more information, visit www.sancaporchid.org.✱



Pat Schmidt of Sanibel overseeing the Sanibel Captiva Orchid Society's show table at the November meeting

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Shell Of The Week

Bruised Nassa And Its Egg Capsules



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

I last covered the bruised nassa, *Nassarius vibex* (Say, 1822), in this column on September 4, 2015. On that occasion, I mentioned that the habitats preferred by the species are the sandy-mud and mud flats of the back-bay areas that are so com-

mon in our part of the coast. I also mentioned the scavenging feeding habits of the species: bruised nassas are like "little vultures," gathering in large numbers to feed on the dead bodies and remains of small marine creatures. Recently, museum collaborator Amy Tripp from Marco Island sent me a series of images of bruised nassa egg capsules. These are small, flat, and oval, measuring about 1.3 to 1.5 (0.05 to 0.06 inch) in height. From the large numbers of egg capsules and abundance of live bruised nassas in some of her pictures, it is quite obvious that females in this species perform communal spawning (in a similar fashion to some other mollusks, fishes and frogs). Learn more about the bruised nassa at <http://shellmuseum.org/shells/southwest-florida-shells/nassarius-vibex>.

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.



The bruised nassa, *Nassarius vibex*, shell and (right) communal mass of egg capsules

photo on left by José H. Leal, on right by Amy Tripp, Collier County

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's 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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Shell Found

Will Riess with the Cabrit's murex shell he found

Eleven-year-old Will Riess from Longmeadow, Massachusetts, found a Cabrit's Murex shell the morning of November 25 on south beach at South Seas Island Resort, Captiva. When he first saw it he thought it was a bird's skull but once he picked it up, he said he realized it was "a rare shell/treasure."☆☆



Shell Found

Abbie Kahl

Abbie Kahl, visiting from Columbus, Ohio, found an Alphabet cone near Coquina Beach on November 22.☆☆

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DDWS Awards \$10,000 In School Conservation Education Grants



Thirteen teachers received conservation education grants from the “Ding” Darling Wildlife Society this year.

“Ding” Darling Wildlife Society-Friends of the Refuge recently awarded \$10,000 in grants to conservation education-related projects at 13 different schools in Lee and Collier counties.

Teachers submitted grant applications to the DDWS Environmental Education Committee by Oct. 31. The committee chose awards based on need and relevance to conservation.

Schools to which DDWS awarded grants this year include Bishop Verot High School in Fort Myers for its “Aquaponics Garden” project, Diplomat Middle School in Cape Coral for “Florida Ecosystems & Landforms,” Golden Gate High in Naples for “Creative Conservation Art,” Lee Virtual School in Fort Myers for “Hands on Conservation,” Lehigh Elementary for “A Slick Solution: Cleaning an Oil Spill,” Lehigh Middle for “Life in a Dystopian Society,”

Patriot Elementary in Cape Coral for “Bird Sleuths,” Pelican Elementary in Cape Coral for “Butterfly, Ladybug Environments,” Pine Island Elementary for “Nature in the Classroom,” Robinson Littleton Elementary in Fort Myers for “From Manatees to Marine Debris,” Royal Palm Exceptional in Fort Myers for “S.M.A.R.T. Characters,” The Sanibel School for “Plant Growth & Predator Prey,” and Villas Elementary in Fort Myers for “Native Wildlife Habitat.”

“This is the 10th year the society has awarded these conservation teacher grants. The past two years we opened eligibility to a five-county area,” says Wendy Kindig, education committee chair. “To date, we have awarded nearly \$58,000 in teacher grants. We were so impressed by the great projects our teachers and their students imagined this year. The society is pleased to help the future of conservation stewards in this important way.”



The Sanibel School teacher Annie Franke accepts a check from DDWS education committee chair Wendy Kindig for her students’ Plant Growth & Predator Prey projects.

dingdarlingsociety.org/grants. As a non-profit 501(c)3 organization, DDWS works to support J.N. “Ding” Darling National Wildlife Refuge’s mission of conservation, wildlife and habitat protection, research and public education through charitable donations and Refuge Nature Shop proceeds. To join DDWS and support the refuge with a tax-deductible gift, visit www.ding-darlingsociety.org or contact Birgie Miller at 292-0566 or director@dingdarlingsociety.org. ✨


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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First We Cook, Then We Eat

Three-year-olds Gretta Livermon and Kelyse Schafer prepare a meal for their baby at Summit Christian Preschool at Sanibel Community Church, located at 1740 Periwinkle Way on Sanibel.

Children enjoy extended periods of free play where they are allowed to explore the entire classroom and choose from a variety of activities available including housekeeping, art, blocks, puzzles and other learning activities. Classes are available for 3- and 4-year-old VPK.

For more information about the preschool, call the main campus at 482-7007. ✨



Young ladies eating lunch at Summit Christian Preschool



Monday-Sunday 11:30AM-8PM
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(Inside Islander Center)

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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

An Anti Travel Poem

by Tanya Hochschild

Back home we wake in our own bed,
after a still, silent night,
no early wakeup phone call,
no airplane engine drone,
no bump nor loss of cabin pressure,
no roll...
I stroll barefoot through the house,
soon coffee is on, the Fresh Market
blend we enjoy;
no early morning questions
require answers in foreign languages,
Macchiato? Caffe doppio?
Americano?
No talk about size – skinny, short,
white, long black
in a quasi sophisticated mumbo
jumbo.
Just our hand-painted mugs made by
grandkids.

The local newspaper waits at the end
of the driveway,
the immediate news at the screen
door is pleasing,
geckos amaze with superb upside-
down sticking skills.
In the garden, ripe for picking, a
papaya, orange hued.
Lazy flights of frigate birds circle in a
cloudless sky.
An aroma reminds, coffee awaits
indoors.

I head to the pharmacy for refills,
happy not to have to point to pre-
scriptions
and ask, “Combien?” or “Quanto
costa?”
Happy too that Reggie, the pharma-
cist, and I do not
have to find someone to photograph us
to show the folks back home.

I know which roads to travel,
no need for maps or GPS,
no monuments as landmarks or basil-
icas not to be missed
on my way to Sanibel Preserves,
where I walk as if on the African
savannah without
the threat of lion attack or buffalo
charge.

If it's wildlife you are after
spend 10 minutes talking to
G.W., the parrot at Jerry's.
He will tell you “hello, hello, hello,”
that's all you need to hear,
to commune with wild things.

On the lanai in the evening peace
and quiet,
we pour a scotch the way we like it,
after taking from the fridge
cheese and olives, then
watch the sun set, all pink and
orange ribbons.

A comforting meatloaf for supper,
no gonza gastronomia,
no need for the stamina to jet off to
Panama.
P'raps one year we will visit Macau,
just not now.

Before drifting into dreamland,
I hug my favorite pillow, glance
at the full moon over the palm tree
and smile, 'cos at first light we do
NOT have
to catch a flight to the ruins of
Rome.
I'm so glad we're home!

*Tanya Hochschild is member of a
Sanibel Writers Group, has participated
in Artpoems and Writer's Reads on the
island, and had two books published.**

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THAT'S LIFE! A Toast To Sinatra

FRIDAY, DECEMBER 11, 8 PM | SCHEIN HALL

Come celebrate the music of
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100th birthday! **Lee Lessack, Brian
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Brian Lane
Green

Lee
Lessack

John
Boswell

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Includes a champagne toast!

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Fish Caught



Kyle Godhard
Kyle Godhard, visiting from Cleveland, Ohio, caught-and-released a 36-inch snook while on a Sea Reed charter trip. Godhard is the grandson of Sanibel resident Jim George, who was also on the trip. ✨

Fish Caught



Don Owen and Ed Shultz
Sanibel residents Don Owen and Ed Shultz caught-and-released a 36-inch snook while on a Sea Reed charter trip. ✨

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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. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Monday, December 7, 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, December 8, 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, December 9, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101, presented by a CROW volunteer.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask staff members how they work their magic. Live animal encounter following presentation.

Thursday, December 10, 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 will explain why they are admitted how the medical staff treats this species.

Friday, December 11, 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.✱

Shell Club Needs Shells

Visitors who attend the Sanibel Shell Show love the little bags of shells they receive when they enter the show. They are a "thank-you for your donation" gift from the Sanibel-Captiva Shell Club. These gift bags are 4x4-inch and are typically filled with about six or eight appropriately-sized shells.

The club always needs shells to fill these bags. Are you cleaning out your garage? Do you want to downsize your shell collection? You might consider donating some of your shells to the Shell Club. Donated shells should not be larger than a full-grown Florida fighting conch. Ideally, each bag will be filled with shells around the size of an adult apple murex and might include banded tulips, olives, calico clams, moon snails, nutmegs or others of that size. The shells do not have to be from the local area. Shells of the right size make the bagging process go smoothly and quickly. The shells should be cleaned, with barnacles removed and the sand shaken out, since the club does not have a way to clean them at the "bagging parties."

Very small shells, such as kitten paws and coquinas, get lost in the bags, but they can be used as craft shells, so the club is glad to have those also.

Shells larger than a full-grown Florida fighting conch are too large to fit in the bags. They can be donated to the Bailey-Matthews Shell Museum for use in their educational programs, or to the Sanibel Community Association "shell-sorters" for sale at the Shell Festival.

Contact Linda Edinburg at 395-9426 or Irene Longley at 283-7417 to arrange for either pick-up or delivery of your shell donation for the Shell Club. Do not drop off shells intended for shell club use at the museum.✱



Shell club members prepare gift bags

Read us online at IslandSunNews.com

THE APOLLO TRIO

SUNDAY, DECEMBER 13, 3:30 PM | PHILLIPS GALLERY

This fresh, Naples-based trio features renowned cellist **Si-Cheng Liu**, violinist **Ming Gao**, and pianist **Alexandra Carlson** playing Mendelssohn, Brahms, and, um, Zeppelin?!

General: \$32
Student/Child: Free



See a full listing of this season's programs at

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Roasted Chestnut & Pumpkin Bisque
Assorted Salads
Dried Sausages, Salami, Sopressata, Mortadella and Cheeses
Iced Oysters, Crab Legs, Shrimp & Marinated Mussels
Winter Spice Rubbed Turkey
Honey Dijon Glazed Ham
Salt Crusted Prime Rib of Beef
Molasses Mopped Pork Tenderloin
Pan Flashed Alaskan Wild Caught Salmon
Traditional Accompaniments
Desserts

Visit www.sundialresort.com to view our complete menu.



1451 Middle Gulf Drive
Sanibel Island, FL 33957

Fausel Is Guest Artist At San-Cap Art League December Meeting



Bird in flight by Cheryl Fausel

Cheryl Fausel will be the guest artist at the Sanibel Captiva Art League meeting on December 10 at 1 p.m. in The Community House on Sanibel. All visitors and local residents are invited.

Following light refreshments and a short business session, Fausel will be giving an art demonstration. The prizewinning watercolorist with Signature status in several watercolor societies, has exhibited both in the United States and Europe. She has been teaching watercolor painting for over 30 years. Her work has evolved from being very

loose, with an emphasis on surrealism and abstract, to more controlled and realistic with an emphasis on abstraction within a realistic confine.

At the meeting she plans to give a demo focusing on how she gets started or inspired with a piece of work and the process of combining the two. She believes that when looking at a painting, the first reaction should be from the inner being. You either like it or not and, once past that point, other areas come into being, such as color, design,

or an identification with the piece on some level, not always conscious. When finished she believes that a work should stand for itself based on the visual.

Sanibel Captiva Art League, a non-profit organization, was formed in 1964 to promote public interest in and appreciation of the fine arts. The season lasts from November to April with monthly meetings, weekly paint-outs, opportunities to exhibit work and participate in juried shows, as well as workshops and studio painting opportunities. Membership, \$30 per year, is required to participate in exhibits. Application forms, newsletters, and details of activities are available at www.sancapart.com.



Lady in green by Cheryl Fausel

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Island Writers Read New Works

Part poetry slam, part nostalgia trip, part funny and heart-wrenching stories, Writers Read is a unique experience for the ears, the mind and the soul. Five groups from the Sanibel-Captiva Island Writers – over 50 writers from the community – come together to share their work with the audience. Hear the results at 7:30 p.m., Thursday, December 10, at BIG ARTS' Phillips Gallery. Tickets are \$5 and are available at the Marks Box Office, 900 Dunlop Road, Sanibel, phone 395-0900.

With titles like *A Pampered Rhino*, *The Pope and I*, and *Remember the Thin Places*, the evening is sure to deliver something to love, inspire and laugh about. Award-winning writers and local favorites include Mary LaVelle, John Raffensperger and Lorraine Walker Williams. Sixteen island writers will read more than 25 selections of new stories and memoirs, poetry and prose.

The program includes works by Beverly Forslund, Tanya Hochschild

and Johnnie Lorren, a playlet by Bob Maxeiner, and Joe Pacheco performing his Grandpopper Rap.

For Writers Read, each writer creates a work (or several), then shares and compares within their group to select which ones to present.

"Works are chosen by the groups based on both literary quality and entertainment value," says Pacheco, a member of the group since it started in 1984, "thus ensuring that the evening's readings really deliver. And with each group selecting their own, we get a good mix of genres and styles. We're always welcoming new members, too, which brings fresh ideas in the writings and fresh perspectives in the vetting process."

For more information about the event, call 395-0900 or email info@bigarts.org. To find out more about joining the writers group, contact Pacheco at sanibeljoe@comcast.net.

Top Ten Books

1. *The Four Wives of the Sanibel Sunset Detective* by Ron Base
2. *Assassin's Honor* by Robert

- Macomber
3. *The Sanibel Sunset Detective* by Ron Base
 4. *Big Little Lies* by Liane Moriarty
 5. *Gift from the Sea* by Anne Morrow Lindbergh
 6. *At the Edge of Honor* by Robert Macomber
 7. *The Marvels* by Brian Selznick
 8. *The 5th Wave* by Rick Yancey
 9. *Cuba Straits* by Randy Wayne White
 10. *The Hound of the Sanibel Sunset Detective* by Ron Base
- Courtesy of Sanibel Island Bookshop.*

BIG ARTS Workshops And Seminars

BIG ARTS offers more than 270 workshops and seminars this season – myriad opportunities to explore your creative skills and expand your mind.

The following sessions begin soon.

PAINTING
Giant Paintings in Acrylics
Coordinator: Caroll Swayze
Monday–Wednesday, 9 a.m. to noon,
December 14 to 16
BIG ARTS members, \$250, non-

members, \$313

Learn the techniques of acrylic painting in less than one week using large brushes, free strokes and lots of color. The desired effect of color mixing and layering is a technique that can be used in many different painting projects and the finished image will be a large colorful painting ready to frame. (All materials included.)

DRAWING
Life Drawing, Non-instructed Open Studio
Coordinator: Carol Rosenberg
Fridays, 9:30 a.m. to noon for 4 weeks or Fridays, 12:15 to 2:45 p.m. for 4 weeks, December 4 to 18
Members, \$64, non-members, \$80
This non-instructed open studio course is a great opportunity for serious beginning and experienced artists to improve their drawing skills by using the living human form as subject. Work independently to pursue your own direction and style. (Bring your own materials; no model fee.)

Call 239-395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road, Sanibel, to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit www.bigarts.org/workshops, or email info@bigarts.org to request the Workshops & Seminars Guide.*

Email your editorial copy to: press@islandsunnews.com

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Manatees At Mariner Pointe



Dennis and Donna Kulak, residents of Mariner Pointe, spent an afternoon boating in the canal on Sunday, November 29. While running water through their outboard, a couple of manatees popped up for a drink. The video was aired on WINK News.

From page 15

Social Services

From chronic illness to problem resolution, poor nutrition to the stress of unemployment, FISH helps people deal with a myriad of issues. Both Swiersz and fellow social worker Jessi Zeigler are trained to assist our island neighbors, and

are passionate about making a difference in their lives.

In thousands of ways, FISH helps people help themselves -- people of every age; from every background; in every corner of our community, FISH is for everyone. Wherever needed, FISH is here to help.

For additional information, visit www.fishofsancap.org.

Film Society

by Di Saggau

Movie fans are invited to join in the fun of the BIG ARTS Film Society Annual Celebration in Phillips Gallery on December 7, at 5:30 p.m. The special event is prior to the Monday Night Film showing of "Clouds of Sils Maria." There will be food and drink but, most importantly, it's an opportunity for you to get to know the members of the Film Society and also the volunteers who have helped make "Monday night on Sanibel" synonymous with Monday Night Movies at BIG ARTS. The film series is now in its 19th year. You will learn about upcoming movie events and have a chance to chat with those involved in various aspects of the film society.

The Not For Monday Night film series is hosted by Hyde Tucker, Great Theme Film Discussions is hosted by Steve Oberbeck and Critically Acclaimed Documentaries is hosted by yours truly. We will all give you a rundown on what takes place during our series. Committee Chair Visnja Gembicki will also be there to greet everyone and explain how the committee goes about selecting movies for the Monday Night Movie series.

Mark your calendars for our informative and fun-filled annual celebration,

MOAA Meeting

The next meeting of the Lee Coast Chapter of MOAA (Military Officers Association of America) will be held at Crown Colony Golf and Country Club at 5:45 p.m. Monday, December 14.

The speaker will be Larry Hart, tax collector for Lee County.

Former, retired or active duty uniformed officers who are interested in joining MOAA may contact Jeff Nichols at 515-720-5204 for membership information.



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Lions pitch in to make the sale a success

photos by Jan Holly

Lions Club Christmas Trees On Sale

The Lions Club of Sanibel-Captiva has begun its annual sale of Christmas trees. Approximately 270 trees, delivered to Bailey's Shopping Center next to Billy's Bikes on Friday, November 27, are available for purchase seven days each week, from 10 a.m. to 6 p.m. They will remain on sale through Christmas Eve or until stock is gone.



The sale's first customers, John Stey and his wife Pam Boynton of Sanibel, and their son, Robb Stey of New York City, are assisted by Lions Club members Bill Sadd, left, and Brian Boyd.

The trees, all Fraser firs grown in Michigan, are between five and 10 feet in height. Cliff Nolan, organizer of the sale, said, "We have always had good luck with Michigan trees. They are healthy and full and beautiful. Buyers will be very happy with them."

Proceeds from the sale go to the various charities that the Lions Club supports.

According to Nolan, the local Lions Club began selling trees more than 30 years ago. It has since grown to become one of the club's largest fundraising events. As Lions First Vice President Debi Almeida says, "The entire club pitches in. We provide the muscle power to set up the trees, and then we are all on hand to sell, assuring that 100 percent

continued on page 7B

San Cap Motor Club Cruise-In Is At Periwinkle Place On Saturday

This Saturday, December 5 marks the monthly Cruise-In for the San Cap Motor Club. Periwinkle Place Shopping Center is the stage from 9 to 11 a.m. Everyone is welcome with or without a car.

Participants can park in the front of the shopping center in an informal setting to share their love of all types of motor vehicles. The event is casual with no pre-registration necessary.

"Last month we had over 35 cars participate in the cruise-in and hopefully we will have more participants this month," said club member Mike Stone. "Join us for coffee and donuts," he added.

Last year was the club's inaugural year and many turned out for a fun Saturday morning talking cars with fellow islanders. Many individuals have joined since the inception and the club has more than 50 members. Memberships are available for \$50, T-shirt included; forms are available at the cruise-in.

For more information on joining the club contact Stone at 322-0044 or mike@san-capstone.com, or Scot Congress 472-4177 or scot@scongress.com. The club also has a website, www.sancapmotorclub.com.✴



A Corvette from last month's show



Mobile Mammogram Returns To Sanibel Recreation Center

The City of Sanibel Recreation Center will host Radiology Regional Center's Mobile Mammo Coach from 10 a.m. to 2 p.m. on Tuesday, December 22. For an appointment or if you have any questions relative to the test, call Radiology Regional Center at 936-4068.

The Mobile Mammo Coach is a state of the art breast imaging clinic, providing full field digital mammography services. Most insurances are accepted and discounted self-pay pricing is available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. With early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✴



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Rescued Dog Returns To Retire On Sanibel

by Jeff Lysiak

To contradict the Thomas Wolfe novel, you actually can go home again. Just ask a dog named Shiba. The 14-and-a-half-year-old four-legged best friend of the Harris family, Shiba – who began her life as a pup called Sanibel – was about 2 when she was rescued by PAWS of Sanibel.

“We were told that she was found tied up outside of her house,” said Clare Harris, who adopted the dog after seeing an advertisement in the *Island Sun* back in 2003. “Her previous family packed up their car and just drove away.”

According to Harris, a neighbor noticed the abandoned dog, took her in for a night and then called PAWS the following morning.

Clare and her husband, Jarred Harris, already had a dog when they saw the picture of Sanibel in the newspaper. Wanting to find a companion for their own pooch, the couple agreed to rescue the Shiba Inu mix. However, Jarred – then a chef at The Sanctuary Golf Club – had one condition.

“He didn’t want to walk a dog named Sanibel, recalled Clare with a laugh. “So I think we settled on the name Shiba the next day.”

Since Shiba spent most of the time with her previous family outdoors, the dog had to be housetrained. Despite the breed’s reputation for being “notoriously stubborn,” Shiba quickly learned the routine of being walked on a leash.

In 2005, the Harris’ moved to the United Kingdom, settling in Suffolk, England. And because of the Pet Passport Program, Shiba didn’t have to be quarantined for the standard six months.

“A week after we got to England, she experienced her first snowfall... and she loved it,” said Harris. “She just loved taking long walks in the countryside and chasing squirrels.”

But after spending nearly 10 years “across the pond,” a vacation to Florida in 2014 paved the way for Shiba to come back to her hometown.

“We both lived and worked here, so we wanted to see Sanibel again. And as soon as Jarred and I crossed the causeway, we knew we wanted to move back here,” added Harris. “So now, we like to say that Shiba has come back to retire on Sanibel. Her life has come full circle.”**



Clare Harris rewards her well behaved dog, Shiba, with a brushing on her front lawn last week photo by Jeff Lysiak

Pet Adoption



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P.S. Rosa, the Hound puppy, has been adopted!@

The original *Island Sun* adoption ad for Sanibel, which the Harris family responded to

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Queenie Viglione and Dave Jensen reviewing French newspapers from the day after the tragic events in Paris, which happened on November 13 while the couple from Captiva were visiting the French capital photos courtesy of Queenie Viglione

Islanders Reflect Upon An Evening In Paris

by Jeff Lysiak

What began as a romantic European getaway for Captiva residents and businessowners

Dave Jensen and Vanessa "Queenie" Viglione turned into a memorable vacation for reasons other than relaxation.

The couple happened to be in Paris, France on the night of the ISIS terrorist attacks, an experience that both Jensen and Viglione described as "surreal."

Last week at Jensen's Twin Palm Resort & Marina, they both recalled what happened on the evening of Friday, November 13, how they found out about



Dave Jensen, photographed in Paris the day of the ISIS attacks

the bombings and mass shootings, and what life was like in the "City of Lights" following the incidents which made headlines around the world.

"We had been to France four times over the past 15 years," said Viglione. "But it had been about eight years since we last visited."

According to Jensen, one of the customers of his Captiva accommodations, Haigo Trassoudaine, is the co-owner of a third generation family-run restaurant – called La Trassoudaine – in Paris. He and Queenie decided to pay a surprise visit to

the café while they were staying in France.

"We made reservations under an alias so we could surprise them," added Viglione.

The couple started their vacation by flying to Dusseldorf, Germany and then to Rome, Italy. They spent two weeks driving through Europe, stopping at several cities in southern and northern Italy before a two-day stay in Lyon, France. They arrived in Paris on Armistice Day, November 11.

Jensen and Viglione spent much of their first two days in Paris strolling through the city, pausing for an occasional refreshment break or to peruse goods in local shops.

"Anybody who knows me knows that I'd rather visit a grocery store than go to a museum," said Jensen, who noted that he and Queenie walked through the city's charming neighborhoods and quaint side streets before arriving at La Trassoudaine a few minutes late for their 9 p.m. reservation.

The reaction they received from Trassoudaine was priceless.

"Right away they knew my laugh... and my bald head," Jensen added with a chuckle. "They gave us a tour of the restaurant and introduced us to some of their customers while he told them about visiting Captiva. He's a great ambassador for our islands."

While having dinner at the café, they struck up a conversation with a pair of American girls sitting at the table next to them. While they were chatting, Jensen said one of the girls received a text

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The day after the tragedy, signs in Paris announce local closures



Joe Sun's poster from his concert in Paris message.

"One of her friends asked, 'Are you OK?'" said Viglione. "Then, she received another message from her family."

One by one, customers at tables surrounding them began to answer their cell phones and go outside of the restaurant.

"We heard no information other than there had been an incident and an explosion," added Viglione. "Even the waiters began going outside and make phone calls."

Following dinner, Jensen and Viglione began walking back to their hotel along the Seine River.

"The entire walk back to the hotel, all you could hear were sirens going off. There were police cars with flashing lights everywhere," said Jensen. "A majority of the people seemed to know something was going on, but every once in a while, you'd see somebody stop to answer their cell phone."

"It was interesting to see somebody stop to tell somebody else what was happening," added Viglione. "We heard nothing but sirens, a constant stream of sirens the entire walk. It was very surreal."

Upon entering the hotel, the front desk clerk checked to see if they were OK, and then delivered a few messages for Viglione from her daughter and father, who were attempting to reach the couple in the aftermath of the attacks.

The next day, the couple ventured out into the streets of Paris.

"There really wasn't anything going on... and it wasn't chaotic either," said Viglione, who said that she and Dave had headed out to visit a farmer's market. "There were signs everywhere announcing what was closed and advising to stay indoors."

Two days later, the couple left Paris, driving through Belgium on their way back to the airport in Germany.

"We had heard that the borders were closed, and that we could expect very long lines at the checkpoints," said Jensen. "But we didn't even know that we had driven across the border until we stopped just outside of France."

Of course, the experience of their time in Paris has left an indelible mark on both.

"It was a horrible tragedy that happened, but I consider it a privilege for us to have been there with the French people during that tragic time," Jensen explained. "In fact, I made a point to tell a few of the business owners that we'll be back. Something like that could've happened anywhere."

One of Jensen's local friends back in the United States, singer/songwriter Joe Sun, was among the first people to reach out and check to see if Dave and Queenie were OK. Sun, a regular performer on Sanibel and Captiva, had performed in Paris – ironically, at Bataclan Hall – 25 years earlier.

But on the evening of November 13, he was inspired to put pen to paper.

"I wrote this poem because of my solidarity with the French and sadness in my heart for them," said Sun. "If the whole darn world doesn't wake up and bond together to destroy this evil, the carnage will keep happening over and over again to all of us."

His poem, entitled *Tears For Paris*, reads in part:

*Just like 9/11
My heart is heavy and sad.
Why would a God called Allah
Command followers to do bad?
Jesus said love your enemies
Turn the other cheek to them
But deep in my heart I'm troubled
Because I can't forgive their mayhem
Should not all religions teach
Peace and harmony
Not to retreat in history
To a much darker century
When people really couldn't see
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Toni Westland, supervisory refuge ranger at JN “Ding” Darling National Wildlife Refuge, explains to Kiwanis Club members about the new Discover Ding mobile phone app

Kiwanians Learn About Discover Ding Phone App

submitted by Tom Sharbaugh

Members of the local Kiwanis Club learned some things at their recent Tuesday breakfast meeting, proving that you can teach an old dog something new.

First, they were surprised to learn that there are a few remaining Kiwanis *Diners Delight* coupon books left in town, available for purchase at Bank of the Islands. So any islanders still looking for a coupon book should get there soon before they

become totally extinct.

Second, they heard a great presentation from Toni Westland, supervisory refuge ranger at JN “Ding” Darling National Wildlife Refuge, on the latest doings at the refuge. Westland’s presentations are always entertaining, but this season she enlightened the Kiwanians about a relatively new resource that lets people experience the refuge as never before, thanks to technology.

The new resource is a smart phone app introduced last year called Discover Ding, available as a free download for either iPhone or Android smartphones. While one Kiwanian was heard to ask, “Will it work with my flip-phone?” most were tech-savvy enough to immediately



The free Discover Ding app is available in iPhone and Android versions from the refuge website

see the possibilities. Anyone who has relatives or friends visiting can be an instant hero by steering them to this free app which will make their visit to the refuge more enjoyable.

Westland explained that Discover Ding is a revolutionary app that educates and entertains. As visitors travel through the refuge, the new app uses GPS information to give them specific information about the wildlife and habitat to look for in that location. App users can access photos and field observations made by other visitors to that same spot and add their own GPS-tagged photos and comments to share with others.

For locals who are already familiar with the refuge, the app is a way to see

it from a new perspective. And if you are someone hosting visitors or entertaining family on the island, it’s a way to make their visit very special. Even on days when the wildlife in the refuge is hunkered down and quiet, the app can bring the place to life.

One feature that will be popular with both children and adults is a game that can only be played while touring Wildlife Drive. App users will be directed to 15 questions about wildlife, habitat and management strategies, with up to five clues per question. Clues are image- and text-based, and users receive points for each correct answer. Clues start hard, but get easier, making it great for all ages. The Discover Ding Game has three layers, which means users can play up to three times without repeats.

The game automatically concludes after the last question at the end of Wildlife Drive. Gamers will receive a score and a virtual badge, which they can post to their Facebook, Google+ or Twitter accounts, and through April, they will be eligible to win a free T-shirt.

Anyone interested in downloading the free app can do so at the refuge website (http://www.fws.gov/refuge/JN_Ding_Darling/) or on their App store (search for the “Discover Nature” app).

Kiwanis holds weekly breakfast meetings on Tuesdays at 8 a.m. Those interested in becoming members are invited to attend. For information about meeting location, call 677-7299 or check the Facebook page: Sanibel-Captiva Kiwanis Club.*

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Tom Louwers

Friends Who Care Speaker At ABWA

Thomas Louwers, a local accountant and taxation consultant, will be the guest speaker for the American Business Women’s Association Sanibel-Captiva Chapter for the December 2015 meeting at Sundial Resort and Spa on Tuesday, December 8, beginning at 5:30 p.m.

Louwers is a key member of Friends Who Care, a charitable organization on the island. He will speak about the history of this group and its mission.

Louwers has served the islands for the past 30 years. He is a graduate of the University of Detroit with a Bachelor’s degree in Business and a Master of Science degree in taxation. He is an enrolled agent with the Internal Revenue

Service and a consultant in matters of domestic and international taxation.

Louwers has a financial background in accounting, taxation and banking. He served in the U.S. Army during the Vietnam War. During this time, he was assigned to the finance department and received an honorable discharge in 1971. He was a tax manager for a CPA firm in Troy, Michigan and a tax analyst for the Automobile Club of Michigan.

In 1983, Louwers and his family moved to Florida. Tom and Theresa have two children and four grandchildren. Along with the practice of taxation, Louwers is on the board of directors of the Sanibel Captiva Community Bank.

A very active member in the community, Louwers is a member of several service organizations and is the founding trustee of Friends Who Care. He was named Sanibel Captiva humanitarian of the year and is a Lions Club Melvin Jones recipient. As part of his community service, he previously served as a trustee for the Sanibel Police Pension Board, several committees for the City of Sanibel and the Chamber of Commerce regarding financial matters.

Registration will begin at 5:30 p.m. Meeting and dinner will begin at 6. The meetings are held the second Tuesday of each month. Members can now use a new on-line reservation system at www.abwachelseareervations.com. Guests are welcome. Contact Gail Estka, membership chair at 395-9011 or email her at sandytoez59@gmail.com. Reservations should be made no later than December 3. The cost for the dinner meeting is \$25, payable by check, cash or credit card.*

Will Power

Five Reasons Baby Boomers Need To Update Estate Plan



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

I was born at the tail end of the baby boomer generation – which is said to include all those born between 1946 and 1964. We've been a royal pain-in-the-rear generation, first swelling the ranks of classrooms causing the construction of new schools, and then making college admissions hyper-competitive, afterwards increasing the demand for first home purchases and so on.

We even created a baby-boomlet of our own progeny in the 1980s and 1990s.

Now the oldest baby boomers are starting to retire, while most remain in the primes of our working careers. We're expected to put a strain on the Social Security and Medicare programs, and many haven't saved enough for retirement. There are a number of reasons for that, from overconsumption to stock market and housing crashes to believing the mirage of never-ending youth.

And that last item – the mirage of never-ending youth – is also what traps those who haven't looked at their estate plan in quite some time. When baby boomers arrive at my office, they generally produce existing wills that call for guardianships for their children (who are now grown adults themselves) and name long-deceased parents as executors and trustees.

Which brings me to today's topic, the top five reasons that baby boomers need to update their estate plans:

1. Relationships Change – Just as I mentioned above, your old wills, trusts and power of attorney documents might name people to serve in posts such as personal representative, trustee and health care surrogate whom you may have lost touch with or who are no longer close to you. While attorneys in northern jurisdictions often name themselves as trustee of their clients' trusts, you may now be a Florida resident or that attorney may have long since retired. It's time to take a fresh look who you have named to conduct your affairs in the event of your disability or death. Also, we may now be in a different relationship or marriage than we found ourselves in when we first prepared our estate plan. Blended families typical of second marriages require a thoughtful detailed plan to prevent problems between a surviving spouse and step-relations;

2. Children Grow Up – Your will drawn twenty years or more ago may have contemplated making distributions for your young children who are now fully grown with kids of their own. Your adult children may also be some of the best candidates to serve as your personal representative under your will or as your trustee under your trust. You may also want to protect the inheritance you leave your grown children from adult issues such as divorce or lawsuits;

3. Your Health – While none of us like to admit it, age usually presents more health

issues to deal with. You want to make sure that your health care surrogate documents are up to date, as well as your living will that designates what you want to have happen should you end up on life support with no hope of recovery. None of us wants to be the next Terri Schiavo, so it is important that your health care documents are up to date with today's law and with your intent;

4. Your Stuff – It's probably time to review your assets and how your estate plan provides for you in the event of your disability and your loved ones after your death. In our youth our main assets probably consisted of a home, term life insurance and maybe a few investments. As we enter middle-age we may no longer have term life insurance (instead we may have whole or universal life policies that contain cash value), and we may have larger investment accounts as well as IRA and 401(k) accounts. As the types and amounts of assets that we own changes, it is important that our estate plan change with them. An estate plan built around a young family with term life insurance should look drastically different than an estate plan for someone in the prime of their working career or who is nearing retirement;

5. Your Legacy – Finally, many of us like to consider what kind of legacy we leave behind. It might include a charitable legacy with institutions or causes near and dear to our hearts, or it might mean how we want our progeny to carry on with the wealth that we've accumulated. Perhaps we're concerned that we'll take away the incentive to lead a productive life, or we may want our wealth to be used for certain activities we find beneficial, such as education or health care.

There's a lot to consider. Make it a priority to dust off the will or trust that you've neglected for so long, and use these five points to write down what concerns you the most about your own planning. Then take that to your attorney to provide a framework for your discussions and plans.

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From left are event organizer Cliff Nolan, Second Vice President Toby Clark, First Vice President Debi Almeida, and President Kurt Peters.

From page 1B

Christmas Tree Sale

of the revenue goes directly to the charitable work of the club. Because we all serve, we have virtually no overhead."

For information on the Lions Club Christmas tree sale, contact Cliff Nolan at cliff282@comcast.net or 340-0028. For

information on Lions Club service activities, visit the Lions website: <http://www.sanibelcaptivalions.org/>.

The Lions Club meets the first and third Wednesday of every month at The Community House, 2173 Periwinkle Way, Sanibel. Individuals interested in joining may contact Membership Chairman Rick Siders at sanibelcaptivalions.org.✱

Turkey Trot, A 15-Year Tradition At The Sanibel School



The seventh and eighth grade girls' heat in the 2015 Turkey Trot at The Sanibel School was staged last Tuesday morning. Runners from the middle school competed in a one-mile race along Sanibel-Captiva Road and the school's campus. photos by Jeff Lysiak

by Jeff Lysiak

At last week's 15th running of The Sanibel School's annual Turkey Trot, participating middle school students were probably just as thankful for the temperature – which dipped into the lower 60s the morning of the race – as they were to finish among the top three finishers in their respective classes.

On November 24, sixth, seventh and eighth graders ran a nearly one-mile loop, from the entrance to the Sanibel Recreation Center, along Sanibel Captiva Road and



A runner high-fives kids from the school's lower grades cheering on the competitors



Sixth grader Grant Kaminer approaches the finish line

across the school campus to the finish line in the staff parking lot.

"The course is a little less than one mile," noted race organizer Deb Kridle. "I had to move a few of the cones around near the ballfields because of all the rain we had."

The top overall male finisher was Liam Holston while the top overall female finisher was Bella Meyers.

The top three finishers from each class race were:

- Sixth Grade Girls – 1st place, Ann Lerner; 2nd place,



Sixth grader Anna Lerner is pointed in the right direction during the race



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The top three finishers in the sixth grade girls race included Sofia DeCosta, third; Anna Lerner, first; and Mia Kjoller, second

Mia Kjoller; 3rd place, Sofia DeCosta

- Seventh Grade Girls – 1st place, Bella Meyers; 2nd place, Caitlin McCallion; 3rd place, Osa Nuenlist-Zavala
- Eighth Grade Girls – 1st place, Carley Ross; 2nd place, Caitlin Ross; 3rd place, Daisy Arensman
- Sixth Grade Boys – 1st place, Grant Kaminer; 2nd place, Case Vandeveld; 3rd place, Luke Jankauskas



Lilly Doster and Matthew Dunn hold one of the finish line banners



Jamie Pascucci finished the Teacher's Trot in first place. Also pictured is timekeeper Tylor Stewart



Seventh grader Liam Holston won the upper classes competition



Competitors in the sixth grade girls' race start their heat

- Seventh Grade Boys – 1st place, Liam Holston; 2nd place, Liam Deal; 3rd place, Tanner Deal
- Eighth Grade Boys – 1st place, Geovanny Marquez; 2nd place, Tyler Ulrich; 3rd place, John Peterson.

Prior to the start of the student races, a non-competitive Teacher Trot – for members of the school's staff – was staged, with teacher's assistant Jamie Pascucci covering the course in the best time.✧



Competitors in the sixth grade boys' race take off from the starting line



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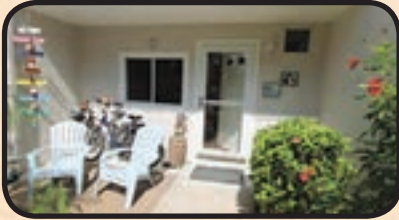


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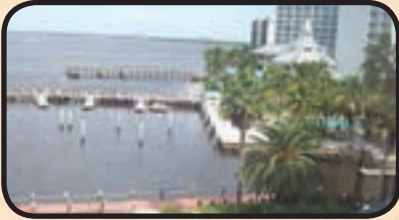


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Chamber Hosts Ribbon Cutting To Welcome New Member



The Sanibel & Captiva Islands Chamber of Commerce held a ribbon cutting ceremony to welcome Bleu Rendez-Vous French Bistro as a new member. The event was hosted at the restaurant located at 2430 Periwinkle Way on November 11. Mari and Christian Vivet (in center, with scissors) and staff served appetizers and Champagne to the chamber members during the celebration. photo by Bob Petcher

Operation Christmas Care: Donations Needed For Children

The Heights Center and Gladiolus Learning and Development Center are seeking organizations and individuals to participate in the annual Harlem Heights Community Gift Drive. Local residents, businesses and philanthropic groups are asked to donate new, unwrapped gifts for local children. Gifts are needed for more than 800 children, ranging from age 3 to 15.

Suggested donations include Legos, dolls, art sets, footballs, basketballs, soccer balls, remote control cars, tea sets, action figures, board games, coloring books and crayons. Personal items are also needed, including pajamas, jewelry, body lotion, spray, soaps, hair accessories and wristwatches. Donations of gift cards from Target, Kmart or Walmart are also appreciated. Monetary donations can be made at www.heightsfoundation.org/donate.

The gifts will be distributed on Saturday, December 12 at Operation Christmas



Sergio Cano, Brittany Calderwood, Dominick and Darian Cano with Santa at the 2014 Operation Christmas Care



Qadira Reyes with volunteers Naomi Pacheco and Lisa Cox at the 2014 Operation Christmas Care

Care where each child will visit Santa, have cookies with hot chocolate and make Christmas crafts, while their parents choose gifts for their children, keeping the surprise in Christmas for our kids.

"This holiday season will again be challenging for many families in the Harlem Heights neighborhood," said Kathryn Kelly, President and CEO of the Heights Foundation. "This is a great opportunity to bring joy to the children of our community. We are thankful for the generous support of our neighbors."

Items can be dropped off at The Heights Center, 15570 Hagie Drive, or Gladiolus Learning and Development Center, located at 10320 Gladiolus Drive, Fort Myers. Toys will be collected through Friday, December 11.


Volunteers are also needed to assist with event set up and at the event.

Organizations and individuals interested in participating can contact Jody Callahan at 482-7706 or Jody@heightsfoundation.org. All donations are tax deductible.✧




Iona McGregor Firefighters Bob Guillery and Grant Nichols with Jarvis Deleon at 2014 Operation Christmas Care

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Monthly Meeting Of Young Professionals

On Tuesday, November 10, 40 young professionals from the islands and nearby Fort Myers met at the Great White Grill for monthly after hours networking.

The Great White Grill provided appetizers and pizza for the Young Professionals Association of Sanibel & Captiva (YPASC) and guests were able to sample the extensive beer selection.

In attendance were young professionals from local non-profits such as "Ding" Darling National Wildlife Refuge, Sanibel-Captiva Conservation Foundation and BIG ARTS, local island businesses such as RS Walsh Landscaping, South Seas Island Resort, Beachview Cottages, John Naumann & Associates and RE/MAX of the Islands.

Those in attendance spent the evening in conversation and networking, pausing for remarks made by Laura Richardson of BIG ARTS and founder of the group, and Teresa Riska-Hall, executive director of the Sanibel Community Association. Riska-Hall informed the guests about the organization, its purpose, upcoming campaign and ways to become involved.

The YPASC has been bringing in local non-profits each month in an effort to learn more about the community. Door



Front, from left, Adam Sauerland, Brendan Albright, Kasey Albright. Back, Dawn Carey and Jennifer Lana.



Melanie Moraga, Stephanie Wolf, Stephen Plein and Robin Roberts

prize drawings were held, and the member of the month was Leigh Gevelinger, professional landscape architect and project manager at RS Walsh Landscaping.

The next meeting will be the holiday event, hosted by Casa Ybel Resort on Thursday, December 17 from 5:30 to 8



Young Professionals network at the Great White Grill



The crowd looks on during the remarks

p.m. Admission will be a canned good/ personal care item or a \$5 cash donation to benefit FISH. There will be a cash bar, and appetizers will be provided, as well as entertainment by Patrick Russell.

Anyone interested in becoming a part of the Young Professionals Association of Sanibel & Captiva or hosting an upcoming event may contact Laura Richardson at lrichardson@bigarts.org and find YPASC on Facebook at www.facebook.com/ypasc.

Still Alice

by Hyde Tucker



Still Alice contains a gripping, Oscar-winning performance by Julianne Moore. It is a very carefully made film about early onset Alzheimer's disease. Alice is a renowned linguistics

professor at Columbia University with a loving husband, played by Alec Baldwin, and three grown children. When words begin to escape her and she starts becoming lost on her daily jogs, they all must come face-to-face with the devastating diagnosis. The film is calm, compassionate and sensitive.

Still Alice is a heartfelt drama that honors its delicate themes with bravery. Based on the best-selling book that has been discussed by book clubs around the country, it is a film well worth seeing.

Still Alice will be shown at Island Cinema on Wednesday, December 9, at 12:30 p.m. A discussion will follow the film. It is part of the Not-For-Monday-Night film series of BIG ARTS. The series shows edgy, innovative, offbeat and provocative films. The last film in the series to be shown on December 16 will be "Mommy." Tickets are \$5 for members of BIG ARTS and \$6 for non-members. Tickets are available at the cinema, located in Bailey's Shopping Center, and at BIG ARTS.

Email editorial copy to: press@islandsunnews.com

Monday Night Movie

Clouds Of Sils Maria

by Di Saggau



The BIG ARTS Monday Night Movie for December 7 is *Clouds of Sils Maria*, starring Juliette Binoche and Kristen Stewart in a film about a mature actress who

struggles to come to terms with her age when she is cast as an older woman in the play that made her a star. It starts on a train, where celebrated actress Maria Enders (Binoche), accompanied by Valentine (Stewart), her personal assistant, is heading to Zurich, to attend a tribute to a playwright who years before wrote the play in which she starred. En route, she discovers the playwright has died but the tribute goes ahead and afterwards the two women meet with his widow Rosa (Angela Winkler) at her house in the Swiss Mountains.

At high altitude, Maria rehearses her lines, with Valentine reading the



is exquisitely understated in accepting the truth, and Stewart gives Valentine a nervous, neurotic edge with a pleasing performance.

The title of the play *Maloja Snake* refers to a natural phenomenon, a cloud bank that slithers its way through an Alpine pass in the Engadine area of Switzerland. The clouds represent encroaching age which helps explain the title of the movie. The scenery is spectacular. The film runs 124 minutes.

Come early at 5:30 p.m. and take part in a BIG ARTS Film Society Annual Celebration. Enjoy refreshments and chat with fellow film attendees, our dedicated Film Society Committee members and volunteers.

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. Film Patrons: June Rosner and Russ Bilgore. Film Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker. Film 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.

other part. The play is about an older woman's mad love for a much younger one. Twenty years ago, Maria played the ingenue brilliantly, and launched her stellar career. Now she must make her peace with the other role, a process she resists with the desperation of a once-great beauty clinging to youth. Binoche



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Renovations At The Dunes Are Now Complete

The Sanibel & Captiva Islands Chamber of Commerce held a ribbon cutting for The Dunes Golf & Tennis Club to celebrate the completion of its renovations. The event was hosted at the club, located at 949 Sand Castle Road, Sanibel on November 18. Hors d'oeuvres and drinks were served to celebrate the occasion.✱✱



The Dunes Golf & Tennis Club General Manager Leilani Sivsov, center, surrounded by chamber members, for the ribbon cutting photo by Bob Petcher

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or email press@islandsunnews.com

Local Eatery Supports Shell Museum Free Day Celebration



Visitors entering The Bailey-Matthews National Shell Museum

The Bailey-Matthews National Shell Museum recently celebrated its 20th Birthday Free Day with family-friendly activities, savings at the gift shop, a shell gift bag filled with goodies and, of course, birthday cake. It was a special day for 820 visitors made possible by contributors like Beach Piez owner Chuck Bergstrom. "We are grateful for the support of Chuck and our many friends, whose generosity make the islands a wonderful community of which to be a part," said museum Executive Director Dorrie Hipschman. "Folks from all over Southwest Florida visited the museum for its 20th birthday, and we were pleased." The shell museum is the only one in the country of its kind – solely devoted to shells and the mollusks that create them. The natural history museum exhibits beautiful shells from around the globe. Its renowned malacologist, Dr. Jose Leal, and two marine biologists are joined by highly educated docents to offer a wealth of knowledge, surprising facts and rare insights into the lesser-known complexities of shells. "The shell museum is a wonderful, fun place that evokes a sense of curiosity and wonder about shells," said Bergstrom.✱✱



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Recent Blow to Quarterback Questions Game's Violence



by Ed Frank

As we arrive at the crucial climactic stages of the college and professional football seasons, we are once again reminded of the violent nature of the sport and whether enough is being done to protect both the uncompensated and highly-compensated athletes who play the game. Last week, the family of Pro Football Hall of Famer Frank Gifford revealed that studies of his brain following his death last August showed that he had suffered the effects of chronic traumatic encephalopathy (CTE) most likely from a crushing hit in 1960 that shortened his career.

Gifford, a multi-talented running back, defensive back, wide receiver and special teams player for the New York Giants was flattened by Philadelphia Eagles linebacker Chuck Bednarik. A photo showed Bednarik standing over the unconscious Gifford pumping his fist in celebration. Gifford was hospitalized for 10 days and sidelined until 1962.

The following statement from the Gifford family succinctly describes the seriousness of the far-reaching issue:

"By disclosing his (Gifford's) condition we can contribute positively to the ongoing conversations that needs to be had; that he might be an inspiration for others suffering with this disease that needs to be addressed in the present; and that we might be part of the solution to an urgent problem concerning anyone involved in football, at any level."

We know there have been studies, research, rule changes and on-field programs to reduce injuries, particularly concussions. But are these enough and are they being followed?

Here's an example less than two weeks ago: St. Louis Rams Quarterback Case Keenum was thrown to the ground by 302-pound Timmy Jernigan of the Baltimore Ravens in the final minutes of the game. Keenum's head slammed violently to the turf. He immediately put both his hands to his head and was unable to get up. A teammate tried to help him, but his body appeared limp. He fell back to the ground and spent several seconds on all fours before finally getting up.

You didn't need to be a doctor to see that he clearly needed medical assistance. Yet Rams Coach Jeff Fisher claimed Keenum told the trainers he was "fine" and Fisher put him back in the game where he threw an incomplection the following play.

One of the safety measures instituted by the NFL is the hiring of independent spotters who are trainers with responsibilities to remove players who appear visibly injured.

Where were they in this case? NFL Commissioner Roger Goodell has issued a litany of statements of late addressing the injury crisis. In the case of Gifford, he said:

"We appreciate the Gifford family's desire to help the medical community understand more about CTE, and we are grateful for their support of the league's efforts to improve the safety in our game. We are supporting grants to the National Institute of Health and Boston University as well as other independent efforts to research the effects of repetitive head trauma.

"The NFL has made numerous rules changes to enhance player health and safety at all levels of football. This work will continue"

But are the changes being adhered to? You might ask Rams Coach Jeff Fisher. **First-Place Everblades Lead ECHL South Division**

The Florida Everblades began the week with a 14-7 season record and atop the ECHL South Division by six points over second-place South Carolina.

The local hockey team continues its western road trip this week to Colorado and Idaho before returning home to Germain Arena next week for a four-game home stand beginning Wednesday against Reading and Orlando.

The Everblades will face Reading next weekend, Friday and Saturday nights, at Germain.✴

Naumann And Associates Donates Turkeys For Project



The associates and staff of John Naumann & Associates recently participated with monetary donations as well as turkey donations to the Full Plates Project

14th Annual Sanctuary Community Golf Challenge Returns January 23

The Sanctuary Golf Club as title sponsor is hosting the 14th annual Sanctuary Community Golf Challenge on Saturday, January 23. This event has raised over \$1,332,867 in the past years for the Charitable Foundation of the Islands and its predecessors, solely from the generous support of Sanibel and Captiva residents.

There are numerous sponsorship opportunities ranging from the \$7,500 Diamond Partnership, which includes additional rounds of golf, lunch, and dinner at The Sanctuary Golf Club to a \$250 Hole Partnership. All proceeds go directly to the Charitable Foundation of the Islands, which in turn distributes the funds to assist island nonprofit organizations and individual island residents, and workers who have experienced hardships such as medical and financial emergencies.

"The Sanctuary Golf Club's members have warmly embraced this event with their exceptional generosity and commitment to this fundraiser. The Sanctuary Community Golf Challenge allows opportunities for the membership to contribute and say thank you," said Ken Kouril, general manager and COO of The Sanctuary Golf Club.

"This event fills up quickly, so sign up your foursome early or be a Hole Partner," added Sanctuary director of golf Brett Kist. "Your generosity goes to support the Sanibel-Captiva community."

The Sanctuary Community Golf Challenge begins at 10:30 a.m. with a brunch followed by a 12:30 p.m. shotgun start. Afterwards, golfers meet at the clubhouse for drinks and hors d'oeuvres, an awards presentation and the ever-popular Helicopter Drop.

For more information about The Sanctuary Community Golf Challenge, contact Brett Kist at 472-6223 or bkist@sanctuarygc.net.✴



Outside the pro shop at The Sanctuary Golf Club

The Dunes Golf Club

Ringer

The Dunes Women's Golf Association event results from the Ringer Tournament finals held on November 20.

Flight 1 (Handicap 0 to 24.9)	
Cathy Sleiter	Net 59
Mardi Glenn	Net 62
Irmingard Markusch	Net 63
Flight 2	

(Handicap 25.0 to 31.8)	
Tanya Hochschild	Net 53
Mo Rains	Net 57
Ann McCarthy	Net 62
Roberta Rohl	
Flight 3 (Handicap 31.9 & Up)	
Lesley Simmons	Net 58
Bridget Funk	Net 59
Pat Wentling	Net 61
Chip-Ins	
Irmingard Markusch	#14
Mardi Glenn	#12✴

The Dunes Golf Club

Best Odd Even

The Dunes Golf & Tennis Club ladies played a nine-hole tournament on Thursday, November 19. Results were:

Best Odd/Best Even		
Odd holes score		
1st	Jeanne Mallon	19
2nd	Sue Tray	20
Even holes		
1st	Ann Levinsohn	11
2nd	Gay Nichols	12✴

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Doc Ford's Rum Bar and Grille crew, from left, Donna Butz, Rene Ramirez, Brenda Harrity, Kim McGonnel, Elizabeth Barker, Marty Harrity and Jeff Kelly

Doc Ford's Joins Mardi Gras As Platinum Sponsor

Doc Ford's Rum Bar and Grille joins the growing list of sponsors for Community Housing and Resources' Mardi Gras fundraiser as a platinum level sponsor. The event will be held on Saturday, February 6 at 5:30 p.m. at The Dunes Golf and Tennis Club on Sanibel.

"We are excited to celebrate Mardi Gras and support CHR's important mission again this year," said Doc Ford's co-owner Marty Harrity. "The event is a great opportunity for the residents of Sanibel to band together and help one another. It's a privilege to be part of an event that fosters a sense of community on this special island."

CHR Executive Director Kelly Collini is grateful for Doc Ford's continuing participation.

"Doc Ford's has been supporting Mardi Gras since its first year, and they have supported the work of CHR longer

than that," she noted. "In fact, CHR has been home to some Doc Ford's staff members in past years, so we go way back with Marty and his crew. Mardi Gras and Doc Ford's make a great combination – both are symbols of adventure and fun."

Mardi Gras will be a chance to celebrate the festive New Orleans tradition with a dash of Sanibel style. The fun-filled evening will include a stroll down Bourbon Street, authentic New Orleans food and drink, live music, and an opportunity to help fund the renovation of older CHR housing units.

Doc Ford's Rum Bar and Grille is the second platinum sponsor for CHR's Mardi Gras, joining event Premier Sponsor The Sanibel Catering Company by Bailey's, event Presenting Sponsor Sanibel Captiva Community Bank, and event platinum sponsor The Sanibel Captiva Trust Company. Proceeds from CHR's Mardi Gras support the organization'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.✱

Sanibel 8-Ball Pool League Jump Shots

Bunt's Ball Busters equaled the top winning score of season by white-washing Fresh Legion Crew 17-3. Bob Buntrock and Dave Doane posted 4-0 wins over Becky Skog and Matt Hall and Noah Smith. Cecil Crowe and Terry Ricotta had 3-1 wins over the team of Chip Gelpi and Tom Yorgey, Gator Gates and Doc Lubinski.

Dave Doane achieved another milestone in his 10-year history of jump shooting. He not only jumped over a ball blocking his shot but also made his object ball in the side pocket and produced perfect position on the eight ball. Then he got carried away and shot the 8-ball in the side pocket without looking.

He missed and his team captain was not kind with his criticism of his "look at me" antic. Doane has promised to keep his eyes open in all future matches.

In the battle for second place, Jeff Brown gave his Sandycapper team a solid lead in the first match. He produced a 4-0 win over Sanibel Café captain Rich McCurry. Café's Jimbo Gaubatz then trounced John Riegert 3-1 and Randy Carson tied John Bates 2-2. The Sandycapper lead then disappeared completely with a 10-10 tie result as Sanibel Café's Pete Mindel pounded Kevin Pottorf 4-0 and Graham Sell lost 3-1 to Sandycapper's Jack Dalton.

Big match this Monday: Bunt's Ball Busters vs. Sanibel Café. Drop in and see the action. Matches start at 5 p.m. at the Legion.✱

Bondurant Realty Group Named Title Sponsors Of 2015 Luminary Festival



Ric Base, chamber president; Mary Bondurant, realtor and chamber board member; Trent Peake, member services manager; and Fred Bondurant, realtor, gathered for a photo as the Bondurant's announced their Title Sponsorship for the 2015 Luminary Festival

The Sanibel & Captiva Islands Chamber of Commerce announced last week that the Bondurant Realty Group at John R. Wood Properties has once again taken the title sponsorship for the 31st annual Luminary Festival Weekend. Luminary weekend is rapidly approaching with festivities taking place on Sanibel on Friday, December 4 and on Captiva on Saturday, December 5. Visitors and residents should mark their calendars and invite their family and friends to join in a weekend of festivities.

"It is a true pleasure to sponsor Luminary again this year," said Mary Bondurant, Bondurant Realty Group at John R. Wood Properties. "We really enjoy being a part of such a special event that brings everyone on the islands together."

For more than three decades, island businesses, organizations, residents and visitors have gathered for one of Sanibel and Captiva's most treasured annual events, the Luminary Festival. The complimentary trolley service brings guests to various shopping centers, island businesses and galleries, where they can enjoy refreshments, music, holiday activities and most importantly, connect with the community. Travel the illuminated streets and experience the holiday magic of the Luminary trail.

"The chamber sends a special thanks to Mary and Fred Bondurant for being the title sponsor again this year we are grateful for their participation," said Ric Base, president of the Sanibel & Captiva Chamber of Commerce.

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



Don Rice, BIG ARTS president; Barbara Wells, BIG ARTS director of development; Marilyn Kane, SCCB customer service rep; and Craig Albert, SCCB president and CEO

Community Bank Supports BIG ARTS

Sanibel Captiva Community Bank has signed on as a sponsor of BIG ARTS' Summer Arts Camp.

The camp offers a summer full of creativity, with activities tailored for kindergartners to fifth grade as well as middle and high school campers. Each week is a new experience, with a different theme that guides the activities, learning and fun, including daily visual and performing arts such as 2-D and 3-D art, music, theater, pottery and dance.

"BIG ARTS provides children with a wide spectrum of learning opportunities," said bank president and CEO Craig Albert. "Supporting their summer camp helps shape the creative spirit in our community."

Known as Sanibel and Captiva's home for all the arts, BIG ARTS has been providing quality cultural and educational experiences to the residents and visitors of Sanibel, Captiva and neighboring communities for more than 35 years. To discover more about BIG ARTS, including volunteer opportunities, memberships and tickets to a full season of exhibits, performances, classes and events, visit www.bigarts.org.✱



FISH board president and CEO Maggi Feiner and Chuck Bergstrom

Realtor Helps With Food Basket Program

Islander Chuck Bergstrom is lending a helping hand to his island neighbors this holiday season through the FISH of SanCap holiday food basket program. His donation will make a home-cooked holiday meal possible for many island households.

"I am very thankful for the opportunity to support the holiday food basket program," said Bergstrom, a longtime FISH advocate. "The holidays should be a time for family, not a time for stress, and this program allows the day to be a bit more joyous for our neighbors."

The ailing economy and job cuts are some of the reasons families receive a food basket. "It's humbling to admit we need some help, but with soaring grocery prices, three kids and high rents that keep increasing, we just do," said one FISH client. "We hope, as season picks up, my husband and I will get more hours with our jobs, but in the meantime, we need a

little bit of help this holiday season."

The non-profit organization has been lending a helping hand to those who work, live or visit Sanibel and Captiva for more than three decades. Its walk-in center is home to the island's only food pantry, which served more than 300 households in 2014.

Volunteers will pre-assemble the baskets with canned food, stuffing, rolls and cookies. Pies, baked and donated by The Episcopal Church Women, and other perishables will be added just prior to pick up by families.

FISH provides a restaurant gift certificate for a special holiday meal to the older population who do not have family nearby.

"We are grateful for Chuck and others who make this program possible," said FISH board president and CEO Maggi Feiner. "The families with which we work seek normalcy – family and loved ones close during the holidays without the worry of how to put enough food on the table."

Berstrom is a realtor and business owner on the islands.

For more information on FISH, go to www.fishofsancap.org.



Forty VCB volunteers toured Sanibel visiting businesses and enjoying island hospitality

Chamber Hosts 2nd Annual Island Trolley Tour

The Sanibel & Captiva Islands Chamber of Commerce recently hosted the 2nd annual Island Trolley Tour for the Lee County Visitor and Convention Bureau. On November 17, a group of 40 volunteers were taken on an interactive journey of all things new and exciting on the Islands. These volunteers staff the VCB's information desks at Fort Myers International Airport and act as guides for area visi-

tors.

The day began at Adventures In Paradise where Evelyn and Noah Stewart presented their daily boat cruises and tours. Right on cue, a manatee surfaced. Once the group said goodbye to their new friend, they boarded two open-air trolleys and crossed the causeway. Their next stop was the chamber's Visitor Center. Ric Base, chamber president, greeted the volunteers with the same warm welcome the center gives to all guests.

The Dunes Golf & Tennis Club showcased their newly-renovated facilities and invited the volunteers to come back for a comedy night. At Bailey's Center, they

continued on page 16B

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Superior Interiors

Downsizing
Decorating
Dilemmas

by Jeanie Tinch

Downsizing can present some furnishings and decorating dilemmas. What do we keep? What will work in new spaces? How do I make some rooms multi-functional? And what

about all that memorabilia?

A good start is to ask: "If I (we) could take only one piece of furniture, one decoration or one accessory, what would that be? Write that down, and then do the same thing in every room in the house you are leaving. You can add second choices, third, etc. for each room.

This exercise will give you a good idea of what really made your house a home to you, what made it special, what made it "you." It will help to take photos of each room.

Now try to determine if there are any commonalities among these items. Might it be sentimentality? Could it be stories about how they were acquired? Is it the color or colors?

Speaking of color, are you tired of any? Are there some colors or patterns

you would like to duplicate? When you decorated before, what came first – your choice of colors and patterns or certain pieces of furniture? In other words, what were the primary influences in your furnishings and decorating?

In all of this, the idea is to help you think through what it is that makes your home interior very special to you.

Your New Space

Now some questions about your new space: In what rooms will you be spending most of your time? Will you be entertaining? Do you want to make any kind of statement with your decorating?

Do you want to create memories for yourself and visiting family members? What role will electronics – such as computers or a media center – play in your lifestyle at home? Will one room have to serve as or double as a home office?

Now, the tough part: Go back to the lists from the house you're leaving. What will fit in the new spaces? What will work? What won't?

The first decision to make is how complete you want the new space to be when you move in. If you want it complete, you'll have to make painting or wallcovering choices and window treatment selections by considering the furniture pieces that are still at your house along with the space, lighting and flooring of the new home. And, of course, you'll have to make choices for new furnishings.

This is a good time to consider whether you might need some help. A professional decorator could provide assistance that will help you get the results you want with the least hassle.

Whether with help or on your own, you'll want to measure pieces that you're taking and list them. Those photos may help here. Next, you'll want to visit the new space to measure walls and take photos of those spaces.

Back at your current home, you can start to select and plan. You can work through your new home room by room, selecting fabrics, wallcoverings, paint colors, window treatments, furniture and accessories. A professional will probably have computer design tools that can help you visualize your plan in your new space. After, you can return to the new home to check selections against the natural light there.

With this approach, you can move into a home that's yours... right now.

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

From page 15B

Island Trolley Tour

enjoyed a Zebra treats with a twist. Richard Johnson, Bailey's Center co-owner, gave a short talk about the shopping center and added some island history while Billy Kirkland, owner of Billy's Rentals, spoke about his new location at Bailey's Center.

From there, the group traveled to the JN "Ding" Darling National Wildlife Refuge and CROW, two famous island destinations. The volunteers received a wealth of information to help visitors understand their significance.

Chris Davison, general manager of the Island Inn, greeted the group at the inn and took them on a tour which included lodging options and their restaurant, Traditions on the Beach.

Laster, The Blue Coyote Supper Club provided a delicious lunch for the group. The lunch received rave reviews from the group.

Lunch was followed by a visit to Sanibel Island Golf Club and Casa Ybel Resort, who shared their history, lodging and dining information. Island Vacations greeted the group enthusiastically and had a drawing for three of their beautiful beach towels. Owner Fran Peters explained how the vacation rental business serves the traveler and answered questions from the group.

The group then stopped over at the Sanibel Lighthouse, where the drivers did an excellent job of explaining the history of the lighthouse along with anecdotal stories about the early years of the facility and how it helped shape the island.

The final stop was at Matzaluna Italian Kitchen where Mark Blust, vice president of operations, welcomed the volunteers with tasty samples of wood-fired pizzas and briefed them about their craft beer selection. It was a relaxing ending to a busy, fun and informative day.

"Thank you very much for putting together a very educational and most enjoyable day. We truly appreciated it," said Simone Behr, VCB volunteer coordinator.

The chamber thanked the VCB for bringing their volunteers to the island and Hillgate Marketing Services for organizing and planning the tour.✱

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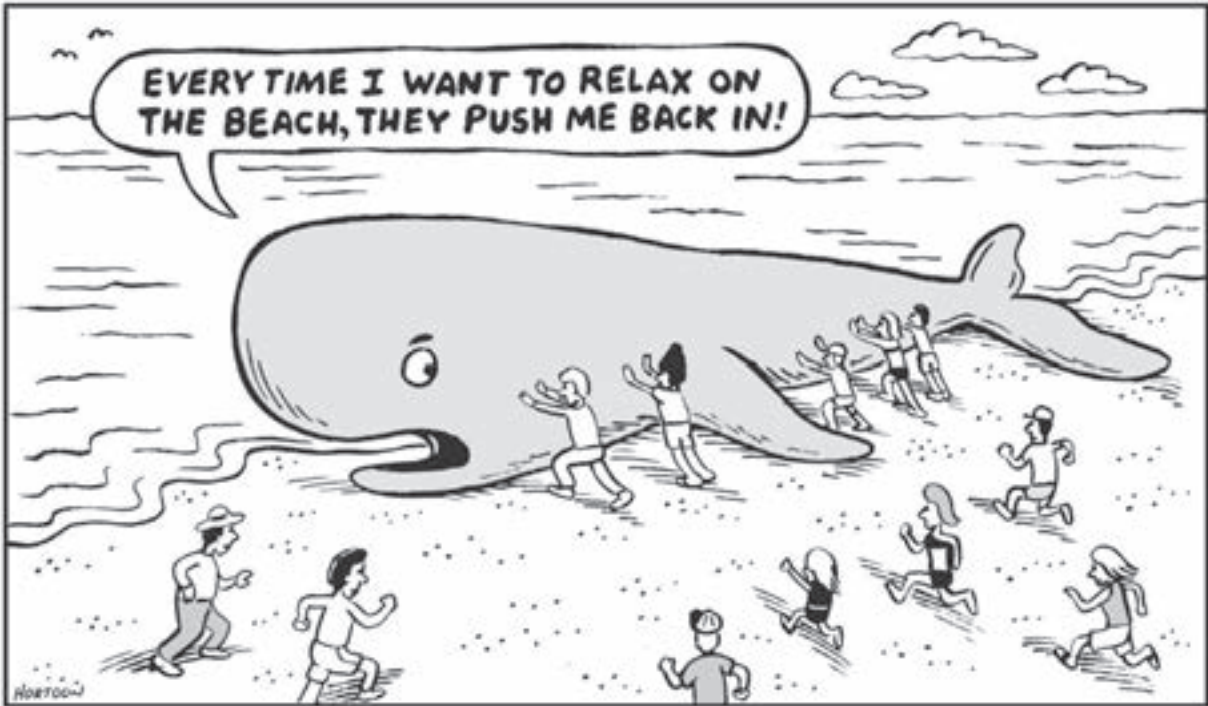


Florida Strawberry Mascarpone Panini

- 1/2 pound fresh strawberries, hulled and sliced thin
- 8 slices fresh bread (1/2 inch thick)
- 1/2 cup mascarpone cheese
- Confectioners' sugar for dusting
- 2 tablespoons unsalted butter, melted

Heat a panini press or griddle over medium heat. Spread a thin layer of mascarpone on top of each of the 8 bread slices. Add an even layer of fresh sliced strawberries to 4 of the bread slices. Use the other 4 slices of bread to top the sandwiches. Brush the sandwiches with butter and grill or press until golden, about 5 minutes. Transfer the panini to a cutting board and dust with confectioners' sugar. Serve warm.✱

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Local heart/stroke survivors and caregivers Tracy Connelly (Lee Memorial Health System), Kelly Goodwien (American Heart Association), Chuck Bergstrom, George Campean, Sandy Teger, Art Cassell, Teresa Baker, Anita Moyle, Carole Fallon and Mark Baker

Walking For Sanibel Hearts

submitted by Sandy Teger

Most people who've lived on Sanibel or Captiva for a while have gotten used to the sound of an ambulance siren and noticed that during season we hear it much more frequently. If you're ever paused to think about who is inside the ambulance and why, you may have realized that a large number of those ambulance trips are due to heart attacks or strokes.

The friends and families of Chuck Bergstrom, Nola Theiss, Mark Baker, Kurt

Harjung, Todd Dergins, Yolande Welch and Doris Trowbridge certainly know that. Those are just a few of the names of our local friends and neighbors who have had heart attacks or strokes and are back as active contributing members of our community. We know that heart disease is the number one killer of both men and women in the U.S. and our little islands are part of that big picture.

We are fortunate to have Lee Memorial Health System nearby. Health Park is a top location for treating heart attacks and Gulf Coast is the place to go if you ever have symptoms of a stroke. The 2014 statistics for Lee County residents are sobering. In 2014, there were 2,482 angioplasties, 3,286 stents and

744 bypass operations. But you probably shouldn't think of them as just numbers. Instead of stents, think of Steve Brown and Yolande Welch and instead of bypass operations think Art Cassell, Chuck Bergstrom and Lex Raulston. Those lives and many more are why the Sanibel/Captiva Heart Walk was established – for us, it is very personal.

Most of the money AHA collects goes to funding innovative research, fighting for stronger public health policies, and providing critical tools and information to save and improve lives. AHA is the largest funder of cardiovascular and stroke research and the largest funder of pediatric cardiac research outside the federal government.

The research money has contributed

to many important scientific advances, including the first artificial heart valve, techniques and standards for CPR, implantable pacemakers, treatment for infant respiratory distress syndrome, cholesterol inhibitors, microsurgery and drug-coated stents.

The majority of AHA expenditures – 79.1 cents of every dollar – go to public health education, research, professional education and training, and community services. The American Heart Association has a Charity Navigator score for Accountability & Transparency of 96 out of 100.

If you ask people who support the Sanibel-Captiva Heart Walk why they come, their reasons vary, but most of the reasons have names – family, friends and neighbors, including those who weren't lucky enough to survive. They walk now so that we'll keep improving the statistics and build healthier lives, free of cardiovascular diseases and stroke. We hope you'll join us.

The 3rd Annual Sanibel-Captiva Heart Walk to benefit the American Heart Association will take place on Sunday, January 31. Activities start at 1 p.m. at the corner of Tarpon Bay and Island Inn roads on Sanibel. The Heart Walk route will be 5K, with a shorter route available. Everyone is invited to participate, including kids and dogs.

For more information and sponsorships, contact Kelly Goodwien at kelly.goodwien@heart.org or 495-4901. Donate online at www.SanibelCaptivaHeartWalk.org.

Platinum sponsors of the Heart Walk are The Sanibel Captiva Trust Company and Il Cielo*

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Lily & Co. Jewelers Celebrates Luminary Festival With Local Artists



Myra Roberts with Dan Schuyler

Lily & Co. Jewelers will celebrate the 31st annual Luminary Festival on Friday, December 4 with two special guests – Sanibel artists Myra Roberts and Andrew Ross.

Ross’ works are on canvas and created from a mix of plaster, crushed marble and 24-karat gold. The Butter Cream pieces, exclusive to Lily & Co., are yummy visual reminders of happy occasions and the froth of the Gulf of Mexico surf. The Pear collection was inspired by Sanibel, as a sense of sanctuary, salvation and abundance.

“Pears are symbols of salvation and abundance throughout history and that is what the works seek to impart,” said Ross. “The wonderful frames were executed by Sanibel Art & Frame.”

Ross painted for many years in Toronto and New York City before discovering the romance of Europe. He spent three years in Rome and Malta during his 20s, where he found artistic joy in the beautiful light and Mediterranean culture infused in his work. He has painted in Southwest Florida for more than 17 years.

“The light of Sanibel and Captiva is extraordinary because of its geographical location and the fact they are barrier islands,” added Ross. “The gorgeous San-Cap sky-scapes all year round inspired and captured me to paint with abandon and joy.”

Myra Roberts has become one of the best selling artists in Southwest Florida since

moving to Sanibel from Chicago 16 years ago. Her vintage-style oil paintings convey the mood and style of the 1920s to 1950s. She was influenced by the late Robert Rauschenberg and deeply honored when he purchased her painting of Audrey Hepburn at a fundraiser.

“He knew (Audrey) Hepburn and said my painting captured her spirit,” said Roberts, who recently completed a 20-painting series on Anne Frank.

The Ancient Spirits to Angels on Earth Retrospective 1975-2015 collection was inspired by those four decades of history. Her works are part of the elite collection of local artists at Lily & Co., as well as found in private collections across the country and in Europe. She was recognized by Secretary of State Hillary Clinton and the Jane Goodall Institute for her Faces of Anne Frank project.

The Sanibel Luminary Festival features complimentary trolley service, shopping, family activities, music and food. The Captiva Luminary Festival, held on Saturday, December 5, features a holiday golf cart parade.

Lily & Co. Jewelry Gallery is located at 520 Tarpon Bay Road on Sanibel. Call 472-2888 for more information.✧



Andrew Ross

New Landscape Designer

RS Walsh Landscaping has hired Mariah Bakke as a landscape designer. A native Iowan, Bakke joins RS Walsh Landscaping after graduating from Iowa State University with a bachelors of landscape architecture. Throughout her



Mariah Bakke

education, she worked along research professors at Iowa State University Extension and Outreach and gained experience in community planning, walkability assessments, floodplain management, graphic design and illustration. While a student, also spent time working in Rome, Italy and Lima, Peru, where she gained a greater appreciation for distinct site elements and construction details.

“Mariah’s Midwestern outlook on design brings diversification into our design process and creates an alternate perspective on the way we approach our work,” said owner Robert Walsh. “Her work embraces her creative mindset and bright spirit.”✧

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School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My daughter is a junior in high school and a good student. Lately she seems to be anxious and struggling with the many tests she now has

to take. She seems so worried about her grades. How can I help her?

Lucinda Z., Fort Myers, Florida

Lucinda,

As a junior in high school, your daughter is facing increased academic demands and may be experiencing test anxiety. Test anxiety refers to the anxiety that children and adolescents can experience when they are being evaluated, such as when they take an exam.

Generalized anxiety refers to a condition that is experienced when a person is exposed to a situation that is threatening or when they are apprehensive about situations that may occur in the future. While worry is the emotion that seems to

best describe anxiety, the experience can be manifested through feelings, thoughts, behaviors as well as bodily changes.

Test anxiety is somewhat different. Exactly how and why test anxiety surfaces is not fully understood, but there are a few things that point us in the right direction. Children who exhibit symptoms of anxiety in circumstances that are not related to exams or who exhibit a greater number of fears than expected (the dark, spiders, dogs, etc.) are much more prone to demonstrate test anxiety. Secondly, children who experience pressure when preparing for their exams may be presented with test anxiety before or during their exams. Finally, test anxiety can develop into a vicious cycle. The anxiety from one test increases the anxiety for subsequent tests and can make it more intense and unpleasant. Additionally, we know that test anxiety can be exacerbated by fear of failure, lack of preparation, and/or a poor history of test taking.

Test anxiety symptoms fall into three categories: physical, emotional and cognitive/behavioral.

The physical symptoms may include but are not limited to: headaches, stomach aches, nausea, perspiration, rapid heart rate, muscle tension, lightheadedness, feeling faint, tics, sleep problems

and localized pain. Emotional symptoms include but are not limited to: crying, feelings of irritability, feelings of helplessness, disappointment, fear and oversensitivity. Cognitive/behavioral symptoms include but are not limited to: difficulties focusing and paying attention, problems remembering information, restlessness, trouble solving problems, task avoidance, rapid speech, withdrawal, perfectionism, failure to complete tasks and erratic behavior. These symptoms are all very real for the student experiencing them.

Patterns of behavior may be associated with test anxiety. Task avoidance, which can be a symptom of test anxiety, often results in procrastination. Children may procrastinate in studying for tests, which may result in their feeling unprepared to take a test. They may try to cram the night before, which is not conducive to remembering information in an organized way. The combination of lack of preparedness and cramming results in anxiety during the test, which most likely impacts test performance. Students may also be concerned about how their performance compares to peers. Additionally, they may worry about the impact of poor test performance on their grades, their ability to move to the next grade level and how their grades may

affect their future plans, such as entrance into college or other training programs.

Different students experience different levels of test anxiety. For some, focusing on changing patterns of behavior in relation to procrastination and studying help alleviate test anxiety significantly. The use of self-relaxation techniques and positive self-talk can also be very effective. For students with higher levels of anxiety, these strategies can be paired with other practices such as yoga, exercise, good nutrition and good sleep habits. For students who experience severe test anxiety, the addition of therapy may be necessary. School personnel such as school psychologists, school social workers and school counselors can provide counseling services to help students develop coping skills and manage test anxiety.

Shelley Gregg 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.✱

Eden Energy Medicine

Figure 8s Help Save An Owl – A Reader's Story



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

Did you notice the Low Flying Owls sign recently installed on San-Cap Road? Living on Dinkins Bayou, I pass the sign

every day and all in my neighborhood are wondering – what are we supposed to do about an owl that may be too low while crossing the road? Quite a dilemma, but Energy Medicine has a solution what should be done if an owl accidentally impacts with your car, in spite of your diligent efforts; but of course, don't hesitate to call CROW, too. The following is a direct quote from my dear friend Michelle from Boston that recently had an owl hit her car:

"I had the most beautiful and terrible experience last night and wanted to share. I was driving home from my MRI and was going by the garden. In my headlights I saw a small owl at the edge of the road. I swerved around it, but it took off and hit the right side of my car. I heard the thump. I was mortified, but did a U-turn and drove back to the courthouse driveway where I saw the owl laying in the road. I parked and ran out to it. It was laying limp in the road. I scooped it up to move it off the roadway and laid it in the grass. It was so soft and warm. I couldn't tell if it was dead



Healed owl



Low Flying Owl sign

or not. After a bit, I picked it up again to move it into my car, thinking I would take it to the rehabilitator. But I saw it move its beak a little bit, so I knew it was

alive. I put it back down in the grass. I could see the chest rising and falling as it breathed... I didn't know what to do, so I started doing figure 8's and sending gold light. Suddenly, it popped up and stood. I sat there for about 10 minutes, looking around, staring me in the eye pretty often (Owl oxytocin). I spoke softly to it. I told it to fly away when it was ready. I continued to do figure 8's. I moved back to give it room, and it swooped up and flew into the trees south of the courthouse. Whew! I was so relieved. And so happy that we have owls in the garden."

So why do figure 8's work? We have 8's from our DNA, throughout our body and in our auric field. They are part of

our nine energy systems – one specifically known as the Celtic Weave (so if you do the Daily Energy Routine you are interfacing and strengthening the 8's around your being. Whenever you need a boost, have dis-ease or want to help someone else, just do 8's and watch the difference.

Have fun with your energy! Next week's topic is Rubbing A Child's Back Causes Sleep – A Reader's Story.

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.✱

Sanibel Captiva Community Bank Promotes Williams

Sanibel Captiva Community Bank has promoted Kirk Williams to vice president and senior credit analyst. He is responsible for credit analysis, underwriting, property evaluation, appraisal management and special asset monitoring.

Williams joined the bank in 2007 and has more than 12 years of banking experience, including four years as a senior loan officer with a regional bank. He earned a bachelor's degree from Davidson College in North Carolina.

A Sanibel resident, Williams is past president of Sanibel Youth Soccer and was a Bailey-Mathews Shell Museum trustee and Sanibel-Captiva Kiwanis Club member. He serves on the board of the Robert V. & Benjamin G. Miller Fund, which operates Trailways Camps for adults with special needs.✱



Kirk Williams

dearRPharmacist

Protect Your Brain From Seizures Naturally



by Suzy Cohen, RPh

Dear Readers: Epilepsy is a terribly frustrating and heart wrenching problem to watch as a parent or a clinician. Drugs like phenytoin, valproate, topiramate, carbamazepine and

others may help for awhile. Despite the wonders and glory of mainstream medicine, many of you have (or will one day) become drug-resistant. Knowing what raises or lowers your threshold becomes imperative. For example, becoming dehydrated or taking a hot shower can trigger a seizure. Sleep deprivation, a stressful interaction or caffeine can all reduce your seizure threshold and trigger a seizure. As a pharmacist, I will not tell you the most common medications that reduce seizure threshold and increase seizure frequency:

- Antihistamines
- Insulin and diabetes medications
- Oxytocin
- Maprotiline
- Clomipramine
- Clozapine
- Lithium
- Fluoroquinolone antibiotics
- Methylphenidate
- Metronidazole or Tinidazole

It's not just medications. Animal research suggests that impaired methylation (reduced folate) can damage the hippocampus and result in post-seizure memory loss. Reduced folate transport to the brain led to seizures, cognitive impairment, immune suppression and anemia in a 7-year-old girl. When the child was given methylfolate (not folic acid), her condition substantially improved.

You can protect your brain from seizures naturally. Consider compounds known to raise threshold, reducing seizure incidents:

- Magnesium
- Omega 3 fish oils
- Grape seed extract

Since I've written about magnesium many times in prior articles, I'll focus today on the other two. First up, fish oils. These are essential for cell membrane stability in trillions of cells. Omega 3s are critical for neurological function and brain health and they can reduce nerve irritation or excitability. This means that your nerves aren't so easily over stimulated and therefore, handle stress without flying off the handle.

In July, a case-controlled study involving 70 children was published in the *New American Journal of Medical Science*. The kids all had uncontrolled, chronic seizures. Thirty-five of the children were given omega 3 fish oil (containing EPA and DHA), while everyone else received a placebo. After three months, the number of children without seizure activity went from no one to 57 percent. No improvements happened in the placebo group.

Another study confirmed omega 3's benefits for epilepsy in adults. In this study, participants with drug-resistant seizures took about 1,000 mg omega 3 fish oils supplements every day. This went on for three different ten-week treatment periods. There was an incredible 34 percent reduction in seizure frequency compared to the placebo group.

Fish oil isn't the only "brain food" for epilepsy. Grape seed extract is another protective compound. It has OPCs, short for oligomeric proanthocyanidins, which are highly protective compounds, especially to your hippocampus. The hippocampus is involved in memory and it also houses one of your seizure "switches." Memory problems are frequent concerns with seizure disorders due to the high levels of oxidative stress that attack the nerves and delicate mitochondria. Grape seed extract is capable of dramatically reducing the oxidative stress and preserving mitochondrial function. All in all, it

has a stunning effect on the hippocampus and may serve to turn off that touchy "seizure switch" in there.

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. ✨

Doctor and Dietitian

Spaghetti Squash Great Substitute For Regular Pasta



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

Spaghetti squash is a wonderful substitute for regular pasta, while providing loads of nutritional benefits such as vitamins, fiber and beta carotene. One of our favorite comfort foods features spaghetti squash. This may seem like a lot of work, but after

you've made it once, you'll find it can be made quite quickly.

Ingredients:

- 1 spaghetti squash
- 2 Italian sausages, skin removed, chopped
- 1-28 ounce can crushed tomatoes or tomato sauce
- 2 to 4 garlic cloves, chopped
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon crushed red pepper
- 1/2 cup cream
- 1/2 cup vodka (can be made without, if desired)

• 1/2 cup grated Parmesan cheese
Slice squash in half lengthwise and scoop out the seeds. Then completely submerge both halves in boiling water and cook for 20 to 25 minutes, or until the inside is fork-tender and pulls apart in strands. Remove, drain and cool with cold water or an ice bath to stop the cooking. Then, use a fork to scrape the cooked squash out of its skin, while fluffing and separating the squash into spaghetti-like strands into a bowl. Discard the skin.

Chop sausage into chunks and cook in a large skillet. Then add tomato sauce, garlic, herbs and simmer. Add vodka and simmer over low heat until the mixture reduces by 1/4, stirring often, about 20 minutes. Next, stir in the cream. Simmer over low heat until sauce is heated through. Turn off heat and stir in Parmesan cheese until melted and well-blended. Top the squash with the sauce. Serve immediately.

Make this recipe a casserole. Pour into 9x13-inch greased pan or dish. Heat in

continued on page 23B

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Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I live in the midwest where I tend to get seasonal affective depression. Is there a way to stay mentally strong this winter season when it hits me the most?

A: What you are referring to with this very real disorder is also called the "winter blues." Seasonal Affective Disorder – or SAD – affects about 500,000 Americans, of whom 75 percent are women, according to the Cleveland Clinic. SAD follows a seasonal pattern with depression setting in as the days get shorter and the sky becomes more of a dismal gray than a sky blue.

There are several theories as to why people get SAD. One is the decreased sunlight during the winter months which contributes to a decrease in serotonin levels, a neurotransmitter that can influence mood, sleep and behaviors. With sunlight reduction, this can also disrupt the body's levels of the sleep hormone melatonin.

For those who already suffer from clinical depression year-round, symptoms may increase in the fall and winter and in some cases the spring and sum-

mer. Fortunately, there are ways to help combat SAD:

- **Go Outside** – Natural daylight, even when it's cloudy can help to maintain the body's natural circadian rhythm which is responsible for regulating sleep patterns. Outdoor exposure can also boost serotonin and reduce stress.

- **Get Daily Exercise** – Exercise can improve mood, increase self-esteem, and alleviate symptoms of mild to moderate depression, and possibly even severe depression. Studies have consistently shown that by exercising aerobically were significantly less likely to have relapse symptoms than those who only took medication.

- **Connect With Others** – Social connections are helpful in reducing stress, provide support, and build resilience to life's challenges. Simply meeting a friend for a walk or a cup of coffee can increase feelings of belonging.

- **Eat Healthy Nutrition** – Drink plenty of water daily (at least eight glasses) and stay hydrated. Eat plenty of fruits and vegetables, especially dark leafy greens, and get plenty of lean protein and healthy fats in your diet.

Whole foods provide your brain with the nutrients and minerals it needs for mental strength. Avoid overeating simple carbohydrates, such as sugary treats and sodas. Take plenty of vitamins, especially vitamin D.

- **Maintain A Regular Nights' Sleep** – Depression can lead to oversleeping and insomnia. Put yourself on a regular sleep schedule, which means going to bed and getting up at the same times regularly.

Everyone differs in how much sleep they need, yet the recommendation is at least eight hours every night.

- **Break Away From Normal Daily Routine Activities** – Sometimes it is helpful to try something new, maybe something you have not done before that you have always wanted to do.

Perhaps it's going to a place you have never been before, or trying a new machine at the fitness center or taking a different bike route. It can be major or simply small and insignificant.

- **Nurture Yourself** – Take time out to take extreme care of yourself. It may be a spa day, light therapy (sitting near a light box for 15 to 30 minutes daily)

to stimulate retina cells. Give yourself a pat on the back and celebrate small achievements such as getting out and moving, reading a book you've been wanting to read, going to a movie or play with a friend.

With trying any to all of the above suggestions, you are well on your way to diminishing your symptoms and feeling more optimally well.

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.✧✧

From page 22B

Spaghetti Squash

350 degree oven for 30 to 40 minutes or until hot and bubbly. Enjoy!

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@caringmedical.com.✧✧

Free Skin Cancer Screening

Harris Dermatology will be offering a complimentary skin cancer screening at the Sanibel Recreation Center on Friday, December 4 from 8 to 11 a.m. Screenings are quick and easy. The exam is a non-invasive, visual inspection of exposed areas of the body that will be done after a brief medical history is completed. No appointment or registration necessary – walk-ins are welcome.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information call 472-0345 or visit www.mysanibel.com.✧✧



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FOR WEEK OF DECEMBER 7, 2015

ARIES (March 21 to April 19) You might feel that you have all the answers right now. But it might be wise to listen to other ideas before you decide to close the lid on other possibilities.

TAURUS (April 20 to May 20) Bovines give and expect loyalty, so it might not be easy to reconcile with someone you feel let you down. Why not ask a neutral party to set up a clear-the-air meeting?

GEMINI (May 21 to June 20) Anticipating the holidays with family and friends fuels your must-do Gemini energies. But try to pace yourself so you'll be up for whatever comes along later.

CANCER (June 21 to July 22) More background information might come through regarding a decision you expect to make. Be sure to check the source carefully before you move.

LEO (July 23 to August 22) The strong, nurturing nature of the Lion comes through this week as you reach out to family and friends in need of your warm and loving support.

VIRGO (August 23 to September 22) A relationship that has almost totally unraveled could be close to being restored with more effort on your part to be more patient and less judgmental.

LIBRA (September 23 to October 22) Your sense of fair play is strong this week, which can cause a problem with a longtime relationship. But in the end, you'll know what decision to make.

SCORPIO (October 23 to November 21) You might not know all the facts behind an unwelcome development, so

keep that Scorpion temper in check and resist lashing out at anyone.

SAGITTARIUS (November 22 to December 21) This is a good time to reinforce relationships -- family, friends, colleagues -- that might have been overlooked in recent years.

CAPRICORN (December 22 to January 19) Family situations continue to thrive. Business associations also improve. Some holiday plans might have to be shifted a bit. Be flexible.

AQUARIUS (January 20 to February 18) Avoid any influence of negative energy in this week's aspect by not allowing small problems to grow into large ones. Work them out immediately.

PISCES (February 19 to March 20) A friend might need advice on how to deal with a challenge to his or her moral values. And who better than you to give the honest answer? Good luck.

BORN THIS WEEK: You have a sense of adventure that inspires others to follow your lead.

THIS WEEK IN HISTORY

- On Dec. 11, 1918, author Alexander Solzhenitsyn is born in the Caucasus Mountains in Russia. The publication of parts of "The Gulag Archipelago" in Paris in 1973 led to Solzhenitsyn's arrest and exile in 1974.

- On Dec. 10, 1901, the first Nobel Prizes are awarded in Stockholm, Sweden, as Alfred Nobel, the Swedish inventor of dynamite, had directed in his will. It is believed that he did so out of moral regret over the increasingly lethal uses of his inventions in war.

- On Dec. 9, 1921, General Motors engineers discover that leaded gas reduc-

es "knock" in auto engines, eliminating the pinging sounds. Ethyl alcohol also worked, and it was cheap -- however, anyone with an ordinary still could make it, which meant that GM could not patent it or profit from it.

- On Dec. 7, 1941, hundreds of Japanese warplanes attack the U.S. naval base at Pearl Harbor, Hawaii, killing more than 2,400 naval and military personnel. The U.S. declared war against Japan the following day.

- On Dec. 12, 1980, American oil tycoon Armand Hammer pays \$5 million at auction for a notebook containing writings by Leonardo da Vinci. In 1994, the book was sold to Bill Gates, founder of Microsoft, for \$30.8 million. Gates has since loaned the manuscript to a number of museums for public display.

- On Dec. 8, 1993, the North American Free Trade Agreement (NAFTA) is signed into law by President Bill Clinton. NAFTA eliminated all tariffs and trade restrictions between the U.S., Canada and Mexico.

- On Dec. 13, 2003, in Seattle, the iconic Hat 'n' Boots Tex Gas Station is hauled away for restoration. The 44-foot-wide Stetson hat had perched atop the filling station's office, while the 22-foot-tall cowboy boots had housed the men's and women's restrooms since 1955.

STRANGE BUT TRUE

- It was Russian-born composer Igor Stravinsky who made the following sage observation: "Silence will save me from being wrong (and foolish), but it will also deprive me of the possibility of being right."

- If you live in New Jersey, you pay eight times as much in real estate taxes as residents of Hawaii do.

- Given the popularity of both Legos and Star Wars, you probably won't be surprised to learn that the first licensed, themed Lego set was an X-Wing fighter, released in 1999.

- Those who study such things say that wearing skinny jeans can cause varicose veins.

- In the 1930s, during the Bolshevik Revolution, a Communist patrol in Siberia came across an isolated fundamentalist Russian Orthodox settlement. Christians were persecuted in the Soviet Union, and one of the soldiers shot and killed a man working in the village. This prompted the man's brother, Karp Lykov, to flee into the forest with his wife and two young children. A sad story, perhaps, but nothing unusual -- until you find out that the Lykov family remained in complete isolation for 42 years. It wasn't until 1978 that surveyors in a helicopter saw in a remote area a clearing that was obviously not of natural origin. Investigation revealed that Karp and his four children (his wife had died in 1961) were living in a crude log dwelling. They'd had no contact with the outside world since fleeing their village in 1936, and two of the children had never seen a human not related to them.

- A male lion can mate up to 50 times in one day.

THOUGHT FOR THE DAY

"Language is the apparel in which your thoughts parade in public. Never clothe them in vulgar and shoddy attire."
-- George W. Crane

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ISLAND SUN BUSINESS NEWSMAKERS

Top Producers

John R. Wood Island Real Estate announced its top producers during the month of October. The group's top pending sales agent was Ann Divine, the top closed sales agent was Phaidra McDermott, and the top listings agents were Phaidra McDermott, Patti Bennett, Dave Russ and Paul Cohen.✱



Ann Divine



Phaidra McDermott



Patti Bennett



Dave Russ



Paul Cohen

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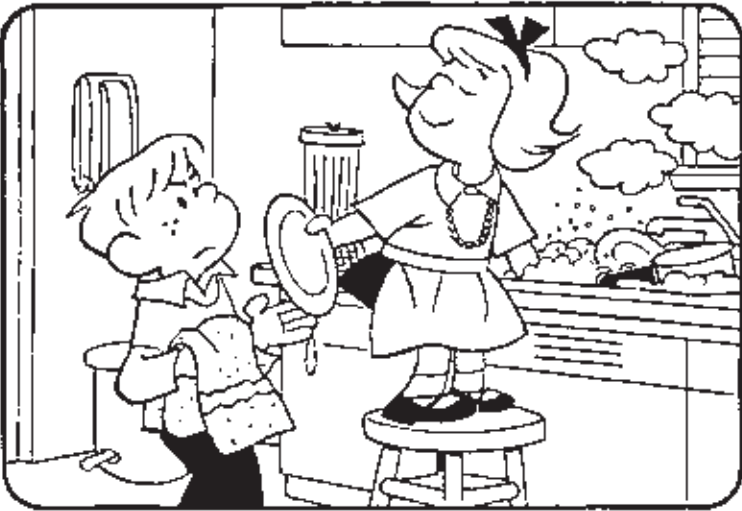
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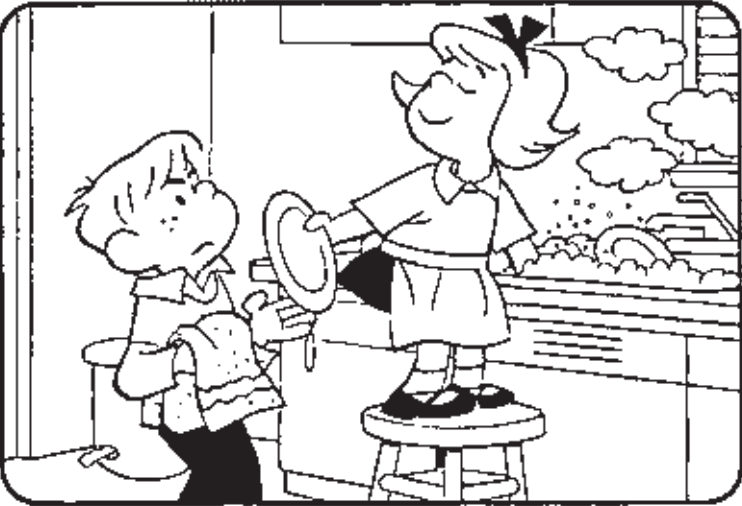


HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Phone is missing. 2. Towel is shorter. 3. Blender is missing. 4. Beads are missing. 5. Apron is different. 6. Pan is missing.

"First thing we gotta get you, boss, is a new
!"

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 gap!

Awry
WAKES

Filch
GURGEN

Thrive
BOUDAN

Pivot
TREATO

TODAY'S WORD

answer on page 27B

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

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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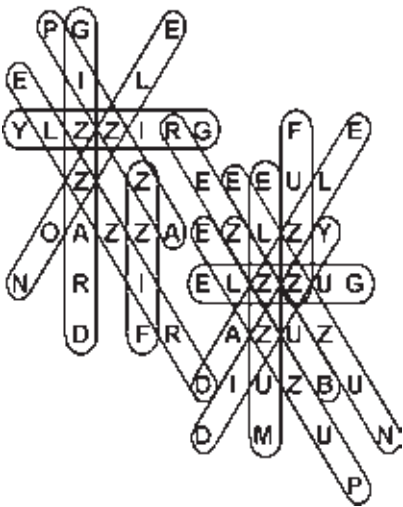
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MAGIC MAZE

CATCHING SOME Z'S



SUDOKU

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

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solution
1. Askew; 2. Grunge;
3. Abound; 4. Rotate
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- Room Additions • Decks • Doors
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I'm Olga, hairstylist from Sanibel Salon. I've moved to Salon by Design at Sanibel Beach Place Plaza, right next to the Publix across from Tanger Outlets. That's the Publix just off the island! I can't wait to see you.

Call 590-0015
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WATERFRONT HOME
This peaceful location is true Island Living. Looking over the water with boat dock/lift, access to Bay & Gulf. This beautiful 3 bedroom/2 bath plus den, piling home is UF. \$3,300/mo.

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The Island Experience!
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WON'T LAST! AVAIL NOW!
Recently updated, 2 BR 2BA, 1276sf, gulf front complex, 3rd floor sunrise & sunset views, elevator, heated pool, hot tub, w/d in unit newly furnished, hi speed internet, tennis, shuffle board, covered dedicated parking space, steps to Worlds Great Shelling Beach, West Gulf locale.
30/nt min.stay,
Avail Jan. 9, 2016-July 10, 2016.
No smoking, No pets, quiet building.
Contact
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*RS 12/4 CC 12/4

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SANIBEL COTTAGE FOR RENT
3B/2B Private mid island location. Walk to many island conveniences & easy bike ride to bay/gulf beaches. Fully furnished incl w/d. Nov-April \$1,300 wk. \$4,000 month
May-Oct \$800 wk \$3,000 month
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COMMERCIAL RENTAL

OFFICE SPACE FOR RENT
Great office space for rent.
Great location,
700 square feet on Periwinkle.
Call Joe Gil 516-972-2883
or 800-592-0009.
*NS 4/24 CC TFN

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Free standing "cottage" available for rent. Located in the popular Sanibel Square on Periwinkle Way. Newly updated, approximate. 700 sq. feet of area. Please call JUDY @ 239-851-4073.
*RS 12/4 CC TFN

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Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands.
30 Year Resident of Sanibel.
Licensed in Florida, New York, Pennsylvania and New Jersey.
*RS 9/26 CC TFN

SERVICES OFFERED

CAREGIVER
Caregiver CNA lic., 16 years experience. F.I.S.H. background check/referral. Sanibel references. Shop, pet care, meal prep., med. mgt., housekeeping, etc.
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*NS 10/16 CC TFN

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Call Roger 239-707-7203.
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*RS 6/7 CC TFN

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Over 15 Years Experience.
Offering Professional Upholstery Services, Custom Art and Hand Painted Furniture.
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*RS 3/21 CC TFN

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*RS 1/4 BM TFN

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*NS 11/20 CC TFN

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*NS 1/4 PC TFN

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Weeding, Installation of Plants, Trees and Mulch (one month free service available)
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*RS 1/25 BM TFN

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Woodsedge	Bonita Springs	2006	5,777	\$2,185,000	\$2,075,000	389
Sanibel Harbours	Sanibel	1978	1,564	\$1,295,000	\$1,250,000	0
Edgewater	Fort Myers	1995	2,871	\$999,000	\$880,000	109
Tidewater Island	Fort Myers	1994	3,100	\$714,900	\$714,900	35
Cape Coral	Cape Coral	2004	2,325	\$598,700	\$568,765	156
Bonita Lakes	Bonita Springs	2014	3,345	\$599,900	\$565,000	91
Cape Coral	Cape Coral	2012	2,378	\$549,900	\$545,000	2
Cedar Hammock	Fort Myers	2015	3,151	\$543,900	\$543,900	226
Pineland	Bokeelia	2001	3,380	\$585,000	\$540,000	43
Pine Island	Bokeelia	1992	1,980	\$569,000	\$540,000	42

Courtesy of Royal Shell Real Estate

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HELP WANTED

HAIR STYLIST BOOTH RENTAL AVAILABLE

Join our Professionals at the New McGregor Salon. Increase your income, be your own Boss. Positive, friendly, comfortable atmosphere. Close to FMB & Sanibel. Located in the busy, McGregor Pointe Shopping Center near K-mart. For Info call Anita 239-233-9882
*RS 3/13 CC TFN

BOATS - CANOES - KAYAKS

DOCKAGE
Hourly, Daily, Weekly
and Monthly.
Captiva Island 472-5800
*RS 1/4 NC TFN

FOR SALE

FURNITURE

2 twin size Murphy beds complete.
Great condition. \$275. for the pair.
828-289-4540 on Sanibel
*NS 12/4 CC 12/11

VEHICLES FOR SALE

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\$3,750. 770-616-5495
*NS 12/4 CC 12/4

CAUTION

GARAGE •
MOVING • YARD
SALES

MAGNIFICENT YARD SALE

625 EAST ROCKS DR - WEST GULF
DEC 5 - 9 AM to 1 PM

Furniture, Tools, Bikes, Wheelbarrow,
Ladder, Wood Swing, Kayak, EZlift Chair,
Household Items, Books, Lots & Lots More!
*NS 11/20 CC 12/04

GOLF CART FOR SALE



Street legal, "gas" powered.
\$6,500. 239-209-6500
*NS 7/17 BM TFN

ESTATE SALE

Sanibel Sat. 12/5/2015
Opens 9 a.m. Closes ???

656 Anchor Drive, Causeway, Turn Left
On Periwinkle, Turn Right On Anchor Dr.,
Gorgeous High End Contents, Furniture,
Art, Kitchen, Bedrooms, Beautiful
Chandelier, Everyday Items, Books,
Linens, Entire Contents, All Items Are High
Quality And Everything Must Go.
*NS 12/4 CC 12/4

MULTI FAMILY GARAGE SALE

Dec. 12, 9 AM - 2 PM, 1243 Sand Castle
Road, Sanibel. Antiques, furniture, costume
jewelry, Christmas items, microwave,
appliances, lighting fixtures and much
much more. No early birds please.
*NS 12/4 CC 12/11

LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with Hipnauticals, playing classic rock, oldies and funk. Sunday is CJ & Friends, playing oldies, Motown, rock 'n' roll and country. 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 Bad Banditos on Friday and Saturday. New Vinyls play on Monday. 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 live island style entertainment on Mondays and a Spanish guitarist on Wednesdays.

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. On Wednesday, it's Woody Brubaker. Joe McCormick and Marvilla Marzan perform 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@islandsunnews.com or 395-2299.**

VOLUNTEERS NEEDED

Volunteers needed for light general maintenance. Call (CHR) Community Housing & Resources, Inc. 472-1189.
*NS 11/1 NC TFN

VOLUNTEERS NEEDED

The Bailey-Matthews National Shell Museum needs Education and Great Hall volunteers. No experience necessary, will train. Please contact Melanie at (239) 395-2233 ext 11.
*NS 7/11 NC TFN

JERRY'S FOODS WAITRESSES OR WAITERS

Looking for experienced Waitresses or Waiters with open availability Monday through Sunday. If interested call and ask for Kim 472-9300.
*NS 5/29 CC TFN

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IslandSunNews.com

CLICK ON
PLACE CLASSIFIED

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landng 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.

Pets Of The Week



Maggie ID #645400



Clementine ID #625835

Hi, my name is Maggie and I am a 4-year-old spayed female blue and white pit bull terrier. I spent the weekend with a volunteer and she said I'm a super sweet girl with a great smile and amazing temperament. All I want to do is lick your face. I'm a quiet, lower-energy girl. I just want someone to keep me company and hang out. I love to take naps on the couch after short walks. I'm potty trained, cat tested and walk very politely on a leash. I also slept in a crate quietly all night. I'm not so interested in balls or chew toys, but I love treats. I take them very gently. I'm also great in the car. If you take me home I'll be your best friend and loving companion.

My adoption fee is \$75 (includes a free gift while supplies last during Animal Services Home 4 The Holidays Adoption Promo)

My name is Clementine and I'm a 6-month-old spayed female domestic short hair black and white cat. You may have noticed that I'm a pirate kitty. I have only one eye. It was removed for medical reasons but I'm doing great now. I'm available for adoption with my sister Lisa, a beautiful black tabby. We are very bonded and need to be adopted together. I'm a real snuggler and Lisa is the adven-

turer. We complement one another perfectly. It's a great opportunity to take advantage of Animal Services' 2-for-1 offer on all cat adoptions.


Adoption fee \$50 for both Clementine and Lisa (includes a free gift while supplies last during Animal Services Home 4 The Holidays Adoption Promo).

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.*

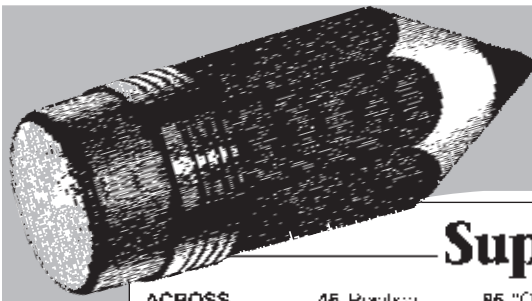


NEWSPAPER
Sanibel & Captiva Islands

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

ELIMINATION

ACROSS

- 1 Start for legal or chute
5 Demo Nellie of opera
10 Dem's rival political gp.
13 B flat's equivalent
19 Portent
20 Diarist N n
21 "No —, and or but!"
22 Person ogling
23 Escorted one's rival?
26 Lemon-lime soft drink
27 Wipe the slate clean
28 Stand in an art studio
29 Saint — (Caribbean island)
31 Finding for dull or drunk
32 Border
33 Dress in Goa
35 Weekend time spent with pals?
38 Luscious strings, for short
40 Large, red apple variety
43 "Be quiet!"
44 Actors in a film featuring church ministers?

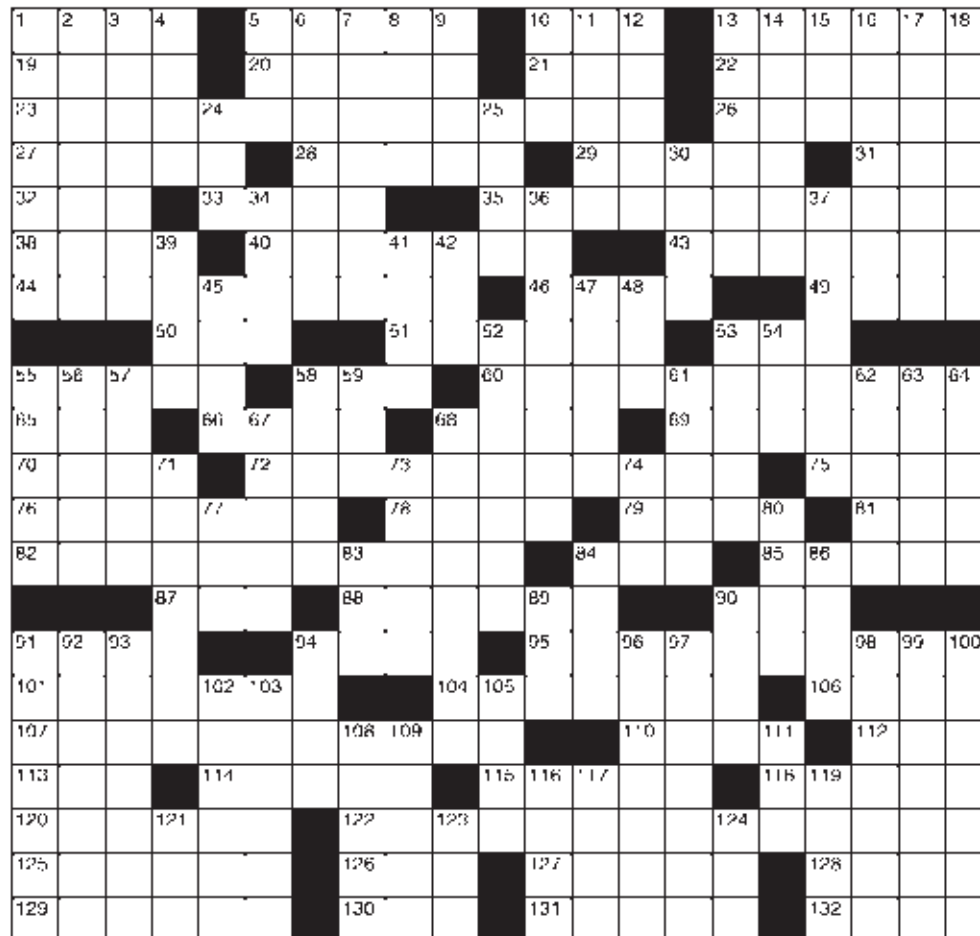
- 46 Position
49 Ticked (off)
50 "Lakers?"
51 Nasal partition
53 Moray, say
55 One-named flamenco entertainer
58 Flowdydow
60 Cry to comic
61 Sales when he's losing his grip?
65 With 66-
66 Across, drudge's routine
68 Army post
69 More audacious
70 "— ask is that ..."
72 Laryngitic pigeon's comment?
75 Positive
76 Sir Walter Scott: novel
78 Muhammad and Laila of the ring
79 — cava
81 Soldier of Seoul
82 Situation when a fue gauge is at 50%?
84 Balky beast

- 85 "Oro y —" (motto of Montana)
87 Prefix with cyclist
88 Got old due to excess
90 "— always say ..."
91 Address for a lady
94 1976-81 sketch show
95 Watch over a /8/?
101 As a group
104 One making an attempt
106 Tech caller
107 Walk with no lights on?
110 Tax doc. whizzes
112 Plains tribe
113 Mouthwash bottle abbr.
114 Did autumn yard work
115 Peter & Gordon's "— Pieces"
116 Loft
120 Species-crossing
122 Things that a drum playing lush has?
125 Like sweet-hearts
126 Stogie name
127 Like many slinky floors

- 128 Impressionist
129 Seesaw
130 Quit delaying
131 Veil wearer
132 Contradict
DOWN
1 Turn on, as a PC
2 Unfinished Kafka novel
3 Dubs different y
4 Picnic pests
5 — tail
6 —coated tablet
7 Tourist town on Maui
8 Small pieces
9 Tom's great Arthur
10 JPEG alternative
11 Long past
12 False. Prefix
13 Town in central Italy
14 Capital of Minnesota
15 Laugh sound
16 Daughter of King Minos
17 Outline again
18 Chemically colored n advance
24 Actor Studi
25 Exile is a
30 Saclike body growth
34 Out of whack

- 35 Parvenus
37 Bottom-line rock
39 With 57-
Down, map book for an astronomer
41 Old filling station name
42 Boastful Fr woman
45 — about (roughly)
47 — del Este, Uruguay
48 Texler's "Holy cow!"
52 In a take way
53 2001 bankruptcy company
54 Juan's "that"
55 Jenny
56 Lush confection
57 See 39
Down
58 Ement
Lagasse's "There's — in My Soup!"
59 Narc: liner
61 Clannet's kin
62 "Star Trek" lieutenant
63 Po 100 Ross
64 California city on I-5
67 Garlic mayo
68 Topped
71 Barbaic
73 Bank safe

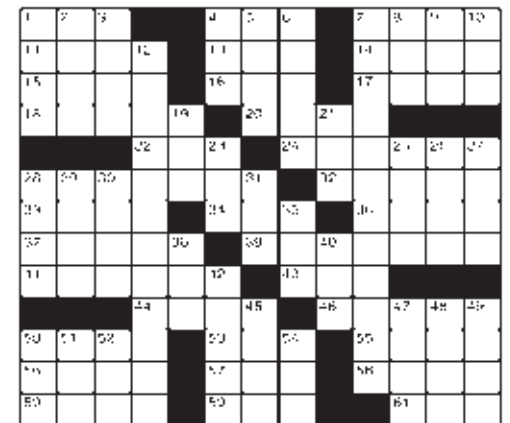
- 74 Rite Aid rival
77 — Solo
80 Lhasa
83 TV watchdog
84 1998 Sarah McLachlan song
86 Stead
89 911 gp.
90 "— Ca-Dabra" (1974 song)
91 Blockbuster
92 Pain reliever
93 Genial
94 Try to find
96 Big Apple cab words
97 Festive under oath, old style
98 Uranium 235, for one
99 Web habitue
100 Food store
102 Try hard
103 Parasol, e.g.
105 Short parody
108 Skin. Prefix
109 — committee
111 Religious day of rest: Abbr.
116 41st U.S. pres.
117 Actor Epps
119 Frog cousin
121 Go to seed
123 To this point
124 34th U.S. pres.



King Crossword

ACROSS

- 1 State leader (Abbr.)
4 Donkey
7 Lacks on and on
11 First victim
13 Horror's interjection
14 Lecher's look
15 Had on
16 Make a mistake
17 Greek vowel
18 Skewered entree
20 Swerve
22 Namely (Abbr.)
24 Paid escort
28 Shameless
32 Andrea — (ill-fated ship)
33 Tiny particle
34 Fix the soundtrack
36 — do-wel
37 Horses' neck adornments
39 Ardent
41 Laundry whitener
43 Female sheaf
44 Cowardly one in Our Work
50 Game played on horseback



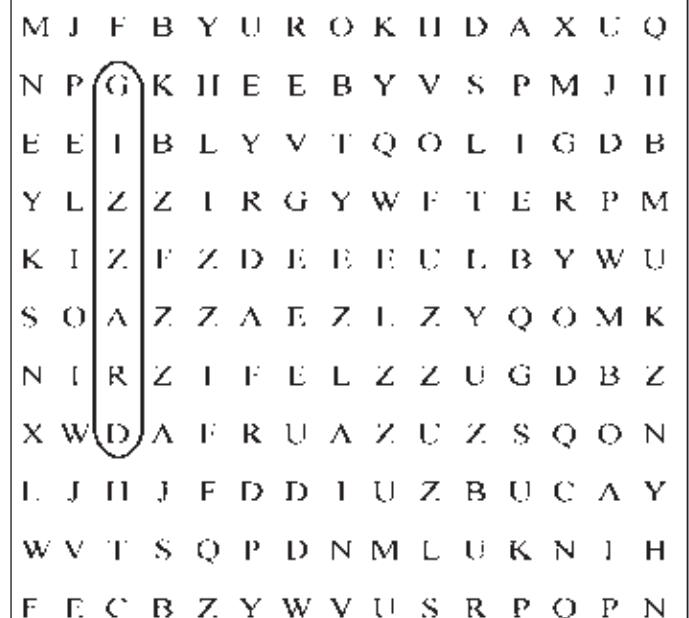
- 53 Charged bit
55 Hepten-sible
56 "The Good Earth" heroine
57 Take to court
58 Paradise
59 Film
60 Expensive letters
61 Drunkard

DOWN

- 1 Stare stupidly
2 Reed instrument
3 Predicate part
4 Summery quaff
5 Kink

- 6 Unspoken "I dunno"
7 Taking time off, GI-style
8 Past
9 Diner order, for short
10 The Red or the Black
12 "Get lost!"
19 Baby's meal-time garb
21 Disencumber
23 Londoners' last letter
25 Sandwich cookie
26 Stead
27 Rowing tools
28 Door-frame part
29 Lst ending abbr.
30 Region
31 Light (Sp.)
35 Spelling contest
38 Biol or bot.
40 Puncturing tool
42 Jack up
45 3-Down's counterpart
47 Actions at auctions
48 Bread spread
49 Tenant's expense
50 Mucabre author
51 On in years
52 Trail behind
54 Trawler need

MAGIC MAZE • CATCHING SOME Z'S



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

- | | | | |
|--------|---------|---------|--------|
| Buzz | Drizzle | Grizzly | Nuzzle |
| Buzzer | Fizz | Guzzle | Pizza |
| Dazzle | Fuzz | Muzzle | Puzzle |
| Dizzy | Gizzard | Nozzle | |



Long Water Views in Little Lake Murex
Near-beach 3 bedrm 2-1/2 bath w/pool—\$749K



Cul-De-Sac Privacy in The Sanctuary
Special 1-level golf course pool home—\$1.35M



Shell Harbor Canal-Front Near Beach
Dock, lift, pool & remodeled in 2010—\$1.495M



Over 1/2 Acre on Limpet Dr
Home lot w/community beach access—\$749K



Beachfront Walkout at Sanibel Arms West
High income w/low condo & rental fees—\$899K



This View at Sanibel Surfside
Bright 2-bedrm income-producer—\$874K



Sundial Beach Resort & Spa
Excellent rentals: #B206—\$579K & #R401—\$799K



Gulf View & Near Elevator at Sand Pointe
Updated interior & rental income—\$749K



Compass Point ~1512 Sq. Ft.
Rental-ready 2 bedrm w/cozy wood floor—\$699K



Big Condo With 2 Bedrooms Plus Loft
Updated at Coquina Beach & w/income —\$524K



Sanibel Moorings 2nd Floor 2 Bedrm
In easy on-site rental program—\$499K



2 Bedrooms at Mariner Pointe With Views
#332—\$480K; #811 & #842 both \$499K

More info on these listings, search for island property, & read Susan's Friday real estate blogs at

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