



SANIBEL & CAPTIVA ISLANDS, FLORIDA VOL. 23, NO. 30

JANUARY 15, 2016

15 7:18 • 5:57 16 7:18 • 5:58 17 7:18 • 5:58 18 7:18 • 5:59 19 7:18 • 6:00 20 7:17 • 6:01 21 7:17 • 6:02 JANUARY SUNRISE/SUNSET:

Meet The Authors At The Library







Martin Walker photo by Klaus Einwanger

• anibel Public Library will hold a variety of programs in January; no registration is required to attend.

Christine Lindsey of The Sprout Queen speaks at 2 p.m. on Friday, January 15. The Sprout Queen, part of Pine Island Botanicals, is located on Pine Island. Since late 2009, Lindsey has helped many by offering fresh, locally and organically grown non-GMO sprouts, microgreens, and wheatgrass. She will share nutritional knowledge and show how easily one can grow in their own space - whether it be a home, a condo or a boat

David Watts returns for an encore program on identity theft at 2 p.m. on Monday, continued on page 31



A boat excursion with Sanibel Sea School

Winter Camp Students Explore The Deep At Sanibel Sea School

inter Camp participants at Sanibel Sea School were treated to two weeks of holiday fun and learning related to the deep, dark, cold ocean and its many unusual inhabitants.

Campers discovered that there are salty underwater lakes in the Gulf of Mexico, examined the surprising relationship between anglerfish and bacteria, and considered how amazing it is that humans have been to the moon more often than we've been to the bottom of the sea. They also made deep ocean crafts, wrote and performed their own "ocean carols" at Bailey's General Store, and surfed every day.

The two-week camp session ended with Sanibel Sea School's annual New Year's Day tradition, Give Your Troubles to the Sea. On January 1, campers and staff write down their worries from the year before, burn them in a bonfire, then sprinkle the ashes in



Steve Marshall took this photo while biking through the Bailey Tract photo by Steve Marshall

Living With Wildlife: **Bobčats** On Sanibel

by Jeff Lysiak

ne of the precious treasures which the islands of Sanibel and Captiva are renowned for - other than, of course, the bountiful varieties of seashells found on the beaches - is the assortment of wild creatures which call them home. From sea turtles and otters in the waters, to plovers and roseate spoonbills in the skies, to gopher tortoises and Eastern indigo snakes on the land, all species are important to our delicate ecosystem.

So dedicated to maintaining that balance in 1967, the Sanibel-Captiva Conservation Foundation (SCCF) was created "to preserve natural resources and wildlife habitat on and around the islands of Sanibel and Captiva." Through land protection, resource management and environmental education strategies, the foundation is helping people who reside and visit here to live cooperatively with all kinds of critters.

Last week, SCCF hosted one of its monthly programs - Bobcat Tales - conducted by Environmental Educator Dee Serage-Century at the Nature Center headquarters. Her 60-minute presentation included information about the reclusive cats' physical characteristics, behavior, diet, range and habitat, along with several stories about encounters with bobcats on the islands.

'They're very secretive creatures... they sort of live out of the way," Serage-Century told the audience. "And they don't just live hidden in the wild; they're living in and around our neighborhoods. But you're pretty safe with bobcats, as long as you walk your dog on a leash."

Bobcats (Lynx rufus) are one of 38 cat species worldwide, seven of which call North America home. They are the most widely distributed feline species in the United States, which includes seven subspecies. Usually found with a tan, spotted coat, some species of bobcat in Florida have exhibited a melantistic (or black) coat.

Adult bobcats grow to approximately two feet tall and weigh around 20 pounds. Their diet consists of rats, lizards, raccoons, opossum, birds, fish and sea turtle eggs (during nesting season), all of which are plentiful on the islands.

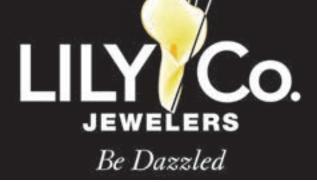
"They are very solitary creatures that stake out their territory," said Serage-Century. "The only time that you'll see a male and female bobcat out together is during mating season.

Female bobcats reach sexual maturity at approximately one year. Breeding season is from late fall through mid-spring, and gestation lasts 50 to 75 days. Bobcats birth kittens once per year, with a litter of two or three kittens on average.

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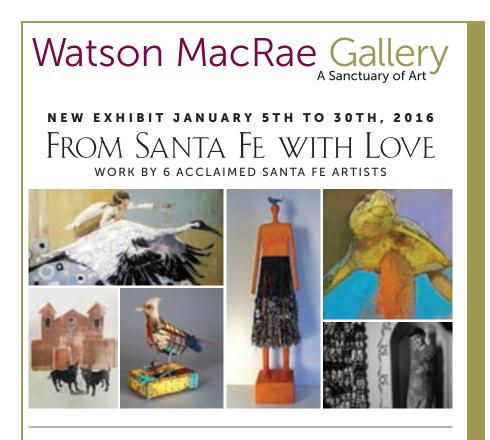
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The Manor Chadwick House



Visit the History Gallery to learn more about the unique and diverse history of Captiva. Interpretive panels and touch screen access to historic photos are featured. Step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. This week's image is The Manor House, built for Clarence B. Chadwick and family (circa 1920s). It was located on the beach. Clarence Chadwick purchased property on Captiva soon after he and his wife first visited the island in 1923. He established a key lime plantation, which became a large producer of the fruit. His property was later bought by two men from Connecticut, who turned it into a small fishing camp and called it South Seas Plantation. The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to visit The History Gallery and learn through graphic and video panels about the events and people that shaped Captiva.

photo archives of the Captiva Island Historical Society



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American Legion Post 123

n Sunday, January 17, American Legion Post 123 will have a fish and shrimp fry 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 and on Fridays, it's a six-ounce ribeye steak sandwich. There are daily specials as well as the popular half-pound burgers.

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Food is served from 11 a.m. to 8 p.m. The public is welcome.

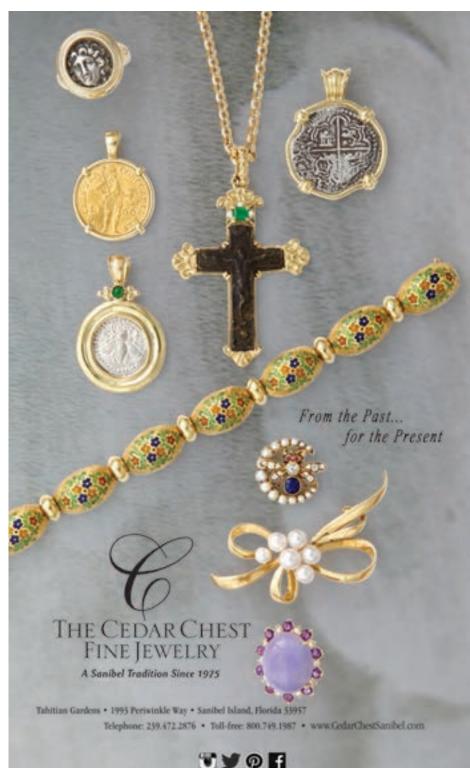
The Ladies Auxiliary has cookbooks available for a donation of \$15.

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

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

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

To advertise in the Island Sun Call 395-1213



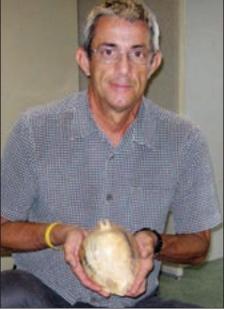


Cookeconcha hystricella is a threatened land snail from the Hawaiian Islands. photo by Dr. Ken Haves.

Mollusks In Peril Talk January 20

n Wednesday, January 20 at 1:30 p.m., Dr. José H. Leal will present his talk, Mollusks in Peril during Mollusk Matinee at the Bailey-Matthews National Shell Museum. Dr. Leal will discuss the threats faced by mollusks as the planet is subjected to unprecedented rates of human-induced environmental change. The program will also explain the scope of the upcoming forum, Mollusks in Peril, to also be hosted by the Shell Museum May 22 to 24.

Mollusk Matinees are held every



Dr. José H. Leal holding a cowrie shell

Wednesday at 1:30 p.m. through April. Dr. Leal is the science director and curator for the museum. He received his Ph.D. in marine biology and fisheries from the University of Miami. His love for shells and sea life goes back to his childhood years in Rio de Janeiro, Brazil. He

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was a visiting professor at the Muséum National d'Histoire Naturelle in Paris and postdoctoral fellow at the Smithsonian Institution's National Museum of Natural History. Dr. Leal holds honorary faculty positions at the University of Miami and Florida Gulf Coast University, where is an affiliate member of the Coastal Watershed Institute. He is also a past president of the American Malacological Society, current president of Conchologists of America and editor of scientific journal *The Nautilus*.

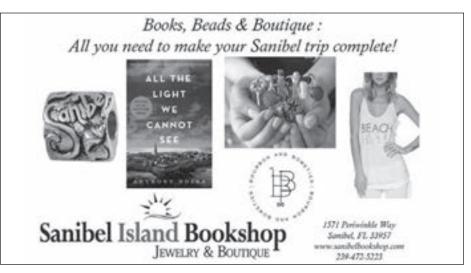
Under his leadership, in March 2010, the museum was awarded its first accreditation from the American Alliance of Museums.*



Free Movie At Community Church

n Sunday, January 17 at 5 p.m., Sanibel Community Church will be showing Alone, Yet Not Alone, a film based on a true story of a German family seeking religious freedom in the Pennsylvania colony. They find themselves caught in the crossfire of the French and Indian War. Their faith and devotion in the Lord lead them through their darkest hour.

A love offering will be received for the Liberty Institute, whose vision is to reestablish religious liberty in accordance with the principles of the Founding Fathers. Free hot dogs, chips, sodas and some healthy snacks will be served at 4:30 p.m. All are welcome.





A Captiva Island Tradition... The Marching Mullet Band Parade



Join us in our Salute to Veterans!

(With a Mullet-Friendly nod to Clean Water)







In the spirit of olde Captiva... join us from 3:00pm-5:30pm for mullet fun*! The parade begins at Jensen's Twin Palm Resort 15107 Captiva Drive, Captiva at 5:40pm

Friday, January 22, 2016

*Through art, education & entertainment, let us show you how you can be part of our clean water future.

Rotary Happenings

submitted by Shirley Jewell

How many of us on midnight of 2015 pledged to ourselves that 2016 would be the year that we would take better physical care of ourselves.

And how many of us just didn't bother even thinking about this?

Well, Rachel Tritaik, owner of the Island Therapy Center on Sanibel and our guest speaker this past week at Rotary, gave us a number of reasons why all of us, no matter our age or body condition, should make an effort to keep moving and staying positive toward leading the best life possible. The Island Therapy Center usually comes into our life when our doctor prescribes treatment and therapy of some sort to help the healing process for some immobility of a body part. Physical mobility is one of the keys to living a full life.

Tritaik's topic for the morning was how to stay out of a nursing home or stay as independent as possible".

Americans are living longer and an awareness of the strain on family finances and how our caretakers might handle the stress and toll of caring for us as we age, makes it definitely worth the effort to create a plan arranging to stay as independent as possible, for as long as possible. She gave us these grim annual statistics:

• Over 8.3 million each year are using paid long-term care services (home health agencies, nursing homes, hospice, residential care communitie and adult day service centers);

• Cost for that, \$219.9 billion;

• 43.5 million unpaid informal/family members are helping adults 65-plus with daily activities (bathing, dressing, feeding, etc);

• 30 percent (13 million) caregivers are also 65-plus.

The American population is aging and soon an estimated 250,000 baby boomers will be reaching retirement age, putting a strain on our health care system and more than likely increasing monetary costs for services. Planning your own healthcare future is essential; talk with your family about this while you are still healthy.

Take control and responsibility for your own future today. Mobility is important to independent living. Audit your home for any obstacles hindering that mobility. At some point, you might need a wheelchair or walker; make changes to your home now. Arrange to widen your doorways to the kitchen and bathrooms, take up the carpets, get rid of the clutter and add more light in your home – think ahead.

Tritaik spoke about how important having a good attitude is in helping your body repair and contend with some agerelated physical conditions. Get rid of those negative feelings; old age is not a disease, but it is a challenge. Live now, don't limit yourself and your activities unless absolutely necessary. Get outside, enjoy life, keep up social connections and have fun. Keep moving, ever hear of chair dancing, sit tall, exercise your brain, exercise your body, stretch your hip muscles, do balance exercises and challenge yourself. A positive attitude brings positive results. Be nice to others and others will be nice to you. Move it, or lose it.

Her top five activities to keep you out of a nursing home:

Captiva Filmgoers Treated To Double Feature

Despite a nationally televised collegiate national championship football game airing the same evening, January 11, the inaugural Monday Movie Night at the Captiva Civic

Center drew an

appreciative audience, while the featured Jack Nicholson film, As Good As It Gets, received an enthusiastic round of applause.

At least two more Nicholson films will be shown during the Captiva Civic Association's Monday Movie Night series • Stand on one leg 10 seconds (if easy, close eyes);

• Sit to stand with no hands (5 to 10 times, if easy);

• Sit and stand tall (corset/back to wall);

• Do Kegel exercises in car; and

• Lie on belly (if easy, get down on floor and back up).

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

this season.

Something's Gotta Give, with Nicholson and Diane Keaton, will air February 1 at 5 p.m. at the Civic Center, 11550 Chapin Lane.

A Few Good Men, with Nicholson, Tom Cruise and Demi Moore, will be shown March 7, also at 5 p.m.

This new film series is free for CCA members, their guests or those interested in joining the island organization.

in joining the island organization. For Monday night's moviegoers, there was a double feature. In addition to a movie, refreshments and a chance to mingle with fellow islanders, an exhibit of historic photographs from the Julian Dimock Collection also was on display. The exhibit features American Museum of Natural History glass negative photographs taken in the early 1900s in Southwest Florida.

The Dimock show will run through February 17 and can be viewed Wednesdays and Fridays from 11 a.m. to 1 p.m. or by appointment by calling 472-2111.*





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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.

The center will be closed Monday, January 18 in observance of the Martin Luther King, Jr. holiday.

Page Turners with Ann Rodman – If you are not on the Page Turners list, and wish to be, email annrodman@aol. com or contact the Center 4 Life.

The featured book for Wednesday, February 10 is *The Invention of Wings* by Sue Monk Kidd. "Exhilarating... powerful... By humanizing these formidable women, *The Invention of Wings* furthers our essential understanding of what has happened among us as Americans – and why it still matters." – *The Washington Post*.

AARP Driver Safety Course – Thursdays, January 14 and 21 from 1 to 4 p.m. Course fee is \$20 and AARP members receive a \$5 discount.

Island Seniors, Inc. is sponsoring the AARP Driver Safety course. This is a fastpaced interactive six-hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers, and other tips to help you maintain confidence in your driving. Participants will be eligible for a discount on their auto insurance. Classes will be held at the Center 4 Life, 2401 Library Way. Register by contacting Ed VanderHey at 292-4012. You do need not be a member of the Island Seniors to attend but you must attend both classes in order to receive course certificate.

Ostego Bay Walking Tour – Tuesday, January 19. Cost is \$15 for a three-hour guided walking tour with lunch on your own. Tour the working waterfront from Ostego Bay and learn about Florida's "pink gold" and the oldest and largest fleet in Florida. The tour will include a 1.5-hour guided visit at the museum, which contains numerous hands-on exhibits. Depart from the center at 8 a.m. Paid registration reserves your seat. Registration deadline is Friday, January 15.

Tarpon Lodge & Indian Mounds on Pine Island – Tuesday, January 26. Cost is \$50 and includes boat tour to Pineland where you will learn about the fishing cultures of Pine Island Sound. Cruise by historic fish houses, and hear about the history of commercial and sport fishing as well as the fishing culture of Pine Island Sound and Charlotte Harbor. Lunch will be on your own at The Tarpon Lodge. After your meal, walk over to the Randell Research Center where you'll be led on a guided hike to the top of a pre-Columbian mound of the ancient Calusa Culture. Registration deadline is Monday, January 22.

Games

Cost for all games is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Bridge – Monday and Wednesday at 1 p.m.

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

Hand & Foot – Thursday at 1 p.m. Intermediate Bridge Lessons –

Refresh your Bridge playing skills with Christl and Bruce Smith. Class is limited to 16 students. Cost is \$5 for members per class, \$10 for non-members per class. Advance registration is required.

• Stayman Convention for NoTrump Bids – Monday, January 25, 9 to 11:30 a.m. An artificial bid used by Responder after a NoTrump opening bid by partner. Discussion items are: requirements for a NT opening; responses for a NT opening; the 4-4 major suit fit; and, the Stayman Convention.

• Jacoby Transfer Bids for NoTrump Bids – Wednesday, January 27, 9 to 11:30 a.m. An artificial bid used by Responder after a NoTrump opening bid by partner. This allows the weaker hand to be Dummy and the stronger hand to be hidden and to play the hand. Discussion items are: the Jacoby Transfer Bid; the use of the bid; when to use Stayman versus the Transfer bid; and, signing off in a minor suit. Note: This class will not cover NT bidding and Stayman Convention detailed requirements.

• Strong Opening Bids – Monday, February 15, 9 to 11:30 a.m. The use of a 2 of clubs bid to indicate an opening hand of 22 or more points. Discussion items are: the Strong artificial 2 of clubs bid; bids by Responder; rebids by Opener; and the 2 NT bid.

• Slam Bidding – Wednesday,

February 17, 9 to 11:30 a.m. Small and Grand Slam bidding requirements. Discussion items are: How high and where; the Blackwood convention; and the Gerber Convention.

Beginner Bridge Basics Lessons with Christl & Bruce Smith – 9 to 11:30 a.m., February 1, 2, 3 and 4.; Cost is \$12.50 for members and \$25 for non-members. Class is limited to eight students and you must be able to attend all four classes. Advanced registration is required.

Learn to Play Mahjongg with Katie Reid – 9:30 a.m. to 12:30 p.m., February 8 to 12. Cost is \$12.50 for members, \$25 for non-members. Class is limited to eight students. You must be able to attend all five classes. All supplies are provided. Contact the center to reserve your seat.

Tuesday Kayaking – January 19, 21, 26 and 28 (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 continued on page 11



SANIBEL SCA FINE ARTS FESTIVAL JANUARY 15 & 16, 2016 SANIBEL COMMUNITY HOUSE, SANIBEL, FL



he Sanibel Community House was established in 1927 as a local gathering place for residents and visitors to "Enrich community spirit through educational, cultural and social gatherings in our historic Community House."

The Community House was the birthplace for many civic groups and the incorporation of Sanibel as a city. The Community House is considered to be the birth place of most island organizations and clubs, providing meeting space as well as a space for Fund raisers. Most of these clubs and non profit organizations exist today and still consider The Community House to be their "Home". There is always something happening at The Community House. On January 15 and 16, 2016 from 9AM-4PM.

The Community House will be hosting the Sanibel Community Association Fine Art and Craft Festival. Come join us and see!

The Community House

The Community House

Rims & Fins

The San Cap Motor Club Rims & Fins Show has been postponed unitl further notice. Visit www. sanibelcarshow.com or call 472-2155.

Fine Artisan Fair

Visit the boutique art show and sale on Friday and Saturday, January 15 and 16 from 9 a.m. to 4 p.m. Admission is by donation.

Lanai Art

Using palm fronds, lanai art is created with beautiful scenes and figures. Art instructor Jenny M. Licht will teach the class on Monday, January 18 from 6 to 9 p.m. No experience is necessary. Prepaid fee is \$50 for members and \$60 for guests. Supplies included. Cancellation fees may apply. Minimum number of students required.

Paper Crafts

Carol Morris. At each workshop, a variety of greeting cards with be made for occasions, special events and holidays. Various techniques include stamping, embossing, cutting, creative folding and embellishing. Workshop fee includes all supplies. Class dates are Tuesdays: January 19, February 16 and March 15 from 9:30 a.m. to 12:30 p.m. Prepayed fee for members is \$25 and \$35 for guests.

Coffee And Conversation

Residents are invited to join friends old and new for coffee and camaraderie on January 20 at 10 a.m. This informal get-together will give newcomers an overview of the island's non-profits, clubs and civic opportunities, plus other information that will help them become part of the community.

Beading Classes

A lages are invited to learn the intricate art of beading with shells and other treasures of the sea with Anita Gober. All supplies and tools will be available and included in the price. If you typically wear reading glasses, you should bring them. There is a minimum of three students and a maximum of 10. Classes will be on Wednesdays: January 20, February 3, March 23, April 6 and April 20. Cost is \$35 for members and \$40 for guests. Advanced classes will be scheduled ad hoc for \$50 for three hours for members.

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. Classes will be held on the following Wednesdays from 7 to 9 p.m.: 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.

Cooking With The Islands' Stars

ooking with the Islands' Stars is scheduled for Wednesday, February 24 and is open to family chefs, no professionals allowed. Share your passion for cooking, stories about family dinners, new or passed-



SEE OUR UPADTED PLANS http://sanibelcommunityhouse.net/renovation-campaign/

- * After 88 years, the landmark is in need of a major makeover, and needs to be brought to code.
- * 57 Island Organizations and over 50,000 people Utilize the facility yearly.

"The Community House is important and needs our support as it provides a centralized location on island for meetings & gettogethers that benefit the fabric of our community!"



(L) Bill Gibney and Roger Grogman , Shell Harbor Property Owners Association

along recipes, and your unique heritage to the community.

There will be five contestants, three judges and two prizes. The Community House has teamed up with *Real Food Real Kitchens* to give everyday people the chance to be in a TV segment of the food show as well as in an article on why this recipe means so much to their family.

From page 1 Bobcats On Sanibel

Male bobcats may produce offspring at age two, and they remain fertile throughout the year. Marking territory traits employed by the species includes tree and scat scrapes, check marking (using scent glands at the corner of their mouths) and spraying/urinating.

Kittens learn from their mothers how to follow, hunt and protect themselves. By six months of age, kittens become transient and must look to establish their own territory independently. Bobcats live to approximately 13 years of age.

Asked by a member of the audience if there were any panthers on Sanibel, Serage-Century doubted it... but didn't rule it out completely. She said that oftentimes, people mistake a bobcat for a panther due to their similar coloration. However, bobcats are usually smaller and have a much smaller tail.

"Panthers have an 80- to 200-squaremile home range; Sanibel is only 33.6 square miles," she explained. "Between traffic and the lack of habitat, I don't think that a panther would enjoy living on Sanibel."

Many bobcats seen on Sanibel have

OBITUARY



DONALD G. PERKINS

ALS, Donald G. Perkins died at home with his wife Karen and his 14-year-old son Jason, by his side. The son of Mary and Gilbert Perkins, Don was born and grew up in New England. After graduating from high school, he proudly served his country in the United States Army. Upon his discharge, Don was accepted into the Providence Police For an application, go to www. sanibelcommunityhouse.org or call 472-2155.

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

been spotted mid-island crossing Periwinkle Way, living within wildlife habitat preserves and throughout the length of Sanibel-Captiva Road, where often they have been struck by fast-moving vehicles. Erick Lindblad, SCCF's executive director, photographed a bobcat walking along the boardwalk one morning as he arrived at the Nature Center.

Serage-Century also shared the story of a bicyclist who was passing through the Bailey Tract. The man spotted a bobcat, quickly hopped off his bike and began to photograph the startled – but not scared – feline.

"You can see in the photos that he looks very curious – like he was studying this intruder," she added. "Then, he kind of hunkered down and sized him up. Bobcats typically don't get too comfortable when encountered. They usually just turn around and walk away in the opposite direction."

People who spot a bobcat should not attempt to approach the animal, Serage-Century advised. "Don't stare, and be gentle around them."

To learn more about SCCF's Living With Wildlife programs, visit www.sccf. org or call 472-2329.☆

ocais seen on Sanioer nave

Academy, and then the Providence Police Department where he served for 20 years. He spent his first 10 years in uniform in the traffic division and the mounted command. The remainder of Don's time in the department was spent in special operations and narcotics. Upon his retirement from the police department, he earned his commercial pilot's license and owned and operated a skydiving center in New England. He made thousands of skydives, the most important one being with his future wife,

Karen. They moved to Sanibel 15 years ago. While living on Sanibel, Don continued his passion for flying. He especially en-

his passion for flying. He especially enjoyed flying Karen and Jason on special trips to the Bahamas and vacation spots in Florida.

Don shared with his son Jason an active sports life including running, biking and swimming. He participated every year in the Captiva triathlon and completed a half marathon in Key West soon after being diagnosed with ALS.

He is being remembered for his caring, love and commitment to his wife and son as well as to his German shepherds.

Don's life will be honored and remembered. His passing will be observed quietly by his family. Services are provided by Gendron Funeral & Cremation Services Inc., 2325 East Mall Drive, Fort Myers, FL 33901, www.gendronfuneralhome. com. 🛠

Pirate Night



Lindsay Rizzo walks the plank while Nikolas Bakes and Lauren Macalka wait their turn with Stephanie Harne, table parent

OGOS kids kicked off the new year at Sanibel Community Church on

Wednesday, January 6 with Pirate Night.

There was a lot of laughter during dinner, and family fun time with pirate costumes and walking the plank.

This program is for families with children age 3 years through fifth grade. For more information, contact Kathy Cramer at 472-2684.

Arts And Crafts At Children's Center

tudents love doing a variety of arts and crafts as an outlet to be creative and have some fun. Little do they know that it is so good for their development as well.

According to staff at the Children's Center of the Islands, children benefit in many ways from free-form art, such as bilateral coordination, fine motor coordination, self regulation and boosting self-esteem. It's also important to know that when children create art, most times it is about the process, not the product.

The Children's Education Center of the Islands is a non-profit preschool offering full-time and parttime classes for children ages 18 months to five years during the school year.

For a tour of the center or additional information, contact Ms. Cindy at 472-4538.☆



Ava Wodjeski creates with paint during her free choice time at the children's center

The Condominium Associations of Sanibel, Inc.

Breakfast with the Mayor

Clubhouse at The Sanctuary * Friday, January 22nd 8:00 Registration * 8:30 Breakfast Buffet * 9-10 The Mayor \$15 for condominium owners & staff * \$25 all others

For reservations call 334-2138 or e-mail suitors@earthlink.net by Wed., Jan. 20th



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SIDE CITY HALI

St. Michael's Expansion Approved

by Jeff Lysiak

uring Tuesday's planning commission meeting, both the conditional use and development permit applications that will allow St. Michael and All Angels Episcopal Church to construct a new sacristy, Sunday school classrooms and restroom facilities on its property were unanimously approved.

Ĉity planner Benjamin Pople introduced the staff report on the application, which proposed a 1,040-square-foot addition and renovations between the fellowship hall and residence at the rear of the church, located at 2304 Periwinkle Way. He noted during his presentation that there would be no change in use nor intensity as a result of the expansion.

"The planning department finds that the proposed addition to the church substantially meets both the general and specific conditional use requirements of the land development code. The current number of off-street parking appears to be more than adequate for the existing uses on the subject property," Pople explained as he read from the staff report. "There is no new or separate use associ-

ated with the addition as shown on the proposed plans provided with the subject applications. Use of this new floor area is not expected to occur as a completely separate activity from the normal and incidental worship services and/or other events that will take place at the church."

Commissioner Tom Krekel asked if the proposed landscape plan in the application had changed from the previous plan, approved in 1993. Pople responded that since the project only proposes moving vegetation onsite, a new landscape plan wasn't necessary. Commission chair Dr. Phillip Marks questioned when construction on the addition was expected to begin; architect Gary Foreman said that they planned to begin work in March.

Following some additional discussion. commissioner Chuck Ketteman motioned



for the applications to be approved, which was seconded by Marks and approved, 6 to 0.

Thank you all for your time and good energy," said Rev. Dr. Ellen M. Sloan of St. Michael's following the vote.

In other business, the commission approved its meeting schedule for the remainder of 2016. Monthly sessions are planned, instead of the previous schedule of twice-per-month, with the ability to add a second session if needed. Remaining meeting dates are February 9, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8 and December 13.

'We can call a second meeting as needed, which would be held on the fourth Tuesday of the month," said planning department director Jim Jordan.

Prior to the start of Tuesday's meeting, city attorney Ken Cuyler conducted the annual organizational meeting to elect a new commission chair. Marks was nominated for reappointment by commissioner Holly Smith, and subsequently unanimously elected.

"I'd like to thank everybody on the commission for their vote of confidence,' said Marks.

Also, commissioner Chris Heidrick absent and excused due to his working on City of Sanibel business in Washington, DC – was unanimously reappointed vice chair.☆

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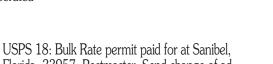






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Republican Caucus Meeting Notice

he Sanibel-Captiva Republican Caucus (SCRC) members invite the public to be part of the first of a series of bi-monthly meetings featuring elected officials who represent federal, state and local government.

On Saturday, January 16, City of Sanibel Mayor Kevin Ruane will be the featured speaker. Ruane will speake on issues of importance concerning the state of the City of Sanibel including water quality, the Town Center and the FY 2016-17 budget.

On Saturday, January 30, Steve Teuber, chairman of the Lee County School Board will be present to speak about the state of the schools in Lee County. District leadership, curriculum and the district's budget will be the focus of his presentation.

The SCRC meets at the Sanibel Public Library from 10 a.m. to noon. Refreshments wil be served.☆

City Holiday Operations And Refuse Collection

he City of Sanibel administrative offices will be closed in observance of Martin Luther King, Jr.'s birthday on Monday, January 18 and will resume regular operating hours on Tuesday, January 19. If you have any questions, call city

hall at 472-3700.

All garbage, recycling and vegetation waste collection by Advanced Disposal for the week of Monday, January 18 will operate as scheduled.

The Sanibel Recreation Center will be closed in observance of Martin Luther King, Jr.'s birthday on Monday, January 18 and will resume regular operating hours on

Tuesday, January 19. If you have any questions, call 472-0345. The Center 4 Life will be closed in observance of Martin Luther King, Jr.'s birthday on Monday, January 18 and will resume regular operating hours on Tuesday, January 19. If you have any questions, call the Center 4 Life at 472-5743.

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Contributing Writers

Kimberley Berisford

From page 7 Island Seniors

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.🌣

League Of Women Voters Luncheon

n Thursday, January 21, the Sanibel chapter of the League of Women Voters will feature the topic, Why Your Franchise Matters by disISLAND SUN - JANUARY 15, 2016 11

tinguished political science professor, Dr. Laura Weir. Weir is the executive director of the Center for International Education at Florida SouthWestern State College in Fort Myers.

All members of the League of Women Voters are urged to attend; non-members are also welcome. The luncheon is set for noon, Thursday, January 21 at Sundial Resort, 1451 Middle Gulf Drive. Cost of \$25 includes lunch. Registration begins at 11:30 a.m.

To reserve a place, send an email to lwvsanibel@gmail.com by Monday, January 18. Payment can be made at the door or mail a check to LMV Sanibel, P.O. Box 1194, Sanibel FL 33957.*



Church To Celebrate King In Speech And Song

St. Michael and All Angels Episcopal Church invites the entire community to join in its Dr. Martin Luther King, Jr. Day Celebration, to be held in the church's Sanctuary beginning at 6 p.m. on Monday, January 18. As the first church in Lee County – and one of the first Episcopal churches in Florida – to integrate, St. Michael's is especially pleased to host this important event.

The celebration features a unique performance by the Housing Authority of the City of Fort Myers Youth Choir, in its Sanibel debut. Comprised of 72 children, ages 5 to 17, who reside in the family development of the Authority and the Norstar Accolade company, this choir is the first choral group of its kind in the nation. Formed in summer 2014 and sustained entirely by numerous monetary and in-kind donations, the choir performs at community events and at functions promoting the mission of the Authority. The choir made its debut August 30, 2014 at Dunbar High School to commemorate the Southern Christian Leadership Conference Civil Rights Movement's 50th Anniversary. It has since appeared at such venues as Holiday in the [Roberto Clemente] Park, and the Lee County Black History Society's annual Juneteenth/Father's Day celebration. Most recently, it performed at the Fort Myers Miracle baseball game on August

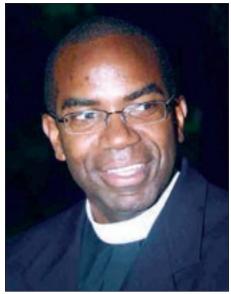
2016 Sanibel Scenes Calendars feature photos of local scenery and wildlife taken in and around Sanibel, so they are close to home.



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.



The Reverend Dr. Michael Battle will deliver the keynote address

4, 2015, singing the *National Anthem*. Forty of the group's singers will appear at the King Day Celebration.

Youth Choir Director Darlene Mitchell is a well-known area singer and vocal coach. A graduate of Hodges University and member of the Client Services staff at the Housing Authority of the City of Fort Myers, she has been recognized for her achievement in the arts and in community activism, as a Dr. Martin Luther King Hall of Fame inductee, sponsored by the Dunbar Festival and the Lee County Black History Society, and recipient of the Southwest Florida Puerto Rican Chamber of Commerce's 2010 Most Powerful Women Award. Mitchell has led the HACFM Youth Choir since its inception in 2014.

Keynote speaker for the evening is The Very Reverend Dr. Michael Battle. Currently Herbert Thompson Professor of Church and Society and Director of the Desmond Tutu Center at General Theological Seminary in New York, Battle earned a bachelor's degree from Duke University, a master of Divinity from Princeton Theological Seminary, a master of Sacred Theology from Yale University and a Ph.D. in Theology and Ethics from Duke. Ordained in 1993 by Anglican Archbishop Desmond Tutu, he has served as vicar at St. Titus Episcopal Church, Durham, North Carolina, rector at Church of Our Saviour, San Gabriel, California, and St. Ambrose Episcopal Church, Raleigh, North Carolina, and interim rector or associate priest with churches in North Carolina and Cape Town, South Africa. He has also served as chaplain to Archbishop Tutu, Congressman John Lewis, the House of Bishops and, in 2008, for the Lambeth Conference of Anglican Bishops

Battle has published nine books, including *Reconciliation: The Ubuntu Theology of Desmond Tutu*, and the book for the Episcopal Church's General Convention, *Ubuntu: I In You and You In Me.* In 2010, Battle received one of the highest distinctions of the Anglican Church, that of Six Preacher, conferred by the Archbishop of Canterbury, Rowan Williams. This recognition, originating with Thomas Cranmer in 16th-century England, is awarded only to those few



The HACFM Youth Choir, under the direction of Darlene Mitchell, will sing at the King celebration



Organizers for the event are, standing from left, Don Adams, Music Minister Hank Glass and Yvonne Hill, and seated from left, Rector Ellen Sloan, Wendy McLaughlin, David Bath and Roberta Winters

clerics who demonstrate exemplary dedication to the Church. Battle and his wife, Raquel, were married by Archbishop Tutu. Tutu baptized their two daughters, Sage and Bliss, and their son, Zion, as well.

The evening, which is free and open to the public, also includes a performance by the St. Michael's Parish Choir, under the direction of Music Minister Hank Glass, and a memorized recitation, by 12-year-old Zaire Saldana, of King's famous "I Have A Dream" speech. To conclude the celebration, the Parish Choir will lead the audience in a sing-along of *We Shall Overcome*.

The event will be followed by a reception in the Church's Parish Hall.

To inquire about special events at St. Michael and All Angels Episcopal Church, contact Rector Ellen Sloan at 472-2173 or visit saintmichaels-sanibel.org.

For further information, contact Jan Holly at 472-3594 or janholly4@gmail. com.¥

Email your editorial copy to: press@islandsunnews.com

COME WORSHIP with Sanibel Fellowship, SBC

Sunday 10 to noon Meeting now at George & Wendy's Sanibel Seafood Grille (2499 Periwinkle Way) Park and enter side door please Pastor Mark Hutchinson – 239-284-6709

Churches/Temples

ANNUNCIATION GREEK **ORTHODOX CHURCH**

8210 Cypress Lake Drive, Fort Myers 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.

FIRST CHURCH OF CHRIST, SCIENTIST 2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684

SANIBEL FELLOWSHIP, sbc Join us for worship Sunday 10 to noon Meeting now at George & Wendy's Sanibel Seafood Grille, 2499 Periwinkle Way, Park and enter side door please Pastor Mark Hutchinson 239-284-6709 SANIBEL COMMUNITY CHURCH 1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship: 8 a.m. Traditional in

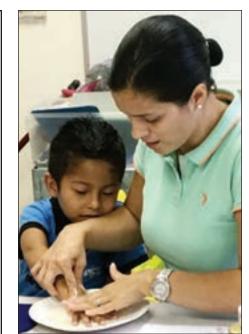
historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services. SANIBEL CONGREGATIONAL

UNITED CHURCH OF CHRIST 2050 Periwinkle Way 472-0497 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., May through October 9:30 a.m. only. 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. email ryi39@aol.com or 433-4901.



Jony Chavez-Santana and teacher Monica Tiso Creating Memories

ast month, Jony Chavez-Santana and Summit Christian Preschool teacher Monica Tison worked on an ornament at school as they prepared for Christmas. Jony is part of the VPK program that meets every Monday through Thursday from 8:30 a.m. to continued on page 29

Women's Clothing Men's Clothing Shoes Jewelry **Home Décor** Toys Collectibles Over 30 boutiques, restaurants & Gifts services on and just off Periwinkle Way. Cards Specialty TAHITIAN GARDENS Shops 1975-2019 PERIWINKLE WAY Family Dining THE VILLAGE SHOPS Take-Out 2340 PERIWINKLE WAY **Tropical Wine Men's Barber OLDE SANIBEL SHOPPES** Women's 630 TARPON BAY ROAD Salon TOWN CENTER Art Galleries 2496 PALM RIDGE ROAD Pet Needs Alterations/ **Dry Cleaning** Vacation & TAHITIAN GARDENS | THE VILLAGE SHOPS OLDE SANIBEL SHOPPES | TOWN CENTER **Real Estate** Information **Retail Hours:** 10 a.m - 5 p.m. Dail Services: By Appointment **Restaurant Hours:** Cafe's open 7:30 a.m.

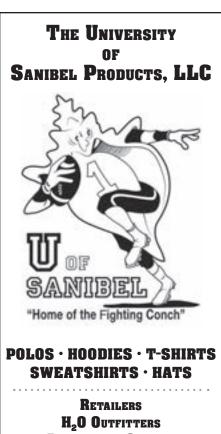
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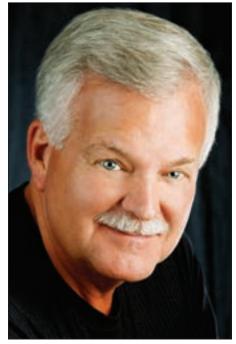
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Douglas Renfroe In Concert



Douglas Renfroe

n Sunday, January 24, Douglas Renfroe, cantor and music director at Temple Bat Yam on Sanibel, will be heard in concert. The performance will begin at the Sanibel Congregational Church on Periwinkle at 3 p.m. The afternoon is sponsored and supported by Temple Bat Yam with a free will offering donation.

The concert will include a variety of musical styles, including special tribute to one of America's most famous singers. It will also feature Abigail Allison on piano. As a special musical addition, Rev. John Danner, the pastor of the Sanibel Congregational Church will join the ensemble on a few select numbers.

Renfroe is an internationally acclaimed bass baritone who has served as cantor at Temple Bat Yam since 2001. His concerts throughout Europe and the United States have earned him recognition at major venues including Carnegie Hall, Lincoln Center, Washington Opera, Boston Opera, Sarasota Opera, the Edinburgh Festival, Westminster Abbey, Tel Aviv Lyric Opera and Columbia Artist Management. His theatre credits include touring as Tevye in Fiddler on the Roof with performances in Tel Aviv, Jerusalem, Bulgaria and Vienna. He has created two equity theater companies and has appeared in three motion pictures.

As a conductor, Renfroe has appeared at the Varna International Music Festival, the acclaimed Festival at Sea Music Series as well as locally. In addition to his tenure at Temple Bat Yam, he is the artistic director of the Voices of Naples, an auditioned choral ensemble.

He will be performing in Italy in early May prior to his return to Quebec City, where he will perform at various venues over the summer. He will also be returning as artist-in-residence for the Cathedral of the Holy Trinity in Quebec.



Jazz Sunday at Sanibel Community Church Church To Hold MLK Jazz Sunday

A special celebration of Martin Luther King, Jr. Day will be held by the Sanibel Congregational United Church of Christ on Sunday, January 17 at its morning worship services. Billed as MLK Jazz Sunday, the morning's program will include special musical selections by members of Island Jazz and the Bill Harris Quintet. The congregation's Senior Pastor, the Rev. Dr. John H. Danner, will reflect on the legacy of Martin Luther King, Jr. in his sermon, All Together Now!

"The work Dr. King and his colleagues undertook in the fifties and sixties is far from completed," Dr. Danner noted recently. "The impact of racism is still being felt across the land. Being devoted to the cause of civil rights for all is a worthy undertaking for any person of faith." He also observed that music, especially gospel music and jazz, "often reflected the heart and soul of the movement, and still can move people to action."

The service will include versions of the James Weldon Johnson piece Lift Every Voice and Sing, traditional spirituals including This Little Light of Mine and I've Got Peace Like a River as well as the anthem of the civil rights movement, We Shall Overcome.

Worships services featuring the jazz musicians will be held at 9 and 11 a.m. The public is invited to attend.

Additional information, including directions, can be found on the church website at www.sanibelucc.org or by calling the church office at 472-0497. The church is located at 2050 Periwinkle Way on Sanibel.



Your Library Reimagined

An interactive session with architects

Wednesday, January 20, 2016

Session One: 3 to 5 PM or Session Two: 7 to 9 PM

The Sanibel Public Library has retained HBM Architects, a nationally recognized form focused on library planning and design, to guide us through Your Library Reimogined.

Learn the concepts of the 21st century library, identify your likes and dislikes, and share in the vision for reimagining your Library.

Sanibel Public Library requests the community attend with a vision to the future, an open mind, and the energy and excitement that makes Sanibel such a great place to live!

Register online, or at the Circ Desk, by Monday, January 18. Each session limited to 100 participants. There will be more opportunities to participate at future events.

Sanibel Public Library 770 Dunlop Road Sanibel, FL (239) 472-2483 Register on the homepage at www.sanlib.org



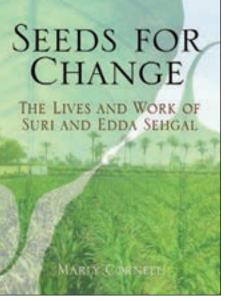
Book Discussion At Captiva Memorial Library



Marly Cornell

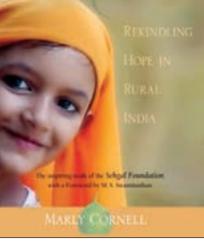
When Sehgal Foundation published Seeds for Change: The Lives and Work of Suri and Edda Sehgal by Marly Cornell in 2014 – originally intended only for their family – the book won multiple book awards and convinced the Sehgals that others might be interested in their story.

Both were refugees who escaped their



countries of origin and came to America where they achieved great success in business and used their wealth to help those less fortunate. Suri and Edda Sehgal have been residents of Captiva since 2000 but many of their longtime friends and neighbors did not know until recently that the couple were the founders of a nonprofit organization that has been steadily making a positive difference in the lives of the

Together We Empower



poorest of the poor in rural India. *Together We Empower: Rekindling Hope in Rural India*, published January 1, 2016, also by Cornell, reveals the rationale and the hearts behind their entrepreneurial approach to rural development and shares how their heroic team has inspired long-term social change

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in partnership with communities since 1999.

Cornell will talk about both books at the Captiva Memorial Library, 11560 Chapin Lane, on Wednesday, January 20 at 4 p.m. as part of the library's Afternoon Sojourns series. Suri and Edda Sehgal will also be present to share their experiences and answer questions. For more information, call 533-4890.

The discussion is sponsored by the Captiva Memorial Library Board and the Captiva Civic Association.









Come explore our natural world

24th Annual SCCF Tennis Tournament — Jan. 30-31 To register please call The Dunes at 472-3522

The Bees of Sanibel & Captiva — January 20

Join Dee for an up close and personal photographic story of the lives of native and non-native bees of Sanibel and Captiva. See if there are male green orchid bees at the scent station set up for them by the butterfly house. *Wednesday, January 20 at 10 a.m. \$5 adults*

Caloosahatchee Oxbow & Riverlore Cruise — Jan. 24

Come with us to experience the historic meanders of the upriver Caloosahatchee on this 2.5-hour cruise guided by Rae Ann Wessel. Departs at 1 p.m. from the W.P. Franklin Lock & Dam Park off SR 80 in Olga. Advance reservations and payment required. \$45 per person. Call 472-2329. January 24, February 14 & 28

Tides, Currents & the Florida Shelf — January 20

Tides and currents affect most of our lives daily. Why do the islands sometimes have just one tide a day? Learn how water behaves as the earth spins, the moon orbits and the winds blow.

Wednesday, January 20 at 1:30 p.m. \$5 adults

Watershed Adventure at the Babcock Ranch — Feb. 4

In 2006 the State of Florida and Lee County purchased 73,239 Acres of what is now called The Babcock Ranch Preserve. Join SCCF for a Watershed Adventure and swamp buggy tour.

Thursday, February 4. \$40. Reservations are required. 472-2329

Weeds, Seeds & Birds— January 18

SCCF's Weeds 'N Seeds and Birding the Preserves will combine finding and identifying native plants as well as a variety of birds. Meet at the Nature Center porch and carpool to an SCCF preserve. Walks are two hours. You may need parking money. Bring a hat, water, sun-block and comfortable enclosed shoes with socks. *Monday, January 18 and 25 at 9 a.m., meet on the Nature Center porch. Free.*

Wildflower & Pollinator Walk at the Bailey Homestead

Join Dee for a "Wildflower and Pollinator Walk" at SCCF's Native Landscapes & Garden Center's new pollinator garden at the Bailey Homestead Preserve. See who is nectaring on the hundreds of wildflowers and learn the native butterfly host plants. *Friday, January 22 at 11 a.m. Free but advance reservations required. Call 472-2329.*

Explore Our Nature Center, Trails and Observation Tower

Butterfly House – Guided tour Tuesdays 10 a.m.; also self-guided. Nature Center – live turtles, snakes, videos, 4 miles of walking trails with an observation tower. \$5 adults

Guided Trail Walks - Tues-Fri, 11 a.m. 4 miles of trails to explore. \$5 adults

SCCF's Native Landscapes & Garden Center

Come visit our Native Landscapes & Garden Center at their new location at the Bailey Homestead Preserve, 1300 Periwinkle Way. The larger space now offers demonstration gardens of different island habitats. Hours: 8:30 a.m. - 5 p.m. Mon.-Fri. and 10 a.m. - 3 p.m. on Sat.

The old Nursery at the Nature Center is closed.

Sanibel-Captiva Conservation Foundation

3333 Sanibel-Captiva Road (one mile west of Tarpon Bay Road) Nature Center: Open Monday-Friday 8:30 a.m. - 4 p.m.

Garden Center: Open Mon-Fri 8:30 a.m.-5 p.m.; Sat 10 a.m.-3 p.m.

SCCF: (239) 472-2329 Garden Center: 472-1932 www.sccf.org

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

Friday, January 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW, presented by a CROW volunteer.

Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, January 15, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an indepth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following the tour with an animal ambassador.

Saturday, January 16, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Baby Care at CROW, presented by a CROW volunteer.

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Saturday, January 16, 2 p.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.

Monday, January 18, 9 to 10 a.m., \$7 per person, reservations required – Ambassador Monday. Ambassador Monday features a presentation by one of CROW's staff members in the visitor center with one of the education residents. Animal ambassadors have received an injury preventing their release back into the wild. The program includes their species' natural biology, guest appearance and a continental breakfast. Photography opportunity with animal ambassador and CROW staff.

Monday, January 18, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

CROW is able to treat 3,500 animals annually with the assistance of its students, who become experienced wildlife care professionals at the teaching hospital. During this program, students dive into the world of conservation medicine and wildlife rehabilitation while discussing patient stories and personal victories.

Tuesday, January 19, 11 a.m. and 2 p.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. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. Live animal encounter following presentation.

Tuesday, January 19, 4:15 to 5:15 p.m., adults \$7, teens \$5, 12 and under no charge, advance registration required – Speaker Series: Story of Ospreys.

Ospreys are large brown and white raptors who breed in Southwest Florida from December through April and can be seen diving for live fish in shallow waters throughout the area. Because they build their nests right out in the open, their behavior is easy to observe, but not always easy to understand. This presentation uses photos, videos and recorded vocalizations to explain osprey behavior. This program is dedicated to "Bird" Westall, founder of the International Osprey Foundation. Guest speaker is Claudia Burns, volunteer at the International Osprey Foundation.

Wednesday, January 20, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101, presented by a CROW volunteer.

Have you ever come across an animal in distress? Do you know the proper way to transport it to CROW for treatment? This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

Wednesday, January 20, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following tour with an animal ambassador.

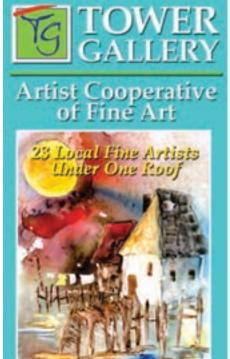
Thursday, January 21, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: continued on page 28

Fish Caught



Casey and Kendall Schrader

Charters on January 2. "Just as we were finishing up, both of our kids got a hit on their lines," wrote Liz Schrader. "They each reeled in a 25-inch crevalle jack at the same time. Our twins caught twins!"



751 Tarpon Bay Rd. Sanibel, FL 33957 (239) 472-4557 www.towergallery.net Open 7 Days A Week 10 AM till 9 PM

Fish Caught



Sean Joannes holds up a 30-inch redfish he caught

Sean Joannes, from Port Charlotte, caught a 30-inch redfish with whitebait while on a Sea Reed Charter. Joannes released the fish.**





Join Us

SATURDAY, JANUARY 30, 2016, 6:00PM

The BAILEY-MATTHEWS NATIONAL SHELL MUSEUM

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\$150 per person

Space is limited so reserve today by contacting Melanie at 239-395-2233 or at shellmuseum.org

Open Daily - 10am to 5pm 3075 Sanibel-Captiva Road, Sanibel, FL. (239) 395-2233 - shellmuseum.org





What's Happening At The House In 2016

Events **Fine Art**

Boutique Show Jan 15-16 9 am-5

Rims n Fins Car Show Postponed

Cooking With The Island Stars CALLING ALL FAMILY CHEFS Applications available NOW

LECTURE SERIES

Sponsored by Sanibel Captiva Trust Company

Nutrition "Healthy Herbs & Spices" Thurs. Jan 28 1 pm Members \$15/Guests \$20

> Shredding Sat., Jan 30 9-Noon SCA North Lot

Classes/Programs

Beading Wed., Jan. 20 - Noon Members \$35/Guests \$40

Bridge Lessons and Sanctioned Duplicate Bridge Tues/Thurs

Complimentary Shell Crafting Lesson Mondays 10 a.m. Crafts on Sale until 3 pm

Funky Fish Lanai Art

Mon. Jan 18 6-9 pm Members \$50/Guests \$60

iPad/iPhone Thursday, Jan. 28 \$40 Members/\$45 Guests

Notecard Paper Craft

Tue. Jan. 19 9:30 am- 12:30 Members \$25/ Guests \$35

Sissi's Colorful Sips Wed., Jan. 20 pm

Yoga Mon., Thurs 8:30 am *other dates/times available see website

Restore the Heart of the Island



The Community House SANIBEL COMMUNITY ASSOCIATION

Telephone: (239) 472-2155

info@sanibelcommunityhouse.net

www.sanibelcommunityhouse.net 2173 Periwinkle Way, Sanibel, FL 33957

"To enrich community spirit through educational, cultural and social gatherings in our historic Community House." The SCA is a 501c 3 Organization. Follow Us On Facebook



Caloosahatchee River Cruise The Historic Caloosahatchee

our the historic upriver

Caloosahatchee on a two-and-ahalf-hour Caloosahatchee Oxbow & Riverlore Cruise, departing from the WP Franklin Lock in Olga at 1 p.m. The cruise explores the meanders of the Caloosahatchee back to a time when a waterfall served as the headwaters of the river and settlers braved living amongst the wilderness.

Cruises will be available the following Sundays:

- January 24,
- February 14
- February 28
- March 13
- April 10

• May 8

The cruise begins by navigating through the lock. Heading east toward Alva, it will enter the historic bends of the river and revisit the activities of the pioneers who traveled the same river. Stories of the settlements and their adventures are blended with an understanding of the river's oxbows, the wild creatures that call it home and the challenges the river faces.

Rae Ann Wessel, a river researcher, long-time river advocate, historian and Sanibel-Captiva Conservation Foundation (SCCF) natural resource policy director, guides the tour.

The vessel is the stable and spacious 47-passenger Manatee Rover pontoon that features daily manatee tours. All seats have a great view for photographs and bird watching.

Private group cruises can be scheduled by appointment.

Advance reservations are required and payment is due at time of reservation. Tickets are \$45 per person. Call SCCF at 472-2329.举



Black skimmers at Bunche Beach photo by France Paulsen

Audubon Bunche **Beach Bird Walk**

he next Sanibel-Captiva Audubon Saturday Bird Walk will be held on Saturday, January 16 at Bunche Beach. Participants will meet at the beach parking lot at 8 a.m. The parking fee is \$2 per hour. Waterproof shoes are a must because participants walk through tidal pools on the walk. These bird walks are open to public and all levels of experience. A \$2 donation is appreciated.

Call Hugh Verry at 395-3798 for additional details.☆





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> Regards, Jerry's of Sanibel 1700 Periwinkle Way, Sanibel Island, FL 33957









Sam Adams Winter Lager





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At Periwinkle & Casa Ybel

Cold Front Changes Jp Fishing



by Capt. Matt Mitchell

or the last couple of months, our water temperature has been unseasonably warm, staying right in the mid-70s. The drastic 10-degree drop we experienced this

week due to the strongest cold front of the year really changed things up. The most noticeable difference was how tough the snook bite became. Luckily, there were lots of other species that still kept feeding and it was just a matter of changing up tactics to keep my clients happy.

For months now, our catch and release winter snook bite would just not quit with 30-plus fish caught being a nor-

mal outing. Although this snook action did not completely quit, it really slowed. During the colder days this week, getting a snook to eat a bait before things warmed up by midday was just about impossible. During the afternoon as temperatures gradually warmed up, some of the snook action did pick up but it was not close to what we have been lucky enough to experience for the last few months. Just the way these snook took a bait in the cooler water was a whole different thing and nothing like the aggressive explosive action we got used to.

Cool clear water did do wonders though for our trout fishing. Free-lined shiners caught lots of trout this week up to a whopping 24 inches. Limits came easily most days once you located the fish. Most of these trout were caught fishing in three to five feet of water on the drop-offs of grass flats during the lower tide periods. Watching these big trout chase and blow up on live shiners on the surface is always a blast.

Colder water also finally got the usual rat redfish of winter fired up. Mangrove islands in the southern sound had plenty of reds ranging from 16 to 22 inches with both live shrimp and shiners catch-

Send Us Your Fish Tales

he 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.



Paul Black from Sea Isle, New Jersey with a pompano caught while fishing with Capt. Matt Mitchell this week

ing these fish. Most of these redfish were caught over the sand and grass bottom mix just out from the mangroves while fishing the wind blown sides of the islands.Creek fishing for these redfish has not started to pop yet but, with another cold front on the way, it should start to happen soon.

During the colder days this week, to get on action it often meant switching things up and going to chunks of shrimp on a jig head. If I would live chum a spot with shiners and not see any surface



activity, it was time to shrimp fish. Live shrimp are a must have option during cold periods and catch a mixed bag of fish. While bouncing these shrimp chunks slowly across the bottom in deeper mangrove channels, we caught pompano, sheepshead, snapper, small gag grouper and black drum before things finally started to wake up and come to life on shiners.

Fog is all part of our winter boating and happens a lot this time of year when water temperatures are warmer than the air temperature. Several mornings this week, we had very low visibility due to dense fog and to get around safely you had to have total confidence in your electronics and good tracks to follow on your GPS. Being out in these whiteout conditions can be nerve-racking and it's easy to get turned around, run aground or even lost. Go slow, be alert and take your time in the fog as other boats and markers can't be seen until they are often very close. Be safe out there!

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.🌣

Dave Doane



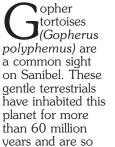
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crow case of the week: Gopher Tortoise



by Patricia Molloy



named because of their ability to dig large underground burrows utilizing their shovel-like front legs.

Burrows are essential to the survival of these tortoises, as they provide protection from extreme temperature fluctuations and natural disasters, along with a relatively safe haven for their eggs to incubate and hatch. A single gopher tortoise will build several burrows in its home territory.

Referred to as a Keystone Species because gopher tortoises share their burrows with a wide variety of other wild creatures (including skunks, burrowing owls, Eastern cottontails, Virginia opossums, Eastern indigo snakes and a wide variety of insects, frogs and lizards), many of its cohabitants, known as commensals, will disappear if a host tortoise abandons its burrow due to illness, injury or death.

Recently, a young gopher tortoise was delivered to CROW after being found



Gopher tortoises are herbivores, meaning they feed only on plants

dragging one of its hind legs. While no broken bones were found and the tortoise had a good body condition, it was admitted to the wildlife hospital as patient #15-2718.

After a couple of weeks of supportive care, the tortoise's condition was essentially unchanged. As one rehabilitator noted, "I've had volunteers come up and tell me that he's getting over sticks when he's outside grazing. He even climbed a cement stair outside. But he's going crazy in that cage; he really wants to get out."

Dr. Heather considers the survivability of each patient very carefully before returning it to its wild home; if an animal is unable to feed itself or defend itself in the wild due to illness and/or injury, she will not release it. But just as humans can survive (and even prosper) with certain permanent injuries or medical conditions, so can some wild animals. And when considering the case of a gopher tortoise, she must also take into consideration the impact its absence has had on its commensals.

"Right now, he's still doing what he has always done, which is drag (his hind leg) for three steps and then take a step. Drag it for three steps and then take a step," Dr. Heather said about the gopher tortoise. "But I've also seen him use that leg when he wants to. I think there's a joint issue there that makes it harder for him to do the rotation, but I think he's releasable. And apparently he does have a burrow in the area he came from."

The tortoise was released near its burrow before the chill of winter set in.

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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shell Of The Week Delicate Ark



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

The delicate ark, Fugleria tenera (C.B. Adams, 1845), is an uncommon western Atlantic

member of the Arcidae, a family of marine bivalves that also includes the turkey wing and the transverse ark, among others. The delicate ark may reach slightly more than one inch (25 mm) in size. It differs from other, related species by its thin shell, with an alternating pattern of thicker and thinner radial ribs, which are in turn crossed by concentric ridges. Living delicate arks have a hairy, rich periostracum that is more abundant toward the posterior (more pointed) shell end.

The species is known locally from a single valve, found recently (last December) by Suzanne J. Hewitt on the Captiva side of Blind Pass.

Shell Museum Events

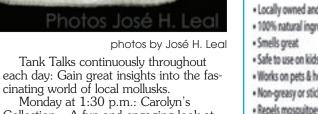
Daily Island Inn Morning Beach Walks (Advance booking required): Join our marine biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children.



The delicate ark, Fugleria tenera

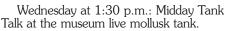
Parking at the Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk guests receive half-off museum admission. (Current Island Inn guests please book through the Inn).

Mollusk movies and scavenger hunts continuously throughout each day.



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: Mollusk Matinées – A series of nature-related lectures presented by local experts. (Please check shellmuseum.org for weekly topics.)

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.‡









Monday-Sunday 11:30AM-9PM

2407 Periwinkle Way · 472-6882

(Inside Islander Center)



For The Birds

by Gerri Reaves

If you want to attract birds to your yard, give them reasons to show up: a pesticide-free environment, safe cover, nesting habitat and food.

While seed-filled bird feeders will certainly attract birds (not to mention squirrels and ducks!), planting trees and shrubs that provide all of the above might increase the number of bird species that visit in your yard in the long run.

The fruits pictured here are only three of many that will make your yard a preferred avian hang-out.



The fruit of firebush, golden dewdrop and seagrape all attract birds

Native firebush (*Hamelia patens*) not only attracts a variety of birds with its purpleblack berries, but also butterflies with the red-orange tubular flowers. Hummingbirds feed on the nectar.

This low-maintenance, storm-resistant hedge or small tree (there's also a dwarf variety) blooms all year and adjusts to a variety of conditions. It's a must-plant for both bird- and butterfly-watchers.

There's some disagreement among experts as to golden dewdrop's (*Duranta repens*) native status, but there's no disputing its beauty and value to wildlife.

The clusters of yellow fruit and five-lobed tubular blue flowers often simultaneously exist on the shrub.

Songbirds like the fleshy fruit, the flowers attract butterflies and hummingbirds, and the foliage provides cover for birds. Leave all the fruit for the birds, however, for it is toxic to humans.





photos by Gerri Reaves

Golden dewdrop is somewhat drought tolerant and will tolerate nutrient-poor soil. It grows best in full sun and usually remains shrub size, but in good conditions develops into a small tree.

It can also be trained to grow on trellises, walls and fences.

Seagrape's (*coccoloba uvifera*) fruit sometimes sets up competition between people and wildlife. Birds visit the tree for the delicious bunches of grapes, and so do people wanting to make seagrape jelly.

This native tree's value to people and wildlife is difficult to overstate. It is protected by law because it prevents coastal erosion; its canopy and fruit provide cover and food for wildlife, respectively.

Other winning characteristics include seagrape's beautiful large reddish veined leaves, high salt tolerance, and low maintenance requirements.

Give your yard's resident and migrating birds some variety – plant some living bird-feeders and enjoy the scene.

Plant Smart explores the diverse flora of South Florida.



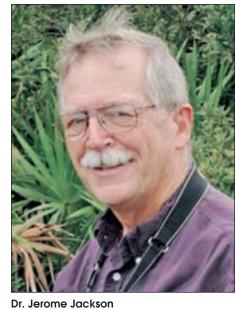
Audubon Features Birds Of Southwest Florida

The Sanibel-Captiva Audubon Society will present a program entitled Birds in Southwest Florida – Diversity and Adaptations for Survival, by Dr. Jerome "Jerry" Jackson, on Thursday, January 21, at 7:30 p.m. at The Community House, 2173 Periwinkle Way, Sanibel.

Jackson is a professor emeritus at Florida Gulf Coast University and host of WGCU's public radio show, *With the Wild Things*.

His talk will cover some of the more common birds as well as some not so common birds. He will focus on "gee whiz" things you might not know about their behavior, ecology and interactions that allow them to survive locally both in natural and unnatural habitats. In short, he will be demonstrating why we should all be bird *watchers*, not merely birders who tick a species off on a list and move on.

Dr. Jackson describes his love of nature in the following words: "The joy, and yes, I mean real joy, that I find in learning and teaching about the living world comes from recognition of the tremendous diversity of life, the complexity of relationships among creatures and the complexity of interactions between these creatures and their physical



environment."

His publications include 15 books, among which is *In Search of the Ivory Billed Woodpecker* and a biography of George Miksch Sutton, 220 publications in scientific journals and 120 publications in popular magazines. Subjects taught throughout his career include natural history, ornithology, mammology, biogeography, field zoology for educators, ecology and natural history of coastal environments to mention only a few. He says his life is hopelessly linked with nature, which he loves with a passion. His hobbies, include the active search and scientific



Sleeping barred owl

update of the ivory billed woodpecker. He is also a pilot, canoeist, scuba diver, world traveler and photographer.

This is the third of eight Sanibel-Captiva Audubon lectures to be held in 2016 on Thursdays at 7:30 p.m. at The Community House. As always, all are welcome to attend. Doors open at 6:30 p.m, and parking is available at The Community House as well as across Periwinkle Way at the Herb Strauss Theater. A \$5 donation is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida.

For additional information, call Bill Jacobson at 395-1878 or visit the Sanwww.san-capaudubon.org. \ddagger

Periwinkle Carvers Weekly Meetings

The Periwinkle Carvers will begin meeting again this year on Thursdays, between 9 a.m. and 2 p.m., at Sanibel Community Church, in Room 130.

The group has been active for many years and welcome new and experienced carvers who enjoy working in various aspects of wood – relief, caricature, animal and bird sculpture, etc. Come for the season, for a month or drop in anytime to see what is being done; all are welcome.

In addition, The Periwinkle Carvers sponsor a show at the Sanibel Public Library each February to demonstrate their work. As per tradition, coffee and apple fritters are optional.

If you have any questions about the club, call Ed Sessa at 834-9116.





Osprey pair hunting for fish

photos courtesy of The International Osprey Foundation

Osprey Presentation At CROW

The Clinic for the Rehabilitation of Wildlife will present The Story of Ospreys on Tuesday, January 19 at 4:15 p.m. in their Visitor Education Center, located at 3883 Sanibel-Captiva Road.

Ospreys are large brown and white raptors who breed in Southwest Florida from December through April. Because they build their nests right out in the open, their behavior is easy to observe. But it is not always easy to understand, so presenter Claudia Burns, who has monitored osprey nests for 20-plus years as an International



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Osprey Foundation volunteer, uses photos, videos and recorded vocalizations to explain osprey behavior. The presentation is dedicated to Mark "Bird" Westall, founder of The International Osprey Foundation, who is suffering from ALS.

Prior to the presentation, visitors are encouraged to explore the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration and is located across from The Sanibel School. Reservations are required for the presentation, with admission of \$7 for adults, \$5 for teens, free for children 12 or under.

To make reservations or for more information, call 472-3644 ext. 228 or email rrainbolt@crowclinic.org. To learn more about CROW, visit www.crowclinic.org. \updownarrow

Shell Found



Hannah O'Connor

Hannah O'Connor, 11, visiting from Homer Glen, Illinois found an alphabet cone while shelling near Lighthouse Beach. This was Hannah's first visit to Sanibel. 🌣

From page 1 Sea School

the sea, to be carried far away.

"It's the perfect way for everyone to feel like they're getting a fresh start on the new year!" says counselor Maddie Hickey.

Sanibel Sea School is a 501c3 nonprofit organization whose mission is to improve the ocean's future, one person at a time.

To learn more, visit www.sanibelseas-chool.org. $\overset{\mbox{\tiny X}}{\xrightarrow{\mbox{\tiny X}}}$

Shell Found



Back row Landyn Ogle, Lainey Ogle, Reece Taylor, Rylee Taylor holding junonia and Will Taylor

andyn Ogle, Lainey Ogle, Reece Taylor, Rylee Taylor and Will Taylor from Tennessee found a junonia in Captiva Island while staying on Captiva Island.

Frrom page 18 CROW Calendar

Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species.²



BIG ARTS Monday Night Film Series Charlie's Country

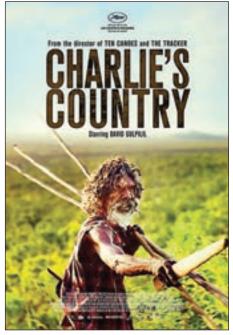


by Di Saggau he BIG ARTS Monday

Night Movie for January 18 is Charlie's Country, an Australian

film about a rascally, sixty something resident of an Aboriginal reserve in Australia's Northern Territory. David Gulpilil stars as Charlie, a man who lives in a shack provided by the government and fitfully feels the pangs of injustice. He leads an easy-come-easy-go existence. The crevices in his face look as deep as any in the Australian outback.

Charlie is a hunter who is not allowed to hunt. The film is a thoughtful, tragicomic vision of impoverished indigenous life, with allusions to Gulpilil's background as a dancer and his public struggles with alcoholism. Part of the movie's mischievous charm lies in the director's



and cinematographer's sophisticated use of Steadicam, which moves almost exclusively with Charlie, often seemingly in a struggle to keep up with his brisk, determined walk. Charlie looks stubborn or heroic, depending on who's doing the looking, and on what they know about

his past.

The film gets some of its power from the fact that Charlie's story tracks pretty closely with that of the actor playing him. But just some of its power. Gulpilil is giving a genuinely wrenching performance and as Charlie faces down disappointment and inadvertent cruelty he becomes almost majestic in his guiet demeanor. The landscape is majestic too.

Director Rolf de Heer says he made Charlie's Country not just as a social document about his government's insensitive policies, but also to help a troubled David Gulpilil get back on track. Gulpilil had quite a film career, appearing in more than two dozen movies, including Crocodile Dundee and The Right Stuff. More recently, he has fallen on harder times.

Charlie and all the people in the settlement receive benefits, government housing health care that whisks them to a nearby city in emergencies, even if they don't want to go. But they are not permitted to do what they've done for generations. Live off the land. Charlie's Country runs 108 minutes. Admission to BIG ARTS Monday

Dinner: 5:30pm to 9:30pm 15183 Captiva Dr. Captiva Island, Florida 33924 (239) 472-3337

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 on Sanibel. Tickets are available at the door or by calling 395-0900.举

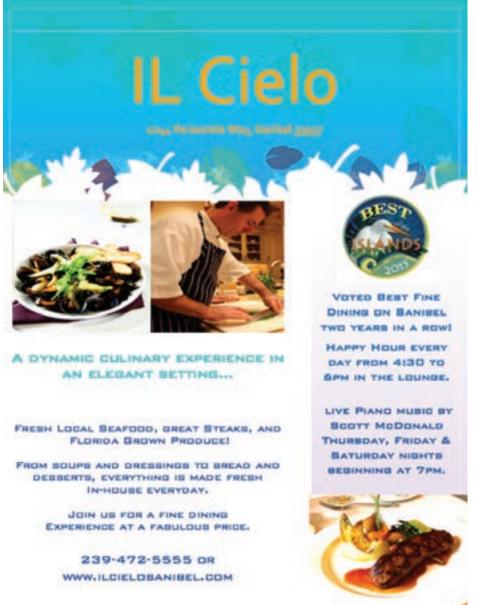
From page 13 Memories

12:30 p.m. with additional hours until 2 p.m. Children learn through hands-on activities, music, sensory experiences, outdoor play and a variety of fine motor skills.

Enrollment is open at Summit Christian Preschool at Sanibel Community Church, located at 1740 Periwinkle Way (next to Jerry's Market). For information or a tour of the preschool, call Kathy Stanley at the main campus at 482-7007.举







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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

Falling Through The Glass

by Lorraine Walker Williams

The moon fell through the glass last night,



shattered patterns on the floor, sprinkled shards, opalescent bright.

The moon fell through the glass before

I could save it, catch it, hold it close before I could break its fall from

ink blot sky, before I could warn the floor,

shut the door. The moon tumbled through cloud and mist,

careened past mountains, almost missed

the glass it crashed, surprised that it could fall so far.

Moon smashed its darker face hidden in the black of space, scuttled on the floor.

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Now darkness wears moon's new masque. falling through the glass.

Lorraine Walker Williams is the author of Split poems (2014) plus four other books of poetry; creator of Artpoems; twice nominated for the Pushcart Prize. She has read at the

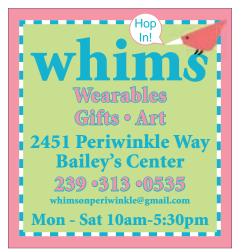
Library of Congress and been named Literary Artist of the Year in Lee County. She is the current President of SWFL Pen Women.☆

Dolphin Slaughter Controversy Film At 'Ding' Darling

he controversial film The Cove continues the 4th annual "Ding" Darling Wednesday Film Series on January 20 at 2:30 p.m. in the "Ding" Darling Visitor & Education Center auditorium.

Academy Award winner for Best Documentary of 2009, the 96-minute film follows a group of activists as they embark on a covert mission to penetrate a hidden cove in Taiji, Japan, and shed light on a dark and deadly secret that is

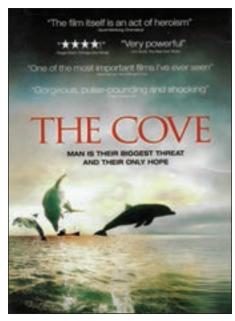
threatening the dolphin populations. Activist Ric O'Barry, who trained dolphins for the Flipper TV series, joins forces with filmmaker Louis Psihoyos and the Ocean Preservation Society to expose brutal local fishing practices, risking life and limb in the process. Note: The film contains graphic scenes that may be inappropriate for children.



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"Ding" Darling's second film of the season, The Cove, is "an act of heroism"

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free eight-film, biweekly series with sponsorship from Sanibel-Captiva Beach Resorts. Seating is free, but limited and on a first-come basis.

Below are the season's remaining scheduled films. All showings begin at 2:30 p.m. For full descriptions of the films, visit dingdarlingsociety.org/films.

January 20: The Cove

February 3: Vanishing of the Bees February 17: Sand Wars March 2: Plastic Paradise: The Great

Pacific Garbage Patch March 16: Crash: The Tale of Two Species

March 30: The End of the Line: Where Have All the Fish Gone? April 13: Bag It: Is Your Life Too Plastic? 🌣

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From page 1 Meet The Authors

January 18. Watts will teach how to spot the warning signs, avoid the pitfalls and learn how to recover from identity theft. He'll review managing social media and other sources that collect your data online. A certified legal investigator, fraud examiner and identity theft investigator, he is owner and operator of Allied Business Solutions, a private investigation firm licensed in New Jersey and Florida.

On Tuesday, January 19 at 2 p.m. Linda Abbott will be discussing and signing copies of her debut novel, *Ten Days in Paradise*. Though she worked for many years as a professional writer, first as an award-winning journalist and then in public relations, she only recently began writing fiction. She found her muse while vacationing on Sanibel, where she wrote the opening chapters of *Ten Days in Paradise*.

where she wrote the opening chapters of *Ten Days in Paradise*. The library will host a book signing at 2 p.m. on Wednesday, January 20 with Sherry Gore, whose latest book is *The Plain Choice: A True Story of Choosing to Live an Amish Life.* Gore is former editor-in-chief of *Cooking & Such* magazine, and the author of *Me, Myself and Pie.* The National Geographic Channel featured Gore prominently in its documentary series, *Amish: Out of Order.*

Gore's culinary adventures have been seen on NBC Daytime, The Today Show and Mr. Food Test Kitchen.

Lee County Extension will present its Florida Yards & Neighborhoods (FYN) program at 9 a.m. Thursday, January 21. FYN teaches best practices in designing and maintaining yards and gardens. These methods will provide a quality landscape while reducing the use of fertilizers and pesticides, conserving water supplies and increasing native habitats.

Aaron Cohen presents his book, *The World's Second-Most Famous Detective* – *Georges Simenon's Inspector Maigret* at 10 a.m. Friday, January 22. Simenon is among the top 10 best-selling fiction writers of all time. His work consists of 391 titles, and he is best known as the creator of the popular detective series featuring Inspector Maigret. Simenon wrote – and lived – at a frenetic pace; he wrote novels in 11 or 12 days and his infamous personal life included a time when he lived with one wife and two mistresses. Cohen, who is recently retired from his position as CFO at Bellevue Hospital in New York City, has been interested in the Maigret novels for 25 years.

Martin Walker, novelist and author of the international bestselling Bruno, Chief of Police series, will speak at 2 p.m. on Friday, January 29.

His historical thriller novel, *The Caves of Périgord*, reached number eight on the *Washington Post* bestseller list. His Bruno books, set in rural France, have increased attention for the Périgord region with their description of truffles, foie gras, artisinal cheeses and fine wines. Walker is a former chief international affairs columnist for UPI

and a senior fellow at the Woodrow Wilson Center and the Global Business Policy Council.

The library is located at 770 Dunlop Road. For more information, call 472-2483 or visit www.sanlib.org. \updownarrow

Academy Award Contender's Series

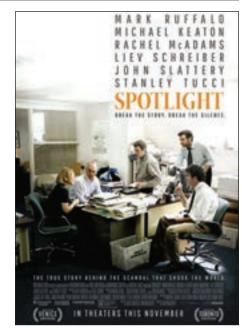
by Stan Gembicki Onwednesday, January

January 20 at 12:30 p.m., the Island Cinema will show the third movie in this year's BIG ARTS Academy Awards Contenders Film Series. A discussion

will take place after the movie. Tickets are available at the Island Cinema. Other movies in the series will be announced prior to the weekly showing.

When the Boston Globe's tenacious Spotlight team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world.

Spotlight was directed by Tom McCarthy and written by McCarthy and Josh Singer. It is based on a series of stories by the real Spotlight Team that earned The Globe the 2003 Pulitzer



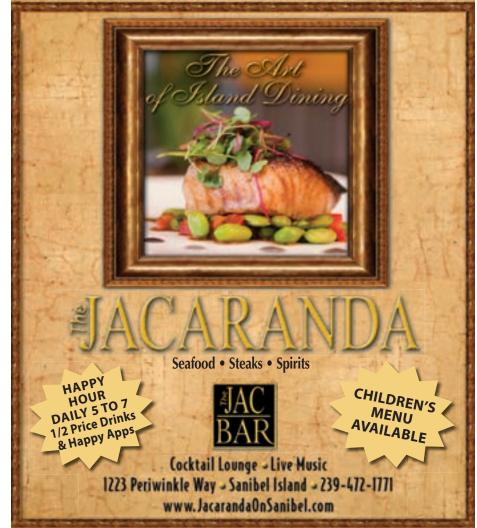
Prize for Public Service.

The film stars Mark Ruffalo, Michael Keaton, Rachel McAdams, John Slattery, Stanley Tucci, Brian d'Arcy James, Liev Schreiber and Billy Crudup.

Spotlight has received a number of awards including a Golden Globe nomination for best picture.

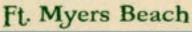
The film is 2 hours and 7 minutes in length. Show time will be at 12:30 p.m.







Sanibel Island



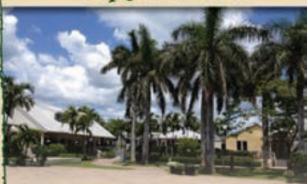
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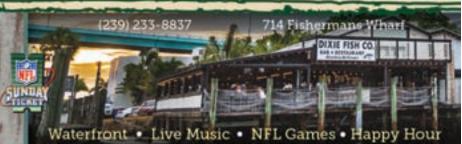


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BUSINESS

VOL. 23, NO. 30

REAL ESTATE SANIBEL & CAPTIVA ISLANDS, FLORIDA

CLASSIFIEDS

JANUARY 15, 2016



Sporting their swim team robes are, from left, coach Craig Albert of the Sanibel Captiva Community Bank Gold Team, coach Les Boyle of the Kiwanis Purple Team, and coach Steve Greenstein of The Sanibel Captiva Trust Company Green Team

Mardi Gras Swim Teams Are Robed And Ready

Excitement for this year's CHR Mardi Gras is building as the swim relay teams are preparing and conditioning for their Swim For The Beads competition, which will take place during the Saturday, February 6 fundraiser at The Dunes Golf and Tennis Club.

The Gold Team is Sanibel Captiva Community Bank, the Green Team is The Sanibel Captiva Trust Company, and the Purple Team is the Sanibel-Captiva Kiwanis Club. The colors of the teams are important.

"Mardi Gras revelers can buy strings of beads that represent the color of their team – purple gold or green," explained Les Boyle, who is coaching the Sanibel Captiva Kiwanis Club's Purple Team. "With every string of beads, you get to place a raffle ticket in that team's bucket. All teams will pull raffle tickets from their team buckets, but the winning team gets the chance to draw for most of the prizes, including the grand prize, which is an all-inclusive trip to the real Bourbon Street in New Orleans."

"The more beads you buy to support your team, the better your chances of winning that grand prize," said Sanibel Captiva Trust Company team coach Steve Greenstein. "And since our Green Team is going to win this thing, I would suggest all partygoers buy a lot of green beads."

Coach Craig Albert of the Sanibel Captiva Community Bank Gold Team disagrees. "Well, I know Greenstein thinks he's got this in the bag, but come on. We know the Gold Team has this locked up. Buy gold beads and you will walk away with a lot of great prizes including that trip to New Orleans."

Boyle has his own prediction of the relay's outcome. "After weeks of exhaustive training at the Lazy Flamingo, the Kiwanis super-fit athletes are in prime condition and we are going to blow away those other slacker teams."

Swim teams will be selling beads throughout the event dressed in their hand tailored team robes. The Mardi Gras sewing workshop, hosted by Margarethe Miville, is in full swing as sewers Charlotte Schroder and Becky Kopp put the finishing touches on the flashy team robes.

All three teams are fully confident that they will be bringing home the relay trophy. One thing is for sure, though – you won't want to miss the good old-fashioned Sanibel fun at a great event that raises funds for Sanibel families in CHR's affordable housing program.

Tickets can be purchased online at SanibelCHR.org/mardi-gras-2016 or by phone at 472-1189.

CHR's Mardi Gras begins at 5:30 p.m. Sponsors include The Sanibel Catering Company by Bailey's, Sanibel Captiva Community Bank, The Sanibel Captiva Trust Company, Doc Ford's Rum Bar and Grille, Richard and Sally Ennis, Maughan Law continued on page 88

Robbie's Run Fundraiser This Saturday At The Dunes



Amanda Nesbit, Jim Castle, Ian Sands and Bob Risch

In Sands is a young man who had the incredible misfortune of jumping feet first into a swimming pool and becoming paralyzed from the waist down – he uses a wheelchair. Recently, representatives from Grampy's Charities were in LaBelle making plans for using the Ronald McDonald Care Mobile which will be completed this spring and will treat underserved children with the mobile medical and dental facilities in Lee, Glades, Hendry, and Charlotte counties. While in LaBelle, Grampy's board members and Sanibel residents Jim Castle and Bob Risch met Sands, who works at Amanda Nesbit's McDonald's on Route 80.

An aspect of Grampy's Robbie's Run, a "fun" run fundraiser to be held on Saturday, January 16 at The Dunes Golf and Tennis Club, is that Grampy's invites charities that are too small to have a large event of their own, to raise money at The Dunes fundraiser (muscular dystrophy and boys and girls clubs, for example). Nesbit asked Sands to explain continued on page 10B

Heart Walk Series: Heart Walk Committee Preparing For A Record Turnout

submitted by Sandy Teger

ommunity service groups, clubs and religious organizations are forming teams in support of heart attack and stroke survivors for the American Heart Association's 3rd annual Sanibel/Captiva Heart Walk on Sunday, January 31. Family friendly festivities start at 1 p.m. at the site of the new Doc Ford's restaurant at Tarpon Bay and Island Inn roads. The event includes a non-competitive 5K (3.1-mile) walk; a shorter route will also be available. Family pets on leashes are welcome.

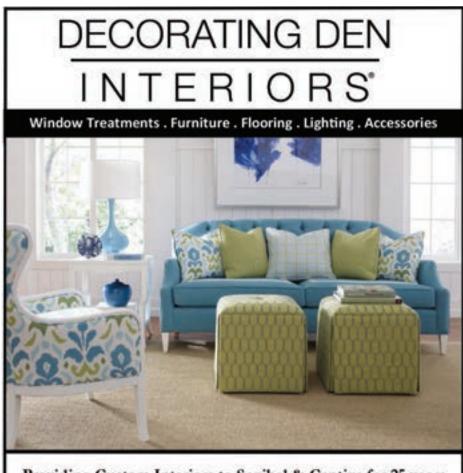
Expanded pre-walk activities will include a silent auction, face painting, games, strolling magicians, local musicians and photos taken through a giant heart. Guest speakers continued on page 10B

2B LISLAND SUN - JANUARY 15, 2016 Holiday Stroll Benefits Food Bank



Santa Claus welcome visitors to South Seas Island Resort photos by Sebrie Images Photography at South Seas Island Resort

South Seas Island Resort on Captiva Island celebrates bringing holiday cheer to those in need this season through the resort's annual Holiday Stroll benefitting the local food bank, Community Cooperative, Inc. With more than 850 tickets sold, the resort raised \$9,570 to help end homelessness and hunger in the community. The resort also provided a portion of the sales from its Christmas buffet in this donation. For three consecutive weekends, South Seas Island Resort opened its resort gates to the public for its third annual Holiday Stroll. The holiday extravaganza featured live entertainment, arts and crafts, Santa visits, holiday movies, face painting and s'mores.



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Santa's sleigh overflowed with gifts at the South Seas Holiday Stroll



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Learn the basics of Spanish with Barbara Peterson, six weeks: members \$86, non-members \$108, Saturdays, 9 to 10:30 a.m., January 16 to February 20.

Spanish III

Learn more vocabulary and the various grammar tenses of Spanish and how to form sentences with Barbara Peterson, six weeks: members \$86, non-members \$108, Saturdays, 10:30 a.m. to 12 p.m., January 16 to February 20. MUSIC

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Learn how your camera works, what a media card is, and how to take good photos with Herbert Sklar, two weeks: members \$75, non-members \$94, Mondays, 9 to 10:30 a.m., January 18 to 25.

TECHNOLOGY

What's New in iOS 9

Stay on the Cutting Edge with the "World's Most Advanced Mobile Operating System" with Gerard Damiano, one day: members \$50, nonmembers \$63, Tuesday, 9 a.m. to 12 p.m., January 19.

Mac Basics: OS10.11 El Capitan

Get a basic understanding of the "World's Most Advanced Operating System" and its latest features with Gerard Damiano, one day: members \$50, non-members \$63, Wednesday, 2 to 5 p.m., January 20. Searching with Google

Search-engine tricks and techniques: discover a wealth of free services, courtesy of Google with Gerard Damiano, one day: members \$50, non-members \$63, Thursday, 9 a.m. to 12 p.m., January 21

Social Media & Networking

Connect and share with the people in your life, individually or all at once with

Gerard Damiano, one day: members \$50, non-members \$63, Friday, 9 a.m. to 12 p.m., January 22.

iTunes: Master Your Music

Rock your world with iTunes with Gerard Damiano, one day: members \$50, non-members \$63, Friday, 2 p.m. to 5 p.m., January 22. Watch & Learn: The Apple Watch

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from Apple that is as fashionable as it is functional with Gerard Damiano, one day: members \$50, non-members \$63, Tuesday, 9 a.m. to 12 p.m., January 26.

iPhone Lesson 1: Basics

Unlock the potential of this powerful pocket device with Gerard Damiano, one day: member \$50, non-members \$63, Wednesday, 9 a.m. to 12 p.m., January 27

Mac Power Users Tips & Tricks

Maximize your keystrokes and get the most out of your Mac with Gerard Damiano, one day: members \$50, nonmembers \$63, Wednesday, 2 to 5 p.m., January 27.

iPad Lesson 1: Basics

The world at a flick of your finger with Gerard Damiano, one day: members \$50, non-members \$63, Thursday, 9 a.m. to 12 p.m., January 28.

Personal Technology: Communication

The basics of digital communication from texting to video conferencing and everything in between with Gerard Damiano, one day: members \$50, nonmembers \$63, Thursday, 2 to 5 p.m., January 28.

Connecting with Facebook

Understand the world's most popular social media website with Gerard Damiano, one day: members: \$50, nonmembers \$63, Friday, 9 a.m. to 12 p.m., January 29.

iTunes: Manage Your Devices and More

Discover the power of iTunes with Gerard Damiano, one day: member \$50, non-members \$63, Friday, 2 to 5 p.m., January 29

WRITING

Let's Write Poetry: Free Introductory Class

Free, one-hour introductory class about writing poetry with Lorraine Walker Williams, one day, Friday, 10 to 11 a.m., January 29

The Joy of Writing

Re-kindle or develop creative writing skills or begin a writing project with Vicky Lettmann, five weeks: members \$95, non-members: \$115, Mondays, 9:30 to 11:30 a.m., January 18 to February 15.

Wake Up the Story Inside You: Getting to the Heart of Writing

Get to the heart of writing with Marilyn Bennett, three days: members, \$100, non-members \$125, Tuesday, Wednesday and Thursday, 1 to 4 p.m., January 26 to January 28. Call 395-0900 or stop by the BIG

ARTS Center at 900 Dunlop Road 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.☆

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Artist Myra Roberts with Mickie Bielski, son of one of the subjects (Tuvia Bielski), from her Hidden In The Trees/Blue Project series currently on display at the Sanibel Public Library photos by Jeff Lysiak

Library Hosts Myra Roberts' Art Exhibition

by Jeff Lysiak

n January 7, the opening reception for a solo exhibition of artwork created by island resident Myra Roberts was held at the Sanibel Public Library with 58 paintings, giclées and mixed media collages on display through the end of the month.

Included in the one-woman exhibit are paintings from Roberts' Hidden In The Trees/Blue Project, Dream Peace and Angels On Earth series, along with many of her instantly recognizable retro-themed paintings celebrating life in Southwest Florida in the mid-20th century. In addition, 20 pieces from her haunting Prelude To The 1940s series of mixed media collages are displayed.

"These weren't meant to be 'wall art;' I see them more as something that should be displayed in a museum," Roberts said of the Prelude To The 1940s series, which juxtaposes the innocence of everyday life in the late 1930s with the rise of Nazism and pre-war propaganda throughout Eastern Europe. "They are thoughtprovoking, and I think that art should be just that."

From one end of the library to the other, paintings featuring subjects from swimsuit-clad bathing beauties to local wildlife to survivors of the Holocaust in Poland and Germany fill the walls.

"Happy sun-drenched beach art balances out the horrors that I depict in my series of conscience-raising art. I feel compelled to show both; and ironically, the 1940s had both. Yin and yang, light and dark, joy and sorrow – the true essence of life," the artist states in a display near the entrance to the exhibit. "All lose their human nature in the smokescreen of war. Propaganda maintains the senseless hatred between people – masking the reality of suffering. In my paintings, I am preserving stories and faces for future generations."

Roberts's paintings are in public and private collections across the United States and Europe, including the estate



Roberts' acrylic painting of Southwest Florida's most famous bald eagles, Ozzie and Harriet

of Robert Rauschenberg. She received letters of endorsement for her Faces of Anne Frank project from former Secretary of State Hilary Rodham Clinton and the Jane Goodall Institute. Roberts donates works to be sold at auction by charities such as the Ecostudies Institute of Mount Vernon, Washington, the Sanibel-Captiva Conservation Foundation, and Sanibel-Captiva Cares/Golisano Children's Hospital of Southwest Florida.

Recently, Roberts was selected as one of five 2016 Makers: Women Who Make Southwest Florida by WGCU Public Media, in partnership with the Southwest Florida Community Foundation and the Women's Fund of Southwest Florida. Nominated by the public, the selection of Roberts was based on her impact in the arts and social justice in Southwest Florida.

The four other honorees were Sister Maureen Kelleher, J.D., of the Sacred Heart of Mary and Legal Aid Services of Collier County; Denise McNulty, nursing program director at Ave Maria University and educator for the Lee Memorial Health System; Steffanie Pearce, general director for the Gulfshore Opera; and Ricky Pires, director of the FGCU Wings of Hope/Panther Posse.

A documentary highlighting the five women is currently under way, filmed by Sanibel journalist Chelle Koster Walton continued on page 6B

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6B ISLAND SUN - JANUARY 15, 2016

Sail & Power Squadron New Year's Gathering



Past Commander Bill and Dianne Hay with Dave Kentner

submitted by Ellen Trevor

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Rear Commander Mary Paige Abbott and Sandy Trevor

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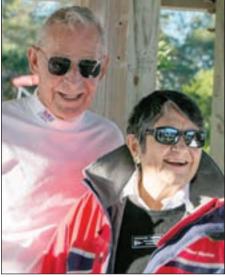
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Past Commander Bob Allen and Commander Charlene Timothy

The Sanibel Captiva Sail & Power Squadron is a member of the United States Power Squadron, a non-profit organization that nationally boasts about 60,000 members. It goal is to teach and promote boating safety. We welcome new members, whether they are current boaters, past boaters, or even thinking about boating on Sanibel waters. Visit SanibelCaptivaSPS.org for more information.*



Sanibel resident Robert Hilliard, left, is depicted in a World War II-themed painting by island artist Myra Roberts

From page 5B Library Hosts Art Exhibition for WGCU.

During the opening night at the library, the book *Retro Art of Myra Roberts* by Brian Johnson was available for purchase, with proceeds from sale of the book donated to the Clinic for the Rehabilitation of Wildlife (CROW).

"I've been really connected with CROW ever since I moved to the island," said Roberts. "I've always been very connected to wildlife, especially sea turtles. We have to do everything we can to help protect our endangered or threatened species."

Several of Roberts' paintings and collages on display at the library will be featured in an upcoming exhibition at the Cab Calloway School of the Arts' gallery in Wilmington, Delaware, including many from her historical social commentary series.

The exhibition runs through January 29 at the Sanibel Public Library, 770 Dunlop Road. For additional information, visit myraroberts.com.☆



The Sanibel Public Library was filled for Myra Roberts' artwork exhibition opening last Thursday evening





Sandpiper Beach #101 East-corner remodeled 2 bedrm, expansive & private view—\$799K



Mariner Pointe #842 Bay-view 2 bedrm steps to boat dockage, pool, & more-\$499K



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Lighthouse Point #129 Ground-level 3 bedrm 1 tier back from beach & w/bay view—\$699K



Sundial East #R401 Corner top-floor remodeled 2 bedrm plus den w/income—\$799K





Sand Pointe #122 Grossed ~\$47K in 2015, 2nd floor updated 2 bedrm-\$749K

Compass Point #221 Charming 2 bedrm w/custom built-

ins, wood floors, income-\$624.9K

Mariner Pointe #811

Canal-side ground-level 2 bedrm





Sanibel Arms West #E2 Gulf-front 2-bedrm walkout w/low fees, grossed \$71K+ in 2015—\$899K



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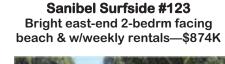
Sandpebble #2B Vacation-ready 2 bedrm across street from beach—\$449K



Coquina Beach #3G Roomy 2 bedrm plus loft w/this peek of gulf, rental income too-\$524K



Sanibel Surfside #123







Loretta Paganini Chef Paganini Cooking Classes

hefs Loretta Paganini and Tim McCoy will teach a week-long series of classes at The Jacaranda restaurant on Sanibel from January 25 to 29 from 10 a.m. to 1 p.m. each day.

Cost is \$450 for the five-class series, or \$95 per class.

In addition, they are offering a handson class on Sunday, January 24 that begins at the Sanibel Farmers Market.

Monday, January 25 – A Sicilian Adventure

Take a trip to Sicily as Paganini prepares a menu inspired by her travels.

Menu: Arancini Risotto Balls with Fresh Pomodoro Sauce, Eggplant Capponata Salad, Sicilian Cherry Tomato Salad with Blood Orange Vinaigrette, Homemade Pasta with Cauliflower Sauce, Swordfish Lemon Involtini Rolls with Capers, Couscous with Pine Nuts and Raisins, Strawberry Cassata Cake, Cuccidati Chocolate Fig Cookies.

Tuesday, January 26 - Summer Saucery

Learn the components of a sauce and how to achieve perfection in its creation.

Menu: Artichoke Pesto Crostini, Chicken Spiedini with Roasted Red Pepper Sauce, Cheese Ravioli with Bison Bolognese Sauce, Veal Scaloppini Marsala with Porcini Mushroom Sauce, Caesar Salad with Parmesan Dressing, Mixed Berries with Zabaglione Sauce, Chocolate Crème Brulee with Chocolate Fudge.

Wednesday, January 27 – **Enchanted Entertaining**

The perfect summer party starts with a delicious collection of appetizers. Learn the techniques for creating and presenting tempting hors d'oeuvres.

Menu: Brie, Peach Chutney & Walnut Triangles, Tomato Basil Bruschetta with Balsamic Glaze, Chilled Avocado Soup Shots with Corn Fritters, Cucumber Cups with Ahi Tuna & Shaved Scallions, Gazpacho Salad Martini, Sesame Chicken in Endive Spears, Shrimp Waldorf Bites, Key Lime Raspberry Tartlets.

Thursday, January 28 – The Cuisine of Tuscany

Chef Paganini will share the region's favorite dishes.

Menu: Zucchini Fritters, Olive Pesto

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Crostini, Mixed Greens with Lemon Oil Vinaigrette, Homemade Pici Pasta with White Ragu Sauce, Pork Tenderloin Florentine, Roasted Garden Vegetables, Zuppa Inglese, Biscotti di Prato.

Friday, January 29 – The Mediterranean Approach to Healthy Eating

Paganini will prepare healthy, delicious and wholesome recipes.

Menu: Roasted Red Pepper Tahini Dip on Freshly-Made Pita Bread, Greek Salad with Tomato, Feta & Kalamata Olives in Herb Vinaigrette, Shrimp Putanesca All Wheat Fettuccine, Marinated Grilled Chicken with Orange Mustard Glaze, Quinoa Vegetable Salad, Peach Phyllo Strudel.

Sunday, January 24 -Fundamentals of Italian Cooking (hands-on)

Spend a day in the kitchen with Paganini exploring Italy's flavorful cuisine.

The class will meet at the Sanibel Farmer's Market at 9 a.m. and cook at The Jacaranda, price \$175.

Menu: Chicken Broth, Wedding Soup with Tiny Meatballs, Mushroom Sfogliatelle, Sourdough Olive Focaccia, Pepper Friggione Salad, Risotto Primavera, Grilled Chicken Under a Brick, Parmesan Crusted Fish with Salsa Verde, Cannoli alla Siciliana and Zeppole Donuts.

For reservations, call 888-748-4063 or 440-729-1110

The Jacaranda Restaurant is at 1223 Periwinkle Way, Sanibel, phone 472-1771. 亞



Mardi Gras volunteers Charlotte Schroder and Becky Kopp work on swim team robes at the sewing workshop of volunteer Maraarethe Miville

From page 1B Mardi Gras Swim Teams

Group, Zurbriggen Financial, Melissa Rice, CCIM, Realtor, Ed and Lynn Ridlehoover, Dorothy Donaldson and Aaron Cohen, Landmark Designs, Law Office of Janet Strickland, Island Insurance, Barrier Island Title, Bank of the Islands, Rich and Mary Eileen McDonnell, Jerry and Sharon Miller, Arlene and Dan Wexler, Sanibel Café, The Jacaranda, Lighthouse Café, Tuscan & Company, PA, Sanibel-Captiva Lions Club, Sanibel-Captiva Kiwanis Club, Heidrick & Co. Insurance, the Island Sun Newspaper and Santiva Chronicle. For additional event information, call Arlene Dillon at 472-4932 or Melissa Rice at 398-0404 or visit SanibelCHR.org/ Mardi-Gras-2016.☆

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he Sanibel Community House was established in 1927 as a local gathering place for residents and visitors to "Enrich community spirit through educational, cultural and social gatherings in our historic Community House."

The Community House was the birthplace for many civic groups and the incorporation of Sanibel as a city. The Community House is considered to be the birth place of most island organizations and clubs, providing meeting space as well as a space for Fund raisers. Most of these clubs and non profit organizations exist today and still consider The Community House to be their "Home". There is always something happening at The Community House. On January 15 and 16, 2016 from 9AM-4PM.

The Community House will be hosting the Sanibel Community Association Fine Art and Craft Festival. Come join us and see!

The Community House SANISTI COMMUNITY ASSOCIATION

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Isabella Rasi 239-246-4716 1101 Periwinkle Way #105 Sanibel, FL IsabellaRasi@aol.com

ENGEL & VÖLKERS

Five Dangers Of Holding Assets And Property As Husband And Wife



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

From time to time, clients will visit with me convinced that he or she has protected their assets from the claims of creditors by placing all of their assets and properties in a joint tenancy known as Tenants By The Entireties. When a married couple owns assets jointly as "husband and wife" they are owning the assets as Tenants by the Entireties. This is a popular but limited form of asset protection that has its benefits – and traps.

First, let's review the three different forms of joint ownership. They are Tenants in Common (TIC), Joint Tenants with Rights of Survivorship (JWROS) and, as mentioned above, Tenancy by the

Entireties (TBE).

Tenants in Common is an undivided interest of joint ownership. This means that each party has the right to alienate, or transfer the ownership of, her ownership interest. This can be done by deed, will or other conveyance. When one joint owner dies, their interest is subject to probate.

In contrast, owning assets or property jointly with rights of survivorship avoids the probate process, but is similar to TIC in that either party can individually alienate or transfer his interest. When this happens the asset is owned as TIC.

Individuals owning assets or property as tenants by the entireties cannot alienate or transfer without the consent and signature of the other.

Now that you understand the different forms of joint ownership, let's review the benefits of TBE. Holding assets as TBE has certain advantages for married couples. When one spouse dies, the surviving spouse owns all the assets without the need for probate. Creditors of only one spouse cannot reach the assets, as both husband and wife must be liable for a creditor to successfully attack the assets.

But there are traps for the unwary when relying on TBE for asset protection pur-

poses. Allow me to present to you the top five.

1. You must be married. TBE is only available to those in a legally recognized marriage. Even if a couple who is not legally married titles assets or property as tenants by the entireties, they will not be afforded the asset protections enumerated under the law.

2. **Assets held jointly before marriage** do not automatically become TBE upon marriage. The assets must be re-titled from one of the spouses to them jointly as tenants by the entireties after the marriage to achieve TBE status.

3. **TBE assets can be attacked when both spouses are liable**. If a creditor has a judgment against both spouses, then the creditor can reach TBE assets. This can happen when one spouse causes a terrible car accident when both spouses own the car involved in the accident. Further, if one spouse dies or the marriage ends in the middle of a creditor problem, the creditor will be able to attack the TBE property.

4. The account must be created properly or the protection is lost. When one spouse owns a bank or brokerage account, for example, and simply adds the other spouse's name as TBE, it will not be considered TBE property. There is a rule that TBE assets and property must be created with four "unities" – those of time, title, interest and possession. Therefore, the proper way to create a TBE account that is currently owned by only one spouse is to close the account and open a new account in both spouses' names as TBE.

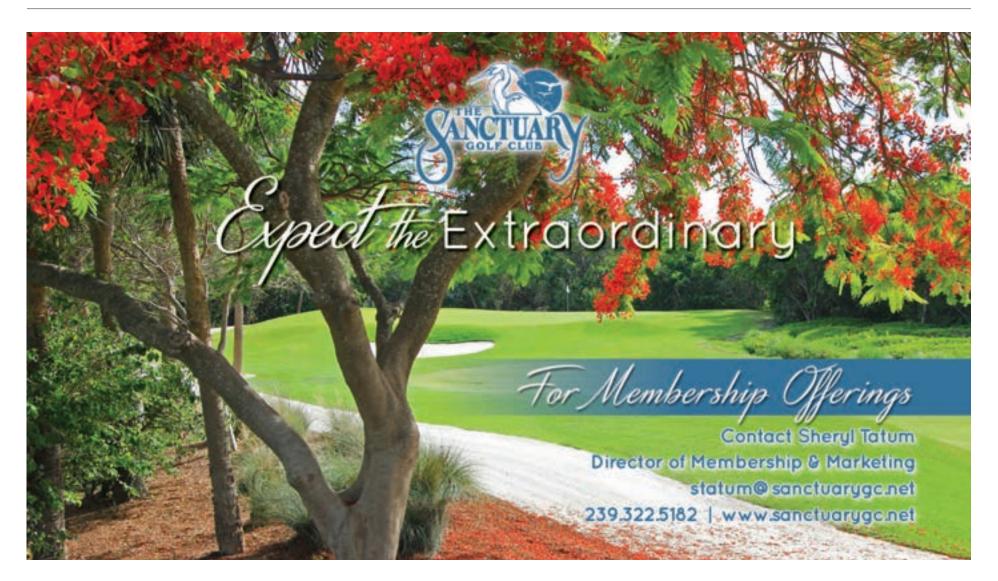
5. **Joint with Rights of Survivorship is not TBE**. While Florida law presumes TBE ownership between a husband and wife when opening a bank account, if the bank officer checked a JWROS box on the account application then that will trump the TBE presumption and protections. Therefore bank and brokerage signature cards should always be checked to assure TBE ownership and protections.

There are additional issues surrounding TBE property, particularly in second marriage situations where there is a nuptial agreement that defines non-marital property that should not be subject to the other spouse in a divorce proceeding. Further, if your estate plan contemplates assets in one spouse's name or the other's (including ownership in a revocable trust), then it is important to consider the estate planning ramifications of any transfer of ownership.

As one can readily see, there are many considerations when opening up bank and brokerage accounts or titling real estate into joint name, and they are not to be taken lightly.

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managing island homes.

From page 1B Robbie's Run Fundraiser

what he was hoping to raise money for. Since he is sitting virtually all the time, he needs to stand at times to keep his organs healthy. So he's trying to raise money for a specially made elliptical machine that will allow him to be safely strapped in and exercise in a standing position. Sands is planning to participate in Robbie's Run in his wheelchair to raise the purchase price of \$6,500. Grampy's will match the donations he raises. There's a good bet he'll make it.

The Care Mobile will also be serving children on Sanibel. The 40-foot plus mobile unit will be offering medical screenings and dental services at the afterschool program based in the city's recreation center.

Grampy's Charities has raised over \$3 million for charities serving sick children in the U.S. and is run entirely by volunteers, with no paid staff, so every cent raised goes to charity. The website is www. Grampys.org.☆

Send your editorial copy to: press@islandsunnews.com

From page 1B Heart Walk

will include Dr. Paul DiGiorgi of the Lee Memorial Shipley Team and Dr. Eric Eason, a pediatric cardiologist.

The walk starts at 2 p.m., rain or shine. It will bring awareness to the American Heart Association's heart disease and stroke prevention efforts as well as raise funds for lifesaving research, education and advocacy. The suggested registration fee for the walk is \$50, with an opportunity for additional donations.

The American Heart Association is the largest voluntary health organization working to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases. These diseases are the nation's No. 1 and No. 5 killers, claiming more than 813,804 American lives a year.

Sanibel Survivor Memories

Sanibel resident Ralph Korn was doing some heavy cleaning when he felt weak. After feeling worse the next day, he asked his wife Linda to call the doctor and refill his migraine pills.

The following morning, after Ralph reported seeing strange shapes on the walls, it was clear he was not having a migraine. Doctors determined he had experienced a heart attack, and then a stroke. Almost a year has passed since surgery and rehab and Ralph has adopted healthier habits, continues rehab, and is again active at Saint Michael and All Angels Episcopal Church. He's learned that heart attacks don't always look like the Hollywood version.

Carole Fallon's story started in 1997 as she rode with husband Michael to Toronto, where he had taken a two-year job assignment. As they approached Toronto, she felt like a wrecking ball hit her in the chest. As an RN, she recognized the symptoms and told Michael. Fortunately, Mississauga Hospital had a new nine-bed cardiac intensive care unit and she was given TPA to dissolve the clot and prevent further heart damage. Despite the doctors' poor prognosis, she is now medically managed and symptom free. She feels that changing her lifestyle and moving to Sanibel have been her 'cure.

Ralph and Carole both hope you will join them at this year's walk.

The Sanibel/Captiva Heart Walk is part of the American Heart Association/ American Stroke Association's My Heart. My Life. movement. This movement is a national rallying cry for change that encourages simple behavior adjustments to help people feel better and live longer. These simple changes will help the American Heart Association reach its 2020 Impact Goal: To improve the cardiovascular health of all Americans while reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020.

The success of the Sanibel/Captiva Heart Walk is made possible by the support of local sponsors including: platinum sponsors The Sanibel Captiva Trust Company and Il Cielo. Other sponsors include: Chuck Bergstrom, RE/MAX continued on page 23B

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NFL Doesn't Want You To Watch This Movie; See It And You'll Know Why



by Ed Frank

Je're not in the business of reviewing movies, but you can be certain that the National Football League doesn't want you to see the movie Concussion particularly after last weekend's violent, out-of-control playoff game between the Pittsburgh Steelers and the Cincinnati Bengals. First to the award-winning movie Concussion starring Will Smith, who portrays Dr. Bennet Omalu who first identified the brain disorder known as chronic traumatic encephalopathy – CTE – that has killed, disabled and led to the suicide of former football players.

We've written about this disease in the past even as frequently as a few weeks ago when the family of the late Frank Gifford announced his death was linked to CTE.

Way back in 2002, Dr. Omalu, working in the Allegheny County Coroner's Office in Pittsburgh, examined the body of the Steelers Hall of Fame center Mike Webster and found the brain disorder that resulted in his death.

He naively thought the NFL would welcome his findings. Instead, he was ridiculed and maligned, even to the extent of demands that his published findings be retracted.

The power and the ruthlessness of the NFL against Dr. Omalu forced him out of Pittsburgh all the while the league denied repeatedly that the head-to-head smashing in football resulted in any brain injuries.

Fast-forward to today and yes, the NFL has backed off that shameful position of the past and has instituted rules and procedures to curtail brain-jarring hits. And, yes, the NFL has recognized Dr. Omalu's study by working with medical research organizations and offering compensation to hundreds of injured former players.

However, if you saw last Saturday's Steelers-Bengals slugfest you've got to wonder if anything has really changed.

In three meetings this season, these two teams were assessed 47 penalties and in one of the games, seven players from both teams were leveled with \$140,000 in fines. Perhaps all of this led to the violent crescendo in the last two minutes of Saturday's playoff game.

The turmoil all began when Steelers linebacker Ryan Shazier forced a key fumble late in the fourth quarter by blasting Bengals running back Giovani Bernard with a hit that left him with a concussion.





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Just before that hit, with just 1:36 minutes remaining, it appeared that the Bengals had the opportunity to win their first playoff game since 1991, and end Bengals coach Marvin Lewis' 0-6 playoff record.

The Steelers took over after that key fumble and with injured guarterback Ben Roethlisberger (who had left the game earlier following a questionable Bengals hit) advanced his team to midfield with 22 seconds left on the clock and Cincinnati clinging to a 16-15 advantage

On the next play, Bengals linebacker Vontaze Burfict leveled a brutal head-to-head hit on the Steelers defenseless Antonio Brown who suffered a head injury, possibly a concussion.

While trainers were attending to Brown on the field, Bengals cornerback Adam (Pacman) Jones got into a scuffle with the Steelers assistant coach Joey Porter. Burfict's and Jones' two 15-yard penalties advanced Pittsburgh to field goal range where Chris Boswell connected on a chip-shot field goal to give the Steelers a win and a deserved loss to Cincinnati.

So has anything really changed to curb the violence in the NFL? You've got to wonder.

Football fan or not, we recommend you see the movie Concussion, a brilliant por-

trayal of the darkest days of the National Football League. The NFL announced Tuesday morning that Bengals linebacker Burfict has been suspended for the first three games of next season for the ugly hit on Steelers receiver Antonio Brown. Burfict was fined four previous times in the regular season for illegal play.公

SANIBEL 8-BALL POOL LEAGUE 2015-16 Standings through January 11

Standing	Team Name	Won	Lost		
First	Bunt's Ball Busters	182	98		
Second	Sandycappers	143	137		
Third	Sanibel Café	133	147		
Fourth	Fresh Legion Crew	102	178		

January 11 Results

January 11 Results												
Bunt's Ball Busters	17	Fresh Legion Crew	3									
Sandycappers	12	Sanibel Café	8									

Sanibel 8-Ball Pool League **Rousing Speech** Does The Trick

ast Monday, the league's first place team, Bunt's Ball Busters, was scheduled to play its last place team, Fresh Legion Crew. Ball Buster captain Bob Buntrock decided to rest Terry Ricotta and Dave Doane, two of his top shooters. All was well until a call came in from Ball Buster ace Rich Ennis who had cut his finger and was unable to play.

Buntrock dug deep and found substitutes. However, with a now weakened line-up he needed to make a stirring speech to his five patched-together shooters and asked that they do their utmost to avoid an upset. His words propelled his shooters to a night to be remembered - a

17-3 thrashing of their opponents. Mike DeWitt, Cecil Crowe, Noah Smith and Bob Buntrock went 4-0 against Gator Gates, Tom Yorgey, Nate Buffam and Becky Skog. Legion Crew shooter George Sell beat Kip Johnson 3-1 to help his team avoid a shutout. Copies of Buntrock's stirring speech are available on request.

Sandycappers held only a six-game lead over Sanibel Café and was primed to erase the deficit. It was not to be, however, as the Sandycappers beat back the challenge, posting a 12-8 win and increasing their hold on second place to 10 games. John Riegert manhandled Randy Carson 4-0 and Jack Dalton posted a 3-1 record against Jimbo Gaubatz to lead the Sandycappers.

Sanibel Café captain Richard McCurry showed Jeff Brown how to play the game with a 3-1 effort.举

SPORTS QUIZ

- 1. In 2015, the Marlins' Giancarlo Stanton became the franchise leader in career home runs. Who had held the mark?
- Who holds the Detroit Tigers record for most career strikeouts by a pitcher?
- In 2013, Dallas' Tony Romo became the second quarterback in NFL history to throw for 500 yards and five touchdowns in a loss. Who was the first?
- 4. Duke's Mike Krzyzewski, in 2015, became the first NCAA men's basketball coach to record 1,000 career victories. Who was the second? In the 2014-15 NHL season, only one player for the New Jersey Devils tallied more than 20 goals. Who
- was it?
- Which country has won the most Winter Olympic medals overall?
- In 2015, Jordan Spieth became the sixth male golfer to win the Masters and the U.S. Open in the same year. Name three of the other five to do it.

ANSWERS

Cammalleri, with 27. 6. Norway, with 329 medals (118 gold, 111 silver, 100 bronze). 7. Ben Hogan, Jack Nicklaus, Arnold Palmer, Craig Wood and Tiger Woods. I. Dan Uggla, with 154 home runs. 2. Mickey Lolich, with 2,679 strikeouts. 3. Detroit's Matthew Stafford, in the 2011 season. 4. Herb Magee, with Division II Philadelphia University, also in 2015. 5. Left wing Mike



Zonta members and friends served guests during the 2015 Peek at the Unique

Zonta Peek Reservations Now Open

submitted by Sue Denham

's Sanibel ready? It's time to get excited about the annual event that involves hundreds of island businesses and individuals, has traditionally sold out, and raises tens of thousands of dollars for organizations that focus on empowering women.

Earlier this month, early-bird reservation notices went out to hundreds of former guests of A Peek at the Unique, the signature fundraiser to benefit the Zonta Foundation of Southwest Florida/ Sanibel-Captiva, Inc. Experienced "peek-

ers" know to act fast for the best choice of departure time, and they do. On Wednesday, January 13, reservations opened to the general public. To request a ticket order form, send e-mail to zontapeektickets@gmail.com.

Set for Saturday, March 12, the event features a guided tour on air-conditioned buses of four unique island homes. Taste treats are generously provided by island restaurants, caterers and grocery stores. Departures for the three-hour tour will leave every half-hour from home base, the Sanibel Community Church, from 9 a.m. until 3:30 p.m. For 2016, a VIP tour at a special

price has been introduced, leaving at 8:30 a.m. and providing up to $1\overline{2}$ guests a private, guided tour of the four homes along with special perks. Those inter-



One of the four homes visited during the 2015 Peek

ested may send an e-mail directly to zontaviptour@gmail.com.

This year marks the 15th Peek, which each year has consistently raised more money for Zonta projects, through raffle ticket sales, individual donations, business sponsorships and, of course, sales of tickets. Last year's event was another record-breaker and Zonta will shortly distribute, through the Zonta Foundation of Southwest Florida/Sanibel-Captiva, Inc., grants to local organizations totaling over \$87,000, and has pledged \$29,190 to Zonta International. For information, visit www.zonta.org.

Club members are busy reaching out to the community for sponsor donations that will be recognized in the colorful keepsake booklet.

'Our printed program has really helped us expand the potential for the event," said Virginia Jones, president. "Due to bus capacity, we are strictly limited in the number of tour tickets we can sell, but sponsorships offer unlimited opportunities for growth, and local business owners are generous in supporting Zonta's work.

Organizers are in the final stages of selecting the four unique homes to be featured. Each year, the challenge grows, and each year the club endeavors to surprise guests with a truly out-of-theordinary selection.

'We strive for balance, variety and, if possible, a surprise or two," said Joanne Marriott, house committee chair.

Individual donations may be made at any time on the web site, www.zontasancap.com. Contributions, tax-deductible per IRS rules, will be noted in the keepsake program if made prior to February 17.2%

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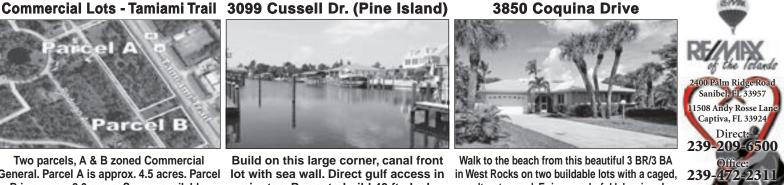
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Presented by:





Craig R. Hersch Attorney, CPA "Will Power" Columnist, Author

Michael B. Hill Attorney

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School Smart by Shelley M. Greggs, NCSP



pertinent information. This week, I am following up with a column about Valerie's House from a parent's point of view.

ear

Readers: Last week I

I had the opportunity to discuss Valerie's House (VH) with a father who is using the services there. His now 13-yearold daughter lost her mom about a year ago and is of course grieving. This dad's support for VH is tremendous and he was very kind to share some of his thoughts about the importance of Valerie's House and what it has already meant for him.

Scott found out about Valerie's House quite by accident. He met the Valerie's House founder at a business event and heard of her mission to provide services to grieving children. Having his own grieving child, Mr. Scott learned as much as possible and became very active in the organization's development and ultimately his daughter has had the opportunity to participate in some of the initial activities of Valerie's House. He is also so very appreciative of the services for the parents as well. As the sole parent of his daughter he is facing increased concerns and he welcomes the opportunity to share his thoughts with other parents in the same situation during the parent sessions at VH.

Scott had sought out counseling for his daughter after her mom's passing. There were very few resources available specifically for grieving children and while he was able to find some that provided relief and healing it was not enough. Mr. Scott said, "It's the fact that the help at Valerie's House is on-going for as long as the child feels that s/he needs it is what makes VH so unique. It is the child that makes vir so unique. It is the child that makes the determination as to the need for service." Scott stated that this has made such a difference for him and his daughter. The pressure to meet someone's timetable for recovery is now gone and they may follow their own timetable with much less stress.

Grieving children (and adults) experience a wide range of emotions as they try to process their grief. Feelings of sadness, anger, guilt, regret, fear and physical complaints are very typical and most children need help to understand and resolve these feelings.

Special consideration must be given when the death of a parent or significant adult occurs.

Dr. Silverman, a clinical psychologist, has said that there are some very specific behaviors that children who have lost

a parent may have. "Some children fantasize that their parent will return; others wish to die so they can be reunited with their deceased parent," he said. Usually this is a fleeting desire rather than true suicidal ideation. The child should, however, be questioned more deeply, and an investigation made as to whether they do have a specific plan and means available to carry out their wishes.

Silverman describes the accommodation and adaptation to the loss of a parent or significant adult that a bereaved child experiences throughout his or her life. These children tend to revisit the meaning of their parent's death over and over again at different developmental stages. They also re-experience the loss at events such as graduation, marriage and the birth of a child.

Some bereaved children idealize the parent or significant adult as a way to keep pleasant, comforting memories alive. This can be adaptive unless it gets in the way of the child expressing angry feelings toward the parent for leaving him/her or for any "unfinished business" in the relationship. It is important that the surviving parent allow the idealization of the deceased parent, but also reassure the child how much the surviving parent loves, cares and supports him/her".

Given these more intense and on-going feelings that children who lose a parent may feel, the very fact that children may remain with services at Valerie's House for as long as they feel that they need help is the truly critical piece and key to their recovery. So make sure to spread the word about Valerie's House so that the many children in need in our community can take advantage of this wonderful resource.

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

United Way Volunteer Fair

nrich your life by volunteering for the United Way of Lee, Hendry, Glades and Okeechobee. Learn more about volunteering in the local community by attending the United Way Volunteer Center's Volunteer Fair on Saturday, January 30 from 9:30 a.m. to 12:30 p.m. at Lakes Regional Library, located at 15290 Bass Road Fort Myers

Offer your skills and experience to local non-profit or public agencies. At the Volunteer Fair, meet face-to-face with local organizations that need your help.

For more information, call Louise Hawthorne at 433-2000 ext. 225.

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BeautifuLife: Balanced New Year



by Kay Casperson

Tell, here we are – iť s another new year and another opportunity to create a more balanced, beautiful new you. Seize

this moment and start making things happen!

Give yourself the best chance of success by writing down not just your New Year's resolutions but an actual guide you can stick to throughout 2016 and beyond – a motivational, inspirational plan to help you start achieving your goals and fulfilling your dreams.

Get started by grabbing a sheet of paper and a pen and writing down the five most important aspects and influences on your life:

1. Emotional (your thoughts and feelings)

2. Spiritual (your deeply held beliefs) 3. Physical (your body and physical health)

4. Environmental (your surroundings) 5. Social (who you surround yourself with).

Then, next to each of these five aspects, write down an affirmation and any ideas, inspiration or possibilities that could help you create a better, more balanced, happier, healthier you. Some of my favorite affirmations for these five aspects are:

1. I am free of negativity and have confidence in my choices

2. I am taking time to breathe, learn and grow

3. I am strong and make healthy choices for my body

4. I am exactly where I need to be and in control of my destiny 5. I am surrounded by people that

love and encourage me to shine

I encourage all of you to continue your journey towards creating and enjoying a more balanced, beautiful life, every day and all year long.

Happy new year – happy new you! Beauty and lifestyle expert Kay Casperson lives on Sanibel with her

husband, two daughters and dogs. She produces her own inspirational collections of skincare, cosmetics, wellness, apparel and accessories, and operates four Lifestyle Spa & Boutique locations in Southwest Florida and Orlando. Learn more at kaycasperson. com.쏴

> Read us online at IslandSunNews.com

Scholarship Application Process Begins

he Southwest Florida Community Foundation's scholarship application process for the 2016-17 school year will begin on Friday, January 15. Approximately \$500,000 in scholarship money is available through more than 50 scholarships for local high-school students and undergraduate students with financial need or academic merit from Charlotte, Collier, Glades, Hendry and Lee counties.

The E-Apply online scholarship application tool can be accessed through the Community Foundation's website at www.floridacommunity.com/scholarships. Students may review the scholarships available online as well as a tutorial about how to create and submit the online application.

Students may apply for multiple scholarships and have the ability to upload transcripts, SAT/ACT score reports, letters of recommendation and financial documentation (if required). For needbased scholarships, students are required to submit the Free Application for Federal Student Aid (FAFSA) form. The deadline for scholarship applications is March 4. "We are excited to be able to offer stu-

dents an opportunity to apply for annual as well as renewable scholarships," said Melanie Holaway, scholarship coordinator for the Southwest Florida Community

ISLAND SUN - JANUARY 15, 2016 15B Foundation.

Renewable scholarships are those offered for up to four years such as the Patricia Means Scholarship, which is new this year.

According to Holaway, examples of some of the more unique scholarships not as highly sought after include scholarships for students with disabilities, student athletes, students pursuing a specific field of study such as teaching deaf or blind individuals, specific church membership or community service hours in a particular facility such as a veterans hospital, adult students going back to school, students from particular schools or communities, and students pursuing a graduate or professional degree.

New scholarships this year include four from Dr. Allen and Mrs. Elizabeth Shevach for medical students from Lee County attending the University of Florida College of Medicine, Lee County students enrolled at Johns Hopkins University, graduating seniors from Fort Myers High School who have participated in highschool athletics and plan to pursue a college education, and a general scholarship for graduating seniors from any Lee County high school.

The Patricia Means Scholarship is for a U.S. citizen, high-school graduate with a B or C grade-point average pursuing post-secondary education. The Gerard C. Mehr Scholarship is for

a financially needy Southwest Florida student graduating high school or possessing a GED, or to adult learners seeking continued education from accredited colleges continued on page 21B

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16B | ISLAND SUN - JANUARY 15, 2016 The Sanibel Sprout

The Conscious Kitchen



by Chef Nikki Rood

f increased stamina, health and well-being are on your list of New Year's resolutions, there's no better place to get the ball rolling than in the kitchen. It's become common medical

knowledge that the root cause of the majority of health issues begins with inflammation, the body's response to a perceived injury. In other words, inflammation is a form of protection against some kind of provocation the body recognizes as harmful.

Inflammation can lead to arthritic joint pain and loss of mobility, compromised digestive function, loss of muscle tone, memory loss and cognitive decline, increased cardiovascular risk, abnormal growth of healthy cells, accelerated skin aging, wrinkles and weight gain. Not to mention chronic auto-immune issues and associated ailments. Inflammatory diseases can be extraordinarily debilitating and can take a huge toll on our quality of life.

We can empower ourselves to selfheal, lose the aches and pains, and rediscover our physical fitness by understanding that processed, refined foods typically lead to inflammation, whereas whole foods such as fresh fruits, vegetables, nuts and some good grains can be anti-inflammatory. Refined sugars and starches elevate blood sugar levels and cause weight gain. Meats that are high in saturated fats, such as bacon, sausage, cold cuts and hot dogs can also cause inflammation. Unfortunately, butter, whole milk, cheese and poultry skin are also inflammatory.

A common denominator in all these foods is that they all tend to increase acidity in the body, which in turn provides a fertile breeding ground for disease and inflammation to occur. Little steps in the right direction can profoundly change our health for the better.

By eating whole fresh, organic food that is juicy and pure, we can begin to reverse some of the damage and feel extraordinary energy shifts. It's all about balance and knowing what works for your unique body. Plant-based foods create a more alkaline internal environment and balance the gut microbiome, that infinite world of bacteria residing in our guts where most of our immune system is found. Probiotics and fermented foods such as sauerkraut, kimchee and kefir can also create rapid changes in our gut biochemistry, reducing inflammation and improving immunity. Don't forget to drink lots of water, too. It's free and it can be your digestive tract's best friend by lubricating, softening and hydrating

Look to avocados, nuts, olive oil and coconut oil as alternative sources of healthy fats that may actually aid in decreasing inflammation. Healthy omega-3 fats are also found in salmon, tuna, walnuts and flaxseed. Starting the morning with a warm mug of lemon water is one of the simplest and most effective ways of alkalinizing the body and cleansing our internal organs. Adding a sprinkle of cinnamon or cayenne pepper is also great. Consider purchasing a juicer and mak-

ing a beautiful green juice once a day, once a week or whenever you can. I keep a Happy Belly Salad in my refrigerator (that lasts for 3 or 4 days) and grab it whenever I'm on the run and needing optimal nutrition. It's easy to make – just chop up some cabbage, red bell pepper, red onion, carrots, arugula and throw some raw almonds in for a delicious crunch. I serve it with a raspberry vinaigrette.

You can also flood your body with a garden of goodness by learning how to make this simple and nutritious juice.

The Sanibel Sprout Emerald Island Green Juice

In a juicer: One large cucumber 2 stalks of celery 2 large leaves of kale 1/2 of a green apple Juice of 1/2 lemon One knuckle of ginger Lots of love Fat well laydb well sle

Eat well, laugh well, sleep well and love well. Until next time... Chef Nikki

Please join me in creating this Conscious Kitchen community, helping you take responsibility for your health. Feel free to reach me at www.sanibelfoodcoop.com.

Superior Interiors Prints And Patterns

by Linda Coin



I you've been debating about whether or not to use prints or patterns in your next decorating project... fear no more! Prints are definitely more eyecatching than solid

or textured fabrics. They dramatize the look of window treatments, furniture and, yes, even area rugs. Be sure to choose one main pattern – usually large or medium in scale and

make that your show stopper design. Then you can add additional prints

and patterns in smaller scales to your room's overall design. Just be sure to not crowd your room with too many prints, especially if your room already holds a lot of furniture and accessories. Too many prints will make any room seem small and cluttered.

As a general rule, big bold prints will make objects appear more dominate. Small patterns can eliminate undesirable angles and visually increase the size of a room. So, doesn't it stand to reason that you'll want to use the bigger, bolder patterns on furnishings that you truly want to stand out? And, by using coordinating prints of a medium or small scale design to complement your main print, you'll easily avoid overcrowding your room.

When used properly, decorating with prints and patterns will help make your home be pattern perfect.

Linda Coin is an Interior Designer for Sanibel/Captiva Islands and can be reached at linda@coindecden.com.*

Eden Energy Medicine Stop Compulsive Eating By Sucking Your Thumb



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

et's face it – putting food in our mouths feels good... but babies know that sucking the thumb feels amazing good, too! Unfortunately, our

bodies do not always need the sustenance of food when we eat, since often the feeling of eating is created by stress and thus imbalance in our physical or emotional bodies. Our brain is being sent chemical messages to eat to feel better. Of course, if eating processed foods laden with salt, sugar and fat, the food itself (thanks to our food industry) will create a desire for more. The result is often compulsive eating – a sense that you must eat and eat more... and eat now!

Today's exercises and the last two weeks are based on Eden's book *Energy Medicine For Women*. Try one or all of the techniques to see what works best. For today's issue, immediately upon craving food, try:

• Create Self Comfort – Place either thumb against the roof of the mouth and suck while placing the second knuckle

Democratic Club To Meet



Ben Spence

submitted by June Sieber, Democratic Club of the Islands

n Thursday, January 21, Ben Spence, chief financial officer of Lee Memorial Health System, will discuss the future of health care for the thousands of lower income Florida residents who don't currently have any health insurance. The Democratic Club of the Islands monthly meeting, featuring of the index finger above lip and below nose. Rub index finger up and down slowly until you feel the urge to eat subside. It works by connecting two major

meridians



Gamut Point

that encase the core of the body, while moving oxygen and cerebrospinal fluid through the head, creating a feeling of comfort.

• Place one hand on middle of chest. With other hand, tap point on back of hand between ring and little finger (as shown on diagram) while breathing deeply. While tapping, focus on the food you are craving. This works since it is a powerful acupressure point on the Triple Warmer meridian, which controls all of our habits including the need to eat that food for comfort.

You have just given yourself comfort without eating. As a bonus, sucking the thumb helps to alleviate snoring. Have fun with your energy! Next

Have fun with your energy! Next week's topic is Change Eating Patterns By Blow-out, Zip-up and Hook-up.

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.*

Spence, will be held at the Sanibel Public Library, 770 Dunlop Road at 7 p.m. The meeting is free and open to the public.

Spence joined Lee Memorial Hospital Health System in 1995 and has served in many key roles before he was appointed CFO in 2014. He has been a key player in the astounding growth of Lee Memorial Health System, which includes four acute care hospitals, a comprehensive rehabilitation hospital, a skilled nursing and rehabilitation facility, a home health agency, a regional cancer center, multiple physician practices and outpatient services and Golisano Children's Hospital. Lee Memorial Health System has received many recognitions, including Thompson Reuters 100 Top Hospitals, HealthGrades Excellence and top 50 Hospitals in the Nation, AARP Top 10 employer in nation and Premier Healthcare Employer.

A recent newspaper article by Julio Fuentes, president and CEO of Florida State Hispanic Chamber of Commerce, pointed out that thousands in Florida have fallen into the "coverage gap" because they earn too much to qualify for traditional Medicaid, but not enough to qualify for subsidies in the health insurance marketplace. Fuentes explained that Florida has the third highest rate of uninsured people in the nation because the Florida Senate and Legislature refused to accept the Affordable Care Act Medicaid Coverage, creating a huge financial burden for hospitals, resulting in health insurance premium increases for

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Florida Pompano with Blue Crab in Citrus Cream

- $\frac{1}{2}$ cup dry white wine
- ¹/₄ cup shallots, minced 3 tablespoons fresh lemon juice
- 1 cup heavy cream
- 1/4 cup unsalted butter, cut into 1/2-inch cubes
- $1^{1/2}$ teaspoons grated lemon peel
- 8 ounces fresh blue crabmeat
- Salt and pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoon shrimp boil or seafood seasoning 4 six- to eight-ounce pompano fillets, skinless
- 1 bunch fresh parsley, chopped

Combine wine, shallots and lemon juice in small saucepan. Boil over medium-high heat until mixture is reduced to 1/3 cup. Add cream; simmer 5 minutes until thickened. Add butter cubes a few at a time and whisk until melted. Stir in lemon peel. Add crabmeat to sauce and heat through. Add salt and pepper to taste; set aside and keep warm. In a large skillet, heat oil over medium-high heat.

Season fillets with seafood seasoning and add to pan; cook 4 minutes per side until opaque in center. Place fillet in center of serving plate and top with crabmeat. Spoon additional sauce over all; sprinkle with parsley and serve.

Yields four servings.☆



Florida Pompano with Blue Crab in Citrus Cream







Part-time staff and volunteers from the Sanibel Captiva Chamber of Commerce Visitor's Center take a two-day trolley tour of Sanibel-Captiva businesses

Chamber Staff, Volunteers Take Trolley Tours

In order to better serve its more than 160,00 visitors each year, the Sanibel Captiva Chamber of Commerce recently held a trolley tour for its Visitor Center staff and volunteers. The group toured 24 Sanibel and Captiva businesses in two days to learn new information and see changes in the past year.

"We put the annual trolley tour together to provide our part-time staff and volunteers with the knowledge and experience to effectively answer questions from our visitors," said Chamber President Ric Base.

The group received guided tours at each stop, and had lunch at The Dunes Golf & Tennis Club and George & Wendy's Corner Grill. While a majority of the stops were places to stay on Sanibel and Captiva, the tour also included popular tourist destinations such as Billy's Bike Shop & Rentals, Periwinkle Place shopping center, Bailey's General Store, Bailey's Marketplace at Sundial, Tarpon Bay Explorers and Tower Gallery. "Our staff and volunteers are very

"Our staff and volunteers are very dedicated people, who want to help visitors enjoy their time on our islands," Base said. "We appreciate the participating businesses this year who took the time to help us better inform visitors about their offerings."

The Francis P. Bailey, Jr. Chamber Visitor Center, open 365 days a year, is the welcome center to the islands and often the first stop for new arrivals. Due to the trolley tour, staff and volunteers are able to provide comprehensive information on things to do, places to visit and where to stay, shop or dine.

The two trolleys and drivers were provided by Adventures in Paradise.



The trolley tour group hears from Billy Kirkland, owner of Billy's Bike Shop and Rentals, one of 24 stops on the two-day tour



Lunch at The Dunes Golf & Tennis Club was part of the trolley tour

Participating businesses on the tour were Tarpon Tale Inn, Seaside Inn, Sanibel Arms, Sanibel Arms West, Song of the Sea, Sanibel Inn, Casa Ybel Resort, South Seas Island Resort, Jensen's Twin Palms & Marina, 'Tween Waters Inn, Sea Oats Luxury Estate, The Castaways, West Wind Inn, Beachview Cottages, Sunset Beach Inn, Sundial Beach Resort and Spa and Sanibel Siesta on the Beach. The chamber receives over 160,000

The chamber receives over 160,00 visitors each year.챴



From left, Virginia Jones, Bank of the Islands' Willy Ocasio and Zonta Foundation Treasurer Susan Tucker

Bank Gives \$700 To Zonta

Bank of the Islands recently made its latest non-profit donation through its We Love Our Islands program. The winner choosing the beneficiary organization was bank customer Virginia Jones. She was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local non-profit group would receive a charitable contribution from the bank.

As president of the Zonta Club and Zonta Foundation of Southwest Florida, Jones' choice was clear. She chose the Zonta Foundation of Southwest Florida to receive the

\$700 donation. This gift marks a total of \$66,200 the bank has contributed to island organizations to date through the program.

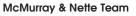
"Many islanders know Zonta for their annually sold-out house tour fundraiser called Peek at the Unique, but their true service is in funding so many grant requests with the proceeds," said Willy Ocasio, Sanibel-Captiva office manager.

All islanders are invited to stop by the bank's Sanibel and Captiva offices to get a free We Love Our Islands decal.

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers





Royal Shell Real Estate announced their top producers from the Sanibel/Captiva office for the





Jennifer Berry

Cindy Sitton

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Top Sales Producers Individual − Cindy Sitton¾

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Craig R. Hersch

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Estate Planning Workshops

A ttorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A., will host a Florida Residency and Estate Planning Workshop on Thursday February 4 at 2 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel, and Friday, February 5 at 2 p.m. at Temple Beth El, located at 16225 Winkler Road in Fort Myers.

The workshops will feature discussions on how estate law in Florida differs from other states, considerations and advantages for declaring residency in Florida, benefits to updating wills and trusts to Florida law and other tax law-related matters.

To encourage Florida residents to keep their legal documents up-to-date, Hersch and Hill will offer attendees the opportunity to arrive 30 minutes before the workshop with a current copy of estate planning documents to receive a confidential, complimentary written trust analysis. In addition to this service, all attendees will receive a free Florida Estate Planning Guide.

For more information or to register for the upcoming workshop, call 425-9379.3

From page 15B Scholarship

or universities, or training from certified job-training programs.

The Immokalee Achievement Award Fund is for an Immokalee High School graduating senior who has or will be applying to a community college or an advanced education trade school for a course or courses leading to a specialized trade or job skill.

In 2016, the Community Foundation awarded more than \$500,000 in scholarships. With a simplified and streamlined online application process, students apply without submitting paper applications.

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



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Laura Dimmer

Bank Adds Teller

aura Dimmer has joined Sanibel Captiva Community Bank as a teller at its McGregor Boulevard branch.

Dimmer has more than 14 years of banking experience, including serving as branch manager, assistant branch manager, team leader, senior personal financial associate and sales and service associate in Tennessee and Michigan.

A Fort Myers Beach resident, she holds National Endowment for Financial Education certification and is registered with the Nationwide Multistate Licensing System.

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deaRPharmacist Three Surprising Options To Relieve Menopause



by Suzy Cohen, RPh

ear Readers: The

dreaded hot flashes of menopause are often more than just a mere nuisance, they can disrupt your life day and night. I have been menopausal for 3 years and luckily have

yet to experience a single hot flash or any symptom for that matter, but several friends suffer terribly. They have to change bed sheets from the sweats, and often complain they feel like they're on fire. Menopause causes changes in mood, weight gain and insomnia.

The most popular supplements touted for menopause include black cohosh, flax seeds, soy-based supplements, alfalfa, and/or ginseng. Natural progesterone is often used too and this comes in an over-the-counter cream as well as several prescription types. These may help to some extent but right now I'd like to share new research.

Scientists have been looking at serotonin hormone levels. We know serotonin is an important brain neurotransmitter, more specifically it's one of our "happy" brain chemicals. The impact serotonin has on other hormone levels including estrogen can't be underestimated. When serotonin is low, the brain experiences dangerous oxidative damage and neurons die. This could precipitate hot flashes, insomnia, and mood swings catapulting you into a proinflammatory state with a disrupted sleep cycle and appetite like nobody's business. It could be a mean menopause.

Based upon this new information, I can make natural suggestions for you to ponder. You should consult a physician because raising serotonin isn't always the answer, and can sometimes backfire. I don't know what's right for each of you. That said, here are some over-the-counter considerations:

5-HTP – This essential amino acid is formed from "tryptophan" which is found naturally in turkey, cheese and nuts. It's sold as a dietary supplement and it forms serotonin in your body. Remember, without adequate serotonin, hot flashes, irritability and insomnia are more likely to occur. Please don't ever combine 5-HTP with any prescribed antidepressants or Serotonin Syndrome may result!

Serotonin Syndrome may result! Melatonin – When serotonin breaks down in your body, it forms melatonin which is one of your natural sleep hormones. You make this, and it's sold as a supplement. Melatonin is great if you want to sleep a little bit longer. It's a strong antioxidant and helps reduce that oxidative stress (and resulting inflammation) that I mentioned earlier. A Polish study published in Prz Menopauzalny (Menopausal Review) just evaluated melatonin in menopausal women. Women who received 5mg



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LIC # EC-0001761 LIC # CAC-057364 of melatonin each night for 24 weeks not only slept better but also lost a little weight. I have to say, 5mg is a rather hefty dose!

Resveratrol – This provides natural estrogen-like activity (phytoestrogen) because resveratrol has a similar structure to 17 beta estradiol (our natural estrogen). Restoring estrogen levels may relieve hot flashes and help you sleep. It's usually taken at night for that reason.

Eliminate The Back Pain Blues



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

How many people do you know who suffer from low back pain? It's one of the most common pain conditions. There are numerous treatments aimed at giving temporary relief for that nagging pain, but understanding what causes back pain can lead to a more long-term treatment.

When you injure your low back, you may just tweak a muscle, and in a few days the muscle heals up and you are back to normal. But when that pain lasts and becomes chronic, low back pain can become disabling and interfere with life as you know it. Very frequently, the underlying cause of chronic low back pain is injury to the ligaments.

Ligaments aid in the stability of the back. When you stand, bend and turn, the ligaments in the back – which connect vertebrae to vertebrae – work to keep the motion in check, allowing the vertebrae to move, but not letting them move too much. However, when the back is injured from a force greater than what the ligaments can withstand, the ligaments get injured. If you'd like to receive a more comprehensive version of this article with more tips sign up for my free newsletter at suzycohen.com Remember to ask your physician if these are right for you.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www. SuzyCohen.com.🛠

Injured ligaments become weak and stretched out. Picture a rubber band stretched past its capacity, and void of elasticity. In this state, the ligaments are unable to stabilize the area of the back where they are located, and the back becomes unstable. Ligaments are full of nerves, so when you go about your daily activities, and bend or twist or even sit too long, those nerves get aggravated and you feel pain. You also might notice cracking and popping, muscle spasms and feelings like your back is going to give out.

For chronic low back pain or a sports injury, regenerative, nonsurgical options like Prolotherapy are can be considered, a treatment which repairs injured ligaments and provides sustained pain relief.

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.☆

From page 16B Democratic Club

everyone. Ironically, our tax dollars have already paid for the extension of health care coverage in the state, but the state has turned down President Obama's federal funding.

The Democratic Club urges everyone concerned with the future of health care in Florida to attend this compelling meeting to hear this national keynote speaker, discuss the steps citizens can take to rectify this situation. To join the Democratic Club of the Islands, bring your check for \$25 made out to DCI on Thursday, January 21. For more information, e-mail demclubislands@gmail.com or call 313-5718.[‡]



Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

Last night on TV I heard that Sandra Day O'Connor's husband is in love with another woman and she is thrilled and happy for him. Unfortunately her husband is in an Alzheimer's living complex.

I am in the same position but am jealous when I visit him at his living complex.

When I visit they are sitting together, holding hands and watching the world go by. I know that they are not responsible for their actions because of the disease, and I am told they mean a great deal to each other. My husband and his friend are more contented, happier and less hostile and are enjoying their lives.

Would you please help me to become more loving and understanding like Sandra Day O'Connor? Helen

Dear Helen,

It sounds like you understand the situation but you are having a difficult time accepting it. Acceptance is a choice. You can choose to accept the situation and focus on the positives. Cognitively in a different place than you, your husband is content. By your own observations and staff comments your husband is less hostile, enjoying life in the moment. Or you can focus on the emotions of hurt and jealousy.

While I understand that these are normal feelings in situations of infidelity, your situation is not normal, nor is it infidelity. Brain illnesses in families, mothers, fathers, wives and husbands challenge families to love and care in different ways.

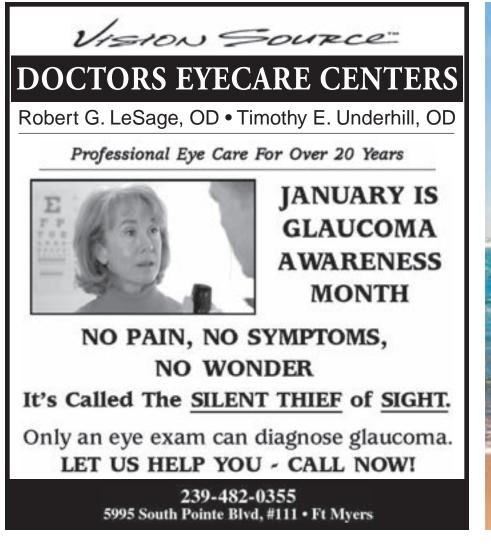
Perhaps in your situation (similar to Sandra Day O'Connor's), you must love and care enough to let go.

Dear Helen,

Alzheimer's disease is one of the most feared in the 21st century. Nancy Reagan said that it was a disease "with a long goodbye.'

No one knows how they will act and deal with the news when a loved one is diagnosed.

Your reaction to his illness is a very common one. It is an extremely difficult situation and many professionals working in the field call it a family illness - everyone suffers. Your husband is not showing behavior against you and, who knows, he may even think his friend is you. He is no



longer the man you married because of this disease.

Sandra Day O'Connor is showing love and kindness in an exceptional way; try if you can to follow her example.

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

Got A Problem? Dr. Connie Is In

by Constance Clancy Q: I come from divorced parents



should I handle this?

Prvce

A: It sounds as though your father is reaching out and perhaps wants to forgive and is asking for a little forgiveness from you. It is unfortunate that it takes some people almost a lifetime to see the light. However, it is never too late. The past is finished and you cannot change it, yet you can make the most of what you have right here, right now.

Think of how you might feel if you do not visit him, then he is no longer here? Basically, what forgiveness does is open us up to self-love. It can rid your mind of

ISLAND SUN - JANUARY 15, 2016 23B

past hurt and judgement of yourself and others. By practicing this act of forgiveness and letting go, you would not only be letting go of resentment, which is a huge weight off of your shoulders, but there is no longer any negative energy holding you back and keeping you a prisoner to your own heart.

As you close out this year, consider the choice of letting ill-will toward not only your father but anyone leave your mind. I am not saying it will ever be perfect between you and your father, but you will have made a positive step toward forgiveness if you take that leap and find out - or you will never know.

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.举

From page 10B Heart Walk

of the Islands; Shell Point Retirement Community; Sanibel Captiva Kiwanis and Sandy Teger/Dave Waks of System Dynamics Inc. Lee County sponsors include Lee Memorial Health System and Lex and Eileen Roulston.

There have been many donations of items for the silent auction from Sanibel businesses, including a \$2,500 gift certificate from Lily & Co. Jewelers.

To learn more or become a sponsor, contact Kelly Goodwien at kelly.goodwien@heart.org, phone 495-4901 or visit www.SanibelCaptivaHeartWalk.org.☆

ANOTHER REASON TO LOVE FLORIDA JOINT REGENERATION THERAPY



9738 Commerce Center Ct. Fort Myers, FL 33908

My Stars ★★★★

FOR WEEK OF JANUARY 18, 2016

ARIES (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

TAURUS (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.

GEMINI (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

CANCER (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

LEO (July 23 to August 22) Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.

VIRGO (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

LIBRA (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

SCORPIO (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

SAGITTARIUS (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

CAPRICÓRN (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

AQUARIUS (January 20 to

February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

PISCES (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

BORN THIS WEEK: You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

THIS WEEK IN HISTORY

• On Jan. 19, 1809, author Edgar Allan Poe is born in Boston. By the time he was 3 years old, Poe's parents had died, leaving him in the care of his godfather, John Allan. Allan eventually disowned Poe for gambling debts.

disowned Poe for gambling debts. • On Jan. 22, 1879, U.S soldiers badly bloody Cheyenne Chief Dull Knife and his people as they make a desperate march to flee the Indian Territory where they had been relocated and return to their Wyoming homeland.

• On Jan. 18, 1912, after a two-month ordeal, the expedition of British explorer Robert Falcon Scott arrives at the

BRICK PAVERS

South Pole only to find that Norwegian explorer Roald Amundsen had preceded them by just over a month.

• On Jan. 21, 1959, Carl Dean Switzer, the actor who as a child played "Alfalfa," the freckle-faced boy with a cowlick, in the "Our Gang" comedy film series, dies at age 31 in a fight in California.

• On Jan. 23, 1968, the U.S. intelligence-gathering ship Pueblo is seized by the North Korean navy and its crew charged with spying. Negotiations to free the 83-man crew dragged on for nearly a year, and required a signed confession by the ship's captain admitting to spying.

• On Jan. 24, 1972, after 28 years of hiding in the jungles of Guam, farmers discover Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended. Yokoi had gone into hiding rather than surrender to the Americans.

• On Jan. 20, 1981, minutes after Ronald Reagan's inauguration as the 40th president of the United States, the 52 U.S. captives held at the U.S. embassy in Teheran, Iran, are released, ending the 444-day Iran Hostage Crisis. President Jimmy Carter had been unable to diplomatically resolve the crisis.

STRANGE BUT TRUE

PROFESSIONAL DIRECTORY

CONSTRUCTION





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• It was 20th-century American historian, sociologist, philosopher and literary critic Lewis Mumford who made the following sage observation: "A man of courage never needs weapons, but he may need bail."

• In the 1960s, American spies in the Soviet Union had a novel way to eavesdrop on conversations: They used cats. The CIA agents placed listening devices on the felines in order to hear conversations that might take place on a park bench or near an open window. • Polar bears and grizzly bears are similar enough genetically to successfully mate. Any offspring produced from such a union is known as a "pizzly."

• If you're a book lover who is fortunate enough to be planning a trip to Japan's capital sometime soon, then Book and Bed Tokyo needs to be on your agenda. For a mere \$30-\$40 per night, you can sleep in a bunk surrounded by bookshelves and have access to free Wi-Fi and a vending machine. The bathrooms and a large seating area (furnished, reportedly, with deep, comfy couches) will be shared with other guests -- but that's just an opportunity to meet like-minded literary travelers! You can bring your own reading material, of course, but with 1,700 titles provided in both English in Japanese, there's no need.

• It's common knowledge that the ostrich is a flightless bird, but many people don't realize that, even confined to land, the ostrich can outrun a

ISLAND SUN - JANUARY 15, 2016 **25B** racehorse.

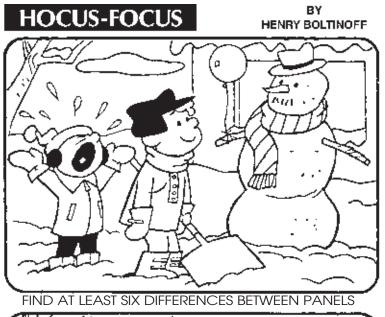
• If you use rats or mice to tell the future, you're engaging in myomancy; if you prefer to base your divination on the flight or song of birds, you're an ornithomancer.

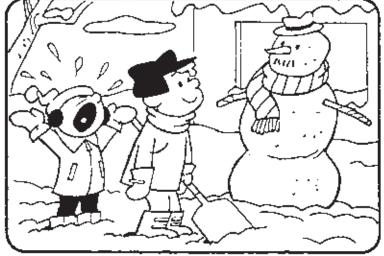
THOUGHT FOR THE DAY

"I would like to see anyone -- prophet, king or God -- convince a thousand cats to do the same thing at the same time." -- Neil Gaiman

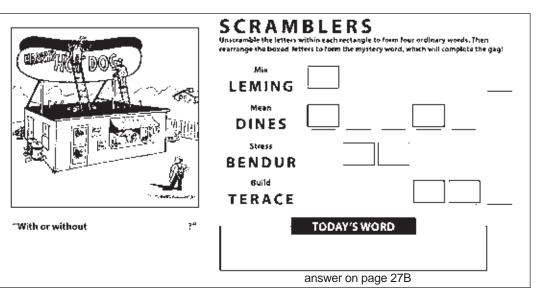
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26B ISLAND SUN - JANUARY 15, 2016





Ali Bañoon is missing. 5. Soart is shorten 6. Hat is smallen Differences: 1, Oloud is smaller, 2, Button strip is missing. 3, Shovel is smaller.



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		5	8				3	

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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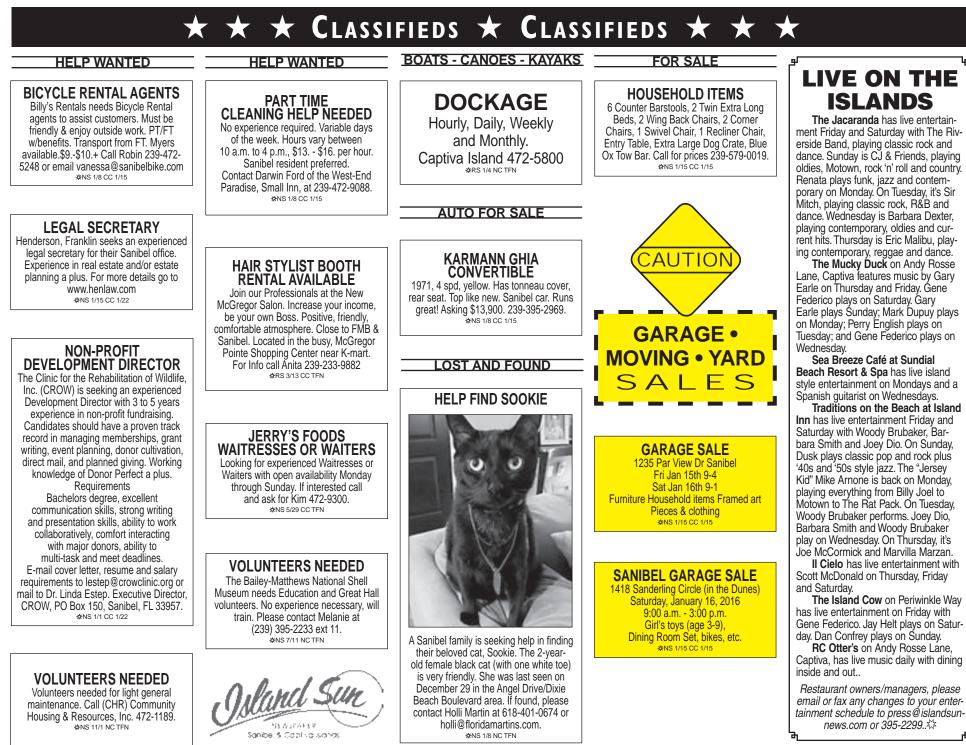
Ph (239) 472-8446 Ron DeCorte DeCorteFour.com #CBC058483 DeCorte Four Custom Home Builders, Inc. We do it all from repairing a door to adding a 2nd Floor New Construction Too P. O. Box 922 • Sanibel, FL 33957 • Fax (239) 472-8449 HAIR STYLIST Salon by Design Are you looking for me? I'm Olga, hairstylist 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 Call 590-0015 see you to make your hair appointment.

PUZZLE ANSWERS

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Palmetto Point	Fort Myers	2013	4,868	\$4,500,000	\$3,750,000	93
Shell Harbor	Sanibel	1976	2,729	\$2,447,000	\$2,150,000	20
Sanctuary	Bonita Springs	1999	3,212	\$1,109,000	\$1,037,500	16
Cape Coral	Cape Coral	2003	4,126	\$1,195,000	\$937,500	38
Cornwallis	Cape Coral	2001	2,464	\$875,000	\$855,000	58
Gulf Shores	Sanibel	1988	3,484	\$874,900	\$855,000	199
Cypress Bend	Fort Myers	2014	4,121	\$797,670	\$752,670	0
Catalpa Cove	Fort Myers	1994	3,243	\$739,000	\$725,000	14
Cape Coral	Cape Coral	2014	2,697	\$699,000	\$675,000	86
Mcgregor Reserve	Fort Myers	2002	3,904	\$675,000	\$662,000	155

Courtesy of Royal Shell Real Estate

 $\star \star \star$ PLACE CLASSIFIED - online at - www.lslandSunNews.com

Pets Of The Week

, name is Brownie. You will not find a dog with a better temperament than me. My past life has been one episode of neglect after another. When I was just a year old, I had an injury that went untreated and I had to have my leg removed. Even though I'm a threelegged dog, it hasn't slowed me down a



Brownie ID# 476949

bit. I can even climb stairs. My positive personality just keeps shining through. I hope my forever family comes soon. My adoption fee is \$30 (regularly \$75) during Animal Services' Yappy New Year adoption promotion.

I'm Betsy and I'm a bit shy but a purring machine. I will sit in your lap and give you lots of love. You just have to adopt me first. My adoption fee is \$30 (regularly \$75) during Animal Services' adoption promotion.

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

PAWS Of Sanibel

I'm Noel, also known as Island Girl. I was living out on the first causeway island for a very long time. My foster mom trapped me and took me to the kitty hospital for medical care, shots and surgery. I'm doing really well now, but I need to find a forever home.

I'm still really scared. I stay in my kitty condo when my foster mom comes in the room to give me food and water. She cleans my bathroom too. This is quite different than what I'm used to out on the island, but nice that I don't have to worry about where my next meal is coming from, or having to catch it. My foster mom pets me all over and sings songs to me, but I'm still too afraid to come out while she's in my room. I hope I will be less frightened soon, because I think I would like to see what it's like to sit on her lap when she pets me. Maybe some time soon.

My foster mom has received numerous phone calls from people reporting sightings of my kitten who is still out there somewhere on the causeway island. She has been seen at different times. All these people that care are what helped get me to

Sonny And Cher

This is Sonny and Cher. They were captured a few months ago between the Lantana Condominium and Sunset Beach Resort. They were about 12 weeks old at that time. Their mother, Lana, and their brother, Tanner, were both adopted. These two were not really adoptable at that time and needed some socialization, which, thanks to their foster dad, Gareth, they received and passed with flying colors. They come to him to be petted, they sleep with him and they get along well with his own two cats.

Now it's time to find them a forever home. If you can provide a home for one or, preferably, both of these kitties, contact Pam at PAWS, 472-4823.[‡]



Betsv ID# 649277

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 \$500.5



Noel in her kitty condo

a safe place, so if you see my kitten or you can help in some way to capture her, please call Pam at PAWS, 472-4823.

If you want to give me, and maybe my kitten, a forever home, please call Pam too.



Sonny and Cher



CALLING CARD 239-395-1213

Emergency
Lee County Sheriff's Office
Fire Department - Sanibel
Fire Department - Captiva 472-9494
Florida Marine Patrol
Florida Highway Patrol
Chamber of Commerce 472-1080
City of Sanibel
Administrative Office 4/2-3/00 Building Department 472-4555
Planning Department 472-4136
Library - Sanibel
Post Office - Sanibel
Post Office - Sanibel (toll free)800-275-8777
Post Office - Captiva
Sanibel Community Association 472-2155 Center 4 Life - Senior Center 472-5743
ARTS
Arcade Theater
Art League Of Fort Myers
Broadway Palm Dinner Theatre
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Gulf Coast Symphony
Lee County Alliance for the Arts
The Herb Strauss Schoolhouse Theater
Sanibel Music Festival
Sanibel-Captiva Art League sancapart.com SW Florida Symphony 418-0996
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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
CHR Community Housing & Resources 472-1189
Community Foundation of Sanibel-Captiva
FISH of Sanibel - Friends in Service Here
Sanibel Island Fishing Club 472-8994
Horticultural Society of the Islands
Horticulture and Tea Society of Sanibel and Captiva 472-8334 Kiwanis Club
League of Women Voters sanibelLWV @gmail.com
Lions Club, Jeff MacDonald
Master Gardeners of the Islands
Newcomers
Notre Dame Club of Southwest Florida
Optimist Club
PAWS
Sanibel Bike Clubsanibelbicycleclub.org
Sanibel Beautification Inc
Sanibel-Captiva Orchid Society
Sanibel-Captiva Republican Caucus
Sanibel-Captiva Shell Club
Sanibel Youth Soccer www.sanibelsoccer.org. 395-2040 United Way of Lee County
United Way 211 Helpline 24 hour
Zonta Club
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JN "Ding" Darling National Wildlife Refuge 472-1100
Sanibel Historical Museum & Village
SCCF Sanibel-Captiva Conservation Foundation

press@islandsunnews.com

BEACH CHAIR PAST

HORROR

answers on page 27B

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Multi-Deck Space, Minutes to Bay & Gulf Waters
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 In the Heart of Captiva Village
- \$1,875,000 MLS 215042264
- Sarah Ashton 239.691.4915

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- 152 Feet Bayou Bay Water Frontage
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- Great Direct Boating Access
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- Very Private Location on 2 Lots
- Den, Living Room, Family Room, Pool
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• 2 BR, 2 BA, Second Floor Direct Gulf View • Sunsets From Your Screened Lanai • Close to Shopping, Dining, and Captiva Village • **\$579,000** MLS 214025040

• Fred Newman & Vicki Panico 239.826.2704

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- 4 BR, 4.5 BA, Grotto Style Screened Pool Area w/S
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