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SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 11, 2016

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## Big Plans Announced For SCCF's 50th Anniversary



At last week's SCCF Emeritus Advisory Council meeting were past board of trustee presidents, standing from left, Dean Skaugstad, Bill Hillebrandt, Porter Goss and Jack Thomas; seated from left, current president Ron Gibson, Linda Uhler, Paul Roth and Ruth Deuber

photos by Jeff Lysiak

by Jeff Lysiak

During last week's Emeritus Advisory Council gathering on the porch of the Sanibel-Captiva Conservation Foundation Nature Center, seven past presidents of SCCF's board of trustees were honored for their contributions throughout the organization's 49 years of existence.

And while the group's accomplishments over the last 12 months were recognized during the meeting, the highlight of the afternoon was the announcement of plans for SCCF's 50th anniversary season in 2017.

Ron Gibson, current board president, introduced the past presidents in attendance – Ruth Deuber, Porter Goss, Bill Hillebrandt, Paul Roth, Dean Skaugstad, Jack Thomas and Linda Uhler – before noting major SCCF accomplishments during 2015-16. These included the opening of the Bailey Homestead Preserve and Native Landscapes & Garden Center; the groundbreaking for the expanded Marine Lab facility; the construction of new intern/visiting scientist housing; a successful year for shorebird and sea turtle nesting; continued oyster reef restoration efforts led by the Wildlife Habitat & Management team; and the ongoing environmental education operations.

SCCF Executive Director Erick Lindblad also praised the past and present resolve of the organization's board members, staff and volunteers.

"The amount of work that's been done by the founding members of SCCF is immense, and the accomplishments that have been achieved are incredible," he said, noting that the group was founded in 1967 after Lee County announced plans to make Sanibel and Captiva home to 90,000 year-round residents. "We now have about 5,000 or 6,000 year-round residents, and maybe 20,000 during season, so to think about what would've happened if they brought that many people here... it would have been quite a problem."

Lindblad praised the city's founders, who incorporated in 1974 and immediately called for a moratorium on development. Thanks to their efforts and putting together a well-structured Sanibel Plan that "has stood the test of time," approximately 67 percent of the island has been preserved. He later thanked two major partners in SCCF's vision for the islands – the City of Sanibel and the JN "Ding" Darling National Wildlife Refuge – for having identical priorities in preserving

continued on page 5



From left, Chauncey Goss, Judie Zimomra and Erick Lindblad

## Thanksgiving Celebration Service Returns November 20 At BIG ARTS

by Jeff Lysiak

The annual Sanibel Thanksgiving Celebration service will take place on Sunday, November 20 beginning at 6:30 p.m. at BIG ARTS Schein Hall, located at 800 Dunlop Road on Sanibel. All are invited to join this non-denominational service, which is a celebration of Thanksgiving in words and song. Admission is free.

The mayor, city manager and representatives from all the island churches will take part, along with music and song from BIG ARTS

Community Chorus as well as The Sanibel School's Seahorse Chorale, who will perform several numbers including *Circle of Life*, *Al Shlosha D'Varim*, *Ching A Ring Chaw* and *Count Your Blessings*.

Fellowship over cookies – donated by Jerry's Market – and apple cider – donated by Bailey's General Store – will follow the celebration of thanks.

Mary Bondurant, chair of the celebration, encourages guests to bring food or monetary donations for FISH of San-Cap, who will speak of the continuing needs of our fellow islanders.

For more information, call Mary Bondurant at 839-3633.✻



Promoting this year's Sanibel Thanksgiving Celebration at BIG ARTS are, from left, Sandra Feather, Fred Bondurant, Alicia Baylina, Mary Bondurant, Jill McArthur with Bernie, Gail Estka, Jay Schulz and Andrea Flynn

photo by Jeff Lysiak



# The Aleck Family's Sanibel Christmas



Mary Aleck  
photo courtesy Sanibel Historical Village

submitted by Alison Ward

Snowbirds and tourists rode the ferries to the island for the holidays, but residents were already here. Those with homes welcomed visitors and relatives; those with island businesses needed to take advantage of the increased island traffic and earn the bulk

of their annual income. One of our original island treasures is Mary Aleck who, at the young age of 26, opened the Sanibel Beauty Salon on Periwinkle Way on March 25, 1951 across from what is now the Bank of America. The March 25th date was very important to Aleck because that was Greek Independence Day. Aleck's business telephone, GR(eenleaf) 472-1111, was one of three original phone numbers distributed on Sanibel. The road in back of the Bailey's Shopping Center is named Aleck's Alley after her. Aleck later developed the Island Shopping Center, located at Periwinkle Way and Tarpon Bay Road, to specifications which would allow a larger salon and Bailey's to relocate. Original tenants included Realtor Priscilla Murphy, the Sanibel Beauty Salon, a laundromat and a space left for Bailey's. When Francis Bailey, Jr. hesitated to relocate his family store from the site on San Carlos Bay to Periwinkle Way, Aleck threatened to put a Piggly Wiggly or a similar grocery store in the new site, which broke the delay. Aleck had three daughters, the youngest of whom, Mary Anne Banta, owns and operates the business today. All three daughters helped out in the beauty salon when young. Mary Aleck also owned and operated the Coconut Grove, site of the current George & Wendy's Seafood Grille, but asked one of her brothers, John Continos, to come down from Keene, New

Hampshire to run it for her. Another Continos brother, Nick, was the first principal of The Sanibel School. Aleck was the first president of the Sanibel Shell Club. She died at age 73, after owning and operating her island business for almost 50 years. The salon, still called the Sanibel Beauty Salon, is now at 2330 Palm Ridge Road, across from CVS Pharmacy. Banta, who now enjoys a grandson herself, remembers her Christmases as a child on island. Like many Sanibelians, they would cut down an Australian pine tree and make their own ornaments. On Christmas Eve, the Aleck sisters, with other island children, attended the party at The Community House. All children received a gift from Bailey and Murphy. In 1963, gift wrappers included Mary Nix, Goldie Nave and Jane Rhodes. Her family attended St. Michael and All Angels Episcopal Church, and listened to Father Madden at the Family Eucharist at 9 a.m. on Christmas Day. Following the family service, Santa met the children in front of the church. There was a party for the children at St. Michael's two days after Christmas. Later, the three girls would help out in their mother's salon. Around the time of the causeway in 1963, the charge for a woman's wash and cut was approximately \$2 to \$3. Banta shared a original copy of the December 19, 1963 Sanibel-Captiva Record, which was published each Thursday "at Town Square, Sanibel

Island, Florida." The cover page was a Merry Christmas poem that included all islanders' names. "For Mary Aleck and all her girls, Marcells, fingerwaves and pretty curls." Also in that issue, there is a small ad for The Coconut Grove's Christmas Dinner menu (\$2.75 for adults, \$2 for children) as well a half page ad for Bailey's. We encourage everyone to visit the Sanibel Historical Museum & Village, at no charge on the afternoon of Luminary Day, December 2 from 3:30 to 5:30 pm. The village will be decorated for the holidays, but for a time when people still needed to get to the islands by ferry. Most displays will remain in place through the first half of January. The Sanibel Historical Museum & Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, based upon docent availability. The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to all buildings. Admission is \$10 for adults over 18. Members and children are free. For more information, call 472-4638 or visit [www.sanibel.museum.org](http://www.sanibel.museum.org). (NOTE: This will be one of several articles by the Sanibel Historical Museum & Village about families who lived on island "BC" – before the causeway was built in 1963 – and how they celebrated the holidays.)✽

## It's She Sells Sea Shells 40th Anniversary

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# Chapel By The Sea Season To Open

submitted by  
Pat Slater

The second Sunday of November will mark the beginning of the 68th season of Sunday worship services at Historic Captiva Chapel by the Sea.

We are delighted to be welcoming a new minister this season. His name is The Rev. Dr. John N. Cedarleaf from Fairport, New York. This will be the first year of his three-year term and will be serving us through April 2019. Rev. Cedarleaf's interview with our Pulpit Search Committee, and subsequent visit to Captiva in November 2015, confirmed to our board of associates that John's straight-forward style, caring demeanor, and understanding of our chapel's unique history is a natural fit for our island community.

Educated at North Park University in Chicago, then Andover Newton Theological School receiving his MDiv in 1969 and his DMin in 1981. John's ecclesiastical credentials include ordination in 1969 at Franklin Association, Massachusetts Conference United Church of Christ and his present ecclesiastical standing is in the Genesee Association, New York Conference United Church of Christ since 1984.

Since 1969, Rev. Cedarleaf has had three church assignments, the most recent his 29 years (1984 to 2013) with the First Congregational United Church of Christ in Fairport, New York. A widower since 2012, he has two sons and six grandchildren who live in Massachusetts and New York. A man of varied pursuits, John's interests include family, reading, writing (poetry, in particular) nature/the ocean, music and "connecting with diverse kinds of people."

"I am intrigued by the mission of Captiva Chapel by the Sea and the opportunity to meet new folks," said Rev. Cedarleaf. "The setting and style of the Chapel opens possibilities for conversations that are deep and nurturing."

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

Beginning on November 13 through April 2017, in addition to the 11 a.m. Sunday morning happenings, the chapel will be open daily for visitors to stop by and learn about an early 1900s school house becoming a place where people come to pray and meditate, be baptized, join in marriage, renew wedding vows, and be prompted and motivated to meet the needs of people through a variety of ministry and social outreach endeavors. In 2015, The Chapel Cemetery and The Captiva School/Chapel by the Sea were recognized on the National Register of Historic Places.

One of the highlights of the season is the Christmas Eve Service. More than 1,000 people make their way to sit under the Christmas lights, sing the familiar carols, hear the old, old story, and light candles in celebration of the birth of Jesus Christ, the Light of the World.

Our prayer is that whether you are a vacationing visitor, spend your winter in our area, or are fortunate enough to live here year-round, you will make Captiva Chapel By The Sea your spiritual home. We invite you to follow us on Facebook ([www.facebook.com/Captiva-Chapel-By-The-Sea](http://www.facebook.com/Captiva-Chapel-By-The-Sea)) or website at [www.captivachapel.com](http://www.captivachapel.com).

Captiva Chapel by the Sea is located at 11580 Chapin Lane on Captiva.\*



Chapel By The Sea



Rev. Dr. John N. Cedarleaf  
photos courtesy Pat Slater



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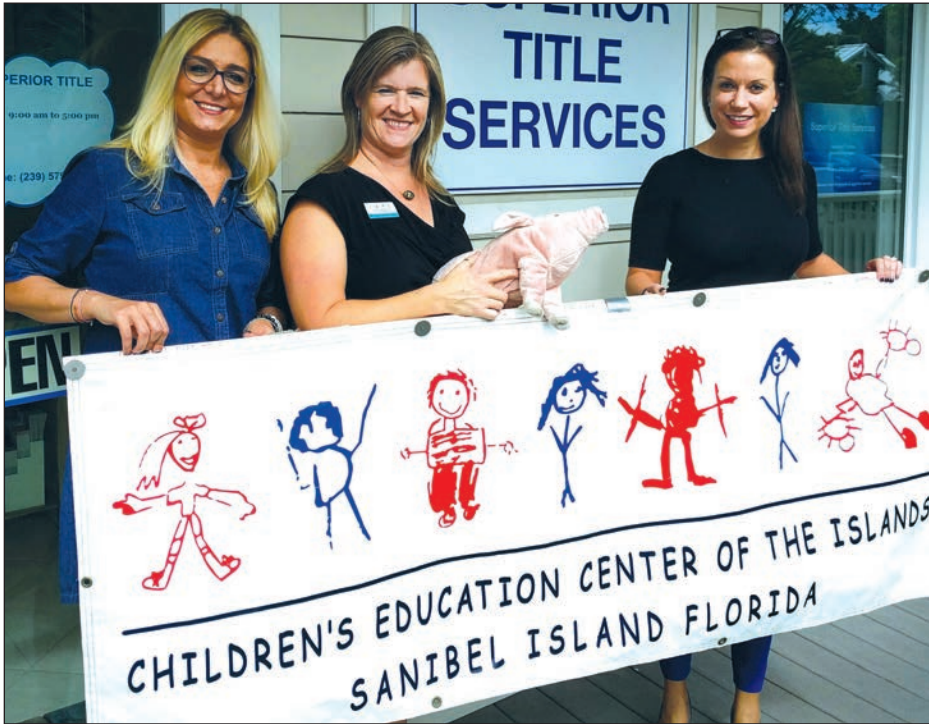
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# Title Company Sponsoring Children's Center Fundraiser



From left, title processor Geraldine Vocaturo, CECI Executive Director Cindy DeCosta and Superior Title owner Amanda Curran photos courtesy CECI

The Children's Education Center of the Islands has announced that Superior Title Services of Sanibel is a sponsor for the 2nd annual pig roast fundraiser, Pigs in Paradise, set for Saturday, December 10 from 4 to 7 p.m. at the Children's Education Center of the Islands, located at 350 Casa Ybel Road. A silent auction with gift baskets will be up for bidding. This fundraiser is open to the community and will benefit the Children's Education Center of the Islands (CECI) student scholarships as



Emma Murray had a great time at Pigs in Paradise last year and can't wait for the family-friendly pig roast again

well as capital improvements to the facility. The family-friendly evening will feature pigs roasted in two different styles by CECI parents and staff. Admission will include roasted pork, sides, beverages and a dessert. Beer and wine will also be available for a suggested donation. Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Children ages 12 and under are admitted at no charge. The preschool recommends buying tickets in advance so they can get an accurate head count. Currently, sponsorships are available at the silver (\$250), gold (\$500) and platinum (\$1,000) levels. Sponsorships include tickets and display in promotional materials. Area businesses are invited to sponsor the event. For more information or tickets, call Cindy at 472-4538.✱

## Adult Education Opportunities At Sanibel Church

Every week, there's something new to learn at Sanibel Congregational United Church of Christ (SCUCC). Theological Studies and Bible Study are under way and will continue into the spring. All classes are free and open to the public. Each class stands on its own so that it isn't necessary to attend all the classes to attend any in a series. On Tuesdays at 10 a.m. in Fellowship Hall, the Rev. Dr. John H. Danner, senior pastor at the church, presents Bible Study classes. Currently, these seminar-style sessions are focused on *St. Paul's Letter to the Galatians*. In the new year, he will discuss *James* and then *Jonah and Ruth*. On Wednesdays, with identical programs at 10 a.m. and 7:30 p.m. in Fellowship Hall, Dr. Danner presents courses on a wide variety of subjects. He often co-teaches these popular classes with other experts. The Trinity and Other Conundrums, a three-part series co-taught with the Rev. Dr. Randall Niehoff, concludes on November 16 with a presentation of various artistic interpretations of the Trinity, ranging from visual art to music and dance. The next series, on November 30 and December 7 at 10 a.m. and

7:30 p.m., is *Hidden Inheritance: An Introduction to Heidi Neumark*. Pastor Danner will offer these two classes as a preview to the January 23 Shared Scholar Lecture by the Rev. Heidi Neumark, a Lutheran pastor and author with a fascinating story to tell. The January lecture will be presented at SCUCC by a consortium of faith communities on Sanibel and Captiva. On January 11, 18 and 25, Trialogue: Muslim, Jewish, Christian Conversations will be co-taught by Pastor Danner, Rabbi Myra Soifer of Bat Yam Temple of the Islands on Sanibel, and Imam Abdul'Haq Muhammed of the Islamic Center for Peace in Fort Myers. On February 8 and 15, Dr. Danner and Dr. Doug Renfro, cantorial soloist at Temple Bat Yam, will teach God on Broadway, Hollywood & Vine. On February 22 (at 10 a.m. only), Dr. Danner will join with Rabbi Soifer to teach The Bible & LGBT Issues; and Dr. Tom Cooley will co-teach The Nature of Nature: The Transcendentalists with Dr. Danner on March 8 and 15. Twelve-Step Spirituality is the subject of the classes on March 22 and 29 and April 5 and 19. Sanibel Congregational United church of Christ is located at 2050 Periwinkle Way, across from the Periwinkle Place shopping center. For further information, visit the church website at sanibelucc.org, or call the church office at 472-0497.✱

### You Are Invited!

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From 6:30 to 8 p.m. in Fellowship Hall.

This course is influenced by the books, "The Cost of Discipleship" by Dietrich Bonhoeffer and "Bonhoffer, Pastor, Martyr, Prophet, Spy" by Eric Metaxas.

*Bonhoeffer transformed an entire faith community in Germany during WW II and continues to impact the Christian faith today.*

For more information contact, Pastor Doug Hummer at [doug@sanibelchurch.com](mailto:doug@sanibelchurch.com). The books are not required for the class but are available at the Carpenter's Bookstore if you would like to dig deeper.

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From page 1  
SCCF's 50th



From left, Dr. Eric Milbrandt, Bill Hillebrandt, Rae Ann Wessel and Robin Krivanek  
photos by Jeff Lysick



SCCF Executive Director Erick Lindblad addressing the crowd at the October 31 gathering

the environment.

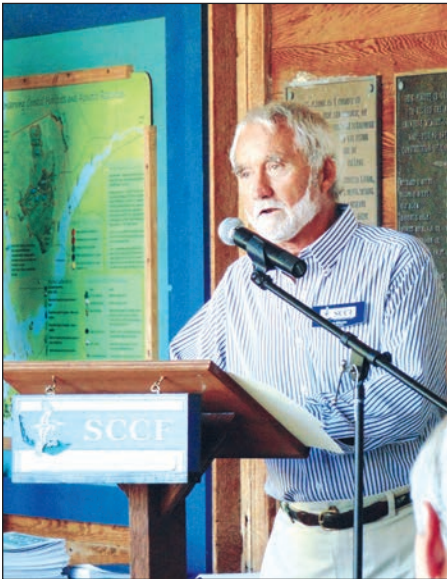
“SCCF has accomplished a lot in 49 years, and we still have a lot to do,” added Lindblad. “But I’m not gonna say it’s been fun... it is fun!”

Past board president Linda Uhler then announced the theme for next year’s 50th anniversary: “Blessed by nature. Rich in history. Focused on the future.”

Among the highlights planned over the next 12 months is a visit by renowned wildlife photographer Clyde Butcher – whom she added would become the 2017 Brush of Excellence award winner – as well as three Evenings at the Homestead (the first two are planned for December 14 and February 15), participation in the Everglades Coalition Conference at Sanibel Harbor Resort (January 5 to 8), the 25th annual tennis tournament at The Dunes (January 28 and 29), Benefactors Brunch (February 16), SCCF Conservation Forum (March 23), a Farm To Table benefit dinner (March 30), an open house event at all four SCCF buildings (October 31) and the foundation’s 50th anniversary gala on November 11, 2017.

SCCF’s annual meeting will take place on Tuesday, December 13.

For additional information about upcoming events, visit [www.sccf.org](http://www.sccf.org).



SCCF Board of Trustees President Ron Gibson



Players from a past Turkey Bowl go through a play photo courtesy SCC

# Turkey Bowl Returns This Thanksgiving

On Thursday, November 24, Thanksgiving Day, all are welcome to play a game of two-hand touch football at Sanibel Community Park, across from the Sanibel Bean. Sanibel Community Church (SCC) is sponsoring the football game in honor of Thanksgiving. It starts at 9 a.m. and will go on until 11 a.m. The game is open to all ages.

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# Girl Scouts Add Color To Museum Holiday Art Project



Natalia Santos having fun coloring her fish

by Jeff Lysiak

On November 3, members of the Sanibel-Captiva Girl Scouts – daisies, brownies and juniors – gathered in The Sanibel School’s cafetorium to take part in an art project for the Sanibel Historical Museum & Village.

According to museum volunteers Laura Beckenbaugh and Terry Jacob, they recently reached out to the Girl Scouts and asked for their assistance



From left, Ava Binkowski, Marit Foster and Ume Jankauskas using colored pencils for their artwork

photos by Jeff Lysiak

in coloring fish patterns – which include a grouper, bull shark, flounder, sheepshead, snook, tarpon and largemouth bass – which will be hung inside the museum’s Sanibel School House on Friday, December 2 during a pre-Luminary Night event, which will be held from 3 to 5:30 p.m.

Of course, the 45-member Girl Scouts were more than eager to help. Last week, they used watercolor paint

sets, crayons and colored pencils to decorate their fishes in any manner they wanted.

“We wanted them to color using things that were available to islanders back in the 1950s,” said Beckenbaugh, who noted that this year’s Luminary celebration at the museum will include snacks and photo opportunities with ‘50s-style costumes.

Over the past two years, the

museum’s Luminary Night open houses have followed A Homespun Christmas theme as well as 1940s-era party honoring the 70th anniversary of the end of World War II.

“We’ve tried to involve kids at The Sanibel School because we have the old Sanibel Schoolhouse in our village,” explained Jacob. “Last year, we had them write letters to Santa and this year, we want them to come as 1950s

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Girl Scouts completing their fish artwork project for the Sanibel Historical Museum & Village



Laura Beckenbaugh, volunteer for the Sanibel Historical Museum & Village, watching members of the Sanibel-Captiva Girl Scouts coloring a variety of fish artwork to be hung inside the museum's Sanibel School House on December 2



Laura Beckenbaugh holding up one of the seven different fish patterns



Museum volunteer Terry Jacob was impressed with Hazel DeCosta's coloring skills



Terry Jacob thanking the Girl Scouts for lending their artistic talents visitors to Sanibel at Christmastime.”  
Each of the fish colored by the kindergarten through fifth grade girls will be strung garland-style inside the 1896 Sanibel School House during Luminary Night.  
For additional information, visit the Sanibel Historical Museum & Village at 950 Dunlop Road or call 472-4648.\*

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## More Parking Approved For Shell Museum Site



**Bailey-Mathews National Shell Museum**

photo courtesy Dr. José H Leal

by Jeff Lysiak

On Tuesday, planning commissioners unanimously approved both the variance and conditional use permit applications submitted on behalf of the Bailey-Mathews National Shell Museum that will bring 23 additional parking spaces to their 8.1-acre site.

According to Planning Department Director Jim Jordan, who delivered the staff report to the commission, the museum's applications sought to provide an additional parking area for use by staff and volunteers. The proposed parking spaces will be located east of the museum building in an area where the now abandoned septic system existed prior to this facility connecting to the city's central sewer system.

"The subject parcel of land is located in the Interior Wetlands Conservation District," the staff report reads, in part. "Within the district, the placement of any material including, but not limited to, fill that raises the elevation of land above predevelopment conditions, is considered to be developed area. However, it should be noted that fill associated with septic systems and drainage improvements such as berms are exempt from the limitations for fill and is not deemed to be developed area."

Jordan also explained that without a variance, the maximum coverage and developed area allowed for the museum's parcel is 10 percent, or 35,493 square feet. The proposed parking area would encompass 12.9 percent, or 45,905 square feet.

"The challenge for the museum is to have adequate parking for their visitors, staff and volunteers," Jordan told the commission, noting that an additional development permit would be provided once the museum provides a drain plan approved by the city's planning department.

The proposed site improvement also includes an asphalted driveway – for access by museum staff and volunteers only – along with new walkways and a staircase to the building.

With no public comment on the applications, commissioner Chuck Ketteman made a motion to approve, which was seconded by Vice Chair Chris Heidrick. Commissioners voted 7 to 0 in favor of the variance and conditional use permit.

Dorrie Hipschman, executive director of the museum, told the commission that they intended to have the project completed before season begins.

In other business, commissioners approved a waiver that will allow the construction

of five architectural gable roof features and alterations to the front façade of the building located at 2402 Palm Ridge Road.

"The existing commercial building lies within the minimum required 100-foot front yard setback from Palm Ridge Road and within the minimum 25-foot setback required along the southeast side property line," the staff report reads, in part. "A waiver is requested because the proposed building modifications will not comply with these minimum setback requirements."

Also, the conditional use permit application seeking to establish a rental business restricted to 15 low-speed vehicles at 2427 Periwinkle Way – in an 845-square-foot retail space located next to Cottages To Castles – was postponed until the commission's November 22 meeting. That public hearing will begin at 9:05 a.m.✪

## Bike Company Wins Business Award



**Billy Kirkland, his family and his company employees accepting the Blue Chip Community Business Award on November 3**

photo courtesy Blue Chip Awards

Billy's Rentals is the 22nd annual Blue Chip Community Business Award winner.

After overcoming many permit, environmental and professional challenges, owner Billy Kirkland built a successful beach equipment rental business on Sanibel and Captiva islands, focusing on a local customer base.

Billy's is the largest bicycle rental on the islands. Facing small island sensitivity to commercialization in its early years, the business earned the trust and respect of the community by participating in community events, fundraisers and conservation efforts. Since then, the company has become a well-respected and trusted philanthropic business on the islands.

"Mr. Kirkland's message of perseverance resonates with us all," said Scott Gregory, CIC, CRM, BB&T-Oswald-Trippe and Company vice president. "He had a vision of a much-needed rental and retail business on Sanibel. However, when faced with the challenges of the delicate nature of the island, he worked tirelessly with city leaders, business owners and residents to earn the respect of the community."

The Blue Chip Community Business Award is given to for-profit organizations in Southwest Florida who have overcome adversity to achieve success.

Finalists are determined through an application process that is reviewed by an impartial panel of judges. This year the five finalists were King Fisher Fleet, Old 41 Restaurant, Papa Joe's and Spatini Tea Bar, along with Billy's Rentals.

Recent award winners include Gwendolyn's Café and Catering Company, Lee County Plumbing Supply, Inc., East West Veterinary Care Center, ServiceMaster-CCS, Parson Masonry, Inc. and JRL Ventures/Marine Concepts.✪

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Sanibel & Captiva Islands

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Back Porch Bluegrass Band



Cape Chorale

photos courtesy SCC

# Church Offers Free Concert Series

Sanibel and Captiva are blessed with several great churches and an excellent synagogue. Each of these brings a richness to the islands, not only of spiritual guidance, but also of talented musicians and creative demonstrations of the arts. Residents and guests on the islands are provided a wide range of opportunities to experience that talent.

According to Pastor Daryl Donovan of the Sanibel Community Church, “We are thrilled to have the opportunity to contribute to the great variety of music, drama, interpretive dance and other expressions of the arts here on the islands.”

Sanibel Community Church invites everyone to enjoy an unforgettable evening of dynamic music, as well as delicious treats in the starlit courtyard following each concert as they host their 2016-17 free concert series.

On Saturday evening, November 19, the Symphonic Chorale will present a tribute to veterans. Not only will everyone be thrilled by the music, but each veteran attending will receive a special gift. Even though the concert is free, it is a ticketed event, with tickets available at the church office or through the Symphonic Chorale.

In December, MasterSingers return for their annual Christmas Concert on Sunday, December 11 at 6 p.m. In the spirit of Christmas, attendees are encouraged to bring a gift for a child to be distributed locally.

On January 22, the concert series continues with barber shop music at its best. The Cape Chorale of Cape Coral will bring its harmonious acapella music at 5

p.m. In February, the church will host two special concerts. On Friday evening, February 10, it will be an evening of love with the Chamber Symphony and Chorus at 7 p.m. Every attendee will receive a special Valentine. This free concert is a ticketed event, with tickets available through the Chamber Symphony or the church office.

On February 19, the concert moves to the front porch of Sanibel Community Church, with toe-tapping gospel quartet music in the church courtyard at 5 p.m. The gospel quartet 4 One will journey to Sanibel from the cold of Michigan to inspire and entertain.

The March concert will feature local talent, as the H2O Youth Ministry of Sanibel Community Church hosts An Evening with the Stars at 5 p.m. on Sunday, March 26.

The series concludes on Sunday, April 23 back out on the front porch with the Back Porch Bluegrass Band performing at 5 p.m.

While there is no charge for any of the concerts at Sanibel Community Church, there will be the opportunity at each to donate to a local compassion project or to express appreciation to the performers who are sharing their talents.

Each concert will also include fellowship in the church courtyard with snacks, coffee and soft drinks. All are welcome to attend.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry’s Market). For more information, visit [www.sanibelchurch.com](http://www.sanibelchurch.com) or call 472-2684.\*

## Trash & Treasures Sale

Saturday, November 12, 2016  
9:00 a.m. - 2:00 p.m.

Coming Soon!

We are gathering a fabulous collection of donated items from our members and the community.

However, we are still in need of your clean, gently used items here at the Center 4 Life. Drop off is available Monday through Friday between 8:00 a.m. - 3:30 p.m. Items include:

- Household Furniture • Glassware
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If you have any questions, please contact the Center 4 Life at (239) 472-5743.

Support Island Seniors, Inc. by attending this event and have a little fun treasure hunting. Hot dogs, chips and drinks will be sold during the event.

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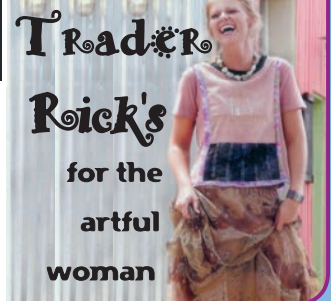
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## Tribute To Veterans At Sanibel Community Church



Symphonic Chorale with Red Scarves

photo courtesy SCC

The Symphonic Chorale will perform an unforgettable patriotic concert as a tribute to our veterans on Saturday, November 19 at 7 p.m. at the Sanibel Community Church (SCC). The concert is free and all are welcome! A love offering will be received to bless the Symphonic Chorale, and attendees are encouraged to bring unopened, hotel-sized toiletries for homeless veterans. This is a ticketed event, with free tickets available through the church office, or the Symphonic Chorale website at [www.SymphonicChorale.org](http://www.SymphonicChorale.org). You may also call 560-5695 to reserve your tickets. Following the powerful concert, the church will host a reception in the

courtyard.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✽

### Free Admission On Veterans Day

To honor the men and women who have served our country, Edison & Ford Winter Estates is offering free admission to United States veterans and

their families on Veterans Day, November 11. Free admission includes an audio tour of the historic homes, gardens, laboratory and museum.

Veterans will also receive a 10 percent discount on a Edison Ford membership and items purchased in the museum store, Ford Cottage Shoppe and Edison Ford Shoppe at Bell Tower Shops.

To receive free admission, veterans must present a VA identification card or their DD214 papers. Current servicemen and women presenting an active military ID always receive free admission to Edison Ford throughout the year.✽

### MEMORIAL SERVICE



CAROL BUGG GARDNER

A memorial service will be held for Carol Bugg-Gardener on Thursday, November 17 at 10:15 a.m. at The Village Church at Shell Point, located at 15100 Shell Point Boulevard in Fort Myers. Details for friends and family to gather, immediately following the service for drinks and appetizers, will be announced at the service.

For additional information, contact Trish Bugg at 650-302-5668.✽



## Save the Date

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[annunciation.fl.goarch.org](http://annunciation.fl.goarch.org), 481-2099.

### BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam  
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Shell Of The Week

The White Melampus



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

The bubble melampus, *Ellobium dominicense* (Férussac, 1821), is another close

relatively of the local coffee and bubble melampus (covered in the most recent Shell of the Week column). All melampus belong to the family Ellobiidae, but the 3/4-inch white melampus is the only local species that has a light-colored shell. The white melampus shell is light, thinner-walled, with faint growth lines. The species inhabits nearby estuarine areas, but its shells may sometimes be found on the Gulf beaches. Learn more about Sanibel and Captiva mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

Live Tank Talks – Presented by a marine biologist throughout the day.  
Arts & Crafts – 1:30 to 2:30 pm.  
Please check our arrival board in



The white melampus, *Ellobium dominicense*, from Sanibel Island photo by José H. Leal  
the main lobby for updates to daily schedules.  
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

Red Snapper Season Extended In November

The recreational red snapper season in Gulf state waters will remain open for five additional days this November, including November 11 and 12, which is Veterans Day holiday, and November 25, 26 and 27, which is Thanksgiving weekend. The November 26 date is also a saltwater license-free fishing day. Gov. Rick Scott had requested the Florida Fish and Wildlife Conservation Commission (FWC) expand red snapper season as a measure to offset the economic effects of Hurricane Hermine, which hit the Gulf Coast of Florida in early September. Recreational fishing in Gulf waters adds \$7.6 billion annually to Florida's economy. To learn more about red snapper, visit [MyFWC.com/Fishing](http://MyFWC.com/Fishing) and click on "Saltwater Fishing," "Recreational Regulations" and "Snappers."\*

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### International Games Day is November 19

photos courtesy Sanibel Public Library

## Sanibel Public Library Upcoming Youth Programs

Sanibel Public Library Youth Services Librarian Deanna Evans invites gamers of all ages to International Games Day at Your Library. More than 2,000 libraries around the world will celebrate on Saturday, November 19. Recommended for ages 5 to 105, the library will have games and puzzles available for discovery and play. Stop by between 9 a.m. and 5 p.m.

No school and nothing to do? Come to the library for a story or two, some holiday crafts and gobble on some goodies at 11 a.m. on Wednesday, November 23. Thanksgiving story and crafts is for kids in kindergarten to fifth grade.

The library's upcoming programs can be found online at [www.sanlib.org](http://www.sanlib.org). Weekly programs include K-2 After-School Crew, 3rd to 5th After-School Clique, Bessie the READ dog and more. Weekly youth programs will run through November 19, and then will resume on December 13.

For parents, Bob Almack will present Why Some Smart Kids Can't Read: The Science of Dyslexia at 6:30 p.m. on Monday, November 28. Learn about new brain research in the field of dyslexia as well as ways to help struggling readers.

There is no registration required and no additional cost to participate in these programs. Call Deanna Evans at 472-2483 with any questions.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483.\*



## Life Insurance

## What's Your Number?



J. Brendan Ryan, CLU, ChFC, MSFS

Remember the ad on television where the commentator kept asking people what their number was? It was suggesting that each person needs to know the

amount of money to have on hand at retirement in order to maintain one's standard of living during retirement.

It is a reasonable question to ask but not an easy one to answer. And the further you are from retirement, the less accurate the calculated number will be. Variables, such as salary progression through the years, inflation, changes in one's standard of living, change in marital status, etc., can influence that number and are hard to reckon with early on.

But some commentators have some helpful information. Vickie Bajtelsmit is a lawyer and college professor. Anne Rappaport is an actuary. They published a paper, *When Should You Claim Social Security?* in the January 2015 issue of the Journal of Financial Services Professionals. Besides answering the question asked in their paper's title, they provide guidance on establishing that magic number needed for a couple to achieve a comfortable retirement, citing a 2013 study performed by the Society of Actuaries. They rightly posit that that magic number depends on when one starts Social Security.

They explain that the earliest one can receive Social Security retirement benefits is at age 62, that normal retirement age is now age 66 or 67, depending on year of birth, and that one can delay taking Social Security until age 70. The longer one waits to claim the benefits, the more the monthly check will be.

They use as their examples two couples, all age 62. Couple A had a combined income of \$60,000 and accumulated wealth outside of their

residence of \$100,000. Couple B had a combined income of \$105,000 plus \$250,000 of wealth outside of their residence. The commentators made certain reasonable assumptions too complex to review here and ran a Monte Carlo simulation to determine the probability that a certain level of savings will allow a comfortable retirement (in light of their pre-retirement income) through life expectancy.

Couple A: They found that, if Couple A both retired at age 62 and started to collect Social Security at age 62, a nest egg of \$383,000 would give them a 50 percent likelihood of meeting their needs to life expectancy. A 90 percent likelihood would require a nest egg of

\$520,000. If they put off retirement and the start of Social Security until age 70, the required nest egg would be only \$278,000 for the 50 percent probability level and \$427,000 for the 90 percent probability.

Couple B: Assuming that they both retired and started Social Security at age 62, Couple B would need a nest egg of \$918,000 to be 50 percent confident and \$1.2 million to be 90 percent confident of maintaining their pre-retirement standard of living. If they do not retire and claim until age 70, those numbers drop to \$707,000 and \$988,000 respectively.

## Observations:

• These calculations do not factor in the effects of extreme financial

shocks, such as living well beyond life expectancy, extremely poor market performance, or very high costs of long-term care.

• If the required nest eggs are out of reach for a given couple, no need to despair. Adjusting down one's standard of living during retirement is always possible.

• To get a better handle on what your Social Security benefits are, you can find information based on your actual Social Security participation by going to [www.ssa.gov](http://www.ssa.gov).

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).\*

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## Eco-Tour Company Offering Free Paddleboarding Clinic



SUPers paddling through Tarpon Bay

photo courtesy DDWS

Tarpon Bay Explorers will be providing a free standup paddleboard (SUP) clinic on Thursday, November 19 from 9 a.m. to noon to help the JN "Ding" Darling National Wildlife Refuge celebrate its new Smithsonian Water/Ways exhibit. The traveling exhibit takes a global look at water relative to the environment, culture and history. The refuge will have the exhibit until December 7.

To help spread the word about water stewardship, Tarpon Bay Explorers has taken upon itself to offer visitors a bird's-eye view of the water via paddleboard. "It is a great opportunity for people who would like to get a taste of paddleboarding with a certified ACA instructor," said assistant manager Adam Sauerland. "We also want to encourage visitors to explore the exhibit at the education center. As the refuge's concessionaire, we promote stewardship to the refuge's environment, and this exhibit educates the public and promotes the stewardship of the most important compound in the world."

The SUP clinic will consist of mini lessons to teach novices and experienced paddlers proper paddling technique. The lessons are conducted on a first-come, first-serve basis. All experience levels are welcome, but participants must be at least 13 years old. To further support the refuge's Water/Ways exhibit, Tarpon Bay Explorers has discounted nature and sealife cruises every Saturday while the exhibit is here (except November 26) at 11 a.m. and 1:30 p.m. Call the Explorers' gift shop at 472-8900 for further information.\*

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Campers walk to the beach during Sanibel Sea School's 2016 Winter Camp  
photo courtesy Sanibel Sea School

## Sanibel Sea School Will Hold Ocean Traditions Camp During Winter Break

Sanibel Sea School will once again offer a series of week-long camps for 6- to 13-year-olds during winter break. The theme this year is Ocean Traditions, and participants will have a chance to learn about and celebrate the many ocean-related rituals that have helped coastal cultures around the world connect with the ocean and with one another for centuries.

Historically, the organization has planned two weeks of winter camp each year, but because of recent changes in the local school calendars, there will now be three to choose from. The first week (December 19 to 23) will be called Polynesian Ocean Traditions, and will be inspired by the island cultures of the Pacific. The second week, Ocean Tribe Traditions (December 26 to 30), will revisit beloved Sanibel Sea School traditions, and the third, Japanese Ocean Traditions (January 2 to 6), will offer a peek into Japan's rich history of harvesting natural resources from the sea.

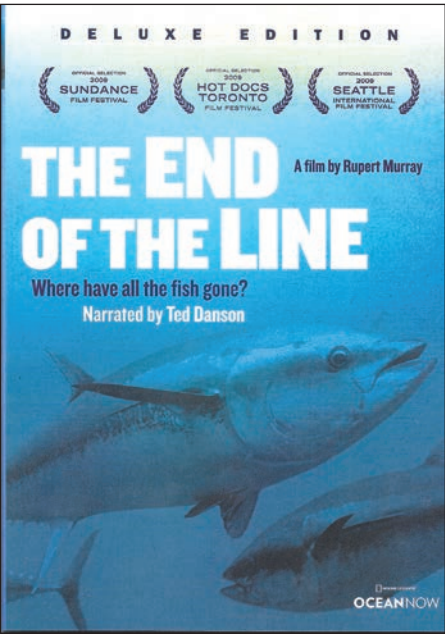
There will also be an opportunity for a limited number of teenagers (ages 13 to 18) to participate in Sanibel Sea School's Counselor-In-Training leadership development program each week.

"We're very excited about this year's theme," said Sanibel Sea School's Director of Education, Nicole Finnicum. "Coastal cultures have some incredible traditions. I can't wait to teach our campers about the shark callers of Papua New Guinea, Japan's pearl divers, and some really fantastic forms of art from around the world."

Each week will also include favorite activities like surf paddling, seining, ocean caroling and the annual Give Your Troubles To The Sea ceremony.

Sanibel Sea School is a 501c3 nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more and register, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).

## Film Imagines A World Without Fish



As part of its Smithsonian Water/Ways exhibit running through December 7, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) continues its weekly Wednesday film

festival, sponsored by LCEC, on November 16 with *End of the Line: Where Have All The Fish Gone?*

The film will show at 10 a.m. and again at 1 p.m. in the "Ding" Darling Visitor & Education Center on Sanibel Island.

Based on the critically acclaimed book by Charles Clover, *End of the Line* delves into the global overfishing crisis, particularly the imminent extinction of the bluefin tuna. Scientists discuss how this depletion has slipped under the public radar and how it affects the future of the oceans.

The award-winning, 83-minute documentary imagines a world without fish and promises to "change the way you think about seafood." Note: The film contains graphic scenes that may be inappropriate for children.

Admission is free. Seating is limited and available on a first-come basis. Before and after the film, visitors are invited to experience the hands-on, first-of-its-kind Water/Ways and accompanying exhibits. They include Everglades photos by Mac Stone and the juried Engulfed art show by the Southwest Florida Fine Craft Guild.

For more information, visit [dingdarlingsociety.org/articles/waterways](http://dingdarlingsociety.org/articles/waterways).

Upcoming Wednesday film festival documentaries include:

November 23 – *Can The Gulf Survive?*

November 30 – *Chasing Ice*  
December 7 – *Sharkwater*✱



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## Consistent Weather Equals Consistent Fishing



by Capt. Matt Mitchell

**W**hen our weather pattern stays the same, like we have experienced for weeks now, fishing gets very consistent. This proved true this week, with the

snook bite being about as predictable as it gets. The same shorelines and creeks provided my clients lots of fish, day after day. Find that right set up and, as long as the wind and tide remains the same, the fish are there.

Slot-sized snook seemed much more plentiful this week, too, with at least one or more bigger models hooked most days. The big snook landed this week was by my long-time client Pete from Pennsylvania. Pete usually books me for two days of fishing during his week-long vacation on Captiva.

Our first trip was great action, although it was more quantity than quality with us catching 30-plus snook along with some mangrove snapper, mackerel and jacks.

On day two, I decided to start our trip fishing a deeper shoreline on the eastern side of the sound as a brisk northeast wind was really pushing the water out as we approached the end of the morning outgoing tide. After quickly catching a few short snook, Pete hooked into a real drag-screamer, which – after going straight west on its first run – turned 180 degrees and ran 30 yards back to the east heading for its safe place.

One big surface-breaking head shake during a blazing run let us know we had the real deal hooked up. This snook made it all the way back to the over-hung mangrove point that sticks out. For the next 30 seconds, this battle went back and forth as the fish tried to get under the roots, then Pete would gain just enough line to keep the fish out of the structure. Once finally clear of the danger, the fish made a few more short runs before I scooped it in the landing net. Measuring just short of 33 inches, battles like this are why we love fishing for snook.

One of the most wide open bites I have found in months happened for my clients a couple of days in a row while



Long-time client Pete from Pennsylvania with a 33-inch snook caught this week while fishing with Capt. Matt Mitchell

fishing the end of the outgoing tide in a favorite sheltered mangrove bay. This small bay has a really strong tide that pushes lots of water through a narrow six-foot-deep channel between a shallow flat and a mangrove shoreline. As the tide starts to bottom out, it can often just come alive with a crazy mixed bag of fish.

During this week's tide pattern, this little bay was an outstanding place to finish out the day's charter while chumming what was left in my livewell. Once we got the fish feeding as fast as I could take off a fish and rebait, we were

hooked up for over an hour. On one trip in here, we had eight species of fish while we watched the whole channel light up, with fish breaking everywhere on the surface. Smiling clients and quadruple hook-ups are a quite finish for a day's charter.

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

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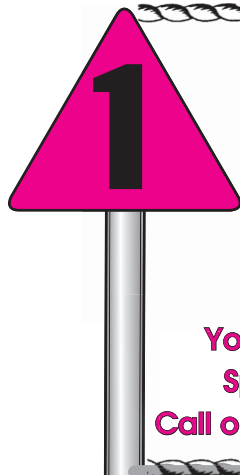


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Dave Doane





This invasive plant might have pretty names like Brazilian pepper, Christmas berry and Florida holly, but it's one to get rid of

#### Plant Smart

## Red Berries, Be Gone

by Gerri Reaves

What do these three plants have in common? They have bright red fruit that is eaten by birds who spread the seeds.

They were imported as ornamentals many decades ago, escaped cultivation, and have proliferated at an alarming rate.

They are all listed as a category-I invasive species by the Florida Exotic Pest Plant Council.

That serious ranking means that they are "altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives." Furthermore, these plants have caused "documented ecological damage."

Brazilian pepper (*Schinus terebinthifolius*), for example, was brought to the United States as an

ornamental in the 1840s, only to become one of the state's top invasive plants.

This species hiding behind appealing names such as Christmas berry and Florida holly continues to thrive, despite millions spent on its eradication.

Its continued threat is compounded by the facts that it blooms nearly year 'round, fruits profusely and is allowed to flourish freely on undeveloped parcels and – unfortunately – even in home landscapes.

Learn to identify the glossy fruit and leaves of this multi-branched evergreen shrub or tree and get rid of it. But be cautious: interacting with Brazilian pepper can cause serious dermatological and respiratory irritation.

Although it was imported decades after Brazilian pepper – in the early twentieth century – rosary pea (*Abrus precatorius*) managed to make the category-I list, too.

This twining woody vine's is easy to spot, as its bizarre pod curls open, revealing shiny red seeds with black bases.



Rosary pea, a twining woody vine, has curled pods and shiny red seeds with black bases

A high-climbing native of India and tropical Asia, it has invaded the pinelands and hammocks of the state and even threatens some of Florida's globally endangered habitats.

Although the seeds are eaten and dispersed by birds, they are extremely poisonous for humans, cattle, and horses. Even one seed can be fatal.

Surinam cherry (*Eugenia uniflora*) arrived in 1931, imported from South America not only as an ornamental but for its tasty fruit.

But birds aren't the only ones to blame for keeping it around. Many Surinam cherry hedges populate suburban lawns because people love to eat the berries right off the bush.

Juicy, tasty and ribbed, they resemble tiny pumpkins and make good jellies, pies



Birds and people love pumpkin-shaped Surinam cherries

and syrups, too.

Keep an eye out for these species. No matter how pretty they are, how tasty the fruit, or how many birds they attract to your yard, don't allow them to become established.

Give invasive species like these some competition. Birds love native fruit-bearing plants such as firebush (*Hamelia patens*), seagrape (*Coccoloba uvifera*), beauty berry (*Callicarpa americana*), rouge plant (*Rivina humilis*) and Simpson stopper (*Myrcianthes fragrans*) are only a few to consider.

For information or help with identification of these invaders, consult [fleppc.org](http://fleppc.org) or [lee.ifas.ufl.edu](http://lee.ifas.ufl.edu).

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

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## CROW Calendar

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

For reservations, contact Rachel Rainbolt at rainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

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

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

**Friday, November 11, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds.

Wildlife Walks are approximately 1.5

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

**Monday, November 14, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

**Tuesday, November 15, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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. One of CROW's animal ambassadors will be present.

**Wednesday, November 16, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to

ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

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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 following the tour with an animal ambassador.

**Thursday, November 17, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

One of CROW's animal ambassadors will be present.

**Friday, November 18, 11 a.m.**, adults \$7, teens \$5, 12 and under no

charge – Why Animals Come to 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, November 18, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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 following the tour with an animal ambassador.\*

## Turkey Drop

Sanibel and Captiva residents are encouraged to support the Harry Chapin Food Bank this Thanksgiving by dropping off frozen turkeys and/or non-perishable food baskets at a residence located at 444 Lagoon Drive on Sanibel's East End.

Drop-offs will be accepted on Wednesday, November 16 from 9 a.m. to noon. All donations will be delivered to the food bank.

A free Bennett's Fresh Roast coffee and donut coupon will be given to each donor.

For more information, call 395-2476.\*



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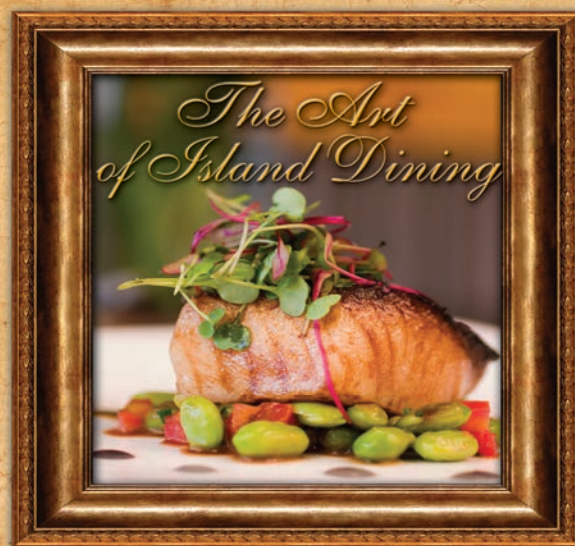
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## CROW Case Of The Week:

## Green Turtle



by Bob Petcher

The green turtle (*Chelonia mydas*) is the second most popular sea turtle on these barrier islands to the loggerhead. Globally, the largest population of greens is found in

the Great Barrier Reef of Australia and the Caribbean islands, but they appear to like Sanibel and Captiva islands as well. In all, they are estimated to inhabit coastal areas of more than 140 countries, with nesting sites in more than 80 countries worldwide throughout the year.

Listed as endangered, the green species is the only herbivore among the seven different species, which includes the loggerhead, leatherback, hawksbill, Kemp's ridley, olive ridley and the flatback. Each species of sea turtles has played vital roles in maintaining the health of the world's oceans for more than 100 million years. Since greens are herbivores that eat seagrasses, they help to maintain healthy seagrass beds. When this species grazes, they increase the productivity and nutrient content of sea grass blades. Without this action, seagrass beds would become overgrown and obstruct currents, diminish light to the bottom of oceans, begin to decompose and provide suitable habitat for the growth of slime molds.

Interestingly, greens are named for the color of their cartilage and fat, not their shells. While their flippers are paddle-like, they have a beaked head at the end of a short neck that cannot be pulled back into their shells. Their carapaces are large and teardrop-shaped, turning from brown to olive color from their youthful years to fully brown or marble-spotted as a mature adult.

Another distinction from juvenile to adult is their diet. Juveniles are carnivorous, but as they mature they become herbivorous. This change, like the green's growth rate, is relatively slow due to the low nutritional value of its diet. Greens take at least 20 to 50 years to reach sexual maturity, and a healthy turtle can expect to live 80 to 100 years or even more.

Green sea turtles are one of the physically largest of the sea turtles and can grow to three to four feet in length and weigh upwards to 300 to 350 pounds. They are known to be very dense and heavy animals. However, the title of the world's largest sea turtles belongs to the leatherback.

At CROW, a smaller adult green sea turtle was received from Captiva on October 29. Weighing approximately 52 pounds, the undernourished animal arrived depressed, pale and was having increased respiratory problems.

Medical diagnosis revealed the turtle had a single small fibropapilloma, a noted common disease that causes tumors to cover a turtle's body and impede their vision, mouth and movement. It is believed that the sea turtle has brevetoxicosis, an affliction related to red tide.

Further tests during the weekend



Patient #16-3404 is struggling with brevetoxicosis, an affliction related to red tide

photo by Kenny Howell

showed some positive results, but the patient is still having problems with food intake.

"The turtle is bright and alert, breathing and swimming well. The only difficulty we are having is getting it to eat," said CROW DVM Intern Spencer Kehoe. "There seems to be a mild form of depression and that could be the result of it not eating. We will continue to offer it food and provide fluids to keep it healthy and strong pending its release."

Kehoe pointed out there is not much that can be done medically with the red tide infliction.

"There is no antidote, so all we can do is provide supportive care and monitor it closely," he said. "The brevetoxins produced by the red tide affect the central nervous systems of these animals and can ultimately lead to death if not treated."

Overall, CROW officials say patient will continue to receive supportive care and will be monitored closely. Blood tests and physical tests are part of the medical procedure to determine recovery time. A window of one to two weeks is a rough estimate for release time.

"Recovery time depends on how much toxin is in the blood and that will determine how much recovery time it will need," Kehoe added.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).

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# The Right Tree In The Right Place

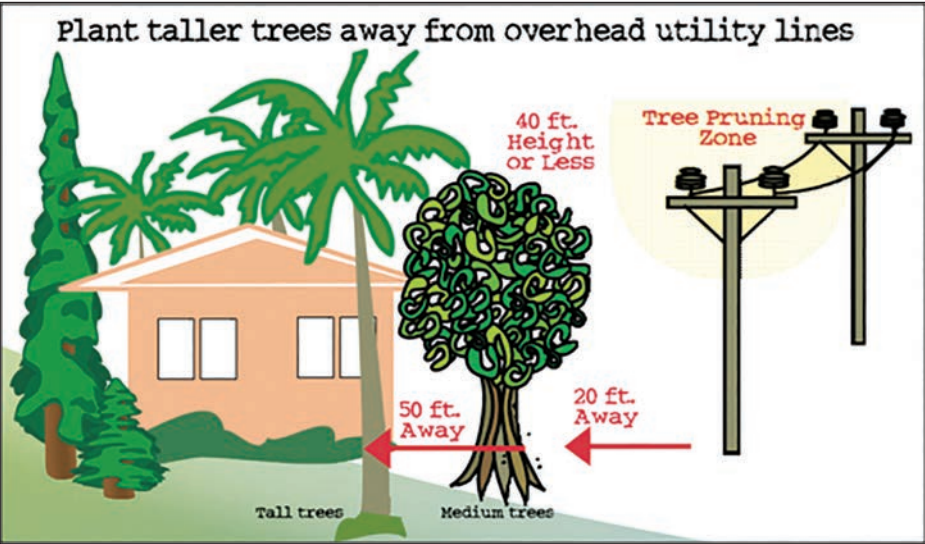


image courtesy City of Sanibel

**A**uthor's note: This is the 14th in a series of articles by members of the City of Sanibel Vegetation Committee dealing with vegetative matters of concern to island residents. Members of the committee are Sanibel residents appointed by City Council for one-year terms. To be considered for appointment, contact the City Manager's Office at 472-3700.

A mistake in planting the wrong tree in the wrong place can be costly. It is always a good idea to evaluate the yard or landscape in terms of soil, sun/shade, water needs, growth rate, salt tolerance and leaf persistence, but especially when planting under power lines. In times of hurricanes or high winds, trees that have not been trimmed properly may cause branches or whole trees to fall across wires. The resulting outages are one of the most frequent causes of power interruption and fires.

The City of Sanibel vegetation requirements (Section 122-168) detail planting limitations under overhead power lines as follows: "To reduce maintenance problems due to vegetative growth along overhead power lines within the city, trees or shrubs that exceed 20 feet in height at maturity shall not be planted within 10 feet either side

of the vertical plane of the center line of existing overhead power lines (not including service lines)." LCEC, the power provider for Sanibel, has additional guidelines at [www.lcec.net/reliability/vegetation-management/planting-trees](http://www.lcec.net/reliability/vegetation-management/planting-trees). To determine the proper place to plant your tree, be sure to consider the size of the tree at maturity, including both the trunk and the canopy.

The city's list of horticulturally available native plants gives the heights of trees and shrubs at maturity to help determine suitable species for planting under power lines. LCEC also has a list of appropriate plants as does the Sanibel-Captiva Conservation Center and All Native Garden Center. The Natural Resources Department at the City of Sanibel can also provide guidance in planting power line friendly vegetation.

Some examples of poorly placed trees requiring correction have included mahogany trees, which reach 60 to 70 feet at maturity, and royal palms rising to nearly 100 feet, both of which grow well above the height of power lines.

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

## Scare Energy Vampires From Your Home

**N**ow is the perfect time to tackle energy vampires and phantom loads.

Although these creatures don't have teeth or fly around making scary noises, they can cause your electric bill to be a bit frightening.

Electrically speaking, energy vampires and phantom loads mean the same thing. They describe appliances and electronics that are left plugged in even when they

are not in use. These items literally drain electricity all day, every day. Even scarier is the fact that most of us have at least 20 energy vampires or phantom loads at home right now. While these creatures only add pennies to your electric bill, awareness and conservation will make an impact on that bill and your carbon footprint.

Tackling these little monsters is as simple as unplugging phone chargers, coffeemakers and toasters when not being used. While it is important to unplug unused appliances and electronics while away for extended periods of time, it is equally important to do so on a daily basis like before work or school.

To learn more, visit [www.lcec.net](http://www.lcec.net).\*



# Gramma Dot's

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# Photographer-Advocate To Present During Exhibit At Refuge



John Moran's *Look Into the Eye*  
photo courtesy John Moran



John Moran photo courtesy DDWS

In conjunction with the visiting Smithsonian Water/Ways exhibit at JN “Ding” Darling Visitor & Education Center through December 7, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) will be hosting a free Soak-It-In Speaker Series on select Fridays at 1 p.m. The featured speaker on November 18, Florida photographer John Moran, will present a photographic lecture titled *Our Water, Our Future*. “This presentation replaces one earlier scheduled with photographer Mac Stone, who will be accompanying a group of scientists looking for new species in a never-before-explored area of Mozambique at that time,” said Sarah Lathrop,

associate director of DDWS, the nonprofit that is also funding Water/Ways’ engagement. Lathrop administers the overall exhibit with supervisory refuge ranger Toni Westland. “We warmly welcome John, whose proactive work for Florida water quality makes him a perfect fit for Water/Ways,” Lathrop said. “The six-week exhibit takes a global look at water relative to environment, culture, history and spirituality.” Moran, cofounder of the Springs Eternal Project to educate Floridians and decision-makers, concentrates on photography that captures the best of vanishing natural Florida. His latest programs focus on Florida’s iconic springs as a case study for exploring the larger topic of water and Florida’s future. Combining stunning photography with stirring commentary, Moran maintains that there can be no long-term wellbeing in Florida unless we embrace a new way of thinking about water —mindful that tomorrow’s Florida is being shaped by the choices we make today. “Our Water, Our Future pairs photos from my 30-year archive and historical photos from state archives, with contemporary views to create a then-and-now narrative of Florida’s springs and rivers, and the changes we have seen,” said the photographer. Admission to the lecture is free but limited on a first-come basis. The schedule of remaining free presentations in the series is listed below. Both begin at 1 p.m. November 18 – Nature Photographer John Moran – *Our Water, Our Future* December 2 – Water: Have We Missed the Boat? interactive panel discussion Also as a part of Water/Ways programming, DDWS is showing a water-related film series sponsored by LCEC on Wednesdays. The Southwest Florida Fine Craft Guild is displaying an artful water and nature exhibition titled “Engulfed” during the event, and an exhibit of Mac Stone’s water-related Everglades’ photography will also be on display. Special Saturday family programs, giveaways, interactive water features, scavenger hunts, prizes and other activities are also on the schedule. Tarpon Bay Explorers, the refuge’s recreation concession, offers a 10 percent discount on most of its 11 a.m. and 1:30 p.m. Saturday Nature & Sea Life cruises during Water/Ways and is providing a free Standup Paddleboard (SUP) Clinic from 9 a.m. to noon on Thursday, November 19. “The outstanding, state-of-the-art Smithsonian Water/Ways exhibit lies at the heart of an exciting, engaging six weeks of programming for kids and adults. We hope it will ultimately send the message that we all need to work together to preserve our valuable, vanishing water resources,” said Ranger Westland. “We are honored to be among the select venues hosting the exhibit.” For a full schedule of Water/Ways programming, visit [dingdarlingsociety.org/articles/waterways](http://dingdarlingsociety.org/articles/waterways).

# TRADERS

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# Hibiscus Show And Sale Sunday

The James E. Hendry Chapter of the American Hibiscus Society will be holding a hybrid hibiscus plant sale on Sunday, November 13 from 2 to 4 p.m. at the Salvation Army Building, 10291 McGregor Boulevard in Fort Myers. The beautiful tropical hibiscus you've always wanted but could not find at The Home Depot, Lowes or Walmart will be offered for sale. More than 450 hybrid hibiscus will be available: small for \$15 and large for \$25. Special pricing for members

join the chapter the day of the sale for your discounted prices. These beautiful plants are being provided by Big Bad Flower out of Sarasota. Expert growing advice will be available during the sale from the chapter members who are experts on growing hibiscus, referred to as "Queen of the Tropics." These hibiscus are grown on their own roots and are easy to maintain. Some of these plants will grow blooms over eight inches and are in just about every color of the rainbow. Besides reds and yellows, there will be blues, greens, purples, oranges, pinks, whites and some with up to five colors. Plants available are Bayou Rose, Beau

Vie, Blackberry Jam, Black Dragon, Cajun Princess, Cajun Starburst, Chartreuse Rose, Connie Roush, Dark Princess, Delta Dawn, Dixieland Delight, Erin Rachel, Foxy Lady, Gator Pride, Imperial Dragon, In Love Again, Mango Moon, Marianne Charlton, Masked Bandit, Moondance, Nectar Pink, Night Runner, Orange Cappuccino, Persimmon, Pink on The Mountain, Queen of Dreams, Red Bird, Rim of Fire, Saffron Sun, Sgt. Seth Trahan, So Fine, Space Oditty, Sweetie, Sweet Pink, T. Miss Teenager, T. Taii, Tsunami, Voila, Whipped Cream and Zydeco. Members of this hibiscus chapter will be available for any questions. There will be

information available on how to care for hibiscus, plus books, pruning shears and fertilizer for sale. Admission and parking are free. This plant sale only will be the third of its kind for this chapter. The society meets at Berne Davis Gardens, 2166 Virginia Avenue in Fort Myers on the second Sunday of each month at 1:30 p.m. Anyone interested is cordially invited to attend the next meeting on Sunday, January 8 at 1:30 p.m. Visit [www.hendrychapterahs.com](http://www.hendrychapterahs.com) for more information. For any questions, call 848-7090.✪

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**\*Winner Best Seafood 2010-2016**



# ISLAND FARE

## AMONG THE FLOWERS CAFÉ

Among the Flowers is a locally rooted, organic café located on Sanibel Island that focuses on quality of ingredients and purposeful nutrition. Sandwiches, coffee and espresso drinks, steamed special-teas and herbal teas, raw cold-pressed juices, fruit smoothies, mylkshakes and raw desserts are crafted with love and attention. 100 percent vegetarian/vegan. Come vibe with us. Open Tuesday through Sunday from 9 a.m. to 4 p.m.

2003 Periwinkle Way, 312-4085

## BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, coffee bar, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket. Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

2477 Periwinkle Way, 472-1516

## BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer.

2441 Periwinkle Way, 472-3224

## CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages – including Cip – and if you don't recognize them all, ask to see the "key." Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos. Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

## DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant famous for its great food and service. Plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and always fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 2500 Island Inn Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275; Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

## DUNES GOLF & TENNIS CLUB

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 3 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular hand-battered coconut shrimp and steak sandwich. Dinner is available only on event nights from 6 to 9 p.m. or for special seasonal dinners.



Owner Jeff Weigel by his hot dog man at Sanibel Deli & Coffee Factory

photo by Bob Petcher

Featured monthly events include Trivia Night, Karaoke and Themed Dinner Nights. There is a Friday a la carte dinner menu with featured selections each week, such as steak and seafood.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter.

949 Sand Castle Road, 472-3355

## GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required. If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

## GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 31 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery, too. The Great White carries the MLB, NFL and NHL packages for sports enthusiasts and has arcade games for kids of all ages. The regular menu includes hand-tossed fresh dough pizza, jumbo wings, Pittsburgh sandwiches, Philly cheesesteaks, Chicago beef sandwiches, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

2440 Palm Ridge Road, 472-0212

## GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva Island's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway. Hours are daily from 11:30 a.m.

to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner. All seats have a view of the waterfront. Reservations are not accepted.

15183 Captiva Drive, 472-3337

## IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Wednesday, Thursday, Friday and Saturday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

## ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. **Now serving full liquor island cocktails!** Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

## JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends. The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m. Dinner reservations are suggested

1223 Periwinkle Way, 472-1771

## JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

## LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken. The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

1036 Periwinkle Way, 472-6939, 6520 Pine Avenue, 472-5353

## MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available. Matzaluna offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

## MUCKY DUCK

Historically known as the neighborhood pub, The Mucky Duck may well be the most famous restaurant on Captiva Island due to its longevity of 40 years in business and quirky name. Then there are the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – as customers sip cocktails and beverages until they can take their seats. Reservations are not accepted. The Duck, serving fresh seafood, pub-style food, sandwiches, steaks and other items, is open for lunch from 3 to 5 p.m. and dinner from 5 to 9:30 p.m.

11546 Andy Rosse Lane, 472-3434

## OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

## PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Contractor Breakfast served Monday through Friday 7 to 10 a.m. Take out, delivery and outdoor dining available.

2496 Palm Ridge Road, 472-2534



## ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating. Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

## SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon. Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

## SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

## SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

## SANIBEL SPROUT

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe: an oasis of health where the emphasis is on providing incredibly tasty and creative culinary creations designed to nourish and delight all of your senses. Order one of our fresh salads, try our Wizard Waffles, our classic burger, our Mexican plates and indulge in our Indian curry, Vietnamese pho, raw vegan lasagna and more! Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha. Our fresh juice bar is always brimming with island smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of our delectable donuts, pies, cupcakes or truffles. The Sanibel Sprout is open for breakfast, lunch & dinner from 10 a.m. to 7 p.m., Monday through Saturday and from noon to 7 p.m. on Sunday. Come visit and join The Sprout family!

2463 Periwinkle Way in Bailey's Center, 472-4499.

## SUMMERLIN JAKE'S

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced,

hand-selected and artfully prepared. Summerlin Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

## SUNDIAL BEACH RESORT & SPA

Voted Best Waterfront Dining in Southwest Florida. Awarded Best New Restaurant 2016, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar as your meal is artfully prepared right before your eyes. Panoramic Gulf views await you at Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the terrace or dining room, or expertly rolled sushi at the bar. Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up island favorites at the bar or family-friendly patio. Choose from frosty drinks, signature sandwiches and classic favorites. Visit sundialresort.com/eat for menus, hours and reservations.

1451 Middle Gulf Drive, 472-4151

## TIMBERS RESTAURANT & FISH MARKET

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# Optimists Debut Dazzling Blues & Jazz Festival



Guitarist JP Soars, left, joined Marty Stokes and his band onstage during Sunday afternoon's inaugural Sanibel Blues & Jazz Festival, a fundraiser for the Sanibel-Captiva Optimist Club



Jennifer Mazziotti



Matt Schofield



From left, Wendy and George Schnapp, Stan and Dani Howard, JP Soars, Richard McCurry, Richard Johnson, Calli Johnson and Mike McCurry



JP Soars



Ed Riddlehoover, center, with Kayla and Katie McCurry



From left, Virginia Nicodemi, Nicole Decker-McHale, Scott Bakos and Susan Bergstrom



From left, Dani and Stan Howard, Patty Zimmer, Linda Gornick, Brian Murty and Jayne Lumley



The inaugural Sanibel Blues & Jazz Festival drew a crowd of more than 500 people



## BIG ARTS Monday Night Film Series

*Labyrinth of Lies*

by Di Saggau



The BIG ARTS Monday Night Movie for November 7 is *Labyrinth of Lies*, a German film that breaks a conspiracy of silence with the Frankfurt Auschwitz trials. It can somewhat be viewed as a sequel to *Judgment at Nuremberg*. *Labyrinth of Lies* opens in 1958, resurrecting a later chapter in the aftermath of the Holocaust that has largely faded from view. During the Frankfurt Auschwitz trials of the 1960s, 22 former mid- and lower-level functionaries at the Auschwitz-Birkenau death camp were tried for murder. At the time a divided Germany had a state of willful amnesia concerning the issue. Ordinary Germans who had joined the Nazi Party and committed atrocities returned to civilian life.

The central character, Johann Radmann, is a fictitious composite of three lawyers. He is an idealistic new employee in the public prosecutor's office in Frankfurt. He learns from a camp survivor that one of his wartime persecutors is now a schoolteacher in Germany. Radmann sets out to prosecute the teacher and faces stern resistance. The fact that thousands of former Nazis went unpunished, returning to ordinary life after the war, frustrates him. He is not shy about voicing his frustration. He is met with indifference and hostility.

Radmann's chief boss, the Hessen Attorney-General, Fritz Bauer, encourages him. Bauer was a distinguished Jewish lawyer imprisoned by the Nazis in 1933. He started the case that led to the Frankfurt Auschwitz trial. A recent film *The People Against Fritz Bauer* is an excellent film that will tell you more about what transpired. The purpose of having Radmann, the hero of *Labyrinth of Lies*, is to

show one man's progression from utter ignorance of his country's Nazi past to the point where he discovers too much, almost succumbing to the burden. He carries a heavy weight, as a cypher for all the Germans who did not want to know what their fathers did in the war.

As Radmann continues his research, there is evidence of what could be called a national conspiracy of silence. Radmann is obsessed with capturing Josef Mengele, and when he learns that Mengele has secretly returned to Germany under a pseudonym for the funeral of a family member, the prosecutor crashes the family banquet. Mengele, as we now know, was never apprehended. The film portrays the guests at that dinner as tacit conspirators in helping him evade capture. *Labyrinth of Lies* doesn't try to make a grand statement about good Germans versus bad. It is simply a chilly, disquieting study of a society in a state of denial until the truth is bared. Moderator for the evening is Alan Ruben. The film runs 125 minutes.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film Patrons: June Rosner and Russ Bilgore. Film Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker. Film Supporters: Sanibel Taxi, Jerry's Foods of Sanibel. BIG ARTS is located at 900 Dunlop Road. Tickets are available at [www.BIGARTS.org](http://www.BIGARTS.org), or at the door or by calling 395-0900.✱



## Poet's Corner



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

selected by Tanya Hochschild

## Annual Check-Up

Tonya Hochschild

The doctor's fingers pause on my breast,  
Retrace, pause again.  
"I feel," she frowns, "a mass, a nodule;

something's here."  
I take a direct hit to my gut.  
My own extinction jolted at that moment.  
I go from having it all to a haze of crumpled memories.  
In the frenzied noise of midtown, I hail a cab.  
"Where to?" he asks.  
"Where to?" I echo,  
look down at my blouse's stripes,  
closer than prison bars.  
Tanya Hochschild is member of a Sanibel Writers Group, has participated in *Artpoems* and *Writer's Reads on the island*, and had two books published.✱

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## Picasso To Be Discussed At Art League Meeting

The theme, What Picasso Did, will be the focus of the presentation by local artist Deborah Butler at the next Sanibel Captiva Art League meeting on Thursday, November 17. Open to the public, the gathering will begin at 1 p.m. with light refreshments, and the presentation will follow a short business meeting.



Deborah Butler  
photo courtesy San  
Cap Art League

Butler is a native Floridian who earned an MA degree in humanities and art history from Florida State

University. She moved to Fort Myers in 1970, where she was a full professor of humanities and art history at Edison College (Florida SouthWestern State College). Now retired, she has taught art history courses at BIG ARTS, and, today, is a mixed media artist specializing in abstract acrylic and collage.

The presentation will examine the roots of modern art and what happened to art after the artist painted such masterpieces as *Demoiselles of Avignon*, *Guernica* and *Girl Before A Mirror*. Picasso's extraordinary understanding of the forces around him that shaped the 20th century (and our current one) enabled him to not only reinvent art but to influence and shape consciousness today. Butler will discuss this theme and show examples of his work and of others which illustrate this process.

Registration forms and more information may be found online at [www.sancapart.com](http://www.sancapart.com).✱

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## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, So many of you are concerned about the impacts of media on children. Several years ago I passed along the American Academy

of Pediatrics (AAP) Guidelines for the use of electronic media and young children. As technology has evolved so have these guidelines. The organization released a document called "Beyond Turn it Off: How to Advise Families on Media Use" that acknowledged the technological shifts that have taken place since the recommendations were made. "In a world where 'screen time' is becoming simply 'time,' our policies must evolve or become obsolete. The public needs to know that the academy's advice is science-driven, not based merely on the precautionary principle," the 2015 paper said.

Significant changes have been made to these newly revamped guidelines that you will find below.

A major change from recommendations first adopted in 1999, the American Academy of Pediatrics has lifted its recommendation discouraging all electronic media use in children under the age of 2.

The new recommendations for children's media use acknowledge that some media exposure can have educational value for children as young as 18 months, but it should be high-quality programming—the AAP specifically referenced "Sesame Street" and children's programming provided by PBS. But parents should watch those programs with their children, not use the television as a parking spot for infants and toddlers. And families should still prioritize "unplugged" playtime for young children, the AAP said.

For children under the age of 18 months, media use is still discouraged other than video-chatting.

The academy also has recommendations for e-book use. Many of those books come with interactive

elements that distract a child and make the book harder for a child to comprehend. Therefore, parents should read e-books along with their children, just as they would with a regular book.

For school-aged children, the AAP says that families should balance media use with other healthy behaviors. Media use in older children and adolescents can provide access to social networks, but it also runs the risk of interrupting sleep and leaving children at risk of cyberbullying. Because every family's needs may be different, the AAP is directing families to a Family Media Plan web tool that can help encourage a "healthy media diet."

A summary of the recommendations is as follows:

For children younger than 18 months, avoid use of screen media other than video-chatting.

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.

For children ages 2 to 5 years, limit screen use to one hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

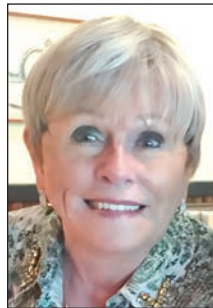
For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

*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.\**

## The Lake House



by Di Saggau

**T**he Lake House by Kate Morton involves historical fiction, gothic mystery and an involved family saga. It's an intricately plotted spellbinding new novel of suspense

and uncovered secrets. The main mystery involves the disappearance of an 11-month-old baby, Theo Edevane, in 1933. The Edevanes are a prominent family in England and are hosting their annual Midsummer's Night party at their summer home the night young Theo vanishes from his nursery. What follows is a tragedy that tears the family apart in ways they never imagined.

The book centers around three women: Alice Edevane, Theo's older sister; Eleanor Edevane, Theo and Alice's mother; and Sadie Sparrow, a policewoman. As the narrative jumps around in time, Alice offers the perspective of a 16-year-old as she attends the family party in 1933. We learn about the Edevane family and how they survived financial decay and World War I from Eleanor as we watch her as a young woman in the early 20th century. Sadie enters into the story in 2003. On leave from her job, she's on holiday in Cornwall when she stumbles upon the Edevane lake house in the woods. It's now a crumbling ruin, but she's intrigued and, upon learning about Theo's disappearance, becomes obsessed with solving the case.

The novel is a good old-fashioned tale with themes of love, longing and relationships between mothers and daughters and dark family secrets. Fortunately for Sadie, Alice is still alive and living in London, however she has no desire to see the case reopened. When she receives a letter out of the blue from the young police detective



asking questions about the unsolved case, Alice is drawn back into the past and to the truths locked away in the lake house.

As Sadie investigates the child's disappearance, she outlines what we know about the family from the historical sections and how it's relevant to the case. She also has to contend with the case that put her on leave, one that remains unsolved and still haunts her.

The reader has to keep up with the time jumps. As you get used to them I expect you will find the book an extremely satisfying read. I did. Once the novel gains its momentum, it gets you hooked. The book whisks the reader away into another world, in this case one with war-torn families, various nervous breakdowns, curious age-old letters of correspondence, characters who love good books and hot tea, and a crumbling English estate that holds generations of family secrets. *The Lake House* is a lengthy multilayered novel that proves again that Kate Morton is a mesmerizing storyteller.\*

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From page 28

Blues & Jazz



Dani Howard and Marit Hansen Mouchou



From left, Joan Gonser, Randy Carson and Ian Wainwright



The audience applauding for one of Sunday's performers

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## Now Or Neverglades Tour Stops At Chamber

by Jeff Lysiak

As part of its 12-day, 22-city tour across Florida, The Everglades Foundation's Now Or Neverglades tour bus made a brief visit on this island last week, holding an educational briefing and declaration signing event in the parking lot of the Sanibel & Captiva Islands Chamber of Commerce.

Led by Eric Eikenberg, CEO of The Everglades Foundation, the tour is encouraging individuals and businesses to sign the Now Or Neverglades declaration supporting the goal of increasing water storage south of Lake Okeechobee and the construction of the water storage reservoir identified in the Comprehensive Everglades Restoration Plan enacted by Congress in 2000.

"The Comprehensive Everglades Restoration Plan is now 16 years old — old enough to get a driver's license — but we still don't have a critical project: the EAA Reservoir," said Eikenberg. "We face deadly algae in the wet season and droughts in the dry months. Years of neglect are wrecking our coasts, starving the Everglades and jeopardizing the water we all drink."

On November 2, the Now Or Neverglades tour bus arrived in the chamber parking lot, where it was welcomed by a number of city officials — including Vice Mayor Mick Denham, councilmen Marty Harritty and Chauncey Goss, Natural Resources Department Director James Evans and planning commissioner Jason Maughan — along with several residents and business owners.

"For all of the fishing and tourism and all the things that make Sanibel great, this is an economic and an environmental issue that impacts the health of all of us," Eikenberg told the crowd, urging more people to join the Now Or Neverglades movement. "We're not gonna leave anything on the sidelines... we're putting it all on the field."

The declaration — supported by more than 200 scientists and signed by over 31,000 people thus far — enforces the belief that increased storage, treatment and



Eric Eikenberg, left, CEO of The Everglades Foundation, discussing the Now Or Neverglades action plan to restore the Everglades and help protect Florida's waters. Also pictured is Ric Base, president of the Sanibel & Captiva Islands Chamber of Commerce.

photos by Jeff Lysiak

transportation of water south of Lake Okeechobee in the Everglades Agricultural Area (EAA) is essential to:

- Stopping the damaging discharges to the St. Lucie and Caloosahatchee rivers and estuaries
- Restoring the flow of clean, fresh water to the Everglades, Florida Bay and the

continued on page ???



Island Seniors, Inc., members from left, Mary Ann Gilhooley, Dorothy Sawyer, Deborah Butler, Anita Marshall, Judie Sharbaugh and Carol Reed photo courtesy Island Seniors, Inc.

## Trash & Treasures Sale This Saturday

Check out the Island Seniors' annual Trash & Treasures Sale at the City of Sanibel Center 4 Life on Saturday, November 12 from 9 a.m. to 2 p.m.

Browse a variety of gently used items including household furniture, glassware, accessories, home décor, sporting goods, collectables, small electronics and much more. A hot dog lunch will be available for purchase.

The center is located at 2401 Library Way. Support the Island Seniors, Inc., and have fun treasure hunting with your community neighbors.

Island Seniors, Inc., annual memberships are \$20 per individual. For more information or a tour, call 472-5743.\*

## Judges Named For This Weekend's Taste Of The Islands

The three-member judging panel at Clinic for the Rehabilitation of Wildlife (CROW)'s upcoming Taste of the Islands will include: Richard Montoya, chef at The Fish & Vine; Christian Jago, general manager of forthcoming Sanibel restaurant Pasture & Pearl; and Jennifer Tartaglia, owner of Edible Arrangements stores in Southwest Florida.

The 35th annual Taste of the Islands is set for Sunday, November 13 at Sanibel Community Park from noon to 5 p.m. Judges will choose winners in appetizer, seafood, meat and dessert categories, as well as select the Best of Taste award.

The judges are:

- Richard Montoya, chef at The Fish & Vine. Montoya began his culinary career in 1986 at the Golden Nugget Hotel and Casino in Atlantic City, New Jersey. He then uprooted and traveled to Florida in 1993, part of the Walt Disney World team opening three major restaurants on the property: Ohana at the Polynesian Resort; Seasons Dining at the Disney Institute; and Flying Fish on Disney's Boardwalk. Montoya won the Culinary Award from Walt Disney World resorts.

- Christian Jago, general manager at Pasture & Pearl. The newest endeavor of husband and wife team Christian Jago and chef Elaine Dammeyer, Pasture & Pearl is scheduled to open this January. The 46-seat restaurant will be located in The Village Shops. Jago and Dammeyer, who are committed to fresh, sustainable food, are excited to be back in the United States. The restaurant will offer a refined and modern dining experience featuring farm-fresh foods as well as locally sourced fish, all paired with a selection of natural wines.

- Jennifer Palma, Edible Arrangements Southwest Florida franchise owner. Palma owns four stores in Southwest Florida: Fort Myers, North Fort Myers, Bonita Springs and Naples, with a fifth store in North Naples scheduled to open at the end of 2016. Palma won the 2016 Franchisee of the Year award for Edible Arrangements and the 2013 Golden Pineapple Award.\*



# Zonta Wins Coveted District Award



At the Zonta District 11 conference (from left): Governor Tami Page with San-Cap club members Nola Theiss, Robyn Moran, Ruth Woodham, Barbara Beran (president, with cup), Linda Robison, Karen Pati and Nancy Dreher photo courtesy Zonta Club

The Zonta Club of Sanibel-Captiva was a highly visible presence at the recent Zonta District 11 annual conference, held this year in Biloxi, Mississippi. Seven members traveled to Biloxi on October 21-23 to attend. They were thrilled when the club was once again awarded the coveted Governor’s Cup for 2016, an annual recognition for the club that best exemplifies the ideals and objectives of Zonta International.

District 11 comprises 41 Zonta clubs from North Carolina to the Caribbean. The Sanibel-Captiva club has won the award eight times, more than any other club in District 11, beginning with 2005 and continuing through 2006, 2008-2010, 2013 and 2015.

“We realize that being a large club with over 60 active members provides us with the resources for making a significant impact in all that we do,” said President Barbara Beran, “but since scores are calculated through averages per member, the playing field is level for all clubs. We are so proud that the cup has once again been awarded to our Zonta Club.”

Factors considered include charitable fundraising per club member, service hours per member, service projects, grants awarded and contributions to Zonta International. The local club was found to excel in all of these areas, including a pledge from its foundation to the Zonta International Foundation of over \$29,000, its highest pledge ever, from funds raised during the annual home tour, A Peek at the Unique. Plans are already under way for the 16th annual event, scheduled for Saturday, March 11, 2017.

In addition, the club’s efforts in human trafficking awareness were featured when club member Nola Theiss led a panel discussion on that topic.

The Zonta Club of Sanibel-Captiva was also honored earlier this year when it was voted the Best Service Club/Organization on the Islands for 2016.

The Zonta Club of Sanibel-Captiva is a service organization that empowers women through service, advocacy and funds in Lee County and around the world through Zonta International. To learn more, visit [www.zontasancap.com](http://www.zontasancap.com).\*

# Island Democrats To Analyze 2016 Election Results

On Thursday, November 17, the Democratic Club of the Islands will meet to hear National Political Consultant, Bob Schaeffer, discuss the topic Election 2016: Looking Back and Looking Forward. The meeting, which is free and open to the public, will take place at the Bailey-Matthews Shell Museum, 3075 San Cap Road, from 7 to 9 p.m. Dessert will be served, and attendees are invited to bring their drink of choice.



Bob Schaeffer

Schaeffer, a 17-year resident of Sanibel, will discuss key local and state races, as well as the results of House and Senate seats, in addition to analyzing the Presidential outcome. As head of

his firm, Public Policy Communications in Sanibel, Schaeffer has led more than 275 workshops on political campaign management, media relations, strategic planning and advocacy skills in 42 states, Canada and Russia. His publications include the popular political handbook, *Winning Local and State Elections*.

Prior to becoming a full-time consultant in 1984, Schaeffer was editorial writer at the NBC-TV affiliate in Boston and host of a talk show on a regional National Public Radio station. He previously served as research director for the Massachusetts Legislature’s Joint Committee on Human Services and Elderly Affairs and worked for several years as a research associate in the Education Research Center of MIT, where he was both an undergraduate and graduate student. He currently serves on the boards of Fair District Now and the Progress Florida Education Center.

Democrats, Progressives and Independents of all stripes are invited to attend this celebratory event. To join the Democratic Club of the Islands, bring your check payable to DCI for \$25 to the November 17 meeting. For more information call 313-5718 or e-mail [demclubislands@gmail.com](mailto:demclubislands@gmail.com).\*

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Colonial Elementary School	Sanibel and Captiva Islands Association of Realtors	The Foundation for Lee County Public Schools
Community Housing & Resources	Sanibel and Captiva Islands Chamber of Commerce	The Sanibel School
Cypress Lake High School	Sanibel Captiva Lions Club	Turn2 Baseball
Doc Ford's Charity Golf Tournament	Sanibel Captiva Sail and Power Squadron	Unite For Kidz
Estero Mustangs Pop Warner Football and Cheer	Sanibel-Captiva Conservation Foundation	United Way of Lee County
F.I.S.H of Sanibel-Captiva	Sanibel-Captiva Kiwanis Club	YMCA
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## Speaker Discusses Upcoming Legislative Issues

On Thursday, November 17, the League of Women Voters of Sanibel will feature a post-election wrap up with speaker Pamela Goodman.

Goodman, the current president of the Florida League of Women Voters, has served since 2007. In addition, she was president of the Palm Beach League of Women Voters from 2005 to 2009.

An emphasis of Goodman's remarks will be the recent redistricting decisions in Florida, plus major issues facing the upcoming 2017 session in Tallahassee.

Goodman has a unique perspective as an "insider" to the process. She chaired the league's Fair Districts campaign statewide and coordinated all league work to secure passage of the two Fair Districts constitutional amendments. She continues to work with all litigation regarding this issue.

Most recently, the Florida League and Goodman were involved in



Pamela Goodman

photo courtesy League of Women Voters

extending 2016 voter registration dates by one week in October. She led legal efforts that resulted in more time for victims of Hurricane Matthew to register to vote. This received national

attention from multiple local and national media outlets including CNN, MSNBC and The New York Times.

Goodman lives in Palm Beach Gardens. She is active with the Homeless Coalition of Palm Beach County and is a director of the board of Hospice of Palm Beach County Foundation. Goodman spent her professional career in retailing, rising to president/CEO of Limited Express with over 850 stores nationwide.

League of Women Voters are encouraged to attend. Non-members are also welcome. The luncheon is set for noon at the Sundial Beach Resort,

located at 1451 Middle Gulf Drive. The cost is \$25 and includes lunch. Registration begins at 11:30 a.m.

For reservations, email lwvsanibel@gmail.com by Monday, November 14. Other options include paying at the door or mailing a check to LWV Sanibel, P.O. Box 1194, Sanibel, FL 33957.

The league is a non-partisan political organization which supports voter registration and educating the public about legislative issues. Membership dollars support these efforts including educational forums, political forums, and voter registration on the island.✪

## FISH Shares Stories Of Gratitude

The month of November is upon us, and with that brings cooler temperatures, football and preparations for the holidays. Around Thanksgiving, many begin to think about what they are thankful for. At FISH of SanCap, they see daily that there are more things to be thankful for, not just in November, but year-round.

Here are some quotes from FISH clients that remind everyone of just that:

- "FISH gave my family a basket of food last year so we could cook a dinner. It was a lot of stuff! Me and my Mom went to the store to buy a big turkey with a gift card they gave us. I had to carry it, and it was really heavy. Mom showed me and my sisters how to clean it and make dinner. It's fun to cook with my family and eat a lot of food. Maybe you can put hot dogs in the basket, too!"

Evan – first grade, holiday meal basket participation

- "Why do I love FISH? It's hard to think of one particular thing that sets them apart, because everything they do is special. It's close to home, making it handy for me to get food from their pantry. And when I'm not well enough to get there, I can sign up for the meals program where they will bring food to me made by Bailey's and delivered by FISH volunteers. Boy, do I love that meatloaf! Having FISH in my community is like having family close by. For that, I am thankful."

John – senior food pantry and occasional meals client

- "FISH gave us peace of mind, and I am thankful for all that the FISH organization does. When my father was suffering from cancer, we utilized many services that FISH provides. They gave us with a home healthcare provider list [for my father], and from that we were able to find nurses that visited twice a week."

continued on page 6

## Home For The Holidays Sales Event

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## FISH Of SanCap Receives Top Award

FISH of SanCap has been honored with a prestigious Top-Rated Award by GreatNonprofits, the leading provider of user reviews about nonprofit organizations.

"We are excited to be named a Top-Rated 2016 Nonprofit," said Maggi Feiner, president and CEO. "We are proud of our accomplishments this year, including providing emergency financial assistance, youth scholarships and food from our food pantry for many of our island neighbors."

The Top-Rated Nonprofit Award was based on the large number of positive reviews that FISH received – reviews written by volunteers, donors and clients. People posted their personal experience with the nonprofit.

For example, one person wrote: "I really don't know what I would have done if FISH had not extended a helping and loving hand to me in my deepest and darkest hour. My husband became unexpectedly and critically ill in 2015, and was hospitalized twice for extended periods of time with a prognosis that was not promising. During his two hospitalizations, combined with inpatient rehabilitation, he was unable to work, and although

we had saved for emergencies, and he had medical insurance, it was not enough to cover all of our expenses. We fell behind on many of our financial responsibilities. ...Our lives have been forever changed by my husband's illness, and during our crisis, FISH gave us hope, gave us encouragement and the support necessary to get back on our feet. I am forever grateful and will never forget how deeply and tenderly they have touched our lives."

While the Top-Rated Awards ran through the end of October, FISH was part of the inaugural group to qualify for the year. In addition, FISH has been added to GreatNonprofits' #GivingTuesday Guide—an interactive guide to top nonprofits throughout the years. Look for this near the holidays.

"Savvy donors want to see the impact of their donations more than ever," said Perla Ni, CEO of GreatNonprofits. "People with direct experience with FISH have voted that the organization is making a real difference."

Being on the Top-Rated list gives donors and volunteers more confidence that an organization is credible. The reviews by volunteers, clients and other donors show the on-the-ground results. This award is a form of recognition by the community.

Reviews on the GreatNonprofits' site influence 30 million donation decisions a year. Visit [www.greatnonprofits.org](http://www.greatnonprofits.org) for more information.✪



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#### Gulf Beach

Beach-front recently-updated 2 bedrm. Elec storm shutter on balcony. Windows impact glass. Low-density east-end complex of just 14 units & pool. With seller use should gross \$50K this year. Owners here may have 2 pets. \$799K furnished



#### Gumbo Limbo

Thinking of building an island dream home? Residential lot for single-family home ~170' x 155'. On Peaceful Dr along back circle of community. Backs to miles on preserved land. Room for large or small home. Sunny backyard would be great for a pool. \$299K



#### Little Lake Murex

Near-beach easy one-floor piling home with elevator. Faces south over lake with wide water views from great room & new kitchen, dining room, master suite, upper porch, & rear guest suite. Large pool, spa, & entertaining areas below. New HVAC too. \$949K



#### Periwinkle Properties

Privacy plus at this location. Large 4+bedroom with elevator, great room with high ceilings & fireplace. Huge family room, plus den (or 5th bedrm). Near end of Sunrise Circle cul-de-sac. Overlooking private lake, where lot line goes to other side. \$799K



#### Sanibel River Estates

Called "Cottontail Cottage". Well-maintained updated solid ground-level concrete-block 3-bedrm home. Community deeded beach access path at end of street. Seasonal rental (monthly) booked solid 'til June 1. Completely & well furnished. \$548K



#### Coquina Beach #3G

#3G is a 2nd floor 2 bedroom with high ceilings & an upper loft currently used as a 3rd sleeping area. This loft also has unique crows' nest perch with peek of gulf. Earning \$40K+/year in rentals with owner use, so potential for more income. \$499K



#### Cottage Colony West

#136 is top-floor 1 bedrm with high ceilings. In condo building closest to Casa Ybel Resort's central amenities, but with private views both out to gulf & up beach to sunsets. Guaranteed rental program nets owners \$40-45K annually. \$624.9K



#### Lighthouse Point

#129 is bayview 3 bedrm with ~1700 sq. ft. of living space. Just one tier back from San Carlos Bay, 29 steps to beach, & handy to this pool & tennis. Residential community near fishing pier, east-end restaurants & shops, bike path, & more. \$649K



#### Loggerhead Cay

2 bedroom #264 is gulf-view, top floor, & fully equipped. Marketed as "Sanibel's Rainbow", it will gross ~\$60K this year in rental income. New kitchen. With repeat rental bookings for next year, it's turnkey, investor- & vacation-ready. \$598.3K



#### Mariner Pointe

2nd floor 2 bedrm, wide floor plan, with no upper neighbor & view over waterside pool to bay. Living space expanded into glassed balcony. Bamboo floors in great room. Remodeled kitchen with stainless steel appliances. \$449K



#### Nutmeg Village

Top floor #303 has gulf views from every window - from great room, balcony & master bedroom to the west - from kitchen & guest room to the east. Remodeled kitchen, covered parking, private storeroom. Residential complex with amenities galore! \$799K



#### Pointe Santo

#C34 is center 1 bedrm on 3rd floor with amazing water views looking out over community tropical lagoon to gulf. Whimsical beachy furnishings & rentals last year ~\$45K with plenty of repeat tenants. Easy turn-key for vacations or investment. \$599K



#### Sand Pointe

#122 is 2nd floor 2 bedrm close to elevator & with view over tropical pool to gulf & sunsets. Updated kitchen & baths. Years of rental income. Complex recently completed balcony restoration project. New tile soon going on this balcony. \$749K



#### Sundial East

#R401 is top-floor corner with view over tropical courtyard to gulf. Configuration is 2 bedrms plus den. Remodeled kitchen (has washer/dryer) & baths, tiled living spaces, comfortable furnishings. Sellers use for vacations & rentals too. \$799K



# Trust Company To Defend Mardi Gras Swim Relay Trophy



The Sanibel-Captiva Trust Company's swim team poses with the 2016 trophy, channeling their inner Michael Phelps-like intensity and focus. From left, Joel Johnson, Craig Holston, Coach Steve Greenstein, Lori Mobley and Dan Wexler

photo courtesy San Cap Trust Company.

Sanibel Captiva Trust Company has signed on as a returning sponsor of Community Housing and Resources' 2017 Mardi Gras event. "The Sanibel Captiva Trust Company is proud to support CHR and their efforts to make a difference in the community," said Al Hanser, trust company founder and chairman. "The affordable housing program for seniors, families and those who work on the island is an important part of what makes this such a special place." San-Cap Trust is a long-time supporter of CHR, but this year something much bigger is at stake – a gleaming silver trophy. During CHR's Mardi Gras on February 11 at The Dunes, three teams from local island businesses and organizations will battle it out in a relay-style race across the pool. One of these teams will be San-Cap Trust's Green Team, the reigning champs.

"The swim relay is an important and fun part of the Mardi Gras tradition," said Melissa Rice, CHR Mardi Gras co-chair. "It started two years ago with an impromptu bidding war to dunk a few of our island icons and it has morphed into a team relay event that has taken on a crazy, fun Mardi Gras spirit all its own." The friendly rivalry between San-Cap Trust's Green Team and the soon-to-be-announced Gold and Purple teams is not only fun, it is vital to the success of Mardi Gras. Event guests can buy colored beads supporting the team of their choice as a way to enter the raffle drawing and give an additional donation to CHR.

Last year, San-Cap Trust's swim team, led by Coach Steve Greenstein, took

home the first place title and some major bragging rights. They plan to show no mercy in defending the trophy that sits proudly in the San-Cap Trust's office. Coach Greenstein feels confident that his coaching will lead his team of Michael Phelps-esque swimmers to another victory. Greenstein commented, "The swim teams are so evenly matched that it always comes down to who has the best coach. My role is to set an example for the team of healthy eating, intense workouts, yoga and meditation, no alcohol or drugs, and swimming 100 laps a day to stay prepared for the event. If everyone stays focused and follows my lead, our team should easily retain the trophy."

As festive party-goers line the parade route at Mardi Gras, cheering and dancing along with the marching band's tunes, the defending champs will once again don their green silk emblazoned robes and ride in their decorated golf cart to the pool to hopefully triumph once again.

Community Housing and Resources, Inc. (CHR) is a 501(c)3 nonprofit organization dedicated to providing affordable housing for families and individuals working full-time on Sanibel as well as long-time retired or disabled residents of Sanibel. For more information, visit [SanibelCHR.org](http://SanibelCHR.org), or call 472-1189.✪

From page 4

## FISH Gratitude

Each nurse was sensitive, had a listening ear, and was very caring. They cared about him (and our entire family) mentally and physically. The FISH volunteers were also wonderful. They were willing to listen to our concerns, and help with things like giving rides to doctor appointments. They did everything they could to make it easier on us. We had a wonderful social worker that cared about our situation; we could tell she was concerned about us. They did so much for our family when we were going through a difficult time. They allowed my father to spend his last days at home with dignity. I would recommend FISH to anyone."

Linda – family member using healthcare and counseling services

• FISH helped me stay steady on my feet. I had bilateral knee replacements in 2016 and had a difficult time

finding the right kind of equipment to help me. I encountered many caring, knowledgeable, and helpful people at the FISH organization that assisted me with borrowing medical equipment, even when I had to return it and borrow different kinds throughout my recovery. I credit the FISH staff and volunteers that put up with me through this process... I am most grateful."

Deborah – medical equipment program participation

Stories like these, some that make you cry, others that make you laugh, are what make FISH the great organization it is. They are "neighbors helping neighbors" – they remember that the word thanksgiving is composed of two words: thanks and giving. Throughout the year, all are reminded to give thanks, to share and to give. This season, please take a moment and reflect on what actions you can take to fully express the meaning of Thanksgiving.

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

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# Highlights Of SCCF's Wines In The Wild



At the Sanibel-Captiva Conservation Foundation's Wines In The Wild fundraiser on November 5 are, from left, Ellie Rothermel, Holly Milbrandt, Rachel Eles, Tom and Linda Uhler, Dr. Eric Milbrandt and Tory Burch



Selling raffle tickets are, from left, Kurt Peters, Lisa Newmayer-Cochrane and Bruce Cochrane



Halsey and Getchen Spruange admiring the craftsmanship that went into creating the Shell Love Bug



John Morse with Joyce and Don Rice



Sabrina Lartz receiving a wine sample from Ellen Mayeron

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A volunteer directing attendees to the wine-tasting stations throughout the Bailey Homestead site



Ken Burgener with Jerry Edelman and Maryanne Daly



The Bailey Homestead building and property was illuminated with strings of garland lights



Patti and George Sousa with Rae Ann Wessel



Fay Carney and Linda Estep



From left, Deborah LaGorce, Jeff Sawicke and Kristie Anders

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# Portfolio Review And Strategy



Ian Breusch  
photo courtesy San Cap Trust Co.

submitted by Ian N. Breusch, CPA,  
Vice President, Portfolio Manager

The third quarter of 2016 proceeded without much volatility after a wild six-day round trip in stock prices in June following the surprising Brexit vote. After Brexit, the U.S. stock market (S&P 500) spent 42 trading days without a move larger than 1 percent (up or down) on any trading day. Volatility was muted until midway through September when whisperings of a rate hike by the Federal Reserve Board reinstated uncertainty. To be clear, as long as Fed policy decisions remain difficult to predict, investors should expect some volatility. As always, we acknowledge the transient nature of stock market movements surrounding Fed decisions and look to the longer term – focusing on the fundamentals of the

businesses we own. We were largely pleased with the quarterly results of our companies. Dividend payers continued to pay (and in many cases increased) their dividends, while our growth companies continued to compound revenue and earnings at rates far in excess of the anemic 1 to 2 percent GDP rates we hear so much about in the news.

Last quarter, we touched on the stark outperformance of dividend-paying companies through the first half of 2016. The belief that interest rates would remain lower for longer (regardless of Fed decisions) caused investors to favor current dividend payments over anything else. Investors poured into dividend-paying stocks and were less interested in companies sporting lower dividends and higher growth characteristics. We have seen a modest reversal in this trend over the past several weeks, which we expect will continue as investors reassess where to find the best values.

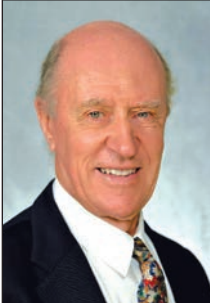
Generally speaking, we view the broader U.S. stock market as being reasonably valued. We expect the majority of our equity positions to appreciate at rates commensurate with their underlying earnings growth. With that said, we see good value across our portfolio strategies, particularly for clients where our growth strategy is most appropriate.

On September 21, the Fed's Open Market Committee (FOMC) decided to keep the federal funds rate the same. The likelihood of a December increase remains. FOMC participants lowered their outlook for the likely federal funds rate through 2018. This is consistent with our expectation that interest rates will remain lower for longer. For this reason, we continue to avoid most traditional fixed-income (bond) investments for our clients who need current income.

We are happy to use bonds for clients who want volatility reduction, as long as our clients understand that we believe bonds will limit their long-term total-return potential. We continue to favor high-quality growth-and-income stocks, preferred stock, REITs and master limited partnerships (MLPs) as a source of current income.✪

# Denham To Serve On Legislative Committee

Sanibel Vice Mayor Mick Denham has been appointed by Florida League of Cities President Susan Haynie, mayor of Boca Raton, to serve on the league's 2016 legislative committee.



Mick Denham

Denham will serve as the member-at-large, working through the five legislative policy committees to discuss issues facing Florida municipalities that will come before the legislature during the 2017 session.

The composition of the legislative committee ensures a broad representation of the league's membership and enhances the Florida League of Cities ability to present a unified voice for Florida's municipal governments. Its goals are to serve the needs of Florida's cities and promote

local self-government. The league was founded on the belief that local self-government is the keystone of American democracy.

Denham was elected to the city council in 2005 and appointed by his peers as vice mayor from 2005 to 2007. In 2007, he was appointed as mayor and held that position until 2009 when he was again appointed to the position of vice mayor until 2012 and again from 2015 to the present. Denham is the city council liaison to the Sanibel Redevelopment Needs Assessment Committee, the JN "Ding" Darling Wildlife Society Advocacy Committee and the Police Pension Board.

In addition, Denham is a member of the Southwest Florida Regional Planning Council (SWFRPC), serving as vice chair in 2009 and has served as a member of the Regional Planning Council committees: budget and finance; Estero Bay Agency for Bay on Management; 2012 Budget Committee, executive committee. He also served as chairman of the Regional Watershed Subcommittee and served as a board member of the Sanibel-Captiva Lions Club. Denham was the July 2012 recipient of the Florida League of Cities Home Rule Hero Award.✪

## ISLAND SUN BUSINESS NEWSMAKERS

### Top Listing And Sales Agents



Linda Naton



Meredith Dyer



Tracy and Connie Walters

John Naumann & Associates congratulates their top associates for the month of October. The top listing agent was Meredith Dyer and the top listing team was The Walters Group.

In addition, the top sales agent was Linda Naton and the top sales team was The Walters Group.✪



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## Superior Interiors

# Creating Your Own Personal Retreat



by Jeanie Tinch

One of the greatest luxuries we can have, and the most elusive to find, is time for ourselves. Nearly every minute of our lives is programmed with family, business or

social activities.

To better handle our multiple responsibilities, we need time each day to retreat to our own private place, where we can restore our tired bodies and souls. Get in the habit of taking time to pamper yourself.

Here are some ways to create your own divine personal retreat inside your home:

- **Eliminate Clutter** – The first step to decorating a peaceful haven is to eliminate annoying disorder, like stacks of stress-provoking paper clutter. Discard dated material. Important papers should be filed in drawers or individually covered wicker file boxes. Magazines and other reading material can be attractively stored in decorative chests. Your decorator can help you

find pretty and practical solutions for keeping your paper collection undercover.

- **Pamper Yourself In Sleep** – There is hardly anything more restorative than a good night's sleep, enhanced even more so if followed by a leisurely morning in bed. Treat yourself to a glamorous setting that promotes lingering, so every day you can wake slowly to the joys of a new day. Tufted headboards, down comforters, plump pillows and romantic bed ensembles are just a few of the luxuries that can make your mornings more beautiful.

- **Create A Cozy Corner** – Losing yourself in the worlds created by novelists is a wonderful way to escape from your daily routine. Prepare a quiet, cozy corner for uninterrupted time to read the latest bestseller or revisit a favorite book. Comfortable seating, proper lighting and a handy table for books and beverages are essential furnishings. Consider a decorative folding screen for extra protection from outside distractions.

- **Make A Place For Beauty** – There are certain routine aspects of life that have a tendency to wear us down. One such activity faced by women is the daily beauty regimen. Imagine how much more appealing the morning's ritual would be if you were sitting on a boudoir chair, before a lovely vanity table, with a large mirror and the appropriate lighting.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).✴*

## Trust Company Showcases Art By Disabled



Al Hanser of Sanibel Captiva Trust Company with art on display at the Sanibel office  
photo courtesy Lee Health

The Arts in Healthcare program at LeeHealth announced the addition of the Sanibel Captiva Trust Company as a new venue to showcase Art by the disABled in the community.

Al Hanser, founder and chairman, has offered to host the disABled artwork inside the trust company, located at 2460 Palm Ridge Road on Sanibel. A dozen colorful pieces will be on display and for sale throughout the winter season. Artwork that is sold will benefit the artists and the Arts in Healthcare program at Lee Health.

The Lee Health Art by the disABled program is for individuals with disabilities, who often find it difficult to find a place to showcase and sell their work. The Arts in Healthcare program at Lee Health changed that in the community by forming a group for these artists and displaying their work for sale in dedicated galleries at each of the four hospitals and the Riverwalk Rehabilitation Center on College Parkway in Fort Myers, and the Sanibel Captiva Trust Company on Sanibel.

These galleries and spaces not only add beauty to the hospitals and facilities, they help extinguish old stereotypes about the capabilities of persons with disabilities, highlighting their achievements and reinforcing their significance in the society. In addition to rotating artwork throughout the galleries on a periodic basis, the program helps keep the artists up to date on other exhibitions, sales and continuing education opportunities.

Proceeds from sales of these paintings and drawings benefit the artists as well as the Arts in Healthcare program in general. If you are interested in purchasing a piece of art, call 343-2633 for more information.✴

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Will Power

## Estate Planning Attorneys Say 'No' Too Much



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

Remember when your kids were little and one of the first words they learned to say after “Mama” or “Dada” was an emphatic “NO!” As a toddler my daughter Gabrielle would march around our home pointing at her baby doll yelling “No! You can’t do that!” It’s obvious that children feel the need to voice their frustrations at being told “No” all the time, so they do this to the family pet or to inanimate objects they feel a sense of control over.

It turns out that none of us like to hear the word “no”, even after we reach adulthood.

Unfortunately, attorneys have a habit of rejecting our clients’ ideas out of hand. This makes for bad counseling.

“No – you can’t just sell that million dollar asset to your son for a dollar and report it to the IRS as a capital loss or as a tax-free gift.”

“No – you can’t have us draft provisions terminating the marital trust if your spouse remarries and expect to achieve a marital deduction on the estate tax return.”

“No – your trust can’t simply direct the payment of a \$5,000 monthly stipend without first carving out some asset or amount of principal from which to generate the income.”

And on and on.

### Rejecting Bad Client Ideas

Of course, your attorney is correct to direct the client away from a course of action that is likely to fail or that may even fall outside of the law. After years of practice, we develop an instinctive ability to reject bad client ideas. I admit to becoming frustrated when a client tries to dictate how I should draft his trust when it is clearly headed down a wrong path.

But I’ve learned over the years that in so doing, my client is merely giving me something that is very valuable – his intent. He may not be doing it in a way that will actually serve to achieve his goals, but by throwing ideas at me, he is merely attempting to voice what it is that he would like to accomplish.

When I wave my hand in rejection of his idea, he becomes frustrated. Like the parent who is only trying to keep the toddler away from danger, I may sternly and emphatically deny the very thing that he hopes to realize when my work with him is complete.

But that’s the wrong way to deal with the gold mine of information that my client has just laid down at my feet.

### Ask A Simple Question Or Two

When I instead treat these seemingly bad ideas as significant information seeping into my client’s wishes and desires, I’m inclined to approach his bad direction differently.

Instead of voicing an outright rejection of the ideas I’ve learned to ask a few simple questions: “What are you trying to accomplish?” and “Why is it important to you to do it this way?”

The conversation might look something like this:

“Why do you want to make this million dollar gift to your son now, during your lifetime? What do you hope to accomplish?”

“Why would it worry you if your spouse remarries after you left the income trust to her?”

“How do you envision this \$5,000 stipend being paid? Which assets or money do you

see generating the necessary income?”

I’m sure you can see how these answers don’t directly rebuff my client’s idea; rather they demonstrate an attempt through dialogue to reach into his thought process. By examining his mindset I begin a constructive conversation centered on why he is sitting in my office seeking advice in the first place.

He also feels heard.

### Wisdom Achieves Client Goals

The end result of our client conversations is to use my wisdom and experience to help my client achieve as many of his goals as possible. That’s where true value creation arises. By delving into my client’s mindset I am able to do so in a uniquely positive way. Once I understand where the client is coming from, it’s usually quite easy to direct them to a course of action that will work.

Even where the best tax outcome isn’t possible, given his intent, so long as I communicate that and he is fine with the result, he’ll be happy.

“I understand your desire to cut off the income if your wife remarries. So long as you understand that the federal estate tax marital deduction isn’t available when you provide an income interest that terminates in any way before her death, I’m okay drafting it that way for you.”

Never let the “tax tail wag the dog” is an adage that a wise law partner told me almost three decades ago. Sometimes clients want to do things because they want to do things, come hell or high water. So long as they make informed decisions, I’ve done my job.

Another trick that I’ve learned over the years is to provide alternatives:

“What if instead of a marital trust we left some portion of your IRA to her outright? How do you feel about that? This way you disengage your children from their step-mother. A marital trust ties your children and your wife together economically for the rest of her life. Maybe it’s best to avoid that.”

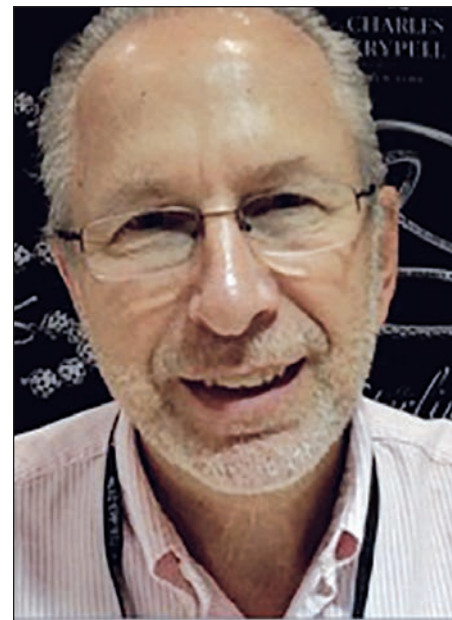
When I learn my client’s motive, I have a better opportunity to provide true client value in the form of leadership, relationship and creativity by coming up with alternative solutions he may never have considered. That’s a win-win for everyone.

©2016 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✱✱

## Krypell Making Special Visit To Lily & Company

Famed jewelry designer Charles Krypell is making a special visit to Lily & Co. Jewelers for a two-day holiday show. It starts with a Lily & Co.-style cocktail party from 5 to 9 p.m. on Saturday, November 26 and an open house from noon to 5 p.m. on Sunday, November 27.

“Charles is a genuine people-person,” said Lily & Co. owners Dan Schuyler and Karen Bell. “He loves to meet collectors or those who admire impeccable pieces of jewelry. When you meet him, you will love the man



Charles Krypell photo courtesy Lily & Co. and his jewelry.”

Krypell was a sculptor before becoming an internationally known jewelry designer. He has seamlessly woven the two crafts together and creates exquisite pieces destined to touch the heart of those who wear it. His ability to connect with the human

continued on page 15

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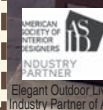
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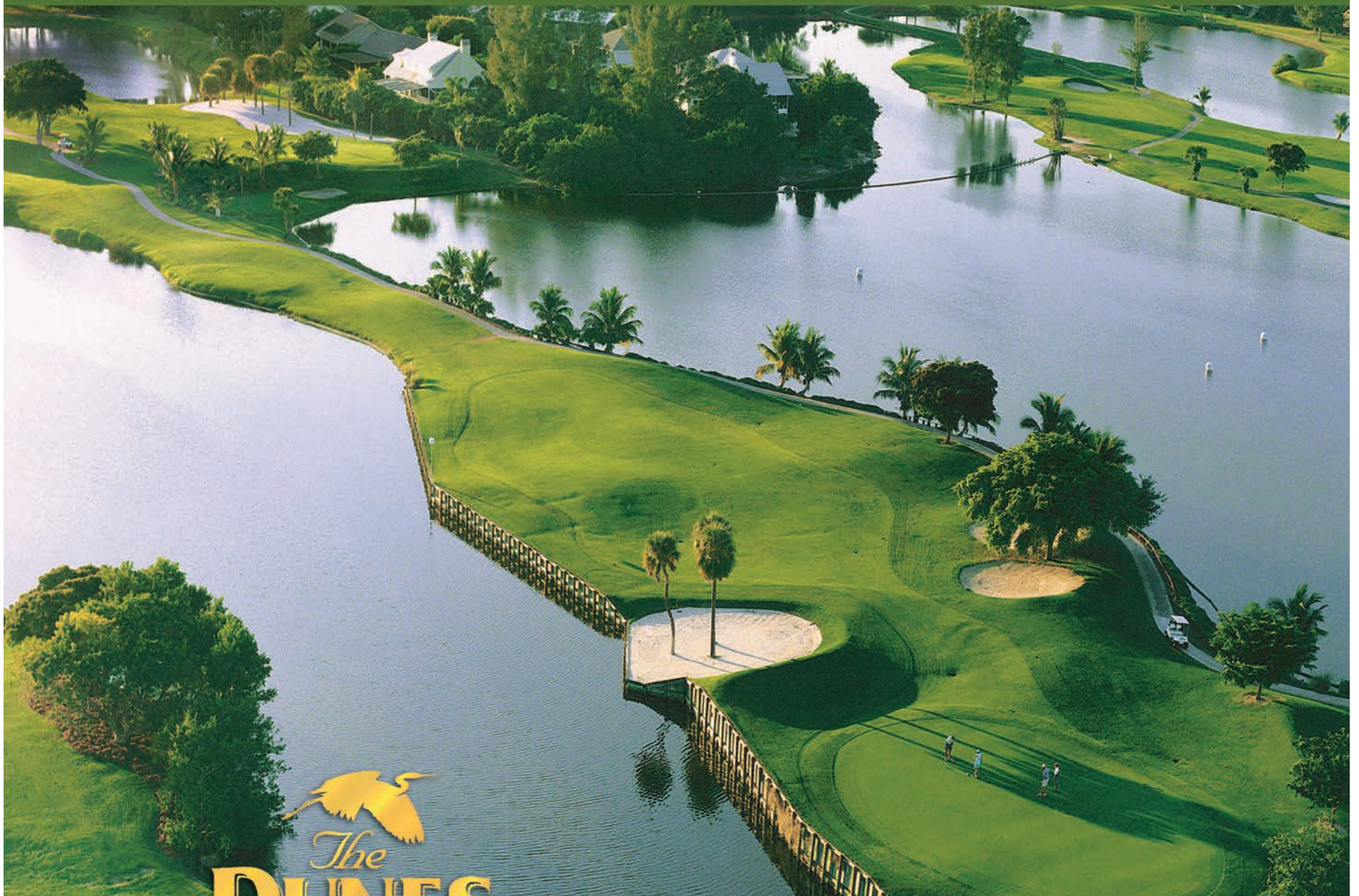
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# 8th Annual Crackerfest Raises Funds For START



From left, Dr. Bruce Neill, Wayne Boyd, Friedrich Jaeger and Bryan Hayes attending the 8th annual Crackerfest at The Bait Box, a fundraiser held for Solutions To Avoid Red Tide (START)  
photos by Jeff Lysiak



From left, Leah Biery, Paula McDonald, Sarah Lathrop and Kerry Alexander



David Carter and Diane Johnson



Luc Century and John Carney



Dr. Bruce Neill from the Sanibel Sea School welcoming the crowd



Playing a game of cornhole are, from left, Mary Higginson, Jenna Gorman and Eric Dampier



From left, Sally Nichols, Ralph and Jean Woodring with Melissa and Guy Lewis



Hailing from Kentucky, The Apple Butter Band performed toe-tapping country tunes



Crackerfest attendees mingled, enjoyed a "cracker-style" feast and helped support START



Guests checking out the variety of silent auction items available



## Women's Empowerment Series At BIG ARTS

Fulfilling its mission to empower women, the Zonta Club of Sanibel/Captiva, in partnership with BIG ARTS Sanibel, announces its Women's Empowerment Series focusing on freedom through economic opportunity. The series will feature three programs, beginning with Thistle Farms founder Rev. Becca Stevens on December 1 and portions of two documentaries by Pulitzer Prize winners Nicholas Kristof and Sheryl WuDunn. *A Path Appears* and *Half the Sky* will be presented respectively on January 5 and February 2 at BIG ARTS Schein Hall at 900 Dunlop Road on Sanibel.

The series will commence with the Rev. Stevens speaking about Thistle Farms, a community of women who have survived addiction, prostitution and human trafficking, on Thursday, December 1 at 7 p.m. Founded in 1997, Thistle Farms is a social enterprise and nonprofit, which manufactures natural bath and body products handmade by the women it employs – two of whom will accompany the Rev. Stevens to share their experiences of survival and healing. These products will be available for sale after the event with proceeds benefiting Thistle Farms and The Zonta Foundation of Southwest Florida, Inc., both 501(c)(3) organizations.

The Rev. Stevens is an Episcopal priest and an internationally recognized speaker who is a voice for the growing global movement for women's freedom and a champion for the marginalized. Named *A Champion of Change* by

the White House in 2011 and a CNN Hero in 2016, she is the recipient of numerous awards and has been featured on ABC News, *The New York Times*, NPR and the PBS documentary *A Path Appears*.

A portion of *A Path Appears*, addressing lasting change through economic opportunity, will be shown at BIG ARTS at 7 p.m. on Thursday, January 5. After the showing, there will be a panel discussion moderated by Sarah Owen, president and CEO of Southwest Florida Community Foundation. Two local women will also share their inspiring stories of empowerment and success.

The last program in the series, featuring a segment of the groundbreaking documentary *Half the Sky*, will be shown on Thursday, February 2 at 7 p.m. The presentation will focus on opportunities for women and will be followed by Where Arts and Activism Meet, an artistic presentation by WAM Theatre founder Kristen van Ginhoven.

Zonta hopes the series will stimulate participants to find ways to empower women in their communities, said Virginia Jones, former president of Zonta. "We are so excited – we want people to hear about Thistle Farms and other similar enterprises – how and why they came into being," she said. "Then we want people to ask themselves, what part could I play in making something happen here in Lee County?"

Seating is limited. Tickets are \$25 for the December 1 program and \$15 each for January 5 and February 2 and available at the BIG ARTS box office or by visiting [www.BIGARTS.org](http://www.BIGARTS.org). To learn more about Zonta, visit [www.zontasancap.com](http://www.zontasancap.com).✱

### BeautifulLife:

## A New Day

by Kay Casperson



Do you ever find yourself at the end of your day a bit stressed because you just don't feel like you tackled enough of the things that you wanted to accomplish? I

definitely know the feeling; sometimes it feels like my day flows so quickly and some of the things that I thought were so important did not get done. This can really affect your attitude if you let it – or you can realize that you did what you could do and maybe other things were just more important to do at the time. Most of all, we need to remember that tomorrow is a new day and the things that were not done today can be addressed tomorrow – never fear, they will be waiting for you! Remember the song from *Annie*: "Tomorrow, tomorrow, I love ya, tomorrow, you're always a day away."

We can get so caught up in getting

everything done today, and if it seems like you are just spinning your wheels, there is a quote that I love which is, "It's never too late to start the day over." I love this quote because I believe that when we just are not getting in the groove of accomplishing things and we are running into roadblocks left and right, that we can actually decide to start the day over or if it's too late in the day – just brush it off and look forward to tomorrow as it will certainly bring a bright new day!

My favorite affirmations for a new day are:

- I embrace today but know that tomorrow will bring new opportunities.

- I will be satisfied with my accomplishments today and look forward to new challenges.

- I keep a positive attitude, cherish my blessings and look forward to each new day.

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](http://kaycasperson.com).✱

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From page 12B

## Lily & Company

spirit through his designs comes from more than three decades of hand crafting timeless jewelry for the sophisticated wearer.

"I design jewelry with the modern woman in mind," explained Krypell. "You have passion, you have style and wearing my jewelry will blend flawlessly with both."

Krypell is forever challenging himself to pursue the pinnacle of beauty and promises to relentlessly add to what is already one of the most distinctive collections in the world. "My new collections will mix and match, layer and stack, and balance off my previous collections in a perfectly paired manner," he added. "My design style is passionately evolving."

"We invite everyone to meet this legendary designer and you will fall in love with his unbelievable collection," said Schuyler and Bell.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel.✱

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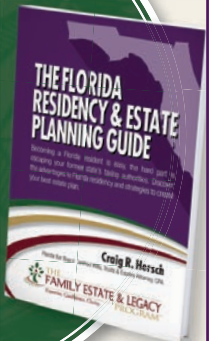
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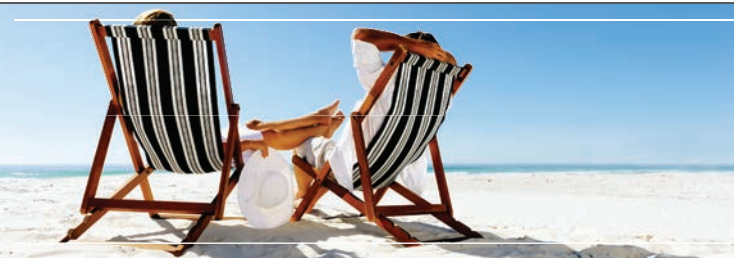
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### 9. Near Beach Home - Sanibel

- 3 BR/2 BA - furnished, beach access
- Updated kitchen & bathrooms, granite/stainless
- **\$648,000** EUR €594,173

### 10. Heart of Captiva Village; "Belle Mar"

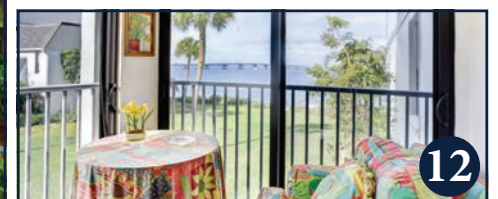
- 5 BR/ 5.5 BA stunning courtyard pool home
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# Words Can't Describe Thrills, Drama, Outcome Of The 2016 World Series



by Ed Frank

How do you adequately describe probably the greatest baseball game that has ever been played? How do you adequately describe a World Series that captured huge national and international interest, and ended a 108-year title drought – the longest in American sports? How do you adequately describe a sporting event of the ages – unquestionably a World Series that many consider the most exciting in history?

These questions and dozens more can be asked about the 2016 World Series captured by the Chicago Cubs in a thrilling seven-game series that once and for all erased the ghosts, the horrors, the burdens that had plagued the Cubs since their last world championship in 1908.

There have been millions of Cub fans that went to their graves without witnessing a World Series championship. In fact, there were millions that went to their great beyond without even seeing their beloved team in the fall classic as it had been 71 years since the Cubs last series appearance when they lost to the Detroit Tigers in 1945.

There are so many stories of this past sorrow, but none tops the one about the son who traveled hundreds of miles to Chicago to listen to Game Seven at his father's grave site so he could be with his dad on this historic occasion.

Even the Cubs magical manager, Joe Maddon, worked the superstitious angle by stuffing an old, rumpled Angels cap that was his father's into the back of his waistband for good luck. He had done the same thing with that cap when he was the Angels bench coach in their 2002 World Series win.

The stories, the memories, are endless. As historic and thrilling as it has been for the legions of worldwide Cub fans, we must also congratulate the Cleveland Indians who battled Chicago mightily without three of their six best players, including starting pitchers Carlos Carrasco and Danny Salazar.

For Cleveland, their series championship hex of 68 years remains. Just think, until the Cubs pulled off their 10th inning, Game Seven victory, these two franchises had gone a total of 176 years drawing World Series blanks.

The television ratings for the Game Seven 8-7 Cubs win tells it all as 49.9 million viewers watched, the most since that classic 1991 World Series when an estimated 50.3 million viewers tuned in. Just a year ago, only 14.7 million watched the New York Mets-Kansas City Royals series.

In this column a few weeks ago, we wrote that a recent *Sports Illustrated* story described the 1991 World Series between the Minnesota Twins and the Atlanta Braves "the best in baseball history."

No question that series 25 years ago was a dazzling jewel – three games went into extra innings and four ended in walk-offs, including Games Six and Seven.

The Twins won, their last, in a 1-0 10th inning walk-off victory. And unquestionably that 1991 World Series was momentous.

But generations today and generations tomorrow will argue that the 2016 World Series was the greatest ever played. I'm guessing few will argue the fact.✱

## SPORTS QUIZ

1. In 2015, Alex Rodriguez became the second player to belt 30 or more homers in 15 major-league seasons. Who was the first?
2. How many combined years did Chuck Tanner and Jim Leyland manage the Pittsburgh Pirates?
3. When was the last time before 2015 that Duke's football team won a game without scoring a touchdown?
4. How many times have the Atlanta Hawks reached the conference finals following the franchise's move from St. Louis?
5. Who was the last Chicago Blackhawk before Patrick Kane in 2016 to win the Hart Trophy as the NHL's Most Valuable Player?
6. Name the first driver to win a race in all three major NASCAR series: Cup, Xfinity and trucks.
7. Who are the only two male tennis players to win all four Grand Slam tournaments in the same calendar year?

## ANSWERS

1. Hank Aaron. 2. Twenty -- Tanner managed nine seasons (1977-85), and Leyland followed with 11 (1986-96). 3. It was 1978 (3-0 against Wake Forest). 4. Three times -- the 1968-69 season, 1969-70 and 2014-15. 5. Stan Mikita, in 1968. 6. Ken Schrader, who completed the "triple threat" in 1995. 7. Don Budge (1938) and Rod Laver (1962, '69).

## SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through November 7

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	58	42
Second	Sanibel Café	49	51
Third	Fresh Legion Crew	47	53
Fourth	Sandycappers	46	53

### November 7 Results

Bunt's Ball Busters	14	Fresh Legion Crew	6
Sandycappers	12	Sanibel Cafe	8

### Sanibel 8-Ball Pool League

## Lead Extended

Bunt's Ball Busters stormed into a nine-game lead in the Sanibel 8-Ball Pool League standings on the strength of a 14 to 6 pasting of Fresh Legion Crew. The big win dropped the Legion Crew into third place.

Rich Ennis and Bob Buntrock again led the Ball Busters with 4-0 efforts against Tarzan Russell and Becky Skog. Russell's

four games were classic. In the first, he missed the 8-ball twice. Game two saw him put the 8-ball in out of turn. Game three produced an illegal jump shot over his two ball and a resulting loss.

Fighting tears after missing an easy shot, Russell watched Ennis run the table to hand him his fourth loss. Tarzan was heard to say, "Things just have to get better next week."

Gator Gates scored three of Legion Crew's six wins with a 3-1 effort against Ken Rasi.✱



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From page 1

# Now Or Neverglades



Eric Eikenberg addressing a small crowd gathered at the chamber of commerce  
photos by Jeff Lysiak



The Now Or Neverglades tour bus will visit 22 cities across Florida this month

Florida Keys

- Protecting the drinking water for 8 million Floridians and tourists

"We need to continue to build an army of supporters," added Eikenberg. "It's about Florida and it's about the beauty of this state."

Harrierty, along with other officials on hand, agreed. "This issue is all inclusive – north, south, east and west," he said. "When you finally get people on board, that's when you can accomplish something."

Deborah Johnson, vice president of development for The Everglades Foundation, reported that she's been very encouraged by the response the Now Or Neverglades tour has received.

"From Boca Raton to the Treasure Coast and everywhere in between, people recognize that there's a problem and are willing to fight to find a solution," said Johnson. "I was very impressed by the response we got this morning at Florida Gulf Coast University. These college kids really care about fresh water and having clean drinking water. They were saying, 'Just tell us what we've gotta do.' The younger generation is so vital to this movement."

Prior to stopping on Sanibel, the Now Or Neverglades tour has stopped in Miami, Orlando, Winter Park, Tampa, St. Petersburg, Boca Raton, West Palm Beach, Stuart, Port St. Lucie, Palm Beach, Coral Gables, Naples, Bonita Springs and Fort Myers. The tour continued on to Weston, Dania Beach, Fort Lauderdale and Miami Gardens before ending in Islamorada on November 6.


For additional information, visit [www.evergladesfoundation.org](http://www.evergladesfoundation.org).\*



Part-time Sanibel resident Diane Wien signs the Now Or Neverglades declaration

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**NOV 29th**  
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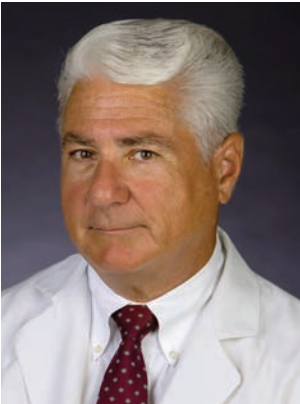
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## Island Seniors At The Center 4 Life

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 4 Life will be closed Friday, November 11 in observance of Veterans Day.**

**Trash & Treasures Sale will be held Saturday, November 12 from 9 a.m. to 2 p.m.** Last chance to donate your clean, gently used items. All are tax deductible. Deadline for donations is Thursday, November 10 at 4 p.m. No books, clothes, shoes, computers or old TVs.

**Page Turners** – If you would like to be on the Page Turners list, contact the center. Discussions begin at 2:30 p.m.

The featured book for Wednesday, December 14 is *A Man Called Ove* by Fredrick Backman – “A curmudgeon hides a terrible personal loss beneath a cranky and short tempered exterior while clashing with his new neighbors, a boisterous family whose chattiness and habits lead to unexpected friendship.” – NPR Books

**AARP Driver Safety Course** – Thursday, November 10 and 17, 1 to 4 p.m. Course fee is \$20, AARP members receive a \$5 discount.

Interactive, two-day class for drivers 50 and older to learn safety strategies, rules of the road, how to deal with aggressive drivers, and maintain confidence. After completing the course, you will be eligible for a discount on your auto insurance. Classes will be held at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Register by contacting Ed VanderHey at 292-4012. You do not need to be a member but

you must attend both classes in order to receive course certificate.

**RS Walsh Garden Tour & Lunch at Cip's Place** – Tuesday, November 15. Cost is \$5 for members and \$10 for non-members.

Private tour of RS Walsh retail center and In The Garden outdoor showroom. There is a large assortment of native and tropical plants, pottery, fountains, garden accessories and works by local artists. Lunch is on your own at Cip's Place, which includes a talk about the “Wall of Faces” mural. Carpooling available. Advance registration required. Deadline is Friday, November 11.

**Complimentary Diabetes, Glaucoma, Hearing and Blood Pressure Screenings by Sanibel-Captiva Lions Club** – Friday, November 18, 9 to 12:30 p.m.

All screenings take place at the center. The screeners have been trained and certified by a doctor and use all appropriate methods to ensure antiseptic conditions and privacy. Screenings are on a first come basis.

**SHINE Medicare Open Enrollment** – Monday, November 21, 10 a.m. to 2 p.m.

The SHINE (Serving Health Insurance Needs of Elders) program is offered for free by the Florida Department of Elder Affairs and local Area Agency on Aging. Trained volunteers can assist you with Medicare, Medicaid and health insurance questions. No pre-registration required.

**Learn to Play Mahjongg with Katie Reid** – Monday, November 28 to Friday, December 2, 9:30 a.m. to 12:30 p.m. Cost is \$15 for members and \$30 for non-members.

Class is limited to four or eight students (to fill a table to practice). You must be able to attend all five classes. All supplies are provided. You must register in advance to participate.

Contact the center.

### Games

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

**Bridge** – Monday and Wednesday, register by 12 p.m. Game begins at 12:30 p.m.

**Mahjongg** – Monday and Thursday at 12:30 p.m.

**Hand & Foot** – Thursday at 12:30 p.m.

**New Game: Hearts** – Friday at 12:30 p.m.

**Tuesday Kayaking** – November 15 (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 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.

**Line Dancing Classes** – Tuesdays, November 15, 22 and 29 at 12:30 p.m. Cost is \$5 for members and \$8 for non-members.

The instructor will review dance steps then turn up the music so you can dance. Bring a friend. Call to register.

**The Center 4 Life will be closed Friday, November 11 in observance of Veterans Day.**

### Fitness Classes

Members cost is \$4 per class, visitors

\$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

**Happy Hour Fitness** – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Instructors are Grace Elston and Connie DeCicco.

**Essential Total Fitness** – Monday, Wednesday and Friday at 9:30 and 11 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is 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. 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.✱

## Bird-Themed Fundraiser For 'Ding' Refuge



The Eastern screech owl, a local denizen, will be among the star fauna at this year's Go Wild photo courtesy William Fischer

Make plans now to attend the 5th annual fundraiser for the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) on Tuesday, February 8 at The Community House on Sanibel.

Go Wild For “Ding” – Give A Hoot continues a series of bird-themed events to benefit birds, wildlife, conservation and education efforts at the refuge.

“For this year's theme, we showcase the five species of native Florida owls,” said Birgie Miller, DDWS executive director. “They include the barn, barred, burrowing, Eastern screech and great horned owl. Plan on joining us for tasty dishes from our local restaurants, a unique silent auction, live entertainment and our always exciting live auction. Jim Sprinkle has already promised us an owl feather pin for the live auction. The winner becomes a member of the prestigious Sprinkle Feather Club, which flocks together once a year for a special event.”

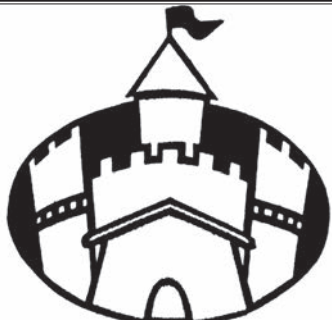
“Seating is limited and we once again anticipate a sold-out crowd,” said event committee member and DDWS president Doris Hardy. “We encourage people to reserve early.”

Event sponsorships are available; for more information, contact Miller at 292-0566 or director@dingdarlingsociety.org.

Attendance is by reservation only, which opens on November 15. Tickets are \$125 each. To receive an invitation, call 472-1100 ext. 233 or email sarah@dingdarlingsociety.org.

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

For more information, visit www.dingdarlingsociety.org.✱



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dearPharmacist

# Akathisias Make You Want To Jump Out Of Your Skin



by Suzy Cohen, RPH

**D**ear Readers: People have killed themselves over this condition but unfortunately, to the regular person, it is nothing more than a word until it's experienced firsthand. Since it's

of your skin. While it hasn't happened to me, I've studied akathisias for a long time. My interest first peaked when I saw patients in my nursing homes attempting to describe the symptoms with tears in their eyes.

People with Parkinson's disease almost always develop akathisias, as well as those with Restless Legs Syndrome (RLS), but it can happen to anyone. Knowing the cause might ultimately be your cure because for example, if your akathisias are related to your antidepressant, or nausea medicine, you just have to switch medications and wait. Keep in mind any medication that blocks your dopamine receptors can cause uncomfortable (okay, horrible!) symptoms such as akathisias.

Those of you who have the courage to withdraw from heroin, cocaine, alcohol, benzodiazepines or opiate analgesics will almost always experience some degree of akathisias but these are thankfully just temporary.

Keep reading, but if you don't find a solution, go to [suzycohen.com](http://suzycohen.com) and sign up for my newsletter because I have a

detailed article which I will email to you. Generally speaking, treatment strategies for akathisias include anticholinergic medications, dopamine agonists, drugs that are "GABA-ergic" in nature, beta-blockers, benzodiazepines and serotonin antagonists. Now, let's hack your akathisias:

## Percussion Or Vibrating Devices

– These are sold online at Amazon or Brookstone and other retailers and having one of these to apply to your forearms or legs can be extremely helpful. They work instantly to soothe your muscles and distract you from the awful sensations.

Remember, there are more treatment choices, and dosing guidelines in the extended version of this article at my website.

**Clozapine** – this prescription pill is in the category of "Antipsychotic" medications and among other activities in the body, this drug seems to help Parkinson-induced akathisias.

**Clonidine 0.1mg Tablet** – Catapres is the brand name of this prescription which helps for withdrawal symptoms,

including akathisias. Your limbs might feel like they have heavy bricks in them.

**Diphenhydramine** – Generic to Benadryl this antihistamine might help a teeny bit, but it has a strong 'drying' effect on your body, and can make you feel woozy.

**Vitamin B6** – Back in 2004, there was a randomized, double-blind, placebo-controlled study published in The Journal of Clinical Psychiatry. This study demonstrated that B6 could be useful for akathisias.

**Lemon Balm** - This can be helpful in alcohol or opiate withdrawal cases, it relaxes the body and can help with sleep, it is considered GABA-ergic meaning it raises GABA levels naturally.

Eat something. It's strange but it works. If you get up in the middle of the night and go eat something, the akathisias will often retreat.

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

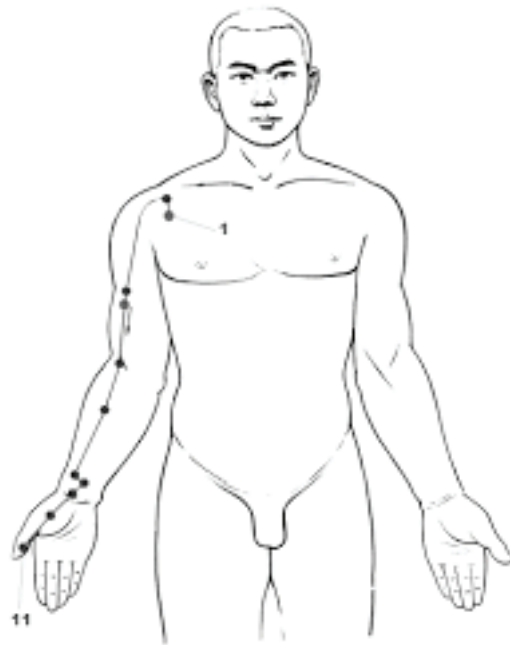
Eden Energy Medicine

# Trace Lung Meridian



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

**F**rom a western view, lungs control respiration, pulling in oxygen and exhaling carbon



dioxide. In Chinese Medicine, lungs are "The Official of Rhythmic Order," overseeing the interaction between the exterior and interior world and thus instilling the body with rhythm and order in every breath, reflecting that for every ending there is a new beginning. But, if the lung meridian is out of balance, a person may literally be very inflexible, stiff when he/she walks and have tight reins on emotions – just not in sync with life. Physically, expect to see bronchitis, chest congestion, colds, congestive heart failure, coughs, flu, insomnia, pleurisy, respiratory issues, shortness of breath, skin problems or tuberculosis.

As a reminder, view the August 5 and 12 columns, since the basics of tracing are set forth.

## Meridian Flow Wheel Time Of Day

LU meridian's high tide is 3 to 5 a.m. We always begin and end by tracing central and governing meridians before starting to trace the other meridians. If you begin tracing your meridians at 3:30 a.m. (you definitely have an energy imbalance), then begin with LU.

## Reasons To Trace Alone In Addition To Tracing All Meridians

Although it is best to trace all your meridians as one continuous flow, you may want to trace LU if you have some of the symptoms listed in the opening paragraph.

By boosting lung energy, you begin balancing the body.

Affirmation for this meridian is: "I breathe in fresh chi and inspiration. I breathe out stale chi and grief." Remembering that matter follows energy, stating a positive thought shifts the energy just by the intention – this is the metaphysical fabric of life. We are all part of that pure fabric of existence so reap its benefits.

**Pathway Of Meridian:** Place one hand on the opposite front shoulder area, above the nipple and directly across from the top of your armpit. Move it up over the front of your shoulder, straight down the edge of your arm where the light part of your skin meets the darker section and off the thumb. Do the other side. That's it. You just traced lung meridian.

**Flushing Or Tracing The Meridian Backwards:** Remember, that if there is too much energy in a meridian, you may want to trace it backwards and see if that makes you feel better. If experiencing pain or disease in the area of a meridian, it is

likely that removing the energy from the meridian will provide relief. If it does, then trace it backwards three times, but never trace heart backwards. If it seems there is not enough energy in your meridian, then trace it forward three times. If you feel better, this is what was needed. Experience the impact of the energetic shifts. To flush a meridian, as if you are de-clogging a pipe, trace the meridian once backwards to loosen the sludge and then trace the meridian forward three times. Flushing really helps reset the meridian's balance.

You are set. Keep this column as a reminder of how to trace lung while you learn the next three meridians this month.

Have fun with your energy. Next week's topic is Skin or Hair Issues? – Trace Large Intestine Meridian.

*If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://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.✧*



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# Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** How can I get my sister to engage more in wellness behavior and activities? She is single and in her 40s. She eats too much and watches too much TV. Help!

**A:** Unless your sister is going through some grief or depression, chances are she has been this way for a long time. As your sister continues to age, it's important that she become aware of a balanced life so she may start to make some gradual changes that will contribute to a long and overall happy life. If she can begin to integrate her physical and emotional well-being, along with her mental and spiritual well-being, she will feel more balanced. In our western culture, we are so focused on the physical that often we neglect the other components which are very important. Perhaps she could meet with a nutritionist to get on a good nutritional

plan that will work for her. Next, she needs to get out and move daily. It can be walking, biking, swimming, going to a fitness center or taking up a recreational sport she may like. It's important that she experiences optimal physiological functioning. Next, emotional well-being would be your sister being able to function through the entire spectrum of human emotions. This is healthy. This would include anger management to joy. On the mental well-being front, if she can have the ability to engage in communication to playing games, to reading and processing information and learning to problem solve, she will be using her cognitive skills.

Last but not least, her spiritual well-being is important to recognize as this is often a neglected component. This can simply be her values and meaning and purpose in life. Perhaps you could have a discussion with her and help her to understand how this concept can bring about a wholeness in her life as opposed to wasting precious moments where she can feel fully alive. Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [constanceclancyfisher@gmail.com](mailto:constanceclancyfisher@gmail.com).✧

# Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice

who specializes in the care of elders and people with chronic illnesses. **Dear Mom & Me,** My father's first wife divorced him because she didn't think he made enough money and he was not successful. They had two children who did not see their father because their mother denied him access. After a while, he became very successful and he married my mother. My brother and I are from the second marriage. We were raised very comfortably and we adore our parents. Time has passed. My mother suffers from severe dementia and she is in a nursing home. My father was unable to live alone anymore, so we placed him in a retirement area near my mother. We thought we had made the right decision. Suddenly, out of the blue, his daughter from the first marriage has appeared. She has told us she wants as much of my father's money as she can get, and will

take legal action to get it. One day she went to his retirement home and took him to her house for a visit. She did not return him and then one day during the second week, he fell and broke his hip. She literally "dumped" him back to the retirement home and they immediately took him to the hospital for surgery. Rehab, of course, will be next but we are at a loss to know what else his daughter might do. What action should we take?

Jessica

**Dear Jessica,** If your father is of sound mind, he can do whatever he chooses to do with his financial resources. However, if he is impaired, he should be protected. His attorney might be interested in being alerted to a possible threat. It is very sad when adult children become so abusive that they feel they deserve their parent's assets, and they want them as soon as possible

Lizzie

However, if your father is not dependent and your half sister is not stealing, it is your father's money, and he can dispose of it in any way he wishes. If your father still lives in an assisted living community, and family problems are interfering with his care, your county may have a long-term care ombudsman program that can provide support and direction. Talk with the staff at the community and he/she should be able to advise you. Pryce Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).✧



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**Dear Jessica,**

**Doctor and Dietician**

# Beer And HDL Cholesterol



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

Interestingly enough, some studies have shown that consumption of alcohol in moderation is good for the cardiovascular system. Its consumption can be associated with elevated levels of high-density lipoproteins (HDL, also known as "good" cholesterol). So does this mean that we recommend everyone have a brew or two with dinner? Not exactly. We know that people do not all have the same physiology. Therefore, alcohol affects people differently. For example, those who suffer from hypoglycemia (low blood sugar) and those who do not process carbohydrates well, are not going to feel their best or function optimally with the added carbohydrates from beer in their

diets. This will only provide additional calories, and most likely contribute to a hypoglycemic episode by causing a blood sugar spike which is quickly followed by a crash. A blood sugar crash can make a person feel fatigued, irritable, lightheaded and hungry. Obviously, these are not enjoyable effects. Mixed drinks have the same effects. In addition to the carbohydrates and sugars, the juices and mixers of mixed drinks often contain a wide array of added flavor-enhancing chemicals, dyes, and preservatives. Remember, excessive alcohol can be extremely detrimental to your health. It not only affects your liver, weight, and mental capacity, but can cause serious disturbances in a person's life when abused. If you feel that you must have a drink of alcohol every day, then you may have a problem with addiction. We recommend that you stop using alcohol of any kind or seek assistance if it is too difficult to stop on your own. If you do choose to consume alcohol, do so in moderation. Sip it slowly and enjoy it with a meal to enhance the flavors of the food, preferably foods containing protein and fat. 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](mailto:info@caringmedical.com).✧





### Family Pizza

1 prepared pizza dough  
1 cup prepared pizza sauce  
1 cup tomatoes, chopped  
1/2 cup zucchini, chopped  
1 teaspoon fresh or 1/2 teaspoon dried ground oregano

1 teaspoon fresh or 1/2 teaspoon dried basil leaves

12 ounces low fat, grated mozzarella cheese

1/2 cup parsley, chopped

Spread dough evenly on a baking sheet.

Cover top of dough with the sauce.

Sprinkle oregano and basil over sauce and bake dough on 400 F for 5 to 7 minutes or until dough starts to brown on edges.

Remove from oven and add tomatoes and zucchini.

Top with cheese, add parsley, return to oven until cheese melts and begins to brown, about 10 to 12 minutes.

Chef Tip: Use leftover vegetables or meat from other meals for the toppings.★

Family Pizza



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ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
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Community Foundation of Sanibel-Captiva .....	274-5900
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Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
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PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
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Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
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Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum .....	395-2233
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Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

PETS OF THE WEEK

Bourbon is a 6-year-young male hound mix who is well aged and would make a great addition to your family. He is one of our sensational seniors and gets along well with other dogs and people. He would love a home where he can be a couch potato. How about yours?

His adoption fee is \$10 during Adopt A Senior Pet Month or free for senior citizens adopting senior pets.

Star is a 9-month-old domestic short hair spayed female who is hoping for a home where she can shine like she was meant to. She's a friendly kitty that likes people and gets along great with her roommates at the shelter. Star could be the perfect fit for your family!

Her adoption fee is \$50.

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

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

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

The adoption package is valued at \$500.\*



Bourbon ID# 674398



Star ID# 671671

PAWS Of Sanibel

Roscoe



Roscoe

My name is Roscoe. I found myself homeless after my mom and dad split up. I am living with a family member, but they already have three dogs. I get along so well with their dogs and children and cats too! I am a mix of a chihuahua and Jack Russell terrier, so I would make a great lap dog. I am a sweet boy, just 8-years old, and I am neutered. If you can adopt me, please call PAWS volunteer Yolanda at 691-4488.\*



PUZZLES

Answers on page 29B

Super Crossword

BETWEEN THE EXTREMES

- ACROSS**

1 Like humans

7 Turn about

13 Bundt holder

20 Extreme folly

21 86-Across in eastern Kansas

22 Constructed in advance

23 Site of many a yoga class

25 Fiji's part of the world

26 Like some braking systems

27 Freezing cold

29 One adding seasonings

30 Gentle — lamb

31 Mumbai, vis-à-vis India

33 "Blow" co-star Johnny

37 Bicolor whale

39 Reprieve

40 Clearasil competitor

41 Selfishness

43 Forget to include

45 Papyrus plants, e.g.

48 Bit attached to a cob

50 Civil War prez
- 52 Fictional Scarlett

56 Pitch-perfect

57 Science also known as

59 Fire on

61 Comic actor Kevin

63 What melts in a meltdown

65 Lawyer's assignment

68 Airport rental

69 Stir in, say

70 "Listen up!"

71 Patella site

72 Like the social class that includes managers

75 Move beyond

77 Prepared

78 Razor brand

80 Subs in offices

84 Give a coif to

85 Comic actress Charlotte

86 San Rafael, vis-à-vis Marin

88 Invest (with)

91 Furnace fuel

92 Different: Prefix

93 Slap cuffs on

96 Actor/singer Jerry
- 99 Enchilada kin

101 Gumbo, e.g.

102 Proton's place

106 Drillmaster's syllable

108 Rent payer

109 Hogs' pens

110 Simple exercise to work the abs

115 Coifs

117 Card that's an apt alternate title for this puzzle

119 "Swing Time" co-star Fred

120 Lifelessness

121 Totally ripped

122 Least sloppy

123 Brook, e.g.

124 Passed quickly
- 7 U2's genre

8 Flamenco dance cry

9 Dance from Buenos Aires

10 Take a stab at

11 Louise's film sidekick

12 More weird

13 "— Sharkey" (old sitcom)

14 Inverse trig function

15 — cool head

16 Online missives

17 Mexico's — Villa

18 Farewells, to François

19 Close

24 Wound result

28 Producer for Eminem

31 Began airing

32 Runner-turned-baron Sebastian

33 Erté's genre

34 Designer von Furstenberg

35 Bacon, e.g.

36 Certain evergreen dropping

38 Capital of New Hampshire

42 Terrier type
- 44 With 94-Down, restless

46 Mail-slot spot

47 Evaluations of resistance to sudden impact

49 Adjusted, as floor tiles

50 Up in years

51 Win — hair

53 Oodles

54 One-in-a-million

55 Suit to —

58 Mandate

59 Climb aboard

60 Oscar de la —

62 Vertex

64 Count — (cereal brand)

65 Snarly dogs

66 Adopt— (kennel program)

67 Fix, as a dog

69 Balm plant

73 French for "nothing"

74 Biotech material

75 Says "I told you so!"

76 Eyelid woe

79 Writer Umberto

81 Satisfy
- 82 Trim (down)

83 Pack away

85 Puzzle with pictures

87 Ideas

89 "ER" extras

90 Samovar

91 "The Swimmer" author John

93 Detroit of "Guys and Dolls"

94 See 44-Down

95 "La Isla —" (Madonna hit)

97 Pretends to be

98 Patron

100 Master cook

103 "—/Sade" (1967 film)

104 Not from a major studio

105 "Please, I'd like to help"

107 Before-surgery

110 Potting soil

111 Swiss river to the Rhine

112 Made angry

113 Ticket leftover

114 Notice

116 In position

118 Vardalos of the screen

King Crossword

- ACROSS**

1 High point

5 Dance syllable

8 Flabbergast

12 Fly high

13 Fond du —

14 Sea eagle

15 Multi-Grammy-winning gospel singer

17 Helps

18 Faux —

19 Inquire

20 Snob

21 With it

22 "Unh-unh"

23 Threw a party for

26 Kingston's island

30 Prayer ending

31 Space

32 Thy

33 Commemorative coin, maybe

35 Doctrine

36 Thanksgiving veggie

37 Two, in Tijuana

38 Capital letter key

41 Zodiac cat

42 Ernesto Guevara

45 Novice

46 "Lord of the Rings" cast member

48 Smell
- 49 Blackbird

50 Franc replacement

51 Hang in the balance

52 Solidify

53 Marries
- 7 Performance

8 "Will & Grace" actor

9 Small combo

10 Loosen

11 Egg container?

16 Incursion

20 Muppet eagle

21 Founder of a major auto company

22 Siesta

23 Online help page

24 Ostrich's cousin

25 Afternoon social

26 Cookie holder
- 27 Charged bit

28 Pool stick

29 Illustrations

31 Jewel

34 Tit for —

35 Hit the horn

37 Beelzebub

38 Put an end to

39 Stevenson villain

40 Decrease?

41 Queue

42 Hint

43 Group of cattle

44 Cupid's alias

46 Trail the pack

47 Evergreen type

MAGIC MAZE ● FOOD-RELATED SURNAMES

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

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

- Apple

Bacon

Bean

Butcher
- Candy

Curry

Fish

Franks
- Lemon

Milk

Pepper

Pickles
- Rice

Strawberry

Sugar







## LIVE ON THE ISLANDS

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

**Island Cow** on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

**The Jacaranda** has live entertainment Friday and Saturday with The Riverside Band, playing classic rock and oldies. Loose Change plays contemporary, top 40 and dance on Sunday. On Monday, it's Renata, playing funk, jazz and contemporary. Sir Mitch plays classic rock, R&B and dance on Thursday.

**The Mucky Duck** on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

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

**Traditions on the Beach at Island Inn** has live entertainment on Friday and Saturday with Woody Brubaker and Barbara Smith. Mike Arnone plays on Sunday.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandsunnews.com](mailto:press@islandsunnews.com) or 395-2299.\**

## My Stars ★★★★★

FOR WEEK OF NOVEMBER 14, 2016

**ARIES** (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.

**TAURUS** (April 20 to May 20) That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test.

**GEMINI** (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.

**CANCER** (June 21 to July 22) A previously peevis partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.

**LEO** (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.

**VIRGO** (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.

**LIBRA** (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

**SCORPIO** (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then be set to face new challenges later this month.

**SAGITTARIUS** (November 22 to December 21) It's a good idea to take

a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.

**CAPRICORN** (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

**AQUARIUS** (January 20 to February 18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

**PISCES** (February 19 to March 20) You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

**BORN THIS WEEK:** You have an inner sight that helps you see into people's hearts. You would be an excellent psychologist or social worker.

### THIS WEEK IN HISTORY

• On Nov. 14, 1851, "Moby-Dick," a novel by Herman Melville about the voyage of the whaling ship Pequod, is published under the title "The Whale." The book contains one of the most famous opening lines in fiction: "Call me Ishmael."

• On Nov. 19, 1915, British airman Richard Bell Davies performs a daring rescue, swooping down in his single-seat scout plane to whisk a downed fellow pilot from behind Turkish lines just as enemy soldiers approached.

• On Nov. 16, 1945, the United States ships 88 German rocket scientists to America. The U.S. government was desperate to acquire the scientific know-how that had produced German rockets during World War II.

• On Nov. 17, 1958, the Kingston Trio's "Tom Dooley" hits No. 1 on the Billboard

pop chart. The song was probably first sung sometime after 1868, when a North Carolina man named Tom Dula was hanged for the murder of his fiancée.

• On Nov. 15, 1965, at the Bonneville Salt Flats in Utah, 28-year-old Californian Craig Breedlove sets a new land-speed record of 600.6 mph in the Spirit of America. The car was powered by a Navy jet engine.

### STRANGE BUT TRUE

• It was beloved Scottish author J.M. Barrie, creator of Peter Pan, who made the following sage observation: "Those who bring sunshine to the lives of others cannot keep it from themselves."

• Among the Balonda people, an African tribe that dwells along the Zambezi River, it was once customary for a groom to promise that he'll supply kindling wood to his mother-in-law for the rest of her life.

• Those who study such things -- word mavens with a penchant for statistics, presumably -- have determined that, on average, English-language text contains 56 e's for every q.

• A fisherman in the Philippines recently revealed a treasure that he'd been keeping under his bed for 10 years: a 75-pound natural pearl with an estimated value of \$100 million. Evidently, after finding the pearl in a giant clam, he decided to keep it as a good-luck charm. The "Pearl of Puerto," as it's known, blew the world record out of the water (pun intended). The previous record holder for largest natural pearl was the "Pearl of Lao-Tsu" (sometimes called the "Pearl of Allah"), which weighs in at a mere 14 pounds.

### THOUGHT FOR THE DAY

"Those who dream by day are cognizant of many things which escape those who dream only by night." -- Edgar Allan Poe

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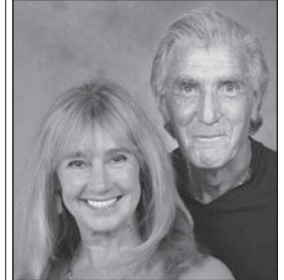


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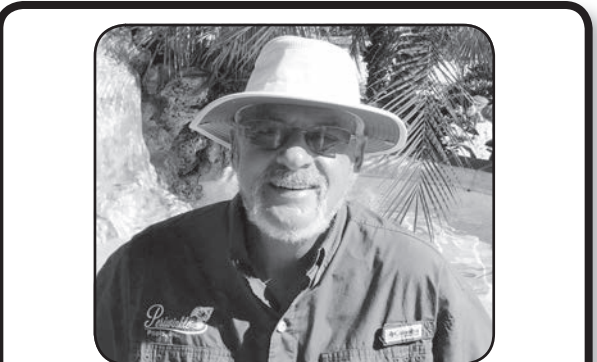


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PUZZLE ANSWERS

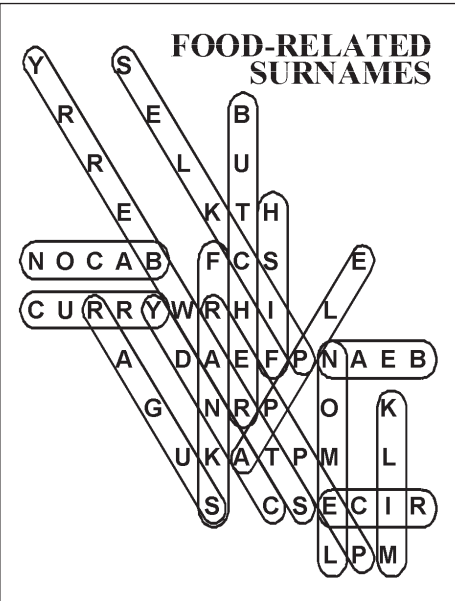
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NAB	ORBACH	TACO
STEW		
ATOMIC	NUCLEUS	HUP
TENANT	STIES	LEGRAISE
HAIRDOS	SEVENOF	HEARTS
ASTAIRE	ANEMIA	TOREUP
NEATEST	STREAM	SPEDBY

KING CROSSWORD

ACME	CHA	STUN
SOAR	LAC	ERNE
AMY	GRANT	AIDS
PAS	ASK	SNOOT
	HIP	NAH
FETED	JAMAICA	
AMEN	GAP	YOUR
QUARTER	TENET	
	YAM	DOS
SHIFT	LEO	CHE
TYRO	LIVTYLER	
ODOR	ANI	EURO
PEND	GEL	WEDS

MAGIC MAZE



SUDOKU

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

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**SANIBEL AND CAPTIVA ISLANDS**  
**Specialists In:**  
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## REAL ESTATE

### GARCIA REAL ESTATE AND CONSULTING



**RICHARD J. GARCIA, GRI, BROKER**  
**239-472-5147**

**garciaonsanibel.com**

Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.

★RS 4/29 CC TFN

## COMMERCIAL RENTAL

### WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.

★RS 8/5 CC TFN

### PRIME COMMERCIAL PERIWINKLE EXPOSURE

1633 Periwinkle Suite F and or G 1,300 sq ft @ \$1,600 a month including tax or will separate the 2 suites at \$800 a month including tax. Available November 1st. Call 239-898-4464

★NS 10/7 CC TFN

### New Studio Rental

Studio or small 1 bedr. wanted by quiet 68 yr. semi-retired property owner & landlord himself, clean & physically fit. Pay rent or exchange for caretaking, lawn care, painting, carpentry, chores, etc. 7 yr. previous Sanibel resident & fishing club member. State lic. auctioneer & appraiser. 603-679-8101 charliereid@tllc.net.

★NS 11/11 CC TFN

## COMMERCIAL RENTAL

### SANIBEL ISLAND HIGHLY VISIBLE FIRST FLOOR SPACE

2424 Palm Ridge Rd. formerly Wooster TV; 1,250 sq ft; 5 year lease; \$1,890/mo includes all common area maintenance Call John 239-472-6543

★NS 11/11 CC TFN

## SEASONAL RENTAL

### FANTASTIC 3 BDRM 3.5 BATH HOME

Fresh and newly remodeled; pool; boat dock; wifi; beautiful yard; near Sanctuary golf and Captiva. Call 817-300-9499

★NS 10/28 CC TFN

### RE/MAX OF THE ISLANDS

Putting owners and tenants together Call Ryan Block www.remax-oftheislands.com 239-472-2311

★NS 1/23 BM TFN

### 'NEW' COTTAGE FOR RENT!

Buttonwood Lane Darling beach cottage, 2BR/1BA, pool, 5 lots to the beach, fenced yard, pets allowed w/approval. Completely renovated/remodeled, private and very upscale! New to the market... BOOK NOW! Prefer multi-month renter! Email: info@baileysbeachcottage.com Website: baileysbeachcottage.com

★NS 10/14 CC TFN

## VACATION RENTAL

### Island Vacations

Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes • Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**

★RS 1/4 BM TFN

### LIGHTHOUSE REALTY

Paul J. Morris, Broker  
VACATION RENTALS  
PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
**239-579-0511**

★RS 1/4 CC TFN

## ANNUAL RENTAL

### ANNUAL RENTALS

**SANIBEL**  
Ground Level, 3/2 UF, Clean, Freshly painted, minutes to Beach. Call to view. \$2,000/mo.

### FT. MYERS

Gated condo. complex, this Clean 2nd floor, Lake Front 2/2 UF Gorgeous shape. Close to Beaches. \$1,350/mo.



**472-6747**

**Gulf Beach Properties, Inc.**

Helping People Become Islanders for over 35 years! The Island Experience!

★RS 11/4 BM TFN

## LOAN NEEDED

### LOAN NEEDED

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt. Please respond to sanibelforme@aol.com

★NS 7/22 CC TFN

## SERVICES OFFERED

### POOL & SPA SERVICES

Aqua Smart Pool & Spa Services, Inc. 772-1955  
Servicing Residential & Commercial Pools!  
\* Weekly Maintenance Service  
License & Insured

★NS 5/20 CC TFN

### SANIBEL HOME WATCH SERVICES

Will Check Your Home Weekly/Biweekly  
Very Reasonable Rates  
Licensed - Insured - Bonded  
239-322-8054 Sanibelhw@gmail.com

★NS 9/16 CC TFN

### HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction  
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Sanibel Lic. #11412 Lee Co. Lic. #051047

★NS 1/4 PC TFN

### HOLISTIC HOME CLEANING

Optimize your health and home  
Utilizing hydrogen peroxide, fresh citrus, soda and Suds.  
Sonya @ 239-246-7007.

★RS 9/30 CC TFN

### \$99-JOIN IN THE CRAZE

3 Hrs. of Jazz/Easy Listening for your Office/Private Party, Special Event, Real Estate Open House, etc. A relaxing, fun form of entertainment at an affordable price. Call: Bonnie G 518-796-4239

★NS 10/21 CC TFN

## SERVICES OFFERED

### ENVIROMOW OF LEE COUNTY

Complete Landscaping Services & Weekly Lawn Service  
\*Mention this add to receive 10% off your Mulch Installation or Landscaping Project. Plus special pricing for monthly service.\*  
Call today for a FREE estimate: 239-896-6789. Locally owned & operated.

★NS 10/14 CC TFN

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com

★RS 1/25 BM TFN

### ROGER NODRUFF ELECTRIC

Lic# EC12002788.  
Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.

★RS 6/7 CC TFN

## HELP WANTED

### HELP WANTED

All around person for small Captiva Resort. Duties will include Front Desk Customer Service and also working outside in marina operations. Please call 470-5389

★NS 11/11 CC TFN

### HELP WANTED

Live on the Island and looking for PT work 2-3 days per week. Flexible schedule. Call 472-4886.

★NS 11/4 BM TFN

### HELP WANTED/FULL TIME

Jason Gamache Landscaping  
Call 239-849-0853 or Email Jason at jasongamache@yahoo.com  
Starting pay \$12.50 - \$15. per hour  
Depending on exp. & Drivers Lic.

★NS 11/4 CC 11/25

### JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way

★NS 5/6 BM TFN

### BEAUTY SALON

Help wanted again, Stylist/Nail tech for upcoming busy season, email sanbeautys@aol.com for more information

★NS 11/11 CC TFN

## HELP WANTED

### SANIBEL HOME FURNISHINGS

Sanibel Home Furnishings seeks an energetic, personable sales associate. Responsibilities begin with welcoming our customers, making them feel comfortable and "At Home" and determining their needs. Furniture and accessory sales experience a plus. Flexible work schedule. Email your resume to mysanibelresume@gmail.com

★NS 11/11 CC 11/25

## FOR SALE

### OUTDOOR FURNITURE

LLOYD FLANDERS  
White wicker 6-piece outdoor furniture set  
Four chairs, one 36" table, one 10" table  
OUTSTANDING condition.  
Original cost \$4,000; selling for \$1,400

★NS 11/11 CC 11/18

## BOATS - CANOES - KAYAKS

### DOCKAGE

Hourly, Daily, Weekly and Monthly.  
Captiva Island 472-5800

★RS 1/4 NC TFN

### Hobie Odyssey

Hobie Odyssey 2-person kayak, 14 ft., Golden Papaya, deluxe seats and 2 life vests. Used twice, like new. Rooftop pad and straps included. \$1,600 package new. Make reasonable offer. 239-210-8488.

★NS 11/11 CC 11/18

### 2002 SCOUT SPORTFISHER

16' 2" with trailer.  
90 HP Yamaha. Many extras  
Asking \$5,850 call 248-515-7889

★NS 11/11 CC 11/11

## SALES

### YARD SALE

Saturday, Nov 12, 7-12  
3009 Singing Wind Dr.  
Wicker, furniture, tools, Shabby chic, this 'n that, etc.

★NS 11/11 CC 11/11

### Estate Moving Sale

Antique nice household and more.  
The Dunes • Nov 18-19

★NS 11/11 CC 11/11

### GARAGE SALE

Sat. Nov 12 from 8am to 2pm.  
1503 Angel Dr., Sanibel off Dixie Bch Blvd.  
Antiques, collectibles, housewares, tools, clothing, quilts, etc.

★NS 11/11 CC 11/11

### YARD SALE

2 family yard sale. Some furniture, Antiques, glassware, pictures, household items  
Saturday, Nov.12 from 9 until 1  
545 Lake Murex Circle

★NS 11/11 CC 11/11



Rotary Happenings

submitted by Shirley Jewel

The Sanibel-Captiva Rotary Club, once again, had a jam-packed meeting last Friday morning. There was lots of business to take care of and one terrific speaker. Joining us for the morning was Peter Dys, president of Shell Point Retirement Community in Fort Myers. Since 1985, Dys has been at the helm of this retirement community and has been responsible for its growth during this time, from 900 residents in 1985 to 2,400 residents today. Aware of the needs of our aging population Shell Point's administration has expanded its footprint from 75 acres of development area to 600 acres, extended housing options to include four independent living neighborhoods, a championship golf course, three assisted living facilities, two medical centers, and providing unequalled lifestyle choices



**Peter Dys** photo by Shirley Jewel including comprehensive life care. Dys did not come to Rotary to sell Shell Point, as he explained, "Shell Point sells itself." He came to deliver some astounding facts and statistics about the upcoming crisis here in the United States with our country's aging population and healthcare needs and costs for the elderly. Persons 65 years or older numbered 46.2 million in 2014 (the latest year for which data is available). They represented 14.5 percent of the U.S. population, about one in every seven Americans. By 2060, there will be about 98 million older persons, more than twice their number in 2014. The fastest growing segment of this population is 80 and older and healthcare

costs for this population is exponential. Today, the number of people over 100 in the U.S. is 100,000. Some 43 percent of people over 65 will spend time in a skilled nursing home at some point in their lives (mostly women). Dys pointed out that future healthcare needs for the elderly in this country are not being seriously addressed. Who will take care of the large number of elderly in the future? Options on the table now include home healthcare, assisted living facilities, skilled nursing facilities, memory care facilities and hospice. In the past, families would take care of the elderly... but that scenario is less and less likely. There is a smaller pool of potential family caregivers, whether due to fewer children, divorce, geographical separation, work responsibilities, etc., and the number of medical homecare professionals is declining. Assisted living facilities and skilled nursing facilities are available, but at what cost? Medicare restrictions are in place and only covers 20 days in an assisted living facility before you are maxed out. As of now, Medicaid does pay for assisted living, skilled nursing and memory care, but with financial eligibility restrictions. If not eligible for Medicaid payments, the elderly consumer will have to pay the costs out of their own pocket.

ISLAND SUN - NOVEMBER 11, 2016 | 31B In Florida, there are only 3,002 assisted living facilities serving somewhere around 3.5 million residents over the age of 65. In Lee County, there are currently only 43 assisted living facilities. Dys noted, "The average cost in long-term nursing care is \$83,950 per year." The average stay in a permanent nursing care facility is 2.4 years. Dys also pointed out that the aging population's personal wealth certainly diminishes over time. The longer we live, the more health problems we have. Services available now may not be available in the future. Healthcare workers are at a premium and current healthcare professional are aging out along with the general population. We as individuals have a responsibility to ourselves and our families to explore options available for our own care and healthcare as we age. Our government's healthcare agencies and support for those agencies needs to be on the forefront of Congressional action now. The statistics clearly point that out and delaying action will not do anyone a favor. Don't leave this mess to the next generation – they already have enough on their plate. The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.✱

ISLAND SUN BUSINESS NEWSMAKERS



Jim Marlatt



Ann Porcelli



Christine Taglieri



Danielle Meady

New Agents

John R. Wood is gearing up for another season and welcomes the following new agents to its team.✱



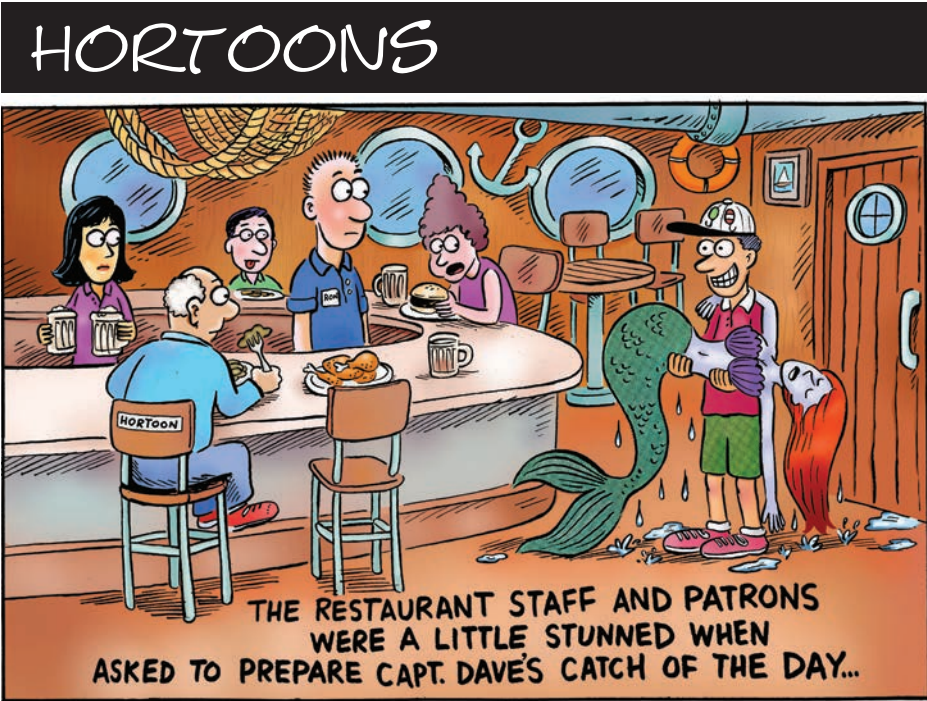
Chad Robey



Joe Starwicz



Rob Starr



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2016	5,497	\$6,495,000	\$6,450,000	0
Barefoot Beach	Bonita Springs	2016	4,321	\$3,875,000	\$3,500,000	209
Gulf Harbour Yacht & Country Club	Fort Myers	1999	4,281	\$2,295,000	\$2,000,000	0
Carolands	Bonita Springs	2003	3,404	\$1,690,000	\$1,500,000	140
Hidden Harbor	Bonita Springs	1998	3,824	\$1,575,000	\$1,575,000	43
Palmetto Point	Fort Myers	1979	3,378	\$1,395,000	\$1,332,000	0
Pelican Landing	Bonita Springs	1993	4,569	\$1,199,000	\$1,115,000	300
Cape Harbour	Cape Coral	2006	4,676	\$930,000	\$928,888	16
Shell Harbor	Sanibel	1996	1,415	\$899,900	\$850,000	172
Oak Bend	Fort Myers	2007	3,861	\$849,900	\$812,500	12



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Florida: Bonita Springs/Estero,  
Cape Coral, Captiva Island, Fort Myers,  
Naples/Marco Island, Ocala and Sanibel Island

North Carolina: Cashiers/Lake Glenville,  
Highlands, Sapphire Valley/Lake Toxaway



TENNIS VILLA



- Charming 1 BR Overlooking Tennis Complex
- Fully Furnished & Ready for Your Vacation
- Walk to Beach, Shops, Restaurants & More
- \$279,900 MLS 216016743
- Vicki Panico & Fred Newman 239.980.0088

CAPTIVA ISLAND COMPOUND



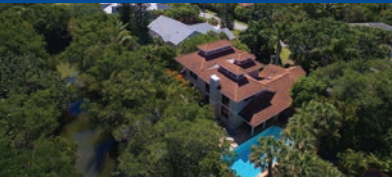
- Step Back in Time to "Old Captiva"
- Multiple Dwellings & Parcels w/Beach Access
- Boat Basin w/Multiple Docks & Lifts
- \$4,200,000 MLS 216053440
- McMurray & Nette 239.281.4435

SANIBEL/KINZIE ISLAND



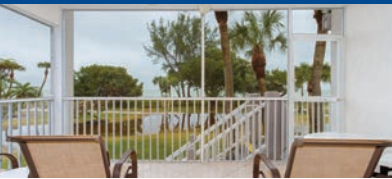
- Beautiful Gated Community
- Gorgeous Newly Remodeled 3 BR, + Den/4th BR
- Beautiful Curb Appeal, Raised Pool, Boat Lift
- \$1,699,000 MLS 216033801
- McMurray & Nette 239.281.4435

SANIBEL ISLAND – EAST END CANAL



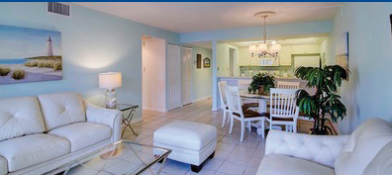
- All New 4 BR, Canal Home
- Deeded Beach Access Pathway
- Beautiful Pool Area & Boat Dock
- \$1,395,000 MLS 216036820
- McMurray & Nette 239.850.7888

CASA YBEL RESORT



- Gorgeous Gulf Views, Excellent Rental Income
- 1st Floor Location, Walk Out to Beach
- Beautiful Sunsets, World Class Amenities
- \$649,000 MLS 216008976
- Jason Lomano 239.470.8628

SUNDIAL OF SANIBEL



- Western Views, Just Steps From Pool & Beach
- White Sand Beach & World-Class Shelling at Your Doorstep
- In Vacation Rental Program, Proven Rental Income History
- \$459,500 MLS 216067456
- Stoutenburgh Group 239.745.5333

CATALPA COVE – BOATER'S DREAM



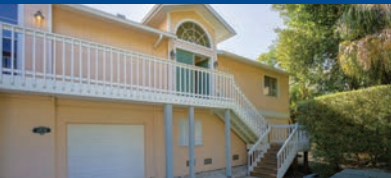
- 4 BR, 3.5 BA, Lakefront, 2 Boat Docks
- Very Private Location on 2 Lots
- Den, Living Room, Family Room, Pool
- \$879,999 MLS 215022506
- John Nicholson 239.849.3250

LANES FA BAYVIEW



- Newer 5 BR, 5.5 BA Courtyard Style Pool Home
- Just Steps to the Beach
- Separate Guest Suite, Movie Theater
- \$2,695,000 MLS 216048569
- McMurray & Nette 239.850.7888

NEAR CAPTIVA BEACH



- Short Walk to Gulf & Beach
- Pool, 4 BR, 4 BA
- Huge Outdoor Lanai, Game Room
- \$1,549,000 MLS 216054204
- John Nicholson 239.849.3250

EXCEPTIONAL VIEWS – 2 BR VILLA



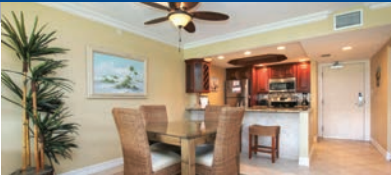
- Large Floor Plan with Open and Screened Lanais
- Peaceful View Across Golf Course to the Gulf
- Fully Furnished and Nicely Appointed
- \$1,095,000 MLS 216031898
- Vicki Panico & Fred Newman 239.980.0088

SANIBEL BAYOUS



- 3 BR, 2 BA w/Community Pool & Tennis
- Cul-De-Sac Location, Steps to the Beach
- Awesome Workshop Area
- \$625,000 MLS 216018149
- McMurray & Nette 239.281.4435

SUNDIAL OF SANIBEL



- Beautifully Remodeled
- Cherry Cabinetry & Granite Counters
- Large Tile Flooring & Crown Molding
- \$439,000 MLS 216040185
- Brian Murty 239.565.1272

PEPPERTREE POINTE



- Wow Factor Included in this One
- Large 2 BR, 2 BA + Den
- Almost 2,500 S.F. Total Area
- \$279,900 MLS 216031077
- Brian Murty 239.565.1272

BY THE SEA



- 3 BR, 2 BA Custom Beach Home
- Very Private Location, Direct Beachfront
- Pool, 2nd Floor, Tennis
- \$1,749,000 MLS 216060421
- John Nicholson 239.849.3250

PINE COVE



- 3 BR, 2 BA Direct Gulf Front Condo
- Over \$100K in Rental Income
- 5-Star Guest Rating
- \$1,479,000 MLS 216030390
- Cindy Sitton 239.810.4772

SPANISH STYLE POOL HOME



- 3 Spacious Bedrooms w/3 Full Bathrooms
- Pool Fully Elevated to Living Level
- Quiet Dead-End Street Near Beach
- \$825,000 MLS 216063180
- Andre Arensman 239.233.1414

NEAR BEACH, HUGE, LAKEFRONT HOME



NEW PRICE

- Elevated 3 BR, 2 BA Home, Screened Lanai
- 2 Open Sundecks, Dining Room, Wood Floors
- Huge Private Near Beach Location
- \$599,900 MLS 216029660
- John Nicholson 239.849.3250

PRIVATE BEACHVIEW CC VACANT LOT



NEW PRICE

- Easy-Build Lot on Best Street in Area
- Short Walk to Beach & Private Parking Lot
- Super Views Over Fairway and Lake
- \$389,000 MLS 216028819
- The Radigan Team 239.691.6240

BEST WATERFRONT AREA IN CAPE CORAL



- Established & Tranquil Neighborhood
- 1 Block to the River
- 3 BR, 2 BA, Tile Throughout
- \$189,500 MLS 216066702
- Cathy Rosario 239.464.2249