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SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 18, 2016

NOVEMBER SUNRISE/SUNSET: 18 6:50 • 5:38 19 6:50 • 5:37 20 6:51 • 5:37 21 6:52 • 5:37 22 6:53 • 5:36 23 6:53 • 5:36 24 6:54 • 5:36

Students Cruise To Indian Mound



The Sanibel School students en route to Pine Island

photos courtesy Captiva Cruises

submitted by Richard Finkel

It was a day of discovery as The Sanibel School's fourth graders took a field trip to the Calusa Indian Mound Trail to enrich their studies of Florida history. Aboard Captiva Cruises' vessel *The Playtime*, the classes of Julie Wappes and Laura Wolf traveled the waters of Pine Island Sound, learning about the importance of the back bay estuary, the environment of the Calusa culture and primary source of their sustenance.

On Pine Island, the students were led on a multi-faceted program on archaeology and Calusa culture at the Randell Research Center, a program of the Florida Museum of Natural History, which maintains the internationally significant Pineland archaeological



Students standing in front of the Randell Research Center

and historical site. Students walked up to one of the pre-Columbian mounds of the ancient Calusa, learned about how they lived, the tools they used and how they were made, as well as took a look into the field of archaeology.

Cindy Bear, site manager and educator of the Calusa Heritage Trail, said, "It's not just what you find, it's what you find out." It was a true day of discovery for the fourth grade classes both on the water and on land, experiential learning to compliment their classroom-based studies.

Captiva Cruises will be offering a special cruise to Pine Island on Tuesday, November 22, which will be open to the public. Passengers will have lunch at the historic Tarpon Lodge and then have the opportunity to join a guided walking tour of the Calusa Indian Mound Trail. This cruise will include a narrative of *A Thousand Years of Fishing* within Pine Island Sound and a look into the fishing cultures of Southwest Florida, a close-up look at historic fish shacks in the middle of Pine Island Sound, and an opportunity to observe fish and other marine life with the trawling net segment of the cruise.

For more information and reservations, call Captiva Cruises at 472-5300.✴

Traveling Exhibition From Smithsonian Open At Refuge

by Jeff Lysiak

A traveling exhibition from the Smithsonian's Museum on Main Street program, *Water/Ways* – currently on display at the JN "Ding" Darling National Wildlife Refuge – examines water as an environmental necessity and an important cultural element.

The multi-panel exhibit, featuring several interactive and touch-screen elements, opened at the Sanibel refuge in late October. It will be on display inside the Visitor & Education Center through Thursday, December 8.

"Water shapes human culture – our ways of life. It is central to many rituals and ceremonies around the world. It inspires art and music," the *Water/Ways* introductory panel reads, in part. "As you explore this exhibition, consider how you would tell your own water story. What does water mean to you? What role does water play in your work, your town, your neighborhood and your world view?"

Covering more than 71 percent of our planet's surface, water has a significant impact on climate, health, economics, politics, agriculture, transportation and industry. *Water/Ways* explores the endless motion of water on Earth's surface, below ground and in the atmosphere, and illustrates its effect on landscape, settlement, migration and even spirituality.

"Visitors have really enjoyed the exhibit. They have all been very excited that it is from the Smithsonian Institute and have learned many eye-opening things about our relationship and use of water," said Sarah Lathrop, associate director of the "Ding" Darling Wildlife



Visitors to the JN "Ding" Darling National Wildlife Refuge walking through the *Water/Ways* exhibition, presented through the Smithsonian's Museum On Main Street program. The traveling exhibit will be on display at the refuge through December 8. photo by Jeff Lysiak

Society, who oversees the exhibit with Supervisory Refuge Ranger Toni Westland. "Many organizations have also been supportive and complimentary of us hosting it and feel it has

continued on page 8

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Riverside Brass To Perform At Luminary Holiday Stroll



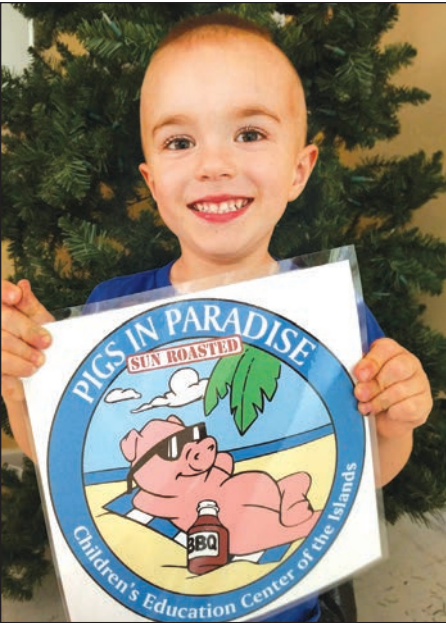
Members of Riverside Brass include David McCormick, seated, along with, standing from left, Claudia Burns, Ken Wise, Chuck McClinton and David Michie
photo courtesy Riverside Brass

Luminary strollers are invited to enjoy traditional – and not so traditional – holiday music performed by Riverside Brass at Olde Sanibel Shoppes, 630 Tarpon Bay Road, on Friday, December 2 from 6:30 to 7:30 p.m.

The program will include arrangements for brass of holiday favorites such as *Deck The Halls*, *Ding Dong! Merrily On High*, *Frosty the Snowman*, *I Saw Three Ships* and *Jingle Bells*, along with many others.

The Riverside Brass ensemble includes David Michie and Ken Wise, trumpets; Claudia Burns, French horn; Chuck McClinton, trombone; and David McCormick, tuba.*

Pig Roast To Benefit Early Education



Wyatt Jefferson is ready for the 2nd annual Pigs in Paradise fundraiser for his preschool
photo courtesy CECI

The Children's Education Center of the Islands (CECI) invites community members to its 2nd

annual Pigs in Paradise pig roast on Saturday, December 10 from 4 to 7 p.m. at the Children's Education Center of the Islands, located at 350 Casa Ybel Road.

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 milkshake bar. 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 12 and under are admitted at no charge. The preschool strongly recommends that people buy tickets in advance so they can get an accurate head count.

Sponsorships are available at the silver (\$250), gold (\$500) and platinum (\$1,000) levels. Sponsorship includes tickets to the roast and display in promotional materials. Money raised goes toward the preschool's scholarship program as well as capital improvements.

The preschool, which opened in 1974, serves families who live or work on Sanibel and Captiva. It is open to children ages 18 months to 5 years.

To register your children for preschool, buy tickets, become a sponsor or donate items to the silent auction, call Cindy DeCosta at 472-4538.*



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Sunday, December 11 - 6 p.m.

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Sunday, March 26 - 5 p.m.

Dinner With the Stars

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Sunday, April 23 - 5 p.m.

Back Porch Bluegrass Band

The final fun concert out on the front porch.
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There is no charge for any of the concerts at Sanibel Community Church: there will be the opportunity at each of the concerts to donate to a local compassion project or to express appreciation to the performers who are sharing their talents.

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Kids Celebrate America



All the LOGOS kids stood to pledge allegiance to the flag, held by Dominik Martinez

The LOGOS kids at Sanibel Community Church took time to celebrate America last week. They wore red, white and blue, pledged to the flag, talked about making choices, ate meatloaf and mashed potatoes, and played a minute-to-win-it Separation Anxiety game. It was a great night celebrating our nation. Kids also wrote notes to the servicemen and veterans to be mailed out in observance and honor of Veterans Day.✱



The LOGOS kids played Separation Anxiety, where they had one minute to separate all the Skittles by colors into cups. Anna Anderson-Kilgore competed while Kaylee Forsyth watched and encouraged her. Table parent Stephanie Harné helped with keeping the time.

Run For Fun

Summit Christian School in Fort Myers held their annual Run For Fun earlier this month. Summit Christian Preschool, located at Sanibel Community Church, 1740 Periwinkle Way, is in a partnership with Summit Christian School. Many of the current 3- and 4-year-old kids participated in this year's Run For Fun on November 4 at the main campus.

Brynn Selby, Kelyse Schafer, Gretta Livermon, Keeva Clark, Addison Quillen, Taylor Peach, Ryder Szymanczyk and Jase Foster were excited to run for 20 minutes straight, and raised generous monetary contributions to be applied for classroom use right in their school.

Thanks, kids, for all your enthusiasm and stamina. Tours of the preschool are available by contacting the main campus at 482-7007.✱

OBITUARY



RICHARD DOWNES

Richard H. Downes, 90, passed away October 27 at the Pavilion at Shell Point Retirement Community.

Born in Summit, New Jersey, to James E. and Emily R. Downes, April 25, 1926, he graduated from Summit High School and went directly into the U.S. Navy and World War II. Eventually assigned to the Pacific Theater, Dick was on a ship that

was part of a fleet sent to invade Japan when the first atom bomb was dropped. When the second bomb detonated the war was essentially over in that sector. The invasion troops became occupation forces, and Dick spent a year in Japan before being shipped home and discharged.

He graduated from Rutgers University, New Brunswick, New Jersey, four years later, working in sales for several years before opting for Law School at Rutgers, graduating in 1960.

Dick married Jean Prout in 1957 and, when his clerkship concluded, they relocated to Northwest New Jersey in Sparta, Sussex County. There, he specialized in land use law, representing municipal planning and zoning boards as well as individual clients.

Retirement brought the couple to Sanibel, where he used his background as a member of Sanibel's Planning Commission and also took time to sharpen his fishing skills.

In 2002, Dick and Jean moved to Shell Point.

He is survived by his wife, three nephews, Ed Downes of Wyoming, Don Downes of Arizona, and Rick Downes of California, and his little brother from the Big Brothers/Big Sisters program in New Jersey—John Trythall—now of New Hampshire. He was a grandfather to John's five children.

Arrangements have been entrusted to National Cremation & Burial Society.✽

Antique German Christmas Ornaments On Display At Library

Sanibel ornament aficionado Barbara Broadhurst is displaying her family's German glass kugeln ornaments at the Sanibel Public Library, located at 770 Dunlop Road. A Santa figurine collection owned by Broadhurst's mother, Marguerite Arnold, is also on display. More than 50 kugeln and more than 40 Santas are on view through the end of November.

Since the late 16th century, Lauscha, Germany has been known for its excellence in glass-blowing. Since the early 1840s, the factories began producing glass ornaments. The inside of the ornaments were made to look silvery, at first with mercury or lead, then later using a special compound of silver nitrate and sugar water. By the 1870s, Lauscha was exporting its unique ornaments all over Europe. In the 1880s, the American dime-store magnate F.W. Woolworth discovered Lauscha's Glaskugeln and made a fortune by importing the German glass ornaments to the United States. Today there are still about 20 small glass-blowing firms active in Lauscha.

Some in this display are authentic antique ornaments, others are newer reproductions.

The library offers display cases to showcase unique collections. Past displays include antique sailor's valentines, Calusa replica masks, Statue of Liberty memorabilia and more. If you have a collection to share, contact the library.

The Sanibel Captiva Art League is exhibiting works by Rita Skoczen, Terry Shattuck and Sylvia Kasparie at the Sanibel Public Library until December 5.

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



Some of Barbara Broadhurst's collection of antique German kugeln ornaments

photo courtesy Sanibel Public Library

Chapel By The Sea Thanksgiving Eve Service

Captiva Chapel by the Sea invites you to share in a time of thanksgiving on Wednesday, November 23 at 4 p.m.

The service will include traditional seasonal hymns, readings from the Hebrew and Christian scriptures, prayers, and time for those present to offer words of thanksgiving.

The Chapel is an interdenominational community where people from many traditions gather in community. It is a fitting setting for the observance of America's holiday, our national pause to honor God for the blessings of family and country. Come, ye thankful people come... Chapel by the Sea is located at 11580 Chapin Lane in Captiva.✽



Chapel by the Sea

file photo

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Thanksgiving Celebration This Sunday At BIG ARTS

by Jeff Lysiak

The annual Sanibel Thanksgiving Celebration service will be held this 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 SanCap, 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



Volunteer Nancy Siegel with one of her many tablecloths, which will be on display on Luminary Day

photo courtesy Sanibel Historical Village

Luminary Vintage Tablecloths

The Sanibel Historical Village will host its annual Luminary Day Open House with the theme A Sanibel 1950s Christmas: Residents, Snowbirds, Tourists and Ferries from 3:30 to 5:30 p.m. on Friday, December 2. Admission is free.

On display at the event will be a collection of vintage tablecloths, many from the 1950s. The tablecloths are on loan from volunteer docent Nancy Siegel. Siegel estimates she has more than 100 vintage tablecloths in her collection, although not all of them will be on display.

Siegel started collecting Florida tablecloths on eBay. She soon began

attending antique fairs, and her collection expanded to include other tablecloths with a design or color she liked. Siegel said she particularly loves her holiday tablecloths.

"I got started after I attended an art fair and saw a woman making clothing out of vintage tablecloths, so I thought I'd give it a try. I said to myself, 'I can do this,'" Siegel said.

Siegel uses her tablecloths, sometimes needing two or three on a table due to their smaller size. "I believe they're something to be used, not to be stuck in a drawer," she added.

That dress Siegel bought at the art fair, the one that got her started collecting, was made from a tablecloth on which Fort Myers was misspelled "Fort Meyers." Tablecloths with that misspelling are real collectors' prizes, Siegel explained.

The Luminary festivities take place from 3:30 to 5:30 on December 2, and admission is free. The BIG ARTS Community Chorus and BIG ARTS Brass Ensemble will be performing, there will be interactive activities in all the buildings, and volunteer Dave Richard will be playing the piano in the Rutland House.

The Sanibel Historical Museum and Village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. It is located at 950 Dunlop Road (next to BIG ARTS). Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access to all buildings. For more information, call 472-4648 during business hours or visit www.sanibelmuseum.org.✧

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The Sanibel Masters Art Festival continues a 25-year holiday tradition as 75 artists from across the nation bring their art to the Sanibel Community House on Friday and Saturday after Thanksgiving.

Come browse and purchase paintings, jewelry, sculpture, glasswork and much more.

Proceeds from this event benefit the programs at the Sanibel Community House and BIG ARTS, Sanibel and Captiva's home for all the arts.

To continue a marvelous tradition BIG ARTS Chorus will perform a preview of their holiday concert.

Please join us for one of Sanibel's finest community art events.

New Art Exhibit At Sanibel Library



From left, Rita Skoczen, Terry Shattuck and Sylvia Kasparie have works on display at the Sanibel Public Library photos courtesy Sanibel Captiva Art League

Faces and Places is the current Sanibel Captiva Art League exhibit at the Sanibel Library. Paintings by Sylvia Kasparie, Terry Shattuck and Rita Skoczen are on display. The show, organized by Ann Bischoff and Rita McLain, was hung by Judith Clark, Anita Force Marshall and Jim Storer.

The exhibit features portraits with evocative stories of people, faces which the viewer would like to know more about, as well as a wide range of paintings from places such as a koi pond, gardens, peacock farm and landscapes. They include colored pencil, watercolor and acrylic media.

Sylvia Kasparie paints with watercolor, acrylic and oil. She enjoys layering hand-colored rice papers over abstract designs to create images which portray nature, the flora and fauna of Southwest Florida and areas from her travel. An award winning artist, her colorful works are hanging in homes and offices in Canada, England, Germany and throughout the United States.

Terry Shattuck has been painting and teaching watercolor for over 25 years. Her lively and energetic work is filled with vibrant, transparent color and her impressionistic style evokes the imagination. She is a frequent exhibitor and award winner in juried and invitational art exhibits throughout Southwest Florida. "Art stimulates me and gives me a



Terry Shattuck with Dan's Peacocks



Rita Skoczen with Koi 1

wonderful, unexplainable sensation which translates, "life is great," said Shattuck. Rita Skoczen studied at the Meininger Art School and the Kansas City Art Institute. Her work is hung in many permanent exhibitions in Michigan as well as various national, private and corporate collections. She is well known for her colored pencil and acrylic paintings, with examples on exhibit now at the library. Skoczen was the first-prize winner at the Art Council Spring Show in 2014 as well as the BIG ARTS Art Exhibit that same year, and took first prize in the Winner's Circle Show in 2012. From 2004 through 2016 she has been a frequent award winner at Sanibel Captiva Art League shows. This exhibit, to which all are invited, will be on display throughout the month of November. For more information, visit www.sancapart.com.✱



Three Red Roses by Sylvia Kasparie



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From page 1

Traveling Exhibition



Water's influence on American culture is displayed in one section of the exhibit featuring New Mexican pottery, a New England oil lamp, Iowa mussel shell buttons and a Tidewater Virginia bowl
photos by Jeff Lysiak

been an asset to the community and visitors."

There is much to explore within the Water/Ways exhibit, which offers critical information that is equal parts educational, entertaining and eye-opening. Among the individual sections of the display are:

- Home Is Where The Water Is – Explains the importance of the availability of fresh water
- Not Enough Water – Details the growth of water use through the centuries
- Climate Change – Facts about overall changes in climate and the impacts on the environment
- Pollution & Runoff – Consequences of illegal dumping and wasting water
- Water At Home – How much water is used in U.S. homes and how to better conserve water

- Water In Agriculture – Detailing water use for irrigation
- Water In Power & Industry – Water's role in manufacturing products and use by thermoelectric generation power plants

Additional elements of the exhibit include information about overcoming pollution at the local level, teaching stewardship to younger generations and how to conduct research on additional ways to conserve and protect our waterways.

In addition to the multi-panel display, the Water/Ways exhibit will also offer refuge guests special events, documentary screenings, lectures and other activities. Upcoming highlights include:

- Weekly Water-Related Wednesday Film Festival, sponsored by LCEC, will feature *Can The Gulf Survive?* (November 23), *Chasing Ice* (November 30) and *Sharkwater* (December 7). Screenings are held at 10 a.m. and 1 p.m.
- Friday Soak-It-In Speaker Series featuring photographer John Moran presenting *Our Water, Our Future* (November 18) and an interactive panel discussion with local experts *Water: Have We Missed The Boat?* (December 2). Lectures begin at 1 p.m.
- Special Free Saturday H-2-GO family programs include Food Web Frenzy – How



Local water-related issues are on display adjacent to the Water/Ways exhibit



One section of the exhibit features information about watersheds

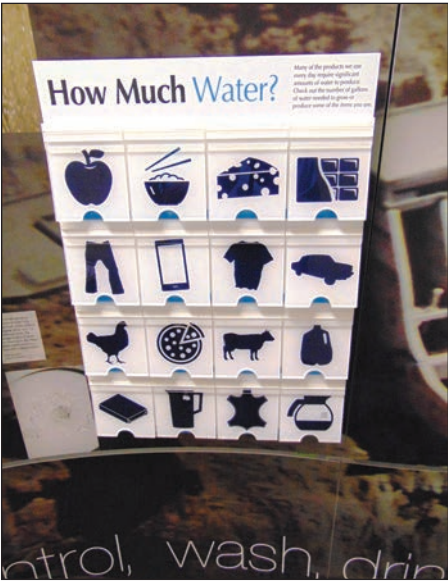
Is The Ecosystem Connected? (November 19), Free Kid's Fishing Derby on the Sanibel Causeway (November 26) and WaterVentures Florida's Learning Lab experience (December 3)

- Engulfed Art Show, presented by the Southwest Florida Fine Craft Guild, and Mac Stone's water-themed gallery
- Hands-On Saturday Go With The Flow watershed table hands-on experiences
- Aqua Ranger Scavenger Hunt with prizes

Also, discounted Saturday Nature and Sea Life Cruises are being offered at Tarpon Bay Explorers (except for November 26). Call 472-8900 for more details.

"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 Westland. "We are honored to be among the select venues hosting the exhibit."

The Smithsonian's Water/Ways exhibit, which will travel to 180 cities across 30 states, is sponsored through the Florida Humanities Council. Admission to the refuge's Visitor & Education Center – open daily (except Thanksgiving Day) from 9 a.m. to 4 p.m. – is free. For more information about the exhibit, visit www.sites.si.edu.



An interactive display asks guests to guess how many gallons of water are needed to produce a food product, sustain an animal or wash a garment

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OBITUARY

HARRY D. BERTOSSA

Harry D. Bertossa, age 87, completed his earthly journey on November 4, 2016 at Hope Hospice of Shell Point. He was the husband of Audrey and dad to Cindy, Dan and Jeanne, David and Lisa, and grandpa to Alec, Ellie, Cameron and Triston. His surviving sister, Betty, resides in North Carolina. Harry was predeceased by his beloved daughter, Jenny, and his parents.

Harry was a graduate of the University of Florida with a degree in civil engineering. He was an Associate with HNTB Corporation for over 40 years. Harry's avocation was with the Florida Wildlife Commission as a reserve wildlife officer for 30-plus years. Also close to his heart was his membership in the Sanibel-Captiva Lions Club. He was a board member of the Sanibel Historical Museum for many years. Harry treasured his time of service as a part of the Hammerheads on the Island. He and Audrey are members of the Village Church at Shell Point. Services will be private for family only.

If desired, memorial donations may be made to the Salvation Army, Harry Chapin Food Bank, ARC (Animal Refuge Center) or Hope Hospice of Shell Point. Grateful thanks go out to Hope Hospice for their gentle, loving care.*



Kristian Schafer enjoys a fruit and whipped cream-topped waffle at LOGOS fruit of the Spirit night photos courtesy SCC

Kids Taste Juicy Fruit

The LOGOS kids at Sanibel Community Church, 1740 Periwinkle Way, experienced



Lilly Hall, made her appearance on stage during Family Time at LOGOS fruit night

the fruit of the Spirit on Wednesday, November 2. It included love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. They ate waffles with strawberries and whipped cream. Then they divided into teams and played fruit relay. There were also fruity prizes for the kids



Ava Selby took her turn sweeping the apple to the goal line and running back to hand the broom off to her team member during LOGOS fruit night

and table parents to take home. This midweek program is for families with kids who are ages 3 years through 5th grade.*

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The American flag flying high for veterans
photo courtesy Tim Barrett/SFRD

Fire District Salutes Veterans

Last Thursday morning, students at The Sanibel School were greeted by a giant American flag suspended above the parking lot, which was provided by members of the Sanibel Fire & Rescue District. The flag was flown atop one of SFRD's ladder trucks near the school's entrance on November 10.✱

A Service Of Comfort And Hope

All are invited to attend a Service of Comfort and Hope on Sunday, November 20 starting at 2:30 p.m. The service will be held in the Historic Chapel of Sanibel Community Church, located at 1740 Periwinkle Way (next to Jerry's Market).

Holidays can be difficult when they remind us of loved ones who have passed on. The burden of grief, however, can be lightened when it is shared with others.

Come participate in a joyful service of remembrance, enjoying special music, receiving an encouraging message, engaging in the lighting of candles to honor loved ones, and experiencing a table of memories, fellowship and light refreshments afterward.✱

Student Car Wash Fundraiser

The Fort Myers High School Music Department will host a car wash on two Saturdays, November 19 and December 3, from 9 a.m. to 2 p.m. at the Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road.

Students are in the last stretch toward raising the final funds for a trip of a lifetime: to perform throughout London and march in the 2017 London New Year's Day Parade.✱

OBITUARY



HAROLD DAGNER GLEITZ

Harold Dagner Gleitz, 84, of Sanibel, Florida, died on Wednesday, November 9 at his home follow-

ing a courageous battle with cancer. He was born in Erie, Pennsylvania to Dr. and Mrs. A.A. Gleitz and grew up largely in Jacksonville, North Carolina.

Harry earned a bachelor's degree from the University of North Carolina, and later, a JD from the University of Maryland. After serving in the United States Navy, he worked for 32 years as an analyst for the Department of Defense where he received the Meritorious Civilian Award. During this time, Harry lived in Annapolis, Maryland and was active in local theater. Harry retired to Sanibel where he volunteered at the Koreshan Site, Ding Darling, Habitat for Humanity and Sanibel-Captiva Conservation Foundation (SCCF).

Harry is survived by his wife, Mona; his daughter, Gayle Luckenbaugh and her husband, Gary and their children, Mary Beth and Chris; his son, Peter Gleitz and his wife, Kira, and their children, Harrison and Sabrina; and his brother, David.

A Celebration of Life will be held at a later date. Memorial contributions can be made to the American Cancer Society or SCCF.✱

November Fun Day At Sanibel Rec

Register your child now for the upcoming Fun Day on Wednesday, November 23. The Fun Day will offer a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided.

Registration for members is \$36; non-members are \$48.

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



Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

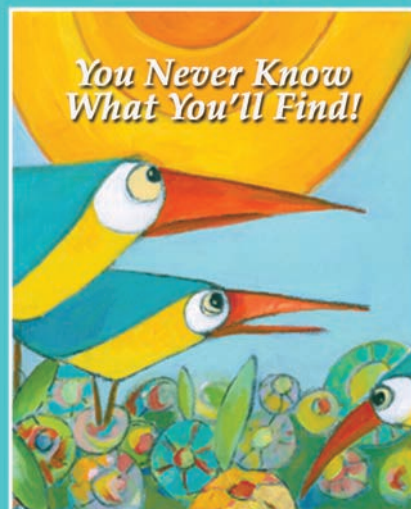
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Refuge Welcomes Two New Education Interns



Laura La Beur and Jackii Laurenzano

photo courtesy DDWS

Two education interns recently arrived to help the JN "Ding" Darling National Wildlife Refuge with manpower shortages this season, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Jackii Laurenzano graduated from the University of Delaware in May 2015 with a double major in wildlife ecology conservation, and agriculture and natural resources with a minor in animal science. The Queens, New York native most recently finished an extended internship on Nantucket Island, located off the coast of Massachusetts, in October.

"I was a natural science intern at the Maria Mitchell Association, where I worked in the Natural Science Museum as well as doing field research on the endangered American burying beetle and local snake populations," said Laurenzano.

At "Ding" Darling, she will be assisting with education programs, school groups

visiting the refuge, and special events into May 2017.

"I like that all of the staff and volunteers at the refuge are so friendly and welcoming and also all of the awesome wildlife I have seen so far," Laurenzano added.

Laura La Beur, from Sebastian, Florida, graduated from Florida Atlantic University in May 2015 with a degree in biological science and a minor in environmental science. She last worked as a full-time field inspector for Mosquito Control in Key Largo, Florida.

"I was out in the swamps doing mosquito surveillance," La Beur said. "I would also go door-to-door looking for domestic mosquito breeding. I was with Monroe County from basically the conception of Zika in Miami until September."

In addition, La Beur will be assisting education specialist ranger Becky Larkins with educational programming for the next six months.

"I really love getting to interact with the school groups," she said. "Seeing their excitement while learning makes me more passionate about environmental education."

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns and resident volunteers with free housing.

"Our interns bring youthful energy, enthusiasm, and creativity to the refuge team," said supervisory refuge ranger Toni Westland. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Sarah Lathrop, DDWS associate director, at 472-1100 ext. 4.✪

Sail & Power Squadron Returns To The Water

Members of the Sanibel-Captiva Sail & Power Squadron participated in their first cruise and rendezvous event of the season.

With blue skies and calm winds prevailing, boaters headed up the Caloosahatchee, docked at the City Pier, and proceeded on foot to the Twisted Vine Bistro where they enjoyed a delightful luncheon and wonderful service in a courtyard setting.

After some brief shopping at the

downtown boutiques, everyone headed to the Florida Repertory Theater for a matinee performance of *Over The River and Through The Woods*. The hilarious and heart-warming play was thoroughly enjoyed by all. This event was planned by boating activities co-chairs Fay and John Carney.

The Sanibel-Captiva Sail and Power Squadron is an organization dedicated to promoting boating safety and education. Members are also provided with opportunities for a variety of social activities. Meetings are held the third Tuesday of each month.

Membership information can be obtained by calling Membership Chair JoAnne Heroy-Giller at 244-1165.✪



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Shell Of The Week

The Miraculous Pedipes



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

Atreat to those
looking for
microshells,
the miraculous
pedipes, *Pedipes
mirabilis* (Megerle

von Mühlfeld, 1816), is another close
relative of the local coffee melampus
(and of other local representatives of
the family Ellobiidae recently covered in
this column). The miraculous pedipes is
a small species, never reaching beyond
5 mm in size (about 1/5th of an inch).
Examination under a magnifying glass

reveals a globose, light-brown or ochre-colored shell, with a delicate sculpture of spiral lines. The *aperture* (shell opening), by contrast, is white, and bears several expansions ("teeth") that together act as a defensive apparatus, making it more difficult for predators to reach the snail after it withdraws into the shell. Miraculous pedipes live in back-bay areas, but its shells may be carried onto the beaches of Sanibel and Captiva. 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 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.*



The miraculous pedipes, *Pedipes mirabilis*, from Sanibel Island

photo by José H. Leal

Film On
Deepwater
Horizon Disaster

As part of its Smithsonian Water/Ways exhibit, on display through December 7, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) continues its free weekly Wednesday film festival, sponsored by LCEC, on November 23 with *Can The Gulf Survive?* The film

will show at 10 a.m. in the "Ding" Darling Visitor & Education Center on Sanibel.

Having exclusive access to BP's clean-up operations after the Deepwater Horizon explosion in April 2010, *National Geographic* investigates what happened to the 4.9 million barrels of oil that poured from the sea floor in one of the worst environmental disasters in history.

With startling imagery and intimate accounts, *Can The Gulf Survive?* chronicles the activities of a number of individuals taking part in the first response, whose work and expertise were especially

critical in stopping the spill at the well head and cleaning up its effects in the weeks and months that follow.

From the front lines of the cleanup efforts, the 50-minute film follows the first two months after the spill, tracking disaster recovery as experts seek to learn the ongoing effects and BP battles the spill and the public outcry.

Admission is free to the film. 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 a photographic Everglades exhibit by Mac Stone and the juried Engulfed art exhibit by the Southwest Florida Fine Craft Guild.

For more information on Water/Ways programming and a complete calendar, visit dingdarlingsociety.org/articles/waterways.

Following is the schedule of Wednesday Water Film Fest documentaries. All showings are free at 10 a.m. and 1 p.m. Seating is on a first-come basis.

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

St. Michael & All Angels Episcopal Church

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ABC-7 anchor Krista Fogelsong sampling cake from The Bubble Room



From left, CROW Board President Dr. David Nichols, founder Shirley Walter and Executive Director Dr. Linda Estep



At CROW's 35th annual Taste Of The Islands fundraiser, standing from left, event co-chair Melissa Congress, CROW Executive Director Dr. Linda Estep and Bank of the Islands' Rob Lisenbee and Willy Ocasio; seated, CROW founder Shirley Walter



Staff from Shima at Sundial Beach Resort & Spa



Staff from The Bubble Room



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The Blue Giraffe team



Traders Gulf Coast Grill & Gifts team



From left, Janet and David McBee of Barrier Island Title with Jan Egeland



Jeff Timmer, Gail Chaipel and Linda Timmer



From left, Denise Camell with Kathy and John Kennedy



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Fall Oyster Bar Action Going Off



by Capt. Matt Mitchell

With the winds of the past few weeks finally laying down conditions on the water where about perfect most days. Light breezes, low humidity and high temperatures in the low 80's it just does not get any better to be out on the water. Clean clear water and super moon tides meant some of the best fishing action we have had in the last few months. Snook, redfish, trout and a wide variety of other species were all caught in good numbers this week and someday all the glamour species even came out of just one spot.

Big morning high incoming tides offered anglers a great set up. During the lower water deeper mangrove channels where the place to be then as the water got up higher oyster bars in throughout the sound came to life. Clear water made getting set up on these oyster bars easy.

Many of these bars are just covered up with 1000's of mullet right on top of the shells. Cast your bait right against the edges of these bars as well as out in the sand holes just out from the bars and hold on.

Oyster bars are a great stopping off spot and a big transition area this time of year as the fish make their way towards the back country for winter. These bars do not grow in random places, there has to be lots of current and water flow as oysters filter the water to feed and need lots of moving water to flourish. The amount of life you see on these oyster bars this time of year is just crazy.

Learning the lay out of the many oyster bar reefs in the sound takes some time but is certainly worth the effort. Generally most of these bars can only be accessed during the higher tide periods when they are hardest to navigate. Some bars are better on an incoming tide while others are best during an outgoing tide. Some of the smallest little oyster bars can be awesome fishing as it does not take much structure to create a feeding place for the fish. Target the points and drop off's on these bars along with any cuts through them that act like a fish funnel.

Fishing one favorite oyster bar this weekend with long time client Bob McGuire along with his son Tom and



Chuck Warner from Ohio with a big trout missing half its tail caught while oyster bar fishing this week with Capt Matt Mitchell

grandson Caden we had one of the most wide open bites of the week. This tiny little oyster bar out in the middle of nowhere is no bigger than 20 yards around but was stacked up with fish. For over an hour on the late morning high incoming tide we caught Snook, redfish, trout and jacks on almost every cast. When the bite slowed a little we moved down the bar a little bit and it started again. We never did manage to get that

triple hook up I was working for but had more double hook ups than we could count.

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

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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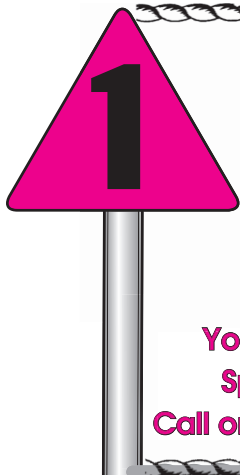


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Dave Doane

Plant Smart

Three Vines For Butterflies

by Gerri Reaves

Maintaining a home landscape requires a lot of work, but one of the rewards is watching the wildlife it attracts. But butterflies, birds, bunnies and bees won't show up unless you invite them with the right plants.

Pictured here are three native vines that attract butterflies, two of which are host – or larval – plants. A butterfly species must have a specific host to survive. The caterpillars that transform into the butterflies we love to watch will eat only leaves from that host as it prepares to form a chrysalis.

Simply put: Without host plants, butterflies cannot reproduce, so planting them, as well as nectar plants, is important.

Each of these vines will grow in a variety of conditions and requires little or no maintenance.

Less is more, when it comes to cutting back. Let the foliage proliferate to ensure that the caterpillars have sufficient food and protection as they progress through their four life stages: egg, caterpillar (larva), pupa (chrysalis) and adult.

Pruning can also endanger the eggs, caterpillars or chrysalises amid the leaves, so be careful.

Also, avoid the use of lawn chemicals and locate these vines where exposure to neighbors' lawn chemicals is minimized.

Corkystem passionflower (*Passiflora*



Corkystem passionflower, an essential plant for a butterfly garden, has corkscrew tendrils and tiny flower buds photos by Gerri Reaves

suberosa) is one of the top butterfly plants for South Florida. Not only is it the host for the gulf fritillary, Julia heliconian, and zebra heliconian butterflies, but it's a nectar source, too.

The curious common name derives from the cork-like appearance of mature stems.

The spiraled spring-loaded tendrils make it an excellent climber, but it will thrive as a groundcover and even use other plants as support.

This plant's value to butterflies far outweighs the fact that its tiny greenish flowers and purple fruit are very inconspicuous.

Although an erect perennial, climbing aster (*Symphyotrichum carolinianum*) acts like a vine, as the woody hairy stems scamper and climb over anything handy, a habit that suits it to an informal or wild



Climbing aster is a good nectar plant and suited to a wild or informal garden

garden. Its native habitat is wet areas such as the edges of swamps or streams or in damp woods, so give it a moist spot in partial shade.

The flowers of about two inches in diameter provide plenteous nectar for various butterflies. Elongated pink, lavender, or rose petals surround the yellow or orange disks flowers.

White twinevine's (*Funastrum clausum*) clusters of hairy five-lobed fragrant flowers make it a showpiece throughout the year. The lobes' bases form or a purple ring.

More important, this member of the milkweed family is the host for the monarch and queen butterflies.

The entangling long stems contain the milky sap typical of milkweeds, which makes it less tasty to predators. Another common name is milkweed vine.

It's suited to a moist spot, because in



White twinevine, a member of the milkweed family, is the host plant for the monarch and queen butterflies

the wild, it grows primarily in hammocks, swamps, ponds or even ditches.

As with other milkweeds, the dry pods contain silky tufts that disperse in the wind and spread the seeds.

There are hundreds more butterfly-attracting vines, wildflowers, shrubs, and groundcovers. Next time you add a plant to your yard, consider the butterflies.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, edis.ifas.ufl.edu, and nababutterfly.com.

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



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Photo by France Paulsen

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CROW Calendar Of Events

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

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

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.

Monday, November 21, 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 22, 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.

Wednesday, November 23, 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 23, 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.

**Thursday, November 24 – Closed
for Thanksgiving**

Friday, November 25, 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 25, 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. ✨

Taste Of The Islands Winners

The Clinic for the Rehabilitation of Wildlife (CROW) announced the winners of the 35th Taste of the Islands. This year's event featured 15 restaurants from Sanibel and Captiva. The winners were selected by a three member panel of judges that voted on a variety of categories while those in attendance voted for the People's Choice Award.

"We are excited by the turnout for Taste of the Islands. Everyone enjoyed the food and live entertainment," said Debra Neri, event co-chair. "Thank you to everyone who attended and supported CROW's mission of saving wildlife, especially the participating restaurants and volunteers who made it all possible."

Taste of the Islands Winners

Best Appetizer: Thistle Lodge – Scallop Pork Belly

Best Meat: Thistle Lodge – Lamb Lollipops

Best Seafood: IL Cielo – Pan Seared Dayboat Scallop with a Corn Relish, Shaved Cucumber and Citrus Aioli

Best Dessert: Love Boat Ice Cream –
Salty Jack Ice Cream

Taste of Taste: Il Cielo

People's Choice: Traders

All funds raised from the event benefit CROW's mission.★

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CROW Case Of The Week:

Loggerhead
Sea Turtle

by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most common sea turtle to our area. Ironically, it is more popular than last week's case, the green sea turtle, called the second

most common.

Both the loggerhead and the green are sea turtle species that are most commonly kept in captivity as well.

The loggerhead nests over the broadest geographical range of any sea turtle, but likes Florida the most. The Sunshine State is its most popular nesting site, with more than 67,000 nests built per year.

This prehistoric marine reptile is considered endangered and has been on the threatened list since 1978 due to reasons such as pollution, shrimp trawling and real estate development in their nesting areas.

A fully grown loggerhead is regarded as the largest of all hard-shelled turtles – leatherbacks may be bigger but have soft shells. Loggerheads possess massive heads and strong jaws, and the adult

males reach about three feet (nearly one meter) in shell length and weigh about 250 pounds, but large speices of more than 1,000 pounds have been found.

Color-wise, the loggerhead's skin ranges from yellow to brown, while its shell is typically reddish-brown.

Loggerhead sea turtles are primarily carnivores, munching jellyfish, conchs, crabs and even fish, but they will dine on seaweed and sargassum occasionally. Its large and powerful jaws serve as an effective tool for dismantling its prey.

Mature female loggerheads are known for their faithful return to the area where they were conceived and hatched. Unfortunately, only roughly one in 1,000 hatchlings makes it to adulthood.

Each sea turtle species has a particular function in the ecology of the oceans. Loggerheads are called "bulldozers" because they keep the sentiment from becoming compacted. While crushing conch at mealtime, they provide smaller chunks of food for other species.

The official 2016 sea turtle nesting season ended on October 31. This year's sea turtle nesting season was successful, with more than 23,000 hatchlings. Officials at the Sanibel-Captiva Conservation Foundation reported 826 loggerhead nests were found on Sanibel and Captiva combined this season. The breakdown includes 174 nests found east of Tarpon Bay, 460 nests found west of Tarpon Bay and 192 were dug on Captiva.

At CROW, a loggerhead sea turtle was brought to CROW on November 5 by the



Patient #16-3477 has an illness related to red tide

photo by Kenny Howell

Lee County Sheriff's Department. The turtle was reportedly missing its left hind limb, but further examination revealed the impediment to be an old injury that had completely healed. The patient was swimming well, but had difficulty submerging for long periods of time.

Due to no "obvious health problems" after examination and x-rays, CROW medical officials were suspecting red tide/brevetoxicosis.

Further examination Monday determined a level of brevetoxicosis still in the turtles system. Dr. Heather Barron, CROW's hospital director, stated the turtle will be "flipper-tagged later this

week" with a pending release coming soon after on a Sanibel beachfront. The tagging will allow officials to identify the turtle if is found again injured, sick or dead. Currently, the turtle is eating, swimming well underwater and is coming up for air.

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.✱

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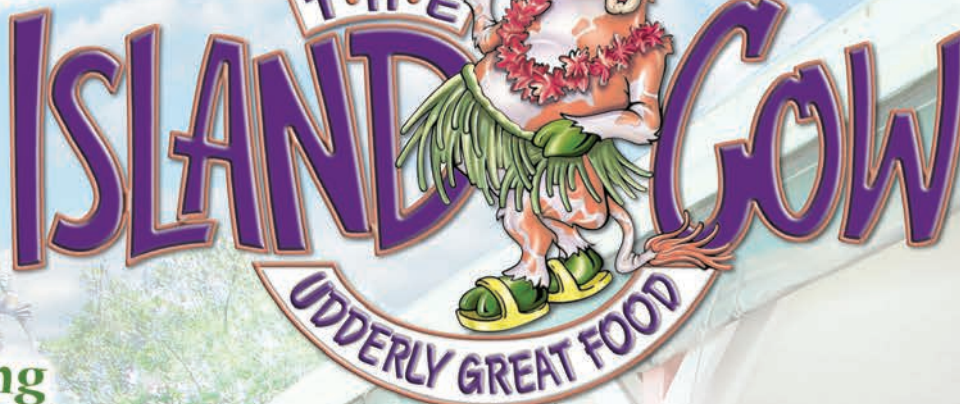
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Cruise To Historic Tarpon Lodge And Calusa Mounds



Image courtesy Captiva Cruises

Captiva Cruises’ newest expedition in its Discover Southwest Florida History tours focuses on the fishing cultures of Pine Island Sound. Called A Thousand Years of Fishing, the tours encompass fascinating characters and traditions. This cruise, departing at 10 a.m. on Tuesday, November 22 from McCarthy’s Marina on Captiva, travels to Pineland on Pine Island. Along the way, get an up close look at historic fish houses of Pine Island Sound and discuss the area’s diverse fishing cultures from the indigenous Calusa, to Spanish Cuban Ranchos, to the Punta Gorda Fish Company and to the tarpon and sport fishing of today. Passengers will return at approximately 3 p.m. to the marina, located at 11401 Andy Rosse Lane. Guests will be greeted at The Tarpon Lodge, and passengers will be oriented to this spectacular location, the family-run business and its storied tradition of fishing within Pine Island Sound and Charlotte Harbor. Passengers then will relax, taking in the “old Florida” charm of the 1926 Tarpon Lodge, where lunch will be served with waterfront views of Pine Island Sound and mangrove islands. After lunch, walk across the street to The Randell Research Center (RRC). The RRC, a program of the Florida Museum of Natural History, aims to establish and maintain, at the Pineland archaeological and historical site, a permanent facility dedicated to learning and teaching the archaeology, history and ecology of Southwest Florida. An RRC educator will lead attendees along the Calusa Heritage Trail to one of the pre-Columbian Mounds of the ancient Calusa.

The cruise provides an opportunity to learn about the natural and cultural history of Southwest Florida, observe fish and other marine life during the cruise trawling net experience and spend a day on the water. For more information, call 472-5300.✪

Shell Collecting In Senegal



Giraffe roaming free in South Africa

photo courtesy Anne Joffe

Sanibel-Captiva Shell Club member Anne Joffe will present a program titled Shelling and Sightseeing in Senegal, West Africa at the next club meeting to be held on Sunday, November 20. Her presentation will take those in attendance on a virtual trip to this very interesting part of the world. The meeting will be in the auditorium on the main level of the Bailey-Matthews National Shell Museum begin at 2 p.m. Door prizes will be given and refreshments will be served. The meeting is open to the public and is free of charge.✪



Join us Thursday, November 24 for Thanksgiving Dinner at Sundial Beach Resort & Spa.

Delight in a buffet ranging from iced seafood to traditional holiday favorites while overlooking the Gulf of Mexico.

Adults: \$45, Children ages 4-12: \$18, Children 3 and under: Free (plus tax & gratuity)

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Call 239-395-6017 for reservations. For Thanksgiving, Christmas and New Year’s Eve menus and information, visit sundialresort.com/eat/holidaydining.

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Exotic Lizard Management Continues

To protect Sanibel's native vegetation and wildlife populations from exotic green and spiny-tailed iguanas and to monitor for the potential presence of other exotic lizards, such as Nile monitors, the City of Sanibel continues to implement the Exotic Lizard Management Program approved by City Council in 2007.

Citizens are requested to report exotic lizard sightings 24 hours a day, seven days a week, to the Sanibel Police Department at their non-emergency number 472-3111. Unless there is an imminent threat to human safety, do not call 911.

From 2007-10, more than 2,000 green iguanas (*Iguana iguana*) and one Nile monitor lizard were removed from Sanibel. In the winter of 2010, prolonged cold temperatures were fatal to many of the remaining iguanas on Sanibel, rendering the management program unnecessary. However, as the green iguana population rebounded and the presence of an exotic spiny-tailed iguana (*Ctenosaura sp.*) was confirmed on Sanibel in the vicinity of Beach Road on December 17, 2014, it was clear that the reinstatement of the Exotic Lizard Management Program was necessary and warranted. A second sighting of a spiny-tailed iguana was confirmed on Eagle Run Drive in the Beachview

neighborhood on March 26, 2015.

Unlike the common green iguana (*Iguana iguana*) which is primarily an herbivore that feeds on exotic flowers, spiny-tailed iguanas are omnivores, known to feed on flowers and vegetation but also on small vertebrates including bird and turtle eggs and may occupy burrows of other species (such as gopher tortoise). A reproducing population of spiny-tailed iguanas could have very serious impacts on a number of the island's native wildlife species. Unfortunately, spiny-tailed iguanas are significantly more difficult to catch/trap than the common green iguana, due to their tendency to burrow underground and/or seek shelter underneath rocks or other objects, as opposed to the arboreal (tree-living) nature of the green iguana.

Since reinstatement of the Exotic Lizard Management Program in February 2015, more than 1,200 green iguanas have been removed from Sanibel. No spiny-tailed iguanas have been captured, but no additional reports have been confirmed since March 2015. There have been no confirmed Nile monitor lizard sightings since a dead carcass was recovered from an inland lake near Rabbit Road in 2008.

As it can be difficult even for experts to distinguish between exotic lizard species when the animals are on the move or at a distance, citizens are requested to report any exotic lizard sighting, 24 hours a day, seven days a week, to the Sanibel Police Department at their non-emergency number 472-3111. Unless there is an imminent threat

to human safety, do not call 911.

All reported sightings will be investigated by the City Iguana Contractor for appropriate action. The contractor uses a variety of tools and techniques and is only authorized to remove iguanas from private property once the property owner has reported an iguana(s) to the police department. The contractor is not on-island at all times, so generally will not respond immediately, but will respond on his next scheduled day. Most iguanas have small home ranges and high site fidelity and will remain in the general vicinity for some time. The City Iguana Contractor will be clearly identifiable in a safety green colored shirt with Lizard Control printed on the front and back of the shirt, as

well as magnetic decals on any vehicle(s). Verified sightings will be mapped in order to focus management activities and track population trends.

If you have any questions regarding the City of Sanibel's Exotic Lizard Management Program, contact the Natural Resources Department at 472-3700 or visit www.mysanibel.com/Departments/Natural-Resources/Wildlife-Information/Exotic-Lizards. To report suspicious activity, contact the Sanibel Police Department immediately at 472-3111 or dial 911 in case of a life threatening emergency. Citizens are also reminded to call 472-3700 to verify the licensing status of any contractor working on Sanibel.*

Doc Ford's Sponsors Fundraiser

Doc Ford's Rum Bar & Grille is a Silver Sponsor of the Children's Education Center of the Islands (CECI) 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.

The evening is open to the community and will benefit CECI scholarships as well as capital improvements to the facility.

The family-friendly night will feature pigs roasted in two different styles by CECI parents and staff. Admission

includes roasted pork, sides, beverages and a dessert. Beer and wine will also be available for a suggested donation. A silent auction featuring wonderful baskets will be up for bidding.

Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Kids age 12 and under are free. The preschool strongly recommends buying tickets in advance in order to get an accurate head count.

Sponsorships are available at the silver (\$250), gold (\$500) and platinum (\$1,000) levels, and includes tickets and display in promotional materials. Area businesses are encouraged to sponsor.

To register your child, buy event tickets, become a sponsor or donate items to the silent auction, call 472-4538.*



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Orchid Society

Mounting Orchids with Style will be the discussion at the Monday, November 21 meeting of the Sanibel Captiva Orchid Society. The program will be presented by Jesse and Dee Vance of Nature's Orchids in Fort Lauderdale. Several years ago, Jesse and Dee discovered one of Florida's great natural treasures – Old Growth Cypress Wood. After cleaning and preparing the wood, it can be used for mounting orchids, floral designs, landscaping, interior/exterior decorating and one-of-a-kind art pieces. The meeting will take place at 1:30 p.m. at St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way, on Sanibel.

Orchid novices are encouraged to come to the meeting's Fundamentals Session at 1 p.m. to hear Bill Overton discuss Repotting Made Easy. Overton has been growing orchids for over 40 years and is an accredited American Orchid Society judge. He will moderate this season's monthly Fundamentals Sessions.

Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during Show and Tell. Orchid society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid



Patricia Roberts of Sanibel took first place in both the best Hybrid and best Species orchids at the October meeting of the Sanibel-Captiva Orchid Society

photo courtesy San-Cap Orchid Society

and best species orchids. Most meetings will have orchids for sale as well as an orchid raffle. Annual society membership

is \$25 to \$40 for couples. Guests are \$5. For more information visit: www.sancaporchid.org.

Shell Found



Carol Saunders photo by Justin Wilder

Carol Saunders, visiting from the Oregon coast, found an alphabet cone on Sanibel Beach Access #1 while staying at Dugger's Tropical Village on November 10.✱



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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.
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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.
Featured monthly events include Trivia Night,



Audrey Fischer and Anja Danek of The Sanibel Grill

photo by Bob Petcher

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

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines. Il Tesoro (The Treasure) serves dinner six nights a week, excluding Monday during summer months, from 5 to 10 p.m.
751 Tarpon Bay Road, 395-4022

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 Jakes 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

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1451 Middle Gulf Drive, 472-4151.

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.
703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps. The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place! The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.
1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested.
3111 West Gulf Drive, 472-4559

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Rotary Happenings

submitted by Shirley Jewell

The Sanibel-Captiva Rotary Club took time last Friday to honor our country's veterans. Greeting us at the door of The Dunes was a resplendent large wooded replica of Uncle Sam. Beyond that, as you entered through the doors of the clubhouse and into the dining room, clearly through the large expansive windows stood two likewise remarkable wooded representations of the Iwo Jima Memorial and the Statue of Liberty. All three of these depictions of iconic images were designed by Rotarian Bill Rahe and Rotary volunteers for past Fourth of July Rotary floats. These images certainly set the tone for the weekend remembering and honoring the brave men and women in our country's armed forces that have sacrificed much to retain liberty and freedom for all, both here at home and overseas.

Invited to speak this past Friday was Capt. Christine Manson of the U.S. Air Force Reserve – Aircraft Maintenance Officer and Director of Veterans Affairs at Hodges' University in Fort Myers. Manson has served her country in many ways with three deployments already to Iraq starting in 2005 and with an additional four-month deployment to start soon and also in her civilian job helping veterans find their path to success after military



Christine Manson
photos courtesy Sanibel Rotary Club

life. The three focus areas at the Veterans Services Center at Hodges are to provide guidance, information and processing of VA education benefits; to provide access to veterans resources and events; and to provide community mentors to assist in the military-to-civilian career transition.

Part of Manson's job at Hodges is to address veteran's needs in making that transition from military mode to civilian re-entry. Military life is structured with focus on predetermined missions, constraints on schedules and activities, services handled for members, and a clear chain of command. In comparison, civilian life presents unclear mission/goals, personal choices, services to navigate, and multiple points of contact.

"There is culture shock to contend with during re-entry time," said Manson. "Financing for veterans allowing them to return to school comes mainly from government programs but there also are scholarships and other financial programs for veterans available out there from other sources. Benefits are tied to time of



Iwo Jima Memorial sign
service. Benefits can also include housing, in some cases."

Courses available designed for veterans at Hodges starts with Adjustment from the War Zone to Civilian Life, which focuses on providing support and advocacy for veterans who are returning home from deployments. The course teaches a positive, proactive approach which normalizes the challenges in adjustment to civilian life. This course encourages using what you know and your experiences to succeed in pursuing your educational future.

Hodges University is considered a non-traditional college with the majority of students between the ages of 25 and 45 years old. Available through the college are on-campus undergraduate and masters degree programs with small classes, online courses and flexible schedules. The pathway to a degree at Hodges is personal and veterans fit right in. Manson meets many veterans that need to find their way back home and reflex on their military experiences while planning a success future for themselves and their families.



Sign depicting Uncle Sam



As the Director of Veterans Affairs at Hodges, Manson through her own military service to our country can relate to the challenges that our returning military men and women face and has a team of professionals in her office qualified to help veterans follow a course allowing them to succeed and follow their dream of continuing their education. While she is away on deployment to Iraq for the next four months, she is confident that her team will continue helping veterans.

The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.*



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BIG ARTS Monday Night Film Series

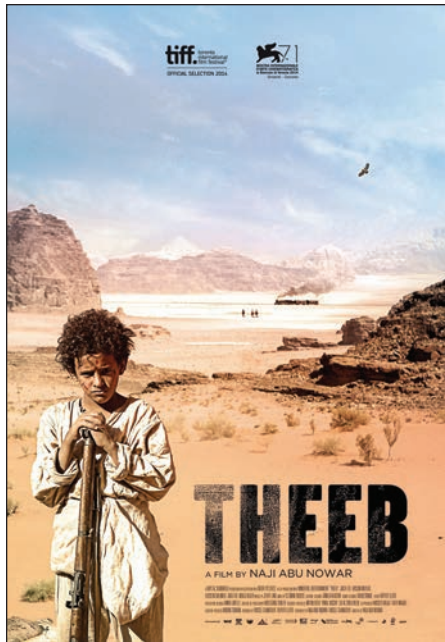
Theeb

by Di Saggau

The BIG ARTS Monday Night Movie for November 21 is *Theeb*, an action, adventure drama from Jordan. In Arabic the word "Theeb" means wolf. The film focuses on a recently orphaned young Bedouin boy, Theeb, who must survive in the wide-open Wadi Rum desert. His father, who recently died, is heard at the beginning of the film giving Theeb cautionary advice, "He who swims in the Red Sea cannot know its true depth. And not just any man, Theeb, can reach the seabed."

One night their camp is visited by a British officer and an Arab man. The officer carries a wooden box rumored to contain gold. Theeb's older brother Hussein decides to guide the two men to a Roman well on the pilgrims' trail. He insists Theeb stay behind, but he follows them and manages to catch up after a day's walk. At the well they discover it is filled with slaughtered bodies. Moments later they are ambushed in a canyon by a band of outlaws. The two men are killed while the brothers flee to higher ground. The next day Hussein is shot before Theeb's eyes, leaving the younger boy unarmed and alone. Trying to escape, Theeb trips and falls into the well. Clinging to its sides to avoid gunfire, he barely manages to claw his way out.

He spends the day wandering around the canyon and eventually notices a camel heading toward him with an unconscious man collapsed on top. He is Hassan, a gravely injured mercenary who is one of the perpetrators of the massacre. Theeb is too small to get the camel to obey him and Hassan is too injured to move. At first the two are aggressive and hostile, but soon realize they need each other's help to survive. They make their way to a desert train station, where the final card is played.



Theeb is the directorial debut of Naji Abu Nowar, a British-born filmmaker who grew up in Jordan and has described his film as "an Arabic western." It is that and more with wide-open spaces of Jordan that are awe-inspiring. Theeb may look like an adorable tousled-haired young boy, but he heeds some of his father's words spoken at the beginning of the film. "And if the wolves offer friendship, do not count on success. They will not stand beside you when you are facing death."

Mary and Malcolm Martini will serve as moderators for the evening. The film runs 100 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 Sponsors: June Rosner and Russ Bilgore, Stan and Visnja Gembicki, Hyde Tucker, Penny Wilkinson, "Island Sun". BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.BIGARTS.org, or at the door or by calling 395-0900.*

Not-For-Monday-Night Series

Son Of Saul

by Hyde Tucker

The BIG ARTS Not For Monday Night Movie Series begins Wednesday, November 23 and continues each Wednesday through December 14. The first movie, *Son of*

Saul, won the Academy Award for best foreign film earlier this year. It also won the Cannes Festival Grand Prix. The film takes place in 1944 at the Auschwitz-Birkenau concentration camp. Saul is a Sonderkommando, a prisoner forced to help the Nazis exterminate Jews, thereby delaying his own death for a few months. The director stays close on Saul, showing us what he sees. The horror remains in the background, but it's unmistakably there. The director tells the story of the Holocaust from a different perspective. It can be hard to watch at times, but it is a marvel of controlled filmmaking showing the psychological chaos that can exist in such a cruelly systematic environment.

Saul is a cog in the Nazi machinery, until he sees the body of a boy on the verge of death. Saul is drawn to him and makes it his mission to find a rabbi to give the boy a proper Jewish burial. Saul claims the boy is his son. He may or may not be. The camera stays with



Saul, making us care for this person we barely know just as he cares for the boy. Several languages are spoken during the film. It has English subtitles and runs one hour and 47 minutes.

The Not For Monday Night Series shows edgy, innovative, offbeat, trailblazing and provocative films. *Son of Saul* will be shown Wednesday, November 23 at 12:30 p.m. at Island Cinema, located in Bailey's Shopping Center. It will be followed by a discussion. Tickets are \$5 for BIG ARTS members and \$6 for non-members, and are available at the cinema and at BIG ARTS, 900 Dunlop Road.*

To advertise in the *Island Sun* Call 395-1213

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Redemption Road



by Di Saggau

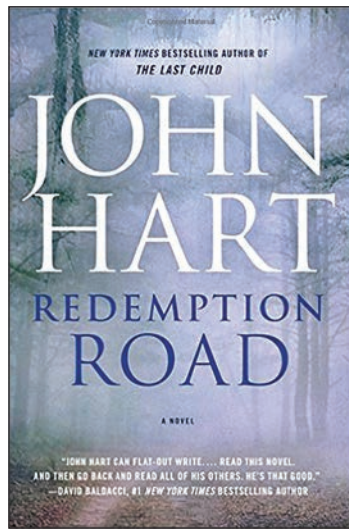
Reviewers have heaped praise upon John Hart, comparing his writing to that of Pat Conroy, Cormac McCarthy and Scott Turow. He is back with a new book *Redemption Road*, his most powerful

story yet. The serial-killer theme might be getting tired, but Hart just includes it as one strand among many in his new novel. The setting is in a small city in North Carolina. There are four emotionally and physically wounded characters.

The main character is Elizabeth Black, a detective on the police force who has been put on suspension because she appears to have used excessive force, 18 bullets, in killing two men in the basement where they were committing a heinous

crime against an 18-year-old girl. A newspaper headline reads “Hero Cop or Angel of Death?”

Liz’s colleagues have another reason to question her professionalism because she is obsessed with Adrian Wall, an ex-cop



in prison for the murder of a woman in a ritualized way. Liz once idolized Adrian and insists he’s innocent. To complicate matters, just as Adrian finishes serving his time and arrives back in town, the serial killer strikes again. Naturally he is the main suspect. Both Liz and Adrian share a reluctance to tell the truth about the incidents that have brought them under suspicion, and their motives for silence are the same, they are protecting someone else.

Liz and Adrian also share a sexual chemistry which further motivates her to clear his name. Meanwhile, in a vivid scene that opens the book, Gideon, the 14-year-old son of the woman Adrian

was convicted of killing, plans to shoot him the morning he walks free. Liz ends up lavishing motherly affection on the vengeance-seeking Gideon, along with Channing, the victim in the crime that caused all those gunshots. Adrian’s case eventually raises issues of police corruption and prison abuse.

Throughout the plot we get the first-person narration of an unidentified man, who moves, unobserved, among the other characters as he kidnaps and kills several women. A touching epilogue lends a closing note of poignancy. Brimming with tension, secrets, and betrayals, *Redemption Road* proves again that John Hart is a master of the literary thriller.✪

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My fifth grade daughter is having trouble remembering everything she needs to do for school. Is there something I can do to help her?

It’s upsetting to see her struggling.

Bettina M., Fort Myers

Bettina,

As children move through school the demands on their working memory increase significantly. Working memory refers to the ability to keep in mind the information you need to complete a task, and such an issue may affect kids both in and out of school. But there are things parents can do and strategies kids can learn that can help them succeed, even if it doesn’t come automatically to them.

First of all, get to know your child’s limits. If you’ve given your child what feels like a reasonable set of instructions, but she keeps getting off track, it’s a good sign that she’s reached the limits of her working memory. Observing your child carefully to when and how often she starts to lose the thread will help you get a clearer picture of her capacity to hold information. Once you know where her limits lie, you’ll be able to use that as a guide for giving effective directions. For example, if you notice your child has a hard time following multi-step directions, try breaking tasks down into smaller, more manageable steps, not a string of instructions.

Schoolwork that seems simple on the surface may actually require a lot of working memory. With kids trying to tackle too much at once, it often translates to sloppy or unfinished work and creates anxiety. Breaking homework assignments or study sessions down into manageable chunks will help your child avoid cognitive overload, work more effectively and develop good study habits.

Figuring out the mini-tasks of an assignment will help you and your child break the assignment down into manageable parts.

Helping kids get into routines is essential for helping with working memory. “Routines are the goal,” said Linda Hecker, MEd, the lead education specialist at the Landmark College Institute for Research and Training. “When we’re

able to automate a task, it no longer requires working memory to function. Remembering what to do next takes up cognitive workspace and that’s not necessary.”

Here are some of Hecker’s tips for creating routines:

Be consistent: Routines should be just that — routine. Find a pattern that works and stick with it.

Be patient: It takes time to build effective habits, and distractions happen. Don’t expect kids to get it right away. Offering reminders and praising your child’s efforts to stay on course will help them stick with the routine until it sinks in.

Use verbal and visual cues: Help kids internalize routines by adding verbal and visual backups.

For example, visual clues could be: Drawing a picture to illustrate how an essay is structured, writing out the order of steps for a math problem or using post-it notes as reminders around the house.

Verbal cues could range from saying each task out loud before he does it, “Step 3, put my homework in my backpack for tomorrow...” to making up a song or poem to help him commit important information — like commonly used math formulas or the names of all 50 states — to long-term memory.

Not everything needs to be remembered. Tools like to-do lists, organizers and reminders free up vital “workspace” and make it easier for kids to remember important information. “Externalizing organizational tasks takes some of the pressure off working memory,” explained Hecker. “I encourage my students to write everything down: assignments, ideas, anything they want to remember later.” But remember, organizational tools only work if they’re used. Help your child find the tools that work for them and make the tools part of their routine.

For now the best way to help kids with working memory issues is to focus on creating and practicing healthy, effective coping strategies. Creating routines, using tools and offering support will help your child develop strategies she’ll be able to fall back on for the rest of her life.

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

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FISH Of SanCap Welcomes Back Volunteers

Welcome back snowbird volunteers, and thank you year-rounders. FISH is thankful for all volunteers, who are making a difference every day at FISH of SanCap. Your story, skills and talents are what make you special, and you have the ability to make a difference for our island neighbors.

Did you know it takes over 150 volunteers at FISH to keep it running smoothly? Volunteers are vital to the work of FISH throughout our community. Whether it is stocking food for the food pantry, serving meals to seniors and others needing daily nourishment or driving islanders to medical appointments, FISH volunteers make a difference in so many ways.

Volunteering builds team spirit, fosters a community of giving and ensures FISH can have maximum impact while accomplishing their mission – to lend a helping hand to those that live, work or visit Sanibel and Captiva Islands. There are many volunteer opportunities at FISH throughout the year, and several ways you can help make our community a better place. Do you enjoy meeting different people and hearing their stories? Then driving someone to an appointment, on or off island, may be a perfect fit for you! Super-organized individuals may find that stocking and keeping the food pantry in tip top shape is a great way to spend a few hours! At FISH, there's never a dull moment and always a need for an extra pair of hands, eyes and ears.

If you are interested in lending your talents to FISH, contact Lyn or Joi at the walk-in center during normal business hours, Monday through Friday, 10 a.m. to 4 p.m.*

College To Hold Literacy Festival

The College of Education at Florida Gulf Coast University (FGCU) hosts the FGCU Literacy Festival on Friday, February 3 from 9 a.m. to 2 p.m. on the school's Library Lawn. The event is free and open to the public.

The festival features author sessions and book signings by Mark Wayne Adams, Edward Bloor, Sharon Flake, Debra Frasier, David Lopez, Lynn Morgan and Lisa Wroble. Andy Larson from Cranium CoRE will also present.

A focus will be on Title 1 students from the five-county area, with each receiving a free book. The public will have the opportunity to purchase books from the authors.

For more information, contact Cynthia Dawn Martelli at cmartelli@fgcu.edu or call 590-7765.*

Poet's Corner



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

selected by Tanya Hochschild

Scrabble On Saturday Morning

Tanya Hochschild

As soft rain falls
we play Scrabble on the lanai
in the cooler temperature.
We set up the board,
keep our eyes shut, feel for lucky letters.

Water eases off the roof,
washes palm fronds,
fills bromeliads.

It's been a long, dry spell.
I study the seven letters before me.
Enjoying the rain, I think of
"drench", "quench",
but a "q," "u," "d" and "h" are
needed.
How to use the letters?

Beyond the rain soaked garden
ducks head into the river,
seven downy babies bounce
in the windblown waves.
Coming up close behind the papyrus
like a floating coffin
an alligator swerves, pauses
and swerves again.
Mama clucks her babies back to shore.

I rearrange the letters.
"MENACES" appears.
Fifty point bonus! What a way to
start the game.
Like the ducks, we are off and
running.

*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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Community Pauses To Honor American Veterans



Members of Cub Scout Pack/Boy Scout Troop 1740 with the Sanibel Police Department Color Guard

photos by Jeff Lysiak

by Jeff Lysiak

Last Friday morning in front of Sanibel City Hall, veterans, their family members, island residents and proud Americans took time to salute our country's military veterans during an hour-long Veterans Day ceremony marked by patriotic music, personal tributes and somber silence.

Lt. Col. Fred Bondurant, president of the Lee Coast Chapter, Military Officers Association of America, served as master of ceremonies for the event. Following the presentation of the colors and the raising of the flag by members of Cub Scout Pack/Boy Scout Troop 1740, supervised by Sanibel Police Department Lt. Anthony Thompson, Caiden Rainville of



Keynote speaker Rabbi James Rudin



During last week's Veterans Day ceremony at Sanibel City Hall, Fred Bondurant, center, listens to students Jaimey Vosganian and Grant Kaminer read their award-winning essays



John Boone and Billy Kirkland

The Sanibel School's National Junior Honor Society led the crowd in the Pledge of Allegiance.

After Kathy Lamade led the singing of our national anthem and the invocation delivered by Rev. Dr. Ellen Sloan of St. Michael and All Angels Episcopal Church, Mayor Kevin Ruane offered opening remarks to welcome the crowd to the service.

Bondurant also extended thanks to the military veterans among the city's current workforce, including James Ashcraft, Rodd Bell, Mike Claney, James Evans, Matthew Fannon, Lance Henninger, James Isom, Eddie Kilcomons, Gordon Kraft, Christopher Kwek, Chad Maik, Joshua Ooyman, Kelsey Reed, Sabine Schroeder, Arthur Stallsmith, Anthony Thompson and James Williams.

"It is with respect, honor and gratitude we as a community salute the military veterans among our workforce," said Sanibel Mayor Kevin Ruane. "We owe each

continued on page 2B

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From page 1B

Honor Veterans



Victor Medina and Juan Martinez of the Junior ROTC Exhibition Drill Team in Estero
photos by Jeff Lysiak



The Rev. Dr. Ellen Sloan



Maestro Mike Lamade and the BIG ARTS Concert Band

much more than a thank you for their service.”

Two Sanibel School students – fifth grader Jaimey Vosganian and seventh grader Grant Kaminer – read their award-winning essays based upon the question, “Why is it important to show respect for the flag, especially on Veterans Day?” Each youngster received a \$100 check donated by Bank of the Islands.

Former U.S. Air Force Chaplain (Capt.) Rabbi James Rudin delivered the keynote address during the service. He shared several stories about the role of chaplains throughout the military, including the harrowing tale of four Army chaplains – Alexander Goode, George Fox, Clark Poling and John Washington – who sacrificed their own lives in order to save other civilian and military personnel as the SS *Dorchester* sank after being attacked on February 3, 1943 during World War II.

Rudin, who served as an Air Force chaplain stationed in Japan and Korea, offered the words of legendary poet Carl Sandburg during his speech: “Valor is a gift. Those having it never know for sure whether they have it till the test comes. And those having it in one test never know for sure if they have it when the next test comes.”

Following his speech, Bondurant presented Rudin with a sculpture created by island artist Luc Century.

The November 11 ceremony was dedicated to the memory of Jim Welker, a former commander of American Legion Post 123 on Sanibel who passed away in 2014. Maj. John Boone, a Korean War veteran who served with the U.S. Marine Corps, read a list of Welker’s many accomplishments, as a veteran, musician, business owner and longtime island resident.

“He always enjoyed riding lead in the Sanibel Fourth of July parades,” noted Boone. “He loved doing the flag ceremonies, inductions and going to other districts for their annual meetings, fundraisers and any other way to help the fellow veterans and the islanders of Sanibel.”

Victor Medina and Juan Martinez, members of the Estero Junior ROTC Exhibition Drill Team, performed a precision-based rifle twirling demonstration for all in attendance.

Following a patriotic sing-along led by Kathy Lamade and accompanied by the BIG ARTS Concert Band, personal remembrances of their service was shared by several veterans in attendance. The program closed with the playing of *Taps* by Fred Henry and Scott Osler.*

Doc Ford's Joins CHR Mardi Gras As A 'Big Easy' Sponsor



Mark Marinello and Marty and Brenda Harrity, co-owners of Doc Ford's Rum Bar and Grille, pose with several staff members as they present CHR with a \$2,500 Mardi Gras sponsorship check photo courtesy CHR

Doc Ford's Rum Bar and Grille has joined the growing list of sponsors for Community Housing and Resources' (CHR) 5th annual Mardi Gras coming up on February 11 at The Dunes Golf & Tennis Club. The restaurant is a long-time supporter of CHR and has been a Mardi Gras sponsor every year since the event's inception, this year signing on as a "Big Easy" \$2,500 sponsor.

"We are excited to celebrate Mardi Gras and support CHR's important mission again this year," said Doc Ford's co-owner Marty Harrity. "The event is a great opportunity for the residents of Sanibel to band together and help one another."

CHR is proud to have provided homes for several of Doc Ford's staff members over the years, and CHR executive director Kelly Collini is grateful that the Harritys recognize how important affordable island housing can be for local employees.

"The owners and managers of island establishments like Doc Ford's are able to see first-hand how CHR housing is essential to attracting and retaining great employees by providing them with an affordable way to live near work," said Collini. "It is invaluable to CHR when these island businesses give back so that we can keep the affordable housing program on Sanibel strong for many years to come. It's truly a win-win."

This year's much-anticipated Mardi Gras event will feature great food and drinks,

music and dancing, the much-anticipated island celebrity swim relay, bourbon tasting lounge and much more. Sponsorship and ticket information can be found at www.sanibelchr.org/mardigras.

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, or call 472-1189.*

Lions Offering Health Screenings

The Sanibel Captiva Lion's Club will host a health screening for adults from 9 a.m. to noon on Friday, November 18 at the Center 4 Life, located at 2401 Library Way on Sanibel. In addition to vision, participants will receive hearing, diabetes and blood pressure tests. The screening is free of charge and no appointment necessary.

"It takes about a half hour per screening," said Lion Kurt Peters, a retired physician and one of five members certified as a diabetic screener. "The screening allows us to detect any potential diabetics, vision impairment or hearing loss. We then refer them to local physicians for further diagnosis and/or treatment."

While sight is undoubtedly one of the Lions defining causes, diabetes has become the leading cause of new-onset blindness and those with Type 1 or Type 2 are at risk. It's why Lions have taken action and support diabetes awareness, education, prevention, detection, control and research of the disease.

According to the World Health Organization, 360 million people

worldwide have disabling hearing loss with another billion at risk. In addition to hearing screenings, Lions have developed an array of programs for those who are deaf or have a hearing impairment.

The Sanibel Captiva Lions Club typically performs 110 individual health screenings each year and will provide retina screenings for the first time in February. Lions have partnered with an Orlando-based ophthalmologist specialist, and a Lion, to professionally read the retina camera screening results.

Future adult screenings will be held from 9:30 a.m. to 12:30 p.m. at the Sanibel Recreation Center, 3880 Sanibel Captiva Road, on Friday January 13; Monday, February 13; and Monday, March 13.

"We enjoying seeing those who return each year, but hope to see some new faces," added Peters. "The screening is an important step in having a healthy life."

The next two meetings of the Sanibel Captiva Lions Club will be held from 11:30 a.m. to 1:30 p.m. on November 16 and January 18 at George & Wendy's Seafood Grill. Visiting Lions are always welcome.

Lions clubs are a group of men and women who identify needs within the community and work together to fulfill those needs. For more information or to get involved, visit sanibelcaptivalions.org.*



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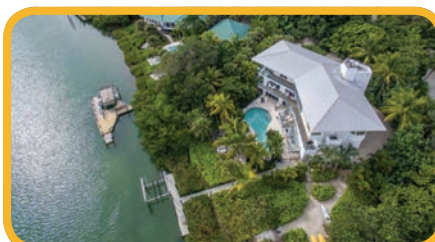
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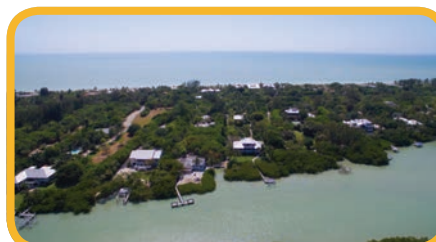
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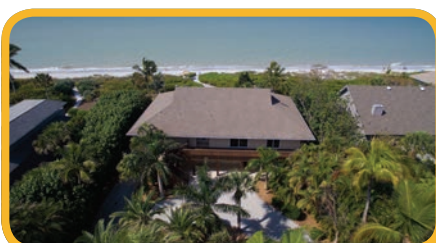
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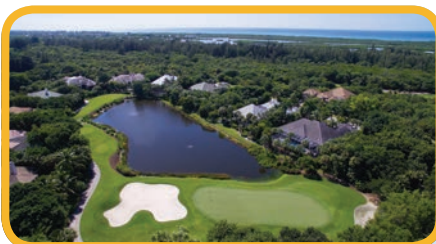
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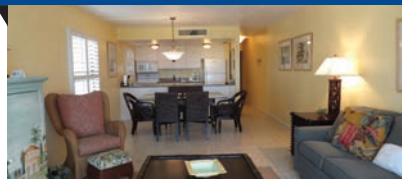
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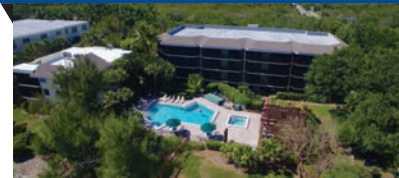
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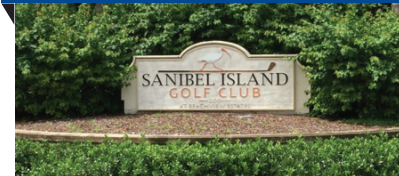
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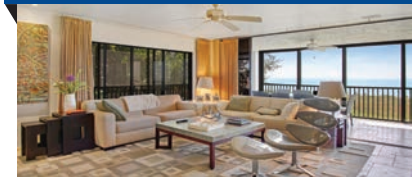
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Bank Of The Islands Gives Thanks To Its Customers This Monday



Bank of the Islands' employees invite you to contribute to their FISH food drive
photo courtesy BOTI

As Thanksgiving approaches, Bank of the Islands (BOTI) is giving thanks for their customers and island neighbors. On Monday, November 21, all visitors to the bank's Sanibel and Captiva offices will receive a special gift for their Thanksgiving celebration.

"This is just a small way we can show how grateful we are to be your island bank," said Bank of the Islands Assistant Vice President and Sanibel/Captiva Office Manager Willy Ocasio. "It's also an important time to remember those less

fortunate, so we hope you will bring a contribution to our canned food drive." Donations to the Bank of the Islands Canned Food Drive will be delivered to FISH of SanCap. Non-perishable food donations would be welcomed additions for the FISH Food Pantry.

"FISH provides much appreciated support and services for our neediest neighbors," said Ocasio. "While we accept lobby donations for FISH all year long, it's our honor to spearhead this community drive to offer extra help as we enter the holiday season."

As always the bank's freshly baked cookies and coffee will be available for visitors on that Monday, November 21, between 9 a.m. and 4 p.m. All islanders are invited to stop by the Sanibel and Captiva offices.

To learn more about the work of FISH of SanCap and how you can help, visit www.fishofsanap.org or call 472-0404.✧

Parents And Students View Film Screening On School System



From left, Faith Mitchell, Sanibel School Principal Chuck Vilardi, Grace and Cornelia Mitchell
photo courtesy BIG ARTS

More than 100 people gathered at BIG ARTS to view and discuss the film *Most Likely to Succeed*. In addition to Sanibel families and teachers, many community leaders attended the screening, including Superintendent of Lee County Schools Dr. Greg Adkins, principal of Lee Virtual Schools Al Shilling and Chuck Vilardi, the new Sanibel School principal.

The film looks at what students and teachers are capable of – if there is the vision and courage to take action.

Following the screening, a question and answer session took place, hosted by Sanibel parents Anne and Paul Taylor. The gathering sought to bring discourse between educators, administrators, parents and students about overcoming current obstacles in the educational system and taking steps toward implementing meaningful change on a local level.

The viewing came at a crucial time for Lee County, since the superintendent just released *The Education Revolution. A Theory for Action*. Within this document, Adkins suggested "reinventing teacher preparation programs to focus on the skills and knowledge needed to improve student learning, while providing for real-world application through extensive field experiences."

BIG ARTS sponsors and supports other community gatherings to share knowledge, ideas and points of view.

On December 1, the Zonta Women's Empowerment Series will be at BIG ARTS. This three-part series, focusing on women's empowerment through economic opportunity and community-building, kicks off with *Agents of Change – The Rev. Rebecca Stevens and Thistle Farms* – the inspirational story of Thistle Farms, the largest social enterprise in the United States run by survivors of prostitution, trafficking and addiction.

Part two of the series will take place January 5, with a screening of Pulitzer Prize-winning husband-and-wife team Nicholas D. Kristof and Sheryl WuDunn's documentary, *A Path Appears*, followed by a panel hosted by Sarah Owen, president and CEO of the Southwest Florida Community Foundation.

Rounding out the series on February 2, BIG ARTS will show the documentary *Half the Sky*, based on *The New York Times* number-one selling book by the same name in addition to an artistic presentation by Kristen van Ginhoven and WAM Theater – a Massachusetts-based company crafted to create opportunity for women and girls.✧

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Realtors Step Up Again As Title Sponsor For Luminary Night



Fred and Mary Bondurant of Bondurant Realty Group, center, Sanibel & Captiva Islands Chamber of Commerce Member Services Manager Trent Peake, left, and President Ric Base photo courtesy Sanibel & Captiva Islands Chamber of Commerce

Mary and Fred Bondurant of the Bondurant Realty Group at John R. Wood Properties are the title sponsor of the 32nd annual Luminary Holiday Stroll. Beautifully lit paths lead the way to merry landmarks, where festivalgoers will find assorted activities, snacks and refreshments.

“Luminary is about the community coming together and it’s a great time for reconnecting,” said Mary Bondurant. The Bondurants have been sole title sponsor for the past five years. “We do it to give back to the community, the place we love to live.”

The Bondurants planned to visit Sanibel for a day, stayed a week and moved the next month. They knew the island was a special place the first time crossing Sanibel Causeway. Today, as residents for decades, they still enjoy Sanibel and sharing it with others.

“We are grateful for the support of Fred and Mary,” said Sanibel & Captiva Islands Chamber of Commerce President Ric Base. “They are longtime, active chamber members and a wonderful part of this community.”



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The Luminary Holiday Stroll will be held from 5:30 to 9 p.m. Friday, December 2 on Sanibel and Saturday, December 3 on Captiva. Sanibel’s Luminary stretches from one end of Periwinkle Way to the other and offers a multitude of choices along the way. Luminary on Captiva spans Captiva Drive and Andy Rosse Lane with special treats at various businesses.✽

Sanibel Captiva Trust Company

The Gift Of An Ethical Will



by Steven V. Greenstein, Executive Vice President, Wealth Services, The Sanibel Captiva Trust Company

At The Sanibel Captiva Trust Company, we work with families in a fiduciary capacity, and enjoy building genuine and lasting friendships with our clientele. We are trusted regularly with the details of personal and family situations, and understand the responsibility of managing assets for clients and their heirs. That is what makes this topic special. The idea of leaving their years of experience and encouragement to the generations beyond them, makes clients’ gifts of money and possessions only the beginning.

Putting it simply, a validly executed will or trust agreement is designed to tell your heirs what you want them to have, while an ethical will is designed to tell your heirs what you want them to know. An ethical will can be a personal letter, statement or recording you create to bequeath values, life lessons, and personal reflections to loved ones. It can be a treasured complement to a legal will and also a wonderful gift to family members.

Although they have been around since early Biblical times, ethical wills have gained widespread popularity in recent years, and there are plenty of resources available to help with writing, editing, coaching, and recording such a message. Since an ethical will is not considered to be a legal document, there is no formula that dictates the required content or format. It is a deeply personal reflection and can take any form you choose.

Especially valuable for younger generations of grandchildren and great grandchildren, an ethical will can include some previously untold family history, your personal values and spiritual beliefs, important lessons you have learned in life, your hopes and dreams for the next generations, expressions of or requests for forgiveness, and how you would like to be remembered after you are gone. You can decide to share your ethical will with your family before you die, or leave it for them to find at a later date. Some even choose to have e-mails set up in advance and sent electronically after death.

Many estate planning attorneys are now using ethical wills to help their clients transfer not only wealth, but also wisdom and insight to their loved ones. They report that the experience of working on an ethical will has been a universally positive emotional experience for their clients, providing an often-unexpected sense of clarity as well as a sense of “completion,” particularly as a parent and grandparent.

Composing an ethical will takes courage and challenges you to look inward to see the truths you have learned in a lifetime and measure the things that matter most. It is the ultimate way to live on after death in the hearts and minds of loved ones and reinforces the fact that leaving a meaningful legacy can involve much more than just money. If you need help getting started, there is an array of online resources available which offer practical information, examples of ethical wills and materials for purchase.

The Sanibel Captiva Trust Company is an independent trust company with \$1.4 billion in assets under management that provides family office and wealth management services, including investment management, trust administration and financial counsel to high net worth individuals, families, businesses, foundations and endowments. For more details, visit www.sancaptrustco.com.✽

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Superior Interiors

Before You Paint That Room



by Barb Cacchione

The selection of paint color for our walls, the largest area of color in our homes, is the decorating challenge that causes the most angst for many of my clients. This decision may be less daunting if a few

rules of thumb are followed.

While painting is one of the first things we "install" in a redecorating project, it is always one of the last things we select. Since wall color needs to be guided by the color of the floor (the second largest area of color in any room), fabrics, cabinetry and art in the room, it is usually a mistake to paint before selecting these design components because it limits other choices.

The first step in the color selection is to gather the small paint chips from your paint store. Or, your decorator can bring a full set of larger paint chips to your home to begin the process. When the possibilities have been narrowed to three or four, it's time to apply them to your walls for a real visual test – the most important step in the decision process.

The samples should be painted about three-foot wide and extend all the way down to the base trim, ideally on walls that get good natural light. If there is a particularly dark corner in the room, it is a good idea to paint a smaller square of

each color there to see whether that area looks too dark at night. Apply two coats to each of the squares so that the existing wall color doesn't bleed through. After the paint is dry, study your squares in morning, afternoon and evening light. Take your time... you will live with this decision for quite a while.

After you've made your decision, you must then decide upon the finish of the paint. The general rule of thumb is that the rougher the texture of the wall, the flatter the paint surface needs to be. The greater the sheen, the more obvious any blemished will appear. Generally, flat finishes look more appropriate with traditional decors, while glossier finishes seem right for contemporary styles.

Monochromatic color schemes in a room tend to provide a more serene ambience, while a room with highly contrasting colors will impart a sense of excitement. Accent walls are a simple way to add a splash of color without committing to a whole room of a strong hue. Ideally, accent walls will start and end at inside corners or another area where the transition is subtle.

Remember that fifth wall... your ceiling! There is no rule that says all ceilings have to be white. Especially if you have crown molding, consider a shade for your ceiling that is just a step or two lighter or darker than your walls. If you are a little more daring, choose a color from a different palette altogether.

Saturated colors can go a long way towards making up for a lack of architectural character, as does crown molding, which is best installed before you paint.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindceden.com.✱

American Legion Post 123

On Sunday, November 20, American Legion Post 123 will offer a fish & shrimp fry from 1 to 8 p.m. Once again the Ladies Auxiliary will be baking pumpkin pies. Call and order yours before Sunday, November 20.

We will be open on Thanksgiving Day offering a turkey dinner with all the fixin's. Stop by on Sunday, November 27 for barbeque ribs and chicken served all day.

Every Monday is an 8-ball pool league at 5 p.m. Stop in and watch some good

shooting. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.✱



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Sanibel Captiva Community Bank employees present a check to Sanibel & Captiva Chamber Member Services Director Trent Peake, left, and President Ric Base, right

photo courtesy Sanibel & Captiva Islands Chamber of Commerce

Bank Signs On As Luminary Gold Sponsor

The Sanibel Captiva Community Bank is gold sponsor of the 32nd annual Luminary Holiday Stroll organized by the Sanibel & Captiva Islands Chamber of Commerce.

Beautifully lit paths will lead the way to merry landmarks, where festivalgoers will find assorted activities, snacks and refreshments.

"Luminary is always a great community event and a great way to kick off the holiday season," said Bank Senior Vice President David Wright. "The bank is proud to sponsor luminary again this year and looks forward to the festivities."

"The Sanibel Captiva Community Bank has been a longtime member of the chamber and supporter of the Luminary," said Chamber President Ric Base. "We are grateful for their generous contributions to our community."

Gather friends and family for a Luminary Holiday Stroll from 5:30 to 9 p.m. Friday, December 2 on Sanibel and Saturday, December 3 on Captiva. The Sanibel Luminary festival stretches from one end of Periwinkle Way to the other with a multitude of choices along the way. Luminary on Captiva spans Captiva Drive and Andy Rosse Lane with special treats at various businesses.

For more information, visit www.sancapbank.com or www.sanibel-captiva.org.✱

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

Under Florida law, life insurance is exempt from the claims of creditors. The exemption is rooted in public policy in the sense that when a person dies and leaves behind life insurance, that insurance is supposed to take care of a spouse and perhaps children. If creditors are first in line for the proceeds, then we might have many widows and children without any funds on which to live.

But sometimes the beneficial creditor protection of life insurance can be jeopardized. This is when the insured's estate is named as the beneficiary. When your estate is named as the beneficiary to

your life insurance policy, now it could be subject to the claims of your creditors since it is a probate inventory asset.

Allow me to provide an illustration of how this problem may arise:

Lisa owns a \$500,000 life insurance policy on her life. She has two minor children. Knowing that minor children would need a court-appointed guardian to collect her life insurance, Lisa names her estate so that her personal representative could collect the life insurance proceeds at her death, and then hold those proceeds in a testamentary trust created under her will for the benefit of her two minor children until they become adults. When Lisa died, she had many medical bills that weren't covered by insurance. The hospitals and physicians filed claims against Lisa's estate, thereby consuming a good portion of the life insurance that Lisa otherwise intended to benefit her children.

The problem may also arise in another sense. Assume, for example, that Lisa never named a beneficiary to her life insurance. The default beneficiary under the life insurance contract itself is often the insured's (Lisa's) estate. This happens more often than one would imagine.

So what should you do when you wish to name minor children as beneficiaries to a life insurance policy in order to keep the creditor-protected character in place? The best way to deal with this issue is to create a trust that would become the beneficiary of the life insurance policy. The trust would then include the minor children as beneficiaries. Here, the trustee of the trust would be able to collect the life insurance proceeds, and distribute those proceeds creditor-free to the beneficiaries.

If the trust you create is irrevocable, then you have what is known as an Irrevocable Life Insurance Trust (ILIT). In order to qualify the contribution of amounts to the ILIT in order to pay the premiums as gift tax free under the \$14,000 annual gift tax exclusion amount, the beneficiaries must be given a "Crummey withdrawal right." Generally speaking, after you contribute the amounts to the trust to pay the premium, the trustee must provide the beneficiaries (or their legal guardian) a 30-day window to withdraw their share of the contribution. The beneficiaries don't exercise that right usually, since to do so would thwart the payment of the premium and consequently the policy would lapse.

You don't necessarily have to create an ILIT in order to protect the insurance benefits. This may be accomplished through a revocable living trust, although you should work closely with your estate planning attorney to ensure all of the proper elements are drafted into the trust to provide the proper protection, and that the life insurance policy's beneficiary provisions are properly completed.

Many of these same issues come into play when you leave life insurance to disabled

beneficiaries or to beneficiaries that would squander the money. For those, you will likely need a testamentary trust of some kind with a gatekeeper trustee.

The bottom line is to let your estate attorney know about any life insurance that you might own, especially if you have minor or other beneficiaries with special considerations.

©2016 Craig R. Hersch. Learn more at www.sbslaw.com.✱

Lions Club Installs New Officer



Sanibel-Captiva Lions Club President Debi Almeida, right, and 2nd Vice President Tom Nachazel
photo courtesy Sanibel-Captiva Lions Club

The Sanibel-Captiva Lions Club elected Tom Nachazel as 2nd vice president during a recent dinner meeting at George & Wendy's Sanibel Seafood Grille. Nachazel has been an active member in the club for the past 22 years and is a former president.

"I am looking forward to leading various projects and continuing the Sanibel-Captiva Lions Club commitment to serving the community," said Nachazel.

Since the club's chartering in 1967, its members have worked on a variety of projects in the community, such as health screenings for children and adults. Proceeds from past fundraisers have gone to the Bailey Scholarship Fund, FISH of SanCap and the Visually Impaired Persons Rehabilitation Center. The club is gearing up for its Christmas tree sale, which runs from November

26 to Christmas Eve.

The club has 56 members and meets on the first and third Wednesdays. Members gather at 5:30 p.m. Meetings start at 6:30 p.m. with dinner at 7 p.m. Visiting Lions are always welcome.

Lions clubs are men and women who identify needs within the community and work together to fulfill those needs. For more information, visit sanibelcaptivalions.org.✱

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers



KC Cuscaden



Pat Moore

Premier Sotheby's International Realty has named KC Cuscaden as top producer and Pat Moore as top listing associate for October.✱



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Bank Planning New Branch



Craig Albert photo courtesy SCCB

The only bank chartered on Sanibel Island, Sanibel Captiva Community Bank (SCCB) has come a long way from its origins as a small bank. Expanding from its roots on Sanibel, today the bank has five branches in Lee County with \$332 million in assets: two on Sanibel Island and three in Fort Myers. Plans are under way to open a new location in downtown Fort Myers in the Edison

Theatre building at 1533 Hendry Street.

The community bank has been profitable since its founding in 2003 by sticking to the basics of sound business banking and super-attentive customer service. The bank is known for tailoring construction and residential real estate loans so customers can move into their dream homes in Southwest Florida.

In addition to the island-style friendly customer service inside each branch, Sanibel Captiva Community Bank has developed mobile banking technology that lets customers pay bills, transfer money and make deposits easily from their smartphones. Customers can withdraw funds free of charge from all Publix Presto ATMs, as well as 55,000 worldwide Allpoint Network ATMs, located in destination retail outlets like Walgreens, CVS and Target.

In an analysis of 6,000 community banks, the Independent Community Bankers Association recently ranked the bank among the best in the nation.

Close to home, the bank's charitable endeavors are unrivaled. "We're proud of the fact that the bank and our 60 employees supported 85 local nonprofit organizations last year, a record that's hard for any business to beat," said Craig Albert, president and CEO of Sanibel Captiva Community Bank.

"We are committed to the community, beyond providing individual customer service," said Albert. "Our customers are our neighbors, and we are here to serve them." ✨

Island Inn Becomes Gold Sponsor Of Luminary Stroll



Island Inn General Manager Chris Davison, center, Sanibel & Captiva Islands Chamber of Commerce President Ric Base, left, and Member Services Manager Trent Peake photo courtesy Sanibel & Captiva Chamber of Commerce

The historical Island Inn has become gold sponsor of the 32nd annual Luminary Holiday Stroll organized by The Sanibel & Captiva Islands Chamber of Commerce. Beautifully lit paths lead the way to merry landmarks, where festival-goers enjoy assorted activities, snacks and refreshments.

"Luminary is an event that brings residents, along with visiting guests, together with local businesses to celebrate the joy of the holiday season," said Island Inn General Manager Chris Davison. "The Inn could not be prouder to be a perennial sponsor."

The Luminary Holiday Stroll takes place from 5:30 to 9 p.m. on Friday, December 2 on Sanibel and Saturday, December 3 on Captiva. The Sanibel Luminary stretches from one end of Periwinkle Way to the other and offers a multitude of choices along the way. Luminary on Captiva spans Captiva Drive and Andy Rosse Lane with plenty of special treats at various businesses.

"Spending the holiday season on our sanctuary island is truly special and the Chamber of Commerce's luminary event seems to set this joyous tone for our community as a whole," said Davison. ✨

HAPPY THANKSGIVING



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Have a Safe and Happy Holiday...!



HeartWalk Series:

Dr. José Leal: A Breathtaking Moment



Dr. José Leal taking a ride on his paddleboard

submitted by Sandy Teger

When Dr. José Leal had trouble climbing the steps to the Bailey Matthews National Shell Museum, he finally acknowledged that something was wrong. For Leal, who was director of the museum, this climb had been a trivial part of most days. He had no history of heart problems, ate a vegetarian diet, was slim and ran marathons when he was younger. He and his fiancée, Kim, were fond of paddleboarding and made the journey from Redfish Pass to Blind Pass by paddleboard.

In 2013, Leal became ill with a seasonal flu and seemed to recuperate slowly. He found it increasingly difficult to do things that involved physical exertion and blamed his problems on that illness. Finally, after the stair climbing incident, he went for a visit with his primary physician at HealthPark.

The doctor immediately sent him on to the cardiology group for an EKG and stress test. The visit led to a heart catheterization and a diagnosis of 95 percent blockage of his ascending artery. Kim was waiting in the convalescence area for the results and Leal told her he was not going home then; he had to stay for a quadruple bypass and a mitral valve replacement. He said he had no time to be worried because "it all happened so fast." In fact, his reaction was to be grateful that he had not had an episode when he was out on the water on his paddleboard, with no help nearby. He knows that could have been a potentially life-threatening situation.

After the surgery, Leal spent nine days at the hospital while the doctors worked to stabilize his heart rhythms. He said Kim was an invaluable support, staying with him every night and sleeping in a chair in the ICU as soon as she was allowed to. The staff at HealthPark was great, but it was still hard not to be depressed.

Recuperation was a step-by-step process, literally. It was painful to cough, tough to get out of bed and took a year before he could sleep on his side again. Despite these obstacles, José was determined to do everything he could to get back to his active life. That included walking round and round in his living room until he had walked a mile.

Although he had been a vegetarian, he had previously eaten quite a bit of cheese and butter and a fair amount of salt and sugar. Those things went by the wayside after his surgery.

As Leal reflects on what happened, he believes that he somehow inherited a genetic predisposition to heart problems, likely from his father. Before his health problems, Leal had been planning to step down as director of the shell museum, which he subsequently did. He has taken on the position of curator, which meshes well with a more relaxed lifestyle and his interest in the scientific aspects of his profession.

Leal is thankful that we live in a time when medical science has such good tools at its disposal for addressing potentially life-threatening ailments. If you look at the picture of him with the wave on Blind Pass, you'll see that he's doing great. The photo was taken in January 2015, 18 months after his heart surgery.

It will be much tamer than the paddleboarding, but Leal and his fiancée are planning to join us to support the 2017 Sanibel-Captiva Heart Walk, which will take place on Sunday, January 29 starting at 1 p.m. It will start at the parking lot behind the new Doc Ford's Rum Bar & Grille on Tarpon Bay Road and will continue along Island Inn Road as in previous years.

The event will continue to be an occasion for the whole family, including pets. The walk is normally 5K, but the community is encouraged to show support whether or not they choose to take the whole walk. It will feature refreshments, entertainment provided by Thank You For The Dance, a silent auction and event T-shirts.

Proceeds from the event support the American Heart Association's lifesaving research, education and advocacy programs that have helped our island friends and neighbors survive their heart events and go on to lead healthy productive lives. This is the fourth consecutive year that The Sanibel Captiva Trust Company has been a Platinum Sponsor. We also greatly appreciate Il Cielo Restaurant as a Platinum Sponsor for the second time.

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

Owner Joins Business Elite



Debi Gambee-Almeida, left, at the AADMM National Conference in Tampa with President and Founder Peter Conklin
photo courtesy Debi Gambee-Almeida

Debi Gambee-Almeida of Sanibel Blue Financial has become a certified daily money manager with

the American Association of Daily Money Managers (AADMM). She joins an elite group of only eight professional daily money managers in Florida and one of 90 in the U.S.

In order to sit for the exam, Almeida needed at least 1,500 hours of paid daily money management experience as well as a background check.

The exam covered Medicare, bill paying, basic bookkeeping, expenses, budgeting, ethics and standards of practice. As a daily money manager, clients range from busy professionals to the technology adverse, the elderly and small businesses.

"I absolutely have found my niche in life, bringing with me a vast array of experiences, both professional and personal," she said. "I customize a plan with each client, outlining their individual needs."

Almeida has served on the Public Relations, Ambassadors and Public Awareness Committees at the national level for the AADMM. For more information, go to www.aadmm.com.

Call Almeida at 839-6443 or visit www.sanibelblue.com to learn more.

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BeautifulLife:

Serving Others

by Kay Casperson



Do you have a heart to serve? Veterans Day just passed and it is so awesome to see so many people honor those that served our country. It also makes me think about all the great

ways that individuals can get involved in serving others. Serving is actually a part of our purpose and plan and can be quite fulfilling when done with an open heart and mind.

We need to remind our young people how important it is to get involved in serving others and that it is not serve us, or serve me, it is serve others. The best place to start looking for people and places to serve is in your own circle of influence. Who do you know that needs help? How about where you work, the schools in your community, your churches or other non-profit organizations that need volunteers? There are so many opportunities out there to serve others, you just need to follow your passion and find the areas you can help. Remember, if you love and serve your circle of influence first then the world will be served appropriately.

If you're looking for some ideas, here are just a few: care packages for those in need, donating food, clothing and things to local and national organizations, visit hospitals and nursing homes or even offering to help a friend by watching their kids, lending a helping hand or even a transportation.

Remember, it can be as simple as helping other people shine, celebrating other people, listen or pay attention, thank and even pay it forward by buying someone's coffee. If you search for opportunities to serve, you will find them and you will be amazed at how much more fulfilled and beautiful your life will be.

Here are a few affirmations that will help you serve:

- I am always looking for new ways to serve others as a part of my plan and purpose.
- I will listen to others, celebrate their lives and help them shine.
- I have a creative mind and will come up with new ideas for myself and others to serve our community and our world.

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. ✨

BIG ARTS Season Co-Sponsors



From left, Tony Lapi, Al Hanser, Lee Ellen Harder, Steve Greenstein and Doug Babcock

photo courtesy BIG ARTS

The Sanibel Captiva Trust Company and Sanibel Captiva Beach Resorts are partnering to co-sponsor the BIG ARTS Performing Arts series of 16 nationally recognized artists, the Monday Night Film series and four 2016/2017 BIG ARTS Strauss Theater productions. BIG ARTS theater fare kicks-off on November 28 with an adaptation of Dickens' much-loved holiday classic, *A Christmas Carol*, complete with special visits from Old St. Nick.

The BIG ARTS December line-up includes the cool jazz of virtuoso pianist Dick Hyman and the big brass sound of the Lew Del Gatto Sextet on December 10, followed by the cutting edge, classical trio, Intersection. The BIG ARTS Band and Chorus – a Sanibel and Captiva islands annual community tradition – rounds out the holiday offerings. The remainder of the season, which continues through

continued on page 31B

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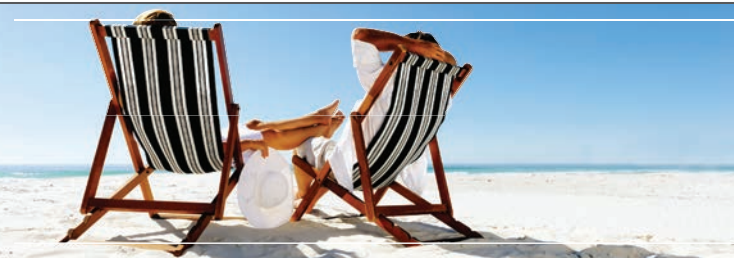
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- 3 BR/3 BA furnished
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4. Colony Beach Estates - Sanibel

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5. Gulf Access Canal Home - Sanibel

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- Concrete construction, Steps to the beach
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8. Pointe Santo Best Buys

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10. Captiva Village

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- Impact glass, salt water pool, granite, stainless
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11. Best of Loggerhead Cay 2 BR/2 BA Furnished Units

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Top Women Golfers In The World Compete In Tour’s Richest Event



by Ed Frank

The top women golfers in the world will compete here this weekend when the season-ending CME Group Tour Championship returns to the Tiburon Golf Club in Naples with the winner possibly earning \$1.5 million.

The richest event of the year on the LPGA Tour includes a \$500,000 winner’s check for the CME Group Tour Championship plus a \$1 million first-place prize in the coveted Race to the CME Globe.

The Race to the CME Globe is a season-long points program where points are awarded throughout the year based on tournament performance.

The World’s No. 1 player, Lydia Ko, a two-time winner of the Race to the CME Globe, headlines the field along with world No. 2 Ariya Jutanugarn and No. 3 In Gee Chun.

With the points reset after last week’s Lorena Ochoa Invitational, these top-three control their own destiny in being able to win both the Tour Championship and the Race to the CME Globe.

All of the 2016 winners on the LPGA Tour are in the 69 qualifying field this weekend. Ko is a four-time winner this year and Jutanugarn leads the pack with five wins. Should she win this weekend, she should become the first six-time season winner since Inbee Park accomplished the feat in 2013.

Cristie Kerr returns to defend her 2015 CME Group Tour Championship, her 18th career win on the LPGA Tour. She captured the \$500,000 first-place prize with a final round 68, which included a birdie and an eagle in her final four holes.

SPORTS QUIZ

1. In 2015, pitcher Zack Greinke became the third Los Angeles Dodgers right-handed pitcher in the modern era to have six straight starts without allowing a run. Who else did it?
2. Jose Altuve became the fastest player in Houston Astros history to reach 800 career hits (647 games). Who had been the fastest to do it?
3. In 2015, Keenan Allen tied a San Diego Chargers record for most receptions in a game (15). Who else did it?
4. Syracuse’s men’s basketball team, in 2015, became the second team in Division I history to win 50 straight games against an opponent (Colgate). Who was the first to do it?
5. Who was the last American before Auston Matthews in 2016 to be selected No. 1 overall in the NHL Draft?
6. Who was the first Major League Soccer player to have at least 15 goals and 15 assists in the same season?
7. Name the last horse to win the Preakness and the Belmont after not winning the Kentucky Derby in the same year.

ANSWERS

1. Don Drysdale (1968) and Orrel Hershiser (1988). 2. Cesar Cedeno needed 707 games to do it. 3. Kellen Winslow, in 1984. 4. UCLA’s men’s basketball team won 52 consecutive games against Cal (1961-85). 5. Chicago selected Patrick Kane in 2007. 6. Jason Kreis of FC Dallas in 1999. 7. Allet Alex, in 2005.

Ko won her second consecutive Race to the CME Globe last year, finishing seventh in the Tour Championship giving her enough points to capture the \$1 million Globe.

This season-ending competition will be televised Thursday through Saturday on the Golf Channel and Sunday’s final round on ABC from 1 to 4 p.m.

Tickets to the popular event are available daily at the gate.

Everblades Hockey Team Unbeaten In Regulation

The Florida Everblades began the week with the best record in the entire 27-team ECHL with a 10-0-1 record after completing a four-game road-winning streak at Atlanta and Greenville.

The unbeaten regular-game Everblades return home to Germain Arena tonight, Friday, hosting the Greenville Swamp Rabbits, whom they defeated last Sunday in Greenville 6-2. The puck drops at 7:30 p.m.

Florida is at home again Saturday against Missouri for a 7 p.m. start.*

SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through November 14

Standing	Team Name	Won	Lost
First	Bunt’s Ball Busters	73	47
Second	Sandycappers	58	62
Third	Fresh Legion Crew	55	65
Fourth	Sanibel Café	54	66

October 17 Results

Bunt’s Ball Busters	15	Sanibel Cafe	5
Sandycappers	12	Fresh Legion Crew	8

Sanibel 8-Ball Pool League

Sandycappers Jump To Second

Sanibel Café dropped from second place to last place after absorbing a 15-5 pasting from league-leading Bunt’s Ball Busters. The Ball Busters were led by Terry Ricotta, who racked up four wins against Randy Carson. Ricotta just drove in for the season from Pennsylvania. Mike DeWitt also had a 4-0 effort over Jimbo Gaubatz. Rich Ennis and Bob Buntrock helped the winners with 3-1 wins over Rich McCurry and Pete Mindel. Minnesota ace Scotty Byers led Sanibel Café with three wins against Dave Doane.

Sandycappers climbed out of the cellar and into second place by fashioning a 12-8 victory over Fresh Legion

Crew. Gary Murza led the winners by submerging Gator Gates, 4-0. Kevin Pottorf also had four wins against Becky Skog. Top shooters for Fresh Legion Crew were Nate Bufam and Doc Lubinski with 3-1 efforts over John Bates and John Riegert.

Highlights from the week included Doc Lubinski shooting with a white glove on his injured hand ala Michael Jackson, Mike DeWitt benefiting from his trip to the eye doctor to get four wins, Nate Bufam overcoming his gal friend’s off-island visit to her family thus removing his cheering section, Rich Ennis going back to his tango lessons and losing a game due to extreme fatigue, and Scotty Byers executing seven miracle bank shots to stun Dave Doane who had been the league’s top banker up to last Monday night. Drop in at the American Legion Post 123 to watch next week’s action.*

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Campaign Goal Met To Build New Children's Hospital

Lee Health Foundation recently announced that \$100 million has been raised to achieve the Campaign Goal For Children, a five-year, \$100 million capital campaign to build the new Golisano Children's Hospital of Southwest Florida to serve children and families from Lee, Collier, Charlotte, Hendry and Glades counties.

The vision for this pediatric center of medical excellence has spanned many years in the planning stages, and the new 292,000-square-foot, 128-bed, seven-story tower is scheduled for completion and opening in April 2017.

During a check presentation ceremony held on November 2 at Lee Health's HealthPark Medical Center, SWFL Children's Charities, Inc., presented a check to Lee Health Foundation for \$2.4 million and pledged another \$1 million to meet the campaign goal for the hospital. In total, SWFL Children's Charities, Inc., has pledged and contributed \$16 million to the new Golisano Children's Hospital of Southwest Florida.

"The mission of SWFL Children's Charities, Inc. is to advance the pediatric health care in the region and, for the past eight years, this charity has dedicated funds from its annual signature fundraiser, the Southwest Florida Wine & Food Fest, towards the new hospital," said Elaine Hawkins, president of SWFL Children's Charities, Inc. "With support from our trustees, event attendees, volunteers and

community partners, we proudly represent so many in the community who believe in the power of giving and putting kids first."

In May 2012, B. Thomas Golisano pledged a \$20 million matching challenge grant that served as a call to the community to support children's health care and construct a new children's hospital for Southwest Florida. In recognition of the gift, the hospital was renamed Golisano Children's Hospital of Southwest Florida.

"I am overwhelmed with the generosity of our entire Southwest Florida community. The thousands of gifts, regardless of size, coupled with Mr. Golisano's \$20 million matching gift, made the new Golisano Children's Hospital possible. This is truly the community's hospital, and I am honored to have been part of this extraordinary effort," said Joe Catti, president and CEO of FineMark National Bank & Trust and chair of the Golisano Children's Hospital of Southwest Florida capital campaign.

"This is the hospital that you, the community, have built," said Skip Leonard, chief foundation officer, Lee Health Foundation. "Mr. Golisano and SWFL Children's Charities, Inc., contributed lead gifts to the campaign, igniting the community to contribute as well, including children with lemonade stands, local businesses and schools, renowned philanthropists, participants of fishing tournaments and golf events, neighborhood groups and even lottery winners are among the thousands who have contributed, collectively raising \$100 million to fund the construction of the new Golisano Children's Hospital of Southwest Florida."✱✱

Twins Introduce New Baseball Executives To Restore Franchise

by Ed Frank

A new era for the Minnesota Twins was formally ushered in this week with the introduction of a tandem of new top baseball executives who were hired to restore the once-winning tradition of the franchise – a franchise that lost 103 games this past season, the worst record in the Major Leagues.

Patterned after the success of the Boston Red Sox, the Chicago Cubs and other teams, Twins owner Jim Pohlad restructured his front office by hiring both a chief baseball officer and a new general manager.

Introduced at a press conference earlier this week were Derek Falvey, chief baseball officer, and Thad Levine, general manager.

The 33-year-old Falvey previously served as assistant general manager of the Cleveland Indians, and Levine, 44, had been an assistant GM for the Texas Rangers since 2005. The Twins had to wait until after the World Series to make the moves official. Both were given five-year contracts.

Falvey and Levine represent a movement throughout baseball in which young, talented executives are replacing old-school bosses who climbed through the

ranks of scouting and coaching.

Falvey was with the Indians the past nine seasons and replaces the Twins former veteran GM Terry Ryan, whom Pohlad fired in July. He played baseball at Trinity College, where he graduated in 2005 with a degree in economics.

Levine had been involved in all phases of the Rangers operations – player acquisitions, contract negotiations, roster management, statistical analysis and international scouting.

Bringing Levine to the Twins is certain to result in added emphasis on the statistical side of baseball.

At the introductory press conference, Falvey used the word "collaboration" repeatedly, stressing it will be a group effort from the front office, coaching staff, minor leagues and scouting to restore the Twins to a winning team.

He did not put a timeline on how quickly this can occur, but noted the Twins have talented young players, and that the turnaround could occur quickly.

The Twins have long been recognized as a family-type organization with many, many of their baseball personnel – from the front office all the way down to the minor leagues – having decades of service.

Time will tell whether Falvey and Levine change that long-standing practice.

The Twins report here for Spring Training in just three months. Although changes are certain in the months ahead, one thing that is certain, and this was stressed by Falvey and Levine: Paul Molitor will return as manager.✱✱

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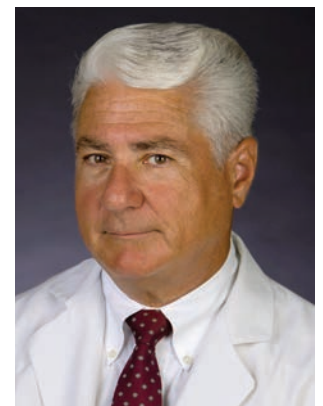
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Island Seniors At The Center 4 Life

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 in observance of Thanksgiving, Thursday, November 24 and Friday, November 25. The center will resume regular operating hours on Monday, November 28.

Page Turners – with Louise Fitzgerald and Ann Hartman. If you are not on the Page Turners list, and wish to be, email ocean@comcast.net or 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

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.

Island Seniors, Inc. Annual Members Meeting – Friday, December 9 at 11:30 a.m. All Center 4 Life members are invited and encouraged to attend this informative and entertaining event. At the meeting, you will learn about the center's many activities throughout the year, the financial standing, and you will have an opportunity to elect new board members.

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 1 p.m.

Tuesday Kayaking – November 22

and 29 (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 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.

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.✱

The Dunes Golf & Tennis Club

2 Better Balls Of 4

The results of The Dunes Men's Golf Association 2 Better Balls Of 4 competition held on November 9 are as follows:

First: Dan Alton, Tom Shriner, Tom Winkler and Michael Funk

Second: Jim Fantozzi, Roger Blouin and Tom Veratti

Third: Bob Lindman, Skip Jewett, Tim O'Neill and Roy Brodersen

Fourth: Norbert Kunz, Dave Blue and Peter Cline

Interclub Roster:

Donald Denecke, Jim Clapp, Bob Schoen, Mike Hnatow, Tom Meline, Roger Blouin and Tom Veratti

Upcoming DMGA events:

• November 23 – 1 Better Ball Of 2 (Shamble)

• November 30 – Quota Point
Also, the GMCI qualifier for The Dunes will be held on December 13.✱



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"It seems crazy to think that any of us can try to change the world by our small inspirations of justice, but it is crazier to think that the world will change if we never try." Becca Stevens

Eden Energy Medicine

Skin Or Hair Issues? Trace Large Intestine Meridian



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

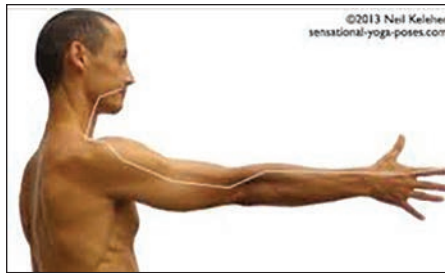
From a Chinese view, the large intestine (LI) – five and a half feet long – makes the distinction between what substances the body benefits from keeping and what is harmful, requiring it be dispelled from the system, enabling all systems to work efficiently. A breakdown in balance leads to congestion or overcrowding, which manifest as abdominal pain, cramping, constipation or diarrhea, colic, colon disorders, gum disease, hemorrhoids, herpes, hip issues, side leg pains, low back pain, mineral deficiencies or toothaches. LI and LU together control the emotion of grief and not letting go.

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

Meridian Flow Wheel Time of Day – LI meridian's high tide is 5 to 7 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 5:30 a.m., then begin with LI.

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 LI if you have some of the symptoms listed in the opening paragraph or if one is highly judgmental, is unable to "let go" or has chronic sadness or is intolerant of opposing views.

Affirmation for this Meridian – "I let go of fear, guilt, anger and shame... and live life fully in the now!" 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 the open fingers of one hand at the end of the index finger, tracing up the back of the side of the arm where the dark skin meets the lighter underside of skin, over the shoulder, across the neck to the bottom of the nostril and then around the side of the nose to the top outside edge of the nostril. Do the other side. That's it... you just traced large intestine 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 declogging 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.

Keep this column as a reminder of how to trace large intestine while you learn the last two meridians this month.

Have fun with your energy! Next week's topic is Meet the Sea of Nutrients – Trace Stomach Meridian for bloating, gas or nausea.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit 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.✧

dearRPharmacist

Mouth-Watering Pesto Spaghetti Squash



by Suzy Cohen, RPh

Dear Readers: Thanksgiving is coming up, so today I'm sharing my favorite recipe for a healthy pesto-inspired spaghetti dish. This colorful, fabulous dish is loaded with healthy nutrients and includes

the supplement "aloe vera juice," which you can't even taste.

As for health benefits, spaghetti squash has a fair amount of beta carotenoids as well as soluble fiber. It only has 40 calories, compared to 200 from traditional pasta. Please try spaghetti squash, it's worth the effort. Because I write for a living, I always ask the produce department to saw it in half in the back. (I am not real good with sharp knives!)

My pesto sauce has a dash of aloe vera juice (whole leaf, USDA organic). Aloe is an ancient medicinal plant that has activity against *H. pylori* which can cause bad breath and gastric ulcers. About 87 percent of people with halitosis have *H. pylori*. Interestingly, a specific aloe protein (named 14 kDa) can block growth and spreading of *Candida* fungal infections.

I use organic grape seed oil in my pesto sauce. Grape seed oil does a good job at strengthening and repairing broken or torn capillaries and blood vessels (think spider veins and varicose). Indirectly, this improves your circulation, another plus for people with diabetes who have impaired circulation and are prone to foot ulcers and amputations.

Obviously, basil is the star of the pesto sauce, and basil is very rich in

blood-clotting vitamin K and manganese. Manganese spurs production of biologically active thyroid hormone (which burns fat) and it also makes Superoxide Dismutase, a potent detoxifying enzyme. Manganese forms your enzyme called "prolase," which makes collagen in your skin.

Basil is a lot like a natural antibiotic especially against certain staph and pseudomonas infections. Enough about nutrition; right now, I'm providing my recipe which may be served as the main dish with warm bread and butter, or beside your roasted turkey.

Ingredients

Pesto Sauce:

- 2 cups packed fresh basil leaves
- 2 garlic cloves
- 1/2 cup pine nuts (or walnuts)
- 1/2 cup grated parmesan (or asiago)
- 1/4 cup grape seed oil
- 1 1/2 teaspoons aloe vera juice
- 1 teaspoon lemon juice
- Salt and pepper, to taste
- 1 medium spaghetti squash
- 1/2 cup water

Directions: Blend the pesto sauce ingredients together in a food processor. If it's too thick, add a tablespoon or two of water to alter consistency. Pesto may be made a few days in advance and stored in the refrigerator. One serving has only 19 calories and 1.8 grams of total fat.

To make the spaghetti squash, preheat oven to 400 degrees. Halve spaghetti squash and place face-down in a lightly oiled glass baking pan. Pour water in pan around squash. Cook for one hour or until you can push a fork through the skin easily. Remove from oven, and carefully scoop seeds out and discard. Scrape the "spaghetti" out of the squash using a fork. Top with pesto sauce and additional grated cheese. This will make you drool!

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.✧

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Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: Is there a connection between stress and lack of sleep?

A: There most certainly is. In fact, the latest statistic I read from the National Sleep Foundation is that

over 60 percent of Americans have poor quality of sleep which results from being too stressed. This results in motor vehicle accidents, marital issues, problems in the work place and poor overall health. Insomnia has been known to become another health issue epidemic. It was also recently reported that there is a dramatic incidence of insomnia reported in middle and high school students. There are increased pharmaceutical advertisements promising a cure for insomnia. Ninety percent of those with poor sleep habits attribute this to emotional stress.

Stress on all levels – physical, mental, emotional and spiritual – affect one’s quality and quantity of sleep. I often encounter clients who indicate their stress levels due to lack of sleep make them irritable, affect them on the job, and even increase their anxiety. The good news is that there are a number of stress management techniques that can help people sleep better and feel

a better balance in their life. Physical exercise is highly recommended, including cardiovascular exercise. I advise exercising to your liking. If you have a particular exercise you prefer, such as walking, jogging or swimming, then do what you enjoy. You will be more apt to continue. It’s fine to experiment and switch it around.

Meditation is helpful with getting clarity and reducing stress. Yoga, Tai Chi and Chi Gong are great for balance and present moment awareness. These all have proven to be effective in promoting a good nights sleep.

The following are tips for a good night’s sleep:

- Keep TV out of the bedroom. Instead, try to read or meditate to induce a sleepiness.
- Keep a regular sleep cycle by going to bed at the same time every night and waking up about the same time each morning. This will help with your circadian rhythms. It’s also helpful to eat dinner approximately the same time every night. It is not recommended that you eat a large meal prior to going to bed as it interferes with your (REM) sleep cycle.
- Stop using your cell phone and computer several hours before going to sleep. One research study suggests that microwaves radiating from these devices decreases the production of melatonin, the sleep hormone necessary for quality sleep.
- Make your bedroom for sleep only. In our ever present techno society, we tend to take our technology to bed with us. This is a no-no. Leave all of this (except for a good book to read) in your office. Leave the bedroom for sleeping and sex.
- Create a warm, inviting atmosphere

for your bedroom. Perhaps a little lavender scent (very relaxing) on your pillows will help with enhancing a sense of calm. Have good pillows and sheets and a ood mattress is important. Create an ambience that is conducive to a good nights rest.

Bring about an awareness to what will help you have a proper sleep pattern

which will lead to an overall productive and fulfilled day.

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.✧

Doctor and Dietician

Exercise Helps To Increase Libido



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

A satisfying sex life requires a healthy body. Exercise encourages a healthy body and also gets your hormones flowing. We are huge proponents of exercise – and promoting a healthy libido is just one more benefit.

If you exercise, you will have more energy and stamina, both in and out of the bedroom. It is important to find the time to exercise, even if it is just making more of an effort to stay active around the house and yard. Get off the couch and get moving.

You might try buying weights that you strap onto your ankles or wrists. You can wear these while you are doing your daily activities around the house. This will help

you to boost endurance and build muscle strength.

Eating healthy foods and taking vitamins with additional supplements can also help increase your sexual desire and reproduction. Remember that you cannot just substitute food with supplements. You still need to eat fresh foods, especially protein and vegetables. Dump the sugar and processed foods. Taking a supplement is just an added bonus that should enhance your health. If you need that extra boost from supplements, ask a Natural Medicine practitioner about supplements that are best for you and improving sexual function.

Sex hormones play a vital role in the overall health of a person. Low sex hormone levels can cause a lack of energy, decreased libido, low muscle mass in men and bone loss. A hormone panel blood test can be used to determine the sex hormone status of a patient and monitor patients receiving hormone replacement therapy.

In summary, if you want to boost your sexual response, start by boosting your nutrition, supplements and exercise plans. This is the safest, easiest and cheapest way to solve sexual function problems.

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.✧

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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,
Is it genetic? My grandmother was fat, my mother and daughter are fat, and now my new doctor says I have to lose 75 pounds. My old doctor never said that I was fat, but this new young doctor says I may be diabetic or have a thyroid problem. My husband and I love our eats and we don’t want to be on some stupid diet. We love the all you can eat restaurants and

don’t want to give up anything. Do you know of a pill I could take so I won’t have to change my life?
Effie

Dear Effie,
Genetics can sometimes be involved, but more frequently weight gain is caused because we eat too much for the energy we need and the extra is stored as fat. Your family may need some food counseling in food choices. Maybe you all eat the same kind of food that increases your caloric intake too much so you all gain weight. It has been documented that families can do this.

The threat of diabetes and the possible medical problems that may develop would make me think twice about continuing your lifestyle. But that is between you and your doctor.

Dear Effie,
The choice is yours – introduce healthy habits into your routine and stay as healthy as you can, or don’t, very simple. If you do not, you can most likely look forward to increased doctor appointments, increased restrictions of your diet and activity, increased dependence on adult children, and increased financial expense; paying for the additional doctors, medicines and supplies. The choice is yours...

Lizzie and Pryce’s email address is momandmeaging@hotmail.com.✧



Marinated Rock Shrimp Rice Salad

2 cups steamed rice
 ¼ cup green pepper, finely diced
 ¼ cup cucumber, chopped
 ¼ cup celery, diced
 ¼ cup red onion, diced
 1 pound rock shrimp,
 cooked and peeled
 ½ cup Italian vinaigrette dressing
 4 medium tomatoes
 Romaine lettuce, shredded

In a large bowl, combine all ingredients except tomatoes and lettuce. Toss to coat well with dressing; cover and chill for one hour or overnight. Core the tomatoes and cut into wedges from the top to within ½-inch from base of tomato to make a cup. Spoon shrimp rice salad into tomato centered on a bed of shredded lettuce. Serve with additional vinaigrette dressing.

Yield: four servings.✱



Marinated Rock Shrimp Rice Salad

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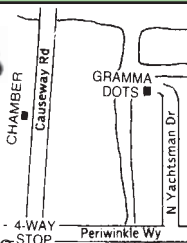
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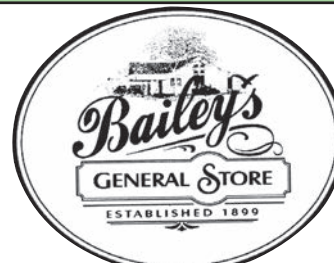
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COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
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FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
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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

This week's spotlight senior is Montana. He is a 6 year old lab mix neutered male who is still active and loves to play ball. He loves it so much, he will roll the ball to you if you stop before he is ready. If you think a mature but active guy is just what you've been waiting for, then you have found your match with Montana.

Adoption Fee: \$10 during Adopt a Senior Pet Month or free for senior citizens adopting senior pets

Pepsi is a 3 month old domestic short hair male and his sister, Sprite, are two adorable lap cats. They are calm with just enough playfulness to be entertaining. Why not adopt both of these beauties and double your love and fun?

Adoption Fee: \$75 for both (cats and kittens are two for one adoption fee)

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

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

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

The adoption package is valued at \$500.✧



Montana ID# 679862



Pepsi ID# 671671

PAWS Of Sanibel

Hugo

PAWS of Sanibel is trying to help find a temporary home (approximately two months) for a 2-year-old, 60-pound Lab/Mastiff mix. A member of the dogs' family is fighting cancer, and is here on Sanibel staying with a family member that lives here who will aid – as needed – with issues surrounding the treatment process. The family member is in a condo that does not allow dogs. Another member of the family will be available to take the dog for walks and provide food, etc. The dog just needs a place to spend his days and nights. The treatment process for this individual began on November 9, and the spouse – who is currently in another state with that dog – would like to join the family here on Sanibel as soon as possible.

If you have room in your home and your heart to help this family, contact Pam at PAWS of Sanibel at 472-4823 as soon as possible.✧



Hugo

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, call PAWS volunteer Yolanda at 691-4488.✧

PAWS Of Sanibel

Help PAWS Of Sanibel

The holidays are approaching and everyone will be busy shopping for gifts, decorations and more. When shopping on Amazon, please shop at smile.amazon.com, Protection of Animal Welfare Society, Inc. (PAWS Inc.), and a small portion of your purchase will go to PAWS of Sanibel/Captiva. There is no additional cost to you.

Please use this link to open to the PAWS account at Amazon smile: smile.amazon.com/ch/65-0037174 for your all your Amazon purchases year round.

Support a great cause and find all of your holiday gift-giving essentials.✧

PUZZLES

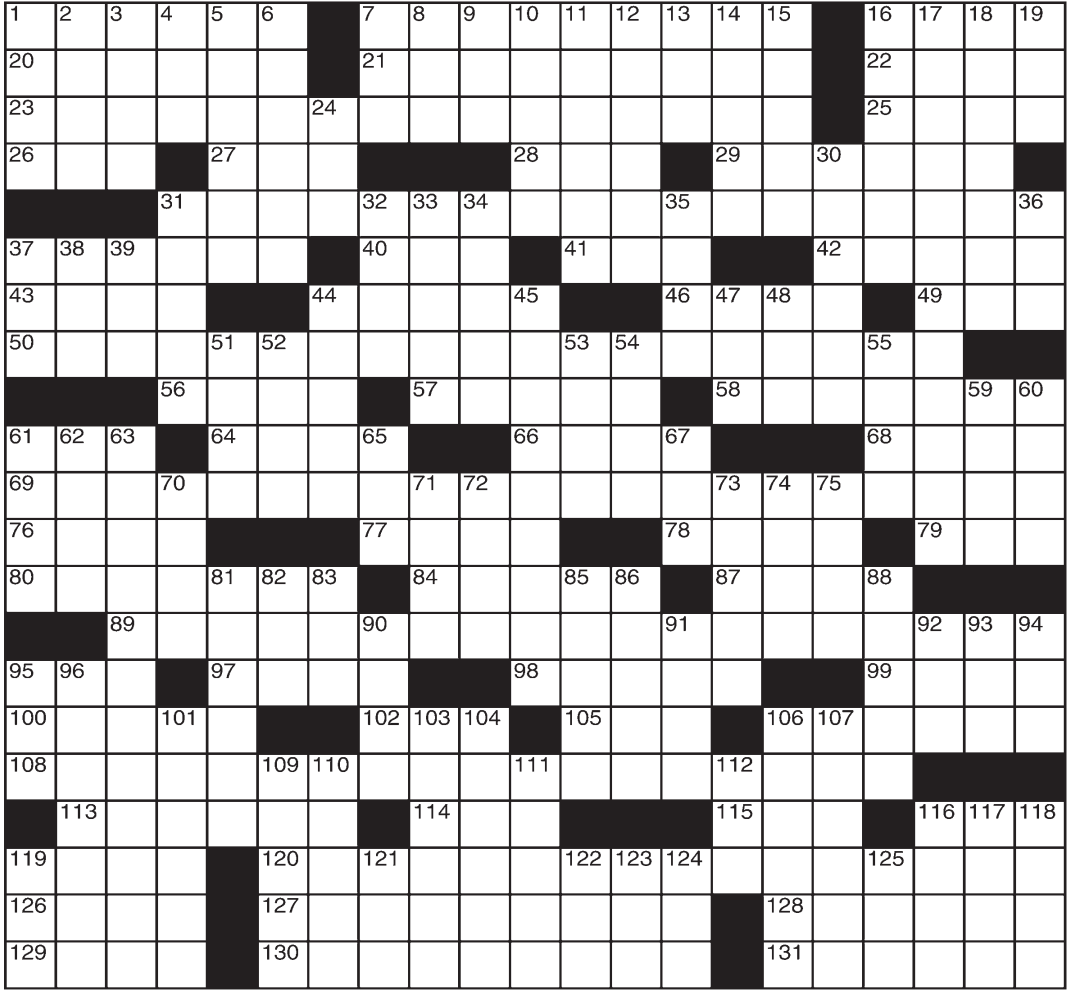
Answers on page 29B

Super Crossword CHAIN LINKS

- ACROSS**

1 Neaten (up)
7 Lab compounds
16 Terrific, slangily
20 Talented talker
21 Thinks up something
22 Witchy sorts
23 Furniture chain, literally
25 Prime draft classification
26 Many times, in verse
27 "What — I tell you?"
28 Bygone rival of Delta
29 Using an Rx, say
31 Restaurant chain, literally
37 Synchronize
40 One in sales, briefly
41 Big letters in fashion
42 Strong coat fabric
43 TV pioneer Jack
44 "— For" (1995 Nicole Kidman film)
46 Wildly
49 It carries a small charge
- 50 Dog chain, literally
56 Swivel about an axis
57 Tan shade
58 Baseball great Casey
61 Cry a river
64 "It's my turn to go"
66 Kipling's Rikki-tikki-
68 "— pity" ("Alas")
69 Mountain chain, literally
76 Jewish month
77 Arouse
78 Skin opening
79 Beer belly, e.g.
80 It's not a pretty sight
84 Casts forth
87 Give a summons to
89 Food chain, literally
95 Native Coloradan
97 Pop's Stefani
98 Jeans giant
99 Nastase of tennis
100 — -Croatian (language)
102 "BTW" part
105 Gigi's refusal
106 NFL lineman
- 108 Island chain, literally
113 Pedal pusher
114 Badger
115 "It's so cold!"
116 OS computer
119 Stephen King's rabid dog
120 Watch chain, literally
126 Time period
127 Asbestos, e.g.
128 Sean Penn film
129 "Woe —!"
130 Celebrities of daytime dramas
131 Clear record holder
- DOWN**

1 Merely OK
2 U. lecturer
3 Finn's craft
4 Thespian Hagen
5 Police line
6 Otter relative
7 Tai —
8 Bit of a laugh
9 Legal rider?
10 Damon and Dillon
11 Somewhat
12 Cubans, e.g.
13 Sweetened drink
- 14 "Bad" Brown
15 Camille Saint-
16 Lisa's role on "Friends"
17 Excessive display of distress
18 Way in the past
19 Org. with bag screeners
24 Curious
30 Large pike, for short
31 Copies a happy cat
32 Slangy ending for switch
33 Copy over, as a soundtrack
34 Offer a view
35 "Kapow!"
36 Deep desire
37 Android extra
38 T on a frat tee
39 Recess game
44 It's led by a Sec'y-General
45 Think piece
47 Postgrad degs.
48 Hitter Mel
- 51 Double- (tourney type)
52 Arizona tribe
53 "I got — in Kalamazoo"
54 Impose, as a tax
55 Opposed to
59 Jacob's wombmate
60 Café au —
61 — -Ball
62 Unctuous
63 Certain fruity spread
65 Sleeping garb
67 Wee demon
70 Rick's love in a classic film
71 Kong's kin
72 — roast
73 Hocus-
74 Author Leon
75 Actor Rogen
81 Like many hockey shots
82 Unvarnished
83 Dir. from L.A. to K.C.
85 Rocker Reznor
86 Revel in
88 Writer Jong
90 Echidna food
91 Lollobrigida of Hollywood
92 Type
93 .001 inch
94 Split second?
- 95 Kind of port for a PC
96 Servers in saucers
101 Flagship U.K. TV network
103 Ended a phone talk
104 In-box fillers
106 Like the Tatar language
107 To another continent
109 Hero shops
110 University of Maine's city
111 Strain at — (fuss pettily)
112 Hitting stat
116 Flat-topped hill
117 "What —!" ("Such fun!")
119 Hit CBS drama
121 Secret govt. group
122 Flight deck guess, briefly
123 University sisters' org.
124 Triage sites, for short
125 Ovid's 2,100



King Crossword

- ACROSS**

1 Like a snail
5 Biblical verb suffix
8 Venomous vipers
12 Swearing-in utterance
13 Extinct bird
14 Actress Perlman
15 Acolyte
17 Gruesome
18 More indigent
19 Runs off to wed
21 Soar
22 Croon
23 Possesses
26 Thither
28 Scratch-and-
31 Canyon phenomenon
33 Scale member
35 Great Lake
36 Mail unit
38 Wrong (Pref.)
40 "Ben-Hur" author Wallace
41 Volition
43 Denials
45 Game with lettered cubes
47 Put into cipher
51 Met melody
52 G.I. of WW I
54 Bacterium
- 55 Hiatus
56 Telegram
57 One's performances
58 Speech hesitations
59 \$ dispensers
dent
8 French forest region
9 2005 Steve Martin movie based on a novel he wrote
10 Father (Fr.)
11 Emulates Simon?
16 Depend (on)
20 Fleur-de--
23 "— a real nowhere man"
24 Do something
25 Vegas troupe member
27 — de plume
- DOWN**

1 Cleanser
2 Composer
3 "Beetle Bailey" dog
4 Harbor structure
5 Early life forms
6 Also
7 19th presi-
10 Attended hill
11 "What —!" ("Such fun!")
118 Hit CBS drama
122 Flight deck guess, briefly
123 University sisters' org.
124 Triage sites, for short
125 Ovid's 2,100
29 "A pox on thee!"
30 A handful
32 Folding art
34 Police methods
37 Right angle
39 Composition
42 Sill
44 Unstressed vowel
45 Luggage
46 Sandwich cookie
48 Last write-up
49 Campus quarters
50 Spud's buds
53 Rowing need

MAGIC MAZE ● **SPORTS IDIOMS**

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

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

By a nose	Hat trick	Kisser	Ringer
End run	Home stretch	Knockout	Round
Gambit	Infighting	Play ball	Slam-dunk
Hands down	Kayo	Punchy	



"That idiot doctor of mine had to say I need more _____ in front of my wife!"
answer on page 27B

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Scold
BEATER _____

Spare
TAXER _____

Mean
DINES _____

Enough
CUFFIES _____

TODAY'S WORD

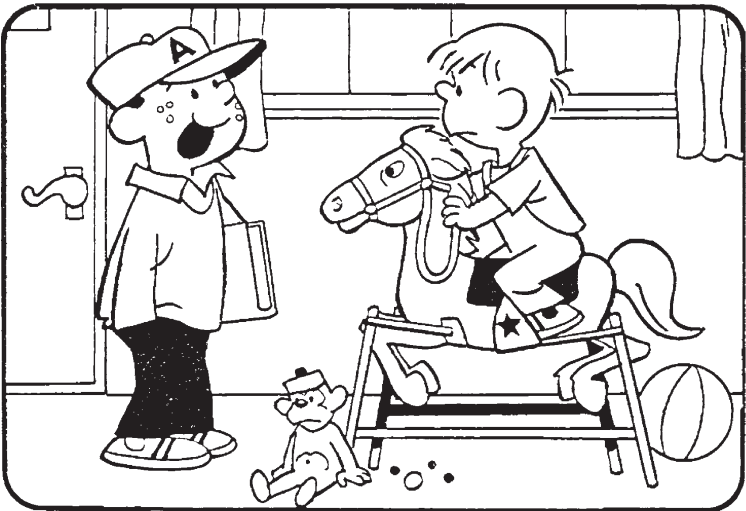
2			5			6		
	3				7			5
		1		6			7	
	7			2			4	9
		3	4			8		
5			9		1			2
		9		5			8	
8					3			7
	4		1			5		

SUDOKU

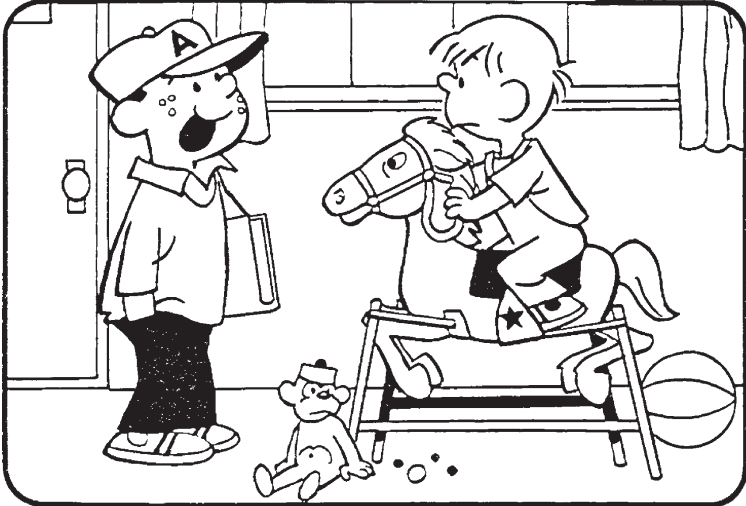
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

answer on page 29B

HOCUS-FOCUS



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Handle is different. 2. Sleeve is shorter. 3. Monkey's head is turned. 4. Rein is shorter. 5. Tail is smaller. 6. Ball is turned.

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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 DVS, playing classic rock. Loose Change plays contemporary, top 40 and dance on Sunday. On Monday, it's Renata, playing funk, jazz and contemporary. Wednesday is Jerry B. Variety Show, featuring Motown and classic hits. 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 Friday, Saturday and Sunday.

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

My Stars ★★★★★

FOR WEEK OF NOVEMBER 21, 2016

ARIES (March 21 to April 19) This is a good time to let that intrepid Aries temperament take charge. Your strong leadership will help settle those still-unresolved situations. Support comes from a surprising source.

TAURUS (April 20 to May 20) Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.

GEMINI (May 21 to June 20) That long-delayed commitment begins to look better to you. But there's still a crucial fact or two you need to know about it. A health problem needs to be taken care of.

CANCER (June 21 to July 22) Don't waste time trying to learn why someone you relied on is wavering in his or her support of your stand on a workplace issue. Move on with the help of more steadfast allies.

LEO (July 23 to August 22) Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.

VIRGO (August 23 to September 22) Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.

LIBRA (September 23 to October 22) Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you understand the problem, the sooner you can both act to resolve it.

SCORPIO (October 23 to November 21) A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you haven't been told about all the demands you might have to meet.

SAGITTARIUS (November 22 to December 21) Your financial picture brightens as you get into sorting out realistic goals and those that are not reachable at this time. "Caution" remains your fiscal watchword.

CAPRICORN (December 22 to January 19) You're deep into your new project, and that's just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.

AQUARIUS (January 20 to February 18) Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions you might be asked to make at this time.

PISCES (February 19 to March 20) You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

BORN THIS WEEK: You're gifted

THIS WEEK IN HISTORY

with both natural wisdom and wit -- a good combination for success as a writer or teacher and, most importantly, a parent.

- On Nov. 26, 1862, Oxford mathematician Charles Lutwidge Dodgson sends a handwritten manuscript called Alice's Adventures Under Ground to 10-year-old Alice Liddell. Dodgson, better known as Lewis Carroll, later published "Alice in Wonderland," one of the earliest children's books written simply to amuse children, not to teach them.

- On Nov. 24, 1944, more than 100 American B-29 Superfortress bombers target the Nakajima aircraft engine works in Tokyo. Bad weather proved an insurmountable obstacle at 30,000 feet, and fewer than 50 bombs hit the main target.

- On Nov. 25, 1999, The U.N. General Assembly passes a resolution designating Nov. 25 the International Day for the Elimination of Violence Against Women. It marked the anniversary of the brutal political murder of three sisters in 1960 in

the Dominican Republic.

STRANGE BUT TRUE

- It was 19th-century British historian and politician Thomas Babington Macaulay who made the following sage observation: "The measure of a man's real character is what he would do if he knew he would never be found out."

- Those who study such things claim to have found the best way to climb stairs: Evidently, you should exhale before you begin the ascent, inhale for the duration of the first two steps, exhale during the next two steps, and repeat until you've reached the top. Of course, it's interesting to note that what "best" means in this situation isn't clearly defined.

- According to pollsters, when divorced people take surveys, women are much more likely than men to report that they're happy about the breakup.

- The hyoid, found in your throat, is the only bone in the human body that is not connected to any other bone. Its purpose is to anchor the muscles of your tongue.

THOUGHT FOR THE DAY

"It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy." -- George H. Lorimer

SCRAMBLERS

solution

1. Berate; 2. Extra;
3. Snide; 4. Suffice

Today's Word
EXERCISE

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

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S	L	O	W		E	T	H		A	S	P	S	
O	A	T	H		M	O	A		R	H	E	A	
A	L	T	A	R	B	O	Y		G	O	R	Y	
P	O	O	R	E	R		E	L	O	P	E	S	
			F	L	Y		S	I	N	G			
H	A	S		Y	O	N		S	N	I	F	F	
E	C	H	O		S	O	L		E	R	I	E	
S	T	O	R	E		M	I	S		L	E	W	
		W	I	L		N	O	S					
B	O	G	G	L	E		E	N	C	O	D	E	
A	R	I	A		D	O	U	G	H	B	O	Y	
G	E	R	M		G	A	P		W	I	R	E	
S	O	L	I		E	R	S		A	T	M	S	

MAGIC MAZE

SPORTS IDIOMS

SUDOKU

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

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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 charlieireid@tlc.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

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

HOLIDAY RENTAL

Last minute availability
Christmas and Thanksgiving 2016
Charming 3/2 island cottage. Close to beach and island amenities. Mid island \$1,600. wk. Contact 2600coyle@gmail.com
*NS 11/18 CC 12/30

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
*RS 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

SEASONAL RENTAL

COZY SECLUDED COTTAGE

5 minute walk to beach!
Old Florida charm with all new updates! 2BR/1.5BA, sleeps 6, separate exercise room, enclosed lanai with sleeper sofa, bright beachy dA@cor, fully equipped kitchen, laundry room, private yard with mature palms, picnic table, BBQ. Fenced yard, pets with approval. Bikes, beach chairs, towels provided. Minimum one month--perfect for the season! Call Chris at 314-406-7058 or email cgbeckner@yahoo.com for pictures and details.
*NS 11/18 CC 12/9

AVAILABLE NOW SEASONAL COTTAGE

2bed/1ba Fully furnished
East End 900 sq ft W/D
Screened porch, BBQ,
Dec \$4,100 Jan \$5,600 Feb \$5,675
Better price if rented for more than 1 mo. Steps to beach
Owner PH: 727.644.6493
www.Sanibelseagrapecottage
*NS 11/18 CC 11/18

2 BR 2 BA GULF FRONT

Newly Decorated, W ELEVATOR, Covered Parking, COVETED WEST GULF LOCATION. AVAIL: JAN FEB MAR APR 2016! TELL YOUR SNOWBIRD FRIENDS! VRBO#776060 30 DAY MIN. PREFER 3-4 MONTH STAY. CALL FOR Rental Details 847-736-7790.
*NS 11/18 CC 12/2

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

ISLAND COTTAGE

Charming 3/2 island cottage renting for 2017 Mid island close to beaches and island amenities. Jan- May \$4,000 monthly June-Oct \$1,800 monthly Contact 2600coyle@gmail.com
*NS 11/18 CC 5/26

Island Sun
NEWSPAPER
Sanibel & Captiva Islands

RENTAL WANTED

YOUNG PROFESSIONALS SEEKING ROOM-4-RENT

IDEAL PLACE:

Ideally on Sanibel or Captiva. Room for rent or small place (attached cottage or mother-in-law area) or a 2nd home where you are in and out and dont want a full/time all the time tenant - that would be me. Place doesn't have to be furnished. Smoke Free, drug free, drama free environment

ABOUT ME

34yrs old married male professional. Consultant by trade, beginning a long term project on Sanibel and will likely travel frequently. I live in Tampa Bay area. The place will be just for me - only 1 person. I could provide great references! Because of the nature of my work, I have found a similar housing situations in other cities around the country. I'm pretty flexible, providing it's a clean, non-smoking environment. I'm typically working 10 -12 hour days and showing up Monday evening, and leaving Thursday or Friday a.m.
Contact number 813-442-1610
*NS 11/18 CC 11/25

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@hotmail.com
*NS 7/22 CC TFN

SERVICES OFFERED

CAR WASH & WAX BY HAND

Sanibel & Captiva Islands. Exterior & Interior Cleaning. Tire Dressing. I come to your Home, Condo or Hotel. Reasonable Rates. Satisfaction Guaranteed. 239-284-3639.
*NS 11/18 CC 11/25

\$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

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

ROGER NODRUFF ELECTRIC

Lic# EC12002788.
Call Roger 239-707-7203.
Aqualink - Motor Controls.
Office & Store Maint.
*RS 6/7 CC TFN

SERVICES OFFERED

ENVIROMOW OF LEE COUNTY

Complete Landscaping Services & Weekly Lawn Service
Mention this add to recieve 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

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Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
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scarnatolawn@aol.com
*RS 1/25 BM TFN

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Servicing Residential & Commercial Pools!
* Weekly Maintenance Service
License & Insured
*NS 5/20 CC TFN

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Will Check Your Home Weekly/Biweekly Very Reasonable Rates
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239-322-8054 Sanibelhw@gmail.com
*NS 9/16 CC TFN

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Sanibel Lic. #11412 Lee Co. Lic. #051047
*NS 1/4 PC TFN

HELP WANTED

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

BEAUTY SALON

Help wanted again, Stylist/Nail tech for upcoming busy season, email sanbeautys@aol.com for more information
*NS 11/11 CC TFN

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

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

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

BOATS - CANOES - KAYAKS

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

HOBBIE 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

FOR SALE

GOD BLESS AMERICA
Lydia and Paul Cook want to
THANK SANIBEL FOR 11 GREAT YEARS!
PERIWINKLE WAY AUCTION & CONSIGNMENT is now online at www.SanibelConsignment.com under www.EBTH.com Get auction prices on all antiques, sealife jewelry, nautical items. Ikki Matsumoto island themed prints & Sanibel seashells. God Bless American & our loyal friends!
*NS 11/18 CC TFN

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

SALES

ESTATE MOVING SALE
Antiques, oriental rugs, limited edition Ikki Matsamoto engravings, white wicker furniture, oil paintings, hard cover nautical quarterly (1980s - 1990s), leather bound books, nice household and more.
Nov. 18-19 10 a.m. - 3 p.m.
The Dunes 975 Sand Castle Road
Cash or checks only
*NS 11/18 CC 11/18

From page 15B
Season Co-Sponsors

April 2017, includes: The Official Blues Brothers Review, An Evening with John Sebastian, The Second City and Zuckerman Trio, featuring the world-renowned violinist, Pinchas Zukerman.
Dozens of thought-provoking and engaging films – many seen nowhere else – and eight, diverse fine arts exhibits, are peppered throughout the season. BIG ARTS educational series includes affordable workshops, the BIG ARTS Forum and morning gatherings entitled Talking Points, which debuted last year.
“We are very honored to support BIG ARTS this season as co-presenting sponsor with our friends at Sanibel Captiva Beach Resorts. For 16 years, we have supported the arts on Sanibel and Captiva, and believe that artistic expression of all kinds inspires those who live and visit here, as well as elevates our community as a whole. Our community has the desire and the talent – BIG ARTS

makes it possible,” said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company.
“BIG ARTS is an integral part of our community’s quality of life, and offers residents and visitors professional cultural opportunities right in our own backyard,” said Toni Lapi, chief executive officer of the Sanibel Captiva Beach Resorts. “We are proud to join with the Sanibel Captiva Trust Company to not only continue but to increase our support,” added Doug Babcock, chief operating officer.
“We are thrilled to welcome old friends in a new role. The Sanibel Captiva Trust Company and Sanibel Captiva Beach Resorts have always been loyal, long-time BIG ARTS supporters and we applaud their exemplary civic generosity, and we are deeply grateful for their increased investment in our mission,” said Don Rice, president of the BIG ARTS Board.
For information, to purchase tickets, register for a workshop or make a contribution, visit www.BIGARTS.org or call 395-0900.*

HORTOONS



To advertise in the *Island Sun*
Call 395-1213

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Banyan Cove	Estero	2002	3,519	\$1,225,000	\$1,150,000	29
Grande Estates	Estero	2004	4,991	\$899,900	\$829,350	126
West Rocks	Sanibel	1977	1,873	\$899,000	\$825,000	7
Cape Harbour	Cape Coral	1999	2,685	\$879,000	\$815,000	97
Summerfield	Bonita Springs	1999	2,635	\$859,000	\$797,000	193
Monteverdi	Fort Myers	2005	4,166	\$799,900	\$760,000	251
Sanctuary Point	Fort Myers	2004	3,508	\$712,900	\$703,400	8
Sanibel Estates	Sanibel	1985	2,386	\$699,000	\$650,000	286
Dunes at Sanibel Island	Sanibel	1979	1,990	\$679,000	\$617,500	228
Cape Coral	Cape Coral	2005	2,409	\$649,990	\$598,000	75



is proud to support these local organizations:

ABWA Sanibel Chapter
 Allen Park Elementary School
 Alvin A. Dubin Alzheimer's Resource Center
 American Heart Association
 American Red Cross
 Annunciation Greek Orthodox Church
 Bailey-Matthews National Shell Museum
 Bayshore Elementary School
 Beachview Tennis Club
 Blessings in a Backpack
 Bob James Memorial, Lee Coast Chapter
 Caloosahatchee River Watch
 Calusa Nature Center & Planetarium
 Children's Education Center of the Islands
 City of Palms Classic Basketball
 Clinic for Rehabilitation of Wildlife
 Colonial Elementary School
 Community Housing & Resources
 Cypress Lake High School
 Doc Ford's Charity Golf Tournament
 Edison & Ford Winter Estates
 Estero Mustangs Pop Warner Football and Cheer
 F.I.S.H. of Sanibel-Captiva
 Florida Gulf Coast University Athletics

Florida SouthWestern State College
 Fort Myers Community Concert Association
 Friends Who Care
 Golisano Children's Hospital of Southwest Florida
 Hope HealthCare Services
 Interfaith Charities
 Island Night
 J.N. "Ding" Darling National Wildlife Refuge
 Junior Achievement of Southwest Florida
 Junior League of Fort Myers
 Kevin Maschmidt Memorial Golf Tournament
 PACE Center for Girls of Lee County
 Pink Out Sanibel & Captiva Island
 Red Knight Foundation
 Ronald McDonald House Charities
 Rotary Club of South Fort Myers Foundation
 SanCap Cares
 Sanibel and Captiva Islands Association of Realtors
 Sanibel and Captiva Islands Chamber of Commerce
 Sanibel Captiva Lions Club
 Sanibel Captiva Sail and Power Squadron
 Sanibel-Captiva Conservation Foundation
 Sanibel-Captiva Kiwanis Club
 Sanibel~Captiva Optimist Club

Sanibel~Captiva Optimist Club - Blues & Jazz Festival
 Sanibel-Captiva Rotary Club
 Sanibel-Captiva START
 Sanibel Historical Society
 Sanibel Little League
 Sanibel Music Festival
 Sanibel Police Department Pension Board
 Sanibel Public Library Foundation
 Sanibel Recreation Center
 Sanibel Sea School
 Sanibel Sports
 Sanibel Youth Soccer
 Southwest Florida Symphony
 Stephen Bufton Memorial Educational Fund
 Sundowners Search and Rescue Flying Club
 Temple Judea Preschool
 The Foundation for Lee County Public Schools
 The Sanibel School
 Turn2 Baseball
 Unite For Kidz
 United Way of Lee County
 YMCA
 Zonta Foundation of Southwest Florida

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