



# Island Sun



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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## A Sanibel 1950s Christmas: Residents, Snowbirds, Tourists And Ferries

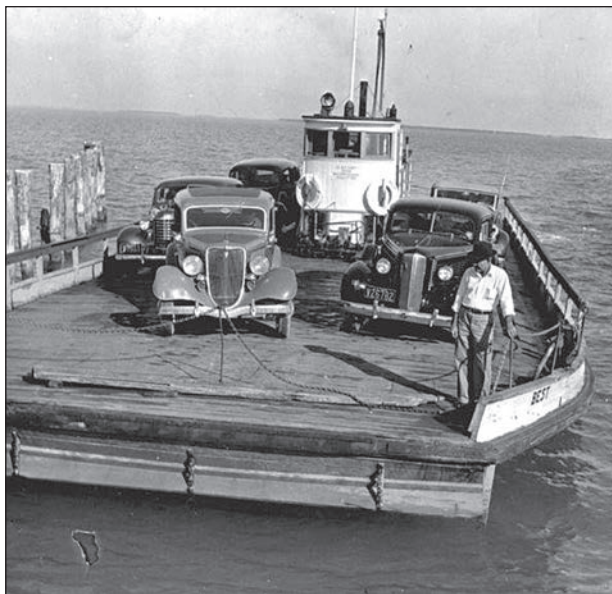
submitted by Jeri Magg

During the 1950s, Christmas vacationers flocked to Sanibel with visions of sugar plums, warm beaches and sand dollars dancing in their heads. This year's Luminary event at the Sanibel Historical Museum and Village – to be held on Friday, December 2 from 3:30 to 5:30 p.m. – will showcase the holiday season with wonderful 1950s displays throughout the village.

Visitors at that time, especially those with motor cars, had only one way to access the island: by ferry. Longtime residents talk about traveling on these boats, most remembering the long lines, swarming mosquitoes and the reliability of Capt. Leon Crumpler, who was asked by the Kinzies to take charge of the ferry.

In 1912, an auto ferry was proposed as part of the construction of McGregor Boulevard. The Sanibel Ferry was promoted in 1925 by WE Cogsdale, president of a building company advertising two developments on Sanibel. He ran a ferry between Punta

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Vehicles crossing San Carlos Bay via ferry  
photo courtesy Sanibel Historical Museum & Village



Ospreys in the refuge

photo by Nancy Malson

## Refuge Hosting Lecture On Ospreys Around The World

On Thursday, December 15, there will be a special lecture made possible through a partnership between “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) and the International Osprey Foundation. At 5 p.m. in the “Ding” Darling Visitor & Education Center Auditorium on Sanibel, ornithologist and author Alan Poole will present a free PowerPoint lecture on his extensive osprey research

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## Basil And Bees In The Garden

by Jeff Lysiak

A new program being offered at SCCF's Garden Center, called Basils For You, The Pollinators And Your Native Landscape, debuted last week at the Bailey Homestead Preserve on Sanibel.

According to SCCF's Landscaping For Wildlife Educator Dee Serage-Century, a recently discovered deadly fungus has been devastating several species of edible basil over the past eight years. These basils are often used in the kitchen to create tasty treats including sauces, pestos, salsas and dips.

The 45-minute program, which begins at the Bailey Homestead Pavilion, offers helpful information about how to use different varieties of basil in home landscapes or indoor kitchen container gardens.

Serage-Century displayed three basil species – wild sweet basil, African blue basil and

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Last week, SCCF Garden Center visitors George Campean, Joan Rogers and Diane Neitzel received an education about basil from SCCF's Landscaping For Wildlife leader Dee Serage-Century

photo by Jeff Lysiak

## Unique Christmas Tradition At The Strauss Theater

by Di Saggau

A magical transformation of Charles Dickens' classic *A Christmas Carol* by Christopher Schario, with traditional English folk tunes and fiddle, opens on Monday, November 28 at BIG ARTS Strauss Theater on Sanibel.

Artistic Director Bobby Logue told me, “In the unique adaptation of *A Christmas Carol*, the show is a whirlwind of energy and talent. The traditional version can have casts exceeding 24 actors. This version is adapted for six actors, each switching characters in the blink of an eye. It still captures all of Dickens' delightful language and will definitely spark the spirit of Christmas in all. Each of our cast members have extensive training in the craft of acting. With multiple accents and lightning-fast costume changes, they need high energy and talent.”

Although fun, rehearsals are a lot of work. Logue said, “We rehearse eight to 10



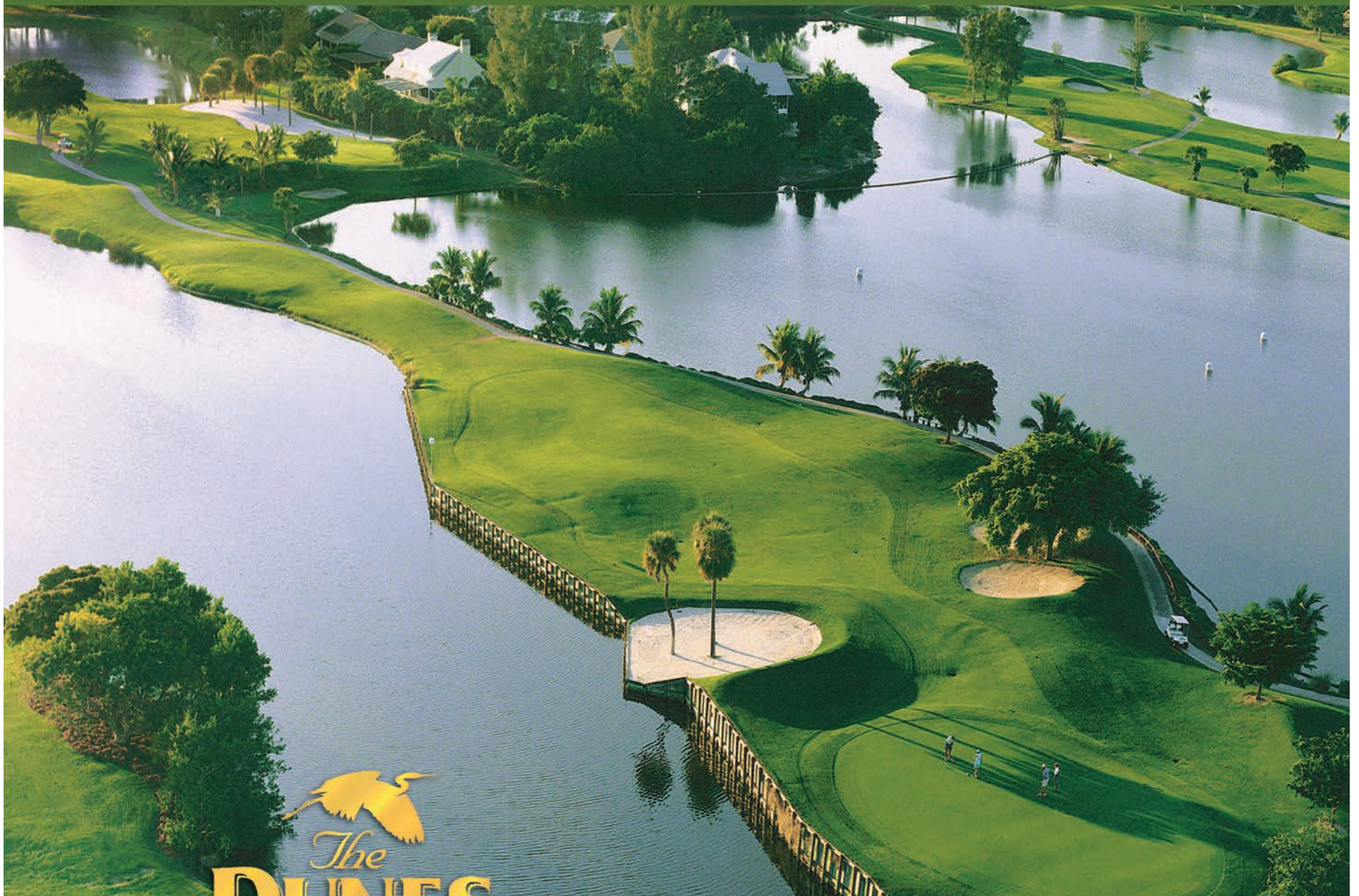
Bobby Logue photo courtesy BIG ARTS

hours every day for just under two weeks. The production team and actors work together to create the world of Dickens' *Christmas Carol*. It is truly a team effort. The costumes are all designed and built by our wonderful costume designer Sami

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# A Family Christmas On Sanibel



Edmond and Elnora Gavin are surrounded by their children at a 1984 family reunion on Sanibel. Over 200 family members from 14 states traveled to the island to return to their roots. photos courtesy Sanibel Historical Museum & Village



Eugene Gavin, age 16, 1958  
by Alison Ward



Eugene Gavin today

This is the second in a series of articles about how families on the island celebrated the Christmas holidays “BC” (before the causeway). On Friday, December 2 from 3:30 to 5:30 p.m., the Sanibel Historical Village will be decorated for A Sanibel 1950s Christmas, a time when tourists and snowbirds traveled here by ferry. Admission that afternoon is free and the public is encouraged to come to the village.

Eugene Gavin is the grandson of early Sanibel pioneers Isiah and Hannah Gavin, and is the oldest of 18 children of Edmond and Elnora Walker Gavin. The Gavins came to Sanibel from Walkulla County, near Tallahassee, in the early 1900s and, in 1917, was the first African-American family to establish residency on Sanibel. The Walker family came to Sanibel in 1927, and the two families became intertwined by marriage and friendship.

Considered the family historian, Eugene was born on Captiva in 1942. For many years, he had his own real estate and property management businesses. More recently, he was instrumental in having the Caretakers’ Cottage moved from Bird Lane to the Sanibel Historical Village in 2012, and is working to ensure that the islands’ important black history and contributions are not forgotten.

After the hurricane of 1926 ruined farming on the island and Isiah Gavin’s sharecropping business, he found another way to move forward with his expertise in landscaping. If you have ever wondered about all the Australian pine trees along Periwinkle Way, thank Isiah Gavin. He is credited with planting all of them, and any he didn’t plant came from seeds of those he did.

In the early 1920s, Peter Burns, Isiah Gavin and his sons worked to clear 99 acres of land for the Mayer family on the bay side of Sanibel. The Mayer brothers built two houses purchased from Sears and Roebuck, now called Shore Haven and Morning Glories, and part of the historical village along with the Caretakers’ Cottage which was built between them. In the ’50s and ’60s, Eugene Gavin’s grandparents lived in the Caretakers’ Cottage to care for Mrs. Mayer. When Eugene attended school in Fort Myers, he would catch the morning mail

continued on page 4

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# Walk Through Bethlehem



Sanibel Community Church offers a Walk through Bethlehem photo courtesy SCC

Walk through Bethlehem returns to Sanibel Community Church (SCC) on Wednesday, November 30 from 7 to 8 p.m. and Friday, December 2 from 5:30 until 9 p.m., in the Historic Chapel at 1740 Periwinkle Way. This is the ninth year in which the chapel will be converted from a room with pews into a busy, ancient Bethlehem marketplace. Join the cast as they portray a time of tension and anticipation for the coming Messiah. Guests entering the complex will find themselves immersed into the little town of Bethlehem, as they meet shopkeepers, beggars and guards. Who knows... perhaps they will come upon the birthplace of Christ. "So often at this time of year our focus moves off of the meaning of Christmas to the doing for Christmas," said Kathy Butler, a SCC member. "We can get caught up in the hustling and bustling, trying to find the perfect gift, parties, activities, Santa and other distractions from the reason for the season."

The walk-through is offered to the public on November 30 to avoid long lines on Friday. "We will have over 600 people pass through Bethlehem on Friday night," said Elaine Donovan, director. "But people comment, 'It is well worth the wait.'" The event is free to the public, appropriate for all ages and disabled accessible. For more information, call 472-2684.✴

From page 3

## Family Christmas

boat to Bailey's, walk up the bay side to the Caretakers' Cottage to visit with his grandparents, wait until his father arrived to bring some money for him, then walk back down the bay and catch the afternoon mail boat back to Fort Myers. His father called himself "Old Wells Fargo."

Eugene's father, Edmond, originally worked at the Island Inn, then ran his own construction and landscaping businesses. In 1984, on the 10th anniversary of Sanibel's incorporation, Edmond Gavin was selected to be the Grand Marshal of the Sanibel parade.

Growing up, Eugene and his brothers and sisters had plenty of food. They had hogs, chickens (grown from chicks ordered by his father), collard greens and tomatoes. For Christmas, they would find a small Australian pine tree and decorate it with ornaments made from crepe and construction paper. Sometimes they used sprigs of wild coffee and other plants with berries for color.

To celebrate the holidays when Eugene was young, African-American children on the islands had to go to the School for Colored Children, now the site of Lily & Co. Father Madden had not yet integrated St. Michael's, so they would take the ferry to Friendship Baptist Church in Fort Myers. Although their parents would give each child a Christmas present, the children gave each other the gift of love. Christmas dinner was turkey, sweet potatoes, stuffing, pies and cakes. "Mother would fix everyone's plate. She was chef, waitress and busser," Eugene said.

Eugene sees Christmas on the islands now as very different from when he grew up, observing that many businesses used to put more into the holidays than they do now. Eugene and his wife, Velma, enjoy their grown children and five grandchildren. Eugene's son, Irving, and his girlfriend Joanne, have owned and operated Rosie's Cafe and Grill for three years. Outside Rosie's each morning, the Sanibel Think Tank holds forth. As Christmas approaches, there are few things more precious than what Eugene Gavin and his brothers and sisters exchanged so many years ago: the gift of love.

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 or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).✴

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# Bailey's Christmas Ornament



New Baileys 2016 Christmas ornament  
photo courtesy Bailey's General Store

In 2016, Bailey's General Store introduces the eighth in the series of limited edition collector ornaments. Keeping with tradition, this year's ornament is an icon well known to island residents and visitors alike. This year Bailey's is releasing a depiction of the Bull Nose Brand four-wheeled blue and black shopping cart. Almost all Bailey's customers will use this cart at some time during shopping trips to Bailey's.

As the third generation of the family, Richard and Mary Mead Bailey Johnson, began implementing changes within the store, one of their objectives has been to become more environmentally friendly within the community. The introduction of this innovative new shopping cart in 2008 was a step toward the reduction of the carbon footprint on the sanctuary island. Unlike prior shopping carts, which were made of metal and subject to rust and corrosion, the current cart is made of recycled plastic making it environmentally friendly, lighter, easier to manipulate and weather resistant, thus extending the usable life of the cart.

In 2016, the fleet of carts was upgraded with useful accessories. Cup holders were introduced, allowing guests to enjoy a beverage from The Coffee Bar at Bailey's or the Coke Free-Style machine while they shop.

Each ornament is made of 24k gold on brass and comes in a presentation folder showing the Bailey's logo on the front. The folder contains a certificate indicating the limited edition ornament number and giving a brief description of the particular significance of the design. The ornaments, certificates and folders are produced by The Charleston Mint of Brevard, North Carolina.

The ornaments are available for sale exclusively at Bailey's Stores or online at [www.baileys-sanibel.com](http://www.baileys-sanibel.com).

# Motor Club To Host Monthly Cruise-In

The San Cap Motor Club will be showing off their wheels at its monthly Cruise-in – Cars and Coffee – at Periwinkle Place Shopping Center on Saturday, December 3 from 9 to 11 a.m. Look for the checkered flag.

Whether you are a member of the club or not, whether you have a vintage car to show off or just love cars, all are welcome.

Automobile enthusiasts meet at Periwinkle Place Shopping Center, located at 2075 Periwinkle Way, on the first Saturday morning of every month through May 2017.

No pre-registration is necessary; just show up with your car, truck or bike. Donuts, coffee and other refreshments will be provided.

For more information, call Scot Congress at 472-4177 or Mike Stone at 322-0044.



Visitors checking out the cruise-in participants  
photo provided

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# Sanibel Bike Club Holds Kickoff Picnic



Sanibel Bicycle Club President Diane Olsson addresses club members during the annual kickoff picnic at Bowman's Beach photos courtesy Sanibel Bike Club

The Sanibel Bicycle Club held its annual Welcome Back Picnic at Bowman's Beach on November 12. Club President Diane Olsson welcomed all to the club's 23rd season and gave a brief outline of what's on tap for the year. The kickoff was an opportunity for members who have been off island since the end of last season to get together and schmooze. Sandwiches, salads and cookies were catered by Bailey's General Store. The club's mission is to encourage the enjoyment of cycling, provide a place for members to socialize and share their biking experiences, and advocate for path system safety and infrastructure. Members are cycling enthusiasts of all riding levels. New members are always welcome. For more information, visit [www.sanibelbicycleclub.org](http://www.sanibelbicycleclub.org).



Club members sit down to enjoy picnic fare

## Annual Church Holiday Bazaar

The Sanibel Community Church (SCC) Women's Guild presents the annual Holly & Ivy Bazaar on Friday, December 2 from noon to 8 p.m. The ladies have been busy handcrafting items to fill the holiday booths. The church invites the public to donate this type of item to the bazaar as well. The Holly & Ivy theme provides a

chance to decorate Fellowship Hall with wreaths and lighted trees. Hand-painted ornaments will again be available. A Holiday Boutique will feature many new pieces and donated jewelry. There will be a silent auction, and the baked goods tables offer a chance to buy homemade goodies, including buckeyes and premium bagged pecans. Assorted candies, cookies and other treatst will also be on hand for purchase. All proceeds go to the Missions Ministry of the church, located at 1740 Periwinkle Way on Sanibel, next to Jerry's Market.



# Happy Thanksgiving

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# Sanibel-Captiva Conservation Foundation

## Bailey Homestead Walking Tours

Every Wednesday in November at 10 a.m., Sanibel-Captiva Conservation Foundation (SCCF) guides lead a walking tour of the Bailey Homestead Preserve at 1300 Periwinkle Way. The tour begins at the gateway kiosk at the head of the Shipley Trail, just inside and to the left of the west property entrance.

The one-hour program will focus on SCCF's restoration of this 28-acre habitat for wildlife and how the land was used by three generations of the Bailey family. The walk includes the newly-planted gardens at the Native Landscapes and Garden Center, the windmill, the pavilion, the Devitt Pond Overlook and entrance to the Bailey family home. Cost is \$5 per person but free to members of the Sanibel-Captiva Conservation Foundation. Call 472-2329 for more information.

## Tank Talks

On Tuesday, November 29 at 10 a.m., meet the SCCF Nature Center ambassadors; Indie the indigo snake and Lucky the softshell turtle. There are also beautiful diamond back terrapins and mangrove snakes swimming in the tanks.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. Cost is \$5 per adults; SCCF members and children are admitted at no charge.



Terrapin turtles

photos courtesy SCCF

## Turtle Tracks

On Thursday, December 1 at 10 a.m., stop by the Nature Center and learn about the lifecycles and habits of sea turtles that nest on island beaches and what SCCF is doing to protect them. Sea turtle nesting season is May through October. The program is free to SCCF members and children, or \$5 for adults.



## Native Landscapes

Meet with SCCF staff at the garden center under the pavilion on Wednesday, December 7 at 11:30 a.m. and spice up your life, with some new basil species, that is. Since 2008, a new deadly fungus has been devastating the species of edible basil people all use for their pestos. Dee Serage-Century will host a basil tasting of three new disease resistant species; one is a Florida native. Walk through the gardens at the Bailey Homestead Preserve to see how to use the basil in your landscape or container kitchen garden. Plants will be for sale.

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



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## CHRISTMAS AT SANIBEL COMMUNITY CHURCH



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**WALK-THROUGH-BETHELEHEM**

Step back in time to the night of Christ's birth.

The Historic Chapel is transformed to the City of Bethlehem, filled with Bible Characters.

(Bethlehem is also open to the public on Wednesday, November 30th, from 7 to 8 p.m.)



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## HOLLY & IVY CHRISTMAS BAZAAR

The Bazaar and Bake Sale opens at **noon**, with lunch available.

A fabulous silent auction takes place, with bids closing at 8 p.m.



## THE MASTERSINGERS MESSIAH AND MORE

**Sunday, December 11, 5 p.m.**

It will be an unforgettable evening with the Mastersingers and orchestra as they perform Traditional Christmas... and More.

A carol sing will begin at 4:30 p.m. and the concert begins at 5 p.m. and is free and open to the public!

A special offering will be taken for Angel Tree Ministries, bringing gifts to children who have a parent in prison.

## CANDLELIGHT CHRISTMAS EVE SERVICES

**Saturday, December 24**

4 p.m. – Contemporary In The Sanctuary.

6 p.m. – Contemporary In The Sanctuary.

8 p.m. – Traditional With Choir In The Sanctuary



## CHRISTMAS MORNING SERVICES

**Sunday, December 25**

9 a.m. – Traditional in the Historic Chapel

11 a.m. – Contemporary In The Sanctuary

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# Sanibel Officer Shot, Suspect In Custody

by Jeff Lysiak

For the first time in the history of the city, an officer from the Sanibel Police Department was shot on Sunday evening following a routine traffic stop along Periwinkle Way.

According to police and media reports, Sanibel officer Jarred Ciccone was sitting in his vehicle around 8 p.m. on November 20 when the suspect drove by and opened fire. Ciccone was struck in the shoulder; he was transported to Lee Memorial Hospital in Fort Myers, where he was treated and later released.

After the initial shooting of Ciccone, the suspect drove into The Dunes neighborhood before exchanging gunfire with both Sanibel Police Department officers and members of the Lee County Sheriff's Department. That exchange occurred near the intersection of Bailey Road and Sand Castle Road.

The suspect later fled the scene and barricaded himself inside of his residence near the 1400 block of Sand Castle Road.

Officers shot the suspect in the shoulder and back. That man – later identified by multiple sources as Jon Webster Hay, 49, of 1476 Sand Castle Road – surrendered to authorities and was taken into custody around 10 p.m. He is being held without bond on charges of attempted homicide (murder, first degree, premeditated) in the Lee County Jail. His scheduled trial date is December 27.

At 9:27 p.m. on Sunday, the City of Sanibel sent out a 911 message via email to island residents:

"At approximately 8 p.m., a Sanibel police officer was shot and injured during a routine traffic stop. The officer has been transported to Lee Memorial Hospital. Suspect fled on foot, Sanibel police have located the suspect in The Dunes neighborhood. Where gunfire has been exchanged with the Sanibel Police Department and the suspect in the 1400 block of Sandcastle Road. All residents of The Dunes are to lock their doors,

stay away from all windows until the all clear is given. The Sanibel Causeway and the Periwinkle roads are all closed. The Lee County Sheriff is responding to the scene as well."

The city later issued an all-clear email to residents at 10:09 p.m.

William Tomlinson, the recently retired chief of police of the Sanibel Police Department, responded to media inquiries at the scene.

"Obviously, we're very concerned that this type of activity occurred on Sanibel, (it's) very unusual," said Tomlinson.

"Everyone needs to know the suspect has been apprehended and everyone is free to move about. The Dunes is currently shut down because of the crime scene, so there is a little difficulty for some of the residents getting back (home)."

During the investigation, approximately 20 police and emergency vehicles searched The Dunes neighborhood on foot, in cars and by air. As a precaution, the Sanibel Causeway was closed in both directions for nearly an hour as the investigation continued. The Lee County SWAT team was also

summoned to the area for assistance.

Prior to Sunday evening, there had never been an officer-involved shooting on Sanibel.

"We always try to tell them to be as safe as possible... we know that this can happen. It's one of the things we're always afraid of," added Tomlinson. "It's always in the back of our minds, so we want to make sure that all officers, no matter what department they're from, that they take all the precautions necessary and just be safe."✱

## Music Ministry Kicks Off Advent Season

Three special musical events usher in the Advent season at St. Michael and All Angels Episcopal Church.

Guests are welcomed first during Luminary Night beginning at 6 p.m. on Friday, December 2 on the church's front porch for candlelight, delicious treats and a brass quintet, members of which are gleaned from the Sanibel Concert Band, to lead in singing the joyous carols of Christmas.

In the Sanctuary starting at 6 p.m. on Wednesday, December 7, the Parish Choir performs a traditional Advent Carol Service. Intended as a preparation for the Christmas celebration, the service consists of seasonal readings and hymns. The

continued on page 12

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## Churches/Temples

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annunciation.fl.goarch.org, 481-2099.  
**BAT YAM-TEMPLE OF THE ISLANDS**  
The Reform Congregation of Bat Yam  
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night services at 7:30 p.m. in the  
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For information call President Alan Lessack  
at 579-0296.

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# Luminary Night At Church



Sanibel Community Church is ready for Luminary photo courtesy SCC

Thousands of beautiful lights will adorn the campus of Sanibel Community Church (SCC) on Friday, December 2, with activities beginning at 5:30 p.m. There will be free food and drinks, live music, a petting zoo and kid's tent, as well as the dramatic Biblical presentation of A Walk Through Bethlehem. During the evening, the Women's Guild will conduct their annual Holiday Bazaar with proceeds supporting numerous mission organizations. All are welcome to partake in an evening of fun, beginning the Christmas season with the focus on Christ. Sanibel Community Church is an evangelical, non-denominational congregation located at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✽



2016 LOGOS Turkey Shoot winner was Marit Foster

## LOGOS Kids Play Turkey Shoot At Church

On November 16, the LOGOS kids at Sanibel Community Church (SCC) held their annual Turkey Shoot. After a turkey dinner, all the students shot finger darts at paper turkeys to see who could hit the beak. Finalists from each grade then held the shoot-off and aimed their finger dart at the wooden turkey's beak. The final line up included kindergartner Harrison Jones, fifth grader Othmane Martinez, first grader Korynn Livermon, second grader Eva Anderson-Kilgore, fourth grader Marit Foster and third grader Karsten Schafer. Marit Foster was the winner.✽



Parker Freck and Kirby Padgett have an ice cream dessert after a turkey dinner photos courtesy SCC

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## From page 1 Christmas Tradition

Doherty. In this particular production, the costume design is very important. With instant character changes, the costumes will be a big part of conveying the story line to the audience.” “For years, we were wanting to produce *A Christmas Carol*, but the size of the productions available were just too big for our stage,” Logue added. “This past spring, I was lucky enough to come across the Christopher Schario version. His reinvention of

the show maintains all the charm and traditions of the classic tale with a cast of six. He also added an exciting new element of accessibility to all audiences, young and old alike.” Treat yourself and family members to a performance of *A Christmas Carol* with all the familiar characters – Scrooge, Tiny Tim and all those ghosts. Evening performances are at 7:30 p.m. It plays November 28 through December 23 at the BIG ARTS Strauss Theater, 2200 Periwinkle Way on Sanibel. Tickets are available at the box office, located at 900 Dunlop Road or online at [www.BIGARTS.org](http://www.BIGARTS.org).✽

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From page 8

## Music Ministry

ancient service opens with a Matin Responsory attributed to Italian Renaissance composer Palestrina. It will feature Anne-Marie Bouchet, contralto, Jan Holly, soprano, and John Pryor, tenor, as cantors announcing the coming of the Christ child. The Parish Choir joins the cantors with responses to the sung chant. The service also includes hymns and anthems sung by the congregation and the choir. Minister of Music Hank Glass, who is in his 6th year at St. Michael's, describes the service as "a natural outgrowth of the Episcopal Church's musical heritage, as it has been performed through the ages. We

are delighted that our wonderfully skilled choir can bring such timeless music to Sanibel during this holiest of seasons."

Prior to the service, beginning at 5:40 p.m., Holly will perform a prelude of seasonal music arranged for keyboard, including *In Dulce Jubilo* by J.S. Bach and well-known carols. The service is followed by a potluck supper in the Parish Hall.

Lastly, the Sanibel Brass Ensemble appears in the church's Sanctuary beginning at 7 p.m. on Sunday, December 11 for a program of uplifting Christmas music and a carol sing-along.

For more information, contact Glass at St. Michael and All Angels Church at 472-2173 or visit [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org).

## Free Movie At Church

Sanibel Community Church invites all to the next free movie night on Sunday, November 27 at 5 p.m.

This month's film is *Woodlawn*, the story of a gifted high school football player who must learn to embrace his talent and faith as he battles racial tensions on and off the field.

The film is based on the true story of how love and unity overcame hate and division in early 1970s Birmingham, Alabama.

Come early and have a free walking taco, drink and snack before the show, serving at 4:30 p.m.



A love offering will be received for New Hope Church in Staten Island, New York.

The church is non-denominational and located at 1740 Periwinkle Way, next to Jerry's Market. Worship services are at 8, 9 and 11 a.m. on Sunday.

For more information, visit [www.sanibelchurch.com](http://www.sanibelchurch.com) or call 472-2684.

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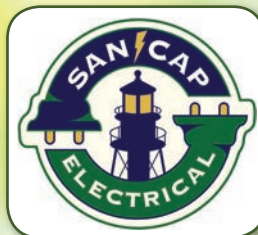
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## Christmas Study Series

On Thursdays at noon, beginning December 1 and running for three consecutive Thursdays, Dr. Daryl Donovan, senior pastor of Sanibel Community Church (SCC), will lead a verse-by-verse consideration of the Biblical Christmas.

That journey begins in the Old Testament, with dozens of prophecies pointing to the coming of Jesus Christ at Christmas.

Participants are encouraged to grab a meal at the Carpenter's Café on the church campus or bring a brown bag lunch. Gather in the main sanctuary. The course is free and open to all.

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





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## Shell Of The Week

## The Atlantic Wing Oyster



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

The Atlantic wing oyster, *Pteria colymbus* (Röding, 1798), gets its common name

from the expansions on its shell, which are technically known as auricles. Atlantic

wing oysters are commonly found living in association with sea whips and other gorgonians, to which they attach using a bundle of fibers called the byssus. Its shell may grow to about 2 to 2.5 inches. Shells are brownish, with rays of lighter color. The shell on young individuals shows auricles that are relatively larger than those of adult shells. Wing oysters and pearl oysters are members of the family Pteriidae, and are not closely related to true (edible) oysters. 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.



Atlantic wing oyster shells, *Pteria colymbus*. The two valves on left are from an adult shell from Sanibel, the shell on the right was found attached to a gorgonian on Captiva. photos by José H. Leal

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](http://www.shellmuseum.org).



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# Festival of Trees

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**Wednesday, Nov. 30** 11 am – 9 pm  
**Thursday, Dec. 1** 11 am – 9 pm  
**Friday, Dec. 2** 11 am – 10 pm  
**Saturday, Dec. 3** 10 am – 9 pm  
**Sunday, Dec. 4** 11 am – 6 pm



**Tuesday**  
**Nov.**  
**29**  
6:00 pm - 9:00 pm

## Preview Party & Wine Tasting

Enjoy five wine tastings with food pairings, a silent auction, early entry into the Tree Raffle, and an opportunity to bid on the Very Beary Christmas Tree in a live auction!

**Tickets \$50**

[www.GoodwillTrees.com](http://www.GoodwillTrees.com) or (239) 652-1613

**Friday**  
**Dec.**  
**2**  
6:00 pm - 10:00 pm

## Art Walk & Holiday Stroll

Enjoy the River District Art Walk, then light up first street during the Fort Myers Holiday Stroll. Join the Nowhere Band for a Beatles tribute concert on the steps of the Sidney & Berne Davis Art Center!

No Tickets Required

[www.GoodwillTrees.com](http://www.GoodwillTrees.com) or [www.SBDAC.com](http://www.SBDAC.com)

**Wednesday**  
**Nov.**  
**30**  
6:30 pm - 8:30 pm

## Ugly Sweater Contest & Party

'Tis the season for tacky holiday attire! Join us for an evening of food, drink, and fun with craft beers from Millennial Brewing Co. Things will get UGLY when a panel of celebrity judges picks the most hideous holiday garb.

**Tickets \$15**

[www.GoodwillTrees.com](http://www.GoodwillTrees.com) or (239) 652-1613

**Saturday**  
**Dec.**  
**3**  
10:00 am - 6:00 pm

## Santa's Block Party

Santa Claus is coming to town! Join us for Brunch with Santa from 10 am – 2 pm  
Holiday Vendor Showcase from 10 am – 3 pm  
And the Festival of Trees Children's Workshop from 10 am – 6 pm

Tickets and Information at:

[www.GoodwillTrees.com](http://www.GoodwillTrees.com) or [www.SBDAC.com](http://www.SBDAC.com)

**Thursday**  
**Dec.**  
**1**  
6:30 pm - 8:30 pm

## Painting with a Purpose

Have a twisted good time with our friends from Painting with a Twist with an evening of art and amusement. Painting with a Twist provides all painting supplies and instructions.

No art experience is needed.

**Tickets \$35**

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**Sunday**  
**Dec.**  
**4**

## Tree Raffle Drawing

Sunday is your final day to get tickets for the Festival of Trees Raffle! Tickets are available every day at the Festival of Trees—we'll draw the winning tickets Sunday at 4:00 pm. You could win a tree filled with gifts!

More information at [www.GoodwillTrees.com](http://www.GoodwillTrees.com)

# 2016 Tree Raffle

## \$10/ticket or 3 for \$25

(suggested minimum donation)

Proceeds benefit The Southwest Florida Goodwill Foundation. Winner selection to be held via random drawing on Sunday, December 4, 2016 at 4:00 p.m. during the Festival of Trees at the Sidney & Berne Davis Art Center in Fort Myers. Each Festival of Trees Raffle winner will receive one of a fixed quantity of fully-decorated Raffle Trees, each valued at a minimum of \$400.

Tree selection is determined by ticket holder at time of raffle entry. No purchase is necessary.

Prizes are provided by the Southwest Florida

<b>Benefiting:</b> The Southwest Florida Goodwill Foundation <a href="http://www.goodwillswfl.org">www.goodwillswfl.org</a> <b>Twinklelight Sponsor:</b> CenturyLink <b>Candlelight Sponsors:</b> Global HR Research U.S. Sugar Corp. Lee Designs Westco Builders of Florida, Inc. John & Cheryl Honc	<b>Hosted by:</b> SIDNEY & BERNE DAVIS ART CENTER <b>Starlight Sponsor:</b>  <b>Delivery Sponsor:</b> 	<b>Annual Sponsors:</b>   GCG Construction, Inc. MBAF CPAs and Advisors <b>Bounce House Sponsor:</b> 	<b>Media Sponsors:</b>      <a href="http://f/goodwilltrees">f/goodwilltrees</a>
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## Kids Fishing Derby This Saturday



Kids learn about fishing skills and ethics, and win prizes at the free derby  
photos courtesy DDWS

Kids who are able to hold their own fishing pole may participate in the free fifth annual "Ding" Darling Kids Fishing Derby held on the south side of Sanibel Causeway Islands Park (Island A, closest to the mainland) on Saturday, November 26.

The JN "Ding" Darling National Wildlife Refuge and the "Ding" Darling Wildlife Society-Friends of the Refuge are cosponsors, part of this year's Smithsonian Water/Ways exhibit at the refuge, running now through December 8.

Registration begins at 8:30 a.m. on the causeway. Kids ages 15 and younger start fishing at 9 a.m. and finish at 11 a.m. The awards ceremony is at 11:30 a.m.

Judges will record catches during the fishing session. Once the results are tallied, they will award winners in two age groups: 10 to 15 and 9 and younger.



Two young anglers at last year's fishing derby

Based upon total inches of fish caught, prizes will go to first, second and third place winners. There will also be awards for the largest and smallest fish hooked in both age categories.

Participants should bring fishing poles, but the refuge will provide a limited number of loaner poles for those who do not have their own equipment. Bait will be provided.

Throughout the day, volunteers and staff will teach fishing skills and safe, ethical fishing practices.

The derby is also made possible by support from The Bait Box, donating 200 shrimp for bait, Caloosa Wholesale, Trophy Case of Fort Myers, Sanibel Island Fishing Club and Lee County Parks & Recreation.

For more information or to volunteer, contact Ranger Becky Larkins at [Rebecca\\_Larkins@fws.gov](mailto:Rebecca_Larkins@fws.gov) or 472-1100 ext. 236.\*

## Attention Sanibel And Captiva Gardeners

The Master Gardener Lecture Series will host a garden center tour of R.S. Walsh Nursery on Thursday, December 1 at 10 a.m.

The Walsh nursery has been in business since 1983. Their Garden Center, located on Sanibel Captiva Road (across the street from The

Sanibel School) was constructed in 2010. The business is totally owned and operated by the Walsh family – Bob and Lisa Walsh and their two college educated sons, Jason and Jeremy. Their full-time staff includes five members of the landscape design department who offer turnkey project coordination.

The Master Gardeners was the first group to tour their garden center 6 years ago and it's time to revisit the facility to see the enhancements and additions to their property. Free and open to the public, carpooling with a friend is encouraged.\*

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From page 1

## Sanibel Christmas

Rassa and Reed's Landing, then at the end of Bailey Road on Sanibel. Cogsdale's ferry was taken up river for protection during the 1926 hurricane, and then disappeared.

At about the same time, the Kinzie Brothers Steamship line had won the contract to carry mail to the island. Many visitors wanted their cars on the island, so they'd have the cars disassembled at Punta Rassa and then reassembled on Sanibel. The Kinzies saw the need for a car ferry.

Two years later, in June 1928, the first small Kinzie ferry, *Best*, began to carry automobiles from Punta Rassa to Sanibel. The *Best* could only carry seven cars, and made four trips a day. These trips proved an exciting adventure to early motorists who had to drive cautiously onto a ramp down to the ferry. Crews directed drivers so the load could be distributed evenly.

One time, a nervous driver rolled aboard, put his car in reverse by mistake, stepped on the gas and shot off backwards over the stern of the ferry into the water. A hearty passenger volunteered to dive down and tie a rope around the car's axle so it could be hoisted up. There was also a passenger with a bottle of bootleg who offered the volunteer a swig each time he surfaced. It took the diver a little longer to finish the task.

Finally, the hitch was made and the ferry pulled the "drowned" car around into shallow water where a big moving van on shore attached a long rope and dragged it to dry land. The only harm done was

that the car's owner had a box of canned goods and the labels washed off. When the fellow wanted to cook a meal, he had to guess which can was green beans or stewed tomatoes.

In 1958, from January 1, to April 15, the ferry departed from either Sanibel or Punta Rassa on the hour and half-hour. The rates were as follows: Cars and pick-up trucks – \$1 each way, adults – 47 cents each way, children 6 to 12 – 25 cents. Children under 6, no charge, and trucks, 1 to 2 tons with a 1- to 2-ton load, \$1.25 each way. Passengers didn't purchase tickets before boarding because a ferry worker on board collected the fees.

The ferry business became so lucrative that the Kinzies added more ferries, like the *Islander*, which held 20 cars. Service discontinued once the Sanibel Causeway was opened in 1963.

At this year's Luminary, a small replica of the ferry *Best's* wheelhouse will allow visitors to relive a piece of the island's past. A docent portraying Capt. Leon Crumpler will also be available to tell "ferry stories."

Don't miss this year's Luminary at the Sanibel Historical Museum and Village; it will be a blast from the past!

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). Admission is \$10 for adults over 18. 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 information, call 472-4648 during business hours or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org). ✨



Visitors taking a tour of the center's agricultural/edible demonstration garden with Dee Serage-Century, right

photos by Jeff Lysiak

From page 1

## Basil And Bees

holy basil – which are planted at the center's agricultural/edible demonstration garden and offered for sale. She also made three different hummus dips – made with three different species of basil – for sampling by the tour group.

"Each of them has their own unique flavor," she explained.

During the program, she explained some details about each basil variety:

- Wild sweet basil (*Ocimum campechianum*) is a state-endangered annual herb found only in the extreme southern tier of Florida counties, including Lee, Collier, Monroe and Miami-Dade. It is used as a culinary herb or as a "cooling" tea. It is also sometimes used to ward off mosquitoes.

Wild sweet basil rarely stands much taller than 18 inches, but it rapidly becomes much wider than that. And, because it reseeds so heavily, it often forms large patches of plants that can extend for many feet. The leaves are oval, opposite each other on the stem, and about 2 to 3 inches long. The stems are often purplish, especially on the newest growth.

- African blue basil (*Ocimum kilimandscharicum*), which has a strong camphor scent,

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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.





Dee Serage-Century encouraged George Campean to taste and smell the different basil on display



A honeybee pollinating a seaside goldenrod



A green orchid bee inspecting the flower of the holy basil plant

is one of a few types of basil that are perennial. It is a sterile hybrid of two other breeds of basil, unable to produce seeds of its own, and is propagated by cuttings. Although the combination of a perennial plant with the scent and flavor of sweet basil would seem to make it a very desirable culinary variety, the high camphor content can interfere with its use in cooking. It is, however, an attractive ornamental. The leaves of African blue basil start out purple when young, only growing green as the given leaf grows to its full size, and even then retaining purple veins. Their blooms are very good at attracting bees and other pollinators.

• Holy basil is an herbaceous plant in the mint family (*Lamiaceae*) that is native to South Asia. The species name, *Sanctum*, reflects the sacred nature of the plant in Indian culture. In India, holy basil is considered sacred to the Hindu god Vishnu, who considered basil the incarnation of the Goddess herself. This shrubby plant grows to a height of 3 feet. The green and purple leaves are arranged in opposite pairs on a slightly hairy stem. The small white/purple flowers are arranged tightly in a long raceme. The flowers bloom starting in mid-summer and are loved by bees. The leaves and flowering tops are harvested and used fresh or dried for use in teas, tinctures or infused oils.

Leading the tour group through the demonstration garden, Serage-Century shared important insight about each basil species planted at the center. The plants were grown from seeds, planted in early summer. "They really love the rain," she explained. "We'll water them about once a week now, or when needed. It'll be interesting to see how long they'll last."

Serage-Century also pointed out several plant varieties – including the seaside goldenrod and the Roselle, a non-native hibiscus – which may also be used for culinary purposes to create teas, chutney and relish, among many others.

The next presentation of Basils For You, The Pollinators And Your Native Landscape will take place on Wednesday, December 7 beginning at 11:30 a.m. Admission is free for SCCF members and children or \$5 per adult; reservations are not required.

SCCF's Native Landscapes & Garden Center, located at 1300 Periwinkle Way on Sanibel, encourages gardeners to:

- Plant and preserve native plants to support wildlife
- Remove invasive plants, which could spread to wild lands
- Protect waterbodies from polluted runoff and avoid the use of fertilizers, herbicides and pesticides
- Conserve drinking water supplies by avoiding the use of irrigation systems
- Protect and encourage wildlife in their own backyards

Open Monday through Friday from 8:30 a.m. to 5 p.m. and Saturday (January to April only) from 10 a.m. to 3 p.m., call the Native Landscapes & Garden Center at 472-1932 for more information.✪✪



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# Cold Fronts Can Change Everything



by Capt. Matt Mitchell

After what was a picture perfect week on the water, the strongest cold front we have seen so far this winter sent our water temperatures plummeting. Cold fronts are a big part

of our winter fishing pattern although this one does seem to be arriving a little earlier than usual. Dropping air and water temperatures will slow the bite down for a day or two, but the cooler temperatures will push lots of fish back into their winter haunts.

Protected deeper mangrove creeks along with the many canal systems with deeper basins will be some of the best places to catch fish immediately after a cold front passes until things gradually warm back up. Heading out in the afternoons during cold periods lets you

take advantage of the warmest part of the day when the fish are most active. Concentrate your efforts during periods of bright sunshine in shallow areas with dark-colored bottoms that act like a solar panel often holding lots of snook as they lay out in the open trying to warm up.

During the colder days, look for snook to be gathered in huge numbers in both deep creeks and canals. This deeper water will hold a more consistent temperature. Shallow water not only warms faster in direct sunlight but also cools down faster during the colder windier days.

Temperatures have not gotten cold enough yet to bring an end to shiner fishing but taking some live shrimp and jig heads along can often turn a cold days' slow action around. Colder temperatures require slowing down your bait presentation. Slow bouncing a live shrimp on a jig head across the bottom will draw strikes when no other bait will. Generally by January and February, shrimp will be the bait of choice as the shiners head out to deeper water.

This first real cold front should do wonders to kick off the annual sheepshead bite. Small chunks of shrimp on either a jig head or a small hook rigged with a split shot will be bringing lots of these tasty fish to the fillet table



Jane Drew with a big snook she released unharmed while fishing with Capt. Matt Mitchell this week

over the next few months. Down size your gear and have fun with these fish. I like to use a 2000 or 2500 series spinning reel on a medium light rod to do battle with these fish. This is also a great size outfit to target trout out on the flats along with the jacks, ladyfish and mackerel that are in the open water mix of species. Colder water means clear water so downsizing your leader to 20 pound fluorocarbon will get you more bites too.

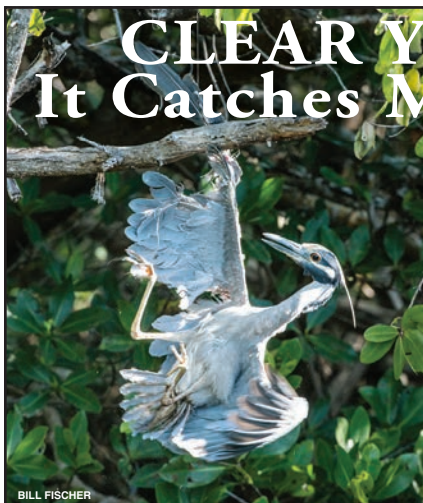
No matter what the season or what the weather does there is always something to fish for in the sound. The key to catching fish during these winter

cold fronts is to be flexible and ready to switch gears to target a species that will cooperate if another species will not. Depending on the day's conditions, you may start off targeting trout and sheepshead until temperatures warm later in the day then switch it up for your best chance to catch snook.

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

## Send Us Your Fish Tales

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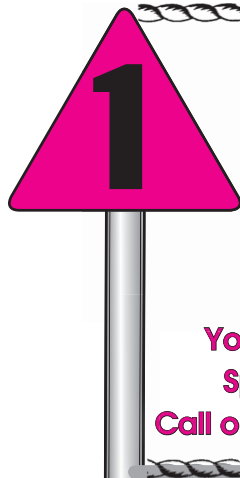


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Dave Doane





Native sand spike-moss belongs to a group of plants dating back millions of years  
Plant Smart

## Sand Spike-Moss

by Gerri Reaves

**S**and spike-moss (*Selaginella arenicola*) is a clumping gray-green native club moss that grows only a few inches tall.

In the wild, this non-flowering perennial is found in dry habitats such as disturbed uplands, pine rocklands, sandhills, scrub and scrubby flatwoods.

It cannot survive in wetlands. In fact, *arenicola* means sand-loving or living in sand.

Sand spike-moss belongs to the family *Lycopodiaceae*, which includes erect or creeping club mosses that have reduced or scale-like evergreen leaves. Lycopod fossils date to as long ago as 410 million years.

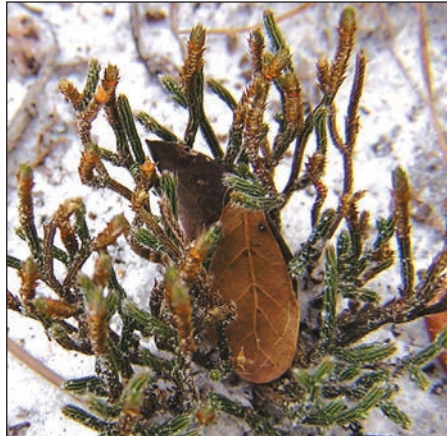
It has stiff and irregularly branched stems with overlapping narrow scale-like leaves. Color varies from green in moist conditions to brown during dry periods.

The plant has an extensive system of very fine roots.

Like ferns, mosses do not produce flowers or fruit and the most conspicuous part of reproduction is the spore.

The plant is thought to spread, like many ferns, by wind-borne spores.

The male part located at the top of the plant produces small orange spores



Lacking fruit and flowers, the plant's reproduction relies on spores

photos by Gerri Reaves

that develop into the gametophytes that produce sperm cells.

The female part produces white large spores that develop into gametophytes that produce egg cells.

Moisture from rain, dew, or mist enables the sperm to fertilize the egg to produce a new plant.

Sources: *Scrub Plant Guide* by Dr. Daniel Austin, et al., regionalconservation.org, and susanleachsnyder.com.

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

City Of Sanibel Vegetation Committee

## Colorful Native Vegetation In Field Conditions



photo provided

**T**he City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of City Hall grounds, planted exclusively with native plants. The next tour of City Hall grounds will be held on Wednesday, December 14.

Upcoming tour dates include:

- Wednesday, January 11 and Saturday, January 28
- Wednesday, February 8 and Saturday, February 25
- Wednesday, March 8 and Saturday, March 25
- Wednesday, April 12 and Saturday, April 22

Come walk the grounds for ideas on

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

Vegetation Committee members will provide valuable information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires very little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required.

Attendees meet at the main entrance to City Hall, 800 Dunlop Road, in front of the main staircase. For additional information regarding the guided native vegetation tour, contact the city's Natural Resources Department at 472-3700.

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

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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 [rrainbolt@crowclinic.org](mailto:rrainbolt@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 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.

**Monday, November 28, 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 29, 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 30, 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 30, 2 to 3:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a

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

**Thursday, December 1, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

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

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



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## CROW Case Of The Week:

## Northern Raccoon



by Bob Petcher

Northern raccoons (*Procyon lotor*) are similar to humans in a few ways. They actually have hands, little ones on their front legs that include five flexible fingers to help handle food.

They are also flat-footed animals where both heel and toes touch the ground. Bears have the same feature, while dogs and cats walk on their toes with their heels high above the ground. Interestingly, raccoons leave notably large tracks, somehow.

Raccoons, like humans, are also highly adaptable and make adjustments to survive in changing conditions.

The appetite of the raccoon is more extreme than a human's. The omnivore can eat almost anything it can fit in its mouth, from worms to fish to mice to birds' eggs to nuts to fruit to most food items found in a dumpster.

One of the most common mammals in the United States is distinctive mainly by the black fur around its eyes – giving it a "bandit" look – and for its long, bushy tail with five to seven dark rings.

The nocturnal hunters and foragers are highly inquisitive animals. While

many know the common raccoon to be a nuisance, some do not know that raccoons have thousands of nerve endings in their front paws and toes. These sensitive paws and skillful toes aid in probing under rocks and tight spots.

Another interesting fact is that a raccoon's weight at birth is only two ounces. They do grow to weigh somewhere between 8 to 20 pounds on average, but some dumpster-diving males have been known to pack on 40 pounds of weight.

The life of a wild raccoon typically lasts less than five years. They tend to die off due to extreme weather, disease, natural enemies and encounters with people or their vehicles.

At CROW, a northern raccoon arrived from Cape Coral on October 12 after being found on a front porch with mange, a class of skin diseases caused by parasitic mites. It arrived dehydrated, emaciated and extremely marked with crusting/scaling/cracking of its skin. This infection covered 90 percent of its body, which was also marred with severe alopecia (a type of hair loss that occurs when an immune system mistakenly attacks hair follicles). There were also reports of crusting and dried blood in one of its ear canals.

To help treat the mange, CROW medical staff bathed the raccoon in chlorhexidine (an antibacterial used as an antiseptic and for other applications) and sebolux medicated shampoo. CROW DVM Spencer Kehoe stated it typically takes a month to cure an animal with mange.

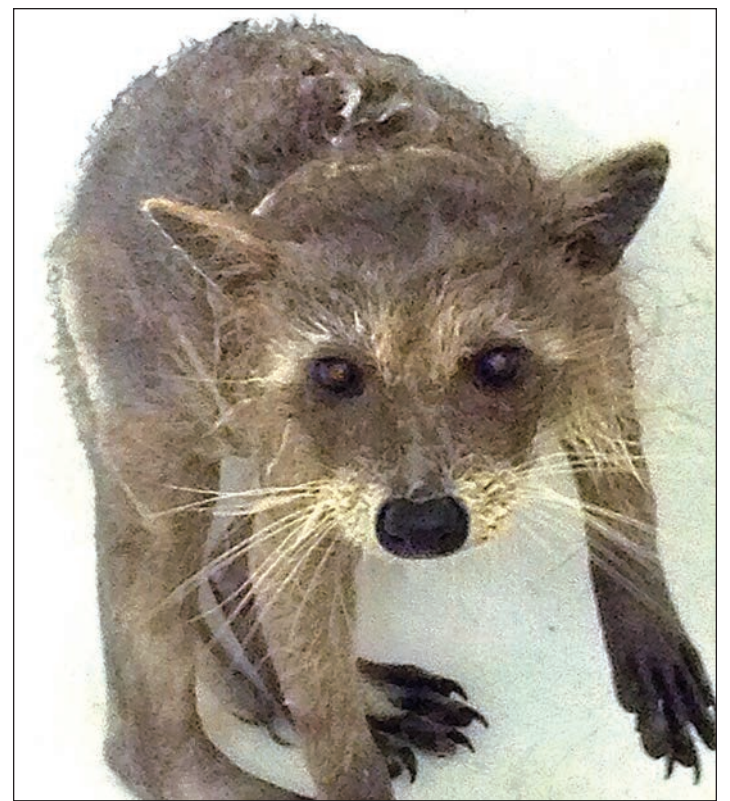
"Sarcoptic mange is a very contagious skin disease and is easily spread by mites. It's similar to the herpes virus in

humans," he said. "The mites cause aggressive itching and scratching that result in hair loss. The mites cannot be transferred to humans who interact with the animal."

To help increase the raccoon's weight, which was down to 2.55 pounds on arrival, CROW staff fed it a daily diet consisting of soaked puppy chow, mash (with applesauce and bananas), eggs and oats. Shrimp was then added to his diet. When last weighed, the raccoon was up to 4.54 pounds.

Last week, the raccoon was moved to an outside enclosure and was slowly introduced to the other raccoons.

There were no reported incidents between the species, and officials stated that they all seemed to be getting along. More signs of improvement followed. The raccoon became brighter and more alert, and its skin improved dramatically with new hair growth. With continued progress, it is expected to be released within two weeks.



Patient #16-3239 received a treatment bath photo by Kenny Howell

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

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# Three More Sponsors Sign On For Luminary Holiday Stroll



From left, San-Cap Chamber Member Services Manager Trent Peake, 'Tween Waters Inn Events and Sales Representative Justine Denich, Vice President and COO Doug Babcock and Events and Sales Manager Jackie Royka with San-Cap Chamber President Ric Base  
photos courtesy San-Cap Chamber

Three additional island businesses have signed on for the 32nd annual Luminary Holiday Stroll, to be held from 5:30 to 9 p.m. on Friday, December 2 on Sanibel and from 5:30 to 9 p.m. on Saturday, December 3 on Captiva. The holiday evenings are organized by the Sanibel & Captiva Islands Chamber of Commerce. Jerry's Foods, 'Tween Waters Inn Island Resort & Spa and South Seas Island Resort have become gold sponsors of the beautifully lit paths where festival-goers will



From left, Trent Peake, Ric Base, Jerry's Foods Director John Tonsager with market staff enjoy assorted activities, snacks and refreshments. "We are involved with Luminary because we are a part of the community," said John Tonsager, Jerry's Foods store director. "The warm feeling that Luminary brings to the island is amazing. Being a part of this island tradition is of the utmost importance to all of Jerry's staff." "The contributions Jerry's Foods makes to our community is commendable," said Chamber President Ric Base. "We appreciate their support of Luminary." Sanibel's Luminary stretches from one end of Periwinkle Way to the other and offers a multitude of activities along the way. "We are delighted to support the Luminary Holiday Stroll," said Doug Babcock,

continued on page 22

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# Join us for **Luminary Night**

Friday, December 2<sup>nd</sup>

- Santa will be celebrating with us from 5:30pm - 7:30pm, photos are free!
- Enjoy wine and food tastings.
- The Girl Scouts will be serving soda and hot dogs. *(Donations Welcome!)*
- Live sax music by local musician Ken Limeri



*Happy Holidays To All!*







Alan Poole photo courtesy DDWS

From page 1  
**Lecture On Ospreys**

around the world.

Poole wrote the definitive book on the species in the late 1980s and is at work on an update with a global perspective. He is an associate of the Cornell Lab of Ornithology and the recently retired editor of its 18-volume *Birds of North America*.

“My presentation will be a quick tour of the world’s ospreys, with excellent photos from the world’s best photographers of the species in Australia, Scotland, France, Japan, the Red Sea, Finland, the Cape Verdes,” Poole said. “So I’ll give your audience a chance to learn about ospreys beyond Florida – how they live, how they are different, what their challenges are.”

Poole has spent more than 30 years involved in research on coastal birds, particularly ospreys. Throughout his career, he has been involved in education and the natural sciences, finding creative ways to provide detailed biological information to a wide audience.

Seating for the 5 p.m. lecture is limited and available on a first-come basis. For more information, call 472-1100 ext. 4.\*

**Film Captures Disappearing Glaciers**



As part of its Smithsonian Water/Ways exhibit open now through December 7, “Ding” Darling Wildlife Society-Friends of the Refuge continues its free weekly Wednesday film festival, sponsored by LCEC, on November 30 with *Chasing Ice*.

Showings are at 10 a.m. and 1 p.m. in the “Ding” Darling Visitor & Education Center, located at 1 Wildlife Drive on Sanibel.

The 75-minute film tells the story of one man’s mission to turn the tide of history by gathering undeniable evidence of our changing planet. It follows environmental photographer James Balog during an expedition he termed The Extreme Ice Survey.

Balog and his team deployed time-lapse cameras across the Arctic; his videos compress years into seconds and capture ancient mountains of ice as they disappear. *Chasing Ice* also chronicles the trials and challenges of a photographer trying to deliver evidence and hope to our carbon-powered planet.

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

The final film in the series, *Sharkwater*, will be shown on December 7 at both 10 a.m. and 1 p.m.

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



# THE GROG SHOP

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This Week's Featured Items	
<b>Captain Morgan White or Spiced Rum</b>	<b>Kendall Jackson Chardonnay</b>
1.75 ltr.	750 ml.
<b>\$25.99</b>	<b>\$13.99</b>

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From page 22

# Holiday Stroll



From left, Trent Peake, South Seas' Kayla Collier, Ashley Alto and Juan Ayala with Ric Base

chief operating officer of Sanibel Captiva Beach Resorts, of which 'Tween Waters is a part. "It brings the community together with island businesses and is a great way to reconnect."

"Tween Waters is a true Captiva treasure and we are grateful for them as a gold sponsor of the Luminary Holiday Stroll," said Base.

Luminary on Captiva spans Captiva Drive and Andy Rosse Lane with plenty of special treats at various businesses.

"Luminary is an extraordinary community event which kicks off the holiday season in a festive way," said South Seas Director of Sales and Marketing Verdell Ekberg.

"We appreciate the generous support of South Seas and its participation in the Luminary Holiday Stroll," added Base.✽

# Shell Found



Wendy and Kevin Ridgeway

photo by Justin Wilder

Wendy and Kevin Ridgeway, visiting from Hagerstown, Maryland, found a junonia on the beach at Blind Pass while staying at Spanish Cay on November 15. The couple said this was the third junonia they've found in 12 years of coming to the island.✽

## THANKSGIVING WEEKEND

**TURKEY on Thursday - \$18**  
**LOBSTER on Friday**  
**PRIME RIB and OYSTERS ALL WEEKEND LONG!!**

**PRIME RIB Dinner \$20** (Thursday-Sunday while it lasts!)



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7 DAYS



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# ISLAND FARE

## AMONG THE FLOWERS CAFÉ

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

2003 Periwinkle Way, 312-4085

## BAILEY'S GENERAL STORE

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

2477 Periwinkle Way, 472-1516

## BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

## CIP'S PLACE

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

2055 Periwinkle Way, 472-0223

## DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant famous for its great food and service. Plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Shrimp, 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,



From left, Irene Rodriguez, Nikki Rood, Pangaea Gamble and Claudia Gonzalez of Sanibel Sprout 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 Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

### SUNDIAL BEACH RESORT & SPA

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

1451 Middle Gulf Drive, 472-4151.

### TIMBERS RESTAURANT & FISH MARKET

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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"Top 5 Breakfast in Florida" - Southern Living

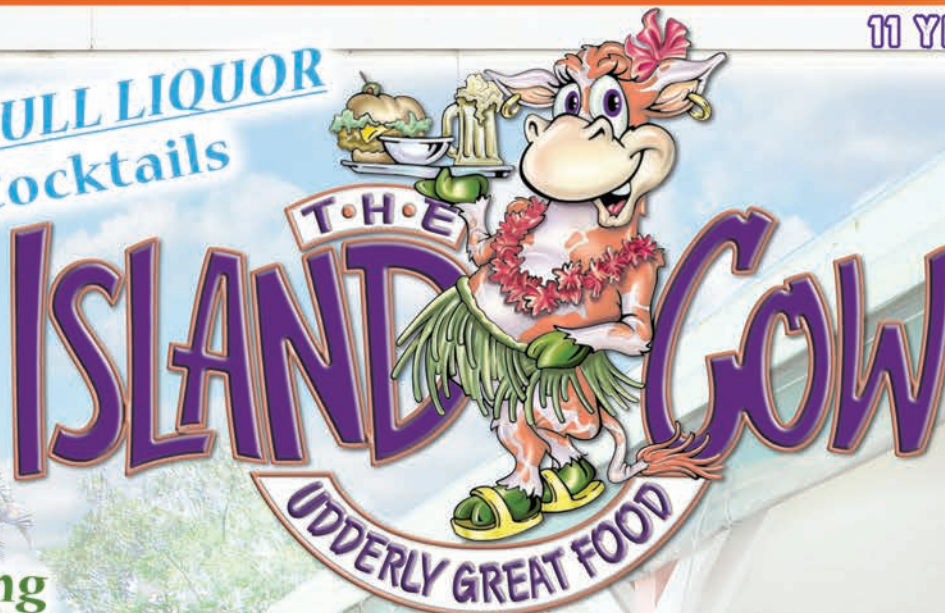
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## Zonta Asks All To Give The Gift Of Reading

Give The Gift Of Reading is an annual Zonta holiday initiative in which, for just a few extra dollars, shoppers may purchase one or more new copies of some of America's best-loved children's classics and donate them to a wonderful cause. The store orders the books which are collected by a Zonta literacy team member for use in Zonta's literacy service project at Head Start's Parent University in east Fort Myers.

Experts say that having books in the home is important for several reasons.

First, a love of reading can positively affect a child's progress in school, and it is known that a child's academic achievement is directly related to the reading level of his or her mother. Success, it is said, comes more easily to children who have been read to in the home.

Parent University holds free weekly classes for mothers of children enrolled in the Lee County Head Start program, with the goal of teaching English (reading, writing, listening and speaking) and family life skills. The Zonta club has worked with Parent University for seven years, providing grants to fund such items as bus passes for the families, child care and classroom supplies. As a service project, Zonta members with an educational background volunteer to staff the program

on a regular schedule.

The books chosen this year are *The Very Hungry Caterpillar* by Eric Carle, *Good Dog, Carl* by Alexandra Day and *Chicka Chicka Boom Boom* by Bill Martin.

"We focus on a small number of titles rather than a long list as this provides the best continuity," said Ellen Strobel, chair of the Zonta literacy project team. "Making these little books available is a wonderful way for islanders to help women working to improve their language skills."

Each mother who commits to reading to her child or children will receive one book each month for the home library.

Look for the displays at MacIntosh Books on Palm Ridge Road and enjoy helping families to succeed.



Rebecca Binkowski of MacIntosh Books, left, with Zontian Wendy West and *The Very Hungry Caterpillar*

photo courtesy Zonta Club

The Zonta Club of Sanibel-Captiva is a service organization of professionals working together to provide hands-on assistance, advocacy and funds to empower women on the islands, in Lee County and around the world through Zonta International. For more information, visit [www.zontasancap.com](http://www.zontasancap.com). ✨

## Enjoy a Full Year of Sanibel and Captiva



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**Sanibel-Captiva Nature Calendar**

**P. O. Box 356 • Sanibel Island, Florida 33957**

\*Islanders, The Blind Pass Tide Edition

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## Church Showcases Collier's Artwork



Sherry Collier painting en plein air

photo courtesy SCUCC

Each month, the Sanibel Congregational United Church of Christ (SCUCC) features one or more artists in an exhibit in the church's Fellowship Hall. The December Artist of the Month is Sherry Collier.

Calling herself "a committed snowbird," Collier divides her time between the South Downs of West Sussex in the United Kingdom and Sanibel. She has been painting and both studying and teaching oil painting for many years in both countries. Collier has won many awards. "I specialize in portraying natural subjects, from the light-filled beaches and deep swamps

continued on page 29



## BIG ARTS Monday Night Film Series

## Francofonia

by Di Saggau



The BIG ARTS Monday Night Movie for November 28 is *Francofonia*, a film from France, by director Alexander Sokurov who narrates the film. It takes place mostly in and around the Louvre. The fate of art is the main concern of *Francofonia* during a particular episode of the Nazi occupation of France. It takes the form of an extended cinematic essay, blending fictionalized re-enactments of possible events with journeys into scholarship and fantasy.

The main characters are Jacques Jaujard, director of the Louvre during the 1930s and '40s, and Count Franz Wolff-Metternich, Hitler's designated connoisseur and conservator of French Art. While many of the Louvre's great paintings had been hidden in chateaus in the countryside, both men collaborated to keep the museum open during the occupation and to protect its collection.

The film is interspersed with shots of contemporary Paris, archival photos and several fantasy sequences involving a twilight tour of the museum's galleries. Our guides are Marianne, the allegorical embodiment of France's republican ideals, and Napoleon Bonaparte, the actual embodiment of the nation's imperial ambitions. Together they represent the notion of French universalism, an idea consecrated in the Louvre's gathering of art from around the world.

A sub-theme of Sokurov's film is that



the Nazis weren't the only plunderers; many of the antiquities in the Louvre were acquired during French military campaigns. *Francofonia* offers numerous ideas to think about. Jaujard and the Count conduct their negotiations during quiet conversations over coffee and cigarettes, interspersed with Sokurov's meditations and a twilight tour of the museum's galleries.

The Nazis, who believed themselves the hearts and masters of European civilization, had an interest in protecting Paris's status as a cultural capital. They were assisted by members of the local elite, like Juajard, who chose compromise over resistance.

The film is a work of art that troubles

the conscience, in part because it suggests, both by default and by design, that no art is innocent, and that its preservation, like its destruction, depends on the operation of power. The moderator for the evening is Albert Hann, and the film runs 88 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 and Island Sun. BIG ARTS is located at 900 Dunlop Road. Tickets are available at [www.BIGARTS.org](http://www.BIGARTS.org), at the door or by calling 395-0900.\*

From page 28

## Collier's Artwork

of Southwest Florida to the subtleties of English/European nature," she explained. Collier also welcomes commissions for pet portraits produced from her clients' own photos.

She paints in a loose, representational style. "You will not mistake my work for photography nor will you fail to recognize its subject matter," Collier added.

She studied fine art at Kent Institute of Art and Design and Colchester Institute, and has participated in numerous artists' workshops in both the United Kingdom and United States. Her prior formal education includes a bachelor of arts in biology, a master of science in zoology and a law degree, after which she practiced civil litigation in California for 15 years before moving to England and embarking on a very different pathway: art.

Collier is a member of several art leagues and societies, including the San-Cap and Fort Myers Beach Art Leagues in Florida and the Chichester and Midhurst Art Societies in the United Kingdom.

The church is located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. The exhibit is on view Sunday mornings and during weekday office hours except when the room is in use. A portion of sales benefits the church. For more information, call 472-0497.\*



Oil painting by Sherry Collier

Image courtesy SCUCC



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## Home



by Di Saggau

**H**arlan Coben has hit another home run with his new book *Home*. He brings back his iconic series character Myron Bolitar to tackle a 10-year-old mystery.

Ten years after a pair of 6-year-olds vanish from a suburban New Jersey home, one of them is seen in London. But what about the other? Bolitar's best friend Win, receives an email that takes him to London where he's led to believe that he will find the two boys, Patrick, son of Hunter and Nancy Moore, and Rhys, son of Chick and Brooke

Baldwin. He sees someone he thinks is Patrick, assuming the age-progression software is accurate, but the teen runs off before he can talk to him.

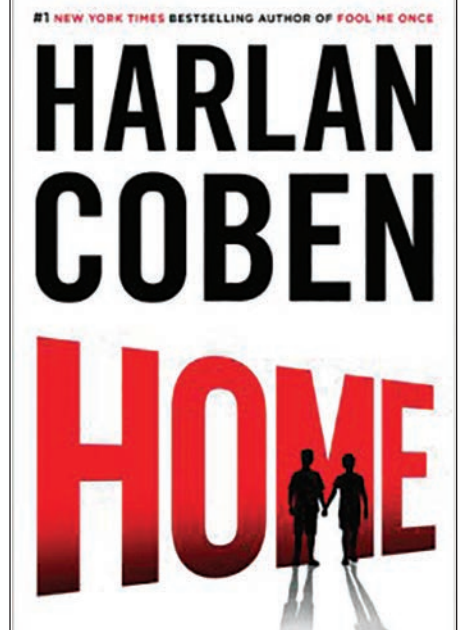
If it is Patrick, where is Rhys? Win calls the one man he knows he can trust to help him, sports agent-turned-detective Myron Bolitar. Their investigation leads them to multiple countries and includes run-ins with a multitude of shady characters. This includes a gamer called Fat Gandhi, who demands 100,000 pounds for each of the boys, a discount price, considering that the original million-dollar ransom led nowhere. It's worth it to them, since two families they care about have been living with painful memories and no answers for a decade.

The ensuing rescue doesn't go as planned, and once the parents learn about what Myron and Win have been doing, the true mystery begins. The boy's families have been left with nothing but painful

memories and a quiet desperation for the day their sons return. Who was responsible for the kidnapping and where have the boys been for the past 10 years?

As old theories unravel and new ones lead to one dead-end after another, Myron and Win call on help from past friends and acquaintances to lend them a hand. Coben's fans will especially enjoy the scenes with Mickey, Esperanza and the smart-mouthed Big Cyndi. Readers are treated to a number of juicy tidbits and inside jokes and first-person narrative in several chapters.

Coben continues to be the undisputed king of never-saw-it-coming twists and turns. Just when you think you have figured it all out, he'll surprise you again and again. He knows how to play with readers' expectations, and with *Home* he's crafted another suspenseful and twisty tale. It's an explosive and deeply moving thriller about friendship, family and the meaning of home.✱



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## School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers:

The 2016 election has been long and fraught with strong emotions. As a nation, we have much to do to heal the divisiveness that has resulted. As parents, caregivers,

and educators, we have a critical responsibility to help children and youth feel safe and secure and learn how to engage with others of differing viewpoints in a peaceful, tolerant and respectful manner. As always, schools play a critical role in this process by creating a positive learning environment for all students. It is imperative that educators facilitate respectful discussions among students and safeguard the well-being of those who may feel at risk.

Below are recommendations from the National Association of School Psychologists for how adults can support children and youth in the days and months ahead:

- Reinforce a sense of positive school community. Establishing positive relationships between adults and students is foundational to safe, successful learning environments. Such relationships are built on a sense of mutual trust and respect.

Maintain culturally and linguistically responsive practices and ensure that students and their families feel connected and engaged. We function as a nation only when we have that shared sense of relationship; helping children identify and develop those relationships is vital.

- Model and teach desired behaviors. We know that adult actions and attitudes influence children. Adults can help children and youth manage their reactions to events in the news and their communities by understanding their feelings, modeling healthy coping strategies, and closely monitoring their own emotional states and that of those in their care. Identifying and redirecting negative thoughts and feelings can help to teach children social-emotional skills and problem solving.

- Reassure children that they are and will be OK. Many children and youth are aware of the intensity of this election, and some may feel at risk. It is important to reinforce strategies to ensure both physical and psychological safety. Remind adults and students of the importance of supporting each other during difficult times and acknowledge people will have a variety of emotions. If students feel physically or psychologically unsafe, they need to know how to report incidences, and trust that adults will be there to validate and respond to their concerns.

- Help children manage strong emotions. For many children, the intense discussions, media images, and messages that they were exposed to during the election can trigger a range of strong

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emotions. Some children may experience anger or stress. Others may feel a sense of excitement and hope. Children's emotions often spill over into schools. Help children understand the range of emotions that they are feeling and to learn to express them in appropriate and respectful ways. For children experiencing stress, we can help by spending time with them, encouraging them to talk about their feelings, maintaining a sense of normalcy in their schedules and activities, and providing coping strategies.

- Reinforce acceptance and appreciation for diversity as critical American values. Acknowledge that everyone is entitled to their personal opinions but that hateful or intolerant comments about others' cultures, sexual orientations, religions or races – or any other comments that are meant to hurt or make another feel threatened, unsafe or unwelcome – will not be tolerated.

- Stop any type of harassment or bullying immediately. Make it clear that such behavior is unacceptable. Talk to the children involved about the reasons for their behavior. Offer alternative methods of expressing their anger, confusion, or insecurity, and provide supports for those who are subject to bullying. School staff can encourage students to continue to be respectful of others.

- Help children see other perspectives and value respectful dialogue. Sharing our different points of view and working to find common ground, shared goals, and mutual understanding is the best way to draw strength from our diversity. The very nature of civil disagreement is to acknowledge respectfully the views and experiences of other people and learn

from differing perspectives. Adults can start by reflecting on their own experiences and how these shape their interactions and reactions. They can help children to do the same and ask questions of each other, rather than hurl accusations. Adults can create safe spaces for youth to share their feelings and concerns while also exploring how they might feel and act if they were in someone else's shoes. Help students see how words matter, as does how we use them. Teach them to avoid stigmatizing statements and to state their thoughts with opening phrases like, "I believe" or "Have you thought about" instead of "Anybody who" or "No one should."

- Discuss the importance of respecting our democratic process. Despite the divisive nature of the election, Americans voted all across the country in a peaceful and respectful manner. Our system of government is based on the same peaceful and orderly transfer of power in January. Millions of Americans exercised their right to vote and the system is responding accordingly. This is the underpinning of democracy. Highlight how important it is that all citizens engage in the democratic process, not just during a presidential election, but all of the time and at all levels of government. Discourage students from seeing the election in terms of winners and losers but rather the need to focus on common goals such as creating a strong economy for everyone and finding a path to move forward as one country.

- Encourage children to channel their views and feelings into positive action. We are all part of the American community and can make positive contributions. Like adults, children and youth are empowered by the ability to do the right thing and

help others. Working with classmates or members of the community who come from different backgrounds not only enables children to feel that they are making a positive contribution, it also reinforces their sense of commonality with diverse people.

*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.\**

## 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

### New Haiku: A Love Story In Images And Language

by Bob Risch

It's good to remember  
not to fall for someone

who isn't willing to catch you

when I first saw you  
I stole a glance  
and never gave it back

Beauty's only skin deep  
I study your beauty and say...  
that's deep enough for me

now I know darkness  
is not the absence of light  
it is the absence of you

*Bob Risch is a retired attorney from Boston who spends many months in Sanibel where he enjoys playing tennis and writing. He has published a novel "Warrior." In New Haikus, his anthology from which these haikus are found he has relaxed the strict Haiku construction while still retaining concise observation.\**

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## Students Share Artwork During Holiday Season



Middle school art students from The Sanibel School show off their clay creations they submitted for the Harry Chapin Food Bank's annual Empty Bowls fundraiser

photos by Jeff Lysiak



Fifth graders Maya Brennan and Ethan Mathusa show off their award-winning artwork selected for this year's Kids Tag Art competition



Paris Bender, left, puts the finishing touches on the ornament she created for the Edison & Ford Winter Estates' Holiday Tree Trail as classmate Amelia White looks on

by Jeff Lysiak

This time of year, people can often get overwhelmed by the amount of parties, gatherings and special events which celebrate the holiday season.

Luckily, there are many talented students at The Sanibel School who have made it their mission to add their colorful and creative artwork to help decorate Thanksgiving tables, brighten Christmas décor and ring in the new year with boundless beauty.

According to Gifted & Art teacher Tylor Stewart, students from the school – from kindergarteners through eighth graders – have been busy over the past few weeks making holiday-themed arts and crafts, which will be brought home and, in some cases, put on display for members of the local community to enjoy.

Last Wednesday morning, several of her middle school pupils were putting the finishing touches on the ornaments they made for display at the Edison & Ford Winter Estates, which will host the Holiday Tree Trail from November 28 through January 1.



Marta Jankauskaite adds a dab of glue to her holiday ornament



Amelia White's ornament is filled with colorful feathers

"Each year, the Lee County schools are to use recycled materials to decorate a tree designated to their school," said Stewart. "This year, the theme is 'Birds.' (Thomas) Edison and (Henry) Ford were both fascinated with the birds in Florida."

Pam Rutherford and Erin Peter, the school's elective art instructor, oversaw the creation of this year's ornament entries. Students in fifth through eighth grades participated.

The Edison & Ford Winter Estates will conduct a preview night for the Holiday Tree Trail on Monday, November 28 from 5:30 to 7:30 p.m. For more information contact the Edison & Ford Education Department at 334-7419.

Closer to home, student-made artwork will be featured at the Sanibel Historical Museum & Village's 3rd annual pre-Luminary Night Open House on December 2. Now a traditional art display, museum visitors marvel at the degree of talent and excellence that the students exhibit at the village.

Participating pupils include kindergarteners Emma Noggle, Christopher Erickson

continued on page 2B



From page 1B

# Students Share Artwork



Sixth grader Hudson Stirner shows off his abstract pottery

photos by Jeff Lysick

and Hazel Decosta; first graders Dylan Stevens, William Lucas, Lilly Hall, Kellan Hall, Jillian Breece, Lilly Wolf, Jayden Alonso and Grace Schuldt; second graders. Sammy Wells, Neveah Schwartz, Olivia Kauffold and Pierce Farhat; third graders Noah Pruss and Anna Anderson-Kilgore; fourth graders Kate Doster, Nicholas Bakos, Kayce Nette, Grace Mitchell and Johnny Clark; and fifth graders Ethan Mathusa, Brandon Stevens, Sydney Stevens, Stella Black and Kristian Schafer.

The pre-Luminary Night Open House will take place from 3:30 to 5:30 p.m. on December 2. Artwork will be on display at the Sanibel Historical Museum & Village until January 13.

“It would be a great way to start the season, so take time to view this event,” added Stewart.

Now through the end of November, Elementary Abstract Art – created around each student’s love of an activity or sport – is on display at Bank of the Islands,



Eighth grader Ellie Eldridge and second grader Raleigh Stevens

located at 1699 Periwinkle Way. Middle school student artwork displayed are their own self-portraits.

Exhibiting artists include kindergarteners Maria Zacharievich, Harrison Jones and Cameron Lee; first graders Kirby Padgett, Aubrie Suslick, Brooks Selby, Oliver Wilkinson, Abbie McCallion, Olivia Burns, Korynn Livermon and Josh Schwartz; second graders Raelyn McMillin, Raleigh Stevens and Aaden Bloetz; third graders Ava Selby and Sierra Vosgian; fourth graders Jenna Cook, Samantha Pascual and Caden Suslick; fifth graders Ava Binkowski, Othmane Martinez, Jaimie Vosgian, Marianna Tison, Lindsay Rizzo and Jessica Sellyei; sixth graders Antonio Clark and Hudson Stirner; seventh graders Anna Wells, Harrison Lucas, Kirill Bykov and Ella Stroud; and eighth graders Paris Bender and Ellie Eldridge.

In addition, middle schoolers submitted pottery for the Suncoast Credit Union’s annual Empty Bowls fundraiser for the Community Cooperative under the tutelage of Rutherford.

Finally, fifth grade students Maya Brennan and Ethan Mathusa received individual Awards of Distinction from Lee County after they entered – and won



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Art instructor Tylor Stewart and fifth grader Jessica Sellyei

– this year's Kids Tag Art competition.

A program operated by the Lee County Tax Collector's office, the Kids Tag Art contest – open to students throughout the county – seeks original artwork which will be turned into real Florida license plates.

For the competition, Brennan submitted a picture featuring a tortoise and a butterfly while Mathusa incorporated marine life – including sharks, a dolphin as well as an assortment of colorful fish, seagrasses and live coral – into his artwork.

This year's Award of Distinction-winning plates will be displayed at all Lee County Tax Collector service offices. They will be made available for purchase by the public through their website, [www.leetc.com](http://www.leetc.com). All proceeds from the sales of these front-end tags will benefit art programs in the Lee County School District.

As for the busy holiday season, Stewart said that she enjoys the challenge of blending art competitions and exhibitions into her lesson plan. "It works out pretty well, because most of the kids get really excited about it," she added. "These are great activities that allows them to share their work with the entire community."✱



From left, fourth grader Jenna Cook, first grader Brooks Selby and third grader Ava Selby

## Sea School Hosting Luminary Festivities

On Friday, December 2, Sanibel Sea School and the San-Cap chapter of Solutions to Avoid Red Tide (START) will partner to host Sanibel Luminary Festival attendees at the school's flagship campus on the island's east end.

The school's parking lot will be converted into a festive patio space, and visitors will sip mulled wine and beer, munch on snacks, including Ralph

Woodring's famous grilled mullet, and listen to music. There will also be family-friendly games and activities, and a raffle featuring prizes from both organizations.

"One of our raffle prizes will be priority camp registration for summer 2017," said Chrissy Basturk, Sanibel Sea School's development director. "The winning family will be able to sign up for the programs of their choice before registration officially opens. We hope this opportunity will encourage some of our summer camp families to stop by for a visit, so we won't have to wait a whole year to see them again."

For more information, call 472-8585.✱



## Open House on the Beach



### Directions:

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- <http://www.listandtour.com/3557.html>
- Tropical Oasis w/135' of Beachfrontage
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#### CAPTIVA ISLAND COMPOUND

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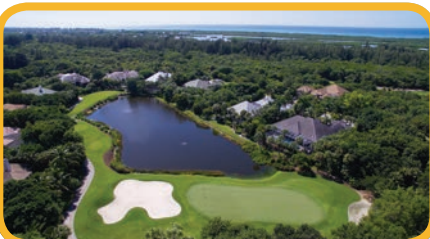
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- Gorgeous Newly Remodeled 3 Bedrooms + Den/4th BD
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- Price \$1,649,000



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- <http://www.listandtour.com/2302.html>
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- Price \$1,595,000



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# Barbee Talks Innovation At Chamber Lunch

Author and businessman George EL Barbee spoke to members of the Sanibel & Captiva Islands Chamber of Commerce during the monthly luncheon hosted by Shell Point Retirement Community. Barbee has been teaching innovation for the past 15 years and presented a small portion of his latest book *63 Innovation Nuggets (For Aspiring Innovators)*.

"I encourage you to try the art of observation," said Barbee, a resident of Captiva. "Once you take a moment to pause, you'll see things that would otherwise go unnoticed."

Barbee explained that he feels innovative ideas are well within anyone's grasp if preconceived notions are dropped. In his 45-year business career, Barbee has led innovation with Fortune 100 companies, including Gillette, General Electric, PepsiCo, IBM and



**George EL Barbee**  
photo courtesy San-Cap Chamber  
PricewaterhouseCoopers.  
He is one of the original Batten Fellow  
faculty members at top-ranked University  
of Virginia Darden School of Business. He

received Darden's highest alumni honor, the Charles C. Abbott Award, and has written numerous articles as well as made multiple appearances on NBC's *Today Show*, ABC's *Good Morning America*, PBS and CNN.

"Discover your innovative side," said Barbee. "You have more innovation than you give yourself credit."

Barbee's book is available at MacIntosh Books and Paper, located at 2300 Palm

Ridge Road. It spent all of the 2015 season on the Island Top 10 Bestsellers List.

Island Vacations of Sanibel & Captiva sponsored the November luncheon and had a special giveaway. The next business luncheon will be held on Tuesday, December 13 at The Sanctuary Golf Club. Reservations are required and can be made by calling the chamber at 472-1966 or by visiting [sanibel-captiva.org](http://sanibel-captiva.org).✧

# Ribbon-Cutting Held At Joey's Custard



On November 16, the Sanibel & Captiva Islands Chamber of Commerce held a ribbon-cutting ceremony at Joey's Custard, an ice cream, frozen custard, frozen yogurt and Panini sandwich business located in the Bailey's Shopping Center. Pictured is chamber board chair Donna Puma cutting the ribbon with co-owners Joe and Debi Almeida. The gathering featured drinks, hors d'oeuvres and dessert samples.  
photo by Jeff Lysick

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Mary Lou Bailey 472-5187 x 246

### NATURE AT ITS BEST

NEW LISTING



- Spacious 2 bedroom 2 1/2 bath condominium
- Oversized pool, 2 Tennis Courts, Canoes/Kayaks
- Open concept, updated kitchen, 2 screened lanais
- Does well with rentals
- \$515,000 (2160716)

Becky Mulka 472-5187 x 204

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- Large upscale estate home,
- 4BR + den, lush pool area
- 36 holes of championship golf
- Convenient to shopping & dining
- \$849,900 (2161090)

Debbie Staley 472-5187 x 258

RARE OPPORTUNITY - BUILD AN ESTATE HOME

### BREATHTAKING VIEWS OF SHELL CREEK

PRICE REDUCED



- Remodeled 3BR/2.5BA home
- Open kitchen, living & family room
- Heated pool w/tile deck & waterfall spa
- Gulf access, great views, dock & lift
- \$769,000 (2160725)

Jim Hall 472-5187 x 215

### SANIBEL BAYOUS

PRICE REDUCED



- Near beach 3BR/2BA home
- Updated kitchen and bathrooms
- Upper and lower lanais
- Low maintenance yard
- \$549,900 (2150119)

James Anderson 472-5187 x 214

### WATER'S EDGE HOME

PRICE REDUCED



- So close to the beach you can hear the waves!
- Beautiful 3BR/2.5BA with private elevator
- Screened, heated pool & spa
- Great island location & wonderful community
- \$1,249,000 (2160709)

Karen Bell 472-5187 x 270

PRICE REDUCED



- 3.5 acre lot with nearby lot with boat dock w/direct access
- Permitted for 7965 Sq. Ft. home (5,087 under air)
- Second story of new home will have great gulf views
- Native vegetation & unique concrete cistern on property
- \$1,499,000 (2160207)

Glen Simmons/Tina DiCharia 472-5187 x 332/259

### COCONUT CREEK HOME

PRICE REDUCED



- 3 BR/2 BA on the lake w/spa
- Wood floors, updated kitchen/baths
- Expanded paver drive-way
- Impact windows and storm shutters
- \$468,000 (2160753)

Martha Smith & Robin Humphrey 472-5187 x 241/218

### GORGEOUS WATER FRONT VIEWS



- Views of Gulf & Bay from 8th floor
- 2BR/2BA condo, HGTV quality remodel
- Upgraded kitchen & baths, SS appliances
- Just across from the Sanibel Causeway
- \$469,000 (2160467)

Brian Johnson 472-5187 x 291

### COMPASS POINT



- 2BR/2BA with cabana, partial gulf views
- Weekly rentals, nicely furnished, shutters
- Elevator, grills, pool, tennis, shuffleboard
- Great location. Don't miss this one!
- \$689,000 (2160595)

Judy Reddington 472-5187 x 331

### SPACIOUS CUSTOM HOME



- 4 bedrooms, 4 bathrooms plus den
- Luxurious pool with lap lane
- Granite counter tops, stainless appliances
- Private back yard, gated community
- \$499,000 (2150303)

Debbie Ringdahl 472-5187 x 269

### EAST END OF SANIBEL



- Immaculate 2BR/2BA corner unit
- Furnished, many upgrades, built-ins
- SS appliances, granite counter tops
- Updated condo, tile flooring throughout
- \$365,000 (2160441)

G.G. Robideau & Lori Pierot 472-5187 x 210/211

## OPEN HOUSES 11/23 THROUGH 11/30

**Saturday, November 26th\* 1 PM – 4 PM**

- **Sanibel – 5125 Joewood Drive** - Spectacular Sunset Views on quiet island beach, 4BD/4BA, remodeled with luxury appointments & designer furnishings, Large pool, spa & outdoor entertaining area. \$2,595,000 Host: Teresa Baker – 239.233.6364

**Sunday, November 27th\* 9 AM – 12 PM**

- **Sanibel – Tanglewood 1A- 1101 Seagrape Lane (East end)** - Direct Gulf Front 3 bedroom condominium. Spacious Open floor plan. Remodeled and furnished. \$1,099,000 Host: Glenn Carretta – 239.850.9296

- **Sanibel – Coquina Beach 5B- 631 Nerita Street** - Updated 2 bedroom, 2 bath Condo Steps to the beach. \$399,000 Host: Mary Morris – 314.614.1818

**Monday, November 28th\* 9 AM – 12 PM**

- **Sanibel – 1809 Bowmans Beach Rd** - Updated 3 bed 2 bath, pool, Walk to Bowman's Beach. \$799,90 Host: Mary Morris – 314.614.1818

**Wednesday, November 30th\* 9 AM – 12 PM**

- **Sanibel – 232 Robinwood Circle** - Custom 4 BR + Office, 3 BA Luxury Home - Great Room - Open Kitchen - Pool, Spa, & Atrium - Steps from Beach Access - Lots of Storage \$1,195,000 Host: Janka Varmuza – 1.239.405.9560







Kids from the Children's Education Center of the Islands with a check from Adventures In Paradise to sponsor this year's Pigs In Paradise fundraiser photo courtesy CECI

## Adventures In Paradise Named Platinum Sponsor Of Fundraiser

Adventures in Paradise has become the platinum sponsor for Pigs In Paradise, the December 10th fundraiser benefitting the Children's Education Center of the Islands (CECI).

"We are happy to support the Children's Center," said Adventures in Paradise co-owner Joshua Stewart. "We have always felt it to be important for the island, not just because they are the cutest little kids ever, but also because they are going to be Sanibel's ambassadors to the next generation. We know this because we were once enrolled there ourselves."

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 child, buy event tickets, become a sponsor or donate items to the silent auction, call Ms. Cindy at 472-4538. ✨

## Peters Appointed To Advisory Board



Fran Peters photo provided

Fran Peters, owner and president of Island Vacations of Sanibel & Captiva, Inc., is a new member of the Keiser University Fort Myers Advisory Board. Keiser University prepares graduates for careers in the fields of business, criminal justice, health care, technology, hospitality and education.

The recent appointment resulted from Peters being approached by a Keiser

University Hospitality student for an interview. After that meeting, they found themselves at some of the same business functions, and a student/mentor relationship developed.

The student invited Peters to attend a class and listen to her report. During that visit, Peters ended up speaking to a group of Keiser Hospitality students about how she started her business and what she feels constitute the key ingredients of a successful Hospitality career. She was then approached by a Keiser professor and board member about serving on the Keiser University Advisory Board.

"I was honored to be asked to take this role as I enjoy helping people pursue their passion and excel in their careers," Peters said. "Working with the next generation of Hospitality professionals will be very gratifying and I look forward to serving on the Keiser University Fort Myers Advisory Board." ✨



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<p><b>3790 West Gulf Dr.</b></p> <p><b>NEW LISTING</b></p>  <p>Fabulous renovation and quality of this 3 BR/2-1/2 BA w/office elevated home with enclosed deck overlooking the over-sized salt water pool!</p> <p><b>\$1,600,000</b></p>	<p><b>Loggerhead Cay #434</b></p> <p><b>NEW LISTING</b></p>  <p>Exceptional top floor 2 BR/2 BA remodeled unit located on the Island's East End. Nicely furnished. Great rent income!</p> <p><b>\$639,000</b></p>	<p><b>Pointe Santo C36</b></p>  <p>2 BR, 2 BA with great GULF views...! Silestone counters, new tile, upgraded kitchen/baths. On site Mgmt. AMENITIES! Excellent rental income.</p> <p><b>\$875,000</b></p>	<p><b>4155 Dingman Drive</b></p>  <p><b>SHORT SALE OPPORTUNITY! 3 BR/3 BA on approx. 1 acre on private cul-de-sac. In need of imagination/renovation. Walk to beach!</b></p> <p><b>\$1,099,000</b></p>
<p><b>3099 Cussell Dr. (Pine Island)</b></p>  <p>Build on this large corner, canal front lot with sea wall. Direct gulf access in minutes. Room to build 40 ft. dock.</p> <p><b>\$235,000</b></p>	<p><b>Sandalfot 4C3</b></p>  <p><b>GULF VIEWS! Steps to beach. Furnished 2 BR, 2 BA top floor unit. Pool, tennis, on site Mgmt.</b></p> <p><b>\$669,000</b></p>	<p><b>9247 Dimmick Drive</b></p>  <p>Nicely renovated 3 BR/2 BA pool home with art studio. Double lot overlooks conservation lands.</p> <p><b>\$629,000</b></p>	<p><b>3965 Coquina Drive • \$399,000</b></p> <p><b>SOLD</b></p> 

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Allen Park Elementary School	Fort Myers Community Concert Association	Sanibel-Captiva Rotary Club
Alvin A. Dubin Alzheimer's Resource Center	Friends Who Care	Sanibel-Captiva START
American Heart Association	Golisano Children's Hospital of Southwest Florida	Sanibel Historical Society
American Red Cross	Hope HealthCare Services	Sanibel Little League
Annunciation Greek Orthodox Church	Interfaith Charities	Sanibel Music Festival
Bailey-Matthews National Shell Museum	Island Night	Sanibel Police Department Pension Board
Bayshore Elementary School	J.N. "Ding" Darling National Wildlife Refuge	Sanibel Public Library Foundation
Beachview Tennis Club	Junior Achievement of Southwest Florida	Sanibel Recreation Center
Blessings in a Backpack	Junior League of Fort Myers	Sanibel Sea School
Bob James Memorial, Lee Coast Chapter	Kevin Maschmidt Memorial Golf Tournament	Sanibel Sports
Caloosahatchee River Watch	PACE Center for Girls of Lee County	Sanibel Youth Soccer
Calusa Nature Center & Planetarium	Pink Out Sanibel & Captiva Island	Southwest Florida Symphony
Children's Education Center of the Islands	Red Knight Foundation	Stephen Bufton Memorial Educational Fund
City of Palms Classic Basketball	Ronald McDonald House Charities	Sundowners Search and Rescue Flying Club
Clinic for Rehabilitation of Wildlife	Rotary Club of South Fort Myers Foundation	Temple Judea Preschool
Colonial Elementary School	SanCap Cares	The Foundation for Lee County Public Schools
Community Housing & Resources	Sanibel and Captiva Islands Association of Realtors	The Sanibel School
Cypress Lake High School	Sanibel and Captiva Islands Chamber of Commerce	Turn2 Baseball
Doc Ford's Charity Golf Tournament	Sanibel Captiva Lions Club	Unite For Kidz
Edison & Ford Winter Estates	Sanibel Captiva Sail and Power Squadron	United Way of Lee County
Estero Mustangs Pop Warner Football and Cheer	Sanibel-Captiva Conservation Foundation	YMCA
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HeartWalk Series:

# Barbara Chapell: Stroke Story



Barbara Chapell and her husband Paul Birch holding the fish she caught

submitted by Sandy Teger

When you write a story about someone having a stroke, you don't think about a healthy-looking 38-year-old woman. But that is exactly the story told by Sanibel resident Barbara Chappell. It all started with a sneeze. At the time her eyes watered and her vision got foggy. Not thinking much about it, she continued on with her day. The only sign that anything was amiss was her

difficulty signing a credit card receipt. "I could not quite get my signature on the line," she says.

While she was shopping, Barbara was holding her list in her dominant left hand. She recalls that every time she reached for something with her right hand, her left hand dropped the grocery list. When she arrived home, she felt tired and also had a headache, but was not alarmed. When she woke up the next morning, she was having difficult enunciating words and performing anything requiring fine motor skills. She quickly realized that these were warning signs and headed to the hospital with her father.

The triage nurse who greeted her and listened to her symptoms thought that perhaps they indicated Bell's palsy, since her smile was asymmetrical. However, a neurologist did a few simple things that enabled him to rule that out. He suspected what had happened and got her to the front of the line of those waiting for a CT Scan. It confirmed that she had suffered a stroke.

Her primary care physician ordered a series of MRIs, intended to find the source of the clots, but there was no sign of a larger clot. A cardiologist then ordered an ultrasound, which revealed a hole between the upper chambers of her heart (known as an ASD—atrial septal defect).

Barbara, who had not yet moved to Sanibel, was transferred to Massachusetts's General Hospital to have a heart catheterization, so that the doctors could have a complete picture of the situation. The hope was that the hole was small enough that the doctors could clamp the opening without more invasive surgery. Unfortunately, the opening was so large that open heart surgery was the only option.

Her heart defect was evidently there since birth (congenital), although the lack of symptoms masked the problem. Congenital heart defects (CHDs) are the most common type of birth defect in the U.S. as twice as many children die from congenital heart defects each year than from all forms of childhood cancer combined. Barbara's mother recalled she had been a "blue baby," which was actually a sign that something could be amiss with her heart. However, at that time they did not realize that multiple defects can occur and that kids born with any kind of distress need a really thorough medical workup.

The surgeons decided that Barbara was healthy enough to wait for the surgery while they banked some of her blood for the heart-lung machine. She was put on coumadin for 6 weeks and told to avoid excess exertion but otherwise continue on with her life. Those were six very long weeks of waiting.

Barbara finally had her surgery on a Friday in May and by Monday she was home for lunch. The process went exceptionally smoothly. The support from her husband, family and friends gave her the kind of emotional sustenance that makes all the difference in how people survive such health crises. She also credits her strong sense of humor as a force that helped her get through the hard times. By July 4, Barbara was back to her active lifestyle—including water skiing and hiking.

Those who know Barbara since she has arrived on Sanibel are aware that sports are an important part of her life. She plays tennis three days a week and golfs twice... with a passion. Despite having conquered another set of health issues recently, Barbara has the kind of positive attitude we can all aspire to. "I am a very

continued on page 12B

# Give Thanks

We are truly grateful to all of our clients,  
business associates, friends and family.  
We wish you all a Happy Thanksgiving!

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## Superior Interiors

## Tired Of Your Living Room?



by Trinette Nelson

**H**ave you grown "tired" of your living room? Maybe it's time to redecorate! Sprucing up a "tired" living room will definitely give your spirit a lift.

But, where do you start?

Well, as the song says, "Let's start at the very beginning." And the beginning for any new decorating project is the creation of a master plan – one that will help guide you through all the decorating decisions you'll be making over the coming months.

First of all, determine how much you interested in investing in your project. This figure will be a great help to you as it will guide all your decisions. Should you buy new furniture, flooring, draperies, lamps, accessories? Or can you keep some pieces, buy a few new, and spruce up what you're keeping?

Once you've established a figure you're comfortable with, then it's time to take an inventory of your room – an inventory with a critical eye. This is where the help of a professional decorator is so very important.

Take a look at your room. What is it used for? How much traffic does it get?

Is it a sanctuary or a room which will welcome many guests? How is the room's lighting? Do you like your current furniture arrangement? Do you need to change the wall color or treatment? Are your window treatments dated? These questions and many more can go on and on. By sharing your thoughts with a professional, you'll definitely be on the right track – both with your ultimate decorating decisions and your budget.

After you've answered these critical questions, you can begin making some firm decisions about the four major elements in the room – flooring, walls, windows and furniture.

- Flooring options are wide and varied. If new carpeting is in your plan, remember that it will provide your room with the greatest expanse of color.

- Wall option selections, whether papered or painted, will give the room its excitement and splash.

- Window treatments can either take center stage, or be a soft backdrop to your entire design plan. There is nothing, dollar for dollar, that can do more for a room than a beautifully-designed window treatment.

- Furniture, whether wood or upholstered, offers beauty and comfort and will help pull all your design elements together when blended well with flooring, wall and window treatments.

With our master plan leading the way, decorating your tired living room should become a real pleasure.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindecaden.com](mailto:linda@coindecaden.com).✧*

## Club Gives To Youth Programs At Library



Standing from left, Youth Services Librarian Deanna Evans with Chris Heidrick and Ed Ridlehoover of the San-Cap Kiwanis Club; seated are Lily and Maya Brennan on the library's Read-To-Me chair  
photo courtesy San-Cap Kiwanis Club

**M**embers of the Kiwanis Club of Sanibel-Captiva recently presented a check for \$1,200 to the Sanibel Public Library Foundation to support children's programs. Sanibel Public Library Youth Services Librarian Deanna Evans said the donation will assist in providing materials for weekly literacy programs.

Past contributions from island Kiwanians helped fund the Read-To-Me chairs and the Early Literacy Center. "Toddlers and pre-schoolers enjoy exploring the Early Literacy Center that features manipulatives – unit blocks, sorting games,

continued on page 13B

### Bayside Resort Lifestyle in The Dunes Golf & Tennis Club



- 3BR/3BA + Loft, 2-story updated home
- Low density complex with only 8 homeowners
- Enjoy community pool, tennis, golf, restaurant
- Updated kitchen, granite counters, SS appliances
- \$499,000 (2160415)

Jayne Lumley 239-872-2546



## Happy Thanksgiving!



### Open House Nov. 26 1-4pm

- 3BR/2BA + den ground level home
- Newer roof, A/C, and impact doors
- On over 1/2 acre, tropical landscaped yard
- New kitchen, granite counters & baths
- \$540,000 (2151172)

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Serene & Quaint Florida style ground level home with new additions. Extra Family Room with vaulted beamed ceilings & French doors, Den & tiled Living area in front. This 3/bedroom, 2 bath + Den complete with new open concept kitchen, granite counters & baths. Tropical landscaped yard on over 1/2 acre backing onto Periwinkle Preserve. New roof & A/C 2010 & Impact Doors. New windows. Mid Island location near Medical Center, Shopping, Restaurants. Move in ready in a quiet & private setting! 10 mins. to Beach.

### Open Concept Near Preserve



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Will Power

## Things To Be Grateful For



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

I wish you and yours a Happy Thanksgiving and thank you very much for following my column over the 15 years that I've been writing it. In the spirit of this week's holiday, allow me to list some of the things that I am grateful for:

I'm grateful for this column – I appreciate Lorin Arundel and all of the good folks at the *Island Sun Newspaper* as well as my faithful readers for allowing me to bring you this estate planning column. I will say that it is sometimes a challenge to come up with interesting topics on a weekly basis for nine years straight. Estate planning isn't the most entertaining of subjects by itself. But I've received a lot of positive feedback

along with appreciation from many who've told me they understand the concepts that I've tried to highlight over the years. I thank all of you for your continued support.

I'm grateful that I'm alive and well – Sounds trite to say that, but I almost died in a terrible bicycling accident 12 years ago. As some of you know, I am an avid road cyclist. On a July afternoon in 2004, a car cut me off near the Siesta Key subdivision as I was heading north on the Summerlin Road bike path. The helmet that I wear saved my life, yet I had four skull fractures and problems with my neck and spine. The accident resulted in a four-day ICU stay at Lee Memorial Trauma Center's ICU and eventually required neurosurgery to correct. Today, I have screws and a pin holding a cadaver bone in place in my neck. I'm still on the bike – and doing well. I am grateful for those motorists who are considerate of us cyclists and beg the rest of you to please watch out for bicyclists both on the bike paths and on the road. Road cycling at speeds exceeding 20 mph on some bike paths is downright dangerous, hence the need to be on the road itself – so please be considerate.

I'm grateful to live in Southwest Florida – I grew up in Indianapolis, but have lived in Florida for more than 36 years. Our area of the country is among the best to live. We have great weather, beaches, boating, recreation... you name it. The people here are kind and down to earth. While our summers are hot – they're not unbearable – and therefore you can enjoy the outdoors all year round. One of my good friends from Chicago visited not too long ago and I took him out to dinner. We travelled to a waterfront restaurant via boat instead of the car. He saw dolphins jumping and a wonderful sunset that evening. He couldn't believe that we can do this anytime we want. It made me proud and happy to live here.

I'm grateful for my career – I truly enjoy what I do for a living. My firm's been established in this community for several generations dating back to 1924. My law partners and I get along very well – it's more like a family than a firm; we've watched each other's children all grow up. We have a loyal and hard working staff – one has been with us for over 40 years! My clients are second to none – a bunch of friendly, warm and sincere people who have interesting backgrounds and life experiences. I've learned so very much from many of my clients. One, for example, gave me the idea to have Daddy-Daughter nights – where I enjoyed having a private dinner with each one of my daughters individually as they grew up. Now that two are in college, I am so happy that I took that time together. I

might not have thought of that idea without the suggestion of Paul Flynn, who was an editor of the *News-Press* and was instrumental in the early days of *USA Today* – and later in life ran the Southwest Florida Community Foundation. Paul gave me the idea based upon his own experience with his own daughters while they were growing up. Sadly, Paul passed away a few years ago, but a little bit of Paul lives on in my family through his good suggestion.

Finally, I'm thankful for my family – I have a loving, devoted, smart – and might I add – very patient wife (she needs a lot of patience to be married to me!) who has put up with me for over 27 years. We started out with nothing and over \$100,000 of student loan debt between us. It seems, though, that our adventure has just begun. We have three daughters who we couldn't be more proud of. Our extended family gives us much love and emotional support. While I lost my mother to leukemia earlier this year, I am grateful for the 11 plus years we had with her since her initial diagnosis. The good doctors at the MD Anderson Cancer Center in Houston, Texas along with Dr. Bill Harwin, a local oncologist, kept mom alive and well, in remission several times, through bone marrow and stem cell transplants. She danced at all of her grandchildren's bar/bat mitzvahs, which otherwise wouldn't have happened. Medical technology keeps getting better and better.

In closing, I wish you and yours a Happy Thanksgiving. I'll be back to reporting on estate planning topics next week.

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From page 10B

## Stroke Story

lucky woman."

Barbara has joined the Sanibel/Captiva Heart Walk Committee and will be supporting the 2017 Walk. She knows that dogs are welcome but she's not sure her dogs are well-behaved enough to keep her company.

The walk will take place on Sunday, January 29 starting at 1 p.m. It will begin 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 nominally a 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 being a Platinum Sponsor for the second time. The Heart Walk Committee is indebted to our local in-kind supporters, such as Bailey's General Store, Doc Ford's Rum Bar and Grille and South Seas Plantation, all of whom are vital to the event.

Sponsorship opportunities are available by contacting Kelly Goodwien, Lee Heart Walk Director, AHA, at 340-2407, [kelly.goodwien@heart.org](mailto:kelly.goodwien@heart.org). Information about the event is available at [www.SanibelCaptivaHeartWalk.org](http://www.SanibelCaptivaHeartWalk.org). We hope to see you there.

To learn more or become a sponsor contact Kelly Goodwien at [kelly.goodwien@heart.org](mailto:kelly.goodwien@heart.org), phone 495-4901 or visit [www.SanibelCaptivaHeartWalk.org](http://www.SanibelCaptivaHeartWalk.org).✱

## American Legion Post 123

American Legion Post 123 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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# Women's Empowerment Series At BIG ARTS



Becca Stevens photo courtesy Zonta

Zonta and BIG ARTS have joined forces to launch a three-part Women's Empowerment series, outlining how women can step into their own power and overcome challenges such as sexual abuse, trafficking and poverty.

The first in the series – dubbed a “don’t miss” event – takes place on Thursday, December 1 at 7 p.m. in BIG ARTS’ Schein Hall on Sanibel. The speaker is the Rev. Becca Stevens, CNN Hero, Episcopal priest, author and founder of Thistle Farms, the largest social enterprise run by survivors of human trafficking and sexual abuse.

Stevens is one of CNN’s 10 finalists for Hero of The Year 2016, a voice for the growing global movement for women’s freedom, and a champion for the marginalized. Named a Champion of Change by the White House in 2011, she is the recipient of numerous awards and has been featured on ABC News, the *New York Times*, NPR and the PBS documentary *A Path Appears*.

Based in Nashville, Tennessee, Thistle Farms was born of the Magdalene House, which Rev. Stevens opened in 1997 to provide housing for survivors of addiction, prostitution and human trafficking. In 2001, seeing economic security as a path to healing and self-sufficiency, she and a handful of survivors began manufacturing all-natural body products made from the thistle plant.

It has grown into a million-dollar enterprise with products sold in 400 stores worldwide and employing 70 women, two-thirds of whom are residential graduates. The residential program – in which women stay for up to two years – provides medical and dental care, mental health therapy, legal help and education.

The women support each other in

a non-judgmental environment where they can heal and come to control their own destinies, said Rev. Stevens, a survivor of child sexual abuse herself. “Our mission was to live into the truth that love is the strongest force for social change in the world,” she said. “Love is a good business model that can teach us how to sustain a community as you grow a company. The business of Thistle Farms teaches us how we can serve one another, love the earth and hope for the future.”

Two of the women will accompany her on December 1 to share their stories and explain how love heals, the philosophy adopted by the company. Thistle Farms products will be available for purchase at the event. Seating is limited and tickets are \$25, available at the BIG ARTS box office, at [www.BIGARTS.org](http://www.BIGARTS.org) or by calling 395-0900. For more information about Zonta, visit [www.zontasancap.com](http://www.zontasancap.com).

## Youth Programs

magnetic letters, puzzles and numbers – to encourage curiosity, imagination and pre-reading skills,” said Evans.

The Kiwanians have also helped stock the teen and ’tween FabLab area with STEM learning materials like Snap Circuits electronics boards, the K’NEX building system and KEVA planks.

“The Sanibel-Captiva Kiwanis is an amazing service organization dedicated to the community’s children. We are grateful for their continued support of the library and our programs for children,” said library executive director Margaret Mohundro.

No school and nothing to do? Come to the library for a story or two, some holiday crafts and gobble on some goodies at 11 a.m. on Wednesday, November 23. Thanksgiving Story and Crafts is for kindergarten through fifth graders. The library will be closed on Thursday, November 24 for Thanksgiving.

See the library’s upcoming schedule by visiting [www.sanlib.org](http://www.sanlib.org). Weekly offerings include K-2 After-School Crew, 3rd to 5th After-School Clique, Bessie the READ dog and more. Weekly youth programs resume on December 13.

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

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

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# She Sells Sea Shells 'Shell-abrates' 40 Years



On November 17, She Sells Sea Shells owners David and Anne Joffe hosted an anniversary celebration in recognition of their 40 years in business on Sanibel photos by Jeff Lysiak



From left, Donna and Michael Burch with Sherrilyn Velez



From left, Jeryl Scolamiero chatting with Janet and Tom McDaniel



Jeff Oths and William DuPont



From left, Daniela Jaeger, David and Anne Joffe, and Friedrich Jaeger

Madeline  
Has  
Moved



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BeautifulLife:

## Thankful Heart

by Kay Casperson



What are you thankful for this year? This is a perfect time to take a look at your life and your blessings big and small, to be truly thankful for each and every one of them. Open

your heart to see the things that really matter and that surround you every day near or far. I am constantly reminding my daughters to say thank you (and please) and to appreciate the little things that can make a big difference in our lives everyday. The things that I think we forget to be thankful for because they are a part of our everyday lives are health, family, friends, pets, jobs, homes or environment. When you take a good look, there is so much there that we may not appreciate like we should all the time. Well, this is the time of year to do just that, and I encourage you to open your heart and give thanks for all of your blessings and to help those around you to do the same. I am thankful for all of you who take the time to read my blogs and who are truly discovering new ways everyday to have a more balanced and beautiful life.

Here are few of my favorite affirmations for giving thanks:

- I am thankful for all that I have and all that is yet to come into my life (remember

- what you speak is what transpires - the power of words)

- I will open my heart to new understanding and appreciation of those around me (you will surprise yourself with how much you will learn if you allow yourself to)

- I am constantly learning how important the little things in my life are to the big picture (don't underestimate the importance of small steps and accomplishments)

Beauty and lifestyle expert Kay Casperson lives on Sanibel with her husband, two daughters and dogs. She produces her own inspirational collections of skincare, cosmetics, wellness, apparel and accessories, and operates four Lifestyle Spa & Boutique locations in Southwest Florida and Orlando. Learn more at [kaycasperson.com](http://kaycasperson.com).✱

## Top Ten Books

1. *Oh, Florida!* by Craig Pittman
  2. *Seduced* by Randy Wayne White
  3. *Gratitude* by Oliver Sacks
  4. *Sanibel & Captiva, Our Islands in the Sun* by Jim Anderson and Jim George
  5. *Cooking for Jeffrey* by Ina Garten
  6. *Remarkable Women of Sanibel & Captiva* by Jeri Magg
  7. *My Grandmother Asked Me to Say She's Sorry* by Fredrik Backman
  8. *Polar* by Dan Kainan
  9. *Cuba Straits* by Randy Wayne White
  10. *Heart of the Sanibel Sunset Detective* by Ron Base
- Courtesy of MacIntosh Books and Paper.✱

## Kiwanis Club Presents Grant



CHR's Executive Director Kelly Collini, center right, and Director of Development and Communications Kelley Riedy, left, attended the Kiwanis Club's meeting to accept the check photo courtesy CHR

The Sanibel-Captiva Kiwanis Club recently presented Community Housing and Resources (CHR) with \$2,500 in grant funding to help the nonprofit continue offering programs and services on Sanibel.

Kiwanis has provided more than \$30,000 in grants over the last decade to CHR, and these monies are utilized as general operating funds to cover continual maintenance, upkeep and management of the organization's 74 rental properties. The funds have also been applied to a tenant assistance fund to help residents during specific times of financial crisis.

In addition to the grant money, this is the second year that the club is providing a \$1,000 Hurricane sponsorship of CHR's Mardi Gras, the organization's only annual fundraiser, coming up on February 11 at The Dunes Golf & Tennis Club.

"The Kiwanis Club of Sanibel-Captiva is proud to be a supporter of CHR because we believe in its mission of providing affordable housing on the island," said Les Boyle, Kiwanis Club board member and CHR board secretary. "Kiwanis is all about helping children, and out of the 150 or so people who enjoy CHR housing annually, around 50 of those are children. By being a part of providing the basic human need of housing to children, CHR helps Kiwanis meet its objective and Kiwanis helps CHR meet theirs."

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

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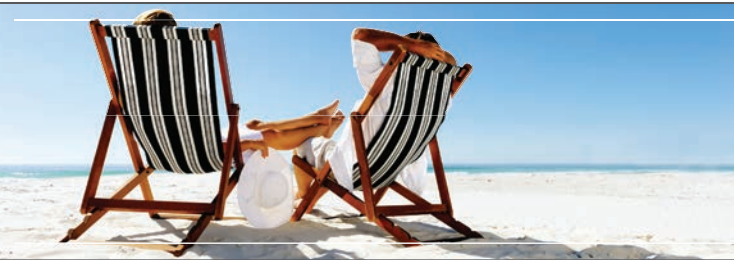
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- 5 BR/3.5 BA - Lake View, cul-de-sac
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### 10. Luxury Meets Location - Sanibel

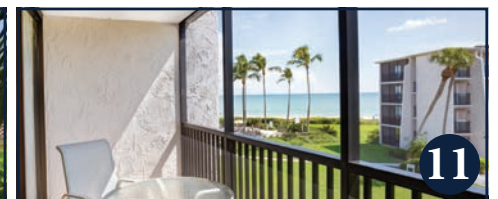
- 4 BR/5 BA Butterknife home built in 2004
- Large gourmet kitchen, steps to the beach
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### 11. Sundial Gulf View Unit

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### 12. Direct Gulf Front Lot - Captiva

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# Sharp Decline In TV Ratings Pose Serious Problems For NFL



by Ed Frank

The National Football League, which for years has perched atop the mountain in TV ratings, fan interest and revenue in the billions, has seen a precipitous slide from that perch this season that has the NFL chieftains alarmed and in search of answers.

National ratings for Monday night games this season are down about 24 percent. Sunday night games are off nearly 19 percent, Thursday night numbers down about 18 percent and Sunday afternoon TV ratings off between 18 and 20 percent, depending upon the game.

Theories for the sudden decline are many and varied. But clearly, it has the NFL, its sponsors, team owners and the players' union worried. And they should be.

ESPN, FOX, NBC and CBS collectively spend about \$5 billion annually for television rights. If viewers have dropped 20 percent, just imagine what this does to advertising revenue.

The current edition of *Sports Illustrated* contains a 26-page report titled *Football In America* that delves into every aspect of the sport – high school, college and professional. And nearly every newspaper in the country has theorized on the problem.

While we cannot cover all the suspected reasons for the sudden decline in the interest and following of the NFL, here are some that appear most prominent:

1. There are too many games being televised, too many mismatches and the market has become oversaturated.
2. The games are too long and fans are turned off by the long delays for replay reviews and commercials.
3. Fans are irate over players' national anthem protests and the players' conduct off the field.
4. The fact that two prime time telecasts were at the same time as presidential debates reduced viewership.
5. Clearly, there is growing concern over the violence of the game and the NFL's slowness to recognize the dangers associated with concussions.

In fairness, the NFL has not turned its back to these and many other issues that are believed to have affected the market.

"We don't dismiss any particular theory," NFL Commissioner Roger Goodell said recently. He called the declines "a reflection of multiple issues" and that the league is attempting to identify and combat them.

He added, "We obviously want to take as much of what we call dead time and non-action out of the game so that we can make the game more exciting."

The head trauma issue continues to be debated. Just last week, a Harvard University study funded by the NFL Players Association recommended that the NFL should stop using doctors paid by the team to determine whether players are able to come back from injuries.

It was one of 76 recommendations in the report. While not dismissing the report, a NFL spokesman said the league would study the report and discuss it.

Is the hemorrhaging in NFL interest and viewership this year just a one season phenomena or is it a long-term problem?

The country is in a mood for change as evidenced by the recent election. The NFL needs to recognize that mood to avoid further erosion of professional football.

**Boston's Porcello American League Cy Young Award Winner**  
Right-hander Rick Porcello was recently named the American League's Cy Young Award winner, the first for a Red Sox hurler since Hall of Famer Pedro Martinez won the coveted award in 2000.

Porcello notched a 22-4 record this past season, the highest total for a Red Sox pitcher since the 23-4 mark by Martinez in 1999.

The 27-year-old Porcello edged former Detroit Tigers teammate Justin Verlander, 137 to 132, in voting by the Baseball Writers Association of America.\*

## SPORTS QUIZ

1. In 2016, Seattle's Robinson Cano became the fourth major-league player to have at least 50 extra-base hits in each of his first 12 seasons. Name two of the other three.
2. Name the major-league teams managed by Hall of Famer Leo Durocher.
3. Nick Chubb set a record at the University of Georgia in 2015 for most consecutive games rushing for at least 100 yards (13). Who had held the mark?
4. Name the last team before the Cleveland Cavaliers in 2015 to sweep the Eastern Conference Finals in the NBA playoffs.
5. Who was Pittsburgh Penguins star Sidney Crosby's first NHL head coach?
6. When was the last time before 2016 (Ginny Thrasher) that an American medaled at the Olympic 10 meter air rifle event?
7. Name the three golfers who won back-to-back Masters Tournaments.

## ANSWERS

1. Carlos Lee, Albert Pujols and Eddie Mathews. 2. The Brooklyn Dodgers (1939-46, '48), New York Giants (1948-55), Chicago Cubs (1966-72) and Houston Astros (1972-73). 3. Herschel Walker, with 12 games of 100-plus rushing yards (1980-81). 4. The New Jersey Nets went 4-0 versus Detroit in 2003. 5. Ed Olczyk, in the 2005-06 season. 6. Nancy Johnson won a gold medal in 2000. 7. Jack Nicklaus (1965-66), Nick Faldo (1989-90) and Tiger Woods (2001-02).

## ISLAND SUN BUSINESS NEWSMAKERS

### Top Producers



Lynda and Kit Traverso



Mary Lou Bailey



Deb Smith

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# Time On Tennis Court Raises \$15,000



Forty-eight tennis players await instruction from legendary coach Nick Bollettieri at Beachview Tennis Club photos courtesy Lily & Co.



Funds raised for the Ronald McDonald Mobile Care were partially matched by Grampy's Charities

It was a sunny Sanibel day for 48 tennis players who spent time on the court with legendary coach Nick Bollettieri and his IMG Academy tennis pros on November 12 at Beachview Tennis Club.

The day raised more than \$15,000, which was partially matched by Grampy's Charities for the Ronald McDonald Care Mobile (RMC).

"We are overjoyed with the success of the tennis event," said Lily & Co. Jewelers owners Dan Schuyler and Karen Bell. "Everyone had a marvelous time socializing and getting tips on their game from Nick, who was absolutely terrific."

Lily & Co. Jewelers co-sponsored the event with Sanibel Catering Company by Bailey's, which provided breakfast and lunch for the players. Bollettieri donated private lessons for four valued at \$2,000 and Lily & Co. contributed several raffle items to the cause.

The RMC, which made an appearance, travels to schools, community centers and neighborhoods, delivering dental care and medical screenings. While the RMC program has been in Collier County since 2004, a second Care Mobile is due to arrive this fall in Lee, Charlotte, Glades and Hendry counties.

"Children are precious," said Bollettieri. "Today is about two things: Playing tennis, and most importantly, supporting little ones and their families when they need it most."

Grampy's Charities has been supporting children for 25 years.


Robbie's Run (or Walk or Crawl), set for January 14 at The Dunes Golf & Tennis Club, raises funds for the RMC as well.

Sponsors included Ed Bolter of Lamar Outdoor Advertising, Dr. Marius Espeleta, pediatric medicine, Rich Venchey of Wiggly Tennis, Duane Chaney of Arch Capital Advisory Group, Lily Dodge of Edward Jones Investments and Alex Blgojevic, CFP, of Morgan Stanley.

"We are grateful to all those who showed their support for this charity tennis event," added Bell. "It represents the giving nature of our community and makes us proud to call these islands home."

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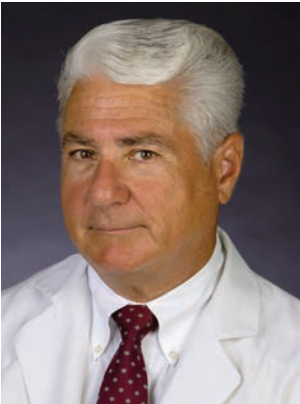
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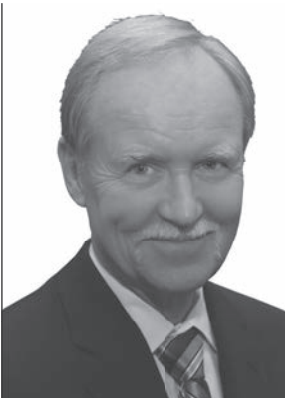
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## Island Seniors At The Center 4 Life

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

**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 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** – Tuesday, November 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.\*

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dearRPharmacist

# Improving Your Immune System



by Suzy Cohen, RPh

**D**ear Readers: I'm willing to bet you have been sick in the past and experienced a runny nose and congestion, sneezing, fever/chills or body aches. All you can do is treat the symptoms and

hope your immune system fights for you. FYI, taking antibiotics won't help. Your immune system strength (not the germ itself) directly influences how bad you feel and how long you suffer.

Vitamin D levels are lower during the winter months so it's no coincidence that cold and flu outbreaks happen during wintertime. Shockingly, even spending our summer days in a big city where tall buildings block the sun's rays and lead to deficiencies of the sunshine vitamin.

Vitamin D is a media darling. *Time Magazine* even lists D among its Top Ten Medical Breakthroughs. Despite the name, "Vitamin D" behaves more like a hormone than a vitamin. In an American study of 198 healthy adults, researchers found that individuals with blood concentrations of 38 ng/ml or more of Vitamin D enjoyed a two-fold reduction in the risk of catching cold, and were able to get back to work faster. I recommend even higher levels, closer to 60 ng/ml.

Allow me to brief you on what may very well be Vitamin D's most exciting role yet. We all have both an adaptive and an innate immune system. The branch of our immune system that "remembers" specific attackers so that

it can mount a faster defense next time an encounter is made, is called the "adaptive" immune system.

Vitamin D helps our adaptive immune system by boosting our T cells, a type of white blood cell that patrols around our bodies like soldiers, ready to destroy any infected or cancerous cells they come across. Researchers in Denmark made a truly incredible connection. For T cells to be able to activate themselves and mount an attack, Vitamin D must be present. Without adequate Vitamin D, our T cells are like sleeping soldiers, virtually incapable of defending us. This research suggests that perhaps we can retrain your immune system to prevent it from being so reactive and hyper, translating to a lower risk for cold and flu, and obviously fewer auto-immune assaults.

Adequate Vitamin D helps your immune cells manufacture your own natural antibiotic-like substance called cathelicidin, which destroys all sorts of "bugs" as they're encountered. This activity supports your innate immune system. By the way, your innate system is your first line of defense against pathogens of all sorts so if you get sick a lot, this is the part of your immune system that you should focus on.

Symptoms of Vitamin D deficiency may lead to fatigue, weakness, bone or muscle pain, fractures, cracked teeth, arrhythmias, wintertime depression and autoimmune flare ups. Certain cancers are also associated with low D. In my humble opinion, Vitamin D3 is an affordable way to keep your immune system in tip-top shape; it's easy to test levels and the supplement is sold pretty much everywhere.

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

Eden Energy Medicine

# Trace Stomach Meridian



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

**S**tomach (Yang) receives the food we ingest, decides what nutrients to keep and then transports this energy to spleen (Yin), which converts it to energy (chi)

and blood, to nourish the entire system. This digestive process is pretty important, aye? So, if ST is imbalanced, one can't assimilate nutrients needed to strengthen the body, mind and spirit, resulting in a weak energy level.

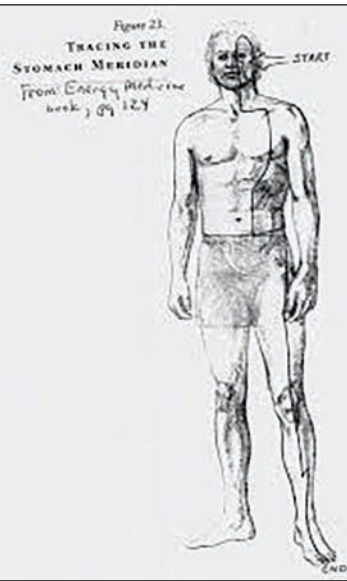
The importance of nutrition is imperative. One may experience bloating, gastrointestinal pain, nausea, acid reflux, allergies, bags under the eyes; breast issues, digestive issues, fallopian tube issues, hunger frequently, laryngitis, lumps, mouth and lip sores, neck pain, nervous tension, ovary issues, sinus issues, stomach aches, ulcers or weight issues.

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

Meridian Flow Wheel Time of day – ST meridian's high tide is 7 to 9 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 7 30 a.m., then begin with ST.

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 ST if you have some of the symptoms listed in the opening paragraph or if one is meddlesome, has sugar cravings, shows obsessive worry or is co-dependent.

Affirmation for this Meridian is "I Trust The Mystery Of Life" – Remembering that



Stomach Meridian Tracing from EEM book

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 – Do both sides at the same time. Place both hands underneath your eyes, trace down to your jawbone and then circle the outside of your face up to your forehead; bring your hands directly over the middle of your eyes to the collarbone; follow the collarbone outward several inches; now go straight down over your breasts; jog in at the bottom of the ribs straight down to the waist; flair out at the hips and then straight down the front of your legs and off the second toe. That's it... you just traced stomach 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

continued on page 22B

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Doctor and Dietician

# Teriyaki Salmon With Veggies



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

Looking for a tasty way to serve up salmon this week? Try it teriyaki style. Here's a delicious meal to pack in vitamins, minerals, antioxidants and good fats.

### Teriyaki Sauce

- 1 Tbsp packed brown sugar or honey
- 4 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 4 cloves garlic, minced
- 1 tsp sesame oil
- 1 tsp Thai chili sauce or Sriracha
- 1 tsp sesame seeds
- Salt and pepper, to taste

### Salmon and Veggies

- 1 small head fresh broccoli, chopped
- 2 large carrots, chopped
- 1/2 sweet onion, sliced
- 2 Tbsp coconut oil, divided

- 2 or 3 4-ounce salmon filets, skin on
- Preparation**
  1. Sauce: Whisk together in a small bowl brown sugar/honey, soy sauce, rice vinegar, garlic, sesame oil and chili sauce. Heat in a sauce pan until bubbly. Set aside.
  2. Veggies: Heat half of the coconut oil and sauté veggies until just al dente. Mix in sesame seeds. Set aside. Another delicious option is to roast the vegetables for a more complex flavor.
  3. Salmon: Brush salmon with sauce mixture. Heat remaining coconut oil in sauce pan. Place salmon filets in hot pan skin-side down. Brush with more sauce as salmon cooks. Cover and cook to desired doneness. Typically about 10 minutes depending on the thickness. Brush with more sauce as needed. Remove from heat. Let stand a few minutes.

- 4. Combine remainder of the sauce with veggies and heat through. Add salt, pepper, and hot sauce to taste. This salmon and veggie dish is especially tasty served over black rice – give it a try!

Other vegetable options can include bell peppers, green beans, peapods or any other stir-fry favorites. Try adding a squeeze of fresh lime and some chopped cilantro on this dish, too.

*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.\**

# Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I work in a job where multi-tasking is encouraged in order to get more done. I find that while I can do it, I put a lot of pressure and stress on myself. I am afraid that if I slow down, I will be fired. Should I keep working at this pace?

**A:** Our culture does encourage multi-tasking and with that comes pressure and stress that you are describing. In our 24/7, fast paced society, we are valued if we text, cook, clean and get that report done all at once.

Some people actually pride themselves on this, but the stakes run high. While our minds are amazing parts of us, they

also should be focused on one task at a time. Face it, we all have a little ADD, but too many of us have (and continue to) gone overboard. There is one of us, we are not an octopus with eight legs. Sadly, this multi-tasking is way too common, and we really don't get the job done any better, (most likely only half as good) as if we mindfully take time and cultivate a present moment awareness of what we are doing.

Our immediate gratification world is only harming us as we lose the mindful awareness it takes to slow down and be. I would take a day at the office and not multi-task. Focus on the one task at hand, take a break, then go onto the next task. You might be amazed at how mindfulness awareness will actually help you accomplish your tasks in the same amount of time and your performance will actually be enhanced.

*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.\**

# Mom And Me



whole neighborhood was awakened. My father was also taken to the emergency department because at that time we had no other place for him to go. The house was severely damaged. My father is staying with relatives out of town and my mother is in rehabilitation after surgery. I don't know what to do next. Where do you suggest I start?

Annabelle

### Dear Annabelle,

For some older individuals, living independently at home – even with in-home services – is not possible due to safety concerns. Some significant safety concerns are wandering out of the home, having days and nights confused and engaging in other unsafe behavior like using appliances unsafely.

If your parents return home, their home plan should include in home services 24 hours a day, seven days a week, which is very expensive. The other option is either independent housing with supportive services or assisted living. Begin by calling the independent living and assisted living communities in your area.

The social worker at the rehab center is a great resource. She or he will be able to tell your mother's abilities, where the therapist and physicians think your mother should live and the different communities in the area to look at.

Pryce

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

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by Lizzie and Pryce

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

### Dear Mom & Me,

I have realized that my parents were unable to function in their own home, but my mother positively refused to move. She has been caring for my father, who has some form of memory loss.

The other morning at about 2 a.m., my father got up, went to the kitchen and started to cook. The smell of smoke awakened my mother and in the rush she fell and broke her hip. The fire trucks came, they called an ambulance and the

From page 21B

# Stomach Meridian

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 stomach while you learn the last meridian next week.

Have fun with your energy! Next week's topic is Diabetes, Fibroids or Cysts? Trace Spleen Meridian.

*If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit [www.semmelmanenergy.com](http://www.semmelmanenergy.com). EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.\**





### Savory Pecan Stuffing

- 1/2 pound spicy or sage breakfast-style ground sausage
- 1 cup chopped onion
- 1 tablespoon chopped garlic
- 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 2 tablespoons chopped fresh sage, or 2 teaspoons dried

1/4 cup butter

1 cup chopped celery

1 cup chopped pecans

1/2 cup golden raisins

1 loaf of bread or

cornbread equivalent cubed

2 cups low-sodium chicken broth

Cook sausage and onion together until sausage is completely done. Drain well and set aside.

Melt butter in a large skillet, and cook celery and garlic until tender. In large bowl add remaining ingredients, adding sausage and onions last. Mix together well and pour into a large baking dish.

Bake at 350° for about 45 minutes.✱

Savory Pecan Stuffing



photo courtesy Fresh From Florida

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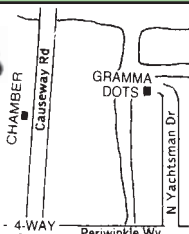
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11am - 10pm  
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12pm - 9pm

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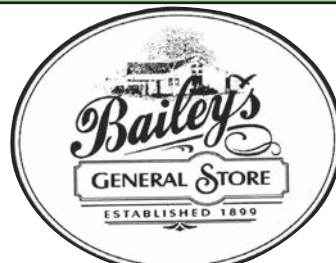
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Fire Department - Captiva .....	472-9494
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Poison Control .....	1-800-282-3171
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Community Foundation of Sanibel-Captiva .....	274-5900
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FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
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 Assc. of America, Alex MacKenzie ...	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club. ...	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer .....	www.sanibelsoccer.org 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

**PETS OF THE WEEK**

Anna Bella is a 4-year-old hound mix female who has the most soulful eyes you may have ever seen. We're sure those eyes hold lots of untold stories. However, what we do know is that she is a gentle, calm, settled and well-mannered dog and that is how she interacts with people and other pets. She's sure to fit into your family. Her adoption fee is \$75.

Mia is a 4-month-old domestic short hair female who is a bundle of joy. She loves to play with toys especially if there is a human or other cat attached. Mia especially loves attention so her dream home would be one with both humans and other pets. Her adoption fee is \$75 (cats and kittens are two-for-one, so be sure to get her a companion).

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

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

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

The adoption package is valued at \$500.✧



Anna Bella ID# 680983



Mia ID# 678271

**PAWS Of Sanibel**

**Roscoe**



Roscoe photo courtesy PAWS of Sanibel

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**

**Abbey**



Abbey photo courtesy PAWS of Sanibel

Abbey is currently living in a full house, filled with three dogs and a new baby. Since Abbey is the youngest of the three dogs, her mom and dad would like to find her a loving home. Abbey is 2-years-old, spayed and up to date on her shots. She is very sweet, affectionate and perfectly house trained.

Call Yolanda at PAWS of Sanibel at 691-4488 if you can help Abbey.✧



PUZZLES

Answers on page 29B

STARTING  
SOUND-ALIKES

Super Crossword

ACROSS

1 Modify, as a bill

6 With 68-Across, deli container

12 "Bewitched" witch

20 Stinky stream system

21 Confession

22 Acquired

23 They have bases of romaine

25 Common way to sell goods

26 Boxing double-whammy

27 Prefix with hazardous

28 What cleats improve

29 Article of Cologne

30 Young 'un

31 Leading

33 Try to find a safe place

36 Irishmen, e.g.

38 Jokester Jay

39 Skit show since '75

40 Onetime popular pair in Vegas

46 Spring in a dry stretch

50 Doctrine suffix

51 Nunnery

52 Lawn stuff

54 Ending for duct

55 Shampoo additive

57 Embellish richly

58 Book by a bed

59 The Bruins of the NCAA

60 Hardly harsh

63 Halt, legally

66 Pale violet

68 See 6-Across

69 Socialist philosopher

70 Live for right now

76 Less trustful

79 Place

80 Chocolate stand-in

81 Petty of Hollywood

83 "I never — purple cow ..."

84 — Taylor (clothing retailer)

85 Matthews of "Hardball"

86 They're hit at parties

89 NSFW part

90 Bungle

92 Vista points

95 Was in command of

97 Royals manager

98 Qatari chiefs

99 It began with the Tertiary Period

104 Plus

105 Tar's spar

109 Line

110 One with a B.A., say

111 Jazz band's engagement

112 Appease

114 Guy hawking

116 Alternate title for this puzzle

119 Geico

120 Grosset & — (book publisher)

121 Denoted

122 Social climbers' concerns

123 Smiles

124 Old politico

4 Retirement savings

5 No-win situation

6 Ballet step

7 Goran of tennis

8 Two-dot mark

9 Michelle of figure skating

10 Young 'un

11 Letters before ems

12 Flash

13 MGM motto

14 Changes gradually

15 One, in Yahtzee

16 Sweet bread spread

17 Property

18 German poet

19 Actress

24 "Night of the Living Dead" director

28 Atlanta locale

32 Ding- —

33 Email folder heading

34 Last part

35 905-year-old in Genesis

37 N.Y. Jets' gp.

38 Get hired

40 Chang and Eng's land

41 Capri or Ely

42 Skin softener

43 Proof mark

44 City in Algeria

45 Prison parts

47 Pastoral folk dance of Italy

48 Troubles

49 See 104-Down

53 "The Exorcist" actor Max von —

56 Doolittle of "Pygmalion"

59 Exploitative sorts

61 Shout to a matador

62 Timepiece

64 Cooke with soul

65 MLB stat

67 Burns partly

70 Car from Sweden

71 Rubik of Rubik's Cube

72 Funny Idle

73 Sauntered

74 It's prohibited

75 Trip-taking equipment

77 "Star Wars" furball

78 "Shoot!"

82 Bullet points

85 At the home of, to Henri

86 Galileo's birthplace

87 Songlike

88 35mm camera choice

91 Least far-off

93 —'wester

94 Diffuses gradually

96 Sets of doctrines

99 Houses, in Havana

100 Praise highly

101 — Wafers

102 Plenty angry

103 Alternatives to walkers

104 With 49-Down, option for an air passenger

106 Really irked

107 1953 Alan Ladd film

108 Lab activities

111 Heredity unit

113 "My treat"

115 Role in "The Hangover"

116 NFL coups

117 Savage sort

118 Corp. execs

King Crossword

ACROSS

1 Wagon

5 Part of MYOB

9 Young fellow

12 Lotion additive

13 Small plateau

14 Bobby of hockey

15 Very hush-hush

17 Shell-game item

18 "A Streetcar Named Desire" role

19 German artist

21 Form of 22-Across

22 One of the media

24 Millinery

27 Winter mo.

28 Elevator name

31 Past

32 Whopper

33 Spy org.

34 Cried

36 Pismire

37 Dish damage

38 Cabbies

40 Otherwise

41 Bizet work

43 Online image

47 Mauna —

48 Leading comedian

51 Gun the engine

52 Manitoba native

53 Black, in verse

54 Whatever number

55 Stampeding group

56 Went under

8 Assessed

9 A-one

10 Belligerent god

11 "Phooey!"

16 Shade provider

20 2016

22 Jockey's handful

23 Help a hood

24 Hee follower

25 Time of your life?

26 Lacking balance

27 Criticism

29 Midafternoon, in a way

30 Fool

35 Pitch

37 Construction site machinery

39 Hidden complication

40 Eggs

41 Callaloo

42 ingredient

42 Hammerhead part

43 Sleeping

44 Forbidden (Var.)

45 Soon, to a bard

46 — and file

49 Raw rock

50 Apiece

1	2	3	4	5		6	7	8	9	10	11		12	13	14	15	16	17	18	19
20						21							22							
23						24							25							
26							27					28						29		
30						31	32				33	34					35			
				36	37					38					39					
40	41	42						43					44	45		46		47	48	49
50				51								52			53			54		
55			56			57						58					59			
60				61	62		63				64					65				
		66				67			68					69						
70	71						72	73				74	75		76				77	78
79					80						81			82			83			
84				85							86				87	88		89		
90			91			92			93								94			
			95		96			97					98							
99	100	101				102	103					104					105	106	107	108
109					110							111				112	113			
114				115							116	117			118					
119											120						121			
122											123						124			

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GHOST TOWNS

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

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

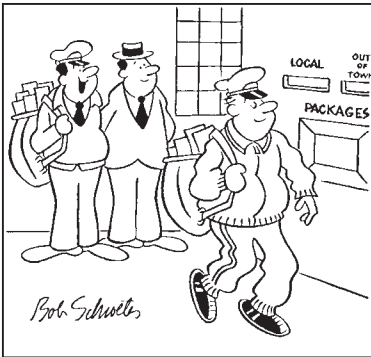
Agate  
Apex  
Bonanza  
Caddoa

Dudley  
Gillett  
Hartsel  
Iron City

Juanita  
Lulu City  
Malta  
Pie Plant

Sligo  
Swiss Boy  
Tuttle





"The guys in the jogging outfits handle the \_\_\_\_\_ mail!"  
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!

Key

PETALS

Obvious

TROVE

Aware

SIXTE

Laud

ARMIED

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		

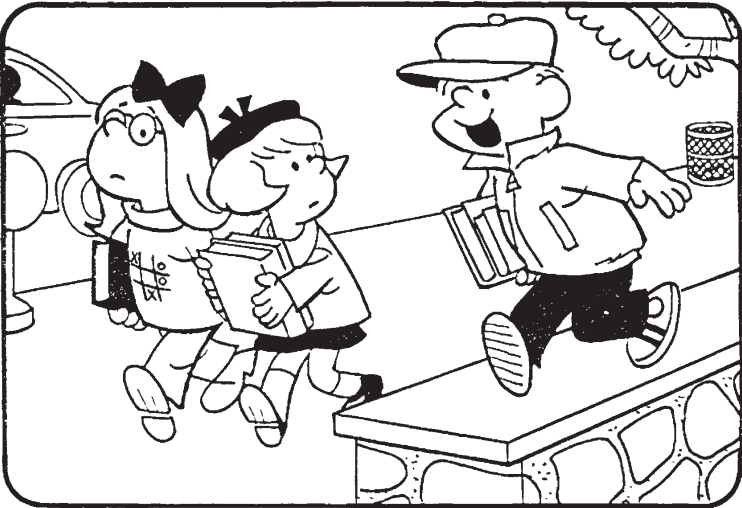
SUDOKU

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.

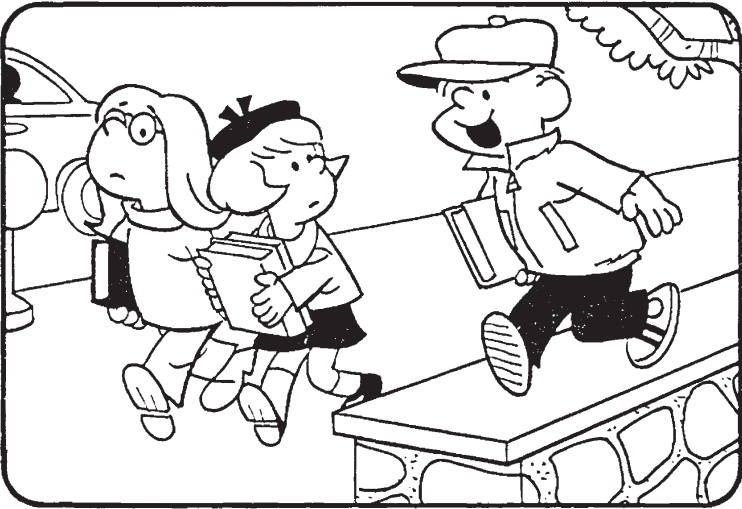
answer on page 29B

HOCUS-FOCUS

BY  
HENRY BOLTIKOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bow is missing. 2. Sweater design is missing. 3. Jacket is shorter. 4. Book is missing. 5. Arm is missing. 6. Trash can is missing.

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## LIVE ON THE ISLANDS

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

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

**The Jacaranda** has live entertainment Friday and Saturday with Cruzan Vibes, playing reggae. 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 Thursday and Saturday with Dusk Duo. Barbara Smith and Woody Brubaker play on Friday. Mike Arnone plays on Sunday. On Wednesday, it's jazz with Woody Brubaker.

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

## My Stars ★★★★★

FOR WEEK OF NOVEMBER 28, 2016

**ARIES** (March 21 to April 19) Keep those sharp Sheep eyes focused on a hazy situation. As things begin to clear up, you'll find a sharper picture emerging, showing something you will need to know.

**TAURUS** (April 20 to May 20) Watch your expenses through the end of the month. Later, you'll be glad to have extra money to pay for something that will make an acquisitive Bovine's heart beat faster.

**GEMINI** (May 21 to June 20) You're now ready to make that oft-deferred commitment, if you still believe it's what you want. Don't be afraid to change your mind if you feel you should go in another direction.

**CANCER** (June 21 to July 22) Now that you are moving on with your life after that recent disappointment, how about reactivating your travel plans and taking someone special along with you.

**LEO** (July 23 to August 22) Many new friends come into your personal life, which suits all of you social Lions just fine. However, one new friend might make demands that you could find difficult to deal with.

**VIRGO** (August 23 to September 22) Communication doesn't exist unless it's two-way. So if you're getting no replies to the signals you're sending, it could be time to look for someone more receptive.

**LIBRA** (September 23 to October 22) A workplace complication that you thought was ironed out develops new wrinkles that need attention. Meanwhile, expect continuing improvement in your home life.

**SCORPIO** (October 23 to November 21) A tense personal problem needs to be talked out before someone decides to walk out. Resist making decisions until full explanations are offered from both sides.

**SAGITTARIUS** (November 22 to December 21) A technological glitch that caused problems recently will soon be repaired, and life can return to normal. A colleague has a surprising message to deliver.

**CAPRICORN** (December 22 to January 19) Your partner might feel that you haven't been as open with him or her as you should be. Deal with this now, before it turns into something more difficult to handle.

**AQUARIUS** (January 20 to February 18) Good news: Many of the stumbling blocks that affected the progress of some of your career projects are fading away. Things also start to look up on the home front.

**PISCES** (February 19 to March 20) You'll need that strong Piscean pluck to get through waters that will be turbulent for a while. A more positive aspect soon emerges, along with some welcome news.

**BORN THIS WEEK:** You are zealous in the pursuit of truth. You would make an excellent research scientist.

### THIS WEEK IN HISTORY

\* On Nov. 29, 1775, the Second Continental Congress, meeting in Philadelphia, establishes a Committee of Secret Correspondence. Its goal is to provide European nations with a Patriot interpretation of events in Britain's North American colonies, in the hope of soliciting aid for the American war effort.

\* On Nov. 28, 1895, Frank Duryea

wins the first motorcar race in the United States, piloting a gas-powered "horseless carriage." Vehicles had to be able to carry at least two people: the driver and a race-appointed umpire, who would guard against cheating.

\* On Nov. 30, 1954, the first modern instance of a meteorite striking a human being occurs in Sylacauga, Alabama, when an 8 1/2 pound meteorite crashes through the roof of a house, bounces off a radio, and strikes Mrs. Elizabeth Hodges.

### STRANGE BUT TRUE

\* It was American science-fiction writer Hal Clement who made the following sage observation: "Speculation is perfectly all right, but if you stay there you've only founded a superstition. If you test it, you've started a science."

\* Oysters and worms, although unable to see images, are able to sense dark and light.

### THOUGHT FOR THE DAY

"The door of a bigoted mind opens outwards so that the only result of the pressure of facts upon it is to close it more snugly." -- Ogden Nash

## SCRAMBLERS

*solution*

1. Staple; 2. Overt;
3. Exist; 4. Admire

*Today's Word*  
**EXPRESS**

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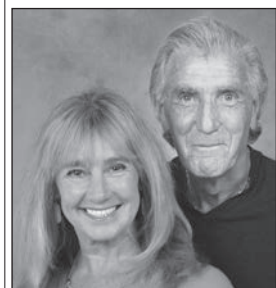


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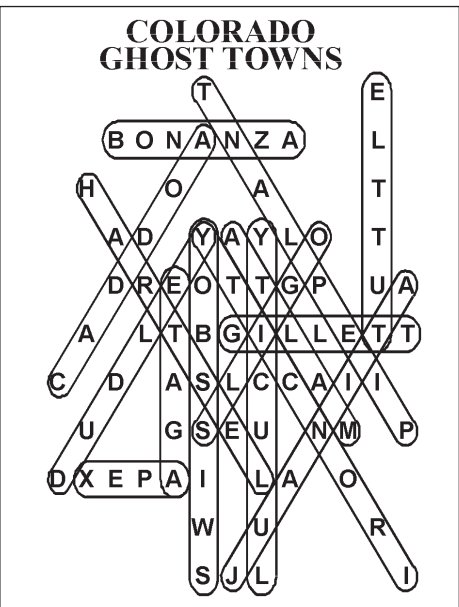
SUPER CROSSWORD

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KING CROSSWORD

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2	9	7	5	8	4	6	1	3
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Rotary Happenings

submitted by Shirley Jewell



Golly, everyone must have gotten the memo up North, that the weather was changing and not in a good way. Last Friday, the dining room was full to capacity with snowbird Rotarians, and we had at least six visiting Rotarians including a couple from Switzerland. It was a busy morning with the induction of two new Sanibel-Captiva Rotarians and two transferring Rotarians from other clubs here in the states. Information about these Rotarians will be included in Rotary Happenings next week, and you definitely will be impressed by their professional credentials.

It wasn't exactly smooth sailing throughout the meeting on Friday... our microphone went missing for a while, and the computer server connection at The Dunes was down. Mischievous elves might have been at work because the program for the morning was a travelogue report and slideshow on Iceland by Rotarian Clair Beckmann.

At this point, it might be noted, Icelanders believe that elves are true beings and inhabit Iceland and beyond. That's just one of the quirky facts Clair brought to light during her talk on Iceland. Clair and her husband, Ron, like to travel the world exploring new lands and ferreting out the unusual. The trip to Iceland was actually Ron's idea. He had heard the airfare to Iceland was relatively inexpensive (Ron is a little on the cheap side, according to reports from Clair) and so off they went late July. According to Clair, just 10 years ago Iceland had about 350,000 visitors; last year, 1.5 million visitors. The island itself is only 39,000 square miles, close to the size of Ohio with a population of 332,000. Some 200,000 of that population lives in the Reykjavik area. This small island has a volcanic plateau in the middle of the island. It is circled by mountains. Lava fields cover 11 percent of the island and glaciers cover 12 percent. Hot springs, geysers, lakes and snowfields attribute to the attraction for visitors to this island. Volcanic eruptions happen about every four years, changing the topography of the land.

During the time Clair and Ron visited Iceland, the sun only set for a few hours a day. If traveling to the island during this time

of year, Clair cautioned to not forget booking a hotel room with blackout shades. Iceland is a temperate country – not too hot or too cold.

The preferred way of getting around the Reykjavik area for the Beckmanns was walking. They enjoyed walks to lake areas with waterfalls, natural hot springs and steaming geysers. Iceland's Blue Lagoon, a geothermal spa, is one of the most visited attractions in Iceland. Blue Lagoon is a man-made lagoon fed by the water output of the nearby geothermal power plant going through turbines; the steam and hot water passes through a heat exchanger to provide heat for municipal water heating systems and the Blue Lagoon. Clair seemed to make a face about this process.

Some of the country's food delicacies could be a problem for some squeamish about trying raw puffin hearts, fermented shark (which smells like ammonia), salted fish and dried animal parts. Of course, to tame the taste of those unusual delicacies, you can always snack on the wonderful Apollo Lakkris (liquorice) candies or dilute with a liquorice drink. Don't forget the amazing Skeyr, which is somewhat like yogurt.

A few fun facts from Clair: Sheep always travel in threes; beer wasn't allowed in Iceland until 1989; the average work week in Iceland is 43.5 hours; babies are left outside alone in their prams to nap – take the air; no



Clair Beckmann photo provided

surnames are used in Iceland – Icelanders use the traditional Nordic naming system; horses have a different gate in Iceland; there are no mosquitoes; Iceland's revenue from whale watching exceeds any income from whaling; Iceland is home to one of the world's oldest democracies, established in 930 AD; Iceland had the first democratically elected female and openly gay prime ministers; consumption of Coca-Cola per capita is higher than in any country; roughly 85 percent of Iceland's energy is from renewable resources and well over half of that is geothermal.

The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club (no meeting November 25). Guests are welcome.\*

HORTOONS



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bayshore Park	Fort Myers	1968	5,050	\$1,789,000	\$1,625,000	83
Santini Cross Unrec.	Fort Myers Beach	2015	2,579	\$1,599,000	\$1,510,000	706
Metes And Bounds	Sanibel	1959	2,908	\$1,595,000	\$1,350,000	102
Shenandoah	Fort Myers	2016	3,406	\$1,225,000	\$1,150,000	142
Marina Isle	Bonita Springs	2000	3,540	\$1,195,000	\$1,125,000	22
Cape Harbour	Cape Coral	2001	3,373	\$1,150,000	\$1,000,000	93
Pelican Landing	Bonita Springs	1993	3,336	\$999,000	\$980,000	5
Iona Shores	Fort Myers	1986	2,776	\$910,000	\$851,000	16
Bonita Lakes	Bonita Springs	2013	3,122	\$899,995	\$870,000	101
Beachview Country Club Estates	Sanibel	1979	2,328	\$879,000	\$825,000	161





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