

VOL. 25, NO. 23

SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER SUNRISE/SUNSET: 8 7:04 • 5:36 9 7:05 • 5:36 10 7:05 • 5:37 11 7:06 • 5:37 12 7:07 • 5:37 13 7:07 • 5:37 14 7:08 • 5:38

Artists Reception Friday Night At BIG ARTS

Bits, Material Matters and Buy It Off the Wall, just in time for the holidays. The community is invited to an artists reception from 5:30 to 7 p.m. on Friday, December 8 for artists from both exhibits.

Buy It Off the Wall, in the Founders Gallery throughout December, was introduced in 2002 by Gordon Coughlin, Cornelia Reina and the visual arts committee as a way to support local artists and a chance to purchase unique holiday gifts. It's a juried show in which works are purchased straight "off the wall" and those empty spaces are filled for an ever-changing exhibit.

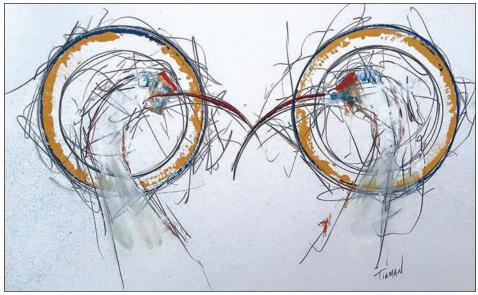
The Buy It Off the Wall exhibit features works by BIG ARTS members such as painting, photography, sculpture and mixed media. "Whether you love



Work from Material Matters exhibition images provided

traditional or contemporary art, you are bound to see something inspiring," said Lee Ellen Harder, executive director of BIG ARTS.

BIG ARTS welcomes back fiber artists Eliza Brewster, Donna Kjonaas, Vicki Kessler and Polly Matsumoto for



Two-Ibis by Guy Tieman

the Material Matters group exhibition throughout December in Phillips Gallery. With the use of fibers, textile and other materials, each artist explores their own ideas with a variety of elements. Brewster's formal training was in printmaking and etching from 1965 to continued on page 17

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DECEMBER 8, 2017



Coral reef bleaching is the topic of Chasing Coral

photo courtesy The Ocean Agency - XL Catlin Seaview Survey - Richard Vevers and Christophe Bailhache

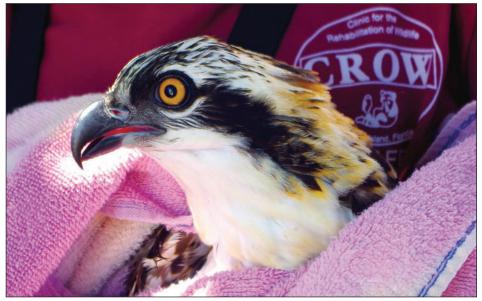
`Ding' Darling Film Series Lineup

The 6th annual "Ding" Darling Wednesday Film Series kicks off its biweekly showings this winter with a schedule of seven films that explore natural facets from pollinators and coral to wild Florida and the war on coal. The series runs January 10 through April 4.

First up, Wings of Life, narrated by Meryl Streep and produced by Disneynature, celebrates the importance of pollinators. One of the season's highlights, *Chasing Coral*, explores the beauty of coral and its fragility and future in a changing climate.

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free film continued on page 21

CROW Speaker Series Explores Environmental Issues, Species Profiles



The Story of Ospreys will be presented by Claudia Burns, International Osprey Foundation volunteer photo provided

The Clinic for the Rehabilitation of Wildlife (CROW) 2018 Speaker Series will run from January 2 through April 17 and will cover topics ranging from species specific presentations to water quality on Sanibel to ethical ecotourism. The featured presentation, with five opportunities to attend, will focus on The Story of Ospreys, a large brown and white raptor that breeds in Southwest Florida from December through April. "They build their nests continued on page 10



The Community House



Share your favorite recipes at the potluck and cookie exchange photos provided

Hors d'oeuvres At Home

Chef Jarred will share techniques and recipes for impressive hors d'oeuvres. There will be a demonstration on Sunday, December 10 featuring Fried Tofu Moneybags in Red Curry, Tandoori-spiced Turkey Kofta and Cilantro Raita, Caprese Tartlets, and Spanakopita Chicken Patties.

Another demonstration will be held on Thursday, December 14 featuring Crispy Polenta with Mushroom Ragout, Chickpea Fritters with Hummus, Sweet Potato and Goat Cheese Samosas, and Spicy Eggplant Beignets. Hands-on classes are \$75 for

Hands-on classes are \$75 for members and \$95 for non-members. Demonstrations are \$45 for members and \$55 for non-members. Register online at sanibelcommunityhouse.net or call 472-2155. Prepaid reservations must be made 72 hours in advance.

The series is sponsored by The Sanibel Captiva Trust Company.

Beading With Shells



Learn techniques for beading with shells with instructor Anita Gober

Beading with Shells will be held on Friday, December 8 from 9 a.m. to noon. Cost is \$35 for members and \$40 for guests. Anita Gober is the instructor.

Potluck Cookie Exchange

A potluck and cookie exchange will be held on Wednesday, December 13 from 6 to 8 p.m. In addition to the regular potluck dinner, attendees who would like to participate in a cookie exchange are asked to bring at least three dozen homemade cookies along with the recipe, if they are willing to share.

Cookies and recipes may be dropped off at The Community House on December 12 or 13 by 6 p.m. along with a completed sign-up sheet. Cookies will be distributed after the potluck.



A celebration of life will be held for Ann Arnoff on Saturday, December 16

Community House architect and cookie baker Amy Nowacki will demonstrate a secret family recipe. Kitchen Guild member Clair Beckmann will show several quick and tasty cookie recipes. Samples will be provided.

Those attending are asked to bring a dish to share for at least six people.

Just Desserts

Just Desserts: Simple and Fun Desserts with Chef Jarred Harris will be held on Saturday, December 9 from 10 a.m. to 1 p.m. Learn how to make great tasting desserts that are easy to prepare. Cost is \$45 for members and \$55 for non-members. Spaces are limited. Register by calling 472-2155 or stop by The Community House.

Celebration of Life: Ann Arnoff

Join members of the community for a celebration of the life of Ann Arnoff, a Sanibel visionary and dedicated community leader on Saturday, December 16 from 2 to 4 p.m.

Foodies and Yogis

Foodies and Yogis with Dr. Susan Pataky and Chef Jarred Harris will be held on Sunday, December 17 from 4 to 6 p.m. This new series starts with a one-hour themed beginner-friendly yoga session led by certified yoga therapist and lifelong holistic health educator Dr. Susan Pataky. Following the session, Resident Chef Jarred Harris will prepare and serve a delicious and nutritious meal. Each segment features a different healing herb or spice along with information on the applications in the kitchen as well as medicinal uses for the body and mind.

Cost is \$49 per person. To register, call 472-2155 or sign up online at https://sanibelcommunityhouse.net.

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

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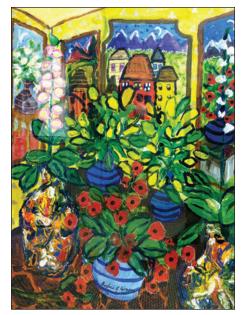
December 7th - December 13th *Offer valid in store or online. Cannot be combined with

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Symphony of Flowers by Barbara Z. Lipman image provided

Artist Of The Month

Every month throughout the year, Sanibel Congregational United Church of Christ highlights a different artist or group of artists. In December, the vibrant paintings of Barbara Z. Lipman are on view.

Lipman received her master of liberal arts from Johns Hopkins University and earned her master of fine arts at the Maryland Institute College of Art. She has taught painting at both the secondary and college level, serving as a member of the art department at Villa Julie College (now Stevenson University). She currently donates her time to teach workshops at BIG ARTS. From mid-January to mid-February, she will instruct a class focusing on still life using acrylics. She describes herself as a "colorist."

She describes herself as a "colorist." Her work incorporates strokes of frenetic energy and lyrical movement, and she enjoys integrating many textures and techniques, with abundant repetition of pattern. She identifies her goal as the desire to elicit visceral emotional responses in her viewers by embracing them with the strong color, varied patterns and numerous vignettes contained within her compositions.

Lipman has been represented by galleries in Baltimore, Washington, Virginia, Florida, Aspen, The Hamptons and Naples. Her work has been included in several invitational exhibitions and juried art shows. One of her pieces hangs in the main entrance to the Johns Hopkins Hospital Cancer Center of Baltimore, Maryland. Her work was also featured in the second edition of *New American Paintings*, a publication that describes itself as "a juried exhibition-in-print."

The exhibit is in Fellowship Hall at Sanibel Congregational Church of Christ, located at 2050 Periwinkle Way, across from Periwinkle Place shopping center. The paintings are for sale, with a portion of the proceeds benefiting the church. The public is welcome to view the exhibit during office hours, when meetings are not in progress, as well as on Sunday mornings. For more information, call the church office at 472-0497.**

Captiva Island Historical Society LOOKING BACK: Bill Shannon



Bill Shannon in front of his palm frond house

photo courtesy Captiva Island Historical Society Archives

This week's image is an early 1950's image of Bill Shannon in front of his palm frond house. He and his wife, Mae, opened the Sunshine Cafe on Palm Avenue (now Andy Rosse Lane) in 1951.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

Visit the Captiva Island Historical Society website at www.captivaislandhistoricalsociety. org/archives/research to view many more images to bring you closer to Captiva.





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Take Stock In Children Subject Of Meeting

submitted by Lynda Dunham

he first seasonal luncheon and meeting of the Episcopal Church Women of St. Michael and All Angels Church was attended by 48 people on November 13 in the church parish hall. With summer activities concluded and the return of snowbirds, many happy greetings and conversations ensued until we were gaveled to a silence for our speaker of the day

Parishioner Don Albracht introduced us to an organization called Take Stock In Children, which operates under the umbrella of The Immokalee Foundation (TIF). Albracht volunteers as a mentor to a young boy from the fifth grade up until this year, when he will graduate from high school. His commitment was to spend at least 30 minutes a week, every week with this young man, helping with studies or just conversing with him to become part of his life and motivate him to succeed. Both Don and his wife, Mary, have attended the boy's football games and they sit with his parents, who are not very fluent in English and the Albrachts only know a little Spanish. They seem to find a way of understanding each other.

Albracht reported that as time went on, this relationship became incredibly valuable to him, to the boy and to his parents. When he asked the mother why she had enrolled the boy in this program, she



Don Albracht photo provided

replied, "To keep him out of the fields." Indeed she did as he will be enrolled in college through a scholarship from TIF. Most of the mentees are channeled toward a community college, university, technical/ vocational program, apprenticeship or onthe-job training. The students are helped to navigate the world of financial aid, and develop life skills that will benefit them for the rest of their lives.

We then heard from Michele Kennedy, who has been employed by Take Stock In Children for over five years years. Her job is as a mentor and the volunteer coordinator. We heard many other stories of success on the part of the children being mentored and of the satisfaction of the

mentors in their relationships with them.

One of the most interesting facts we heard involved the statistics for high school graduation rates:

Florida – 78 percent of students graduate; Collier County – 84 percent of students graduate; students enrolled in TIF – 100 percent graduate.

There are other programs in Immokalee that use volunteers: Career Development,

Church Sending Packages To College Students

🗖 anibel Community Church will send care packages to more than 60 college students who are away from home over the holidays, often for the first time. Several times a year, these packages are prepared and sent to college youth and young adults. The packages include a note, snacks and sweets, and an encouraging message.

One of the students said, "I have found the packages very encouraging. They remind me that I am cared about, prayed for, and that I am part of a church that puts the time and effort into making sure that I am supported in this important time in my life." H2O Student Ministries is a youth

ministry program for 6th grade through 12th grade young men and women. H2O meets on Wednesday evenings from 5 p.m. to 7 p.m. for middle school students; 6 p.m. to 8 p.m. for high school students; and on Sunday

Sanibel Show your colors! This bumper sticker has a green color to

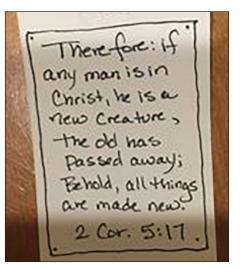
emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

They are available at: **Bailey's General Store Bailey's at Sundial Beach Stuff CVS Pharmacy Doc Ford's Island Pharmacy** Suncatcher's Dream

Sanibel Scenes calendars are also available at these favorite island stores.

Immokalee Readers, Post Secondary and Career Success initiatives. At the rate Collier County and, indeed, all of Southwest Florida are developing, there is a future for these children to find jobs and to be employed.

To speak with someone about volunteering, about making a real difference in a child's life, call 692-5940 and speak with Michelle Kennedy.举



Inspirational message

photo provideo

mornings at 11 a.m. until noon in the youth center at Sanibel Community Church. All students on the island and surrounding communities are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information, call 472-2684 or visit the web at www.sanibelchurch.com.莽







SUNDAY, DECEMBER 10, 6 P.M. - FREE CONCERT! COME EARLY AT 5:30 P.M. FOR A CHRISTMAS CAROL SING-A-LONG.

Celebrate the message of Christmas with the Mastersingers accompanied by a brass ensemble.

A love offering will be received for the Florida Baptist Children's Homes, providing Christmas gifts for children who are in crisis.

JOIN US FOR WORSHIP THIS CHRISTMAS SEASON SUNDAY SERVICES AT 8, 9 & 11 A.M. 1740 PERIWINKLE WAY • SANIBEL, FL 33957 • WWW.SANIBELCHURCH.COM.

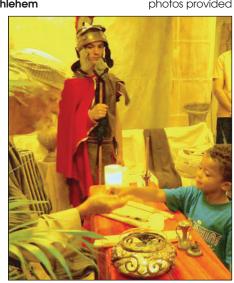


Katie, Mark, Pace and Kirby Padgett have chicken noodle soup, bread, tossed salad and a frosted sugar cookie before heading off to Bethlehem photos provided

An Evening In Bethlehem At Sanibel Church

n November 29, the LOGOS families at Sanibel Community Church gathered for dinner and then took a tour of Bethlehem during O Little Town of Bethlehem Night. Some had to pay their taxes. They saw the potter, the baker, the innkeeper, soldiers and even a brand new baby boy. It was a wonderful evening together at the beginning of the Christmas season.

LOGOS is a mid-week program for families with children ages 3 years old through fifth grade. Bethlehem was also open to the public Wednesday and Friday evenings.



Dadion Bonhomme, right, had to use his plastic coin to pay the family taxes while the Roman soldier looked on

Shadows Of Hope Service Offers Solace

The public is invited to the annual Shadows of Hope service at Sanibel Congregational United Church of Christ on Sunday, December 17 at 4 p.m. This is a reflective service for the season, providing space for anyone whose Christmas holidays are at times not so "jolly and bright." A light dessert will be served afterwards in Fellowship Hall.

Many people discover that their pain and grief is heightened or renewed by all the Christmas cheer, or that ongoing difficulties and struggles are deepened. This worship service provides space for people to acknowledge those feelings and know that they are not alone. There will be an opportunity to light

There will be an opportunity to light a candle to help bring hope and comfort through the season. This interlude to the holiday season is intended for those grieving the loss of a loved one or friend,



Candles will be lit to help bring hope and comfort photo provided

facing a chronic or serious illness, at a distance from relatives, or for any other reason find the Christmas season difficult.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, call 472-0497 or visit www.sanibelucc.org.



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www.CedarChestSanibel.com

Jennings Honored For **Council Service**

by Jeff Lysiak

o start Tuesday's Sanibel City Council meeting, members of the council and city leaders took time to honor longtime member Jim Jennings for his service to the community.

Mayor Kevin Ruane read a proclamation honoring Jennings' contributions during his 14 years as a councilman, the second longest tenure in the history of Sanibel. Jennings served as a member of the Sanibel City Council from March 18, 2003 through October 18, 2017.

The Honorable Jim Jennings has been an esteemed representative for the city with the Florida League of Cities and has demonstrated exceptional leadership in serving as a voting member of the league, serving on the board



From left, councilmen Mick Denham, Chauncey Goss and Jason Maughan, Terrie Kielborn-Jennings and Jim Jennings listening as Mayor Kevin Ruane reads a proclamation honoring Jennings' 14 years of service to the Sanibel community as a city council member photo by Jeff Lysiak

of directors, and serving as president of the Southwest Florida League of Cities," the proclamation reads, in part. "Mr. Jennings has served the citizens of Sanibel with distinction for 14 years during numerous critical and trying situations, the recovery from hurricanes

longtime councilman Jim Jennings on the

Smith was elected by a vote of

3 to 1, gaining the nomination of Mayor Kevin Ruane, Vice Mayor Mick Denham and Councilman Chauncey

Goss. Councilman Jason Maughan

was appointed to the newly-formed

Charter Review Committee, for the

nominated Jeff Powers, who last month

Sanibel City Council.

Charley, Wilma, Frances and Irma, Lake Okeechobee freshwater releases and water quality issues, red tide and red drift algae issues and concerns, among many others."

The tribute also noted Jennings' contributions in aiding the funding of the Sanibel Recreation Center.

"This has been a joy for me," said Jennings after being presented a Luc Century glass vase and a framed copy of the proclamation. "I thank this community for giving me the opportunity to serve."☆



Holly Smith, center, was sworn-in as a member of the Sanibel City Council on Tuesday. Also pictured is Smith's husband, Jason, and Deputy City Clerk Scotty Lynn Kelly, who administered the Oath of Office. photos by Jeff Lysiak

Smith Appointed To City Council

by Jeff Lysiak

olly Smith, who had been serving as vice chair of the city's planning commission, was appointed on Tuesday to fill the seat vacated by former

Sanibel Police Department Officer Jarred Ciccone, second from right, was recognized as the City of Sanibel's Employee of the Year during Tuesday's city council session. Also pictured, from left, are Chauncey Goss, Jason Maughan, Mick Denham and Kevin Ruane.

open seat.

"I have had the honor of serving Sanibel in many different capacities for nearly 20 years. I am confident that my present and previous civic and professional experiences combined with my desire to serve makes me well qualified to fill this council seat," Smith wrote in her application for the council appointment. "I will give the time, energy and dedication the position requires and Sanibel deserves. I am not

afraid of hard work. I understand the importance of relationships and how crucial those relationships are. I base my decisions on being well prepared, listening to diverse views and weighing facts in an unbiased manner while honoring the Sanibel Vision Statement."

Prior to the council's vote on the appointment, Katie Reed of Island Seniors, Inc. noted that her group had the opportunity to interview seven continued on page 10



Contributing Writers

Kimberley Berisford Craig R. Hersch Tanya Hochschild Barbara Cacchione Shirley Jewell Kay Casperson Constance Clancy, EdD Audrey Krienen Dr. Jose H. Leal, PhD Suzv Cohen Linda Coin Anne Mitchell Marcia Feeney Capt. Matt Mitchell Ed Frank Gerri Reaves PhD Jim George Angela Larson Roehl Shelley Greggs J. Brendan Ryan, CLU, ChFC, MSFS Jarred Harris Marion Hauser, MS, RD Di Saggau Ross Hauser, MD Karen L. Semmelman Jeanie Tinch Bryan Hayes

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Jennifer Rundlett

photo provided

Lecturer Returns For Advent

St. Michael & All Angels Episcopal Church invites islanders to a special lecture and meditation in observance of Advent at 9:30 a.m. Sunday, December 10 in Parish Hall. The lecture marks the third appearance of popular author, flutist and speaker Jennifer Rundlett at the church.

"I look forward to spending this time of Advent at St. Michael's," Rundlett said. "I love the parishioners and their strong interest in participating. I plan to share my own personal story – my discovery of the meaning of Christmas as an adult, through paintings and music. I hope that my presentation will be a quiet time of meditation and discovery for everyone."

Rundlett's talk, entitled Come and See, will feature a lesson from her first book, *My Dancing Day: Reflections of the Incarnation in Art and Music.* She will lead participants toward a greater experience of the Annunciation, seen in music and art. In the tradition of Saint Ignatius' Spiritual Exercises, she will guide the class through a variety of paintings in history, to engage the senses and connect more deeply with the Incarnation of Christ. The multi-media presentation, filled with art and music, will also include 19th century Austrian composer Anton Bruckner's *Ave Maria*, to help prepare the heart for the Christmas season.

St. Michael's Rector Ellen Sloan said, "We look forward with great anticipation to Jennifer's third visit to St. Michael's, as she guides us through the scripture of the Angel Gabriel's visit to Mary, with a presentation that is replete with exquisite music and art."

music and art." As flutist, Rundlett will appear during the prelude for the church's 10:30 a.m. Sunday service. She will perform *Of the Father's Love Begotten, Bring a Torch, Jeannette, Isabella* and *Angels from the Realms of Glory.* During the offertory, the Parish Choir, under the direction of Minister of Music Hank Glass, will sing *Tomorrow Will Be My Dancing Day,* with a flute obligato performed by Rundlett. The choir's special Advent communion anthem will be A Shoot Shall Come Forth out of Jesse by Richard Horn.

After earning her master of music

performance degree from the Peabody Conservatory, Rundlett studied flute with renowned flutist Trevor Wye at England's Royal Northern College of Music. She appeared in master classes with the legendary flute virtuosi Jean-Pierre Rampal and Marcel Moyse and performed frequently in the Royal Liverpool Orchestra. In March 2016, she appeared as soloist with the National String Sinfonia, performing *Bach's Suite in b minor* and John Rutter's *Suite Antique*.

Jennifer has been a speaker at the Pepperdine Bible Lectures in Malibu, California, the Tulsa Workshop in Tulsa, Oklahoma, David Lipscomb University's Summer Celebration in Nashville, Tennessee, Rochester College's Streaming in Rochester Hills, Michigan, and the Fort Detrick Prayer Breakfast in Frederick, Maryland. Her weekly blog on God thru the Arts is at http://www.jrundlett. wordpress.com.

A former faculty member at Shepherd University and flutist with the Millbrook Orchestra, she teaches at Maryland's Frederick Community College and Mount Saint Mary's University. She is author of two books on God Thru the Arts, *My Dancing Day* and *The Joyful Sound: Reflections on the Life of Christ in Art and Music.* Rundlett performs on a gold flute.

For more information on special events at St. Michael's, contact Rector Ellen Sloan at the church, located at 2304 Periwinkle Way, call 472-2173 or visit www. saintmichaels-sanibel.org.*

CARD OF THANKS

Thank you everyone who generously donated to the Island Seniors Trash & Treasures Sale in November.

Thanks, too, to all the volunteers who helped advertise, price items, work the event and assist in clean up. And to the community, thank you for supporting our event. It was another successful sale. Island Seniors, Inc. raised over \$10,000 to underwrite events, provide support for ongoing activities and the kayaking program.

– Chairpersons Ćarole Fallon and Dorothy Sawyer☆

SANTBEL SQUARE Shop, Dine & Enjoy all of us at Sanibel Square! $) \in \int (G)$ isan **Showroom Hours** Hours: 9am-5pm Monday-Saturday 9am-5pm 7 days a week **Open Mon-Fri 10am-4pm** 11am-4pm Sunday Phone # 239-472-6868 Phone # 239-472-HOME Phone # 239-395-1201 Sanibel 🦯 💤 Island herapy Center Rental Service Physical Therapy, Massage Therapy & Pilates Hours: 8am-5pm **Open Daily 7am** Phone # 239-395-5858 Monday-Saturday (Summer hours vary) Phone # 239-472-5777 Phone # 239-395-1919 **BIG ARTS** on Periwinkle Showroom Hours: 8am-4pm **Administrative Offices** Hours: 8am-4pm **Monday-Friday** & Classrooms **Monday-Friday** Phone # 239-472-1101 Phone # 239-472-9700 Phone # 239-472-1841 **Conveniently located on Periwinkle Way across from Sanibel Community Park**



Sanibel Square is a divison of West Gulf Co. LLC



Captiva Chapel by the Sea

Community Carol Sing This Sunday On Captiva

The historic Captiva Chapel by the Sea will hold its annual Community Carol Sing on Sunday, December 10 beginning at 6 p.m.

The program will include carols and holiday favorites. Soloists will include Lynne Dugan, Deb Almeida and Missy photo provided

Calkin. An ensemble from the BIG ARTS Community Chorus will also perform. Keyboard and organ will be provided by Lynne Dugan. Guest guitarist will be Jeff Good. Reverend John Cedarleaf will preside.

Much of the program includes the community. The holiday lights will be shining in all their glory for this Captiva tradition. Refreshments will follow the concert.

Captiva Chapel by the Sea is located at 11580 Chapin Lane. All are welcome to attend. $\ref{eq:started}$

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10am to 3pm

From page 1

Speaker Series

right out in the open, so their behavior is easy to observe, but not always easy to understand," said Claudia Burns, a nestwatch volunteer for the International Osprey Foundation for more than 20 years. "This presentation uses photos, videos and recorded vocalizations to explain osprey behavior."

Dana Detimar, an environmental specialist for the City of Sanibel, will address water quality in her presentation Sanibel Communities for Clean Water. The program recommends Best Management Practices (BMPs) to improve water quality with the goal that residents and visitors will adopt these voluntary, environmentallyfriendly measures to improve the health of local lakes.

A few programs will focus on ecotourism, inlcluding The Value of Ecotourism, presented by Nancy MacPhee, program manager for Lee County Visitor & Convention Bureau. She will highlight ecotourism best practices that contribute to the sustainability of natural resources and offer tips for becoming an ethical ecotourist.

All Speaker Series programs begin at 4:15 p.m. in the CROW Visitor Education Center and are approximately one hour in length. Some programs will feature live animal encounters. Admission is \$10 for adults, \$5 for teens (age 13 to 17) and free for children age 12 and under. Space is limited, so advanced registration is highly recommended.

To learn more about CROW's Speaker Series programs or to register in advance, visit http://www.crowclinic. org/2018-speaker-series-schedule.

The speaker schedule is:

January 2 – The Story of Ospreys by Claudia Burns, International Osprey Foundation volunteer;

*January 11 – Introduction to Wildlife Photography by Pam Jones-Morton, PhD, Koreshan State Park volunteer;

January 16 – The Story of Ospreys by Claudia Burns, International Osprey Foundation volunteer;

January 23 – Watershed Wonders, CREW and You! by Jessi Drummond, education coordinator for CREW Land & Water Trust;

January 30 – Living with Burrowing Owls by Beverly Saltonstall, Cape Coral Friends of Wildlife volunteer;

February 6 – Marine Mammals of Sanibel by J. Bruce Neill, PhD, co-founder

From page 8 City Council

of the 10 applicants for the post, adding that all were "well qualified candidates." The lone personal appeal from the audience came from former council member Doug Congress, who petitioned for the appointment of Smith. "She's a leader, but more importantly, she's a workhorse," he added.

In other business, the council recognized Sanibel Police Department Officer Jarred Ciccone as the city's Employee of the Year. Ciccone, who was injured in the line of duty on November 20, 2016 when a suspect shot him during a traffic stop, received



Nancy Kilmartin, ranger for Lee County Parks, will speak on Amazing Manatees photo provided

and executive director of Sanibel Sea School;

February 13 – The Story of Ospreys by Claudia Burns, International Osprey Foundation volunteer;

February 20 – The Great Florida Invasion: From Pythons to Pepper by Charles Sobczak, author;

Charles Sobczak, author; February 27 – Amazing Manatees by Nancy Kilmartin, ranger for Lee County Parks and Recreation;

March 6 – The Value of Ecotourism by Nancy MacPhee, program manager for the Lee County Visitor & Convention Bureau;

March 13 – The Story of Ospreys by Claudia Burns, International Osprey Foundation volunteer;

March 20 – Sanibel Communities for Clean Water by Dana Dettmar, environmental specialist for the City of Sanibel;

*March 27 – Wildlife on the Great Calusa Blueway by Mike Hammond, coordinator for the Great Calusa Blueway;

April 3 – Living in a Sea of Red: Challenges for Gulf Coast Wildlife by Heather W. Barron, DVM, Dipl. ABVP-

avian, CROW hospital director; April 10 – The Story of Ospreys by Claudia Burns, International Osprey

Claudia Burns, International Osprey Foundation volunteer; *April 17 – Turtles of Pine Island Sound

by Chris Lechowicz, director of habitat management and herpetologist at Sanibel-Captiva Conservation Foundation.

*Program will have live animal encounters.🌣

the city's Medal of Honor in February and was named the Lee County Law Officer of the Year for 2017.

Also, the city's ordinance to prohibit the establishment of medical marijuana dispensing facilities on the island was unanimously approved, as were resolutions to appropriate \$46,930 in emergency funding for design and permitting of the Gulf Pines/Gulf Shores and West Gulf Drive beach renourishment projects and to appropriate \$13,000 for the development permit fee relating to the Woodring Living Shoreline project, 1,000 linear feet of living shoreline along Woodring Road from Bock Peace Park west to 1784 Woodring Road.

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation. fl.goarch.org, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS The Reform Congregation of Bat Yam Temple of the Islands meets for Friday

night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296. HISTORIC CAPTIVA CHAPEL BY THE SEA The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 12, 2017 thru April 29, 2018 11580 Chapin Lane, Captiva 472-4646 **FIRST CHURCH OF CHRIST, SCIENTIST** Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709. SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 and 11 a.m. Traditional in historic Chapel, 9 a.m. Contemporary and

childrens church. Childcare available at all services. 1740 Periwinkle Way, 472-2684 **SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST** The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 Chapel Service, 9 a.m. Blended Worship Service, 11 a.m. Traditional Workshop Service with Sunday

Traditional Workshop Service with Sunday School and nursery care at 9 a.m. 2050 Periwinkle Way 472-0497 www.sanibelucc. org.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

EPISCOPAL CHURCH The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 8 and 10:30 a.m. Sunday School 10:30 a.m. Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. Taizé Service - third wednesday 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173. UNITARIAN UNIVERSALISTS

OF THE ISLANDS

Meets 5 p.m. on the first Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.*





Audrey Albrecht and Kristie Anders

Cruise Features Local Bird **Roosting Islands**

by Jeff Lysiak

ast Thursday morning aboard Captiva Cruises' Santiva vessel, two dozen birding enthusiasts joined a pair of Sanibel-Captiva Conservation Foundation (SCCF) experts for a two-hour cruise through Pine Island Sound to see some of the most active and thriving bird roosting locations in Southwest Florida. Kristie Anders, SCCF education

director, and Audrey Albrecht, biologist and SCCF shorebird program coordinator, narrated the journey throughout Pine Island Sound's most populated bird roosting islands.

Launching from McCarthy's Marina on Captiva shortly after 9 a.m., the cruise traveled north past the iconic "Ding" Darling Fish House and South Seas Island Resort before passing through Redfish Pass. There, excitement began to swell amongst the passengers as two large flocks of American white pelicans were spotted along the shoals and shores just off the tip of North Captiva. About the same time, a pod of more than a half dozen bottlenose dolphins surfaced nearby.

Anders told the group that white pelicans, which travel to Southwest Florida from their northern homes in Minnesota, the Dakotas and Canada, are photos by Jeff Lysiak



Cormorants and brown pelicans were spotted feeding, swimming and beginning to take flight

the second largest bird species in North America behind the condor.

"I think they (white pelicans) have a calendar under their wing that must tell them when Columbus Day is, because I swear every year on October 12, I start seeing them here in Pine Island Sound,' said Änders, who said the birds begin their migration back north around March 1. Some white pelicans, however, have been known to make this year their year-round home.

"When you see that many white pelicans sitting together and looking



Red knots and sanderlings walking along the beaches of North Captiva

satisfied, then you know how productive Pine Island Sound is as a food source,' Anders pointed out.

Chugging along the North Captiva shoreline, passengers spotted a group of red knots and sanderlings walking along the beach. According to Albrecht, the area is home to populations of plovers - including snowy, piping and Wilson's whose numbers are being monitored by conservation organizations throughout the United States.

"I haven't seen any snowys this year on North Captiva, but we do have them on Sanibel," said Albrecht, who noted



A flock of white and brown pelicans floating in a large group off Demere Key



Several species of birds - including cormorants and both white and brown pelicans - were



A group of turkey vultures perched in the trees

one of Sanibel's banded plovers was spotted recently on Siesta Key.

The Santiva then passed Cayo Costa on the way to roosting sites at Hemp Key and Demere Key, where passengers spotted a flock of cormorants feeding on mackerel, a group of domestic geese swimming in the shallows and dozens of pelicans, turkey vultures, willets, black skimmers and least terns roosting in the mangroves and on terra firma trees.

After spotting a single frigatebird, Anders explained that the species is known for their ability to glide in flight for distances of more than 200 miles. The feathers of the frigatebird weigh more than their bones, making them what Anders dubbed "a real flying machine."

On Demere Key, the group also saw a rare albino peacock strolling along the backyard of a private residence. "You never know what you're going to find on the islands of Pine Island Sound," added Anders.

SCCF will be offering several Bird Roosting Islands from the Water cruises during season starting in January, with dates, times and destinations to be determined by the moon cycle, tides and wind conditions. For more information and a complete schedule of programs and activities, visit www.sccf.org.

Church Offering New Programs

n Wednesday, December 13, Sanibel Congregational United Church of Christ will present two new programs: a special edition theological study in the morning and an interfaith holiday experience in the evening. They are free and open to the public.

At 10 a.m., Rev. Dr. John H. Danner, SCUCC's senior pastor, will offer a program entitled Jesus Was a Refugee: An Overview of Immigration in America. The story of Jesus' birth in the Gospel of Matthew includes the recounting of the period of time in Jesus' life when he and his parents were refugees in Egypt. Driven there by fear of persecution under King Herod, this often overlooked story is usually known as the Flight to Egypt.

In honor of Jesus' status as a refugee for two years of his life, Pastor Danner will teach this one-time-only session on immigration in the United States. The class will include a brief overview of the history of immigration in this nation, as well as the history of white supremacist nativism. The class will also touch on the Temporary Protective Status currently being revoked for some 60,000 Haitians, and the details of DACA.

That same day at 5:30 p.m., SCUJCC will join with Temple Bat Yam to learn more about the Jewish festival of Chanukah and the Christian seasons of Christmas and Advent.

Those who attend will light the candles on the Chanukah menorah, and the candles on the Advent wreath. Rabbi Stephen Fuchs will give a brief overview of Chanukah, and Pastor Danner will discuss the history of Advent and some of the Christmas traditions around the world. Light appetizer and dessert-style refreshments will be served, including traditional goodies like potato latkes, jelly donuts, and Christmas cookies.

The programs will be in Fellowship Hall, upstairs at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way. For more information, call the church office at 472-0497.暮

American Legion Post 123

n Sunday, December 10, American Legion Post 123 is serving barbecued ribs and chicken from 1 to 8 p.m. There will be a fish fry the following Sunday, December 17.

Stop by for some live entertainment during request and sing-a-long night with Dan Smyth every Wednesday from 5 to 8 p.m.

On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a sixounce 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.

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.*

Boat Parade Of Lights Cancelled

The Shell Harbor Homeowners Association Boat Parade of Lights, scheduled for Saturday, December 16, has been cancelled.

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MONDAYSSanibel Community House9:30-10:30AM2173 Periwinkle Way

city Of Sanibel Vegetation Committee View Beautiful Native Vegetation In Field Conditions

The 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 is on Wednesday, December 13 at 10 a.m.

The next upcoming tour dates are:

Wednesday, January 10 and Saturday, January 27;

Wednesday, February 14 and Saturday, February 24; Wednesday, March 14 and

Saturday, March 24; Wednesday, April 11 and

Wednesday, April 11 and Saturday, April 28.



Spiderwort-blue jacket (Tradescantia Ohiensis) photo provided

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. 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 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, located at 800 Dunlop Road, in front of the main staircase. For more information, contact the City of Sanibel Natural Resources Department at 472-3700.

The Natural Resources Department section of the city's website, www. mysanibel.com, offers information on 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 committee also offers free native plant tours. For more information, call 472-3700.[‡]





Silver buttonwood have woody button-like fruit photos by Gerri Reaves Plant Smart

Cute As A Button

Pictured here are a few of the many species that have the word "button" in their common names. That moniker might be inspired by fruit resembling actual buttons or by fruit or flowers that are merely button-like in appearance.

Both the flowers and woody fruit of native silver buttonwood (*Conocarpus erectus var. sericeus*) certainly bring buttons to mind.

Silver buttonwood grows as either a shrub or tree and is noted for its ornamental value and wildlife friendliness.

The velvety silvery gray leaves are particularly attractive, making it all more unfortunate that many landscapers and homeowners repeatedly flat-top it into hedge, thus



Yellow batchelor's button would dress up any jacket

not only eliminating the "silver" but robbing birds of cover and nesting habitat and epiphytes of growing platforms.

The tree produces dense rounded flowerheads, but those inconspicuous greenish blooms can't complete with the eye-catching "buttons," which are reddish brown, cone-shaped and about a half-inch across.

Yellow batchelor's button's (*Polygala rugelii*) flower is easy to picture in the buttonhole of any jacket. This low-maintenance, sun-loving wildflower is native to Florida's moist pinelands and prairies.

What appears to be one flower is actually a densely packed cylindrical or thimble-shaped head of small yellow flowers measuring an inch to an inch and a half across. They bloom throughout the year, appearing solitarily on a slender stem that can be up to three feet tall.

Common buttonbush's



Common buttonbush produces fragrant flowerballs

(*Cephalanthus occidentalis*) white, fragrant, "flower balls" look like starry buttons.

They are comprised of numerous tubular four-lobed florets. In spring and summer, the dense flowerheads appear in clusters on long stalks.

This native shrub or small tree is an excellent choice for a natural garden because it attracts bees, hummingbirds, and various butterflies.

It produces a woody brown ball on which the nut-like fruit are found, perhaps another inspiration for calling it "button."

Non-native shrubby false buttonweed (*Spermacoce verticillata*) is a relative of buttonbush but easy to overlook, since it's a low-growing wildflower and usually treated as a weed.

It blooms year-round just about anywhere, producing white rounded heads of less than an inch across. As with buttonbush, the heads are made up of tiny four-petaled flowers. However,



Low-growing non-native shrubby false buttonweed is a relative of common buttonbush

they appear not only at the stem ends but at the stem nodes too.

Although non-native, it's non-invasive and does provide nectar for various insects.

Sources: Everglades Wildflowers by Roger L. Hammer, Florida Wild Flowers and Roadside Plants by C. Ritchie Bell and Bryan J. Taylor; Gardening for Florida's Butterflies by Pamela F. Traas; A Gardener's Guide to Florida' Native Plants by Rufino Osorio; The Guide to Florida Wildflowers by Walter Kingsley Taylor; Native Florida Plants by Robert G. Haehle and Joan Brookwell; The Shrubs and Woody Vines of Florida by Gil Nelson; Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela; www.edis.ifas.ufl.edu; www.fnps. org; https://floridata.com; and www. regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.





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Cleaner Water Finally



by Capt. Matt Mitchell

With all the reports of red tide in the news, I have still not seen any dead fish in Pine Island Sound. The consistent northeast winds we

have had for over a week seem to be keeping this red tide offshore and moving south. Brown water in the sound since Hurricane Irma has started to clear up as the water north of Redfish Pass is finally beginning to clear with pretty water now showing up during the incoming tide. This cleaner water will only continue to improve in the southern sound now that the amount of water being released from Lake O has been reduced.

Despite the brown water in the southern sound, fishing has been good with a great mixed bag of species. Mangrove creek mouths have been

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'e would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of

catch, species and weight, and include a photograph with identification.

best during the low incoming tides with snook, gag grouper, mangrove snappers and lots of bigger jack crevalle. Once the tide has come up some, I have been switching it up and fishing for some of the larger gator trout of the year in the pot holes on the open grass flats at the southern end of the sound. Many of the trout we have been catching are well over the 20-inch max.

Snook season closed as of December 1 for our regio, and this fishery is now all catch and release only until March 1. With water temperatures still in the low 70s, the snook bite has been some of the best action for my anglers. Deeper docks with good tide flow have held some of the larger snook, while many mangrove shorelines I've been fishing are holding what seems like unlimited amounts of 20- to 25-inch fish. While catching these mangrove snook, it often does not take long for a hungry dolphin to show up and start feeding on the snook we are releasing. Once this happens, it's time to move on no matter how good the bite is.

My personal favorite fishing this time of year is working mangrove shorelines while throwing soft plastic jigs. The brown water in the southern sound is just perfect for a root beer or darkcolored soft plastic jig. We troll motor



Joy Stafford from St. Louis, Missouri with a big gator trout caught while fishing with Capt. Matt Mitchell this week photo provided

down along a wind blown shoreline while picking apart every nook and cranny. This is a great way to cover lots of water and catch some big snook and redfish. There is nothing much more satisfying when you get a big snook to eat an artificial bait.

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.🛠



Cruising The Coastal Waters

he Sanibel-Captiva Conservation Foundation (SCCF) and Captiva Cruises collaborative Environmental Education Outreach project - No Child Left On Shore provides the opportunity for Southwest Florida's younger generation to experience firsthand the wonders of the coastal environment. This exposure to the back bay estuary and beach ecosystems is a first for many of the children that are invited to take part in these enriching field trips. Students from Lexington Middle School joined in on a Saturday cruise recently to tour Pine Island Sound, the Gulf of Mexico and explore the beach of Cayo Costa State Park.

SCCF and Captiva Cruises have been providing No Child Left On Shore environmental education field trips since 2010.



Students getting a closer look at the birds photo provided

These trips are a way to provide fond memories and instill a sense of wonder, understanding and appreciation for the dynamics of the environment. For more information about the program or to sponsor a local youth group and field trip, call SCCF (www.sccf.org) at 472-2329 or Captiva Cruises (www.captivacruises. com) at 472-5300.

From page 1 Reception

the early 1970s, but says she works spontaneously. "I don't plan my compositions ahead of time or make sketches," she said. "I don't know what will develop until the project starts to take shape." Brewseter is one of the early members of the Studio Art Quilt Associates, which has been a major influence on her career.

"Much of my recent work is commentary on social and political events," Brewster said. "I am really trying to affect the thoughts and ideas of people who view my work, but I want my pieces to be enigmatic so people can take from it what they will."

Kjonaas and Kessler create works as a team. Their portion of Material Matters is titled Pieced. Combining fragments, objects and elements of fiber, the abstract compositions reference Pieced as both process and content. Pieced also features a series of figures and fashion parts. The installation series, Beauty Is, invites viewers to consider genuine attributes of beauty.

Matsumoto was one of the founders of the Barrier Island Group for the Arts (BIG ARTS), and helped to organize the annual arts and crafts fair, as well as the scholarship program. In 1987, Matsumoto and her late husband, Ikki, opened an art gallery on Sanibel, which they successfully operated for more than 13 years.

"We are excited to have these artists back on Sanibel and whose works the community can again enjoy," said Hyde Tucker, president of BIG ARTS. "It's an excellent way for local artists to show and sell their work."

BIG ARTS is located at 900 Dunlop Road. For more information, visit www. BIGARTS.org.☆





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Shell Of The Week Brown-Band Wentletrap



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

hen looking at three years' worth of Shells of the Week in my files,

I was surprised to see that I hadn't yet covered the Brown-band Wentletrap, Gyroscala rupicola (Kurz, 1860), a not-uncommon local species. The shell is elongate-conical, reacheing 20 mm (about 0.8 inch). The main shell sculpture consists of very thin, narrow ribs (or costae), with occasional thicker ones apparently randomly interspersed. The color is cream or light brown, with two spiral bands of darker brown color above and below periphery (widest part) of each whorl. Some specimens may be completely brown. The shell aperture is white and thickened. Learn more about local mollusks at www.shellmuseum. org/shells/southwest-florida-shells.

Shell Museum Events

Daily programs included with paid admission include movies, live tank talks as well as arts and crafts. Call 395-2233 for scheduled times.



The Brown-band Wentletrap, Gyroscala rupicola, from Sanibel Beach Walks: Information and

registration at www.shellmuseum.org. The Bailey-Matthews National Shell photo by José H. Leal

Eagle And Owl Programs At SCCF



Barn owl and rat

photo provided

n Thursday, December 14 at 10 a.m., hear local tales of island eagles and owls, and what is being done to help them thrive.

The Sanibel-Captiva Conservation Foundation (SCCF) erected a nesting platform 70 feet tall in place of a dead nesting tree for a pair of eagles and they continue to nest there today. For the first time since 2005, the barn owls are back and SCCF is putting up new nesting boxes for them. Other owls of the islands include screech and great horned owls.

All are invited to learn about the lifecycles of these silent night hunters and the adaptations that make them so successful in the dark. Learn about how rat poisons can harm owls and eagles.

The SCCF Nature Center is located at 3333 Sanibel Captiva Road. Cost to attend the program is \$5, with SCCF members and children admitted free. Visit www.SCCF.org for more information.☆



Call 239.395.6017 for reservations. For Christmas and New Year's Eve menus and information, visit sundialresort.com/eat/holidaydining.

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crow Case Of The Week: Limpkin



by Bob Petcher

The limpkin (Aramus guarauna) is an unusual bird with a limited appetite. The large heron-like bird, which is more closely related to a crane, dines mainly on apple snails, a freshwater snail that

southwest Florida. Using a curved bill that works like tweezers, the water bird can slip into the apple snail's chamber area to extract its next meal.

The limpkin is actually more populated in the southern regions of the American tropics, but can be found in Florida looking for its favorite prey. Once in the state, the long-neck bird will also dine on other crustaceans, like mussels and oysters as well as insects, worms and small amphibians.

At CROW, a juvenile limpkin was admitted from North Fort Myers with a fractured right humerus and significant soft-tissue swelling in its right shoulder. The bird also had an open wound on its right wing. Upon completion of the intake exam, an IV catheter was placed in the left brachial vein and the wound was closed to protect the bone prior to surgery to repair the fracture.

Dr. Robin Bast, CROW veterinary

intern, explained the reasoning for the IV catheter placement and why the wound was temporarily closed prior to surgery.

Since there was a significant amount of soft tissue trauma in the affected wing and the potential for impaired circulation in that area, we placed the IV catheter in the other wing to ensure that fluids and medications would be effectively given systemically," she said. "The laceration was cleaned and temporarily closed to protect the fractured ends of the bone, as well as the underlying exposed muscle tissue, nerves and blood vessels. This helps prevent those tissues from becoming more contaminated or from drying out prior to surgical repair. The bird was stabilized with IV fluids and medications for 24 hours so it was a better candidate for anesthesia and surgical repair of the fracture the next

day." That following day, surgery was performed to place pins to stabilize the fractured wing. After the delicate procedure, the entire wing was placed in a body wrap for added stability.

"Surgery involved reducing the two fracture fragments so they were aligned in normal anatomical position – muscle contracture had pulled the two pieces so they were overriding each other abnormally – and placing an IM pin/ cross pin to form an external fixator," said Dr. Bast.

CROW officials confirmed that limpkins are "not a common patient" at the clinic. Only one or two of this bird species are received at the clinic per year. It was unknown how this particular



Patient #17-3978 prior to its passing

patient was injured upon intake. "A specific traumatic event was not witnessed, so we do not know what caused the fracture in this bird," said Dr. Bast. "However, on presentation, the fracture was acute in nature. (It) had happened very recently, was actively bleeding and had minimal gross contamination of the open wound."

The patient's injuries proved to be too much. The limpkin passed on its seventh day at the clinic.

'Unfortunately, despite intensive care,

photo by Brian Bohlman

the limpkin succumbed to complications from its injuries and passed away on Monday," added Dr. Bast. CROW (Clinic for the Rehabilitation

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.^{*}



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 David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, December 8, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, December 11, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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, December 12, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Tuesday, December 12, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation). The life of a gopher tortoise revolves around its burrow. These tortoises are

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.

Wednesday, December 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador. Wednesday, December 13, 11

a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation). 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. One of CROW's animal ambassadors will be present.

Thursday, December 14, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, December 14, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

LIVE ON THE ISLANDS

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

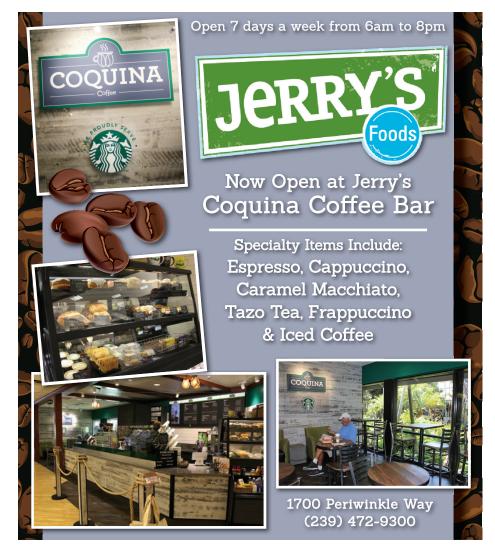
Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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

Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. The Barbara Dexter Duo plays on Saturday. Dusk performs on Sunday. Woody Brubaker returns on Wednesday.

> Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.5%





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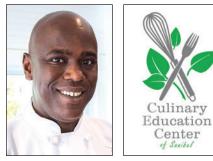
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The Community House The Kumquat



by Resident Chef Jarred Harris

here is an amazing citrus fruit that is available in the autumn and winter months in Florida and many people have never heard of it: the kumquat. The kumquat is a small, orange colored, oval shaped citrus fruit. This fruit resembles a miniature orange and is slightly tart and sweet, with a tangy sour finish. The amazing thing about the kumquat is, the whole fruit can be eaten (peel pulp and seeds). The skin of the kumquat is the sweetest part of the fruit, while the pulp and seeds are bitter. This fruit is used in jams, preserves or eaten fresh.

Kumpuats are native to southeast China and there are several varieties, but only two are grown commercially in North America. The Murami kumquat is round with light orange skin and large seeds. The Nagami kumpuat is oval shaped with darker orange skin

Optimist Raffle Tickets On Sale

uring the month of December, the Sanibel-Captiva Optimist Club is holding its annual Island Temptations raffle. Čost per ticket is a \$10 donation. The raffle winner(s) receive many gift certificates donated by the island restaurants and most certificates are good for one year. Ticket donations

and tiny seeds.

Kumquats contain high levels of vitamins A, E and C. The fruit also contains magnesium, copper, iron, potassium and zinc. Kumquats are used to boost the immune system as well as regulate digestive health. Kumquats are also used to treat arthritis and diabetes.

Kumquats are a nice addition to holiday meals and I think they are underutilized. Here is a simple recipe to try.

Kumquat and Cranberry Chutney

8 oz. kumpuats (cut into $\frac{1}{4}$ and seeds removed)

- 1 (12 oz. bag) of fresh cranberries
- 1 large onion (finely diced)
- 1-inch piece of fresh singer (minced) 1 lemon (juiced and zest removed)
- 1 cinnamon stick
- ¹/₄ tsp. ground cloves
- 2 cups cider vinegar
- $1\frac{1}{2}$ cups organic unprocessed sugar 1 tsp. sea salt

Method Place all the ingredients in a heavy saucepan and bring to a boil. Reduce the heat and simmer for 35 minutes or

until the cranberries split. Remove from the heat and chill. Best served at room temperature. Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@ sanibelcommunityhouse.net or call 472-2155.举

help the Optimists' many charities such as Kid's Cancer Care, college scholarships and recreation center programs.

Island Temptations raffle tickets are available at Bailey's General Store service counter, Sanibel Cafe and from Sanibel-Captiva Optimist Club members.

Raffle drawings will be held at Sanibel Grill on Monday, December 18 at 5 p.m. Winners do not need to be present.☆

From page 1 **Film Series**

showings in the "Ding" Darling Visitor & Education Center with sponsorship from Sanibel Captiva Beach Resorts. Seating is limited and on a first-come basis.

The schedule of films is: January 10 – Wings of Life January 24 – Tapped February 7 – From the Ashes February 21 – Chasing Coral March 7 – The Forgotten Coast: Return to Wild Florida Mach 21 – Mission Blue April 4 - STRAWS

All films begin at 1 p.m. except the January 24 film, which airs at 10 a.m. For full descriptions of the films, visit www.dingdarlingsociety.org/articles/ lecture-and-film-series.

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Mango Marinated Stone Crab Claws

3 pounds medium stone crab claws

- 2 cups ripe mango, cut into
- $\frac{1}{2}$ -inch cubes
- 3 tablespoons cilantro,
- finely chopped 2 jalapeño peppers, seeded
- and minced
- 4 tablespoons lime juice
- 1 tablespoon light brown sugar
- Salad greens
- Crack claws and remove

shell and movable pincer, leaving the meat attached to the remaining pincer. Place in a single layer in a shallow dish. To make salsa marinade, combine mango, cilantro, peppers, lime juice and sugar in a mixing bowl. Taste for seasoning, adding more lime juice and/ or brown sugar as needed. Spoon the salsa mixture over the meaty part of crab claws. Cover and marinate in refrigerator at least 2 hours. Serve claws on a bed of salad greens with mango salsa as an appetizer. Yield: 4 servings.☆



Mango Marinated Stone Crab Claws

photo courtesy Fresh From Florida



Weekly Programs At Sanibel Library

he first phase of the Your Library Reimagined project is under way at Sanibel Public Library. During the remodel, a portion of the building is closed to the public while the infrastructure is updated. The library will provide service through most of the renovation period, but will occasionally have to close for a day or two when there is utility or plumbing work. Updates to the project will be announced in local newspapers, on the library's website and through social media.

Weekly children's programs with Youth Service Librarian Deanna Evans run now through the end of December. Family Storytime is offered for young readers and their caregivers on Wednesdays at 10 a.m. and again at 1 p.m. This all-ages program helps develop pre-reading skills through songs and stories.

The After-School Crew, for children in kindergarten through third grade, meets on Thursdays at 3 p.m. Favorite books, new books, never-knew-existed books, games and crafts, plus a snack

are provided.

Geared specifically for children in fourth through sixth grade, the Afterschool Clique meets on Tuesdays at 3 p.m. Each is tailored to the group's age levels and includes crafting, building, making and playing, with books and a snack thrown in. Bessie the READ dog is scheduled for rain-free Thursdays at 4 p.m.

Middle (and high school students) are invited to participate in Teen Advisory Group (TAG) to share ideas for future programs and activities. TAG meets from 5 to 6 p.m. on Thursday, December 14. Contact devans@sanlib. org or 472-2483 for more details.

The public is invited to these programs. There is no cost to participate. The children's program schedule changes in January and will be posted online at www.sanlib.org.

Sanibel Public Library loans out cooking kits, which check out like library books. The kits are circulated with a coordinating cookbook and instructions. Some of the kits are especially handy at this time of year, like the cookie kit, pie and tart kit, Madeleines, shortbread or soup pot.

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

Fish Caught



Donna Yetsko

onna Yetsko outfished her husband Steve, Capt. Bill Lacefield and George Bundschu while fishing on the Georgie Girl on November 30. She caught and released a 34-inch snook. The guys said, "You go, girl."¾

photo provided

Shell Found





Karen Cooper photo by Tom Sowerine

earching south of Bowman's Beach on November 29, Karen Cooper of The Dining Guide, finally found her junonia after 36 years. "A gift from God," she said 🛱







On November 30, participants in Sanibel Sea School's holiday-themed Ocean Art class painting wreaths that will be used as home decorations or to give as gifts

photos by Jeff Lysiak



by Jeff Lysiak

Just in time for the holiday season, Sanibel Sea School is offering a weekly art class for youngsters who want to create their own handmade crafts using natural, eco-friendly materials they collect themselves on the beach.

On December 1, the first Ocean Art class of the fall was held at the school, with eight children taking part. Instructor Shannon Stainken, one of the school's newest marine science educators, sat down with her students and shared what craft they would be creating that day.

"We're going to make some holiday decorations that you can decorate your house with or give to a friend," Stainken told the group, explaining that their project was a miniature wreath made from sticks and vines. The students could paint the wreaths any color they wished, then would decorate them with shells, leaves, grasses or other natural materials they would later find on the beach, along with ribbons and other décor.

"We'll have a different art project planned for each session, and we will provide all of the supplies," said Director of Education Nicole Finnicum. "We love



Riley Phelan adding another color of paint to her wreath

to offer After School Art around the holidays, because our creations make great gifts." After introducing themselves to one another, noting their favorite sea creature and superpower they wish to possess, the children began choosing, mixing and applying paint to their wreaths.

"You don't have to use a lot of paint, and if the paint doesn't completely cover your wreath, that's OK too," Stainken explained. "You can make it



Instructor Shannon Stainken holding one of the finished holiday wreaths



Sophia Lamping painting her wreath



Shannon Stainken offering some helpful tips to Hazel DeCosta look whatever way you want – there's no Ocean Art y

wrong way." Over the next three weeks, Ocean Art students will create woven wall hangings, ornaments decorated with shells, and ocean themed shadowboxes so they can "bring the beach home with them."

"Kids always love doing art as a way to express themselves," added Stainken. "I think they get especially excited when they can give a gift to someone that they made with their own hands." Ocean Art will be offered again over the next three Thursdays – December 7, 14 and 21 – from 3:30 to 5:30 p.m. at the Sanibel Sea School flagship campus, located at 455 Periwinkle Way. Parents drop off and pick up participants at the school. The two-hour course is open to youngsters in first through fifth grades and costs \$20 per session.

For more information on additional classes, camps and marine-based educational programs, call 472-8585 or visit www.sanibelseaschool.org.



Welcome to Jerry's of Sanibel



Luminary Night Dec. 1st





Photos by Jack Elias



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FINEST FARE ON THE ISLANDS

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. 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. 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 4 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. 472-3224

BLUE GIRAFFE

Family owned Blue Giraffe, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists. The menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap. 472-2525

BLEU RENDEZ-VOUS FRENCH BISTRO

Parisian Chef Christian Vivet and his Floridian wife Mari Vivet are hosts of the classic French bistro. Choose from an array of appetizers, the extensive a la carte menu, a Prix Fixe Tasting Menu, the Chef's Bleu Inspirations or Petite Plates. Pair your dinner with an extensive French and domestic wine list, dessert wines or French craft beers. Authentic French dishes and desserts are prepared from scratch in the open kitchen. You'll feel welcome by Mari's southern hospitality as you are greeted at the door. Open Tuesday to Saturday at 5 p.m. Reservations encouraged. 565-1608

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 large mural shows many 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. Try the homemade potato chips, fried buttermilk chicken with sage gravy and 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. 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 with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and 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. 472-8311, 312-4275, 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, 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 dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of 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 11:15 a.m. For dinner, arrive before 8 p.m. 472-8138

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 7 days a week 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. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 7 p.m. 472-5555

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. Now serving full liguor island cocktails! Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m. 472-0606

ISLAND PIZZA

Island Pizza is named so because it does pizza right. The dough is made daily and the ingredients include fresh produce from local vendors. That is why the "family-owned" restaurant has been voted "the best pizza on the island" from 2009 to 2016. Known as quaint and colorful, Island Pizza has more than 9 years of experience while specializing in home-cooked Italian cuisine. Besides pizza and classic Italian entrees, Island Pizza has a large selection of appetizers and salads as well as wings, calzones and seven choices for kids. Boar's Head deli meats are also served on subs.

Open seven days a week from 11 a.m. until late evening. Lunch is served 11 a.m. to 5 p.m. with buy-oneget-one drafts on happy hour from noon to 5 p.m. Eat in, take out or free local delivery. 472-1581

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. 472-9300

LA BELLA VITA RISTORANTE

Sanibel Island Beach Resort's new restaurant features Italian signature dishes with an emphasis on coastal flavors and fresh ingredients.

La Bella Vita Ristorante serves breakfast daily from 8 to 11 a.m. and dinner from 5:30 to 9 p.m.

There is also the Poolside Tiki Bar with casual fare and views of the beach and sand dunes. It is open daily from 11 a.m. to sunset with lunch available daily from 11 a.m. to 5 p.m.

The eateries are a part of the boutique hotel on the edge of the Gulf of Mexico at the corner of Donax Stree

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and Middle Gulf Drive. www.sanibelbeachresort.com. 472-4123

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. 472-1998

OVER EASY CAFE

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. 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. Take out, delivery and outdoor dining available. 472-2534

SANIBEL BEAN

The Sanibel Bean coffee shop is java central with indoor and outdoor seating and free Wi-Fi. 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

SUNDAY, DECEMBER 31

ADULTS: \$55

CHILDREN 4-12: \$19

CHILDREN 3 & UNDER: FREE

*Plus tax and gratuity

has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare. 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. 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. 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 the fresh salads, Wizard Waffles, classic burger, Mexican plates and indulge in our Indian curry, Vietnamese pho and raw vegan lasagna. Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha. The fresh juice bar is brimming with smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of the 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. 472-4499

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Panoramic Gulf views await at the Gulf-front Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the outdoor terrace or in the dining room.

Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up frosty drinks and favorite fare at the bar and family-friendly patio.

Visit sundialresort.com for menus, restaurant hours, daily happy hours and reservations. 472-4151

SWEET MELISSA'S CAFE

Award-winning Sweet Melissa's Café offers eclectic fine dining level food in a casual, relaxed atmosphere. The restaurant features handcrafted artisan cocktails, local craft beers, a Wine Spectator award-winning wine list with bottles in every price range and a farm-to-table chef-driven menu unlike anything else on Sanibel. Enjoy lunch or dinner in our dining room, take advantage of the weather on our screened-in patio, or come sit at our chef's bar and watch Melissa and her staff in action. Join us for happy hour from Monday through Friday from 4 until 6 in our bar area with. Live music Wednesday through Saturday featuring acoustic guitar by Michael David. Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. Dinner is served Monday through Saturday from 5 p.m. until closing. Happy hour, featuring 2-for-1 draft beers, glasses of wine and well cocktails as well as a light menu perfect for afternoon snacking, at the bar Monday through Friday from 4 to 6 p.m. Call for reservations. www.sweetmelissascafe.com. 472-1956

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. 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 with 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 the 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. 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. 472-4559

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Book Review

A Legacy Of Spies



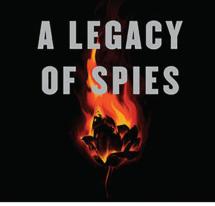
by Di Saggau

ohn le Carré, AKA David Cornwell, as he approaches age 86, has written what many feel is his finest novel, A Legacy of Spies. It is also viewed as a sort of prequel to his

famous The Spy Who Came in From the Cold. However this time, his chief protagonist is not George Smiley, but his chief lieutenant, Peter Guillam. Fans will remember him as Smiley's loval colleague, the man who was instrumental in recruiting Alec Leamas for an operation involving the Berlin Wall.

In this book, Smiley remains mostly in the background, and Guillam takes center stage. The aging former spy is in retirement in Brittany when former colleagues summon him to London to answer some highly sensitive and troublesome questions about the long-buried treacheries of Leamas. These inquiries throw the protagonist into some very bleak moments of the Cold War. Learnas had a son named Christoph, with an East German woman. He is angry and threatens to





expose the British secret service in the courts. Because the service, known as "the Circus" cannot find Smiley, they pressure Guillam for the truth about Operation Windfall.

Guillam, at first, denies any knowledge of the operation, but slowly the truth comes out and, in Le Carré's inimitable style, it makes for a fascinating read. We experience the inner workings of the world of spies. All the main characters are to be scrutinized by a generation with no memory of the Cold War and no



patience for its justifications.

Le Carré interweaves past and present so that each character tells his own intense story. Combined they make a single plot both ingenious and thrilling, a story resonating with

School Smart



Shelley, It seems that the older my son gets the less he wants to talk about school. He's in 4th grade now. I try to vary my

ear

questions to him but his answers are usually just a couple of words. What can I do to get him to talk

more? Elsabeth V., Fort Myers Beach Elsabeth,

Kids typically clam up as they get older. Some see the daily questions as an invasion of privacy, some think that their parents don't trust them or think that they are capable. Often kids want to be in control of the conversation, have it on their terms and schedule. Keeping communication open as your child becomes a teen is crucial. Remember communication can take many forms, conversation for sure but texts, email, phone calls, good night notes slipped under their door and even notes tucked into their lunch are great ways to send supportive messages to your children. Of course, family dinners are the best place for conversation so make sure to eat together as often as possible without phones, TVs etc.

Most kids expect to be asked about their day. And while they expect it, it might be fun to change up some of the same old questions that we ask of our

tension, humor and disagreement over what takes place. Le Carré has been writing for six decades and with A Legacy of Spies he hasn't lost his brilliant touch for telling a captivating tale.☆

kids daily and give them a reason to chat.

Here are some sample questions to replace, "How was school today?" My guess is that these questions will elicit a smile, maybe some laughter and some discussion. If you see a positive response to this type of quirky questioning, then you might want to come up with your own quirky questions so you can keep that conversational ball "rolling."

Ten questions to replace "how was school today?'

• What was the funniest thing that happened at school today?

• Which one of your teachers would survive a zombie apocalypse and why?

• Did you catch anyone picking their nose?

• Who made you smile today?

• What new fact did you learn today? •Who brought the best food for lunch today? What was it?

• What was the nicest thing you did for someone today?

• What was the nicest thing someone did for you today?

• What was the most boring thing you did today? Why?

• What was the most exciting thing you did today?

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





image provided

Zonta Hosting Women's Film Festival In January

he Zonta Club of Sanibel-Captiva will host LUNAFEST, a women's film festival and fundraiser dedicated to bringing women together, on Tuesday, January 23. The festival is being held to raise awareness about women's issues and highlighting female filmmakers. The films will be shown from 7 to 9 p.m. at The Community House, followed by a moderated discussion.

Begun in 2000 by the founder of LUNA nutritional bars, Kit Crawford, LUNAFEST is a traveling film festival that features female leadership in film and across society. The short films range from animation to fictional drama and cover topics such as breaking barriers, cultural diversity and women's health. Funded by LUNA, the initiative has so far raised more than \$3 million for non-profits across the United States and Canada. The films for the festival will be

announced in the coming weeks. A discussion will commence after the showings and audience members are encouraged to bring their thoughts to the table. Annette Trossbach, founder and artistic director of The Laboratory Theater of Florida, and Prana Songbird, a local actress and filmmaker, will moderate the conversation.

LUNAFEST is one more way Zonta seeks to bring local women together, said Susan Tucker, vice president of the Zonta Club of Sanibel/Captiva who heads the club's service and advocacy team.

"We want to encourage community awareness of women's issues and experiences; to provide a forum to discuss such issues and experiences; and to remind the community of Zonta's mission to empower women," Tucker said. Proceeds from LUNAFEST benefit the

Zonta Foundation of Southwest Florida, which distributes grants to local organizations that assist women in need, and Chicken & Egg Pictures. The latter is a

BIG ARTS Corner Workshops And Seminars

IG ARTS offers the following workshops and seminars. Preregistration is recommended. For a complete listing of educational classes, workshops and lectures, visit www.bigarts.org or call the Marks Box Office at 395-0900.

Creating with Polymer Clay by Martha Grattan, Tuesday, 6 to 9 p.m., December 12 and 19.

Great Books by Julie Hopson, Tuesday, 10 to 11:30 a.m., January 2 through March 27.

Glass Fusing by Petra Kaiser, Wednesday, 9:30 a.m. to 12:30 p.m., January 3 through 24.

Collage by Bea Pappas, Wednesday, 9:30 a.m. to 4 p.m., January 3 through 24.

Decorative Painting Open Studio by Sally Parsons, Wednesday, 9 a.m. to noon, January 3 through March 28.

Clay 101/201: How to be Creative with Clay by David Hoggatt, Thursday, 9

ISLAND SUN - DECEMBER 8, 2017 29

nonprofit associated with LUNAFEST that supports women nonfiction filmmakers whose works bring about social change.

Tickets for the festival are \$20 each, with more information about how and where to purchase them forthcoming.

The Community House is located at 2173 Periwinkle Way. For more information about LUNAFEST, visit www. lunafest.org. For more information about Zonta, visit www.zontasancap.com.☆

a.m. to noon, January 4 through February 8

Glass Fusing by Petra Kaiser, Thursday, 9:30 a.m. to 12:30 p.m., January 4 through 25.

Watercolor Secrets Revealed (some painting experience needed) by Tom Lynch, Friday, Saturday and Sunday, 9 a.m. to 4 p.m., January 1 through 7.

Experimental Master Class by Bea Pappas, Thursday, 9:30 a.m. to 4 p.m., January 4 through 25.

Photography by Denny Souers (first class meets at 9 a.m.), Thursday, 7 a.m. to noon, January 4 through 25 (first class meets at 9 a.m.).

Try Painting Paradise by Linda Benson,

Friday, 10 a.m. to noon, January 5. Life Drawing, Non-Instructed Open Studio by Carol Rosenberg, Friday, 9:30 a.m. to noon, and 12:15 to 2:45 p.m.

January 5 through 26. Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. Preregistration is recommended. For complete course descriptions and the full season's workshops and class schedules, visit www.bigarts.org/workshops, or emailinfo@bigarts.org.

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Poet's Corner



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

selected by Tanya Hochschild

Heart's Ease

by Sandy Gadomski

Beyond the ancient holly bush nestled in a patch of clover, the rabbit sits, pale against bright green grass.

Gray-brown, rusty neck, half-grown, a patch of fur missing from atop your head.

Always in the same spot, I watch you for days.

Small, thin, vulnerable, one hop and you begin to nibble. tip to stem in a minute or two, you devour a carrot.

Do I dare? I catch my breath, lie flat on the grass, extend my arm, glory-be, you hop to the carrot I hold.

Eye to eye, you munch away, stretched flat to reach my magic wand.

Sweet, sweet, twitchy nose, tiny white teeth nip at my heart.

Three amazing summers I feel your tug, a lifetime I will remember.

Sandy Gadomski lives on Cape Cod in the summer and Sanibel in the winter. Tanya Hochschild is member of a

Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had three books published.

Top Ten Books

Time to Keep by Tanya Hochschild
 Christmas Mouse in a Christmas

House by Sally Hanser 3. Dame and the Sanibel Sunset Detective by Ron Base

4. Hidden History of Fort Myers by Cynthia Williams

5. Sanibel Sunset Detective by Ron Base

6. Sanibel Island Lighthouse: A Complete History by Charles LeBuff

Shellanguage by Pam Rambo
 Come Home by Patricia Gussin
 Chilbury Ladies' Choir by Jennifer

Ryan

10.My Husband's Wife by Jane Corry Courtesy of MacIntosh Books and Paper.☆

BIG ARTS Monday Night Film Series Paterson

by Di Saggau

he BIG ARTS Monday

Night Movie for December 11 is Paterson, about a guy called Paterson, who happens to live in Paterson, New Jersey, where he drives a bus. Paterson is not much of a talker but he's a good listener and he's fascinated by all kinds of people, including his passengers. As he listens, he composes poems in a notebook that accompanies him each day to work.

This film is about his life and it's a breath-taking lesson on just about everything that Paterson watches during this week in his life. Paterson walks his eccentric British bulldog in the evening when his shift is over, and brings him to his neighborhood bar where the dog grumbles outside on the pavement. He writes in his basement and the upstairs of the home feels more like his wife Laura's domain. She has her dreams, too, including opening a cupcake shop and becoming a country singer. We end up cherishing our time with both Laura and Paterson.

Rather than having a plot, the film consists of lots of incidents, and director Jim Jarmusch fills it with calm and wisdom. He makes it a film to treasure for years. The moderator for Paterson is Ray Galligan and the film runs 110 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. BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.BIGARTS.org, at the door or by calling 395-0900.



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The JBF Celebrity Chef Tour at Il Cielo



Chef Eura's skuna bay salmon



Chef Fimmerman's malaysian style tuna ceviche



Chef Casey's shrimp and beluga lentils



(On November 30, II Cielo Sanibel proudly hosted the first James Beard Foundation Celebrity Chef Tour in Southwest Florida. The sold out event welcomed Chef Andrew Zimmerman (Sepia in Chicago), Chef Ed Sura (Chicago), Chef Paul Virant (owner of Vie in Western Springs, Illinois and Vistro in Hinsdale, Illinois) and Chef Pat Sheerin (City Mouse in the Ace Hotel in Chicago) who have a combined total of 15 James Beard Award nominations, 2 Michelin stars, appeared on Iron Chef, have cookbooks published and are receiving national acclaim for their Chicago restaurants. Host Chef Allen Casey and Pastry Chef Melissa Akin, both of II Cielo, created their own signature courses for the event.

The James Beard Foundation officially opened the James Beard House in November 1986 "to provide a center for the culinary arts and to continue to foster the interest James Beard inspired in all aspects of food, its preparation presentation and, of course, enjoyment."

"Calvin Trillin presided over an opening ceremony that welcomed Jacques Pépin, Judith Jones, Larry Forgione and other culinary world luminaries who had been touched and inspired by Beard," said Jeff Black, The James Beard Celebrity Chef Tour director.

The evening began with a cocktail hour where each chef prepared canapés featuring Afrohead rum with dishes ranging from Northern Thai-Style Summer Rolls with an Herb Salad and Tamarind (Chef Zimmerman); Chestnut and Honey Madeleine with a Smoked Apple Butter (Chef Virant); to a Pulled Pork Shoulder on Crispy Plantains with a Cotija (Chef Casey). Following the cocktail hour, a series of six entrees were served with each chef describing how each dish was made and the story behind it. Il Cielo Sanibel General Manager Marcus Preece, who started setting up the event with Black in January 2017, paired the wines.

Entrees consisted of a Malaysian Style Tuna Ceviche with Coconut and Lemongrass Sorbet, (Chef Zimmerman); Artichoke and Hawaiian Hearts of Palm Barigoule with Chickpea Hozon, Truffle Fondue and Local Citrus (Chef Sheerin); Gulf Pink Shrimp, Lardo Beluga with a Pink Peppercorn Banyuls Gelée (Chef Casey); Skuna Bay Salmon, Black Bean Puree, Pickled Tomatillo Salsa Verde with a Sweet Corn Chowchow (Chef Sura); and a Snake River Pork Combo with Duchess Potatoes, Roasted Cabbage with Sauce Chasseur (Chef Virant). The evening finished with Pastry Chef Akin's Hard Cracked Sugar "Apple" filled with a McIntosh Foam, Pisco Marinated Seckel Pear, Cypress Grove Goat Cheddar with a Pomegranate Paint.

The epicurean event was both a visual and taste extravaganza that most do not experience on a regular basis. The flavors and visual presentations were phenomenal.

"All of the chefs were amazing. Watching them work and prepare their courses was an absolute privilege. The flavor combinations, style and presentation was second to none," said Preece. "The whole event from planning, organizing, to execution was a fun process that culminated into a fantastic evening."

The event was such a success, Il Cielo is starting to plan for the next James Beard Foundation Celebrity Chef Tour.





Chef Virant's snake river pork combo with duchess potatoes



Chef Sheerin's

ARTICHOKE AND HAWAIIAN HEARTS OF PALM BARIGOULE



Pastry Chefe Akin's hard cracked sugar "apple"





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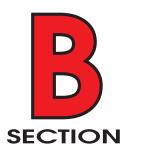


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BUSINESS

VOL. 25, NO. 23

REAL ESTATE

SANIBEL & CAPTIVA ISLANDS, FLORIDA

Conservation Foundation Continues Oyster Restoration Effort

by Jeff Lysiak

N early two dozen volunteers joined the Sanibel-Captiva Conservation Foundation's (SCCF) ongoing effort to restore oyster bed populations in San Carlos Bay and Tarpon Bay by filling hundreds of buckets of oyster shells and deploying them by barge into local waterways where a number of artificial reefs have been established.

Last Friday morning, the group staged the second of four volunteer events at SCCF's Gavin site off Sanibel-Captiva Road. Two large mounds of oyster shells, collected from two local restaurants, were being shoveled by the volunteers into sturdy plastic buckets. One by one, the buckets were filled, carried onto a trailer, and then transported to Tarpon Bay to a waiting barge next to



Volunteers loading a trailer with buckets filled with oyster shells during last week's oyster restoration program sponsored by the Sanibel-Captiva Conservation Foundation photos by Jeff Lysiak

SCCF's Marine Lab facility.

"We've been collecting oyster shells from places like Timbers and the Lazy Flamingo since 2010," said Dr. Eric Milbrandt, director of SCCF's Marine Lab. "We get about 45 gallons of shells every week, and even more during the holidays, so there's always a lot of shells for us to work with."

According to Milbrandt, harmful



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and Tides pa<u>ge 28B</u>

DECEMBER 8, 2017

SCCF Marine Lab Director Dr. Eric Milbrandt stacking buckets on the trailer

freshwater discharges have resulted in losses of oysters and seagrasses in the Caloosahatchee Estuary. Deploying oyster shells on newly created artificial continued on page 6B



One of Charlie McCullough's historical images of Sanibel features a young Ralph Woodring and a goat, taken around 1948 photos by Charlie McCullough

Documentary To Feature Historic Images Of Sanibel

by Jeff Lysiak

The latest documentary created by seven-time Emmy Award winner David E. Carter, Postcards & Photos from Sanibel: The Sequel, will premiere at The Community House on Tuesday, January 30 at 7 p.m. The film will feature



A stunning photograph of the Sanibel Lighthouse and Keeper's Quarters

more than 60 historic photographs from the Charlie McCullough collection.

Carter's new documentary is a featurelength film done "Ken Burns style," with narrators reading "postcards and photos from Sanibel" with a storyline that follows life on Sanibel from 1946 through 1984. Photographs and postcards from Sanibel are the foundation of the piece.

"What started as an initiative from Eric Pfeifer to expand the Sanibel Public Library's vintage photo collection eventually became the basis for this new film," said Carter. "When I originally went to the library and asked to see their collection, they had about 500 photographs, but more than 2,000 additional images to be scanned."

According to Carter, a large majority of the images in the library collection featured photographs of Sanibel prior to the construction of the causeway, which opened on May 26, 1963. More recent images were scarce. That is, until members of the



Four horses on Sanibel, circa 1982

McCullough family stepped forward and offered the filmmaker total access to the Charlie McCullough collection, many of which were taken between the late 1960s and early 1980s.

"This sequel is truly going to be a tribute to Charlie McCullough's work," noted Carter. "His family has been so generous to make these images available to me."

The original documentary, which premiered in early 2017, covered the years continued on page 10B



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Christmas Gifts Needed For Local Children

Bank of the Islands is asking its customers and island neighbors to contribute unwrapped Christmas gifts for needy children in the community. All islanders are invited to choose an ornament from the Angel Tree now on display in the lobby of the bank's Sanibel location. Each ornament will indicate the age of a boy or girl hoping to receive a gift this holiday season.

"We're so happy to be partnering again with Friends Who Care on this special holiday gift drive," said Bank of the Islands Sanibel/Captiva Office Manager Willy Ocasio. "They have been quietly helping neighbors in need for more than 30 years."

Drop off unwrapped gifts at the Sanibel bank lobby at 1699 Periwinkle Way no later than Friday, December 15. Friends Who Care has a December 18 deadline

Speaker From CROW Addresses Boating Club

submitted by Pat Schmidt, Commander, Sanibel-Captiva Power Squadron

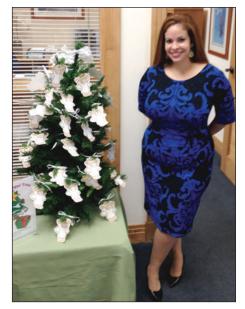
A the November dinner meeting, members of the Boating Club heard Rachel Rainbolt, development and education coordinator for the Clinic for the Rehabilitation of Wildlife (CROW), share an overview of the 50th anniversary of its establishment on the islands. The year 2018 will mark that important date for CROW. During that span, the clinic has grown from an island resident, Shirley Walter, caring for an injured royal tern in her own home to be establishment of today's state-of-the-art wildlife clinic that rehabilitates well over 4,000 patients per year.

In addition to Rainbolt's historical perspective, she spoke about their raptor program, stressing how boaters, specifically, can focus on the prevention of animal injuries. She reminded members how critical it is to properly dispose of monofilament, which birds seek for nest-building, to their own peril.

Rainbolt brought along Lola, one of CROW's animal ambassadors. An American kestral, Lola charmed the audience. Lola was a live reminder of the critical care the clinic provides injured animals throughout Southwest Florida.

Ironically, as Rainbolt explained, when Hurricane Irma approached Sanibel, the clinic returned to its roots. Its many patients were housed in staff residences for the duration of the storm. Fortunately, as with most of the islands, the clinic experienced no significant damage.

The Sanibel-Captiva Power Squadron is America's Boating Club, committed to boating education and safe boating practices. For more information about



Willy Ocasio of Bank of the Islands with the 2017 Angel Tree photo provided to complete the gift wrapping of collected gifts.

For more information, call 472-7211.☆



Rachel Rainbolt

photos provided



CROW's animal ambassador Lola

joining us on the water, on the land or in the classroom, call 985-9472 or email Commander@SanibelCaptivaSps. org.☆

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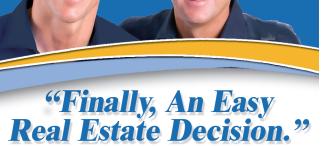
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Friends Who Care **Needs Your Help**

riends Who Care, Inc. has been • assisting island residents since 1983. The organization provides help for children and adults in crisisrelated situations. Friends Who Care, Inc. works on an anonymous basis through information from local churches, schools and other caring individuals in the community.

The holiday season has become a rewarding experience. Many volunteers have joined in to help with the gift collection program, located at the Sanibel Post Office, Sanibel Fire Department, Sanibel City Hall, Center 4 Life, Sanibel Captiva Community Bank, Bank of the Islands, Sanibel Congregational United Church of Christ, Bailey's General Store and Jerry's Foods. The local service clubs - Kiwanis, Lions and Rotary - have

contributed funds in support of the organization.

The organization also has the continued support of many of the local realtors and churches. Other contributions are given from private individuals, all providing their time and effort to make children and adults happy this holiday season.

Volunteers are needed for sorting and wrapping gifts for island children and seniors. Tuesday, December19 at 2 p.m. is sorting day at The Community House. Last year, the group was short on help, so all volunteers are welcome and needed. Wednesday, December 20 at 9 a.m. is wrapping day at The Community House. Bring your own scissors. If you can volunteer either day, please stop by. Adults only. If you have any questions, call Tom or Kitty at 472-5152

The Sanibel-Captiva Kiwanis Club holds its annual Santa Run on Saturday, December 23, delivering gifts to children and seniors on the islands.☆

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submitted by Dan Perkins

Te are just a couple of weeks into our program to provide 150 homeless veterans with shoes. As of November 28, we have collected 63 pairs of shoes. Our goal is to try and get to 150 pairs.

If you or your family or civic group is looking for something different to do this Christmas season, why not offer a hand up to those who have served us. They need sneakers, work boots and dress shoes in sizes 9 to 11. Socks would be an added bonus.

To those of you that have already donated, thank you for your generosity. We have until the 19th of December to get as many pairs we can. We have added three more drop-off locations to the list and they are:

- Southwest Florida Military Museum, 4820 Leonard Street in Cape Coral;
 American Legion Post 123, 4249 Sanibel-Captiva Road on Sanibel;
- St. Columbkille Catholic Church, 12171 Iona Road in Fort Myers. Other locations on Sanibel are:
- Bailey's General Store, 2477 Periwinkle Way;
 The Dunes Golf & Tennis Club, 949 Sand Castle Road;
 St. Isabel Catholic Church, 3559 Sanibel-Captiva Road.
- For more information, call Dan Perkins at 973-687-4826.举

From page 1B Restoration



Filled buckets being loaded onto the SCCF Marine Lab barge at Tarpon Bay

reefs will help re-establish critical estuarine habitats of shellfish and submerged aquatic vegetation beds.

"What this will do is allow the oyster larvae to attach to it and grow along the reef," Milbrandt explained. "Once you get a few of them to attach that way, they begin to attach to each other.

Among the benefits of helping restore eastern oyster populations are the formation of intertidal reefs in the local estuary, providing a habitat for fish and invertebrates, stabilizing shorelines and preventing erosion. Additionally, SCCF is hoping the artificial reefs will become living classrooms used as research platforms.

The oyster restoration initiative, started by SCCF with shell deployments in Clam Bayou, has seen phenomenal success over the years. More than 100 cubic yards of oyster shell has been deployed thus far, with 54 barge loads used to disperse the shells. As a result,

photo by Jeff Lysiak

seven complete oyster reefs comprising approximately four acres have been created in areas like San Carlos Bay and Tarpon Bay.

'Because we've seen so much success with this effort, we want to expand the habitat from a guarter of an acre for each reef to a full acre," said Milbrandt. "If we hadn't started this program, these oyster shells would just go into the landfill, so it's also beneficial that we're returning them to nature.

SCCF's final oyster bagging and deployment session of the fall season will be held on Friday, December 8. Volunteers will meet at the Gavin site, located at 2621 Sanibel-Captiva Road, at 9 a.m. Heavy lifting is involved. Wear closed-toe shoes (i.e. wetsuit booties or old sneakers); participants wearing flip-flops or sandals may be limited in certain aspects of the work. For more information, send an e-mail marinelab@ sccf.org.☆

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734 ANCHOR DRIVE Near-beach cul-de-sac easy-living east-end ground-level split plan. New windows/doors, HVAC, plumbing, electric, kitchen open to great room & modern baths. Sardinia limestone floors including on expansive lanai & 2 decks. Boat dock too. \$999,000 furnished



CAPTAINS WALK #B2 Canal-access 1st floor 1-bedroom condo with new HVAC & windows. Updated appliances, remodeled bath, carport. Residential petfriendly community with many year-'round residents, or could be an investment rental (monthly minimum). \$274,000 furnished



COTTAGE COLONY WEST #119 Beach-front updated condo at Casa Ybel Resort with private stairs to beach from screened balcony. Resort handles all the details in easy on-site nightly rental program. Owners enjoy hassle-free investment & guaranteed-income. \$674,000 furnished



239 DANIEL DRIVE

The near-beach location & olde-Florida-style design & community clubhouse, pool, tennis, & private beach access make Seagull Estates one of the islands most-sought-after communities. This decorator-

furnished 3-bedrm with den backs to conservation land. \$1,069,000



2510 HARBOUR LANE Cozy elevated beach cottage overlooking Dinkins Bayou. Splitplan design. Each bedroom has private screened balcony & en suite bath. Privacy plus near the end of the sandy cul-de-sac near Del Sega. Docks plus raised sun-deck. Lots of potential here. \$749,000



LOGGERHEAD CAY #264 Fully-equipped turnkey top-floor unit with this view & years of successful rental income including future bookings which will convey. Bright white updated kitchen. Marketed as "Sanibel's Rainbow". Olympic-sized pool, tennis, clubhouse & more. \$598,300



MARINER POINTE #1061 Direct-bay-front remodeled & reconfigured 2 bedroom on Sanibel's boating peninsula community which just finished their fall paver project. A condo like no other in a complex with private fishing pier, 2 pools, tennis, boat dockage, & beach access. \$599,900



9441 PEACEFUL DRIVE Looking to built your own custom island home? This could be the spot for you. On back circle in Gumbo Limbo, this ~`170'x155' parcel offers plenty of room for a large or small pool home. Aptly called Peaceful Dr, as it backs to conservation land. \$249,000



POINTE SANTO #C34

It's all about the view at this center tier 1 bedroom on 3rd floor. Only 3 other units like this at this resortlike community with clubhouse, pool, tennis, sundeck, bbq areas, & gulf-side lounge chairs. Decorated in tropical décor & enrolled in weekly rental program. \$589,000

2242 Periwinkle Way Sanibel Square, Suite 3 Sanibe REALTY ASSOCIATES

SAND POINTE #122

Gulf-view 2nd floor 2 bedroom with opened remodeled kitchen, updated baths, & restored balcony. Used as a family investment for many years, with excellent rental history & future bookings into 2018. One of the few West Gulf Drive complexes that rents weekly. \$699,000

SPANISH CAY #A7

Riverside docks, heated pool, beach access across the street, & rental bookings make this an easy transition for a new owner. 2-week rentals are allowed, but permanent residents & snowbirds live here too. 2nd floor 1 bedroom fully furnished & ready for new owner. \$299,000

SOUTH FORT MYERS

Close to Sanibel in gated community of Banyan Bay, this just-listed 3 bedroom with loft (family room) plus office & 2-car garage features private pool, this lake view, master suite on main living level, plus preserved land across street. Built in 2013 with may extras. \$389,900

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Rotary Happenings

submitted by Shirley Jewell

Each year, 9,000 high school and post-high school students ages 15 to 19 years old participate in Rotary's Youth Exchange (RYE) program around the



globe. This program is designed to expand learning about different cultures, experience student life in a different country, develop language skills, gain confidence, build lasting friendships, encourage lifelong leadership abilities, and learn the value of becoming a global citizen.

"One generation plants the trees and another gets the shade" – Chinese Proverb

Our speaker this week was one of our own, Richard Green, a former Rotary Youth Exchange student some 32 years ago. This was rather fortuitous because visiting Friday morning was our club's outgoing student exchange student 2018, Sanibel resident Ian VandeVelde. Ian is a Bishop Verot graduate and last summer attended Rotary District 6960 Seminar for Tomorrow's Leaders. He will be receiving his country assignment soon and will be leaving in July to begin this exceptional learning experience.

The Rotary Club of Copenhagen, Denmark initiated the first Rotary exchange in 1927. Exchanges today usually last 10 months, although the first exchanges took place during school vacations for only a couple of weeks. In the following years, more and more countries became involved in the program. In 1962, the first student exchange involving Japan and Germany was arranged after tense relations still existed between Japan/ Germany Rotary Clubs and other Rotary International Clubs following World War II. Since its conception 80 years ago, the Rotary Youth Exchange program has expanded rapidly, involving more than 80 countries today.

As sort of an inside glimpse of what a Rotary exchange student might experience and what he might gain from the youth exchange program, Green gave an overview of his own personal experience with the RYE. Just a little background here: Green had this experience 32 years ago. A year in the life of a young man from the U.K., who after visiting the U.S. when he was 11, dreamt that he would return when he was older and spend some time finding out what the U.S. had to offer. When Green finished his secondary schooling at age 16 in England, he thought, "OK, I'll just go to the U.S. now." His father asked how he was going to do that? Green had no real answer so his father suggested he continue his schooling in a two-year program at college. While there, a couple of Rotarians came to the college to talk about Rotary's Youth Exchange program and before he knew it, he was off to Oak Ridge High School in Orlando, Florida, post-graduate studies sponsored by Rotary District 109, England.

It was one year, two different families, a plethora of supportive Rotarians and lasting friendships forever. Although expected to take his studies seriously, he got to select courses he was interested in and didn't have any trouble on that front. He fit right in with no language barriers, no real culture shock. So, what made his experience so meaningful? It was those extra-curricular activities, friendships, involvement with his host families and his first introduction to what Rotary was doing around the world.

The largest club in his high school just so happened to be the Rotaract Club. Get where we're going? Rotaract is a Rotary youth program that brings together students to exchange ideas with leaders in their community, develop leadership and professional skills, and have fun through service. Rotary and Rotaract members work side by side to act through service developing the skills to identify a need in the community. The find a way to service that need, sometimes on a simple level, sometimes by finding a network of like-minded individuals to work together forming bonds of that will hold through an entire lifetime.

Green formed friendships during his youth exchange program stay in Orlando, friendships that are still standing today. He established leadership qualities that enabled him a noteworthy business career both in the U.K. and later here in the states. But the fact is, he didn't become a Rotarian until he came to Sanibel. As Green told us, "the time was right, and Sanibel-Captiva Rotary was right."

Green was what I call "Rotarized" 32 years ago and it stuck. Rotary's code of ethics, both personally and professionally, grew from that student exchange experience. He knew that this experience shaped his future and guided the type of person he would become. Somewhat unusual for him, he saved many items collected from that school year; mementos to remind him of the personal growth he had experienced participating in the Rotary Student Exchange program. To this day, he is emotionally connected to that time and what it meant for his future. He learned the power of this program and what Rotary's slogans – Building Bridges Across Nation and Service above Self – meant and how that conduct can lead to a better world for all concerned.

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

Matzaluna Donating To FISH

In celebration of 23 years, Matzaluna will be donating 10 percent of select entree purchase price to FISH of SanCap, now through December 21, to help stock their pantry for the holiday season. Opened in 1994 as a sister restaurant of The Timbers Restaurant, Matzaluna is the place for thin crust, wood-fired pizza and craft beer.

Mark Blust, vice president of marketing and operations, said the services that FISH provides are needed in our community. A point that he says was even more evident in a recent stop at their pantry, which had a waiting line to get into. With the holidays just around the corner, this opportunity to help just makes sense.

Matzaluna is located at 1200 Periwinkle Way.☆



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THE ISLAND WATER ASSOCIATION, INC

It is election time at IWA again, and next year two seats on our Board of Directors will be up for election. The seats are currently held by Bruce J. Neill PhD, and Ralph Sloan. Dr. Neill is running for his 2nd two year term, and Dr. Sloan is leaving the

Board after completing his 5th year on the Board. IWA is governed by a five member Board of Directors who serve without pay. Directors must be residents of Sanibel or Captiva, so that they can attend all Board meetings, and must be IWA Members or an official representative of a condominium or other IWA Corporate Member. Directors must have no conflict of interest, including but not limited to, active involvement in an enterprise which could potentially do business with IWA or which could benefit from involvement with IWA. Meetings are normally held on the fourth Tuesday of every month. Directors are elected by the Membership at IWA's Annual Meeting to be held in April. Anyone who would like to run for one of the open seats should contact our Board Recording Secretary, Beau Stanley, at (239) 395-4814 or by e-mail at beau@islandwater.com by <u>no later than January 5, 2018.</u> Background checks are required on all Board candidates.



The ribbon-cutting ceremony at Dante's Coal Fired Pizza

photo provided

Ribbon Cutting At New Eatery

Sommerce hosted a ribbon cutting for Dante's Coal Fired Pizza, the new eatery at Sanibel Inn.

The pizzeria believes in giving the best flavor, quality and experience every time. The menu offers signature pizzas like the Philly Cheese Steak or the San Daniele with prosciutto, bacon, fresh garlic and arugula or build your own – all of which are on a 16-inch pie. The wings are marinated with olive oil, rosemary, garlic and hints of lemon before roasted in the coal-fired oven. There is a selection of appetizers such as pepperoni rolls or classic garlic bread sticks as well as sandwiches and pastas. Dante's features two coal-fired ovens in view of the patrons who can can watch the process.

"Our gracious service staff are trained in handling your every need, and just like our menu, we spared no expense in our polished interior design," said Sebastien Desrosiers. "We are delighted to have a location on beautiful Sanibel Island and invite residents and visitors to enjoy our really good food made with the very best ingredients."

Dante's has locations in Cape Coral and Fort Myers, with online ordering coming soon. For more information and the full menu, visit www.dantescoalfiredpizza.com. "We are excited to welcome Dante's to the island and as a member," said Chamber President John Lai. "They are a great addition to the community." To learn more about becoming a member of the chamber, contact Member Services Manager Ashley Gibbons at 472-1080 or ashley@sanibel-captiva.org. 🎋

Lions Club Christmas Trees On Sale

The Sanibel Captiva Lions Club Christmas trees are on sale now at Bailey's Shopping Center. Every year, the local Lions club sells Fraser firs to raise money for their sight-based projects.

"If you have purchased a tree in the past, you know that they are fresh and full," said Lion Cliff Nolan, organizer of the tree sale. "We have always had good luck with the trees. You'll be very happy."

The trees come in various sizes and last throughout the Christmas season. Delivery is also available.

For more information on Sanibel Captiva Lions Club, visit www. sanibelcaptivalions.org or find the club on Facebook at SanCapLions. The club meets on first and third Wednesdays at The Community House on Sanibel.‡



Sanibel Captiva Lions Club members at the Christmas tree lot at Bailey's Shopping Center photo provided



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Stephanie Muddell

photo provided C

New Director Of Marketing At Shell Museum

The Bailey-Matthews National Shell Museum has hired Stephanie Muddell as its new director of marketing. In this role, Muddell will manage all marketing and communication initiatives for the museum. "It is an honor to join the national shell museum. As a native Floridian, I share the museum's mission

to protect our oceans' incredible biodiversity, and I look forward to supporting their dynamic team toward their vision of connecting people to nature through their love of shells.' Muddell said it is the museum's continual research and community outreach throughout Southwest Florida that most impresses her. "Not only does the museum introduce its visitors to their beautiful shells and the amazing animals that create them, but it also mobilizes education via school programs and daily beach walks. This hands-on approach to science keeps learning fun for all ages," she said.

After graduating from the University of Miami with a BBA in international finance and marketing, Muddell began her marketing career in New York City with the National Basketball Association. She spent the bulk of her career working for Pepsi in Orlando, where she simultaneously completed her MBA at the University of Florida.

Muddell said she is thrilled to have landed at the national shell museum after moving to Sanibel in August with her husband Jeff Muddell of Lee Health. Their three children attend The Sanibel School. "It is a true blessing to have the opportunity to raise our family here, and I am endlessly thankful for the warm welcome we have received from this incredible Sanibel-Captiva community."

For more information on the museum, visit www.shellmuseum.org or call 395-2233.☆

Superior Interiors Continuity With Color A Must

by Linda Coin Many decorators



Lecommend color continuity throughout a house. However, this doesn't mean using the same color scheme in every room – how boring would that be. It

does, however, mean a smooth color transition from one room to the next.

One connecting color will serve to accomplish this. It could be a soft sage green shade, or Robin's egg blue, or buttercup yellow – any color actually. The key is to use your connecting color in varying degrees of intensity from room to room. Sometimes your main color in one room would then be better used as an accent color in an adjoining room. It might be carpeting in one room, walls in another, an occasional chair in a third, an element in the drapery fabric in a fourth.

It's also extremely important to add

From page 1B Documentary

1884 – when the Sanibel Lighthouse was built – through 1947. The new film picks up in 1946, to provide a transition between the two stories, and ends in 1984, the 100th anniversary of the lighthouse.

"Having these photos took the sequel to a whole different level of storytelling," said Carter. "The scope of Charlie's work and the subject matter he was looking to chronicle were his memories of Sanibel. And some of the images he took, many of which were one unexpected fun splash of color into your basic color scheme. Did you know that when we walk into any room, our eyes crave visual movement? And by adding a splash of color – something unexpected into your overall color scheme, you instantly add visual interest into your design plan.

Think about a basic color scheme of buttercup yellow, sage greens and warm winter whites. Most would find this a calming color palette and can easily visualize carrying varying degrees of intensity of these colors from room to room. But just think about the awesome impact a splash of color could add. How about introducing a warm coral shade into this color scheme. By cleverly using this color in accent or accessory pieces, and then moving these colored accents strategically around your room, you've immediately created a much more pleasing design plan, full of impact and visual interest.

And, if you love to rearrange your furniture, just think of the possibilities color continuity from room to room affords. All your furniture pieces, as well as your accessories can be easily interchangeable color-wise room to room.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.*

from the early 1980s, look as if they could have been taken 40 years earlier. That's the timelessness of Sanibel that he captured."

Postcards & Photos from Sanibel: The Sequel is the fifth film in the Pfeifer Documentary Series. Proceeds from the film screenings, DVD sales and related activities have produced more than \$30,000 for island nonprofit organizations.

Tickets to the January 30 premiere are \$7 each, on sale now at The Community House, located at 2173 Periwinkle Way. For more information, call 472-2155 or visit www. SanibelStories.com.*



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Highlights Of Sanibel Luminary Holiday Stroll



Riverside Brass performing at Olde Sanibel Shoppes

photos by Bob Petcher



The A Cappela Group of Cypress Lake High School



Brett Cox (aka Bubba Love) playing at Tahitian Gardens



Pennsylvania's Brandon Firtion with Santa



Dan Smyth performing at Palm Ridge Place



Brian and Elke Podlasek, owners of The Island Cow

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Tony Lapi, President & CEO, Sanibel Captiva Beach Resorts



Son Using Father's Trust For Son's Personal Advantage?



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

When you're named as a trustee to a trust, especially a trust in which you are also a beneficiary, you are subjecting yourself to several legal responsibilities of which you need to be keenly aware. The foremost of those responsibilities is the potential conflict of interest that you may have in conducting any aspect of trust business.

Suppose, for example, that Son is the trustee of Father's trust, as Father has become incompetent. Son was named as the successor trustee. Father went so far as to tell his estate attorney that he named Son to fill that role because of Son's business

acumen. When Father dies, Son and Daughter are the beneficiaries of the trust.

Assume further that Son is a real estate developer working on a project that needs a cash infusion. The project could result in millions of dollars in profits, but it could also go bust. Son is the confident sort who never expects one of his ventures to fail. Upon examination, the trustee powers contained in the trust document include the power to invest in stocks, bonds, mutual funds, real estate and business ventures.

So is that enough for Son to take Dad's trust assets and invest in the venture? Does it matter if Son invests Father's trust as an equity partner, buying shares in the venture or if Son loans money from Father's trust, effectively making it a creditor of the venture?

What should Son do? Or should Son just keep Father's trust's existing asset mix? It's not such a simple question, right or wrong. Son was correct by first determining whether the trust instrument to determine if he even had the power to act as trustee to make such an investment. But the power alone is not enough.

Assume, for example, that Son intends to invest \$750,000 of Father's trust into the real estate venture. If the total value of Father's trust approximates \$1.5 million, then Son would be investing an unusually large percentage of the whole into a risky venture. This would probably fall outside of the "prudent investor rules" that Son should follow as trustee.

The "prudent investor rules" (Chapter 518 of the Florida Statutes) indicate that a trustee should act reasonably given the risk tolerance of the beneficiaries, the investment portfolio mix and the goals of the trust. To take such a large amount of Father's trust to put into a risky real estate venture would likely fall outside of the prudent investor rules. Assume, instead, that Father's trust is worth \$5 million and that Father made his



over 150 homeless veterans living onsite. The one thing the hospitals said they needed for the vets is shoes. If you don't have a decent pair of shoes, it's hard to get hired or, in many cases, do the work that is required. A new group, Sanibel Shoes for Vets, is holding a drive to get new shoes for the vets. We need work shoes, sneakers and dress shoes in sizes 9 to 11. These are the current drop-off sites:

SANIBEL

American Legion Post 123, 4249 Sanibel-Captiva Road Bailey's General Store, 2477 Periwinkle Way The Dunes Golf & Tennis Club, 949 Sand Castle Road St. Isabel Catholic Church, 3559 Sanibel-Captiva Road FORT MYERS

St. Columbkille Catholic Church, 12171 Iona Road CAPE CORAL

Southwest Florida Military Museum, 4820 Leonard Street

If you want to make a difference in a veteran's life, send him a new pair of shoes. This program will run until the week of Christmas. Any questions, please call Dan Perkins at 973-687-4826 money in real estate ventures before turning the family business over to Son. Now it would appear that a \$750,000 venture may not fall so blatantly outside of the prudent investor statutes.

But what if Daughter is uncomfortable with the decision to so invest? Could that change our conclusion? As trustee, Son not only has a duty to Father to ensure that the trust is properly used for Father's benefit for the rest of his life, but Son also has a duty to the remainder beneficiaries – including Daughter. Daughter's risk tolerance should also be considered when making trust and investment decisions.

In addition to the prudent investor rules, Son has the obligation to account to all "qualified beneficiaries" of the trust. In my example, Son himself and Daughter are "qualified beneficiaries" even though they are not vested, meaning that their interest in the trust property is not certain until Father's death. The accounting not only must report the income, capital gains, losses and expenses of the trust, but must also report material transactions. The material transaction would likely include the real estate venture.

What if Daughter objects to the transaction? Can she block it? Since Son is the trustee, he is the one who decides where to invest the trust assets. If Daughter has enough lead time, she could conceivably file a court action to stop the investment. Usually, however, the trustee has already made the investment. In this case, if the deal doesn't work out, then Son would likely have personal liability to Daughter should she sue based on breach of fiduciary responsibilities.

Finally, let's take the worst case scenario where Son simply takes Father's trust money for his own use and never reports it to Daughter. When a beneficiary suspects that the trustee is using the trust property and assets for his own use and not for the express purposes of the trust, the proper course of action is to file an action to remove the trustee.

From time to time, I'll receive a call from a beneficiary of a trust complaining that they don't have enough information to even determine whether their suspicions of improper activity are taking place. In these instances, the beneficiary should demand an accounting, as is their right under Florida law and most other state's laws. The accounting should indicate whether the beneficiary's suspicions are true or not. If true, then the next steps of removing the trustee and seeking retribution payments back to the trust would be appropriate.

One can now see how important the selection of a trustee is. Don't take this choice lightly, as a high degree of wisdom, integrity and judgment is constantly necessary when making daily decisions. I've written a book entitled *Selecting Your Trustee* addressing this and a host of other issues that you want to consider when naming someone to follow you in your estate plan. You can have the best plan in the world drafted, but if you select the wrong individual or entity to serve as your trustee, then your plan could fail. If you're interested in obtaining a complimentary copy of the book, call my office at 334-1141.

©2017 Craig R. Hersch. Learn more at www.sbshlaw.com.🌣

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, December 12, beginning at 9 a.m. in the meeting rooms by Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items: Discussion of next steps for Captiva Plan amendment and subsequent code language; Update on North Captiva Coastal Construction Control Line issue; Update on Captiva Drive traffic study;

Update on priority committees including wastewater alternatives, invasive species, Captiva Drive bike/ped improvements and island rentals; A Captiva Erosion Prevention

District update; A Captiva Fire District update;

Other business as necessary.

Public participation is invited and encouraged. The next meeting will be held on January 10. Information and background documents are available online at www.captivacommunitypanel. com.



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Trust Company Awards College Scholarships

The Sanibel Captiva Trust Company and its board members recently demonstrated their support for future graduates of Florida Gulf Coast University at the 2017 President's Scholarship Luncheon at the Hyatt Coconut Point in Estero.

Recipients were accompanied by their scholarship ambassadors at the celebratory luncheon where literally hundreds of scholarships were represented. The Sanibel Captiva Trust Company Business Scholarship Endowed Fund, originally established by founder and chairman Al Hanser and board member emeritus Chip Lesch, was given to Lindsey Skaf of Cape Coral, a senior majoring in finance.

John Schubert, board member emeritus of the trust company and his wife, Donna, represented the Sanibel Captiva Trust/ Schubert Scholarship Fund with their three recipients present: Edson Lopez-Jacobo, graduate level, curriculum and instruction; Stephanie Benedict, sophomore, majoring in biology; and Tony Guarino, junior, majoring in finance.

Trust company board member Charles Ketteman continues to serve on the FGCU Foundation Board of Trustees. He and his wife, Helen, created the Charles H. and



Lindsey Skaf and Judy Bricker, director of corporate marketing for The Sanibel Captiva Trust Company photos provided

Helen M. Ketteman STEM Scholarship Endowed Fund and this year's recipient is Natashia Kinsey, graduate level, forensic studies.

Hanser said, "Quality education among our community's children and young adults is one of the trust company's top priorities when it comes to applying our philanthropic dollars. We are also extremely fortunate and proud to have such generous and committed board members in John and Chuck toward this mission."



Chuck Ketteman and Natashia Kinsey



From left, John and Donna Schubert, back, with Edson Lopez-Jacobo, Stephanie Benedict and Tony Guarino

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Captiva Luminary Begins With Holiday Parade



Two hours before the start of Captiva's Luminary Night, hundreds of people lined the street to watch the annual Holiday Village Golf Cart Parade, with proceeds benefitting the Sanibel-Captiva Conservation Foundation photos by Jeff Lysiak



From left, Brittney Rakes, Julian Barnett and Debbie Bubley



Lois Clark and Merni Libonate



Ryan Gerber and Jimmy Jensen



From left, Carla Restivo, Lisa Riordan, Rita Ewell, Phyllis Gibson and Bonnie Dale dancing to *Christmas In The Hood*



Parade judges Vanessa "Queenie" Viglione and Kelsey Craft, Miss International 2017



Captiva Island Fire District members, from left, Nick Miller, Josh Hulslander, Paul DeArmond and Brandon Ehlen



Santa and Mrs. Claus waving to spectators along Captiva Drive



The Burns Family Team dressed in aviator apparel



The Santa Babies performing their dance routine for the judges





Luis Garcia and his Santa Dinosaur sweater

Giana Zanolli, Debi Almeida and Nathalie Pyle



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16B | ISLAND SUN - DECEMBER 8, 2017



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In Jura

- 3BR/3BA full floor condo with unobstructed Gulf views
- Complete remodel and \$100k+ income
- **\$1,568,000** EUR €1,320,776

2. Near Gulf Wiles Drive- Captiva

- 4 BR/ 3 BA home with guest house, 1 parcel from the beach
- · Conveniently located in Captiva village
- **\$1.495.000** EUR €1.270.772

3. Sanibel Estates Canal Home

- 5 BR/4.5 BA remodeled home on navigable canal
- Unique, charming, private with swimming pool
- **\$1,149,000** EUR €976,667

4. White Pelican - Captiva

- 6BR/5BA home plus art studio situated on oversized Gulf front lot
- Located in Captiva village, \$400k per year rental income with owner usage
- \$7,599,000 EUR €6,459,263

5. Sanibel Bayous - Sanibel

- 3BR/3 BA near beach with large screen enclosed pool
- · Bright open floor plan with soaring ceilings, wood floors
- \$649,900 EUR €552,424

6. Popular East End Gulf Front Complex

- #402 Loggerhead Cay with updated interior, partial view
- · Community swimming pool, tennis, and BBQ area
- **\$595.000** EUR €505.758



Premier



7. Old Florida style home in the Dunes

- 3BR/2BA in the Dunes,
- · Screened in lanai overlooking your private pool
- **\$799,000** EUR €673,023

8. Gulf Access Canal Home - Sanibel

- 3 BR/3 BA, on navigable canal
- Boat dock and lift. Gulf access
- **\$1,224,000** EUR €1,104,169

9. Cottage Colony West - Sanibel

- 1 BR/1 BA direct Gulf front remodeled unit
- Community tennis, swimming pool
- \$659,000 EUR €560,159

10. Stunning Gulf Front Home - Captiva

- 4 BR/3.5 BA with expansive Gulf views
- Featuring 157 ft of beach frontage AND a boat dock on Roosevelt Channel
- \$3,999,000 EUR €3,399,209

11. South Seas Beach Home - Captiva

- 4BR/ 3BA perfect for daily sunsets
- Fully upgraded, private deck, steps from the Gulf
- \$3,445,000 EUR €2,928,301

12. 3 BR/3.5 BA on West Gulf Drive - Sanibel

- · Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- \$1,297,700 EUR €1,103,064







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Tiffany, Jeff, Joan & Joe Burns









Pendants by Frederic Sage

Designer Trunk Show

ily & Co. Jewelers will host a trunk show with jewelery designer Frederic Sage on Wednesday and Thursday, December 13 and 14. Sage is part of the Holiday Showcase featuring a trio of famed designers throughout December at Lily & Co.

Sage is not your typical jewelry de-signer. He earned a degree in the sciences, but continued his education by studying art history and textile design at the Fashion Institute of Technology in New York City. Today, Frederic Sage pieces carry a fresh, unique look created from his eye for color and design.

"We are delighted to have Frederic Sage visit us for this exceptional two-day trunk show," said Lily & Co. owner Dan Schuyler. "He is a very accomplished designer who works with uniquely cut gems and fine diamonds, masterfully set in fine 18-karat gold – exquisite pieces.

Sage's initial foray into design was for a leading textile manufacturer before changing paths to pursue his childhood dream of designing and creating fine jewelry. It was the guidance of his father, an importer of

photo provided

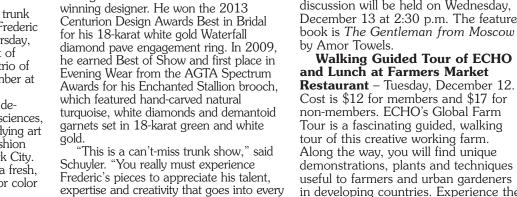
precious gems, who gave Sage firsthand knowledge of gems that helped him obtain his dream.

Sage has become a multi-awardwinning designer. He won the 2013 Evening Wear from the AGTA Spectrum

"This is a can't-miss trunk show," said one of them."

The Lily & Co. Holiday Showcase will also feature Lecil Henderson on Monday and Tuesday, December 18 and 19 and Gurhan on Thursday and Friday, December 21 and 22. Lily & Co. Jewelers is open from 10 a.m. to 5 p.m. There is plenty of parking and the Lily elves will be

on hand to help with free gift wrapping. Lily & Co. Jewelers is located at 520 Tarpon Bay Road. For more information, call 472-2888.公



Fitzgerald and Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The next book discussion will be held on Wednesday, December 13 at 2:30 p.m. The featured

in advance.

Island Seniors

At Center 4 Life

activities, then stop by to sign up.

Island Seniors, Inc. Annual

members are invited and encouraged

center's many activities throughout the

an update regarding the Center 4 Life

the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Sign up

building. The meeting will be held at

Page Turners with Louise

year, the financial standing, and the

center's representatives will provide

to attend. You will learn about the

Members Meeting - Friday, December 8 at 11:30 a.m. All Center 4 Life

eet your friends and make some

new ones at the Center 4 Life.

Browse through the following

Walking Guided Tour of ECHO and Lunch at Farmers Market Restaurant – Tuesday, December 12. Cost is \$12 for members and \$17 for non-members. ECHO's Global Farm Tour is a fascinating guided, walking tour of this creative working farm. Along the way, you will find unique demonstrations, plants and techniques useful to farmers and urban gardeners in developing countries. Experience the seven settings of the Global Farm which feature crops, techniques and animals from around the world. Goats, chickens, ducks, fish and rabbits are all found on the farm.

ECHO is home to one of the largest collections of tropical food plants in the United States. There will be demonstrations in the Urban Garden, a perennial favorite, which features some wacky, yet effective ways to grow crops where there is little or no soil.

Lunch is on your own at Farmers Market Restaurant in downtown Fort Myers. Advanced registration is required. Carpool arrangements will be made for transportation.

Genealogy Presentation - Friday, December 15 at 11 a.m. Linda Warschauer and her mother Estella

will be leading a group discussion on genealogy and will share their knowledge on how they researched their own family tree. They will also share how to create a book about your own family. There will be a question and answer session. There is no fee to attend, but you must register in advance as seating is limited.

Games

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

Bridge – Monday and Wednesday. Registration begins at noon; the game begins at 12:30 p.m.

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

New: Rummikub – Tuesday at 1 p.m

Hand & Foot – Thursday at 12:30 p.m.

New: Canasta - Thursday at 12:30 p.m

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – December 12 and 19 at 8:30 a.m. (weather permitting). 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.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

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. Connie DeCicco is the instructor.

Essential Total Fitness - Monday, Wednesday and Friday at 9:30 and 11 a.m

The Friday, December 8, 11 a.m. class is cancelled due to the **Annual Members Meeting.**

Cardio, muscle strengthening and continued on page 20B





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CARD OF THANKS

Dunes Women Donate Over \$20,000 To Breast Cancer Research

submitted by Gussie Blue

How many of us have been touched by this disease – a loved one, friend, acquaintance yourself? Too many for sure. This is why the members of DWGA (Dunes Women's Golf Association) continue their efforts to help fund the research to fight breast cancer. We held our annual Play for PINK Golf Tournament on February 18 and raised \$20,000 plus for the Breast Cancer Research Foundation (BCRF). This much respected organization, then funded by Estee Lauder, Elite Travel, Wilson and Bloomberg, donates 100 percent of funds raised to support breast cancer research.

It was a beautiful, sunny Sanibel day with over 100 in attendance last February. Those present showed their generosity by buying mulligans, bidding on silent auction items, purchasing 50/50 raffle tickets and raffle tickets for the numerous items donated by local merchants and artists. We are so very thankful for the kind and generous support of the island financial institutions, merchants, businesses, artists and many others who helped make this event such a fantastic success. A special thanks to The Dunes Golf and Tennis Club for sponsoring this annual function, The Dunes Head Pro Chris Shaul and staff for organizing 100 plus golfers, and to Chef Roro for our delicious luncheon.

DWGA sends a special note of gratitude to those island businesses who so generously supported the cause, including The Sanibel Captiva Trust Company, Sanibel Captiva Community Bank, and the Hanser Foundation. Hole sponsors included Bailey's General Store, Bank of the Islands, Barrier Island Title, Bondurant Realty Group, H2O Outfitters, John R. Wood Island Realtors, Lighthouse Cafe, On Island, Over Easy Cafe, Pfeifer Realty Group, Rosier Insurance, The Timbers Restaurant, Traders, Walgreens and Why Knot. Jerry's graciously provided fresh fruit for breakfast and Bennett's donuts were served. Also, thank you to the many Dunes members/friends who opened up their hearts and their wallets to sponsor both holes and carts in the names of loved ones and friends.

The following local and island businesses/artists provided items to be auctioned: B Unique Boutique, Billy's Rentals, Cape Nails, Luc Century, Coach items(privately donated), Congress Jewelers, Deb's Massage, The Dunes Golf and Tennis Club, Her Sports Closet, Miguel Hnatow, Island Grooming, L'Auberge, J. McLaughlin, Pandora's Box, The Sandbar, Sanibel Day Spa, Sanibel Home Furnishings, Sanibel Inn, Sanibel Sea School, South Seas Island Resort, Stone Harbor Golf Club, Sundial Beach Resort & Spa, 'Tween Waters Inn, Annie Wainwright, Vera Bradley and Doris Zogas.

The following individuals and businesses donated raffle items: Adventures in Paradise, B-Unique Boutique, Captiva Cruises, Chico's, Cip's Place, The Clam Shack, Doc Ford's, Eileen Fisher, Finnemore's Cycle Shop, Floral Artistry, Gale's Designs, Golf 4 Less, Sue Housler, Nancy Greenberg, The Island Cow, Island Pharmacy, JB Designs, La France Dry Cleaners and Alterations, Lazy Flamingo, Linda Miller, Lumpy's, MacIntosh Books, Mad Hatter, Massage Envy, Mike Dutton, Sandcastle Gifts, Sanibel Olive Oil Company, Sanibel Surf Shop, Sanibel Synergy, Shear DYEnamics, Three Crafty Ladies, Whims and Wilford & Lee.

The DWGA Play for PINK committee is looking forward to organizing another successful fundraiser to benefit the Breast Cancer Research Foundation on Saturday, February 10, 2018. And as always, we encourage our islanders to support our many generouscontributors.

Again, thanks to all from the DWGA Play for PINK Committee.

For more information, contact Gussie Blue at 847-899-2924 or Anne Kuhnle at 395-2576.炎



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New Team Member At Real Estate Firm

rent Peake has joined the team at Pfeifer Realty Group.

Peake was born and raised in Louisville, Kentucky and attended the University of Kentucky where he earned a bachelor of science in hospitality management. He is an avid Kentucky Wildcats basketball and football fan.

Peake began his career after college in the hotel industry with Hilton Hotels & Resorts working in Kentucky and Florida, serving in various management roles. He was first introduced to Sanibel when he joined the Sanibel & Captiva Islands Chamber of Commerce as the member services manager in 2014.

Peake enjoyed working with chamber members, helping them achieve their marketing, social media and business goals while maximizing their chamber membership. He was proud to call Sanibel home and promote the island as a world-famous vacation destination and, more importantly, a great community to live in.

Peake's most recent position was the director of marketing and e-commerce for Colonial Williamsburg in Virginia where he oversaw all marketing and e-commerce for the historic destination's six hotels, 19 food and beverage outlets, three championship golf courses, world-class spa, while also marketing the destination for weddings, meetings and conferences.

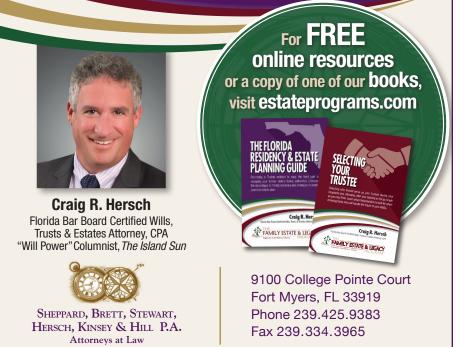


Trent Peake

photo provided

During his tenure at Colonial Williamsburg, Peake assisted with reopening the iconic Williamsburg Inn after its most recent renovation and was instrumental with efforts to earn the coveted AAA Five Diamond rating. He coordinated efforts in the reopening of Colonial Williamsburg's premier Top 100 golf course, Golden Horseshoe Golf Course, after a year-long renovation. Peake also helped lead the rebranding of Colonial Williamsburg's hospitality division to Colonial Williamsburg Resorts with a new industry leading website and advertising campaigns to attract new audiences to the destination.





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Hayley Donaldson

photo provided

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guides families in trust administration and probate matters after a loved one passes away.

Donaldson received her juris doctor from the University of Florida's Levin College of Law, graduating first in her class. While there, she was a member of the Florida Law Review and Volunteer Income Tax Assistance (VITA) program that assists lower income individuals with annual tax returns. She also holds a master's degree in professional accounting from the University of Texas and a bachelor of science in accounting and finance from the University of Miami.

Professional memberships include The Florida Bar and Lee County Bar Association. Donaldson is a licensed Certified Public Accountant and was previously an internal audit consultant at Protiviti.

Monday Morning Meditation Class

Monday mornings at 9:30 a.m. at The Community House with Kelsang Chopag, resident teacher at the Samudrabadra Kadampa Buddhist Center in Fort Myers. He will lead an hour-long guided meditation class.

The class presents simple techniques for achieving peace and happiness that are easy to put into practice in everyday life.

"Meditation gives us control over our mind so we can keep it positive



and happy even when things are going wrong," Chopag said. "And we don't allow difficult circumstances to disturb us, so our happiness becomes dependent on our inner peace, which we can maintain through constant mindfulness. It also helps us to be a better influence on the people around us."

Chopag is an ordained monk and has studied for many years in the Kadampa Buddhist tradition. He has completed many meditation retreats and is an inspiring example of how to practice the spiritual path in this modern age. His teachings are light, clear, authentic and practical for modern people living modern lives. His background is both meditative and scholarly, and he has learned to mix Buddha's profound spiritual teachings with everyday activities.

The classes are open to all; the ideas presented are universal and practical.

"Take what you like," Chopag said, "and leave the rest behind."

Classes are held every Monday at The Community House, located at 2173 Periwinkle Way. The cost for each class is \$10.5

Grampy's Pro-Am Tournament

Sanibel Captiva Community Bank is the 2017 Presenting Sponsor of the Grampy's Pro-Am golf tournament benefitting Ronald McDonald House Charities of Southwest Florida at Fiddlesticks Country Club on Friday, December 8. Registration and lunch begin at 11 a.m. followed by a 12:30 p.m. shotgun start. Each foursome will include a PGA professional. Cocktails, dinner and awards will follow at 5:30 p.m.

The annual tournament was established 30 years ago by McDonald's owner/operator Fred Frederic, founder of the Fort Myers Ronald McDonald House and chair of the golf committee for 27 years until his passing in August 2015. It was Frederic's desire to keep families close by providing a "home away from home" for families of hospitalized children.

Grampy's Charities has offered its support and leadership for the foreseeable future. One hundred percent of the event proceeds will benefit Ronald McDonald House Charities of Southwest Florida.

Fiddlesticks Country Club is located at 15391 Canongate Drive in Fort Myers.🌣

From page 18B Center 4 Life

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.

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 the Center 4 Life, located at 2401 Library Way on Sanibel.



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ISLAND SUN - DECEMBER 8, 2017 | 21B

Former Players Gather To Honor Coach Thimlar



Edison player Bennie "Chicken" Bundage with Coach Thimlar photos provided

It was a night of reminiscing as former players came back to their alma mater to honor their coach and renew old friendships. On December 1, Florida SouthWestern State College (FSW) hosted an alumni event at Suncoast Credit Union Arena at FSW, paying tribute to former



Coach Thimlar with his assistant coach Bill Geddes and FSW head coach Marty Richter

Edison College basketball coach Hugh Thimlar.

The 92-year-old Thimlar was on hand to be greeted by one player after another, as well as many fans from the early era of college basketball in Southwest Florida.

"What a great way to not only pay tribute to our coach but to also bridge the

SPORTS QUIZ

- 1. In 2016, Jayson Werth tied a Nationals franchise record for consecutive games reaching base (46). Who else did it?
- 2. Name the player in the 1970s who led the American League in triples and home runs in the same season.
- 3. When was the last time before 2016 that the Big Ten had four teams ranked in the top 10 of The Associated Press college football poll during the season?
- 4. Who was the last San Antonio Spurs player before Kawhi Leonard (2015 and 2016) to win the NBA's Defensive Player of the Year Award?
- In 2017, Nashville's Frederick Gaudreau became the third rookie since 1927 to score game-winning goals in consecutive games in the Stanley Cup Final. Name either of the first two.
- 6. When was the last time before 2016 that golf was played in the Summer Olympics?
- 7. Name the golfer who, in 2017, set a record for the lowest 18-hole round in a men's major championship?

ANSWERS

1. Rusty Staub, in 1970, when the franchise was located in Montreal. 2. Jim Rice, in 1978 (15 triples, 46 home runs). 3. In October 1960, Iowa, Illinois, Ohio State and Purdue were ranked in the top 10. 4. David Robinson, in 1992. 5. Pitrsburgh's Jake Guentzel (also in 2017) and Boston's Roy Conacher 4. David Robinson, in 1992. 5. Pitrsburgh's Jake Guentzel (also in 2017) and Boston's Roy Conacher 4. David Robinson, in 1992. 5. Pitrsburgh's Jake Guentzel (also in 2017) and Boston's Roy Conacher 4. David Robinson, in 1992. 5. Pitrsburgh's Jake Guentzel (also in 2017) and Boston's Roy Conacher 4. David Robinson, in 1992. 5. Branden Grace, at the British Open.



Terry Joiner, who was a cheerleader, with Edison player Brad Branson, who went on to play in the NBA, and Marina Branson

generations," said Brad Branson, a former NBA pro who got his start at the college. "Coach was so happy to see many of his old players. I'm so glad we could all come together to celebrate his achievements."

Coach Thimlar was the first basketball coach at the school when it was first known as Edison Junior College and served the institution from 1966 to 1992. In that time, he amassed a record of 413 wins against 338 losses. His teams included five All-Americans, 21 players in the Florida Community College All-Star Game, and 90 percent of his college players continued education after attending the college.

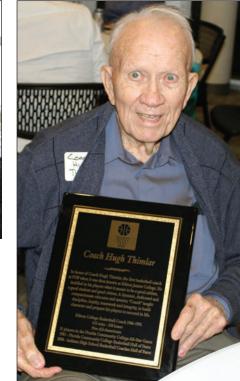
"Our new arena really belongs to these former players," said Joe Turner, director of institutional promotions and development. "We would not be where we are today had it not been for what they and Coach Thimlar accomplished back in the Edison days, a time when sports at our institution was the only game in town."

The reception also kicked off a fundraising effort to endow the Coach Hugh Thimlar Athletic Scholarship to help future generations of Buccaneers achieve their academic goals. The event resulted in \$4,200 being raised to launch the campaign.

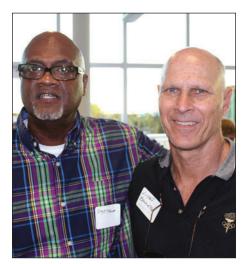
"We are calling on all players and supporters, then and now, to help unite the generations in order to support the players of tomorrow," said Dr. Jeff Allbritten, FSW president.

For more information or to contribute to the scholarship, call 489-9432.

Florida SouthWestern State College offers a variety of nationally-ranked,



Coach Thimlar shows the plaque he was presented in recognition of all he has done for the college's basketball program



Greg Brinson and Liston Bochette

career-focused academic programs with two- and four-year degrees, and professional certifications. Students are also active in clubs and programs catered to their interests. FSW debuted its intercollegiate athletics program in the fall 2015. Visit www.FSW.edu for more information.**

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22B | ISLAND SUN - DECEMBER 8, 2017

Doctor and Dietician Vitamin D And Osteoarthritis



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

itamin D is an important vitamin for our health and low levels have been associated with various disease states, including osteoarthritis.

The majority of us primarily meet our vitamin D needs via the sun and exposure to ultraviolet (UVB) radiation. When people age, they lose the ability to synthesize the vitamin D through sun exposure, which puts older people at greater risk for deficiency and the associated diseases. Vitamin D deficiency and osteoarthritis symptoms have some overlap. Those with osteoarthritis suffer from joint pain, muscle wasting and decreased motion in their joints, all of which can increase in severity with age. Symptoms of vitamin D deficiency include greater joint pain,

poor muscle function and progression of osteoarthritis. Will supplementation with Vitamin D help? In many cases, yes. Studies have shown that Vitamin D supplementation may help to decrease the chronic pain people with osteoarthritis experience. An Australian study, in the Archives of Osteoporosis, showed that those suffering from knee osteoarthritis combined with Vitamin D deficiency, had improved muscle strength, better knee function and reduced pain with Vitamin D supplementation. This combination resulted in less risk of falls and an overall improved quality of life.

How does Vitamin D do this? It may have a protective effect on cell function resulting in less inflammation. It also may be that osteoarthritis pain leads to reduced physical activity, including outdoor activity, which would lend to the decreased vitamin D levels from sun exposure. Since osteoarthritis is the most common cause of musculoskeletal disability and pain worldwide, supplementing with vitamin D can provide a simple, safe and inexpensive option to consider for reducing pain and improving muscle strength and physical function in those with osteoarthritis.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics 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.☆

Beautifulife: The Perfect Gift



Tave you ever struggled to find that perfect gift for someone on your list? Whether it be a friend, loved one, a co-worker or someone that just helps you out with your everyday

tasks at hand, it seems there are always a few people that we have a hard time figuring out what the best gift for them would be. We have all been in this predicament so I thought I would try to make it easier for you by giving you some ideas that just might work.

The first thing we need to do is to understand that regardless of the age or gender of the individual, there is always something that you can give that they don't already have. I know, you are already thinking about a few on your list that seem to have everything already but let's see if we can come up with a few surprises.

Personalize it – Find something that this individual likes to do and make it personal by adding a message or even their initials to that particular item.

Get techie – Search for the latest launches in technology, safety, maps, weather or information to see what items might fit your list of giftees. Inspire – Look for items that

are positive and inspirational since everyone needs to be motivated and uplifted on a regular basis.

Subscribe – Everybody has a passion

for something, whether it be wine, coffee, tea, chocolate, healthy food or even reading. Getting a fun subscription can be a nice surprise and something they may not buy for themselves.

Give back – Find a charitable organization that will touch the heart of your recipient and donate to the cause, giving them a certificate in their name and information to follow the organization.

Be creative – Customize a gift basket that caters to a lifestyle. For example, a busy person would love a gift certificate for a relaxing spa treatment and a candle or body product to help them rejuvenate and enjoy the holiday break.

Hopefully this will help spark a few ideas for you because regardless of who is on your list, I know there is something out there that will surprise them and you will rock at being the best and most creative gift giver ever, Remember, it is not the size or cost of the gift but the heart behind it and the thought that was put into it that really matters.

My affirmation for you this week is: "I will search for new and creative ways to make this season of giving more fun, inspirational and joyful for all.'

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit www. kaycasperson.com or follow her on social media @kaycasperson.莽







naturebrackets.com

Three Part Series On Betrayal (part 2) Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

Q: What should you expect with grief when betrayal occurs?

A: Because betrayal is a loss, it is important and necessary to understand the grief process

in order to cope effectively. When people experience betrayal, they have overwhelming emotions which are so intense that they are unable to make any sense out of them. If you have experienced betrayal, it's imperative that you have an understanding of what these emotions are and why they are coming up for you before you can come up with an action plan to handle your grief.

Grief involves stages you will go through in order to heal. These stages are: shock/denial; anger; sadness/ depression; bargaining; and acceptance. These stages will overlap and weave in and out.

There is no right or wrong way to grieve, yet it's necessary to go through the grieving process in order to heal.

1. The denial stage of grief. Because grief is so intense, many will avoid the experience of grief because the emotions are so intense. They tend to engage in avoidance behaviors, the number one coping technique. An avoidance behavior can be an addictive behavior such as using drugs or alcohol, smoking, over-eating or gambling. Sometimes when one loses a relationship, he/she will reach out very quickly for another person to replace the loss of the partner. This is like taking a drug, it's only a temporary solution with no real authentic joy. It's an obsessivereassurance-seeking dependency to the inability to heal alone. These never last.

2. The anger stage of grief. This is a common stage where people may become focused on the wrong done to them to the point that they don't fully understand the overwhelming sadness underneath which is where the real pain is. This is a natural phenomenon. Anger is a natural human emotion and needs to be addressed as a part of the grief stages. The initial reaction is to retaliate because they are so upset at the person who hurt them, the betrayer. During this time of anger, it's healthy for the person who is hurting to vent emotions. This can come through talking it out with a friend, counselor, clergy, and writing about it is cathartic. Vent to those who will listen and understand to the best of their ability what you are going through. Hopefully they can validate your anger without feeding your anger.

It's best to work fully through all stages of grief. It's good to write out your feelings as a cathartic way to heal.

3. As you work through the anger, you will come to feel a sadness or depression of the realization of the loss. You know there is shattered trust, and you can never get it back. Once someone has violated your trust, you forever know the chance of being betrayed again is there. You can write how you feel again, and you can imagine telling the betrayer the hurt and pain you have experienced and the loss of the relationship that grieves you.

Give yourself permission to cry, as it is healing.

4. Grieving is healing. It is a natural part of the healing that takes place from the different grief experiences we will have in our life. If we can learn to trust the process fully, we will heal. Allow these feelings to be what they are, whatever that means. Feelings are never wrong or bad. Allow the space for them. To feel is to heal. When you begin to trust this process, you will get to a place of acceptance. You will then begin to make decisions that will require action that is in your highest good. You will make the proper decision based on your growth and learning. You may decide that a continued relationship with this person will only lead to more hurt and betrayal and is not worth your effort in trying to sustain a relationship. Or you may decide there are too many positives about the relationship to give up. Listen to your intuition, as your intuition always knows.

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.**

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deaRPharmacist Measure Reverse T3 and Get Thyroid Healthy by Suzy Cohen, RPh



DReaders: I bet you know how hypothyroidism means reduced level of thyroid hormone. Active thyroid hormone is dubbed as T3. But you probably have

ear

not heard of reverse T3. Today I'm going to tell you why you should never ignore reverse T3 testing, even if your endocrinologist does.

First the basics. The hormone called T3 gives you energy, it's sometimes called the gas pedal in your body. Reverse T3, abbreviated as rT3, would then be the brakes. You sometimes want the brakes, don't you? Or else your body will speed down the highway and zoom out of control, so rT3 is required as part of the push-pull balancing system.

So IMHÓ, not testing for rT3 levels, is an oversight. If you're rT3 dominant, you're clinically hypothyroid, stressed, anxious, overweight, tired and cold. The scary part is that your TSH and your Free and/or Total T4 levels might be in perfect range. How would know you were rT3 dominant unless you were tested. I'm making a good case here, aren't I?

Thyroid hormone regulation influences your weight and metabolism meaning how fast you burn off that Figgy Pudding. It is responsible for mitochondrial production of ATP, so ask yourself if you're tired all the time. By the way, I have a much longer and

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comprehensive medical article that gives you much more information about rT3 and thyroid. This version includes ways on how to lower rT3 naturally and get slim and gorgeous again. I'm happy to email it via my newsletter if you sign up for that at www.suzycohen.com. In the meantime, do you have:

1. Low T3

If you have too little Free T3 relative to T4, you get hypothyroidism. Therefore, you experience weight gain, fatigue, joint and muscle pain, depression and a tendency to feel cold. 2. High rT3

Too much reverse T3 and you get the same effects as hypothyroidism (low T3) because the high rT3 blocks the cell's ability to bind active T3.

If you have high levels of rT3, I suggest you do not use the T4 drugs (Levothyroxine is the generic), because it tends to break down into even more rT3 (as opposed to T3). As a result, some of you still feel awful and hypothyroid, even though you take your medicine, and never miss a dose.

What if rT3 is high? What if your TSH is normal but you still feel terrible? I've covered this entirely in my book, Thyroid Healthy. I'll nutshell it for you here by recommending that you talk to your physician about switching medications, and use with that contains T3. I think adaptogenic herbs can help, specifically ones that activate T4 to T3, for example ashwagandha. I'd consult the oracle Dr. Google (lol!) and learn as much as possible about this little gland. It's good to bind heavy metals, another cause for elevated rT3. And finally, there are specific B vitamins and minerals, as well as vitamin D that help reduce rT3 and raise Free T3.

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.*





CALLING CARD 239-395-1213 Sanibel Police 472-3111 Lee County Sheriff's Office 477-1200 City of Sanibel 472-1080 City of Sanibel 472-4135 Administrative Office 472-3700 Building Department 472-4555 Planning Department 472-4136 ARTS Art League Of Fort Myers..... 275-3970 BIG ARTS - Barrier Island Group for the Arts 395-0900 Broadway Palm Dinner Theatre 278-4422 Gulf Coast Symphony...... 472-6197 Sanibel-Captiva Art League sancapart.com SW Florida Symphony 418-0996 Symphonic Chorale of SW Florida 560-5695 CLUBS & ORGANIZATIONS ABWA - American Business Women's Assoc . . http://abwasanibelcaptiva.org American Legion Post 123 472-9979 Angel Flight SE 1-877-4AN-ANGEL Community Foundation of Sanibel-Captiva 274-5900 COTI Committee of the Islands coti@coti.org CROW - Clinic For The Rehabilitation of Wildlife 472-3644 Democratic Club of the IslandsDemclubislands@gmail.com FISH OF SANCAP Neighbors Helping Neighbors 472-4775 Sanibel Island Fishing Club 472-8994 Horticultural Society of the Islands...... 472-6940 Horticulture and Tea Society of Sanibel and Captiva 472-8334 Kiwanis Club 677-7299 League of Women Voters sanibelLWV@gmail.com MOAA - Military Officers Assc. of America, Alex MacKenzie 395-9232 Optimist Club...... 472-0836 Sanibel-Captiva Power Squadron www.usps.org/localusps/sancap United Way of Lee County 433-2000 Bailey-Matthews National Shell Museum 395-2233 JN "Ding" Darling National Wildlife Refuge 472-1100 Sanibel Historical Museum & Village 472-4648 To be listed in calling card email your information to:

press@islandsunnews.com

PETS OF THE WEEK

Lee County Domestic Animal Services Sweetheart And Frost

Hello, my name is Sweetheart. I am a 2-year-old female domestic longhair who is the "Fourth Stray of Christmas" and the perfect home for me is one where I'm appointed the head queen bee. My name is Sweetheart because I am with people, but not so much with other cats. So if one feline is enough for you I am your girl.

My adoption fee is \$50. Hi, I'm Frost. I'm an 8-month-old male pointer mix who is the "Fifth Stray of Christmas" and my friends gave to me, training to take home with my new family. I am being taught Canine Good Citizen with the volunteers and staff at LCDAS and have learned lots of new things already. The best part is my new family can continue my training at ABC-4K9's after they adopt me.

My adoption fee is \$50.

Haven on Earth Animal League Amber And Sonny

Hi, I'm Amber. I'm Sonny's sister, and I'm just the cutest little calico girl with a white spot on my nose and ear tufts. I'm only 8 weeks old and currently staying with a foster mom. I need someone to love me forever – and hopefully adopt my sister too. My adoption fee is \$125 and includes spaying and vaccinations.

Hello, I'm Sonny. I'm Amber's sister, and I'm a very cute little girl. I'm only 8 weeks old. I have a beautiful white coat with flame point markings – maybe one of my parents was Siamese? I'm just waiting for someone to take me home and love me – and hopefully adopt my sister too. I'm staying with a foster mom and dreaming of my new forever home. My adoption fee is \$125 and includes spaying and vaccinations.



Sweetheart ID# 718532

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee



Frost ID# 718966

County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, ageappropriate 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.☆



Amber photos provided Sonny

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.☆



Noir and Brindle PAWS Of Sanibel Noir And Brindle

AWS is trying to find home(s) for two beautiful kittens. They are six months old siblings, and have been spayed and neutered. Noir is a small black male, with lovely green eyes. Brindle is a beautiful tortiseshell (tortie) female.

Everyone needs two kittens in the house. However, if you only have room for one, we will just have to find two good homes. It would be wonderful for these two beauties to have a home for the holidays. If you have room for one or both of these lovely kittens, call Mary Beth at 482-5952.*

photo provided

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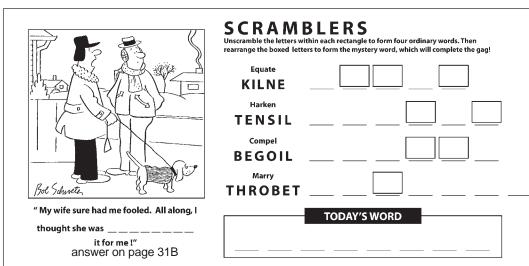
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Answers on page 29B

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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



Differences: 1. Doors are missing. 2. Elbow is concealed. 3. Lamp is missing. 4. Sleeve is shorter. 5. Light fixture is different. 6. Hair is concealed.

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Harry Chapin Food Bank

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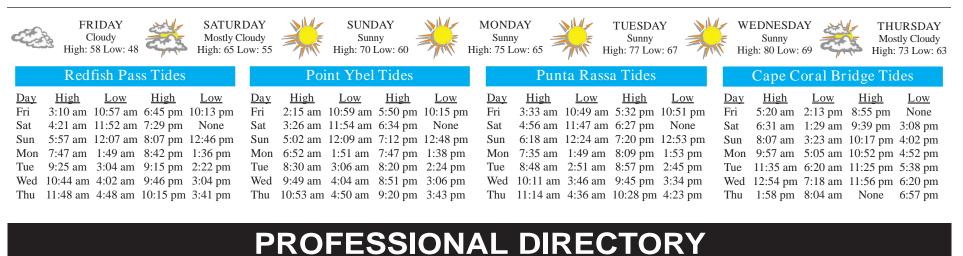


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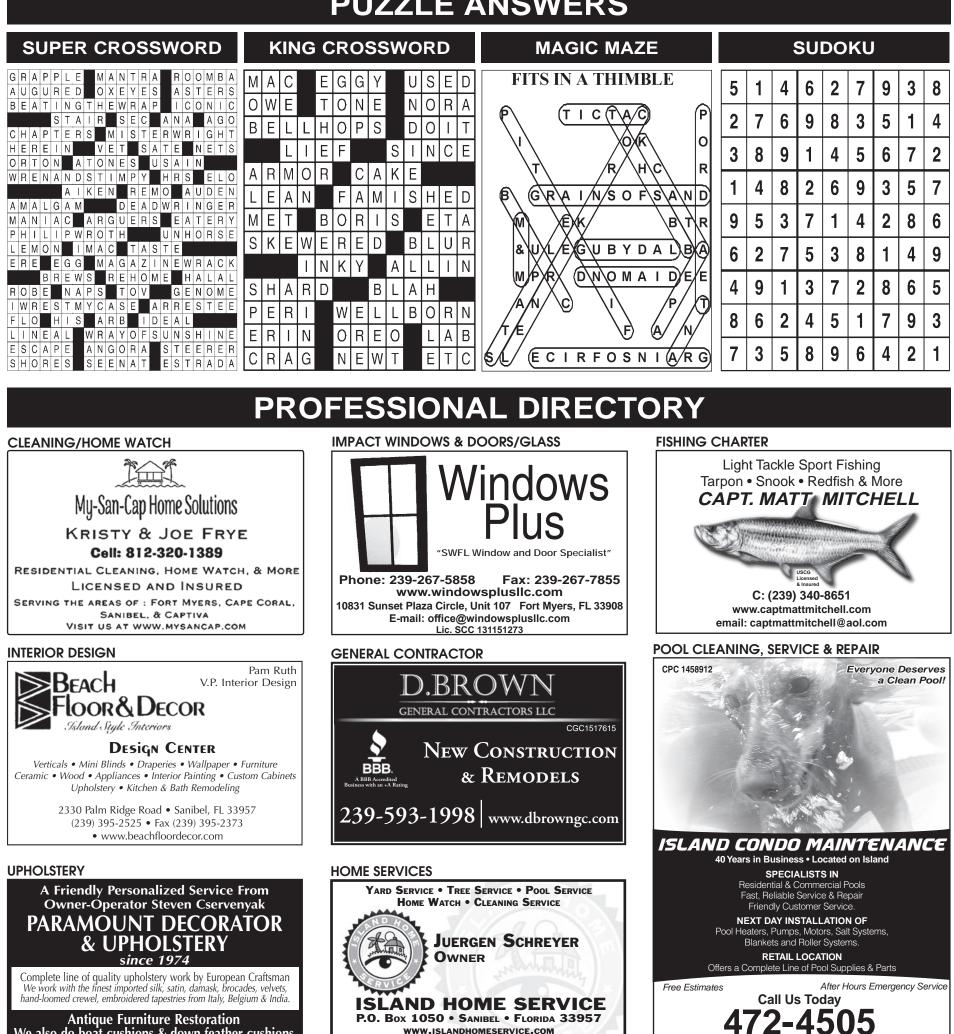
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ARIES (March 21 to April 19) Start preparing now to make sure you get the credit you're due for all that effort you put in to get that project off the ground. A new challenge emerges after the 15th.

TAURUS (April 20 to May 20) You're still charging full steam ahead on the job -- and that's fine. But take time to share the joy of preparing for the upcoming holidays with folks you love.

GÉMINI (May 21 to June 20) A former detractor resists joining your ranks just yet. Give him or her time to learn more about what you're doing. Meanwhile, devote more time to friends and family.

CANCER (June 21 to July 22) Be careful not to be goaded into a tiff by someone who might be looking for a fight. Remain cool as you make your exit. Be assured that others will rally to your support.

LEO (July 23 to August 22) Kudos on getting the well-deserved Lion's share of the rewards for a job well-done. Now you can take a breather from your workaday duties and spend time with your family.

VIRGO (August 23 to September 22) You enjoy a quick spurt of renewed energy just in time to meet that upcoming deadline. A potentially romantic situation looms. How it develops will be up to you.

LIBRA (September 23 to October 22) Watch out for distractions that could cause delays and leave you running twice as fast to finish your work by the 15th. Then go ahead and have fun.

SCORPIO (October 23 to November 21) You might prefer to work on current tasks on your own. But be open to a potentially useful suggestion from someone who admires you and wants to help.

SAGITTARIUS (November 22 to December 21) Avoid rushing full gallop into that volunteer project without knowing what's expected of you. Take things a step at a time as you begin to find your way.

CAPRICORN (December 22 to January 19) Good news: You should begin to feel more comfortable expressing your emotions. This will go a long way in helping you with that personal situation.

AQUARIUS (January 20 to February 18) An old friend gives confusing signals. Best advice: Don't assume that things will necessarily work themselves out. Ask questions and demand straight answers.

PISCES (February 19 to March 20) A new relationship needs time to develop. Be careful not to let your emotions flood your natural sense of caution. Meanwhile, check out that new job offer.

BORN THIS WEEK: Your sense of right and wrong sometimes causes you to come into conflict with others. But you invariably come out ahead.

THIS WEEK IN HISTORY

• On Dec. 11, 1936, Edward VIII becomes the first English monarch to voluntarily abdicate the throne following his scandalous decision to marry American divorcee Wallis Warfield Simpson.

HORTOONS

• On Dec. 12, 1901, Italian physicist and radio pioneer Guglielmo Marconi succeeds in sending the first radio transmission across the Atlantic Ocean. Detractors had told him the curvature of the earth would limit transmission to 200 miles or less.

• On Dec. 13, 1776, American Gen. Charles Lee leaves his army, riding in search of female sociability at Widow White's Tavern, even though Gen. George Washington repeatedly urged Lee to reinforce Washington's position on the Delaware River. British soldiers captured Lee at the tavern two days later.

STRANGE BUT TRUE

• It was 20th-century French journalist, poet, aristocrat and aviator Antoine de Saint-Exupery -- best known for his novella "The Little Prince" -- who made the following sage observation: "A designer knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away." • Eggplants weren't always the deep purple color we know today; originally, the vegetables were white. The color, paired with the ovoid shape, is how the eggplant got its name.

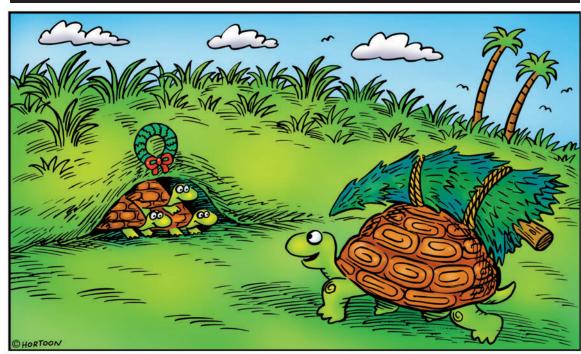
• The first wristwatch was made by an English clockmaker in 1571. Described as "a wristlet in which there was a clocke," the watch was presented as a gift to Queen Elizabeth I.

THOUGHT FOR THE DAY

"A man said to the universe: 'Sir I exist!' 'However,' replied the universe, 'The fact has not created in me a sense of obligation.'" - Stephen Crane

SCRAMBLERS

1. Liken; 2. Listen; 3. Oblige; 4. Betroth *Today's Word* **KNITTING**



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1966	3,856	\$4,250,000	\$3,900,000	229
Sanibel Harbours	Sanibel	1981	1,936	\$1,349,000	\$1,334,000	6
Briarcliff	Fort Myers	1997	5,828	\$1,279,000	\$1,110,000	45
Cape Coral	Cape Coral	2017	2,318	\$849,000	\$770,000	44
Bonita Lakes	Bonita Springs	2014	3,348	\$847,777	\$820,000	29
Nature's Cove	Estero	2006	2,659	\$795,000	\$749,000	80
Lakemont	Bonita Springs	1993	3,384	\$749,900	\$695,000	73
Tip Top Isles	Fort Myers Beach	1976	2,948	\$737,000	\$737,000	3
Brendan Cove	Bonita Springs	2002	2,566	\$689,900	\$650,000	73
Novela	Bonita Springs	2007	2,579	\$670,000	\$575,000	21

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