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VOL. 26, NO. 22

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 30, 2018

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From left, Dick Bradstreet, Ken Wisensale, Bill Loeb, Mary Zitnik and Claudia Burns
photo provided

Luminary Night With Island Brass

As you stroll the Luminary Holiday trail on Friday, December 7, be sure to stop by Olde Sanibel Shoppes, 630 Tarpon Bay Road, for some refreshing new renditions of traditional holiday music. Sanibel's own Island Brass will perform

updated arrangements of time-honored holiday favorites, such as *Jingle Bells*, *God Rest Ye Merry Gentlemen*, *We Three Kings* and *Jolly Old St. Nicholas*, from 6 to 8 p.m. on the veranda next to Island Paws.

Island Brass features Mary Zitnik and Ken Wisensale on trumpets, Claudia Burns on French horn, Dick Bradstreet on trombone and Bill Loeb on tuba.✱

Luminary Night At Historical Village



Volunteers Kevin O'Donnell and Ginny Darby
photo provided

The Sanibel Historical Village's free Luminary event on Friday, December 7 from 3:30 to 5:30 p.m. will celebrate A Sanibel '70s Christmas: Change Comes Riding In.

"Our event will celebrate both the holiday season and the important events

that occurred on the island in the 1970s," said Emilie Alfino, executive director. "This event is our chance to give back to the community and gives visitors a chance to see the museum at no cost."

Emphasis will be on the historic vote to
continued on page 2



Christmas decorations will light up the night on Captiva
photo provided

Holiday Stroll On Captiva

South Seas Island Resort on Captiva Island will host its 6th annual Holiday Stroll. In conjunction with the 2018 Captiva Holiday Village, the 330-acre resort transforms its picturesque marina

and north end into a winter wonderland with thousands of twinkling lights. All proceeds from this holiday extravaganza, open to the public, will benefit Captains for Clean Water, a 501(c)3 organization dedicated to preserving Florida's most valuable resource: water.

On Friday and Saturday evenings,
continued on page 30

BIG ARTS Holiday Concerts



BIG ARTS Chorus Director Ellen Whitten, left, leads the group
photo provided

The BIG ARTS Chorus and BIG ARTS Band are two groups of local artists who get together for the sheer joy of music and a desire to share their gift with the community. The band will play

on Saturday, December 8 and the chorus will perform on Wednesday, December 12.

Mike Lamade is music director and
continued on page 8

Motor Club Cruise-In And Raffle



Check out the classics and get your raffle ticket for a gift card package photo provided

The San Cap Motor Club will hold its monthly Cars and Coffee Cruise-in, plus a raffle, at Periwinkle Place Shopping Center this Saturday, December 1 from 9 to 11 a.m.

Periwinkle Place merchants have donated \$625 in gift cards which will be raffled off. Raffle tickets will be sold for \$1 during the cruise-in with proceeds going to FISH of SanCap.

A continental breakfast, coffee and refreshments will be provided by the Blue Giraffe Restaurant. All

classic vehicles are welcome and no pre-registration is necessary. Club membership dues for the season are \$58 and include a club T-shirt and membership badge.

The group meets the first Saturday and second Tuesday of the month for dinner. On Saturday, December 8, there will be a holiday party at Captiva Island Yacht Club from 6 to 8 p.m.

For more information, call Scot Congress at 472-4177 or email scot@scongress.com.



Capezio-Made In Italy by Mart Jane Keys

Art League December Exhibit

Sanibel Captiva Art League members Mary Jane Keys and Jeanine Desmarais are exhibiting their artwork for the month of December at The Community House, located at 2173 Periwinkle Way. The public is invited to view their paintings from 9 a.m. to 3 p.m. Monday through Friday.

From page 1

Historical Village

incorporate Sanibel as a city, and on the shared-use paths that started in the 1970s. "Also celebrated will be the accomplishments of the Sanibel women of the era, as well as some fun Christmas trappings," said Bonnie Frankel, event co-chair.

The Sanibel Community Chorus will perform at 4 p.m., caroling in the old-fashioned way throughout the village.

"There will be a drawing for prizes using the ballots attendees fill out and, of course, plenty of homemade cookies," Frankel added.

Event co-chair and board member Judy Addison said, "This is something we love to do for the community. Luminary gives us the perfect chance to say 'thank you' to all our friends and neighbors who offer us so much support throughout the year."

The Historical Village is open from 10 a.m. to 4 p.m. Tuesdays through Saturdays. The village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older; those under 18 and members are free. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access at the village. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org.

BIG ARTS CELEBRATES COMMUNITY IN SANIBEL STYLE HOLIDAY SPIRIT



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**BIG ARTS
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Keiren Kircher gets ready to launch her dart as her table parent Jamie Senkeleski looks on photos provided

Tom Turkey Night At Sanibel Church

It was all fun and games for the children at Tom Turkey Night, part of the LOGOS youth ministry at Sanibel Community Church. Tom the Turkey was the theme of the night as children feasted on a turkey dinner with all the trimmings and had pumpkin pie for dessert. Following dinner, everyone participated in the annual Turkey Shoot. This year's winner was Jayden Alonso, whose finger dart hit the turkey heart bullseye. The LOGOS group meets every Wednesday night from 3:30 to 6:45 p.m. at Sanibel Community Church. For more information about the program, contact Holly Patton-Roark at 472-2684.✧



William Erickson and Baylen Shankster getting their turkey dinner



The finalists of the Turkey Shoot were, from left, Max Doster, Camille Whalen, Eva Anderson-Kilgore and Karsten Shafer with Dinner Dean Emma Hall and Turkey Shoot Grand Winner Jayden Alonso



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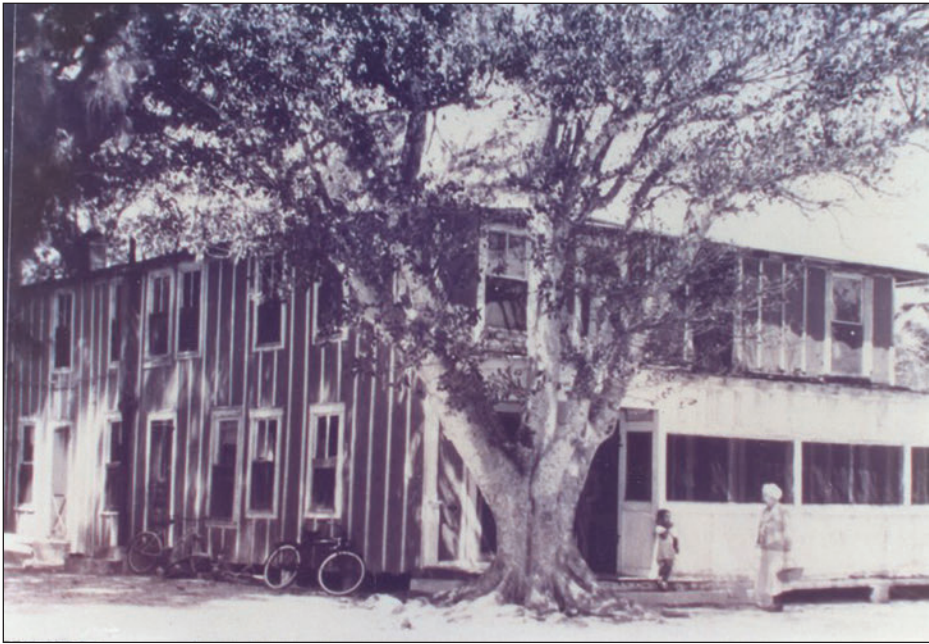
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Captiva Island Historical Society

Looking Back: The Gore Hotel



The Gore Hotel photo courtesy Captiva Island Historical Society Archives

This week's image is The Gore Hotel (pre-1940) with Mrs. Fayrum entering the post office addition in front of the hotel.

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 www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.✧

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. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Alan Lessack. www.batyam.org, 2050 Periwinkle Way, 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019. 11580 Chapin Lane, Captiva, 472-1646.

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, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m. Contemporary and childrens church in the main sanctuary,

9 a.m. Traditional in the main sanctuary, 11 a.m. 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 a.m. Chapel Service, 9 a.m. Blended Worship Service, 11 a.m. Traditional Worship Service. Sunday School and nursery care at 9 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS 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. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. Taizé Service third Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second 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. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✧



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There will be handmade gifts and baked goods photo provided

Church To Host Annual Bazaar And Bake Sale

The Women's Guild of Sanibel Community Church will hold its Holly and Ivy Bazaar and Bake Sale on Friday, December 7 from noon to 8 p.m. Lunch will be served from noon to 3 p.m. and a silent auction will take place from noon to 8 p.m.

All gift items are made by guild members. One-of-a-kind creations include

handpainted ornaments, decorated Christmas trees, tree skirts, angels, hand-knit goods, quilts, children's clothing, costume jewelry and a variety of stocking stuffers.

Edible offerings include homemade fudge, Sanibel honey and fresh mammoth pecans. The bake sale will feature pies, cakes, cheesecakes, cookies, breads, muffins and assorted treats.

Everything is reasonably priced, with proceeds benefiting church missions.

Sanibel Community Church is located at 1740 Periwinkle Way, next to Jerry's Foods.✽

Luminary Lights Shine Bright At Sanibel Church



Sanibel Community Church photo provided

Thousands of beautiful lights will adorn the campus of Sanibel Community Church on Friday, December 7, with activities for all beginning at 5:30 p.m. There will be free food and drinks, live music and a kid's tent, as well as the powerful Biblical dramatic presentation of A Walk Through Bethlehem. Beginning at noon, the Women's Guild will conduct its annual Holly and Ivy Bazaar with

proceeds supporting numerous mission organizations. All are welcome to come enjoy an evening of fun, beginning the Christmas season with the focus on Christ.

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

It's time for making a list and checking it twice.



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CHRISTMAS AT SANIBEL COMMUNITY CHURCH December Events

WALK-THROUGH-BETHLEHEM

Thursday, December 6 from 5 to 8 p.m.

Friday, December 7 from 5 to 9 p.m.

Step back in time to the night of Christ's birth. The Historic Chapel is transformed into the City of Bethlehem, filled with Bible Characters.



COURTYARD LUMINARY CELEBRATION

Friday, December 7 from 5 to 9 p.m.

Great parking, free food and drink, games for children and live music all night long! Come walk through a beautiful extravaganza of luminary lights celebrating Christ Jesus the KING!



LOGOS Children will be singing at 7 p.m.

HOLLY & IVY GUILD CHRISTMAS BAZAAR Noon to 8 p.m.

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

A fabulous Silent Auction takes place, with bids closing at 8 p.m.

CHRISTMAS WITH THE MASTERSINGERS

Sunday, December 9, 6 p.m.

Carol Sing-Along, 5:30 p.m.

Join us for unforgettable music celebrating the Christmas season. The concert is free; however, a love offering is received for the Florida Baptist Children's Homes. A yummy reception follows the concert.



A CHRISTMAS AWAKENING DRAMA

Sunday, December 16, 6 p.m. in the Main Sanctuary

See the Christmas story unfold before you in drama, Bible readings and song. In this "fresh approach" to present the familiar story of Christmas, hear new and familiar songs which tell the story. A reception follows the presentation in the beautifully lit courtyard.



CANDLELIGHT CHRISTMAS EVE Monday Evening, December 24

Four Services Of Worship:

- 4 p.m. – Contemporary Service With Kids Moment
 - 6 p.m. – Contemporary Service
 - 8 p.m. – Traditional Service With Choir In The Sanctuary
 - 11 p.m. – Traditional With Midnight Communion In The Historic Chapel
- Shepherds with their flocks visit at 4, 6 & 8 p.m.*

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Group Leader Shares Knowledge

Dr. Lee Southard is a small group leader for the middle school and high school boys at H2O youth group at Sanibel Community Church and the author of the book *To Know with Certainty*. This book exists to prepare young people and their parents to confidently defend and contend for their faith based on evidence, knowledge and understanding from scripture, history and science.

H2O Ministries is a program for sixth through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students, from 6 to 8 p.m. for high school students, and on Sunday mornings at 11 a.m. 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, next to Jerry's Market. For more information, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.✽



Dr. Lee Southard, left, teaching a small group

photo provided

Wait List Available For Trip To Israel

Pastor John Danner of Sanibel Congregational United Church of Christ (SCUCC) and Rabbi Stephen Fuchs of Bat Yam Temple of the Islands will lead Growing and Learning Together, a trip to Israel from April 29 to May 10. The trip will feature visits to numerous historical sites, as well as an examination of Israel's place in the modern world.

When Rabbi Fuchs considered coming to Bat Yam last year, Dr. Danner shared with him that he treasured the connection to Bat Yam as an important part of his congregation's identity. The trip to Israel is a natural outgrowth of the desire for interreligious understanding and affirmation that is a priority for both congregations. "It seems so natural," Rabbi Fuchs said,

"for our two communities to experience the places where our respective religious traditions began and took root together."

Pastor Danner noted the long relationship between the two island faith communities, and emphasized the value of such interfaith efforts. "The more we understand the historical relationships of the past, the better able we are to live together in the present and work towards a richer, fuller future for all people."

Early response to the trip has been gratifying, and the number of pre-registrants has filled the trip from members of the two congregations. Because plans often change, the two trip leaders invite interested people from outside the Bat Yam and SCUCC communities to put their names on a waiting list and to participate if any of the pre-registrants cancel.

Cost of the trip is \$2,900 plus airfare. Anyone interested in being on the waiting list may send their name, phone number and email address with a check for \$250 per person, which is fully refundable if the trip cannot accommodate them, to Sandy Simmons, Sanibel Congregational UCC, 2050 Periwinkle Way, Sanibel, FL 33957.✽

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Correction

In the November 23 issue of the *Island Sun*, in the story Council Approves Donax Plant Project, the date of the Sanibel City Council meeting was incorrectly given as December 6; the meeting occurred on November 6. We apologize for the error.✽

OBITUARY


**RITA "ANN" AND
EDWARD "TED" BISCHOFF**

Rita "Ann" Bischoff passed away peacefully at home on September 1, 2018 at the age of 89.

Edward "Ted" Bischoff, Jr., age 81, followed on October 15, 2018.

Loving parents of Linda Menard of St. Louis, Missouri, Peggy (Ned) Purtell of Milwaukee, Wisconsin, Marion MacNeil of Santa Barbara, California and Liza (Mike) Caputo of Seattle, Washington; proud grandparents of Carolyn, Elizabeth and Eddie Purtell, Penn, Grace and Charlie MacNeil and Izzy and Marina Caputo; further survived by Ted's sister Marion Black (Van-Lear, III) of St. Louis, Missouri and other relatives and dear friends.

Formerly of St. Louis, Missouri, Ann and Ted were longtime residents of Sanibel Island. They began regularly visiting Southwest Florida as snowbirds in 1974 before eventually retiring to Sanibel in 1990. Together they were travelers, tennis partners, shell enthusiasts, backgammon

players and enjoyed spending time with friends and family.

Ann spent her working life in St. Louis as a model, real estate agent and practicing her talents as an artist. Ted served in the U.S. Army Reserve followed by a long career in financial planning and as a real estate broker. Answering a higher calling, he became an ordained minister and within this ministry he found his greatest joy.

A service celebrating both Ann and Ted Bischoff will be held at Sanibel Community Church on Saturday, January 5, 2019 at 10:30 a.m., 1740 Periwinkle Way, Sanibel, FL 33957.

In lieu of flowers, please honor their memory by making donations to the Sanibel-Captiva Art League or Sanibel Community Church.

They are laid to rest in the mausoleum located at the Field of Honor at Fort Myers Memorial Gardens Cemetery. To share a story or photo, leave a tribute or to offer a condolence, visit www.fortmyersmemorial.com and sign the guestbook.*

has been performed through the ages. We are delighted that our choir can bring such timeless music to Sanibel during this holiest of seasons."

At the prelude to the service, organist Michael Baldwin will play music for the season, including *Noel Joyeux*, *Prelude on Stille Nacht* and the traditional French carol, *He is Born*. Baldwin's performance begins at 5:50 p.m.

Advent celebrations at St. Michael's also include a performance by the BIG ARTS Brass Ensemble in the church Sanctuary at 6:30 p.m. on Sunday, December 16, with a program of uplifting Christmas music and a carol sing-along. St. Michael's is participating in Luminary Night festivities on Friday, December 7 with a carol-sing, accompanied by cookies and cider or punch.

For more information, call 772-2173 or visit www.saintmichaels-sanibel.org. St. Michael and All Angels Church is located at 2304 Periwinkle Way.*

Advent Season Begins With Lessons, Carols

St. Michael & All Angels Episcopal Church celebrates the beginning of Advent with a traditional Lessons and Carols Service at 6 p.m. on Wednesday, December 5 in the church Sanctuary. Intended as a preparation for Christmas, the service consists of seasonal readings, along with hymns and music.

The Parish Choir is featured at the service, singing *Christmas Day* by Gustav Holst and *E'en So, Lord Jesus, Quickly Come* by Paul Manz. The service also includes hymns and carols sung by the congregation and the choir.

Minister of Music Hank Glass, who is in his eighth year at St. Michael's, describes the service as "a natural outgrowth of the Episcopal Church's musical heritage, as it

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Art On The Veranda Next Saturday



San Cap Art League members will have original works for sale

photo provided

The San Cap Art League will hold an Art on the Veranda exhibit and sale at Bailey's General Store on Saturday, December 8 from 10 a.m. to 3 p.m. Artists from the San Cap Art League will bring out their original works of art for sale. There will be

watercolors, acrylics, oils, collage and other media. Styles and subjects are diverse, with plenty of local-interest art. Bailey's General Store is located at 2477 Periwinkle Way. For more information, visit www.sancapart.com.✱

Celebrate The Luminary Stroll At Sea School

On Friday, December 7, Sanibel Sea School will open its doors from 5:30 to 9 p.m. as part of the 34th annual Luminary Holiday Stroll. The organization, located at 455 Periwinkle Way, will offer activities, beverages and snacks, and festive holiday décor for all ages. "We love participating in the Luminary Stroll every year," said Chrissy Basturk, development director. "It's the perfect opportunity to visit with friends and neighbors and kick off the holiday season in our community." This year, Sanibel Sea School will offer ocean-themed ornament making, cookie decorating, craft beer and wine, food from the grill, music, and a

slideshow of surfing photos and videos projected outside. All are invited to stop by and say hello.✱

New Bible Study Essentials Class

Sanibel Community Church is offering Essentials, a new, four-week Thirsty Thursday study at noon, running November 29 through December 20. This Dig & Discover series focuses on the eight essentials of Bible interpretation. Resources are provided by Leadership Resources International. Classes will be led by Pastor Doug Hummer. The class is free and all are welcome to attend. Sanibel Community Church is a non-denominational, evangelical church with their church campus located at 1740 Periwinkle Way on Sanibel. For more information, visit www.sanibelchurch.com or call 472-2684.✱



BIG ARTS Concert Band Director Mike Lamade

photo provided

From page 1

Holiday Concerts

conductor for the 50-piece concert band made up of mostly part-time residents and although it may seem to be a departure for the former director of high school bands in Ohio, Pennsylvania and New Jersey, he said, "There is no difference. Music is the connecting factor, regardless of age, race, nationality or religion. Music is truly the universal language." Members come from all over Southwest Florida to Sanibel to practice at Saint Michael and All Angels Episcopal Church on Mondays from October through March. While some are islanders, others come from Fort Myers, Cape Coral, Lehigh Acres, North Fort Myers and Pine Island. Concert-goers will hear familiar Christmas carols as well as a Rachmaninoff hymn, *Christmas Pipes*, *Festive Sounds of Hanukkah* a sing-along, and vocal, piano and trumpet solos. The BIG ARTS Chorus is another group that gathers purely for the joy of music.

"Chorus is offered as a class in the

spring and fall," said director Ellen Whitten. "It's open to anyone who has a desire to sing. It's a fun group. These folks love to sing." For the holiday concert, they will sing carols from around the world. "We are featuring carols from Africa, Spain, Britain and Norway, and the addition of a few Hanukkah songs," Whitten said. In addition, the group will sing a Thanksgiving song by Aaron Copland, titled *The Promise of Living*. Originally from the lesser known opera *Tender Land*, it calls for four-hand accompaniment. Pianists Richard Mattern and Erik Entwistle will do the honors. Entwistle has also composed an original holiday song for the performance, titled *Sanibel Under Snow*. "It's very cute," Whitten said. "It starts out in a minor key as the snow is swirling and whirling around, and switches to a major key as everyone decides they can go skating on 'Ding' Darling pond." Tickets are \$10 and available online at www.bigarts.org; children are admitted at no charge. Both performances will begin at 7 p.m. in Schein Hall at BIG ARTS, located at 900 Dunlop Road.✱

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Happy Holidays To All

Join us for **Luminary Night**

Friday, December 7th

- Santa will be celebrating with us from 5:30pm - 7:30pm, photos are free!
- Enjoy wine and food tastings.
- The Girl Scouts will be serving soda and hot dogs. *(Donations Welcome!)*
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Community House

Kids Cooking First Mondays

The next kids cooking class will be held on December 3. Classes are held on the first Monday of the month from 2:30 to 5:30 p.m. Additional dates are January 7, February 4, March 1, April 1 and May 6. Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. Cost is \$50 per session or \$175 for four classes when paid in advance. Register online. Some scholarships have been provided, thanks to the Rotary and Kiwanis clubs, as well as private individuals. If you are interested in donating towards these scholarships, call Teresa at 472-2155.

Hands-On Cooking Class

A hands-on cooking class with Chef Jarred Harris will be held on Tuesday, December 4 from 10 a.m. to noon. Menu includes: Brussels sprouts, walnut and apple salad; wild mushroom, cranberry and brie Wellington; wild rice and cranberry stuffing; chocolate and beet tart with banana and almond milk ice cream. Cost is \$50 for members and \$60 for guests.

Luminary Night Festivities

The Community House will be open from 5:30 to 8 p.m. on Luminary Night, Friday, December 7. Stop by and pick up some stocking stuffers or holiday ornaments. Have a bag of popcorn and

a glass of wine. Sample and purchase some of Chef Jarred's pre-made holiday appetizers. They go right from the freezer to the oven, and all proceeds benefit The Community House.

Presentation On Birds

Justin Proctor will give an educational presentation on birds on Thursday, December 13 at 7 p.m. Proctor is managing editor of the *Journal of Caribbean Ornithology*, the leading peer-reviewed ornithological publication in the Caribbean. He also serves as vice-president of the nonprofit BirdsCaribbean, the largest regional organization dedicated to the conservation of wild birds and their habitats in the insular Caribbean.

His talk will focus on how birds and their habitats can serve as an ideal tool for promoting ideas of sustainable living, community identity, resource management and global awareness.

Suggested \$5 donation at the door. Refreshments will be served.

Featured Business Member

The December Business Member of the Month is The Grog Shop. Watch for more details.

A Night To Remember

The Sanibel Community Association will host its 1927 gala, A Night to Remember, on Friday, January 25 beginning at 6 p.m. It will be a red carpet event with fine dining in The Community House that family, friends and neighbors built nearly a century ago.



Chef Loretta Paganini photo provided

Sponsorship opportunities are available. Call 472-2155 or visit the website for details.

Bourbon Dinner With Loretta Paganini

Loretta Paganini will host the Raw and Finished Bourbon Dinner with Emil on Saturday, January 26 from 6 to 8 p.m. Explore the value of finishing by comparing samples: Angel's Envy bourbon (finished in port wine barrels); Jefferson Reserve bourbon (raw) and

finished in rum barrels; Belle Meade bourbon (raw) and sherry (finished); Whistle Pig Old World finished rye (a blend finished in Sauternes, Madeira, and port barrels). Cost for the dinner is \$125 per person. Sign up online or at the office.

Yoga Classes

Yoga classes have begun and are held on Tuesdays and Thursdays. The first class, for all levels, begins at 10 a.m.; Chi yoga follows. Cost is \$20 for members and \$18 for guests. For more information, call or visit the website.

Shell Crafting

Shell Craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

Honey For Sale

There is honey for sale, harvested from the hive at The Community House. Mango chutney is also available, made from locally grown mangoes. Holiday spiced pumpkin chutney is coming soon.

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

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2018**

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December 4 & 11 at 9:30 a.m.

Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.

December 3 at 10 a.m. to 2 p.m.

Shell Point Gift Shop Christmas Extravaganza

Bring your Christmas list and check it twice as the Social Center on The Island is transformed into a holiday shopper's dream. You will be wowed by the selection of beautiful items created by Shell Point residents. Free gift wrapping and free giveaways!

FREE

December 7 at 7 p.m.

Southwest Florida Symphony Series Holiday Pops Concert

Welcome the holidays with classics and carols, sparkling through the Symphonic Choral of Southwest Florida, and the effervescent personality of conductor Dr. Trent Brown, director of Choral Studies at Florida Gulf Coast University. Enjoy memorable favorites including selections from the Nutcracker, music from the film Home Alone and melodies about falling snow — just to make you glad you don't have to shovel! **To purchase \$35 tickets, visit www.shellpoint.org/concerts, or call (239) 454-2067.**



December 26 – 29

After Christmas Sale at Community Thrift Store



Open 9 a.m. to 4 p.m.

15501 Old McGregor Blvd. Suite 2, Fort Myers

Save 65 percent on all items storewide during Community Thrift Store's After Christmas and End of the Year Sale!

Stop in early to secure a great deal on a wide selection of items that include furniture and home decor, clothing, appliances, collector's items and much more. For more information, contact Community Thrift Store at (239) 225-6529.

*If you are unable to attend a class that includes a fee, kindly give 24 hours' notice to receive a refund.

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From left, Meredith Koop and Carol Kolar with Duro Olowu, a London fashion designer, White House Christmas volunteers in 2015
photo provided

Garden Club Hosting Festival Of Wreaths

by Di Saggau

The Shell Islands Garden Club is celebrating the holiday season with a Festival of Wreaths on Tuesday, December 11 beginning at 11:30 a.m. at The Community House. This silent auction features an array of wreaths and other decorations beautifully handcrafted by the creative club members. Everyone is asked to place their silent auction bids before the presentation which starts at noon. Bidding for the beautiful wreaths and other holiday decorations will close at 1:15 p.m. All are welcome and a \$5 donation is suggested.

The presentation features Carol Kolar, a retired English teacher from Fort Myers Beach, who helped decorate the White House for Christmas in 2015. She will share her experiences and ideas on how to transform your home for the holidays. Kolar is pictured with Meredith Koop, who was Michelle Obama's dresser for eight years, and Duro Olowu, one of her

favorite designers. Kolar was among 100 volunteers who spent eight days decorating more than 28 trees in the White House. She got the position by applying for it online.

Kolar said that while she helped decorate the Oval Office, a story she will talk about, her favorite room was the Diplomatic Reception Room where she could see the beautiful wallpaper Jackie Kennedy brought there from France. She said the experience was one of the highlights of her life, but it was very hard work. "We worked 7:30 a.m. to 4:30 p.m.," she said, "but many of us stayed later due to the enormous amount of work." Kolar will also touch on home decorating. She said, "Being creative and doing something with a theme is very much a part of my style."

For more information, visit www.sanibelgardenclub.org. Shell Islands Garden Club helps fund local organizations promoting home gardening, better horticulture practices and conservation of our natural resources. SCCF and ECHO have been among those receiving donations.

The Community House is located at 2173 Periwinkle Way.✽

Documentary Screening

The Sanibel-Captiva Conservation Foundation (SCCF) will host a screening of the award-winning documentary *Toxic Puzzle* on Wednesday, December 12 at 6 p.m. The film is about the hunt for a link between toxic algal blooms and ALS and Alzheimer's. The screening will be held as part of SCCF's Evenings at the Homestead series at the Bailey Homestead Preserve, located at 1300 Periwinkle Way. Tickets are \$10 and available through Eventbrite (visit sccf.org and click on Programs). Doors open at 5:30 p.m. and refreshments will be available.

Is there a link between cyanobacteria – like the major bloom in the Caloosahatchee and Lake Okeechobee this past summer – and ALS? Scientists believe there is a link between neurodegenerative diseases and environmental toxins. Ellie O'Connell, a

young woman stricken with ALS, becomes the inspiration that drives scientist Paul Cox in his quest to find a cure. This is a medical and environmental detective story where documentary filmmaker Bo Landin follows Cox and his team around the world in the hunt for a hidden killer. The pieces come together in a toxic puzzle where the role of cyanobacteria toxins are investigated. Cyanobacteria blooms have become almost an annual occurrence in the Caloosahatchee over the past decade. What is the link between human health and these organisms fed by human pollution and higher temperatures?

There will be a Q&A following the screening with Rae Ann Wessel, SCCF natural resource policy director and Dr. Larry Brand from the University of Miami Rosenstiel School of Marine & Atmospheric Science, who is interviewed in *Toxic Puzzle*, and local physician David M. Berger, MD, FACS, general surgeon and Sanibel resident. Dr. Brand's research has found evidence of toxins from blue-green algae in crabs, shrimp and other parts of the estuarine food web.✽

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Gray nicker's stems are armed with sharp thorns
photos by Gerri Reaves

Plant Smart

Gray Nicker

by Gerri Reaves

Gray nicker (*Guilandina bonduc*) is a vine-like shrub that is found in Florida's coastal areas such as hammocks and mangrove thickets.

This member of the pea family is also called yellow nicker, nickernut, nickerbean and sea pearl.

Although native to the state, it is not



Prickly seed pods ripen to a reddish brown and then split to reveal smooth gray seeds that resemble marbles or tiny bird eggs

recommended for landscapes because it can be aggressive and invasive. With thorny stems up to 25 feet long, it can scamper up into trees, shade out other plants and form impenetrable thickets.

Characteristics like fast growth rate, high drought tolerance, and tolerance of nutrient-poor soil enable it spread. It thrives in full sun and tolerates temporary salt or brackish water too.

One practical use for it is as a low-maintenance barrier or security plant.

Butterfly gardeners have a reason to

keep it around, albeit with monitoring so it doesn't get out of hand. The plant is both a host and nectar plant for several native butterflies: the martial scrub-hairstreak, Miami blue, Ceraunus blue, and nickerbean blue, all protected species at the state level and the latter three at the federal level.

Dense flower spikes of six to 10 inches long bloom throughout the year, peaking in spring and summer.

The fragrant flowers are brownish yellow and about one-third of an inch across with five flaring petals.

Dark green compound leaves are 10 to 18 inches, with pairs of elliptical leaflets measuring one to two inches long.

The woody stems are armed with sharp straight thorns and the undersides of the leaves with curved ones.

The prickly clam-shaped pod is about four inches long. After ripening from green to reddish brown and then to dark brown, it splits to reveal smooth



Spikes of brownish yellow flowers bloom throughout the year, but mostly in spring and summer

grayish seeds, usually two per pod.

The seeds' buoyancy and hard impervious coating helps them to spread via ocean currents, thus another common name, sea bean.

Jewelry is made from those seeds, which resemble tiny bird eggs or marbles. The name "nicker" derives from the Dutch word "knikker," a baked clay marble.

The seeds are poisonous but nevertheless have many medicinal uses.

Sources: *Coastal Hammock & Mangrove Guide* by Daniel Austin et al.; *Everglades Wildflowers* by Roger L. Hammer; *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor; *Growing Native* by Richard W. Workman; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela; and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

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Shell Of The Week

Brown Eulima



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

The Brown
Eulima,
*Microeulima
hemphilli* (Dall,
1884), is a slender

gastropod of the family Eulimidae. Eulimidae are snails that parasitize the external or internal parts of echinoderms such as sea cucumbers and sea urchins, basically sucking their blood for a living. The Brown Eulima reaches about 5 mm (0.2 inch), and has a teardrop-shaped aperture, and a smooth, brownish, slightly translucent shell. The shell in the images was collected by Phyllis Sharp on Sanibel in 2014. Learn more about this species and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.*



The Brown Eulima, *Microeulima hemphilli*, from Sanibel

photo by José H. Leal

Presentation
At Sea School



Dr. Ross Boucek

photo provided

On Friday, November 30, Dr. Ross Boucek of The Bonefish and Tarpon Trust will visit Sanibel Sea School to speak about the conservation and restoration of bonefish, tarpon and permit fisheries and habitats. His focus will be on the Florida Keys, a world class recreational fishing destination.

The event will be held at Sanibel Sea School, 455 Periwinkle Way, and is donation-based. No registration is required, walk-ins are welcome.*

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Winter And Spring Tactics



by Capt. Matt Mitchell

Most days this week started off with cool, windy, winter-like conditions, then by mid-morning, temperatures gradually warmed. Trying to get fish to eat live shiners for the first few hours of a charter was just not happening, so we needed to switch it up. Going to the cold-water winter standby of chunks of shrimp on a jighead caught a wide variety of species including sheepshead, black drum and rat redfish. By mid-morning as things warmed up, we were able to switch back to live shiners and get lots of snook to bite.

Along with the morning cold and north winds, we also had extremely low full moon tides, making many mornings feel more like it was January. These minus low tides exposed sandbars and grass flats all over the sound that I have just not seen since last winter. During these super low tides, fish stack up in deeper water areas. This low water setup is an excellent time to catch lots of fish. A few of the places that worked really well for us on the minus-low water included docks at the south end of the Roosevelt Channel, the Chino Island Channel and Shell Creek. What all these places have in common is deep, fast-moving water with structure. This week brought some of the first legal-sized sheepshead I have caught this winter.

By mid-morning as the incoming tide started to rise, we had some great catch-and-release snook action. Snook are still spread out from the beaches and passes to the back country. We are in a major transition time as these fish are just starting to make the move to the warmer, sheltered, water places.

Once we located these snook, the bite was often wide open with 20-plus fish coming out of one shoreline. Wind-blown mangrove creeks and shorelines exploded with snook of all sizes being caught. Some days, it took a little bit of moving until we found these fish, but once we did, you could often just keep bumping down the shoreline to keep this bite going. As conditions warmed by the weekend, we began to catch snook earlier and earlier each day.

*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.**



Nick Little from Columbus, Ohio with a 35-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

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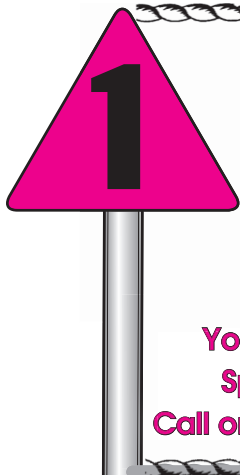


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Dave Doane

CROW Case Of The Week:

Merlin



by Bob Petcher

The merlin (*Falco columbarius*) is a small yet powerful falcon that uses a surprise attack to wound and take down small songbirds and shorebirds. It spends long periods

of time perched high above in trees in open areas to scan for prey. Once the prey is observed, the merlin will use quick wingbeats during a high-speed attack and typically catch its target in midair. They are also known to team up to hunt large flocks of waxwings.

History tells us that Catherine the Great and Mary Queen of Scots, among other medieval European noblewomen, used merlins for sport to hunt skylarks.

During the breeding season, merlins are highly territorial around the nest, chasing away other merlins and potential predators. Both sexes claim their territory by soaring high in the air near their nest. Outside of the breeding season, they are usually solitary.

At CROW, an adult merlin was admitted to the clinic from Fort Myers. The small falcon was found on the ground in a person's yard and unable to fly. Upon admission, the merlin was given an exam which revealed that it had swelling/inflammation of the left elbow.

Radiographs did not show evidence of any fractures. It was given pain and anti-inflammatory medication, fluids and offered food.

There are only theories as to what may have happened prior to intake.

"We suspect some kind of initial trauma caused an infection in the elbow joint, leading to the patient being unable to fly," said Dr. Malka Spektor, CROW veterinary intern. "The elbow joint, along with the other joints of the wing, is crucial for flight. Once down, the merlin may have weakened due to an inability to obtain food and also developed aspergillosis."

The merlin also reportedly had a small puncture wound on the pad of its foot that had been caused by its own talon. It was started on an antibiotic to treat/prevent infection, and the foot was bandaged to allow the puncture to heal.

"The merlin had some intermittent difficulty standing and, with the deficits in foot function, it stood with its toe pointed into the pad of the foot. Once weakened, it lost the ability to stand normally, and therefore punctured his foot," said Dr. Spektor. "This is a common injury in stressed or neurologic raptors. Sometimes, when they grab at other things, they accidentally puncture themselves."

The puncture wound was not deemed to be too serious.

"A puncture that size, assuming it does not get infected, only takes a couple days to heal," said Dr. Spektor. "Its foot was bandaged to prevent the patient from stepping in feces and contaminating the wound."

After just over a week in CROW's care, the merlin's health took a turn for



Patient #18-4300 passed away, and later plaques were found on its air sacs

photo by Brian Bohlman

the worse. The report of its demise was revealed after the past weekend.

"Unfortunately, the patient has passed away. It was found non-responsive in its cage, and emergency treatments were started, however, it did not respond to treatment," said Dr. Spektor. "A necropsy – an autopsy for animals – was performed, and found plaques on the air sacs. Those plaques are generally caused by aspergillosis, a fungal infection caused by an organism normally found in the environment. Birds are extra

susceptible due to their delicate respiratory system, especially if they are down or immunosuppressed."

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

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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 the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, November 30, 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.

Friday, November 30, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this



presentation will address the most likely reasons patients are admitted to the hospital.

Sunday, December 2, 1 to 4 p.m., All ages: free of charge – CROW's 50th Anniversary Celebration (special event).

All are welcome to help CROW celebrate its 50th anniversary with one big hoorah! The day will include free admission to the Visitor Education Center, presentations featuring animal ambassadors, carnival-style games and activities, and a giant cake.

Monday, December 3, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are

harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, December 4, 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.

Wednesday, December 5, 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 5, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

Thursday, December 6, 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 6, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (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. One of CROW's animal ambassadors will be present.✧

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Strawberry Cupcakes

12 fresh strawberries, whole
1½ cups strawberries, diced fine (reserve ½ cup for sauce)
1 teaspoon natural sugar
1 cup dark or milk chocolate chips
½ teaspoon cornstarch
1 tablespoon freshly squeezed lemon juice
1 cake mix, store bought or homemade
12 ounces cream cheese frosting, store bought or homemade
Preheat oven to 375 degrees if using the homemade recipe (if using store bought, follow package instructions). Prepare cupcake batter using box mix or homemade recipe provided, then fold in the diced strawberries. Line a cupcake pan with liners and set aside. Evenly divide the batter in the liners (about 2/3 full) do not overfill. Bake for about 16-18 minutes or until a toothpick comes out clean when inserted. Set aside to cool completely.

Line a baking sheet with waxed paper. Melt the dark chocolate over a double boiler on low heat, stirring often. Dip each

strawberry in the melted chocolate, 2/3 the way up, allow excess to drip off. Place berries on the baking sheet and refrigerate until chocolate is set.
In a small pot over medium-low heat combine the reserved ½ cup diced strawberries, cornstarch, lemon juice and sugar. Cook, while stirring, until a sauce has formed, about 5 minutes. Remove from heat and cool. Once cool, use a blender to create a puree. In a medium-sized bowl add the frosting and the puree. Gently swirl together and do not over mix. Fill a pastry or sandwich bag with the frosting and frost the cupcakes. Top with a chocolate dipped strawberry.
Homemade Cupcake Batter
1½ cups strawberries, diced fine (reserve ½ cup for sauce)
1½ cups unbleached all-purpose flour
1 cup cane sugar
1 teaspoon baking powder
6 tablespoons unsalted butter, softened
2 large eggs
½ cup milk
2 teaspoons pure vanilla extract
¼ teaspoon salt
Preheat oven to 375 degrees. Place the cupcake liners in the cupcake pan and set aside. To prepare the batter sift all the dry ingredients in a medium-size bowl. Mix in



Strawberry Cupcakes
photo courtesy Fresh From Florida
the softened butter until it looks crumbly (the butter does not have to be fully incorporated). In a separate bowl, whisk the wet ingredients together and add this mixture to the dry ingredients, stirring to combine. Next, fold in one cup of the diced strawberries. Using an ice cream scoop, evenly divide the batter into the liners (about 2/3 full) do not overfill. Bake for about 16-18 minutes or until a toothpick comes out clean when inserted. Cool completely before frosting.*

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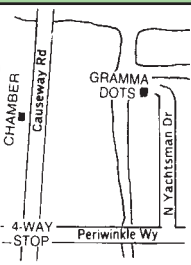
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Shells Found



Lori and Ken Fanning photo provided
Ken and Lori Fanning each found two Scotch bonnets on November 14 and 15. Three of the shells were found at Blind Pass and one at Turner Beach.*

Shell Found



Alex Parker photo provided
Alex Parker, 8, from Atkinson, New Hampshire, found a junonia.*

Shell Found



Shell found by Lynell Newmarch photo provided
Lynell Newmarch found this shell while walking along the beach at 7 a.m. on November 24. "It was a particularly low tide due to the full moon," she said. "The shell is inscribed: Mony love Susy, 2015. It felt like message in a bottle and I wasn't sure if I should keep it or throw it back in the water. I decided to keep it. A simple shell traveling the seas since 2015 and washed up on Sanibel.*



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The Community House

The Pear



by Resident Chef Jarred Harris

The pear is one of the world's most prized and oldest fruits. This delicious treat starts appearing in farmers markets and grocery stores in late summer and continues into the mid-winter months. With its mild sweetness and soft flesh, pears used to be called "butter fruit" because their soft, butter-like texture.

Being a close cousin of the apple, the pear is a member of the rosaceous family, which is the rose family. The fruit has been around for over 3,000 years and its origins are Western China. The fruit spread across the world and evolved into 20 different species and over 3,000 different varieties.

The pear is the fifth most widely produced fruit in the world, being produced mainly in China, Europe and the United States. The majority of pears sold in America are grown on the west coast of the United States, with Washington, Oregon and California being

the top producers.

Besides being very tasty, pears have high nutritional value. They contain vitamins A, B1, B2, B3, B6, E and C. Pears also contain minerals such as zinc, copper, manganese, potassium, phosphorus, magnesium, calcium and iron. They are a good source of riboflavin, niacin, folic and dietary fiber.

Because pears have a high fiber content, they are often used in the treatment of intestinal inflammation, treating diverticulosis, cardiovascular disease and diabetes.

Pear wood is used to make high-quality woodwind instruments and furniture because it resists warping and splintering.

Here is a simple recipe to try.

Cranberry and Pear Charlotte

Ingredients

6 Bartlett or any firm pear variety (peeled, cored and small diced)
1 tbsp. butter
1 tsp. cinnamon
1 tbsp. honey
½ cup demerara sugar
¼ cup whole cranberry sauce
2 loaves potato bread (crust removed and sliced)

16 ozs. unsalted butter (softened)

Method

To prepare the muffin pan:

Preheat oven to 350F. Butter the bread and cut to fit the pan sections. Line the tin with the buttered bread, butter side against the pan. Cut disc shapes for the tops of the charlottes.

To make the filling: Heat the butter in a sauté pan and add the pears, cinnamon, honey and sugar. Heat until the pears

are warm, then set aside to cool. Fill the muffin pan sections with ½ of the pear mixture, then divide the cranberry sauce between the muffin pan sections. Divide the rest of the pear mixture between the muffin tin sections. Top with the bread disc, butter side up and bake for 15 to 20 minutes or until golden brown.

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.✱

An Evening Of Fine Italian Wine

A limited number of tickets are on sale now for the LUX Wines Tasting on Wednesday, December 21 from 6 to 8 p.m. at the The Community House. The LUX Wines team of experts brings American wine enthusiasts some of the world's most intriguing, sought-after and iconic wines.

Hosted by Bailey's General Store, Johnson Brothers Liquors and LUX Wines, guests will be served luxury Italian wines and light hors d'oeuvres. A wine industry expert will discuss the wine selections, and discounted wine prices will be offered.

Tickets are \$10 per person and reservations can be made online at www.baileys-sanibel.com. For more information, contact Calli Johnson at cjohnson@baileys-sanibel.com.✱

American Legion Post 123

American Legion Post 123

is serving a meatloaf dinner this Sunday from noon to 8 p.m. Barbecued ribs and chicken are on the menu the following Sunday, December 9 from noon to 8 p.m.

The Ladies Auxiliary will meet on Tuesday, December 4 at 6 p.m. The general meeting will be held on Wednesday, December 12 at 6 p.m.

There is collection under way for non-perishable food items for FISH of SanCap. Drop off during regular operating hours.

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

Every Monday night beginning at 5 p.m., the 8 Ball Pool League is in play.

If you have a flag that needs to be retired, drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.✱



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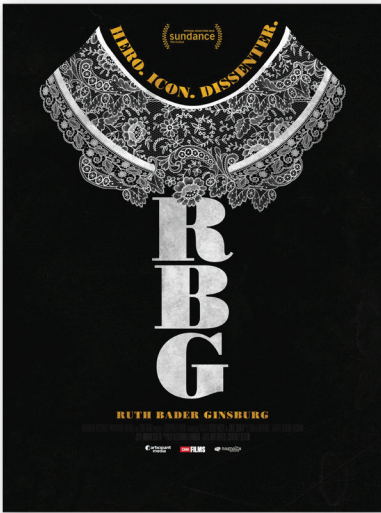
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Pine Island fifth graders arriving at Cayo Costa State Park

photos provided

Students Attend No Child Left On Shore Program

Fifth grade students from Pine Island Elementary School took part in the most recent No Child Left On Shore (NCLOS) environmental education outreach project field trip. The NCLOS program is a collaborative endeavor of Captiva Cruises and Sanibel-Captiva Conservation Foundation (SCCF), which strives to provide the younger generation of Southwest Florida with an opportunity to experience firsthand the invaluable

resources of the Caloosahatchee watershed and the back bay estuary habitats. Students in Regina Notarianni and Nancy Benjamin's fifth grade classes boarded Captiva Cruises' motor catamaran vessel *The Playtime* at Lee County's commercial dock on Pine Island and cruised to Cayo Costa State Park. While traveling on the waters of Pine Island Sound, students marveled at the shallow sea grass beds and were thrilled with the wildlife they encountered, which included dolphins, white pelicans, osprey, great blue herons, a belted kingfisher and brown pelicans. Students had the opportunity to explore the tidal zones on the protected barrier

island and record their observations of the evidence of sea life washed in by waves and tides. Sand dollars were found, and students were amazed with the mangrove swamp they took in from the boardwalk leading them to the gulf beach. Captiva Cruises and SCCF saw a need to try to provide these experiential field trips. Cuts in public funding for school environmental education field trips have drastically reduced the number of students who can experience for themselves the importance of the coastal environment. Many families within Southwest Florida,

especially those with language, cultural, physical and economic barriers, do not have the means to get out on the water. It is this segment of the Southwest Florida community that SCCF and Captiva Cruises are reaching out to and would like to engage by providing them with the opportunity to take part in one of these learning experiences. For more information about the NCLOS initiative, or to sponsor a local youth group field trip, contact SCCF at 472-2329 or Captiva Cruises at 472-5300.*

SUP Pairings

by Kealy McNeal

Stand-up paddleboarding, or SUP, is a sport that will get you out on the water and keep you fit. It can be plenty of fun to simply paddle around, but paddleboarding is also great paired with other activities. Fishing: SUP is a new way to enjoy fishing. Whether you're an experienced fisherman or you're just getting started, SUP fishing is the latest and greatest angler's trend. Today's fishing paddleboards are decked out with everything you need to catch your favorite species. Yoga: Many yogis enjoy taking their yoga practice to the water with SUP yoga, which challenges balance and provides core strengthening benefits. The occasional passing bird, fish or dolphin can make



things a bit more exciting compared to a traditional yoga practice as well. You can practice yoga on any paddleboard, but we recommend an inflatable model with a spacious deck pad. Family Time: Paddleboarding is a wonderful way to spend quality time with your loved ones outdoors. Most paddleboards have enough space for a child (or furry friend) to join you on your paddle. Snorkeling: It's easy to explore normally hard-to-access snorkeling locations via paddleboard, or to discover snorkel spots for the first time. Anchor your board and use it for gear storage and as a resting spot during your adventure. If these activities sound interesting, but you're not sure where to begin, we are always happy to offer suggestions. Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.*

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Book Review

Clock Dance



by Di Saggau
Anne Tyler's latest book *Clock Dance* is an inspiring novel of one woman's transformative journey. Willa Drake can count on one hand the defining moments

of her life. In 1967, she is a schoolgirl coping with her mother's sudden disappearance. In 1977, she is a college coed considering a marriage proposal. In 1997, she is a young widow trying to piece her life back together. And, in 2017, she yearns to be a grandmother but isn't sure she ever will be.

Early in the book, Willa, a college student, is flying home with her boyfriend when suddenly the man sitting on the other side of her whispers, "This is a gun, and it's loaded. Move and I shoot." She freezes for a few minutes before her oblivious boyfriend asks to switch seats. Nothing happens, the gunman never speaks again. When the plane lands, he's the first one off. Willa tells her boyfriend who considers it a joke. To Willa, it reveals something about herself.

Willa drops out of college to marry her boyfriend because he wants her to. After he dies, she moves from

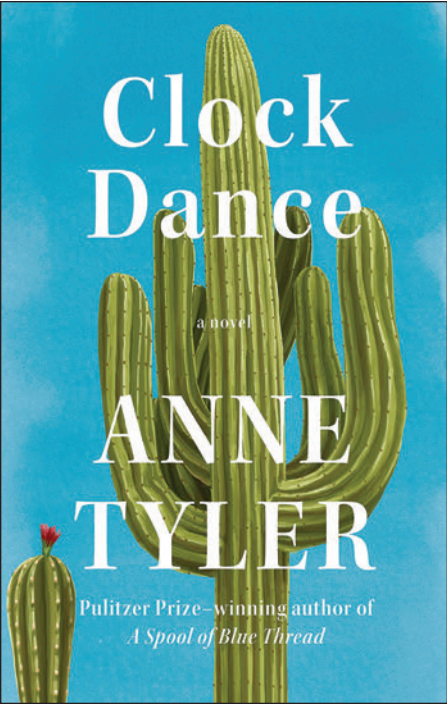


image provided

San Diego to Tucson with her second husband because he wants to. Willa never complains, she prefers to be agreeable no matter what. It's a pattern that leads her almost robotically through life.

One day, Willa receives a startling phone call from a stranger saying that Willa's little granddaughter needs someone to look after her while her mother is in the hospital. Without fully understanding why, because Willa

doesn't have a granddaughter, she flies across the country to Baltimore to look after a young woman she's never met, her 9-year-old daughter and their dog, Airplane. This impulsive decision will lead Willa into uncharted territory. Surrounded by eccentric neighbors who treat each other like family, she finds solace and fulfillment in unexpected places.

The bond that develops between Willa and the lonely child is what forms the emotional heart of *Clock Dance*. As one of Willa's elderly neighbors tells her, "Figuring out what to live for. That's the great problem at my age." A bewitching novel of hope, self-discovery and second chances, *Clock Dance* gives us Anne Tyler at the height of her powers.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My first grade daughter is bilingual. We speak both English and Spanish at home. Is it true that bilingual kids have more learning

advantages than children who speak only one language? How does this help her?

Lucia M, Fort Myers

Lucia,

Your daughter is very lucky to be bilingual, and it is true that bilingual students have some learning advantages. Research tells us that the acquisition of two languages in early childhood provides a beneficial effect on cognitive development that can lead to increased achievement and academic success.

There is some recent research that also suggests an additional advantage in learning for bilingual students. A new study suggests that bilingual students learn more easily in a noisy environment. Bilingual students seem to outperform their monolingual peers on academic tasks completed in a noisy classroom in an elementary school.

"Children who speak two languages outperform their monolingual peers in the classroom because they are more likely to filter out disruptive noises, according to this new research. Pupils raised bilingually develop a more acute sense for words – even when presented with background chatter in the classroom – that allows them to remain "on task" during exercises, it is claimed".

The researchers further reported that noise negatively affected monolingual students' ability to pay attention, especially when comprehending more difficult sentences and found that pupils speaking only one language fell behind in reading tests by the age 9.

Researchers also found that the ability to overcome verbal interference improved with age in bilingual speakers but not in monolinguals. One researcher noted, "The observation that the ability to control interference improves with age, but only within the bilingual group, is a remarkable finding".

The study was published in the *Journal of Bilingualism: Language and Cognition* and involved children age 7 to 10 at a Cambridge primary

school. The sample was quite small, only 40 students, but the evidence was significant.

So again, we have information that tells us that the acquisition of two languages in early childhood provides a beneficial effect on learning, and the study provides further evidence of the importance of learning a second language as early as possible.

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.✧

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

Sand Fairies

by Hannah Star Rogers

As soon as the waves
receded, the tidal fairies

appeared and moved first
to one pale rock

and then another, exploring
Barnacles with tiny hands and

growing quicker as they tried
the doors of shells,

snatching back damp fingers
from the tongues of molluscs,

taking shelter in the dunes
under undulating seagrass

towers, shimming up
for a view of the moon.

Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.✧

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At Periwinkle & Casa Ybel

BIG ARTS Monday Night Film Series

RBG

by Di Saggau



The BIG ARTS Monday Night Movie for December 3 is *RBG*, a loving and informative documentary about Ruth Bader Ginsburg, the second woman appointed to the United States Supreme Court. Justice Ginsburg is in her 85th year on earth and her 25th on the bench, and her journey is explained in this film. It's a fascinating mix of interviews, public appearances and archival material focusing on her accomplishments and her temperament.

Before she was named to the federal bench by Jimmy Carter in 1980, she had argued a handful of important sex discrimination cases in front of the Supreme Court. She won five out of six. At Harvard Law School, she was one of nine women in a class of hundreds, and was asked by the dean why she thought she deserved to take what should have been a man's place.

Justice Ginsburg's career was marked by intense intellectual ambition and also by a determination to use the law as an instrument of change. The film also chronicles her 63-year marriage to Martin Ginsburg who was her tireless supporter and champion. The film shows why she has become such an inspiration for younger feminists. It runs 96 minutes. Moderator for the evening is Jane Picker, who has known Judge Ginsburg for many years. They worked

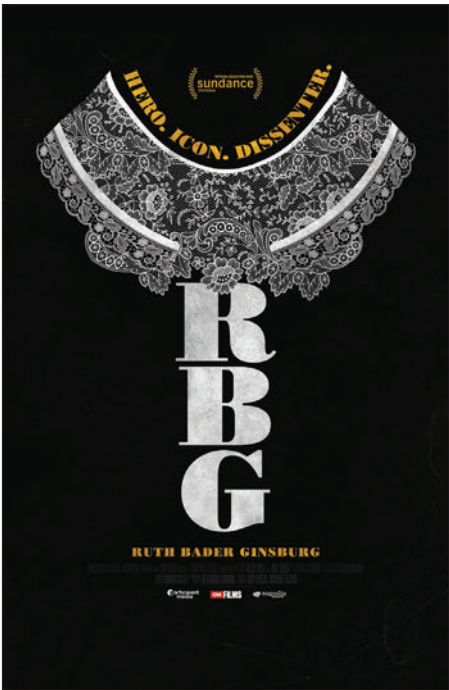


image provided

together in the '70s litigating precedent setting women's rights cases.

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.✽

Mastersingers Christmas Concert

The Fort Myers Symphonic Mastersingers ring in the Christmas season with *Messiah and More*, a holiday concert at Sanibel Community Church on Sunday, December 9 at 6 p.m. There is no admission charge but a goodwill offering will be taken to benefit the Florida Baptist Children's Home.

The concert will feature the Christmas portion of Handel's timeless oratorio accompanied by the Mastersingers Chamber Orchestra. Seasonal pieces by Mendelssohn and contemporary composers, Kim Andre Arnesen, Bob Chilcott and Nancy Hill Cobb, round out the program.

"The Mastersingers pride ourselves on a repertoire based in the classics while regularly performing the finest choral pieces written today," said Jeff Faux, artistic director. "This program offers something for everyone and will put the listener in the holiday spirit no matter your taste in music."

The event is also an opportunity for the community-minded group to extend a helping hand. The Florida Baptist Children's Home, this year's recipient of the freewill offering at the concert, helps thousands of children annually in a variety of measures from emergency shelter, to foster care, to dealing with

childhood hunger. "This concert has become something of a holiday tradition here on the island," said Mastersingers Vice-President and Sanibel resident Jill Janda-Kanner. "The community church is a wonderful space to sing in and outgoing Pastor Donovan and the congregation are so welcoming that it's almost like coming home."

For more information about the concert and the Fort Myers Mastersingers' 2018-19 season, visit www.mastersingersfm.com.✽

From page 1

Holiday Stroll

December 7 through 22 from 6 to 9 p.m., there will be holiday treats, skating, live music, arts and crafts, entertainment including face painting, stilt walking, juggling and balloon artists, holiday movie favorites playing in Yacht Harbour Marina, and photos with Santa – all included in the \$10 ticket price. Food and beverages include snow cones, s'mores, hot chocolate, eggnog and pizza. Arts and crafts include picture frame and ornament decorating, with the help of Santa's elves.

Tickets can be purchased outside Harbourside Bar & Grill. Children 12 and under are admitted at no charge. Holiday Stroll is complimentary to resort guests, though donations to Captains for Clean Water will be appreciated.✽



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Read to Bessie on Thursdays at Sanibel Public Library

photo provided

Children's Programs At Sanibel Library

As Sanibel Public Library continues the next phase of its remodel project, parts of the library are being renovated as the facility is open for normal operating hours.

Geared specifically for children in fourth through sixth grade, the After-School Clique will meet on Tuesdays

at 3 p.m. The group will be crafting, building and playing, complete with books and a snack.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. This program helps develop pre-reading skills through songs and stories.

The After-School Crew, for children in kindergarten to third grades, will meet at 3 p.m. on Thursdays. There will be books, crafts, plus a snack.

If you love dogs and books, you can read to Bessie, a bearded collie and

trained reading education assistance dog. Sign up on the spot at 3:45 p.m. on rain-free Thursday afternoons. The program finishes by 5 p.m.

Weekly children's programs are listed

Sea School To Offer Art Classes

During the month of December, Sanibel Sea School will offer a series of After School Ocean Art classes for students ages 6 to 13. Participants will get creative and use everything from shells to coconuts to make some beautiful, gift-worthy art pieces just in time for the holiday season.

"Our focus is always on using natural, local, environmentally friendly materials," said Director of Education Shannon Stinken. "We also want to create art that our students will be proud to take home or give to a friend or family member."

Project details for each session are available on the organization's website, and planned activities include sand casting, clay pot making and ornament crafting.

Cost is \$20 per student per session. Sessions will be offered Tuesdays, on December 4, 11 and 18 from 3:30 to



Calusa-inspired clay pot making will be one of the activities

photo provided

5:30 p.m. at Sanibel Sea School, located at 455 Periwinkle Way. Register online at www.sanibelseaschool.org/afterschool.



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Playful Opossums Receive High Praise At CROW

by Jeff Lysiak

Last week at the Clinic for the Rehabilitation of Wildlife (CROW), more than two dozen people attended a lecture on Virginia opossums, the only marsupial – or pouched mammal – native to North America. According to Certified Veterinary Technician Missy Fox, opossums are often thought of as nuisance animals. But the truth is, they're extremely intelligent and fascinating critters.

With a range that spans from the eastern United States through the central and southern regions, Virginia opossums (*Didelphis virginiana*) first appeared on the continent about 65 million years ago. Along with the dinosaurs, North American marsupials went extinct 20 million years ago. After the Isthmus of Panama emerged to reconnect North and South America some three million years ago, two marsupials – the Virginia opossum and the southern opossum (*Didelphis marsupialis*), which lives as far north as Mexico – made it back to North America.

According to Fox, opossums are resistant to many diseases such as rabies, Lyme, Zika and distemper. They are also immune to many poisonous snake venoms. Opossums typically live an average of two to three years in the wild, and



Certified veterinary technician Missy Fox holding animal ambassador Bashful, a 2-year-old Virginia opossum, last Tuesday morning at CROW's Visitor Education Center

photos by Jeff Lysiak

about five years in captivity.

Approximately the size of a domestic cat, opossums have strong hands and feet with opposable thumbs, which can be used with ample dexterity to grab and hold objects. They are omnivorous scavengers,

a pollinator species who will redistribute seeds through their scat (which is credited as being an excellent fertilizer).

"Opossums will den nearly anywhere that is dry, sheltered and safe," said Fox, who noted that having an opossum living

in your yard may be beneficial since they prey upon pests like rodents, termites, slugs, snails and snakes. "Their fur doesn't provide much insulation, so opossums fill their dens with dried leaves, grass and other available soft material."

Contrary to popular belief, opossums do not hang from their prehensile tails. Fox explained that only juvenile or smaller opossums can do this; larger adults are too heavy to hang by their tails.

Fox also shared where the term "playing 'possum" came from. The trait is often seen when an opossum feels threatened. At first, they may run, but if confronted, they will growl, urinate or defecate as a defensive mechanism. Secondly, they may bare their teeth and drool. They will also roll over and appear to become stiff, as if playing dead.

"They might also close their eyes or stare off into space, which makes them look like they're dead," added Fox, who noted that one final tactic employed by the opossum is secreting a foul-smelling fluid from their anal glands. "If you have an opossum in your yard that looks dead, just give it an hour or two... they are probably just playing 'possum."

During the 45-minute lecture, Fox shared several stories about opossums that have been treated and released at the wildlife clinic. A majority of the patients seen at CROW were brought there following a vehicle strike, attacks by domesticated pets, after being shot by a BB gun or ingesting rat poisons.

Later, Fox introduced the crowd to

continued on page 8B



Bashful nibbling on some food following last week's presentation



Radiograph of an opossum patient treated at CROW

Captiva Community Panel Sunset Cruise

The Captiva Community Panel is hosting a welcome back sunset cruise aboard the *Lady Chadwick* on Monday, December 3. This is an opportunity to meet your neighbors, renew friendships and talk about your beloved island.

Passengers will depart from McCarthy's Marina, 11401 Andy Rosse Lane, at 5 p.m. and return at 6:30 p.m. Cocktails and hors d'oeuvres will be provided. Cost is a tax deductible

donation of \$100 or more person. Seating availability based on receipt of donation.

Cruise and beverages are compliments of Captiva Cruises, food will be provided by Keylime Bistro, Sunshine Seafood Café, RC Otter's and Cantina Captiva.

For credit card reservations, call 489-2616 or use the online payment link at www.captivacommunitypanel.com (look for the Donate button on the "Support the Panel" page). Or mail your check payable to Captiva Community Panel to P.O. Box 72, Captiva, FL 33924. If you cannot attend but would like to make a donation, please do so at this same address.✴

Orchid Society Holiday Luncheon

The Sanibel Captiva Orchid Society annual Holiday Luncheon will be held on Monday December 10 beginning at 11:30 a.m. at The Dunes Golf and Tennis Club. Mac Rivenbark of Mac's Orchids in Fort Lauderdale will speak on Orchid Growing for Everyone, and will bring orchids for sale and raffle.

Guests planning to attend the event should indicate their luncheon entree selection when making their reservation. This year's entree choices are cheese tortellini with chicken or

Caribe dusted mahi mahi. Salad with choice of dressings, roll, beverage, dessert, tax and gratuity are included in the member price of \$25; guests are \$30. Reservations with checks must be made by December 6. Yearly dues must be current to receive the member price.

For more information, call Carol Zell at 395-2122.✴

Sanibel Shoes For Homeless Vets

submitted by Dan Perkins

The VA hospitals in St. Petersburg and Tampa provide temporary housing for homeless veterans and assistance to find work. Currently, these two facilities serve 160 veterans for up to 90 days at a time. Many vets that come to the facilities do not have the right shoes to go out and get a job.

Last year, for the first time, the people of Sanibel and surrounding communities heard about this problem and decided they wanted to help. Starting with the Sunday after Thanksgiving and ending the Sunday before Christmas, we collected shoes and socks. Last year, our goal was 160 pairs of shoes.

Through the generosity of the people of Sanibel, we collected over 300 pairs of shoes and 400 pairs of socks. The program was so successful that many people have asked if we are going to collect shoes again this year. The answer is, yes.

Starting the weekend after Thanksgiving through the last weekend before Christmas, a container will be on site at the following locations, where you drop off your new shoes and socks:

Bailey's General Store, 2477 Periwinkle Way
The Dunes Golf & Tennis Club, 949 Sand Castle Road
American Legion Post 123, 4923 Sanibel-Captiva Road

Our goal is to collect 200 pairs of shoes and socks.

Thank you for helping us to help those who have defended our freedoms. For questions or more information, contact Dan Perkins at 973-687-4826.✴

Top Ten Books On The Island

1. *Becoming* by Michelle Obama
 2. *Café by the Sea* by Jenny Colgan
 3. *Target Alex Cross* by James Patterson
 4. *Past Tense* by Lee Child
 5. *Next Person You Meet in Heaven* by Mitch Albom
 6. *I, the Sanibel Sunset Detective* by Ron Base
 7. *Cottage by the Sea* by Debbie Macomber
 8. *Night of Miracles* by Elizabeth Berg
 9. *Wife* by Alafair Burke
 10. *Grace* by Paul Lynch
- Courtesy MacIntosh Books and Paper.✴



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- MEDICAL EQUIPMENT:** Meet, Deliver, Pick-Up.
- TELEPHONE:** Receive Messages & Respond.
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Kiwanis Gives Students A New Look At The World

submitted by Tom Sharbaugh

This fall, the fourth grade students at The Sanibel School received a special gift that made them put down the TV remote and ignore their smart phones. And believe it or not, the gift was an old fashioned, hard-bound book!

Thanks to a special project put together by the Fort Myers Kiwanis Club, and carried on by the local Kiwanis of Sanibel-Captiva, each fourth grader received their own copy of the *Children's World Atlas*, a book that not only includes maps of each continent and country, but also fascinating facts on the history, population, culture, climate, topography, agriculture, foods and flags of each country. Once the students got a few pages into the book, they could not get enough.

Overseeing the project for Kiwanis was member Ken Burgener, who heard about other communities which had adopted a similar program. A professional birdwatching guide who has traveled all over the world, Burgener knew that kids would get excited about the larger world if they had the right tool to fire up their imagination. He contacted Chuck Vilardi, principal of The Sanibel School, to set up a plan for distributing the books.

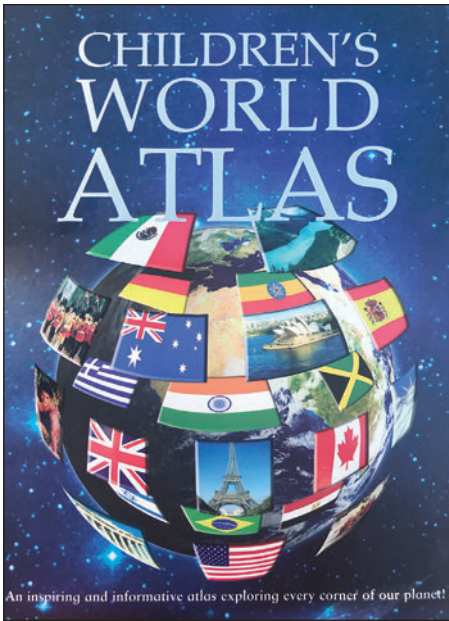


image provided

On the appointed day, soon after the start of the School year in September, Burgener was able to present the books to the students – two classes of about 20 students each. The reaction of the students was beyond expectation, as the kids got excited about the material they were reading. “Many of the kids had traveled all over the world with their parents, and were pretty knowledgeable about the world,” reported Burgener after his visit to the fourth grade. “However, all the students were in disbelief about the percentages of people living in poverty.”

In the following weeks, Kiwanis received many thank you notes from the students expressing their appreciation.

The Atlas project is a good example of the kind of service projects that Kiwanis specializes in, which brings smiles to the kids served and a true sense of satisfaction to Kiwanis members. Anyone wishing to join the Kiwanis Club is invited make contact through the club's website at www.sanibelkiwanis.org or come to one of the breakfast meetings, held every Tuesday at 7:30 a.m. at The Dunes Golf & Tennis Club.*

Republican Caucus Christmas Party

The Sanibel Captiva Republican Caucus will close out 2018 and prepare for 2019 with a Christmas party on Wednesday, December 12 from 5:30 to 8 p.m. in the party room at George & Wendy's Seafood Grille. Appetizers will be served, and drinks will be available at a cash bar. There will also be a collection for annual dues; \$20 per family. Guests and prospective new members are welcome. RSVP required to Steve Maxwell at docmax@embarqmail.com.

George & Wendy's Seafood Grille is located at the corner of Periwinkle Way and Tarpon Bay Road.*

COTI Hosting Forum To Address Island Issues

The Committee of the Islands (COTI) will hold a forum on issues of crucial importance to islanders on Friday, December 7 at 10 a.m. in Founders Room at The Community House. The 90-minute forum, titled COTI Conversations, is the first of its kind and open to COTI members and individuals wishing to become members of the organization. The purpose of the gathering is to review the issues of concern and hear opinions from the membership.

Among the agenda items is water quality, including the questions of deep injection wells, the minimum flow level rule and regulation of nutrients. Also on the agenda are traffic congestion, the proposed Eden Oak development project, selected Sanibel ordinances and issues facing the Sanibel Recreation Center and the Center 4 Life.

Memberships are available at the door for individuals interested in attending the forum who are not yet members of the organization. Admission is a COTI membership.

Refreshments include coffee and tea. A second COTI Conversations forum is scheduled for February 11 at 10 a.m., also at The Community House.

For more information, call Mike Miller at 395-0593 or visit www.coti.org.*



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More info & real estate blog at SanibelSusan.com



Phaidra McDermott photos provided

Partnership Forms For Timeshare Firm

Kingfisher Real Estate broker and owner Phaidra McDermott recently announced a partnership with timeshare developer Keith Trowbridge to create a full service timeshare firm for Southwest Florida with its initial focus on Sanibel and Captiva.



Keith Trowbridge

McDermott has been one of the most successful realtors in the state of Florida for over 20 years and is a lifelong resident of Sanibel Island. Trowbridge developed the first successful purpose-built interval ownership resort in the United States in 1973, Sanibel Beach Club, a 31-unit condominium project which sold out in 18 months. He is also responsible for development of additional resorts and complexes including Lighthouse Resort,

Shell Island Beach Club, Surfrider Beach Club, Donax Village, Coquina Beach and several others in Florida.

Kingfisher Timeshare was founded to fill the need of timeshare owners who are

looking to sell their vacation ownership properties with maximum marketing and advertising exposure worldwide. Visit www.kingfishertimeshares.com or call 472-4411 for more information.✪

Happenings At Captiva Library

Upcoming programs and activities during the month of December at Captiva Memorial Libraryl include:

Adults

Holiday Golf Cart Parade – starting at 3:30 p.m. on Saturday, December 8. The theme is Charles Dickens’ *A Christmas Carol*.

Coloring For Grown-Ups (All library hours) – Coloring books are no longer just for kids. In fact, adult coloring books are all the rage right now. Researchers and art therapists alike have touted the calming benefits for over a decade, with researchers at Johns Hopkins University to the editors of *Yoga Journal* suggesting coloring as an alternative to meditation. Like meditation, coloring allows the brain to switch off other thoughts and focus. Coloring has therapeutic potential to reduce anxiety, create focus, or bring about more mindfulness. Please join in this fun, relaxing activity. Participants may bring their own materials or use those provided.

Checkers (All library hours) – Play classic checkers, “the game of games,” or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers, or Goban. Instructions included. Or reverse the field and play Tic Tac Toe or Super Tic Tac Toe.

Youth

Happy December Holidays (All library hours) – December 4 to 8; 11 to 15; 18 to 20. December holiday books are on display. Make a holiday card to give to someone you love.

It’s Gingerbread Time – December 21 from 2 to 4 p.m. Gingerbread stories will be shared. Make a gingerbread person out of construction paper and a toilet paper tube.

It’s Gingerbread Time (All library hours) – December 22 and 26. December holiday

books are on display. Make a gingerbread person out of construction paper and a toilet paper tube.

Happy New Year (All library hours) – December 27 to 29. Holiday books are on display. Make a noisemaker. Use your noisemaker to celebrate the new year.

Online

Visit www.leegov.com/library, click on What To Read Next and the link to Staff Recommended Newsletters, then under Kids and Teens, click the link to Exploring with Ms. Naomi where she discusses Diverse Books for December Holidays including Hanukkah, Christmas and Kwanzaa. Stop by to read a favorite magazine or newspaper; find a good book, DVD or music CD, color, create a craft and or play a game of checkers.

Captiva Memorial Library is located at 11560 Chapin Lane. It is open Tuesdays and Thursdays from 10 a.m. to 6 p.m., Wednesdays from noon to 8 p.m., Fridays and Saturdays from 9 a.m. to 5 p.m. and closed Sundays and Mondays.✪

From page 1B

Playful Opossums

Bashful, one of CROW’s most popular animal ambassadors. The 2-year-old opossum was brought into the clinic after he was found suffering from anemia and head trauma. Now recovered and used for educational purposes at the Sanibel facility, Bashful is quite playful, tame and docile. Younger guests attending the presentation took turns having their picture taken with the opossum and asking Fox a few additional questions.

CROW’s Patient Profiles: Virginia Opossums presentation will be offered again at the Visitor Education Center on Tuesday, December 4 and Tuesday, December 18 at 11 a.m. For more information about upcoming animal presentations at CROW, call 472-3644 or visit www.crowclinic.org.✪

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Sanibel Community House • Thursday, December 6th

8 a.m. Registration • 8:30 a.m. Breakfast

9 a.m. Program on Water Quality

\$10 for condominium owners & staff • \$20 all others

RSVP to casi.sanibel@gmail.com or 691-5024 by December 3rd

*City of Sanibel Director of Natural Resources

*SCCF Natural Resource Policy Director



Staff at the historic Island Inn

photo provided

Title Sponsor Of Luminary Holiday Stroll Announced

The title sponsor for the Sanibel & Captiva Islands Chamber of Commerce 34th annual Luminary Holiday Stroll is the historic Island Inn. This year's Luminary celebration will be held from 5:30 to 9 p.m. on Friday, December 7 on Sanibel and Saturday, December 8 on Captiva.

"We are grateful to Island Inn for their generous support of our Luminary Holiday Stroll," said Chamber President John Lai. "Their longstanding commitment to our community makes it a better place to live, work and visit."

The Luminary Holiday Stroll, organized by the chamber, has become

a popular kick-off to the holiday season. Beautifully lit paths lead to merry landmarks where festivalgoers can enjoy an array of activities, music and refreshments at participating businesses.

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

Luminary will mark the unveiling of the chamber's renovated visitor's center with a ribbon cutting at 5 p.m. on Friday, December 7. The visitor's center, which hosts more than 100,000 visitors each year, will offer modern technology for today's traveler while keeping its coastal feel. The project includes complete interior renovations of the ground floor and interactive displays.*

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ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

The top producers at RE/MAX of the Islands for the month of October were: Christopher Kirchner, top producing sales associate; Kimberley and Chuck Andrews, top marketing associates.*



Chris Kirchner



Kimberley Andrews



Chuck Andrews

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Rotary Happenings

submitted by Shirley Jewell

Just before Thanksgiving, the Sanibel-Captiva Rotary speaker was Roxanne Dyer, executive director of the Guardian Ad Litem Foundation – 20th Judicial Circuit, a nonprofit agency advocating for abused and neglected children.



Dyer told us that the Guardian Ad Litem (GAL) Foundation/Voices for Kids is a supporting partner serving the mission of GAL and supporting the guardian ad litem state mandate for at-risk children. The foundation shores up the health of the agency and fills financial gaps as needed.

The foundation's mission is to raise funds so: every abused, neglected or abandoned child in Southwest Florida recognized by the court may be paired with a GAL volunteer advocate whose role is to represent the best interests of the child until a safe, permanent placement can be achieved; and so every GAL volunteer may access financial assistance and resources on behalf of the child and not provided by any other sources. The GAL Foundation – 20th Judicial Circuit raises funds and administers three programs on behalf of the Guardian Ad Litem Program of Southwest Florida:

Recruitment, training and retention of guardian ad litem volunteer advocates;

Recruiting and screening potential volunteers;

Training the volunteers and volunteer retention activities.

Guardian Ad Litem Foundation recruits, trains and supervises volunteer child advocates who represent the abused, neglected and abandoned children ages birth to 18 throughout the 20th Judicial Circuit, which includes Charlotte, Collier, Glades, Hendry and Lee counties. A majority of the children served by the foundation are from Lee County.

The foundation also provides recognition events, scholarships to extended learning activities, mileage for visiting children placed in rural areas, a Kids Being Kids Program (supplying little extras for kids) and the Beds for Kids program.

According to the Florida Law Group: A GAL volunteer is appointed as the court's witness. He or she is directed by the judge to conduct whatever investigation the judge deems necessary. A judge, generally, does not interview the children or interview the parties directly to gather information. Conventional wisdom suggests insulating the children from the litigation process if possible. Having a GAL talk with the children is generally better than requiring them to appear in court.

A GAL can gather and provide information to the judge regarding the parties and the children that is objective and unbiased to supplement the more biased information provided through

the parties' attorneys. The GAL is also able to talk with other people, such as teachers, doctors and counselors, and summarize those conversations for the judge without requiring those people to appear in court.

The GAL presents his or her findings to the judge in court, either orally or in a written report. Depending on the direction from the judge, the report usually describes the investigation, summarizes the information obtained and includes findings, observations and (very often) a recommendation. The GAL's report and recommendation (if any) are not binding on the judge, but judges usually place a high degree of weight on the GAL's report because he or she doesn't have any interest in the proceeding and is, therefore, neutral and objective.

Dyer said the guardian ad litem volunteers are given training as to the tasks they perform for each of the children and families in the judicial dependency court. Volunteers have input with guardian ad litem guidance as to selection of children and families matched to them. The time commitment necessary to be a GAL volunteer varies depending on the case. Normal time is between 8 to 10 hours a month. The problems families face in society today, such as drug addiction, mental health, joblessness and jailed parents, are what bring children to the attention of the dependency court.

The need for GAL volunteers is constant. If you would like more information on how to become a guardian ad litem volunteer or make

a donation to the Guardian Ad Litem Foundation, visit the website at www.voicesforkids.org.

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

Shell Enthusiasts Holiday Potluck

The 6th annual Shell Enthusiasts Holiday Party will be held at The Community House on Sunday, December 9 at 1 p.m. Members of the Sanibel-Captiva Shell Club, volunteers and staff from the Bailey-Matthews National Shell Museum, Sanibel Community Association shell crafters, shell sorters and staff are invited.

There will be a potluck lunch. Beverages and paper goods will be supplied. Bring a dish to pass and your own serving utensils.

There will be a white elephant gift exchange. Bring a white elephant gift if you want to participate (value \$10 or less). Prices will be given for the best and worst gift.

There will be contests and activities including a prize for the person wearing the tackiest Christmas ensemble. A prize will be awarded for the best personally written Christmas melody with shell lyrics. And yes, you have to sing it!

The party gives the opportunity for shell enthusiasts from several groups to get together and become better acquainted.*

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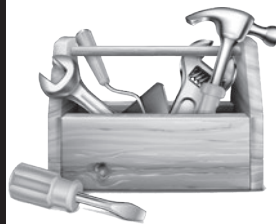
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Jackie Royka of Sanibel Captiva Island Vacation Rentals cuts the gold ribbon in honor of its launch in September as staff and chamber members look on photo provided

Ribbon Cutting Held For New Rental Company

Sanibel Captiva Island Vacation Rentals celebrated its launch with a gold ribbon cutting on November 14, hosted with the Sanibel & Captiva Islands Chamber of Commerce.

Sanibel Captiva Island Vacation Rentals was born from a merger of Tween Waters Island Vacation Rentals and RE/MAX of the Islands Vacation Rentals. The vacation rental company

is now part of Sanibel Captiva Beach Resorts.

"We felt a fresh name with an upscale visual presentation that reflects both islands and companies was an important step in the process," said General Manager Doug Babcock. "We look forward to making the vacation rental experience the best it has ever been in every way."

"We congratulate Sanibel Captiva Island Vacation Rentals on its successful merger," said Chamber President John Lai. "Doug (Babcock) and his team are a wonderful group of professionals who are friendly and care about their clients."✱

Zonta Urges Reauthorization Of Bill For Women

submitted by Sue Denham

Every year at this time, Zonta International proclaims 16 days of activism against violence directed toward women. During this period, November 25 to December 10, the organization's global initiative, "Zonta Says No," directly addresses this topic, to create awareness and reduce domestic and other types of violence, still unfortunately a huge problem worldwide. For information, visit www.zonta.org.

This year, Zontians in the United States have adopted a new and important goal with respect to the U.S. legislature. The Violence Against Women Act, first passed in 1994, expired in September of this year; a bill to reauthorize it (HR 6545) was introduced in Congress in July but has so far not received enough Congressional support to pass.

The legislation as written supports continuing essential programs and services for victims of domestic violence, dating violence, sexual assault and stalking. According to Zonta member Carol Gestwicki, who chairs the service and advocacy committee of the Zonta Club of Sanibel-Captiva, "The bill needs motivated lawmakers if it's going to pass. We are asking islanders to take a moment and contact their member of Congress." There is a compelling reason to act, she



Zonta President Barbara Beran photo provided

said, as the bill will come up for a vote very soon.

Zonta will have an information table outside Bailey's General Store on Saturday, December 1 from 10 a.m. to 2 p.m. They will offer information on Zonta, signs and handouts, as well as postcards that can be mailed to legislators.

For Sanibel and Captiva, the member of Congress is Francis Rooney. Write to him at 120 Cannon HOB, Washington, DC 20515 or call 202-225-2536. The local office is at 1039 SE 9th Avenue, Suite 308, Cape Coral, FL 33990; phone 599-6033.✱



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Will Power

Tying Step-Relations Together



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

I'm going to turn a popular estate planning technique upside down. The technique I'm referring to is leaving trusts to provide for your surviving spouse, and then upon his or her death, leaving the remainder to your children.

These are commonly referred to as "Marital" or "Family" trusts. There is a difference between the two. A Marital Trust generally refers to a trust that qualifies for the federal estate tax marital deduction, which leaves amounts exclusively for the surviving spouse until her death. A Family Trust usually does not qualify

for the marital deduction, and can be left exclusively for the surviving spouse or may be sprinkled amongst the surviving spouse and other beneficiaries.

In situations where your spouse is not the parent of your children, these trusts can become problematic, as I'll describe below. Keep in mind that a trust that continues for the lifetime of a spouse and then distributes to children at his or her death ties all of the parties together economically.

I can best illustrate the issues with an example. "Alan" was a physician who had been in a second marriage with "Sally" for over 20 years. He had two adult daughters from a prior marriage, "Betty," age 32, and "Carla," age 30. Alan instructed his attorney to create a Marital Trust for the benefit of Sally for her lifetime. The trust was to pay Sally income, with principal invasions authorized for her health, maintenance and support if the income was insufficient for those purposes.

Every dollar that Sally received from the trust was one less dollar that would ultimately be distributed to Betty and Carla. Betty and Carla wanted the trust to invest in more growth-oriented holdings, since they were interested in receiving as much as possible when Sally died. Sally, on the other hand, who relied on the income from the trust to pay her monthly bills, naturally desired that the trustee invest in high income producing assets.

The trustee, whoever is named as such, has a fiduciary duty to balance the needs of

Sally against the needs of Betty and Carla. In other words, the trustee shouldn't invest all of the trust in either growth or income producing assets, but rather a healthy percentage of each, unless the language of the trust itself directs otherwise.

Many such trusts don't instruct the trustee at all as to which of the beneficiary's needs takes priority. Consequently, the trustee must assume that Alan, here, would have wanted the needs balanced. Imagine if either Sally, Betty or Carla are also serving as trustee. In this case, they have a conflict of interest that could present some problems, although it is common to have family members serve in this role. So long as the family gets along, then problems normally don't arise. But when Alan died, the glue that held the familial relationship may have died with him, thus straining the family with the economic relationship.

There are alternatives. One alternative is the Family Trust, that can sprinkle its benefits between Sally, Betty and Carla during Sally's lifetime rather than the daughters having to wait until the step-mother's death to enjoy the fruit of the trust. This presents additional problems, particularly if the trust language doesn't speak to the relative priority of the beneficiaries.

Another, less common alternative is to invest in an insurance policy. Imagine if Alan had instructed his attorney to draft the language of his trust to first address Sally's needs as opposed to Betty's and Carla's. Understanding that Sally might consume the entire trust, or at a minimum, live a long life which would delay the daughters' inheritance, Alan might look into purchasing an insurance policy. He could name Betty and Carla as the outright beneficiary to the policy, thereby ensuring that they receive at least some inheritance immediately after his passing.

Insurance could therefore be used to mitigate the economic tension that might otherwise exist between the surviving spouse and Alan's daughters.

That's just one alternative. In any event, if you have a situation similar to Alan's, you should carefully review the trust language to ensure that your intent is clearly stated, and direction is provided to your trustee.

©2018 Craig R. Hersch. Learn more at www.sbshlaw.com.

Title Company Reopens Office On Sanibel

Realty Title Services of Sanibel and Captiva, Ltd. has reopened on Sanibel after previously operating on the island for nearly 20 years.

The company is being managed by Tyler Sterns, a Maryland licensed attorney and Florida licensed title agent who recently relocated to Fort Myers from the Washington, DC area. Sterns worked for a real estate law firm and title company in McLean, Virginia as a real estate and commercial lending attorney. Locally, he represented lenders and investors in real estate transactions and facilitated residential settlements for high-end properties.



Tyler Sterns photo provided

Shell Islands Garden Club presents

"FESTIVAL OF WREATHS"
and White House Decorator, Carol Kolar
Tuesday, December 11, 2018

**Sanibel Community House**
2173 Periwinkle Way, Sanibel
11:30 am

Everyone is invited!
\$5 Donation suggested.



Shell Islands Garden Club invites you to join us in celebrating the holiday season with a "Festival of Wreaths."

This silent auction features an array of wreaths and other decorations beautifully hand-crafted by our creative Club members. From traditionally-decorated forms to unconventional materials, there will be something for everyone.



At the same time, SIGC is sponsoring a presentation by **Carol Kolar** who decorated the White House for Christmas in 2015. Carol will share her expertise and ideas for holiday décor and design.

Place your silent auction bids before the program begins at 12:00 pm. Bidding will close at 1:15 pm.



For more information, go to www.sanibelgardenclub.org



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Book Signings
With Local Author

Whether you are visiting the Fort Myers area for the first time or have been living there your whole life, the book *100 Things to Do in Fort Myers & Sanibel Before You Die* offers a unique look at some of the best activities in the area. Local author Nancy Hamilton put together this guide to showcase some of the unique areas to explore with family and friends.



Nancy Hamilton

Hamilton grew up exploring the shorelines of Michigan before she traded one sandy shore for another and moved to the Fort Myers area. A Michigan State University journalism graduate, she was lured to Florida by a job at the *Naples Daily News*. Hamilton worked for many years at the Lee County Visitor & Convention Bureau and The Chamber of Southwest Florida. Currently, she works in the field of public relations and continues to find new discoveries in her own backyard. Hamilton will be signing copies of her book on the following dates:
Friday and Saturday, November 30 and December 1, 5:30 p.m., Holiday

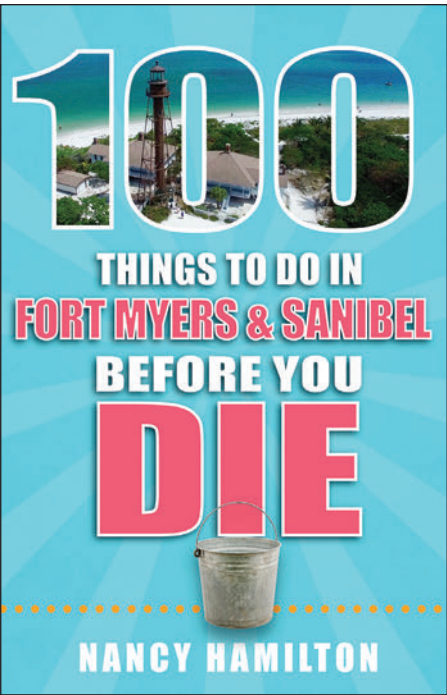


image provided

House at Tarpon Lodge on Pine Island;
Wednesday, December 5, 11 a.m.,
Broadway Palm Dinner Theatre in Fort Myers;
Thursday, December 6, 10:30 a.m.,
Fort Myers Beach Public Library;
Thursday, December 13, 9:30 a.m.,
Book Nook on Fort Myers Beach
Wednesday, February 13, 10:30
a.m., Fort Myers Beach Public Library;
Tuesday, February 26, 2 p.m.,
Sanibel Public Library on Sanibel.*

Acting Director
Of Recreation
Appointed

Effective December 2, Patricia “Trish” Phillips will serve as City of Sanibel acting director of recreation. A 10-year employee of the department, Phillips earned her bachelor of science degree in public recreation from the University of Florida.
After serving three years as the recreation program coordinator at the Sanibel Recreation Center, Phillips was again promoted in 2013, and for the past five years served as the seniors program manager at the city’s Center 4 Life. From 2005 to 2011, Phillips was also employed as the intramural volleyball coach at The Sanibel School. She has competed FEMA Certificates 100, 200, 700 and 800. She is also certified by the American Red Cross for Professional Rescuers CPR/AED with First Aid.
For the past 24 years, Phillips has served as the co-chair of the Sanibel and Captiva Islands Independence Day Parade. Additional community service includes serving eight years as the Sanibel-Captiva Little League coach for girls softball from 2002 through 2010.



Trish Phillips photo provided

Phillips and her four children attended The Sanibel School.
Director Andrea Miller has resigned, effective December 2, to accept a position in the private sector.
The public is invited to attend a farewell reception in honor of Miller from 9 to 11 a.m. on Friday, November 30 at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.*

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Tennis Event Supports SCCF

The charity tennis event, Raise A Racket for Clean Water, drew nearly 50 players and many spectators on November 10 at Beachview Tennis Club. Lily & Co. Jewelers partnered with Hall of Fame Tennis Coach Nick Bollettieri and his IMG Academy team to present this engaging tennis event in support of clean water efforts through the Sanibel-Captiva Conservation Foundation (SCCF). “It was a beautiful day of tennis with players of all skill levels receiving valuable instruction from Coach Nick,” said Dan Schuyler, who co-owns Lily & Co. with Karen Bell. “We appreciate all the players and spectators for their support and give a special thanks to SCCF’s Eric Milbrandt for taking his time to talk with everyone about the water quality issues facing our community.”

Trophies, donated by Lily & Co., were presented to all finalists of the doubles round robin play. Sanibel Catering Company by Bailey’s provided a court-side breakfast and lunch. Attendees also had the chance to win one of several raffle prizes from Lily & Co., Sanibel Catering Company, Beachview Tennis Club, IMG Academy and others.

The day was made possible by the following sponsors: Skip Leonard – Lee Health, Sanibel Catering Company by Bailey’s, Dr. Marius Espeleta – Podiatric Medicine, Rich Vernsey – Wrigley’s Tennis, Duane Chaney – Arch Capital Advisory Group, Bob Walsh – RS Walsh Landscaping, and Island Sun.✱



Hall of Fame Coach Nick Bollettieri, left, presents Jim Monahan with a trophy donated by Lily & Co. Jewelers photos provided



From left, Lily & Co. Jewelers co-owner Dan Schuyler, left, Coach Nick Bollettieri, Doves Chief Designer Doron and Lily & Co. co-owner Karen Bell



From left, players Mary O'Neill, Brenda Cassidy, Fran Blackley and Amy Whitehead



IMG Academy's Hassan Chaouqi assisted Coach Nick Bollettieri

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Nearly 50 tennis players attended the Raise A Racket for Clean Water charity event with Hall of Fame Coach Nick Bollettieri and his IMG Academy team, in partnership with Lily & Co. Jewelers at Beachview Tennis Club



From left, Steve Schula, Karen Bell, Dan Schuyler, Nick Bollettieri, SCCF Marine Laboratory Director Eric Milbrandt, Bailie Johnson, Richard Johnson and Hassan Chaouqi



Nick Bollettieri gives tips to player and Doves Chief Designer Doron

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From left, Jill McArthur, Fred Nordstrom, Andrea Flynn, Brayden Williams, Mary Bondurant, Keith Williams, Tiffany Williams and Bertha Cohen
photos courtesy Mary Bondurant



“Chief” Fred Nordstrom and Edgar Burton making peace



From left, Lynn Hoops, Shane Lawrence and Laurie Verme

A Sanibel Community Thanksgiving

by Jeff Lysiak

On the evening of November 18, more than 100 island residents and visitors gathered at The Community House to celebrate the Thanksgiving holiday with a non-denominational service of fellowship, music, praise and prayer.

An annual tradition started in 1991 by Sanibel residents Marj Nordstrom and Carolyn Wood, the free holiday event – coordinated by Mary Bondurant – featured performances by the BIG ARTS Community Chorus, under the direction of Ellen Whitten, and The Sanibel School Seahorse Chorale. Monetary and non-perishable food donations were collected on behalf of FISH of SanCap.

“This year’s Thanksgiving celebration proved to be a great success of a community coming together to be thankful for so much,” said Bondurant. “The city manager’s prayer, given by



BIG ARTS Community Chorus, under the direction of Ellen Whitten, performing *Somewhere In My Memory*

Brayden Williams, warmed everyone with thankful thoughts. Nicole McHale shared the overwhelming facts of what FISH does for this community, and we thank everyone for their generous support tonight.”

According to Bondurant, Rev. Dr.

John H. Danner led the clergy with a personal story about his mother and the impact of sending thank you notes. The senior pastor of Sanibel Community Church also thanked Daryl Donovan for his many years of service to the community as he begins his “retirement

journey” in January.

At the conclusion of the program, attendees had refreshments including apple cider provided by Bailey’s General Store, cookies provided by Jerry’s Foods and ice cream provided by Pinocchio’s Original Italian Ice Cream.✱

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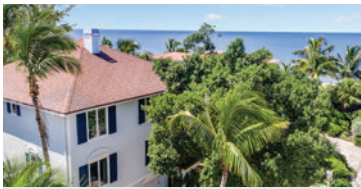
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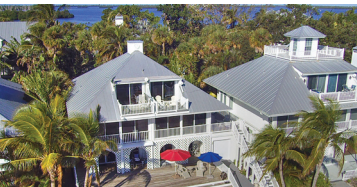
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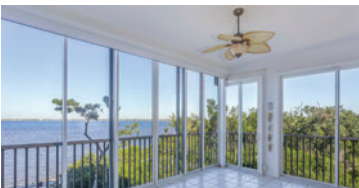
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FRIDAY
Sunny
High: 75 Low: 69



SATURDAY
Sunny
High: 76 Low: 70



SUNDAY
Sunny
High: 79 Low: 73



MONDAY
Mostly Cloudy
High: 78 Low: 72



TUESDAY
Cloudy
High: 77 Low: 71



WEDNESDAY
Partly Cloudy
High: 72 Low: 66



THURSDAY
Mostly Sunny
High: 68 Low: 62

Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:14 am	12:20 am	8:45 pm	1:23 pm
Sat	8:07 am	2:04 am	9:15 pm	2:15 pm
Sun	9:42 am	3:19 am	9:44 pm	3:00 pm
Mon	10:58 am	4:17 am	10:12 pm	3:39 pm
Tue	12:03 pm	5:05 am	10:38 pm	4:12 pm
Wed	12:59 pm	5:48 am	11:05 pm	4:41 pm
Thu	1:49 pm	6:27 am	11:32 pm	5:07 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:19 am	12:22 am	7:50 pm	1:25 pm
Sat	7:12 am	2:06 am	8:20 pm	2:17 pm
Sun	8:47 am	3:21 am	8:49 pm	3:02 pm
Mon	10:03 am	4:19 am	9:17 pm	3:41 pm
Tue	11:08 am	5:07 am	9:43 pm	4:14 pm
Wed	12:04 pm	5:50 am	10:10 pm	4:43 pm
Thu	12:54 pm	6:29 am	10:37 pm	5:09 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:31 am	12:40 am	7:47 pm	1:25 pm
Sat	7:56 am	2:05 am	8:35 pm	2:22 pm
Sun	9:16 am	3:08 am	9:23 pm	3:13 pm
Mon	10:39 am	4:06 am	10:10 pm	4:03 pm
Tue	11:35 am	4:58 am	10:50 pm	4:52 pm
Wed	12:14 pm	5:44 am	11:24 pm	5:36 pm
Thu	12:49 pm	6:26 am	11:53 pm	6:16 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:24 am	3:36 am	10:55 pm	4:39 pm
Sat	10:17 am	5:20 am	11:25 pm	5:31 pm
Sun	11:52 am	6:35 am	11:54 pm	6:16 pm
Mon	1:08 pm	7:33 am	None	6:55 pm
Tue	12:22 am	8:21 am	2:13 pm	7:28 pm
Wed	12:48 am	9:04 am	3:09 pm	7:57 pm
Thu	1:15 am	9:43 am	3:59 pm	8:23 pm

Island Seniors At Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.

Island Seniors, Inc. Annual Meeting – Friday, December 7 at 11:30 a.m. at the Sanibel Recreation Center. All Island Seniors members are invited and encouraged to attend. You will learn about the center's many activities throughout the year, its financial standing and representatives will provide an update regarding the Center 4 Life building. Lunch will be provided. Register in advance.

Sanibel Public Library Tour – Wednesday, December 5 at 10:30 a.m. Visit Sanibel's "Reimagined" library. Bring your iPhone, iPad or other devices and staff will assist with download of apps for library catalog, eShelf services (eBooks, streaming videos, online magazines, and more). They will also issue cards to those who need them. Registration is required.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, December 12 is *The Widow* by Fiona Barton. There will be a book discussion at 2:30 p.m.

"The Widow is a nonlinear psychological thriller that takes place in various neighborhoods of London spanning the years 2006-2010. The novel begins with first-person, present-tense narration from Jean Taylor as she describes answering the door to a

reporter from the *Daily Post* named Kate Waters. It is June 9, 2010, and Kate has come to speak with Jean about the recent death of her husband Glen, and Glen's involvement in a kidnapping that took place on October 2, 2006." – *Book Rags*

Line Dancing Classes – Tuesday, December 4, 11 and 18 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

Walking Guided Tour of ECHO and Lunch at Farmers Market Restaurant – Monday, December 10. Cost is \$15 for members and \$25 for non-members. ECHO's Global Farm tour is a fascinating guided walk of a 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 farm which feature crops, techniques and animals from around the world. Carpooling available.

The Magic of the Keys – Tuesday through Thursday, January 22 to 24. Cost is \$574 for members (per person, double occupancy); \$844 single. Non-members are \$599 (per person, double occupancy); \$869 single. Includes round trip transportation, two nights at the Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

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 12:30 p.m.; the game begins at 1 p.m.

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – December 4 and 11 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, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 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. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor.

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

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

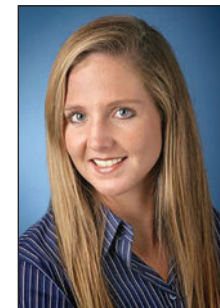
For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✱

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Kerri Maw



Jennifer McSorley

The top producers at Pfeifer Realty Group for the month of October were: Kerri Maw, top listing agent; and Jennifer McSorley, top sales agent.✱



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Special Delivery For Sanibel Police Department

Parker Stewart, 3½ years old, has been asking to take donuts to the Sanibel Police station ever since officers visited his school recently. He said, “They help and protect people, and like donuts.” Parker’s parents, Josh and Audrey Stewart of Adventures in Paradise, made his wish come true and took him for a visit last week.

“The officers were so appreciative and great with him,” said Audrey Stewart. “They even gave him an honorary police patch that totally made his day.

“Fostering a healthy relationship between police officers and the young community is so important,” she added.✱



Parker Stewart with an armload of donuts
photos provided



Sanibel police officers showed their appreciation by giving Parker an honorary police patch

Optimist Club Gift Certificate Raffle Tickets Available

The Sanibel-Captiva Optimist Club’s annual Island Temptations raffle is now under way with donations of \$10 per ticket, or two for \$20. Two raffle winners will receive a variety of gift certificates donated by the islands’ restaurants, and most are good for a year. Ticket donations help the Optimists’ many charities such as college scholarships, recreation center programs and support through other island charities.

To date, the following restaurants have provided certificates:

American Legion, Bailey’s, Blue Giraffe, Cheeburger Cheeburger, Cip’s

Place, The Clam Shack, George & Wendy’s Seafood Grille, The Great White Grill, Joey’s Custard, Lighthouse Café, Over Easy Café, Paper Fig Kitchen, The Pecking Order, Sandbar Restaurant, Sanibel Café, Sanibel Deli & Coffee Factory, Sanibel Fish House, Sweet Melissa’s, Tidewater Bistro, The Timbers, Totally Baked and Traders.

Island Temptations raffle tickets are available at Sanibel Cafe in Tahitian Gardens Shopping Center. Look for upcoming sales soon outside of Bailey’s General Store and The Timbers/Sanibel Grill. Tickets are also available from Optimist Club members on the islands.

The raffle drawing will be held at the Sanibel Grill at 5 p.m. on Tuesday, December 18.

Winners do not need to be present. For more information, call Randy Carson at 699-8739 or Richard McCurry at 292-4631.✱

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Top High School Basketball Tournament Returns For 46th Year



by Ed Frank

Fast approaching is the City of Palms Classic, the premier high school basketball tournament in the nation featuring many of the top players and teams in the United States. The 2018 classic marks the 46th year for the tournament that is now recognized as the No. 1 event of its type in all of the United States. It will be held December 17 to 22 in the Suncoast Credit Union Arena on the campus of Southwestern State College. It all started in 1973, like so many tournaments today, as a simple holiday basketball tournament. Over the years, however, it expanded to include the nation's finest athletes and teams and has set the standard by which all tournaments are compared.

Here is just a glimpse of the amazing history of the tournament: More than 530 players have advanced to NCAA Division I colleges; 140 players moved onto play professionally in the National Basketball Association; Hundreds of coaches and scouts at every level come here for recruiting, such as Roy Williams, Mike Krzyzewski and John Calipari. As we get closer to the start of the tournament, we will highlight some of the talent that will play here. ESPN rankings have six of the top 25 seniors and four juniors as top recruits that will play here. University School out of Fort Lauderdale pulled off an upset victory over top-ranked Memphis East to win the 2017 championship. The east coast Florida team will return this year to defend their crown.

The following 26 teams from throughout the United States will compete this year in the Classic: Charlotte High School, Punta Gorda, Florida; Gary College Academy, West Columbia, South Carolina; IMG Academy, Bradenton, Florida; Imhotep Charter School, Philadelphia, Pennsylvania; Immaculate Conception High School, Montclair, New Jersey; McEachern High School, Powder Springs, Georgia; Miami Christian School, Miami,

Sanctuary Charity Classic Slated For January 26

The Sanctuary's Charity Classic will be held on Saturday, January 26 at The Sanctuary Golf Club. Formerly known as The Sanctuary Community Golf Challenge, the event has raised over \$1.5 million in the past 16 years, with funds donated to the Charitable Foundation of the Islands (CFI). John McCabe, chairman of The Sanctuary Charity Classic said, "The Sanctuary has been the majority contributor to CFI since the beginning of the foundation from the generous support of The Sanctuary members. Other Sanibel and Captiva residents and businesses sponsor and play in this event. The Sanctuary members maintain a strong, cooperative spirit of neighbors helping neighbors." There are numerous sponsorship opportunities ranging from the \$7,500 Diamond Partnership, which includes

additional rounds of golf, lunch and dinner at The Sanctuary Golf Club to a \$250 Hole Sponsorship. All proceeds go directly to the Charitable Foundation of the Islands, which in turn distributes the funds to assist island nonprofit organizations and individual island residents and workers who have experienced hardships such as medical and financial emergencies. "The Sanctuary Golf Club's members overwhelmingly embraced this event, allowing the course to be closed to just this event. They are exceptionally generous and committed to this fundraiser. The fact that this is the 17th year demonstrates the dedication from the members to make The Sanctuary Charity Classic successful," said Ken Kouril, chief operating officer of The Sanctuary Golf Club. The Sanctuary Charity Golf Classic begins at 10:30 a.m. with a brunch followed by a 12:30 p.m. shotgun start. Afterwards, golfers meet at the clubhouse for drinks and hors d'oeuvres, an awards presentation and the popular Helicopter Drop. For more information, contact Jim DiMarino, director of golf, at 472-6223 or jdimarino@sanctuarygolf.com.

Florida; Mountain Brook High School, Mountain Brook, Alabama; Oak Hill Academy, Mouth of Wilson, Virginia; Olive Branch High School, Olive Branch, Mississippi; Osceola High School, Kissimmee, Florida; Paul VI High School, Fairfax, Virginia; Riverview High School, Sarasota, Florida; University School, Fort Lauderdale, Florida; Vashon High School, St. Louis, Missouri; Woodrow Wilson High School, Washington, DC; Brunswick High School, Brunswick, Georgia; Glens Falls High School, Glens Falls, New York; La Crosse Central High School, La Crosse, Wisconsin; Petal High School, Petal, Mississippi; Lakeland High School, Lakeland, Florida; Lehigh Senior High School, Lehigh Acres, Florida; Miami Palmetto High School, Pinecrest, Florida; The Villages Charter School, The Villages, Florida; West Oak Academy, Orlando, Florida; and Booker High School, Sarasota, Florida. **Florida Everblades Begin Six-Game Homestand This Week** The Florida Everblades began the week with a 9-5-3 season record and a third-place standing in the South Division of the ECHL, five points behind Jacksonville. The local hockey team began a six-game home stand Wednesday of this week against South Carolina in the now-named Hertz Arena. The Everblades will host South Carolina again tonight, Friday, and tomorrow night. Next Wednesday, Jacksonville provides the competition with Greenville here for a weekend series.✧

Red Sox Spring Training Tickets

Tickets for the 2019 Red Sox Spring Training exhibition season go on sale at JetBlue Park and online at www.redsox.com this Saturday, December 1 at 10 a.m. The team will play a total of 17 home games, including 16 Grapefruit League games and a game against the Northeastern University Huskies. Season ticket prices will be held at 2018 levels. Prices for individual game tickets will increase between \$3 and \$5 for most seating categories, with tickets for the lawn area remaining at \$5. Fans needing ADA accessible seating or those who may not have a computer may call 877-REDSOX9. Hearing impaired

fans may call 617-226-6644. The Red Sox will permit fans to begin lining up for tickets at JetBlue Park on Friday, November 30, starting at 6 p.m. Vehicle and tent camping is prohibited. The Red Sox' equipment truck will depart from Fenway Park on Monday, February 4. Pitchers and catchers are scheduled to hold their first workouts on February 13 and position players on February 18. Workouts are free and open to the public. There will be an Open House at JetBlue Park on Saturday, February 16, from 11 a.m. to 3 p.m. The free event, open to the public, welcomes fans to walk around the park and the grounds, while enjoying concessions and entertainment on Fenway South Drive – a street festival inspired by Jersey Street in Boston.✧

SPORTS QUIZ

1. Who holds the major-league record for most consecutive games reaching base safely at least twice per game?
2. Which of the following major-league players known for their longevity pitched in the fewest major-league seasons: Tommy John, Jim Kaat, Jesse Orosco or Nolan Ryan?
3. Name the last player before Cleveland's Terrelle Pryor in 2016 to have three rushes, three receptions and three passes attempted in the same NFL game.
4. Name the last NCAA men's college basketball team to reach three consecutive NCAA championship games.
5. Who was the last NHL player before Washington's Evgeny Kuznetsov in 2018 to have a four-assist game in the Stanley Cup Final?
6. When was the last time before 2018 that the U.S. women's hockey team won Olympic gold?
7. In 2018, Brooks Koepka became the fifth golfer to win the U.S. Open and PGA Championship in the same year. Name two of the four others to do it.

ANSWERS

1. Boston's Ted Williams, with 21 games. 2. Orosco pitched in 24 seasons, trailing Ryan (27), John (26) and Kaat (25). 3. San Francisco's Billy Kiner, in 1964. 4. Kentucky (1996-98). 5. Colorado's Joe Sakic, in 1996. 6. It was 1998. 7. Ben Hogan (1948), Jack Nicklaus (1980), Gene Sarazen (1922) and Tiger Woods (2000).

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Explorers Offering New Custom Hobie Tours

If you are looking for a new way to explore the back bay waters of the JN "Ding" Darling National Wildlife Refuge, Tarpon Bay Explorers is now offering custom Hobie trips to explore the wilderness of Tarpon Bay's mangrove estuary. Tarpon Bay Explorers added three Hobie kayaks to its fleet earlier this year.

"They are awesome boats," said Capt. Brie Coffman, who has been with Tarpon Bay Explorers since its inception in 2002 and will be leading the Hobie trips. "Personally, I love fishing from Hobies the most, but it will be a great way to get people on the water in a different way."

For those who may have never heard of Hobie kayaks, these kayaks are not the traditional, "all-arm-powered" vessel. Hobies have a pedal drive system that allows the operator to use their legs instead of their arms, which means you

can go further and faster without as much fatigue. The set up looks similar to a recumbent bike, but the pedals power a kayak instead of a bike. The kayaks still come with a paddle, so if you find yourself in extremely shallow water, you can still navigate your way to your destination.

The Hobie Tours will combine an introduction of Hobie operation with wildlife education.

"To stay in line with our mission and the refuge's mission, the tours will have a heavy educational component," said Wendy Schnapp, general manager and part-owner. "We want to provide visitors with a myriad of ways to explore the refuge while still providing excellent stewardship of one of Sanibel's gems."

Visitors can also include a fishing option for an additional fee. The starting rate is \$50 per person for a two-hour tour. Adding a fishing option would include all amenities (excluding Florida Saltwater Fishing licenses) needed to fish for an additional \$25 per person.

For more information and reservations, call 472-8900.*

New Officers Appointed To Hope Healthcare Board



Charles Idelson



West McCann



Jerry Nichols



Sandy Stilwell Youngquist

Led by President and CEO Samira K. Beckwith, the Hope Healthcare Board of Directors has named officers for the upcoming term, including Chair Charles Idelson; Vice Chair West McCann; Secretary Sandy Stilwell Youngquist; and Treasurer Jerry Nichols.

Idelson is principal founder of Investors' Security Trust Company; McCann is president of The Naples Trust Company; Stilwell Youngquist is owner and CEO of Stilwell Enterprises and Restaurant Group; and Nichols is a specialist for employee benefits planning with Brown & Brown Benefits as well as a Northwestern Mutual financial representative.

Hope Healthcare board members include past chair Bo Turbeville, vice president of Accent Business Products;

Lori Shaffer, senior vice president at Chico's FAS; Noreen DiPlacido, a Florida licensed health care risk manager; Joe Gammons, principal at Office Furniture & Design Concepts; Tom Giles, founder, president and CEO of Avalon Engineering; Rev. Dr. Tim Halverson, pastor and head of staff at Faith Presbyterian Church in Cape Coral; Larry Hart, tax collector for the state of Florida; and Trudi K. Williams, CEO of TKW Consulting.

Board members serve three-year terms and contribute their expertise, time, talent and resources to advancing Hope's mission of providing exceptional care and support to every individual and their loved ones as they fulfill life's journey.

For more information, call 482-4673 or visit www.hopehcs.org.*

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Sweet Cravings



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

During the holiday season, the availability and temptation to eat sweets is higher than ever. Sugar stimulates the brain's dopamine or pleasure-sensing pathway, which causes us to desire more and more. So, if you try to moderate your sugar intake during the holidays, it may help New Year's health resolutions easier to achieve. The American Heart Association recommends no more than 6 teaspoons (25 grams) for women and 9 teaspoons (36 grams) for men. Keep in mind that just one 12-ounce can of regular soda has 10 teaspoons of sugar, and provides no nutritional benefit. Our bodies simply do not need added sugars. We get enough in foods like fruit and grains that have natural sugars which digest more slowly, allowing cells

to get a steady source of energy. What can we do to help with these cravings? The first step is to consistently consume meals that you make from scratch. Most processed/packaged meals and snacks add sugar, including many foods we think of as "savory," like crackers. This keeps your brain wanting more sugar. Instead, by cooking with different herbs and spices, a variety of tastes can be experienced. In fact, once people begin to experience tastes other than sweetness, they can retrain their brains to enjoy a variety of tastes: salty, sour, bitter, savory, spicy and sweet. Try marinating chicken in garlic, lemon juice, olive oil and herbs de Provence. Vegetables can be simply roasted in olive oil and kosher salt, or try adding curry powder or fajita seasoning. There are a thousand delicious and satisfying flavor combinations! If you want a little something sweet, keep some dark chocolate on hand and have a small piece after a healthy dinner. But do not stock foods like ice cream, cake, and other sweets at home during the holidays to avoid unnecessary temptation.

*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.**

Women's Guild Meeting Report

St. Isabel Women's Guild, consisting of 65 members, held its second monthly meeting on November 15 in the parish hall. Retired Capt. Nori Ann Reed of the U.S. Navy spoke on women in the military and told her firsthand experience of the events of 9/11. Reed's presentation and the discussion that followed gave her audience a unique perspective of the day that changed our country and world. In an effort to spread holiday cheer to those who might be in need, annual programs were begun to benefit both children and the elderly. The Christmas Angel Tree project will once again provide toys for migrant children, as well as various items for area seniors. Tags will be hung on a tree for the parishioners to take and purchase Christmas gifts to be distributed to the Lee County Catholic Charities. As in previous years, guild members also packaged assorted toiletries to be donated to ladies in local nursing homes.



Nori Ann Reed photo provided

The St. Isabel Women's Guild has several meetings scheduled for the upcoming season. If you are interested in becoming a member of this charitable social group, call Dottie McGovern at 481-5950.*

Superior Interiors Give The Gift Of Decor



by Linda Coin
With the holiday season among us, many are faced with the dilemma of finding gifts for loved ones. Be it a spouse, friend or host of a holiday party, here are some versatile

ideas to guide you through the gifting process. Mirrors are a great option for any recipient, as they require no color matching and are always appropriate. Small sizes can be placed virtually anywhere in a home and act as a practical present. Artwork, like mirrors, are useable in most areas of a home. They can bring an area to a whole new level and elevate the existing decorations.

Small art pieces can be placed in open bookshelves as layers of interest or on easels as desk top accents. Flora seems to be a go-to host gift, and for good reason. Bringing plants into a room livens it up and is appropriate at any time of the year. If caring for plant life is not your recipient's forte, high quality artificial ones can bring in the same effect with a lower level of commitment. Orchids, cactus and other succulent varieties also offer easy care. Vases, candleholders and trays are staples in the decorating world. Vases come in all shapes and sizes; variation is always appreciated when it comes to dealing with varying styles of floral arrangements. Deliver your vase pre-equipped with fresh flowers for an extra touch. Veer from the expected by utilizing a planter or a cache pot in clay, or ceramic. Candleholders are another way to add elegance and interest to a room in a subtle way. A silver design lends itself to the metallics of winter and spring, whereas bronze or gold designs fit in with the summer and fall months. Trays can be useful items for serving,

continued on page 23B

Disempower Energy Vampires Who Surround You

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& ARTIST *Katie Gardenia*

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KATIE GARDENIA

Upon arrival each guest may choose their own energy healing doll created, hand-stitched and lovingly embellished by Katie Gardenia as a remembrance of this seminar. To hold and embrace when needed as a reminder of the protective energy you can manifest for yourself.

Objectives
Introduction to Empathy: Understanding the Empath's Sensitive Soul and Gifts. Trauma Betrayal and Its Effects on the Brain; Healing from PTSD. Protecting Yourself from Narcissists; Understanding the Spectrum of Impaired Consciousness. Recognizing and Coping With Energy Vampires In Our Society. Learning to Establish and Set Rock Solid Boundaries; The Journey to Wholeness. Releasing Toxic Relationships in Your Life. The Art of Developing Resilience. Finding Self-Love and Reclaiming your True Power; Building Future Relationships Through Opening of the Heart.

Content

In this experiential one day workshop, attendees will gain an understanding of the physiology and psychology of an empath and cluster B character disorders. With wisdom, compassion, humor and grace, they will learn to reclaim their self-love and acceptance that was drained from them and learn the art of developing resilience.

FOR ADDITIONAL INFORMATION
Contact Brooke Brownyard at sanibelbrooke@aol.com or 239.281.4179

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Why Your Thyroid Still Bothers You



by Suzy Cohen, RPH

Dear Readers: If there's one thing I'm sensitive to, it's an incorrect diagnosis. You probably are too. I bet many of you reading this today have spent lots of money over the years, trying to address all the incorrect diagnoses that well-meaning physicians arbitrarily assigned to you.

Today's article is about thyroid because it gets misdiagnosed probably 1,000 times a day or more. Perhaps you've been told you have depression, bipolar, heart disease, anxiety, Irritable Bowel Syndrome, fibromyalgia, chronic UTIs or Raynaud's phenomenon. What if I told you all these problems could stem from undiagnosed hypothyroidism. And your labs will show up as normal.

Take "Beth" for example. She told her physician about her sudden irrational fears, and mild anxiety about things that never used to bother her before. It was weird for her to suddenly feel this mentally unsettled and, at times, shaky.

Her physician in Connecticut talked to her for 10 minutes then ordered Alprazolam to be taken throughout the day. This medication is in the category of "benzodiazepines," and it is a popular anti-anxiety and sleep medication. The problem I have with this is two-fold:

1. Why would any doctor prescribe an addictive drug as the first line agent? These drugs have the capacity to change your brain in scary ways over time by down-regulating GABA receptors. Why bring the big guns out right away when something more benign could be tried first?
2. Why didn't he test her for Hashimoto's or hypothyroidism, when anxiety is often one of the first symptoms? Other symptoms include constipation, dry skin, hair loss, brain fog and feeling constantly cold. Sudden unexplained anxiety, bipolar or odd mood swings could be a tell-tale sign of Hashimoto's thyroiditis, which is exactly what Beth had. It was uncovered two

years later. Missing the diagnosis of hypothyroidism, Graves' disease or Hashimoto's could mean that you continue to feel awful. Not getting the right treatment will cause the crumbling of your job, relationships, financial security (conventional medical labs and treatments are not cheap) and, while hard to measure, your personal self-esteem. Doctors shouldn't shoot in the dark. I am worried you're getting heavily medicated with mind-bending drugs, like Beth is, instead of getting simple thyroid hormone to replace what's missing. Did you know that thyroid hormone declines naturally with age, just like our estrogen and testosterone? Your lab results cannot be trusted.

There are many reasons that your thyroid might be bothering you, and your doctor won't catch it. The number one reason is that thyroid hormone may be locked outside the cell. It has to get inside your cell to help you. Also, conversion rates to activated T3 go down with stress, pregnancy and grief. Would you like to know all of the reasons? If so, I'll share a free copy of my ebook: *Thyroid - 5 Reasons You Don't Get Well*. I also wrote a food guide for people with Hashimoto's called *Hashi No No's*. Just email me at scriptessentials@suzycohen.com and specify which ebook(s) you would like.

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.✽

From page 22B Gift Of Decor

showcasing accessories, or used as an extra table top area. Another gift with appeal is the timeless gift of a decorative box. It acts as a practical decoration, bringing interest to a table top and allowing for miscellaneous items such as office necessities or electronic remotes to be stored out of sight. When in doubt, a gift certificate for design services from an interior design professional could solve your gift-giving dilemma, as well as the decorating challenges of the recipient.

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



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Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you give some suggestions on ways to console a survivor who is grieving the loss of a loved one?

A: Some appropriate and compassionate

responses that are helpful are:
I'm so sorry for your loss. This shows a compassionate response.

You and your family are in my thoughts and prayers. Grievers feel less alone when they know that others are thinking of them.

My heart goes out to you at this difficult time. It is helpful to know others are in tune empathically.

One thing I will always remember about _____(the name of the deceased) is the time we _____. This brings comfort to the griever as they like to hear about memories and enjoy hearing stories.

I'm at a loss for words, but please accept my sympathy. It's OK to admit that you really don't know what to say in this situation. Honesty is good.

Upcoming event: Katie Gardenia will join me in leading a workshop, titled Disempower Energy Vampires Who Surround You and Reclaim Yourself Through the Art of Resilience, on Saturday, January 19 from 9 a.m. to 4 p.m., at Tween Waters Island Resort and Spa on Captiva. Cost is \$195 before January 10, which includes lunch and beverages. The admission fee can be mailed to: Constance Clancy, P.O. Box 82, Snowmass, CO 81654. RSVP to: drconstanceclancy@gmail.com.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.✽

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org. Sanibel Community Church is located at 1740 Periwinkle Way.✽

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City of Sanibel	472-4135
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Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
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Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
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
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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 Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club. . .	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org .
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Ashton And Lizzy

Hello, my name is Ashton. I am a 4-year-old male hound mix who is a tall, handsome fellow that loves to watch the birds fly by – quite literally. I love being outside with the team of volunteers watching the birds, squirrels, geckos – whatever moves, including tennis balls. I will also be quite content sitting next to you for a good old-fashioned back scratch. My one blue eye and one brown make me a one-of-a-kind guy that you can show off to your friends.



Ashton ID# A756921

My adoption fee is \$40. Hi, I'm Lizzy. I am a 2-year-old female domestic shorthair who is a curious little girl that loves checking out my surroundings. I will dart from one thing to the next lickety-split. Dust certainly does not have time to build up on this gal! I am energetic and full of life. I love to play with my feline friends and would like to have one at my new home to keep me company.

My adoption fee is free through November 30.

Say farewell to summer and "Fall in Love" with your new best friend. Lee County Domestic Animal Services is offering potential adopters the chance to adopt a dog 5 months or older for just \$40, and cats for free throughout the month of November. Although fees are reduced, the adoption package still includes spay or neuter surgery, age-appropriate vaccinations, flea treatment, feline AIDS and leukemia test for cats, heartworm test for dogs six months and older, Lee County license for pets three months or older, microchip ID and a 10-day health guarantee. The adoption package is valued at more than \$500.



Lizzy ID# A755965

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✪

Haven on Earth Animal League

Trixie And Dylan

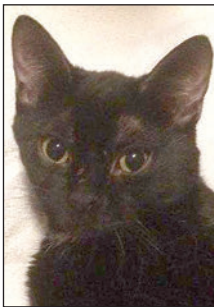
Hello, my name is Trixie. I'm a beautiful 2-year-old female calico with a very sweet personality. I am very mellow and loving and would like a home to call my own. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$55.

Hi, I'm Dylan. Aren't I just adorable? I'm only 8 months old, so I'm quite the playful kitten. I like other cats and hope I can find a home with another young kitty to play with. I'm neutered and up to date on all vaccines. My adoption fee is \$100.

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



Trixie



Dylan

PAWS Of Sanibel

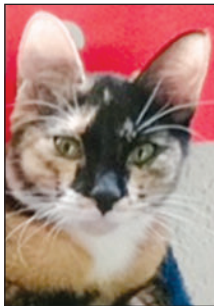
Brava And Lucy

Two very unusual and beautiful sisters are up for adoption. One is tortoiseshell cat with white or calico features, while the other is a dilute tortoiseshell.

These photos do not do them justice, as they are much more adorable in person. Adopt one, or keep them together and adopt both. They are four and five months old. They come with complete vet check-up, all shots, tests, wormed, treated with flea preventative and spayed. Call Pam at PAWS at 472-4823 to adopt one or both.✪



Brava



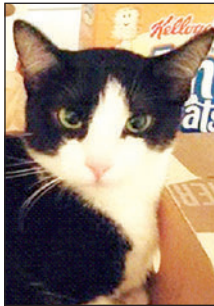
Lucy

Sonny And Cher

This is Sonny and Cher. Some of you may remember them. Three years ago, four kitties, the momma and three kittens were trapped between the Sunset Beach Resort and Lantana condominium on West Gulf Drive. All were adopted (Lana, Tanner, Sonny and Cher) to lovely people. However, Sonny and Cher's mom has reached a time in her life when she feels she must move in with family over on Pine Island. Unfortunately, in addition to her granddaughter being allergic, her son operates a business out of his home that is directly on Pine Island Road and the doors are always opening and closing, so it's not safe for kitties. These are very special kitties, and need to be together forever. Call Pam at 472-4823 if you can give these sweethearts a new home.✪



Sonny



Cher

PUZZLES

Answers on page 29B

Super Crossword

MANY MEANINGS

- ACROSS
- 1 Build up
- 6 Features of gymnasts' horses
- 13 With a single flat, musically
- 16 Tam or fez
- 19 Start a web session
- 20 "Seriously!"
- 21 Measure in Ohm's law
- 23 See
- 25 Metallic marble
- 26 German GM subsidiary
- 27 Ernie of the PGA Tour
- 29 Put forth, as effort
- 30 See
- 38 Lake vessel
- 39 "I Go —" (Peter Allen song)
- 40 Hindu masters
- 41 Spies, e.g.
- 43 Kind of violet
- 45 — kwon do
- 46 With 87-Down, collectively
- 49 TV's Arnaz
- 50 See 112-Across
- 55 Singer King of "Tapestry"
- 57 Barmaid on "Cheers"
- 58 Name of five Norse kings
- 59 Profs.' helpers
- 62 "Man" or "12" lead-in
- 63 Gulf War missiles
- 65 Mold, as clay
- 66 See 112-Across
- 72 "The Wild Swans at —" (poem by Yeats)
- 73 Lawyer on "Ally McBeal"
- 74 H.S. math class
- 75 Blaster's stuff
- 76 Like much music of the '90s
- 77 "You — both!"
- 79 Many a Muslim
- 82 See 112-Across
- 86 Debussy's "Clair de —"
- 90 Bundy and Unser
- 91 "Mazel —!"
- 92 "— is human ..."
- 93 Like a perfect place
- 95 School skipper
- 98 Like back-in-fashion
- 100 Buddy
- 101 See 112-Across
- 106 Microsoft ad campaign
- 107 Ear-relevant prefix
- 108 Paula once on CNN
- 109 Sleep-inducing drug
- 112 Not sharp, as a picture on a screen (and what 23-, 30-, 50-, 66-, 82- and 101-Across are, literally)
- 120 Comic actress Wiig
- 121 Alcohol in liquor
- 122 Comaneci of gymnastics
- 123 DOS part: Abbr.
- 124 "Assuredly!"
- 125 Wet outside
- 126 Clearing in the woods
- DOWN
- 1 Alien of TV
- 2 Stooge of TV
- 3 Get ripier
- 4 Very wise
- 5 Brief excerpt
- 6 Little oinker
- 7 "Holy cowl," in a text
- 8 Singer Tillis
- 9 — Zedong
- 10 Brian of electronica
- 11 Treated with calcium compounds
- 12 Fashion trends
- 13 ICU sights
- 14 "— fair!"
- 15 More woolly
- 16 Novelist Carr
- 17 "It's —" (delivery cry)
- 18 Calvin of golf
- 22 Dallas locale
- 24 "— Blu Dipinto di Blu"
- 28 Dallas-to-Austin dir.
- 30 Gerbil holder
- 31 Singles
- 32 "Fiddler on the Roof" star
- 33 Obliterate
- 34 Quick note
- 35 Ned who manages the Royals
- 36 Plate for the Eucharist
- 37 Picture
- 38 Blackguard
- 42 Scuffle
- 44 "Hey, bro"
- 46 Phrase after "café"
- 47 Fasten with a click
- 48 Onset
- 51 Nessie's waters
- 52 Lunar effect
- 53 Door fixture
- 54 Big-top cries
- 56 Church area
- 59 Port near Seattle
- 60 Musically keyless
- 61 Artists' wear
- 63 Tight-lipped
- 64 Quarter of M
- 65 USMC rank
- 67 Merrie — England
- 68 Inner: Prefix
- 69 Do, —, fa ...
- 70 Sprinkle, say
- 71 Skip over
- 77 Love, to Gigi
- 78 Kim of "Pal Joey"
- 79 Kinda maybe
- 80 Rush
- 81 Rudimentary
- 83 Horrible thing
- 84 Like slasher films
- 85 Look like
- 87 See 46-Across
- 88 Nearly here
- 89 Prefix with law or chic
- 94 Debonair
- 95 Sorts
- 96 Cpl., for one
- 97 Epithets
- 99 How slimy stuff seeps
- 101 Tiny wounds
- 102 University in Atlanta
- 103 Seasonally dry ravines
- 104 Molar, e.g.
- 105 Tore
- 110 Born, to Gigi
- 111 Lt.'s inferior
- 113 "— is it?"
- 114 Crow relative
- 115 Phenyl ender
- 116 FWIW part
- 117 Ore- — (food brand)
- 118 Meteor tail?
- 119 Scots' "no"

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15		16	17	18
19						20								21			22			
23						24								25						
				26							27		28			29				
	30	31					32	33	34	35				36	37					
38							39					40								
41						42		43				44		45				46	47	48
49						50	51						52	53				54		
				55	56						57						58			
59	60	61		62						63	64					65				
66				67				68	69						70	71				
72								73							74				75	
76						77	78						79	80				81		
82						83						84	85					86	87	88
90						91					92						93	94		
						95					96	97		98			99		100	
101	102	103									104						105			
106								107								108				
109						110	111			112		113	114	115	116				117	118
120										121								122		
123						124				125								126		

King Crossword

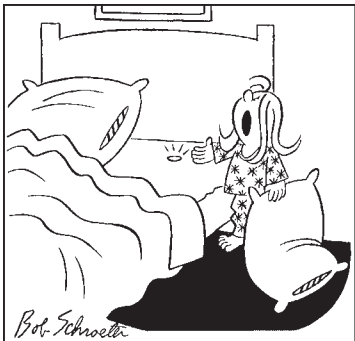
- ACROSS
- 1 Troubadour's instrument
- 5 Brit. fliers
- 8 Legal document
- 12 Tiny bit
- 13 Right angle
- 14 Present
- 15 Poetic foot
- 16 By way of
- 17 App symbol
- 18 Stingy, slangily
- 20 Majorettes' props
- 22 One of the kin (Abbr.)
- 23 Yon maiden
- 24 Wait in hiding
- 27 Porches
- 32 Eisenhower
- 33 Before
- 34 Wapiti
- 35 Barack Obama, e.g.
- 38 Quarry
- 39 Altar affirmative
- 40 Blond shade
- 42 Baseball division
- 45 Weather-map line
- 49 Extinct bird
- 50 Web address
- 52 Author Morrison
- 53 Stead
- 54 "A pox upon thee!"
- 55 Not ignorant of
- 56 Blunders
- 57 Supporting
- 58 Method (Abbr.)
- 59 "A pox upon thee!"
- 60 Musically keyless
- 61 Artists' wear
- 63 Tight-lipped
- 64 Quarter of M
- 65 USMC rank
- 67 Merrie — England
- 68 Inner: Prefix
- 69 Do, —, fa ...
- 70 Sprinkle, say
- 71 Skip over
- 77 Love, to Gigi
- 78 Kim of "Pal Joey"
- 79 Kinda maybe
- 80 Rush
- 81 Rudimentary
- 83 Horrible thing
- 84 Like slasher films
- 85 Look like
- 87 See 46-Across
- 88 Nearly here
- 89 Prefix with law or chic
- 94 Debonair
- 95 Sorts
- 96 Cpl., for one
- 97 Epithets
- 99 How slimy stuff seeps
- 101 Tiny wounds
- 102 University in Atlanta
- 103 Seasonally dry ravines
- 104 Molar, e.g.
- 105 Tore
- 110 Born, to Gigi
- 111 Lt.'s inferior
- 113 "— is it?"
- 114 Crow relative
- 115 Phenyl ender
- 116 FWIW part
- 117 Ore- — (food brand)
- 118 Meteor tail?
- 119 Scots' "no"
- 30 Hearty quaff
- 31 Firmament
- 36 Hateful
- 37 Inmate
- 38 Snapshots
- 41 Baseball position (Abbr.)
- 42 Not working
- 43 Bleak, in Hollywood
- 44 Verbal abuse
- 46 Skeletal
- 47 Picnic invaders
- 48 Laugh-a-minute
- 51 Carnival city
- 7 Greatest
- 8 Cellulite, e.g.
- 9 Bleach
- 10 Flute's cousin
- 11 Press
- 12 Sawbucks
- 13 Gym class (Abbr.)
- 14 "Eureka!"
- 15 Cover
- 16 Luau music-maker
- 17 String around your finger
- 18 Geological period
- 19 Merchant

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

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

- Bluecoat Bobby Constable Deputy
- Flatfoot Garda Gumshoe Lawman
- Marshal Officer Patrolman Policeman
- RCMP Sheriff Trooper



"Only a nickel, Mom! You'd think by now the tooth fairy would have heard about _____!"
answer on page 31B

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Edge
ARMING

Obsess
TEAFIX

Ignite
LINKED

Gentle
COLIDE

TODAY'S WORD

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

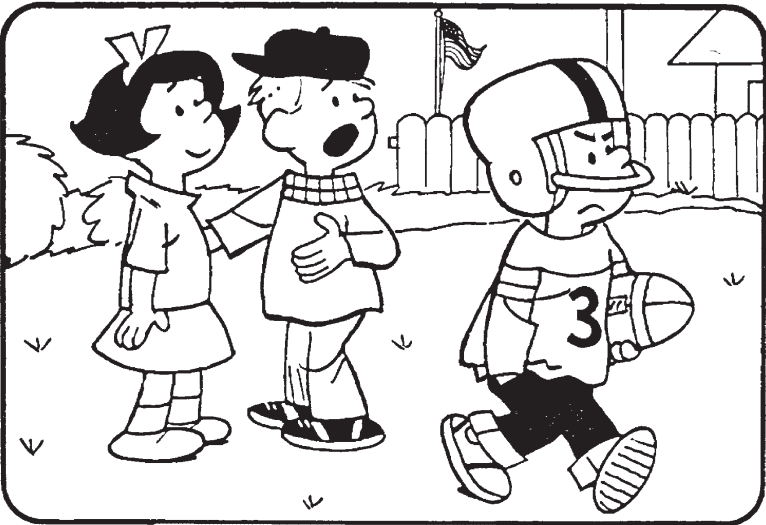
SUDOKU

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

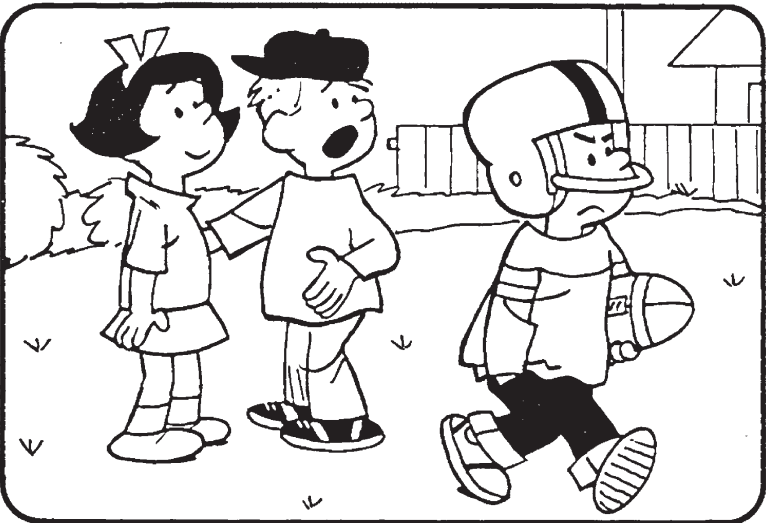
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Skirt is smaller. 2. Shirt neckline is different. 3. Arm is moved. 4. Flag is missing. 5. Fence is missing. 6. Number is missing.

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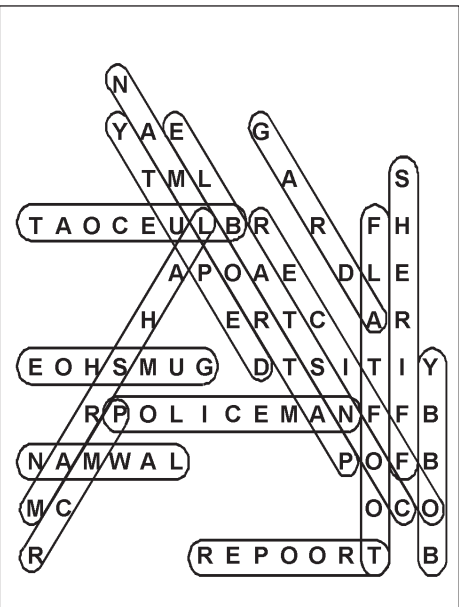
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

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COMMERCIAL RENTAL

COMMERCIAL UNIT FOR RENT

East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.
 7/13 ★ TFN

OFFICE SPACE IN DESIRABLE TREE TOPS CENTER

1101 Periwinkle Way. Conveniently located very close to causeway! Approx. 700 sq. ft. w/reception area and 1/2 bath. Call Mike at 970-476-9204 or email pazzos@vail.net
 11/30 ★ TFN

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.
 8/5 ★ TFN

VACATION RENTAL

ADORABLE BEACH COTTAGE

East End - Dec/Jan Newly Open. 2/1 porch/w/d. 5 minute walk to beach. Tastefully furnished. Local owner. www.seagrapecottageatsanibel.com 727-644-6493
 11/23 ★ 11/30

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 1/26 ★ TFN

SEASONAL RENTAL

SANIBEL - SEASONAL RENTAL AVAILABLE FEBRUARY, MARCH & APRIL, 2019

Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor close access to the beach and causeway on the East End of Sanibel. Perfect location - \$8,000 per month. Call or text Rose at 239-851-5188.
 11/23 ★ TFN

CUTE AND COZY HOUSE SFM NEAR SANIBEL

Jan-April 2019. This cute and cozy house, located in South Fort Myers near Sanibel Island on the bike path walking to Outlet Stores. Is convenient to all beaches. It is nicely decorated with an open living floor plan, 1 bedroom, 1 full bath. Fully equipped kitchen. Heated pool and laundry are located on property. Has a screened in Lanai, 55+ quiet area with lots of activities. \$2,200 a month Call 239-590-9952
 11/30 ★ 12/14

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL
 Waterfront - 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home.
472-6747
 Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
 11/30 ★ TFN

SANIBEL - DUNES ANNUAL RENTAL

3 bedrooms, 3 baths
 Pool and tennis courts
 Close to beach. \$2,800 per month
 Call or text Rose at 239-851-5188.
 11/23 ★ TFN

ROOMMATE WANTED

SANIBEL
 Share beautiful lake front house, private BR & Bath, split plan, furn. Walk to beach.
 \$850/mo.
 239-246-3394
 10/26 ★ TFN

SANIBEL ISLAND ANNUAL RENTALS

2/1 on Main Street \$1,800
 2/2 on Sandpebble \$2,000
 Dogs okay.
 Call or text Bridgit @ 239.728.1920
 11/9 ★ TFN

ANNUAL RENTAL ON SANIBEL

2 bdrm / 1 bath, East End. 1/2 of Duplex, piling home. Walk to beach. Washer & Dryer in unit, Private sundeck. Includes yard service & pest control. No Smoking / No pets. \$1,750. Call Bob 410-913-2234.
 10/19 ★ TFN

SERVICES OFFERED

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com
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Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788
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COMPANION/CAREGIVER

Retired RN looking for caregiver/companion employment. Flexible schedule. Resume and references available upon request. Please contact me at 239-994-1791.
 11/30 ★ 12/7

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 10/12 ★ TFN

HELP WANTED

OCCASIONAL CLEANING HELP NEEDED

Small Inn seeking help with cleaning services. No experience required. Average 4 to 6 days per month. Variable days of the week. Hours vary between 10 a.m. to 4 p.m. Start at \$15. per hour. Sanibel resident preferred. Contact Darwin at 239-472-9088.
 11/23 ★ TFN

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way
 5/6 ★ TFN

HELP WANTED

NEW AVEDA BEAUTY SALON

Now hiring all positions Sanibel Outlets Apply in person or Call 239-590-9952
 11/30 ★ 12/21

PT RETAIL SALES

Enthusiastic part time retail sales associates, experience required. Tolls paid. Amy Jo's Boutique and Amy's Something Special. E-mail resume to: sanibelamy@gmail.com.
 11/30 ★ 12/14

STORE MANAGER/SALES ASSOCIATE/STOCK HELP

Beach Daisy Boutique Now Hiring Store Manager/Sales Associate/Stock Help Smiling Faces Needed! Stock Help Will Train - Steam/Stock/Ticket - Can Accommodate Schedule 4 Yr Exp For Management In Retail Sales Sales Associates-3rd Key Needed 239-472-2224
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Pt, 20-24 hrs/wk. Eve. & Sat. hrs. required. Qualifications: commitment to excellent public service, knowledge of personal computers, PC & Mac, ability to troubleshoot hardware and software, high school diploma, computer equipment and software experience; some college preferred. \$10-15/hr. dependent on exp. Tolls pd. JD avail at sanlib.org/employment. Send resume to secretary@sanlib.org
 11/9 ★ 11/30

PART TIME DATA/CONFIRMATION PROCESSOR

Part Time Data/confirmation processor for Sanibel Vacation Rental company. Good working knowledge of Excel spreadsheets; MS Word. Strong command of spoken and written English. 30+ Hours per week Mon-Fri. Compensation based on experience. Please fax resume to 239 437-7543 or email to DLS@Schuldenfrei.com.
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2014 JEEP WRANGLER SAHARA

2 Dr, 4WD, 22,000 miles, excellent condition, low mileage, one owner, gently used, fully loaded with extras. \$26,000. Gary at 239-312-4181.
 11/30 ★ 12/7

My Stars ★★★★★

FOR WEEK OF DECEMBER 3, 2018

Aries (March 21 to April 19) Keep your feelings to yourself as you work through an awkward circumstance. Complaining is useless, and also unwise since your words could come back to haunt you.

Taurus (April 20 to May 20) A sudden flash of Bovine practicality shows you how you might be able to turn your artistic pursuits into a profitable venture. A spouse or partner offers some sage advice.

Gemini (May 21 to June 20) Be prepared with several “Plan Bs” that you might have to use as backups just in case you encounter some troublesome complications with your carefully constructed schedule.

Cancer (June 21 to July 22) You might think you’ll never have a free moment again with the demands of the workplace piling on. Cheer up. The pressure eases as holiday time nears. An old friend brings good news.

Leo (July 23 to August 22) Your Leonine pride might make it difficult to offer an apology to a co-worker you unintentionally offended. But a quick and sincere “I’m sorry” could prevent problems down the line.

Virgo (August 23 to September 22) This is a good time to tackle those backed-up chores that have kept you from moving into other and potentially more worthwhile projects. A personal matter needs your attention.

Libra (September 23 to October 22) You usually have no problem rushing to the defense of someone you perceive as being treated unjustly. But perceptions could be deceiving this week. Check the facts before you act.

Scorpio (October 23 to November 21) Before you point fingers at who might be to blame for the unexpected change in your plans, take a few moments to reflect on how this turn of events might be a blessing in disguise.

Sagittarius (November 22 to December 21) You seek out advice in the first part of the week. But be careful not to let counsel from others overshadow your own sense of perception. Things become clearer by the week’s end.

Capricorn (December 22 to January 19) The trusted colleagues you relied on earlier continue to offer support with your project. But you take more control, and by the week’s end, you should be in full command.

Aquarius (January 20 to February 18) Rely on your practical side while exploring investment possibilities. Caution is still your watchword in these matters. Your social life

takes a gratifying turn by the week’s end.
Pisces (February 19 to March 20) An already confusing situation appears to grow murkier during the first part of the week. But it all starts to clear by the week’s end. Plan to spend the weekend with someone special.

Born This Week: You have a passion for life that inspires others to follow your example. You could be a motivational speaker.

STRANGE BUT TRUE

- It was way back in the 19th century that American author and philosopher Henry David Thoreau made the following sage observation: “Men have become the tools of their tools.”
- If you were asked to name the U.S. state that is geographically closest to the continent of Africa, you might be tempted to say Florida. You’d be wrong, though; the closest state is actually Maine.
- In 1938, *Time* magazine featured Adolph Hitler on the cover as its Man of the

Year.
• If you’re like most parents, at some point you’ve been shocked by how quickly your kids outgrow things – especially shoes. What may be an annoyance in a developed country is a major problem in undeveloped areas of the world; Kenton Lee is working on changing that. As a volunteer in an orphanage in Kenya, he noticed that many children had the toes cut out of their shoes just so they could fit in their growing feet. After returning home, Lee developed an adjustable sandal that can grow with a child, increasing up to five sizes using a system of snaps. Although the shoe is only available to nonprofits that send them to organizations in need, domestic demand is increasing. If you’re a parent sick of buying seemingly endless pairs of new shoes, you’ll be glad to hear that Lee and his team are working on a commercial version.
• It was beloved British author (and, of course, creator of Sherlock Holmes), Sir Arthur Conan Doyle who introduced

the sport of skiing to Switzerland, thereby transforming that snowy country into a premier tourist destination.

THOUGHT FOR THE DAY

“The reason that adulation is not displeasing is that, though untrue, it shows one to be of consequence enough, in one way or other, to induce people to lie.” – Lord Byron

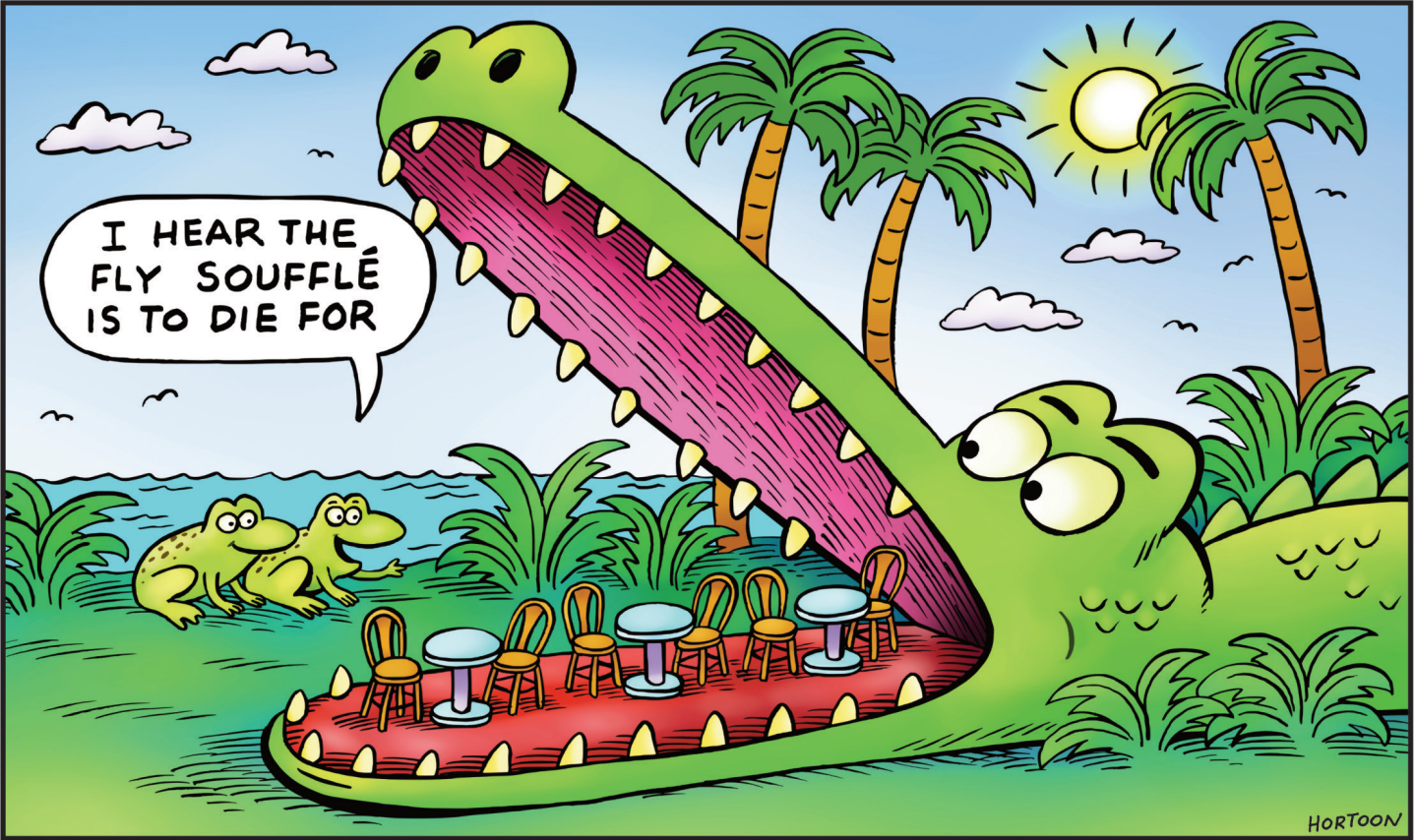
SCRAMBLERS

1. Margin; 2. Fixate;
3. Kindle; 4. Docile

Today’s Word

INFLATION

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cases	Fort Myers Beach	2018	5,825	\$4,795,000	\$4,750,000	0
Banyan Cove	Estero	2003	3,670	\$899,000	\$885,000	7
Renaissance	Fort Myers	2018	2,909	\$803,075	\$785,000	158
Hidden Harbor	Fort Myers	2018	2,585	\$614,475	\$590,000	93
Corkscrew Shores	Estero	2017	2,488	\$589,000	\$582,500	197
Cape Coral	Cape Coral	2006	3,263	\$499,900	\$485,000	70
Bay Cedar	Bonita Springs	1995	1,505	\$494,500	\$424,500	35
The Place At Corkscrew	Estero	2018	2,361	\$476,998	\$437,000	17
Cape Coral	Cape Coral	1966	1,410	\$475,000	\$435,000	2
Palmetto Grove	Fort Myers	2014	2,450	\$459,999	\$440,000	225

Live Your Dreams On Sanibel & Captiva!

CANAL-FRONT HOME WITH BEACH ACCESS!



Beautiful canal front home with boat dock and beach access on Sanibel's east end! Walk to the beach or take your boat out to the Gulf of Mexico to fish and explore. Relax and enjoy this happy home with 3 bedrooms, 2 baths on an over sized lot with wood floors, volume ceilings, updated kitchen and baths, lots of storage, workshop, studio and so much more. This lovely beach home is a dream come true with wonderful canal views!

Asking price is \$969,000

BEST CONDO INVESTMENT ON SANIBEL!



Perfect opportunity to have a gorgeous 1 bedroom, 1 bath Gulf-Front condo in the popular Casa Ybel Resort. Incredible rental income is approximately \$50,000 NET per year! Cottage Colony West 132 has an awesome top floor, corner location with gorgeous views of the Gulf of Mexico. So many amenities including 2 large pools, fun pool bar serving food and drink, great entertainment, boat and bike rentals, tennis centers, kids programs plus top rated Thistle Lodge Restaurant. Great way to relax and enjoy life.

Asking price is \$634,900 Furnished

GULF-FRONT CONDO ON SANIBEL



Cottage Colony West 108 is a Gulf-front 1 bedroom, 1 bath condo with a popular top floor, corner location. An investment you can count on! Fantastic rental income with NET proceeds of approx. \$50,000 per year! The premier Casa Ybel Resort on-site rental office takes care of everything. Plus incredible amenities include huge pool, separate kids pool, fun pool bar with entertainment, tennis center, boat and bike rentals, exciting kids programs and Thistle Lodge Restaurant. Enjoy walking on the beach and soaking up the sun!

Asking price is \$624,900 Furnished

BEACH DUPLEX ON SANIBEL



So close to the Gulf you can hear the waves! Great Rental income and located on a beautiful stretch of beach on Sanibel with private beach access seconds away.

Owner financing available
Asking price is \$599,000

RARE GULF-FRONT SANIBEL MOORINGS WITH 3 BR



Top floor location and beautifully redone 3 bedroom, 2 bath Gulf-front condo with weekly rentals, plus 2 private porches with fantastic views of the Gulf of Mexico. Sanibel Moorings offers fantastic tropical gardens, 2 pools, tennis courts, boat docks and a friendly, on-site rental office for all your rental needs.

Asking price is \$1,295,000
Furnished



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