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VOL. 27, NO. 27

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 3, 2020

JANUARY SUNRISE/SUNSET: 3 7:17 • 5:48 4 7:17 • 5:49 5 7:17 • 5:49 6 7:17 • 5:50 7 7:18 • 5:51 8 7:18 • 5:52 9 7:18 • 5:52



Leigh Gay with some of the museum's specimen shell collection

photo provided

## CROW Speaker Series To Begin

The Clinic for the Rehabilitation of Wildlife (CROW) weekly speaker series, presented by LCEC, kicks off on Monday, January 6 with Mollusks

of Southwest Florida by Leigh Gay, education coordinator for the Bailey-Matthews National Shell Museum.

Shell museum staff are the leading authority on Sanibel and Captiva shells, and its team offers insights into many of the shells that have played vital roles in

continued on page 3

## Treasures Galore At Garden Club Auction

The Shell Islands Garden Club is gearing up for its biannual Going, Going, Gone auction to benefit local nonprofits. Gift baskets, home and garden decor, jewelry, collectibles and gift certificates from local businesses are just some of the items that will be auctioned off on Tuesday, January 14 at The Community House, located at 2173 Periwinkle Way on Sanibel.

Money raised from the auction will go to nonprofit organizations including Sanibel-Captiva Conservation Foundation (SCCF), Clinic for the Rehabilitation of Wildlife (CROW), ECHO Global Farm, and Sanibel Historical Museum and Village.

The Community House doors will open at noon and the live auction will begin at 12:15 p.m.

A silent auction will also run simultaneously and feature an array of one-of-a-kind items.

"This is such a fun event. Our garden club members look forward to spirited bidding and very reasonable prices," said auction co-chair Maggie Butcher. "And, we



Auction co-chairs Maggie Butcher and Jeannine Brinkerhoff photo provided

hope our island visitors will join us for a great afternoon. You never know what you will find."

The Shell Islands Garden Club was founded in 1992 to promote the art of floral arranging, to encourage all phases of home gardening, to promote better horticultural practices and to help conserve natural resources. The club meets at the Community House on the second Tuesday of the month, October through May.✪



Bailey's Windmill by Suzette Heeres

images provided

## Art Exhibit At The Community House

Local artists Suzette Heeres and Carol Rosenberg are exhibiting artwork for the month of January at The Community House, located at 2173



Community Series 1 by Carol Rosenberg

Periwinkle Way on Sanibel. The public is invited to view their display Monday through Friday from 9 a.m. to 3 p.m.

Heeres is a snowbird from Michigan who loves painting Sanibel's beaches, habitats and wildlife all winter long. She is a regular participant in weekly plein air painting sessions at various locations on the island with other artists from the



Community Series 2 by Carol Rosenberg

Sanibel-Captiva Art League. "Not only do I learn something from each of them, but we have developed such wonderful relationships," said Heeres.

In particular, Heeres enjoys impasto oil painting – applying thick layers of oil paint on the canvas to create texture and interest. "I love to teach impasto oil painting classes in Michigan and have recently agreed to



Casa Ybel by Suzette Heeres

teach at the Sanibel Community House," she said. "I am excited to share my love for oil painting with those around me... I love seeing the work each artist creates."

It is Heeres' belief that an artist continues to develop his or her style forever.

continued on page 14

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## From The Pen Of 'Ding' Darling

Darling noted the beginning of every new year, often reflecting the highlights of the past year and commenting on prospects for the coming one," wrote the late Christopher "Kip" D. Koss in his book *A Ding Darling Sampler*. Koss was the grandson of the great editorial cartoonist, Jay Norwood "Ding" Darling. His namesake, the JN "Ding" Darling National Wildlife Refuge, last month unveiled a special exhibit to honor Darling's legacy as a Pulitzer Prize winner. The interactive exhibit allows visitors to step into the cartoonist's studio and his life.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge

(DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by honoring its roots in the noble profession of newspaper editorial cartooning.

Through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in the *Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this monthly feature. For more information about the refuge's 75th anniversary celebration, visit [www.ding75.org](http://www.ding75.org).

From page 1

## Speaker Series

history, culture, art and design. Learn about the feeding strategies, reproduction, growth and ecological importance of Southwest Florida's mollusk species and see some live examples of the creatures creating the treasures that wash ashore.

Programs begin at 4:15 p.m. in the CROW Visitor Education Center, located at 3883 Sanibel-Captiva Road, and are approximately one hour in length.

This program will feature a live animal encounter. Admission is \$10 for adults, \$5 for teens (ages 13 to 17) and no charge for children ages 12 and under. Space is limited and advance registration is recommended.

CROW's 2020 Speaker Series presented by LCEC features weekly talks and runs through April 14. For a full schedule of talks, more information or to register in advance, visit [www.CROWclinic.org/articles/2020-speaker-series-presented-by-lcec](http://www.CROWclinic.org/articles/2020-speaker-series-presented-by-lcec).



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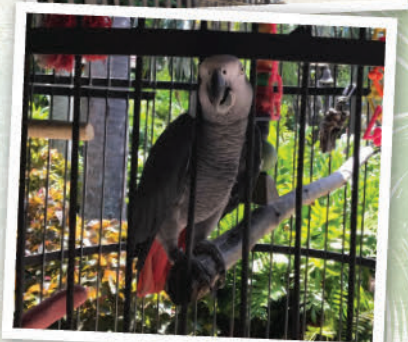
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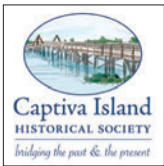
image courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

# Looking Back: 'Ding' Darling Cartoon

This cartoon depicts a cold winter on Captiva at 'Tween Waters Inn by JN "Ding" Darling.

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 website at [www.captivaishistoricalociety.org/archives/](http://www.captivaishistoricalociety.org/archives/) research to view many more images to bring you closer to Captiva.✱

# Churches/Temples

## ANNUNCIATION GREEK ORTHODOX CHURCH

Rev. 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](http://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 Barry Fulmer. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

## HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva, 472-1646.

## FIRST CHURCH OF CHRIST, SCIENTIST

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## SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and

Children's Church in Main Sanctuary; 11 a.m. Traditional in Main Sanctuary. Childcare available at all services. [www.sanibelchurch.com](http://www.sanibelchurch.com), 1740 Periwinkle Way, 472-2684

## SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m. Full service at 9 and 11 a.m. with Sunday school and nursery care provided, [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

## ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, 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. Alan Kelmereit, Priest-in-Charge Saturday Eucharist 5 p.m., Sunday Eucharist 8 and 10:30 a.m., Sunday School 10:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Prayer and Potluck 1st Wednesdays 6 p.m., Taizé Service 3rd Wednesdays 6 p.m. [www.saintmichaels-sanibel.org](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.✱



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# Make Cocktails With Cocoplums And Sea Grapes

Ring in the new year with a new way of creating cocktails at SCCF's Evening at the Homestead, featuring an international expert on foraging and herbal mixology.

On Wednesday, January 15 from 6:30 to 8 p.m., Ellen Zachos will give a presentation and lead a hands-on workshop at the Bailey Homestead Preserve on how to create cocktail flavors using various native fruits and flavors, including syrups made from sea grapes and cocoplums. She will also lead a Make Your Own Bitters workshop that day from 1 to 3 p.m.

A former Broadway actor, Zachos offers a fun approach to sharing her passion for foraged mixers.

"I started out foraging in the garden, because I knew the plants there were safe from potentially dangerous insecticides and herbicides," said Zachos, on the website [www.backyardforager.com](http://www.backyardforager.com). "Soon I ventured out into the wilds of Central Park, the woods of Pennsylvania, the deserts of New Mexico, the islands of Scotland, and the gorges of Greece."

As a speaker, forager, cook and gardener, Zachos immerses herself in whatever environment she finds herself in. As a special guest of SCCF (Sanibel Captiva Conservation Foundation),



Ellen Zachos

photo provided

she's excited to share new tastes and possibilities using native edibles.

"After leaving the cast of *Les Miz* on Broadway, I went back to school at the New York Botanical Garden (NYBG) and earned certificates in both ornamental horticulture and ethnobotany. For many years I taught at the NYBG on a wide range of subjects," she said.

"As I learned more about plants, I noticed that many traditional

ornamental plants had edible and medicinal histories. Gradually, my emphasis shifted from plants that were merely ornamental to plants that fed both body and soul, the eyes and the stomach."

Author of *The Wildcrafted Cocktail*, Zachos will present on to how to combine foraged, local, seasonal flavors with your favorite mixers. She'll show you how to incorporate ingredients found in your Southwest Florida backyard to make handcrafted, locally-sourced mixers and mocktails using native fruits and flavors.

Zachos is a Harvard graduate and

the author of seven books including *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*. She also produces a podcast, *Plantrama*, and videos for her YouTube channel. Through her work with RemyUSA, she teaches foraging mixology workshops across the U.S., and gives lectures at botanic gardens, flower shows and for garden clubs around the world.

Cost per workshop is \$20. RSVP through Eventbrite/SCCF. For more information, call 472-2329.

The Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel.✱

## Night To Shine Returns To Sanibel Church

Sanibel Community Church will serve as one of more than 600 churches around the world registered to simultaneously host Night to Shine on Friday, February 7. The event, which is sponsored by the Tim Tebow Foundation, is a prom night experience for people with special needs ages 14 and older.

Guest and volunteer registration for the Sanibel Community Church location is open online at <http://sanibelchurch.com/night-to-shine-2020>.

Sanibel Community Church will be a part of a worldwide movement

that embraces people with special needs and stand ups for those who are differently-abled.

Every Night to Shine guest enters the complimentary event on a red carpet, complete with paparazzi. Inside, they receive the royal treatment, such as hair and makeup stations, shoe shining areas, limousine rides, corsages and boutonnieres, a catered dinner, karaoke, prom favors and dance floor – all leading up to the crowning of a king or queen of the prom and a streamed video message from Tim Tebow.

For more information about activities, timelines and sponsorship opportunities, visit the Facebook page at Sanibel Church Night to Shine 2020.

For more about the Night to Shine, visit [www.timtebowfoundation.org/index.php/night-to-shine](http://www.timtebowfoundation.org/index.php/night-to-shine).✱

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From left, Dave DeFonzo, Jessica Gonnely, Makenzie Dutcher and Trish Phillips at the Sanibel Recreation Center's Hall of Sponsors photos by Jeff Lysiak

## A Decade Of Financial Aid For Island Youth

by Jeff Lysiak

Back in 2009, island resident Barry Alan Roth found himself searching for a way to help the then 2-year-old Sanibel Recreation Center provide financial assistance to families wanting to have their children attend the center's variety of camps, classes, activities and programs.

"I had a meeting with (city manager) Judie Zimomra when I pitched her the idea of selling sponsor space in the hallway of the rec center," Roth recalled last week. "I went before the city council for their approval, and soon we had created the Sanibel Recreation Center's Hall of Sponsors."

The signs, available in two sizes – 18 x 24 for \$195 or 24 x 32 for \$255 – soon became a staple of the building, greeting frequent guests and one-time visitors who use the rec center's vast assortment of fitness facilities, workout equipment, pools, basketball courts and meeting rooms.



Hall of Sponsors signage

Thus was the beginning of the City of Sanibel's Financial Assistance Program fundraiser.

"The next idea I had was to hold a fundraiser, which became the annual New Year's Eve Celebration at the rec center," said Roth, who organized the family-friendly countdown to midnight party every December 31 for five years, from 2009 through 2013. "It was wildly successful... we had up to 700 guests and raised as much as a \$55,000 in one night. It was a tremendous amount of work, but looking back, I'm very proud of that event."

A decade ago, the financial assistance program helped fund only four programs at the Sanibel Recreation Center – After School, Summer Day Camp, Holiday Camp (spring and winter) and Fun Days. In the years since, they have added a Basketball League, Volleyball League, Babysitter Training and CIT (Counselor-In-Training) program.

"We were able to raise more than \$400,000 during the first 10 years of the program," added Roth. "It was a collaborative effort supported by City Manager Judie Zimomra, city council, the recreation staff and significant contributions by nonprofit organizations - Kiwanis was a catalyst – merchants, restaurants, grocery stores, individuals, families and volunteers. The community

has been great and continues to be supportive."

The City of Sanibel Financial Assistance Program helps financially eligible island (Sanibel and Captiva) residents' and island workers' children to attend youth programs at the recreation center in a supervised, safe and friendly environment. Individuals may apply for assistance, with applicants awarded financial assistance on a sliding fee scale. The city's financial assistance committee, in a public meeting, makes an objective award determination upon review of the application packet; the name of the applicant and identifying information are removed from the application when determining the amount of assistance. Financial awards range from 60 to 80 percent of program fees.

According to the application, families with an annual household income from \$0 to \$33,500 may receive up to 80 percent; \$33,501 to \$43,500 may receive up to 75 percent; \$43,501 to \$53,500 may receive up to 70 percent; \$53,501 to \$63,500 may receive up to 65 percent; and \$63,501 to \$73,500 may receive up to 60 percent.

For more information about programs offered at the Sanibel Recreation Center, call 472-0345. For more details about the city's financial assistance program, call Barry Alan Roth at 313-9591.✧

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## What's Happening At The House

### MONDAYS

10 am Shell Crafter Lesson  
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### TUESDAYS & THURSDAYS

10 am & 11:15 am Sanibel Yoga

### MON. JANUARY 6

9:30 am Oil Painting with Suzette  
2:30 pm Kids Cooking

### TUES. JANUARY 7

9:30 am Letting Loose with  
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### WED. JANUARY 8

7 am Painting with Sissi

### FRI. JANUARY 10

1 pm Line Dancing with Marie

### SAT. JANUARY 11

9 am - 12 pm Shredding  
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### MON. JANUARY 13

9 am - 12 pm Butchering  
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## Bat Yam Temple Hosting Free Concert

On Sunday, March 1 beginning at 4 p.m., Bat Yam Temple of the Islands will have another musical program that will include liturgical music, light classics, pop songs, Broadway songs and sing-alongs. Back by popular demand, this free concert, entitled Three Cantors and a Pastor, will be held at the Sanibel Congregational United Church of Christ (SCUCC), located at 2050 Periwinkle Way.

The performers will be led by Bat Yam's Cantor Murray Simon, who will once again be joined by Pastor John Danner of SCUCC and Cantor Elizabeth Shammash of Tiferet Bet Israel in Blue Bell, Pennsylvania. Also performing for the first time will be Cantor Rachel Brook of Park Synagogue in New York, New York.

Performances will include solos, duets and ensembles, accompanied by two pianists, Abbey Allison and Toby Simon, as well as other musicians to enhance the program.

Similar to last year, a reception will follow the concert, giving concert-goers an opportunity to mingle and socialize with each other and the performers.

Last year, Three Cantors and a Pastor played to a packed house, so plan to arrive early. There are no tickets or admission fee, but there will be a



Members of Bat Yam Temple of the Islands, from left, Edina Lessack, Cantor Murray Simon, Howard Lorsch, Tanya Hochschild, Irene Skolnick, Judy Adler, Janic Block (on computer screen) and Barry Alan Roth

photo by Jeff Lysiak

love offering accepted. Sponsorship opportunities are being offered that include priority seating at the event and acknowledgment in the program booklet. Sponsorship begins at Bronze (\$50 to \$99), Silver (\$100 to \$249),

Gold (\$250 to \$499) Platinum (\$500 and above) and Premium Platinum Level (\$1,000 and above). Inquiries and sponsorship checks can be mailed to Bat Yam Temple of the Islands, P.O. Box 84, Sanibel, FL 33957.\*

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The refuge recently opened an upgraded hands-on exhibit about "Ding" Darling, which will be a part of the weekly free programming photo provided

## New Exhibit At Refuge Highlights Winter Programs

The JN "Ding" Darling National Wildlife Refuge has released its calendar of daily free tours and programs for winter 2020. The seasonal calendar begins on Monday, January 6 and runs through Sunday, April 19.

Daily programs begin at 8:30 a.m. and include such diverse activities and topics as "Ding" the Man, Beach Walk, Endangered Species and Indigo Trail Walk.

Special this year, in honor of the refuge's 75th anniversary, the "Ding" the Man program takes place every Tuesday at 10 a.m. in the Visitor & Education Center to survey the life of Jay Norwood "Ding" Darling through never-before-seen memorabilia and tales of his groundbreaking achievements in the realms

of editorial cartooning and conservation.

Long before there was a refuge named "Ding," the cartoonist won two Pulitzer Prizes, started the Federal Duck Stamp Program and designed the first stamp, and pushed for the creation of the Sanibel National Wildlife Refuge, which now bears his name.

"We are excited to tell this important story, because so many don't realize our deep-seated origins," said Supervisory

Refuge Ranger Toni Westland, who will present the program. "Our full range of programs promises something for all ages."

For a full look at programs, tours and descriptions, visit [www.dingdarlingsociety.org/articles/free-refuge-programs](http://www.dingdarlingsociety.org/articles/free-refuge-programs). Free educational programs are made possible through support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).✱

## Top Secret Ice Cream Flavor Revealed

Sanibel's Best Homemade Ice Cream revealed its new ice cream flavor – Dolphin Tracks – for the Captains for Clean Water 2020 fundraiser. "It's the color of clear blue water and acknowledges the importance of healthy estuaries to support our marine environment," said Capt. Chris Wittman, co-founder of Captains For Clean Water and inventor of the new flavor. "Every scoop sold in 2020 will raise funds to support water education and outreach. And it tastes great."

"Sales of Dolphin Tracks start on Sanibel on January 3 at Sanibel's Best Homemade Ice Cream," said Laurie Verme, store owner and avid water quality supporter. Verme chairs government affairs for the local American Business Women's Association (ABWA) chapter and serves on the Sanibel-Captiva Chamber of Commerce Government Affairs Committee.

"Come down and join us from noon to 6 p.m. for the festivities, promotions and drawings," said Verme. "Try a scoop and learn more about supporting Captains For Clean Water."

A press conference and ribbon cutting at 5:30 p.m. will feature Chauncey Goss, chairman of the South Florida Water Management District (SFWMD) board of directors and Captains for Clean Water board member, local dignitaries and



Dolphin Tracks ice cream sales will benefit Captains For Clean Water in 2020 photo provided

members of the Sanibel and Captiva Islands Chamber of Commerce.

"We're collaborating with Captains For Clean Water and other local businesses to fight the most important challenge facing us," said Verme. "Watch for activities throughout 2020 with The Sanibel School STEM program, the PTA and other local organizations."

For more information about Captains For Clean Water and its efforts, visit [www.captainsforcleanwater.org](http://www.captainsforcleanwater.org).

Sanibel's Best Homemade Ice Cream is located at 362 Periwinkle Way. For more information, call 472-6566.✱



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Plant Smart

# Bride's Bouquet Fern

by Gerri Reaves

These photos of bride's bouquet fern (*Asparagus setaceus*) explain that common name, as well as another one, lace fern.

Both refer to the climbing vine's intricate network of fine-textured needlelike greenery.

In fact, the evergreen has even more names that contain the word fern – odd, given that it is a member of the lily family and not really a fern.

The name asparagus fern is especially confusing, because several other non-fern species share that moniker.

Perhaps the flat stiff planar branchlets inspire the names, for their shape resembles that of fronds. The feathery sheer foliage looks like a cascading veil of lace dotted with minuscule white flowers.

This native of South Africa is no stranger to Florida. It has been part of the state's cut-flower industry for more than a century.

Used as greenery in floral arrangements and as a popular ornamental house plant, it is a cliché of the Victorian-era parlor or porch.

The semi-woody stems are very slender, can grow to 20 feet or more, and might be thorny. The true leaves are dry scales.



A close up view of the needlelike foliage and tiny flowers

photos by Gerri Reaves

The extremely small bell-shaped flowers measure only about one-tenth of an inch long.

The berries that follow are only a quarter-inch or so in diameter and ripen from green to purple-black.

A fast grower, it has escaped cultivation and become naturalized – in other words, self-propagating.

Because it has invasive potential, it's

best to confine it to pots and vases if you grow it at all. It spreads quickly via creeping rhizomes, and birds eat the fruit and disperse the seeds.

Keep it away from pets, for it is toxic if ingested.



When in bloom, bride's bouquet fern's feathery "fronds" resemble a sheer flower-adorned veil

Sources: *500 Plants of South Florida* by Julia F. Morton, [www.missouribotanicalgarden.org](http://www.missouribotanicalgarden.org), [www.pfaf.org](http://www.pfaf.org), and <http://plants.ifas.ufl.edu>.

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

From page 1

## Community House

Each class, each article read, each visit to a museum will bring about different techniques in color, strokes and perspective. She continues the search for her style and appreciates each stop along the way.

Rosenberg will feature over 50 small portraits of local residents and models in this exhibition. These acrylic paintings, entitled Community Series, were done during open studio sessions on Sanibel, and in Fort Myers and Cape Coral.

"I often work in series because this gives me an opportunity to concentrate on a subject or material and enables me to increase my knowledge and expand my skills," said Rosenberg.

With a bachelor of arts degree in studio art from Baldwin-Wallace College,

Berea, Ohio, Rosenberg has worked as an illustrator for WVIZ/PBS TV and American Greetings in Cleveland, Ohio. Her paintings, life drawings, assemblages and calligraphy have been shown in individual, juried and invitational exhibits.

Rosenberg facilitates non-instructed life drawing at BIG ARTS. She said, "I think it is valuable to paint or draw the figure from life for many reasons. The interaction between the model and the artist requires visual concentration, patience and commitment. Because creating art is often a solitary task, another benefit of the open studio setting is that artists are able to enjoy the fellowship and encouragement of other artists of similar interests who are facing common challenges."

Both Heeres and Rosenberg are members of the Sanibel-Captiva Art League. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or [www.sancapart.com](http://www.sancapart.com).✧

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# Shiners Finally Paid Off



by Capt. Matt Mitchell

As usual, Christmas to New Years was a crazy busy time on the water. With boats running around all over, I rode back in some mangrove creeks this week to get

away from the traffic. Some of these less-traveled places were crystal clear and aquarium-like. Once deep back in the mangrove creeks, we rarely saw another boat.

Watching fish swim under the boat and even seeing them dart out from the trees to take your shrimp was awesome. We experienced some amazing redfish action at times with clients hooking fish after fish. The frustrating part of this creek fishing was the amount of snook we saw that would just not eat. Live chumming laid up snook with shiners, and not having a single fish blow up was driving me crazy. Once in a while, we would catch a snook... although those bites all came on shrimp.

I continued to catch shiners knowing that any day the water temperature would get right and these snook would eat. Three days in a row I did not catch a single fish on a shiner. By the weekend, it finally happened and we got the snook to eat. This still did not happen in the creeks

where we had been watching them all week. Mangrove islands in the open bay with dirty water and moving current seemed to be the places these snook would eat. After a few days, it was a relief to catch snook after putting in the work to catch the shiners with zero payoff.

Docks and downed trees around the passes still held some keeper sheepshead, redfish and even a few black drum. During the weekend, it was hard to get a spot at any of these places due to the boat traffic.

Both live shrimp and chunks of shrimp fished on the bottom caught these fish. Until we get another cold front, the sheepshead in these places have been pretty well picked over.

Black drum are a species I don't really target, but I usually catch them while I'm targeting sheepshead and redfish. Several times this week, the black drum bite was on fire with fish between 14 to 26 inches being common. These smaller black drum up to roughly 20 inches are one of the most underrated eating fish around. Black drum have a slot size of 14 to 24 inches with five fish allowed per harvester. You can keep one fish over 24 inches, though its better to release these bigger fish as they are going to be wormy and undesirable. The black drum season is open year round, though we only generally catch these fish in the winter time.

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



John and Joe Adams got in on a crazy black drum bite during Christmas Eve fishing with Capt. Matt Mitchell photo provided

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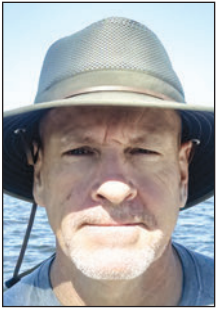
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Dave Doane

## CROW Case Of The Week:

## American Bald Eagle



by Bob Petcher

The American bald eagle is the largest bird of prey found in North America. The national emblem of the United States since 1782 has been a spiritual symbol for native people for a

much longer period.

While the bald eagle is not really bald, the sea eagle does sport a white head. In fact, its scientific name – *Haliaeetus leucocephalus* – means white-headed sea eagle when you break it down.

Rather than do its own fishing, the national bird is known to chase other birds, even other bald eagles, for their food. They are known to harass other hunting birds until they drop their prey in midair, and then swoop up the fish or small mammal.

While they usually live harmoniously in large groups, bald eagles will engage in territorial fights at times. They will use their powerful feet and sharp talons during tussles. When bald eagles do battle, they tend to circle each other in the air, swooping higher to try to gain an advantage over their opponent.

At CROW, an adult bald eagle

was admitted after a suspected fight with another eagle in Fort Myers. Dr. Megan Cabot, CROW veterinary intern, stated “the suspicions are based on the puncture wounds and classic eagle behavior.” The eagle was reportedly found unable to fly with multiple puncture wounds on its chest, left wing, left leg and face.

Upon intake, the patient’s wounds were thoroughly cleaned with sterile saline, and the eagle was provided pain medication. Many of the wounds were later debrided, or cleaned surgically, and sutured shut.

“The patient had deep punctures over the pectoral muscles, large lacerations on the inside of the left wing, a puncture wound in the skin just behind the right eye, and severe trauma and swelling to the inside of the left leg,” said Dr. Cabot. “These were the most critical wounds and, those that could be, were closed surgically once they were clean and healthy.”

Radiographs showed no broken bones or signs of internal injuries. During the first couple days of care, honey bandages were applied to certain wounds.

“Medical grade, sterile honey keeps wounds moist and has natural antimicrobial effects that help to keep wounds clean,” said Dr. Cabot, when asked why honey was applied. “It is an excellent tool for daily wound care.”

Since the patient’s admittance on December 22, veterinarians have performed daily wound care and bandage changes. As of December 26, the wounds had healed enough for the



CROW medical staff performing daily wound care on patient #19-5206

photo by Brian Bohlman

bandages to be left off. The next step to recovery should be flight training in an outdoor enclosure.

“Blood work is being rechecked and, if the patient does not have any indication of infection, it will be moved outside to ensure it still has proper flight ability and potential for release,” said Dr. Cabot.

“The patient is extremely bright and aggressive which is great news and suggests that it is feeling good. If the blood work looks good and it can perform all natural behaviors outside

with rehab, then it will be cleared for release.”

After spending a week in CROW’s care, the bald eagle was moved outdoors to begin its next level of rehabilitation.

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

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Shell Of The Week

# Velie Marginella



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

**P**runum succineum (Conrad 1846), reaches about 14 mm (a

little more than 0.5 inch) and, like its more common relative, the Common Atlantic Marginella, *Prunum apicinum*, has a very glossy shell that is probably translucent in the living snail. It differs from the Common Atlantic Marginella by its slimmer shape and more pointed spire. The image includes the original label from the Brumbach collection, indicating that the shell was collected on the “shore of Pine Island Sound, Captiva Island... In dead clam shells at low tide... on February 26, 1968.” This level of detail associated with the shells collected by William Brumbach makes his collection very valuable from a scientific standpoint. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).



The Velie Marginella, *Prunum succineum*

photo by James F. Kelly

## Audubon ‘Ding’ Darling Bird Walk

The first Sanibel-Captiva Audubon bird walk of the season will be held on Saturday, January 4 at the JN “Ding” Darling National Wildlife

Refuge. Participants will meet in the overflow parking lot (located to the left as you drive in) at 8 a.m. These bird walks are open to the public and all levels of experience. Refuge fees will apply. The Duck Stamp and Federal Senior Pass are also accepted.

For more information, visit [www.san-capaudubon.org](http://www.san-capaudubon.org).

## Shell Found



Joseph Henderson photo provided

Joseph Henderson, 7, from Brighton, Michigan, found a rare junonia shell on Christmas Eve morning. His mother and grandmother took him out shelling at 5:30 in the morning. With flashlights in hand, they scoured the beach near Sanibel Siesta resort. The junonia was among many beautiful shells they found that morning.

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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](mailto:reservations@crowclinic.org). Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. and 2 p.m. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, January 3, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Friday, January 3, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation). One of CROW's animal ambassadors will be present.

**Friday, January 3, 2 to 3:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Friday, January 3, 2 p.m.,** adults:



\$12, ages 4 to 12: \$7, age 3 and under: no charge – Invasive Reptiles of Southwest Florida (daily presentation). One of CROW's animal ambassadors will be present.

**Saturday, January 4, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Saturday, January 4, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Baby Care at CROW (daily presentation).

**Saturday, January 4, 2 p.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation). One of CROW's animal ambassadors will be present.

**Monday, January 6, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity

following the tour with an animal ambassador.

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

**Monday, January 6, 2 to 3:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Monday, January 6, 2 p.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation). One of CROW's animal ambassadors will be present.

**Monday, January 6, 4:15 p.m.,** adults: \$10, teens: \$5, age 3 and under: no charge, advance registration required – Speaker Series presented by LCEC: Mollusks of Southwest Florida (seasonal program). Speaker: Leigh Gay, education coordinator for the Bailey-Matthews National Shell Museum.

The national shell museum is the leading authority on Sanibel and Captiva shells, and its team offers insights into many of the shells that have played vital roles in history, culture, art and design. During this talk, learn about the feeding strategies, reproduction, growth and ecological importance of Southwest Florida's mollusk species.

**Tuesday, January 7, 11 a.m. to 12:30 p.m.,** \$25 per person, advance

registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Tuesday, January 7, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation). One of CROW's animal ambassadors will be present.

**Tuesday, January 7, 2 to 3:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Tuesday, January 7, 2 p.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation). One of CROW's animal ambassadors will be present.

**Wednesday, January 8, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Wednesday, January 8, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Wildlife Rescue 101 (daily presentation). One of CROW's animal ambassadors will be present.

**Wednesday, January 8, 2 to 3:30 p.m.,** \$25 per person, advance registration with payment required –

continued on page 30

# UDDERLY GREAT FOOD!

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**COURSE TWO** - Choice of:  
- Foie Gras Ravioli • Friulano Friuli  
- Crawfish Spring Roll • Sauvignon

**COURSE THREE** - Choice of:  
- Five Spiced Butter Poached Lobster Tail • Spumante  
- Japanese Style Grilled Octopus & Tuna • Zinfandel

**COURSE FOUR** - Choice of:  
- Venison Loin • Syrah  
- Wagyu Tenderloin • Nebbiolo

**COURSE FIVE** - Choice of:  
- Chocolate Mousse Trio • Solera  
- Grilled Lemongrass Pound Cake • Reisling

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[www.SweetMelissasCafe.com](http://www.SweetMelissasCafe.com)

## Paddle To Picnic Island



by Kealy McNeal

**O**n Saturday, January 11, the Ocean Tribe Paddling Club will host a morning paddling excursion to Picnic Island, a sandy island in San Carlos Bay. We will start our journey from Causeway

Island A and paddle to our destination, allowing time to explore before making the trek back to our launch point. The waters around Picnic Island are home to many critters such as bonnethead sharks, southern stingrays and manatees. Hopefully, we will be able to observe some of these animals in their natural habitat.

Those interested in joining the group should meet on Causeway Island A (island closest to the toll booth) at 9:45 a.m. The paddle will begin at 10 a.m. and last approximately one and a half hours. Participants are invited to bring their own vessel, or a limited number

of loaner vessels can be reserved in advance for members by contacting [oceantribepaddlers@sanibelseaschool.org](mailto:oceantribepaddlers@sanibelseaschool.org). Any weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

*Our paddling club is open to everyone, and your first event is always free. After that, we request that you purchase a club membership via our website. Ocean Tribe Outfitters is a club organized by Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit [www.oceantribeoutfitters.org](http://www.oceantribeoutfitters.org), or follow us on Facebook and Instagram.*

## Overeaters Anonymous

**I**f food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

For more meeting information, visit [www.southwestfla.org](http://www.southwestfla.org).

Sanibel Community Church is located at 1740 Periwinkle Way.

## Shell Found

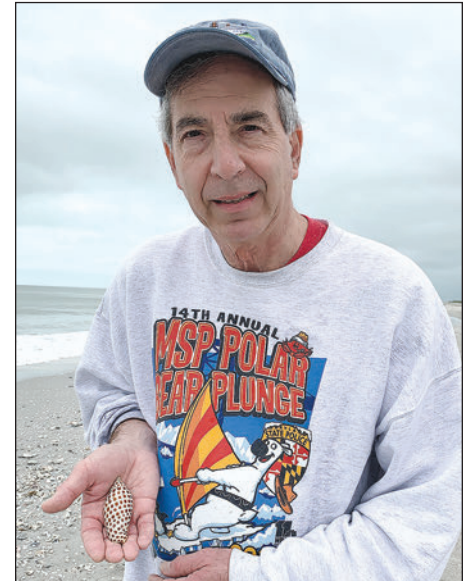


Truman Sterling

photo provided

**T**rumen Sterling, visiting from Illinois, found a junonia on the beach nearby Captiva's Chapel by the Sea on Christmas Day.

## Shell Found



Gary Goldstein

photo provided

**G**ary Goldstein of Maryland found a junonia on the beach just east of Beach Access #1 off West Gulf Drive on Christmas Day. Gary and his wife, Susan, have been shelling on Sanibel for 25 years. This is their first junonia. It is a Christmas miracle.

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### Mushroom, Shrimp and Grits with Bacon

1 pound medium shrimp, peeled and deveined  
 1 cup mushrooms, sliced  
 1/3 cup green pepper, chopped fine  
 3-4 slices bacon  
 1 small onion, finely minced  
 1 large garlic clove, minced  
 3 celery sticks, chopped fine  
 1 sprig fresh thyme  
 1 bay leaf  
 1 cup half-and-half  
 1/2 teaspoon ground cayenne pepper  
 2 teaspoons fresh lemon juice  
 2 tablespoons olive oil  
 Dash hot pepper sauce  
 1 tablespoon parsley, chopped  
 4 servings of grits (your favorite)  
 Prepare grits according to package directions; set aside and keep warm.



### Mushroom, Shrimp and Grits with Bacon

Fry bacon until crisp then remove from pan and set aside. Pour off all but 1 tablespoon of fat in the pan and add olive oil to bacon fat; heat over medium-high heat. Add onion, garlic, celery, green pepper, thyme, bay leaf and mushrooms;

photo courtesy Fresh From Florida  
 saute until soft. Add shrimp and cook until pink and cooked through. Stir in cream, bacon, cayenne pepper, hot sauce and lemon juice; simmer until heated through. Remove bay leaf when ready to serve.\*

## LIVE ON THE ISLANDS

**Cielo** has live entertainment with pianist and vocalist Scott McDonald Tuesday through Sunday.

**Island Cow** has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. Dan Confrey returns on Sunday.

**The Jac Sanibel Island Bar & Grille** has live entertainment throughout the week. Visit [www.thejacsanibel.com](http://www.thejacsanibel.com) for schedule.

**Sundial Beach Resort & Spa:** Mark Dupuy plays on Sunday at Turtle's Pool & Beach Bar; John McLane plays on Wednesday at Sea Breeze Cafe.

**Traders Coastal Cuisine** has live entertainment Tuesday and Thursday with Danny Morgan and Friends. Chris Workman plays on Wednesday.

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

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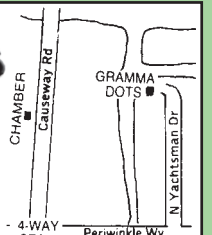
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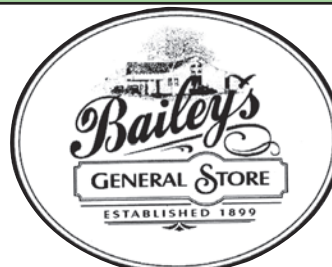
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Island Currents

# Following The Island Currents



by Kathy Kurtz Ferrari

**H**appy New Year! There's lots going on around here as the season gets cranking. With the new year, many of us are making new year's resolutions, like

hitting the gym or starting new diets. But hey! Aren't we on vacation? So let's eat ice cream!

But let's make sure it's quality ice cream. A visit to **Love Boat Ice Cream**, located at Jerry's Shopping Center, 1700 Periwinkle Way, always fills the bill. Established in Fort Myers in 1967, Love Boat Ice Cream has a near-cult following. Customers visiting its location on San Carlos Boulevard in Fort Myers wait in line almost like visiting an amusement park for the 80 different flavors of handmade ice cream. (A new store will be opening soon off Six Mile Cypress.)

Luckily for islanders, Love Boat opened its Sanibel location in 2015, and that same freshly made ice cream is delivered daily. Mouthwatering choices include chocolate brownie batter, banana walnut crunch and salted caramel bacon. (I'm intrigued by that one, but not sure my palate is ready for it.)



**Assistant Manager Maureen McLaughlin and Manager Dakota Struense offer yummy treats at Love Boat Ice Cream**  
photos by Kathy Kurtz Ferrari

"I have two favorites. Banana cream pie and blueberry cheese cake," said Dakota Struense, manager of the Sanibel location. "But our classics like butter pecan, our black cherry, vanilla cherry – they're made with bing cherries – so they are really popular."

Unlimited samples are available for those having a hard time deciding. "I think everybody likes peanut butter and chocolate, so we have chocolate Reese's Cup, chocolate peanut butter. Families really like the birthday cake, and the chocolate covered strawberries," she said of two flavors whose names describe the taste.

"I really like our strawberry ice cream



**Vacationers, from left, Debbie and Bill Holmes of Delaware, and Joan and Tom Schneider of Illinois enjoy Love Boat Ice Cream**

because it's very natural tasting. It doesn't taste synthetic like some of the other strawberry ice creams you might get. And it has chocolate flakes in it." (My mouth is watering right now.)

Of course, I had to try some while I was there. My choice was coffee Heath Bar. Worth every bite!

There are dairy free choices, as well as sugar free options. Items containing nuts or gluten are noted with an asterisk on the menu board.

While eating ice cream, customers can enjoy Love Boat's décor, featuring walls covered with pennants from all over the country, (bring one in and get a free small ice cream) and humorous signs, like

"Stressed spelled backwards is desserts."

Love Boat Ice Cream is served in many local restaurants, but a trip to the storefront should be on everyone's list of places to visit.

"We just really take pride in our customer experience, because ice creams are a dime-a-dozen, but customer experience isn't," said Struense. "So we just really believe in the value of that."

For more information, visit [www.loveboaticecream.com](http://www.loveboaticecream.com) or follow on Instagram.

After you've wiped the ice cream off your face (is it just me?), anyone with little ones should visit **Nanny's Children's Shoppe**, the only full service children's

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Owner Megan Shores, left, and former owner Jan Gabrielson make sure Nanny's Children's Shoppe is ready for the season

shop on the islands. It's just a few steps away. (As you walk there, stop and see the exotic birds on display throughout Jerry's Shopping Center.)

New owner Megan Shores, who bought the store in August, inherited a bit of a legacy. Originally opened in 1982, Nanny's has been dressing generations of children on the islands. (My mother shopped here for my children, who are now adults.) It is a common theme Shores hears from loyal customers.

Nanny's has always been known for unique children's clothing. While Shores has tweaked the name to Nanny's Children's Shoppe of Sanibel, she intends to continue that focus while bringing new energy.



Nanny's Children's Shoppe features items for infants to teens

Shores grew up in Georgia and vacationed on Sanibel since childhood. She managed a children's store near Atlanta, and fulfilled a dream by buying Nanny's. She relocated with her husband and 5-year-old daughter to become the fourth owner of Nanny's.

"I'm hoping to build up here to carry a little bit of everything, so if you walk in, you can at least find something that you like," Shores stated, stressing her desire to fill the store with good quality.

In addition to children's clothing from newborn to size 16, Nanny's carries stuffed animals, toys, games and books.

Nanny's is the exclusive island carrier of many lines, including adorable shoes by Mini Melissa. The seamless, anti-sweat,

jelly-type shoes feature amusing designs.

Milkbarn, a reasonably priced baby clothing line made of organic bamboo cotton, has choices in more than the typical pink and blue.

"It's just something different. I've sold these so fast," Shores said.

Another fun baby clothing line is Magnetic Me, with magnetic closures for easy changing.

"One of my favorite lines is Beaufort Bonnet Company," Shores explained. The company known for making traditional bonnets is now making cute SPF clothing and swimwear.

"I just try to find things that are unique, that you wouldn't find at your typical department store," Shores added.



Nanny's Children's Shoppe of Sanibel is the island exclusive retailer of Mini Melissa shoes

With Shores at the helm, Nanny's is in good hands, according to Jan Gabrielson, one of the store's former owners who helped Shores get up and running.

"The beauty of having Megan – such a bright, young gal – come in and take over the store, is that the tradition will continue," Gabrielson said.

Nanny's Children's Shoppe of Sanibel is open seven days a week. For more information, call 395-1730.

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email [Kathy.islandsunnews@gmail.com](mailto:Kathy.islandsunnews@gmail.com).✱

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## The Community House

## Black-Eyed Peas



by Resident Chef Jarred Harris

**B**lack-eyed peas have always been a part of my family's holiday traditions. Many southern families believe that consuming black-eyed peas during the holidays is a sure way to have a prosperous and lucky new year. I believe that if you consume this delicious legume year-round, your health will improve.

The black-eyed pea, also known as the "southern pea" or "cow pea," isn't really a pea at all. The black-eyed pea is actually a bean or legume. Originally cultivated in West Africa, the black-eyed pea was brought to the West Indies by African slaves in the late 17th century and then introduced to the southern United States in the early 18th century. Black-eyed peas were originally used as food for livestock and then became a staple of the slaves' diet. During the Civil War, black-eyed peas and field peas were ignored by General Sherman's troops. The crops

were left behind in the fields and they became important food source for the Confederate South.

Black-eyed peas are high in potassium and high in fiber, which is good for maintaining a healthy digestive system. They also contain vitamin A, calcium and iron.

Black-eyed peas are the main ingredient in Texas Caviar, which is black-eyed peas marinated in a garlic vinaigrette and served cold. They are also a key ingredient in the soul food classic Hoppin' John, which is black-eyed peas, rice and smoked pork.

Here is a delicious recipe to try in the new year:

### Spicy Eggplant and Black-Eyed Pea Beignets

**Ingredients**  
 2 tbsp. extra virgin olive oil  
 1 large onion (coarsely chopped)  
 3 cloves garlic (minced)  
 2 serrano peppers (seeded and fine diced)

1 eggplant (peeled and cut into 1/2-inch pieces)  
 1 small red pepper (seeded and diced)  
 3 sprigs thyme (leaves removed)  
 1 can black-eyed peas (drained)  
 Salt and pepper  
 3 eggs (beaten)  
 1 1/2 cups whole milk  
 2 tsp. baking powder  
 3 cups all-purpose flour  
 Oil for frying  
**Method**

Heat the oil in a heavy bottom pan. Add onions, garlic, peppers, eggplant and thyme; cook over medium high

heat for 5-10 minutes or until the onions are translucent and the eggplant begins to brown.

Remove from heat, add the black-eyed peas, mix thoroughly and season to taste with salt and pepper.

In a large mixing bowl, sift the flour and baking powder together.

Make a well in the center of the flour and add the milk and eggs.

Stir until combined, then add to the eggplant mixture.

Mix thoroughly and carefully scoop portions into the hot oil.

Fry until golden brown. Remove from the oil and place on paper towels to drain.

Serve hot.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.✱

## 'Ding' Darling Free Film Series

**T**he 8th annual "Ding" Darling Wednesday Film Series kicks off its free biweekly showings on January 8 with *Bluebird Man* at 1 p.m. in the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center on Sanibel.

*Bluebird Man* focuses on the efforts of 91-year-old Alfred Larson, who has been monitoring and maintaining more than 300 nest boxes for bluebirds in

Idaho for 35 years. He was among the first citizen scientists to take up the North American Bluebird Society call to action back in 1978 as bluebirds were facing steep declines since the 1950s.

Bluebirds rely on tree cavities to build their nests. Introduced species such as European starlings and house sparrows often outcompete bluebirds for the nesting cavities. The nonprofit North American Bluebird Society launched its campaign to encourage citizens from all walks of life to put up nest boxes specifically designed for bluebirds, thereby playing an instrumental role in the bluebird's recovery.

The 30-minute Emmy Award-nominated film follows Larson's journey as he bands more than 27,000 bluebirds and finds the secret to longevity in the process.

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free film showings with sponsorship from Sanibel-Captiva Beach Resorts. Seating is limited and on a first-come basis.

All films begin at 1 p.m. with a short discussion afterwards. Upcoming films in the series include:

January 22: *Queen of the Sun: What Are the Bees Telling Us?*

February 5: *Water & Power: A California Heist*

February 19: *BLUE*

March 4: *Ghost Bird*

March 18: *The Swamp*

April 1: *Bird of Prey*

For full descriptions of the films, visit [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series).✱

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Book Review

Olive, Again



by Di Saggau

There is only one Olive Kitteridge as anyone who read Elizabeth Strout's novel by the same name knows. "Funny, wicked and remorseful, Mrs. K is a compelling life force like no other.

In her new novel, *Olive, Again*, the protagonist is back again as indomitable as ever. Olive is in her second marriage and is rather confident about it. She has an evolving relationship with her son and his family and crosses paths with an entire cast of memorable characters in her seaside town of Crosby, Maine.

This includes a young woman who has cancer. They both talk about mortality, their relationships and their frustrations. We meet a nurse who has a secret high school crush, and a lawyer who doesn't want to accept a large inheritance. Olive touches their lives as she does everyone around her.

The book begins with Jack Kennison driving an hour away from town to buy some whiskey rather than run into Olive at the grocery store. It was amusing watching their relationship grow into a love that became her second marriage. A friend tells Jack that he was impressed with how Jack's first wife had

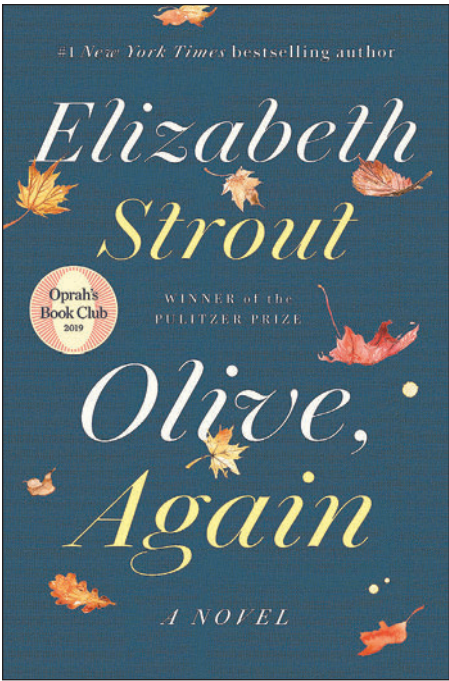


image provided

stood by his side looking at him with such love during his gallbladder surgery. Later, when Jack asks his wife Betsy about that, she said, "I was hoping you would die." Surprising revelations throughout the book from disconnected people lend to special moments of reading.

In her later years, Olive starts typing up memories of her life. She remembers asking her mother why they didn't have another child. She starts typing her mother's answer. "After you?

We didn't dare have another child after you." Olive decides this memory could not be true and doesn't type it up. *Olive, Again* is a tour de force with extraordinary prose packed with emotion as only Strout can deliver. She places us in the lives of all of her characters in a compassionate and profound manner.

Reading this book, I found myself laughing out loud many, many times. Spoiler alert, on the last page Olive does type out two profound sentences about her life, but please do not read them til you get there. I will be forever grateful to Strout for providing two novels that allowed me to get to know the one and only Olive Kitteridge.✧

School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's Resolutions for

parenting. These suggestions are worth considering.

*Parental New Year's Resolutions* by Dr. Alex Thomas

Well, it is time for parental New Year's resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two meals a week will be eaten in front of the television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if the reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.

I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (nagging quotient) and act instead of yak.

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.✧

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# American Legion Post 123

American Legion Post 123 is serving a lasagna dinner this Sunday, January 5 from noon to 8 p.m. Barbecued ribs and chicken are on the menu the following Sunday, January 12, from noon to 8 p.m.



The third Thursday of the month is Open Mic Night from 6 to 9 p.m. The 9 Ball pool tournament begins at 5 p.m. on Monday nights. 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. New American Legion eligibility dates are November 11, 1918 through present. All veterans are welcome to become a member. Contact Tim or Randy at 472-9979.

If you have a flag that needs to be retired, you can 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.\*

# Last Chance To View Exhibit At The Homestead

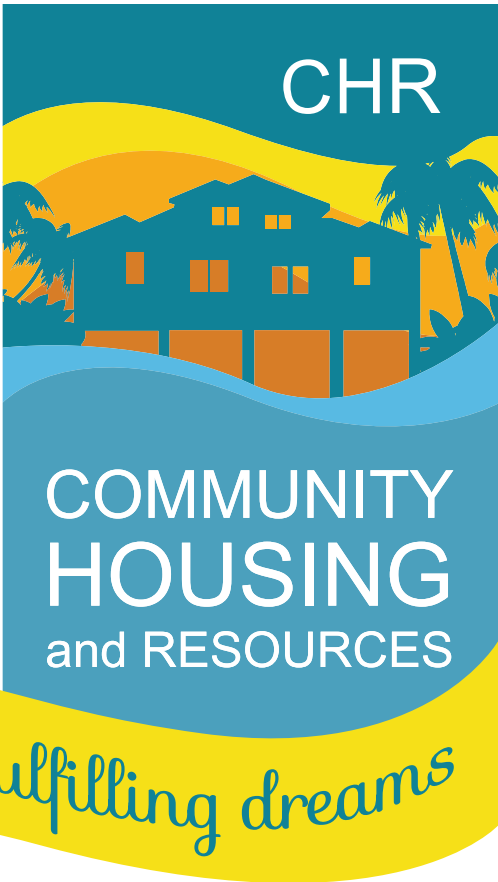
It's a new year and a great time to refresh your relationship with native flora and fauna at the Bailey Homestead Preserve. A cooperative exhibit between the Sanibel-Captiva Conservation Foundation (SCCF) and the Sanibel Captiva Art League (SCAL) features original works of art interpreting the theme of Native. It will be hanging through Thursday, January 9. From red mangroves to roseate spoonbills, the exhibit features inspiring interpretations of the natural beauty of the coastal ecosystems. The exhibit is inside the Bailey Homestead house, located at 1300 Periwinkle Way. Admission is free and hours for viewing are Monday through Friday from 9 a.m. to noon. While you're there, visit SCCF's Native Landscapes & Garden Center to learn how you can help protect water quality, wildlife and the overall natural ecosystem by planting beautiful native species in your own backyard. Located at the 28-acre Bailey Homestead Preserve, you can also visit the Honey House gift shop, restored windmill and walk the Shipley Trail. The other 19 acres are for the benefit of wildlife on Sanibel, creating a wildlife corridor. For more information, call 472-1932.\*

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"I love living on Sanibel because I'm close to my grandma and grandpa, I like going to the blue ribbon school and I like helping at SCCF... thank you CHR for making it possible for me and my mom to live here!"  
—Crystal, Sanibel School Student

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to learn more, visit SanibelCHR.org

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# Upcoming Events At Sanibel Library

Weekly children's programs with Youth Service Librarian Deanna Evans continue this season at the Sanibel Public Library. STEM programs for all ages have been added to the schedule. The calendar is available on the library's website at [www.sanlib.org](http://www.sanlib.org).

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. Family Storytime helps develop pre-reading skills through songs and stories. The program is approximately 20 to 30 minutes plus craft and activities that follow. A Saturday Family Storytime will be held on January 11 at 10 a.m.

The After-School Crew for kindergarten through fifth graders will meet at 3 p.m. on Thursdays. There will be new books and puzzles, games, crafts and snacks. No registration required.

Teen Scene, for ages 12 to 18, will be held at 6 p.m. on Thursday, January 9. Hang out, socialize, play games, create and have a bite to eat. Registration required; call the library or go online to the [www.sanlib.org](http://www.sanlib.org) calendar to enroll.

Saturday Crafterday will be held at 11 a.m. on January 11. Seasonal craft-making led by Deanna Evans, for first through sixth graders.

### Adults

Using the English Census with Bev Sierpina will take place on Wednesday, January 8 starting at 10 a.m. Sierpina leads an English Roots group with the Lee County Genealogical Society. She will



Beth Jarrell will discuss how to get your best results from Google photo provided

be talking about using the English census returns as tools in your research. She will offer tips and techniques, including suggestions for finding your family members.

Better Searches: Getting Your Best Results on Google will be held at 10 a.m. on Friday, January 10. In this session, Beth Jarrell will discuss how Google works and what makes a search "good." Additionally, participants will learn how you can find better results using keyword searches, Google shortcuts and learn some tips to keep your personal information safe when you're online. She will review searching for books and other items in the

Sanibel Public Library catalog.

Jarrell began working as an intern at the Sanibel Public Library in July. She graduated with a bachelor of arts with honors in journalism from the University of Toronto in 2015, and earned a masters of library and information science from the University of Washington in June 2019.

Sanibel Public Library and MacIntosh Books welcome bestselling author Cassandra King Conroy, who will discuss and sign copies of her new memoir on Saturday, January 11. The event begins at 6 p.m. at the Sanibel Public Library. Her 2019 book, *Tell Me a Story: My Life with Pat Conroy*, pays tribute to her late husband, the legendary figure of modern Southern literature. There will be no tickets required, and no additional cost to attend. The event is supported by grant from the

Sanibel Public Library Foundation.

Duane Shaffer's popular World War II lecture series starts with the 1942 Battle of the Atlantic. The program starts at 10 a.m. on Friday, January 17. Shaffer will be presenting the strategy and tactics of this brutal naval campaign involving Convoy PQ17.

The public is invited to these library programs. There is no registration required (unless noted) and no additional cost to participate.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 fee, and are good for one year.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

From page 20

## CROW Calendar

Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Wednesday, January 8, 2 p.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation). One of CROW's animal ambassadors will be present.

**Thursday, January 9, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. One of CROW's animal ambassadors will be present. Photography opportunity following the

tour with an animal ambassador.

**Thursday, January 9, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation). One of CROW's animal ambassadors will be present.

**Thursday, January 9, 2 to 3:30 p.m.,** \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour. Photography opportunity following the tour with an animal ambassador.

**Thursday, January 9, 2 p.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation). One of CROW's animal ambassadors will be present.\*

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Enjoy a fun and casual evening of nostalgic hits in this "Tribute to Louis Armstrong" including favorites of Ella Fitzgerald and Frank Sinatra. The artists are accompanied by jazz pianist/composer Tony Viviano, Brandon Robertson on bass, and Rick Costa on drums.

## Academy Award Contenders

*JoJo Rabbit*

by Stan Gembicki

On Wednesday, January 8 at 12:30 p.m., Island Cinema will show *JoJo Rabbit*, the first movie in this year's BIG ARTS Film Society Academy Award Contenders Series. Due to an early

Oscar awards presentation on February 9, this year's series will be limited to five films. After the movie, a discussion will take place at the cinema. Tickets are available at Island Cinema. Other movies in the series will be announced prior to the weekly showing.

There's a deep and sincere sweetness in the work of writer-director Taika Waititi. It's a kind of relentless and innocent good cheer that persists in the face of horror – to the point where the horror is obscured, or maybe defanged. That sweetness is in full effect in this story of a little German boy who makes an imaginary friend out of Der Führer to help him on his way to becoming a proper Hitler Youth, only to discover that his Mom has been keeping a secret while Dad's away at war: his dead sister's Jewish best friend is hiding upstairs. The result is reminiscent of Roberto Benigni's *Life is Beautiful*, another film that used the horrors of the Holocaust as the backdrop for a little kid's big adventure. It's clear that in both cases, the intentions are entirely good; no one's looking to



image provided

exploit or ignore the nightmare atrocity, just to find glimmers of light and love amid the darkness and hate. And maybe find a way to laugh in spite of everything. Look at Hitler! Isn't he silly, with his little mustache and his need for adoration and attention? After all, it's not the kid's fault the world around him has gone mad.

*JoJo Rabbit* has received two Golden Globe nominations including best picture-comedy. The film is one hour and 48 minutes long. Island Cinema is located at 535 Tarpon Bay Road in Bailey's Center.✱

## BIG ARTS Monday Night Film Series

*Becoming Astrid*

by Di Saggau



The BIG ARTS Monday Night Movie for January 6 is *Becoming Astrid*, a Swedish drama about author Astrid Lindgren, who wrote best-selling children's books, the most notable being *Pippi Longstocking*. Rather than focusing on how she became a famous writer, the film centers on her late teens and early 20s. It tells the story of Lindgren's affair with a married man, the editor of a small-town newspaper where she worked.

A pregnancy and the birth of her son, Lars, forms the story which is both a coming-of-age tale and a romance, perhaps not the kind you would think. Much of the film is about Lindgren's efforts to reunite with her little boy who was living with a foster mother in Denmark, and marrying his father. The real love story is between Lindgren and her son. An illegitimate child in the late 1920s was a scandal and the confident Lindgren is determined to keep and raise her son in spite of the complications that arise.

The film opens in 1987 on Lindgren's 80th birthday, opening cards and letters from young fans. The messages reflect her books' spirit of youthful resilience and independence and are read aloud at various points throughout the film. *Becoming Astrid* runs 123 minutes.



image provided

A reception and discussion follows with Alan Ruben as moderator for the evening.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. The films are temporarily being shown in the Strauss Theater, located at 2200 Periwinkle Way on Sanibel. Tickets are available online, at the BIG ARTS box office, 2244 Periwinkle Way, Suite 8, and at the door the evening of the movie. For more information, call 395-0900.✱

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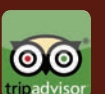
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## Audubon Kicks Off Lecture Series

To kick off its 2020 season, Sanibel-Captiva Audubon will host Jacqui Sulek, chapter conservation manager of Audubon Florida. Sulek will discuss the Florida scrub jay, Florida's only endemic bird. Her presentation, titled Brash, Boisterous & Blue – Meet the Florida Scrub Jay, will begin at 7 p.m. on Thursday, January 9 at The Community House, located at 2173 Periwinkle Way on Sanibel. Learn about the Florida scrub jay and what is being done to sustain the remaining population of this charismatic ecosystem indicator.

While the Florida scrub jay was once widespread in the state, development of scrub lands to plant citrus, graze cattle and build homes and businesses has resulted in a drastic reduction in its numbers; 90 percent in the last 50 years. Why has this occurred? In order to maintain ideal Florida scrub jay habitat, fire must be introduced every three to 20 years, depending on the type of scrub. This has become increasingly challenging as the human landscape



**Jacqui Sulek** photo provided  
encroaches. Since 2012, Audubon Florida has worked with many partners and volunteers performing yearly surveys to monitor the status of Florida scrub jay populations on public lands. Sulek has had a lifelong love for



**Florida scrub jay** photo by Jacqui Sulek  
nature. Growing up in Venezuela, it was orchids. After completing her fine arts and education degree at Middlebury College, she changed her focus to plants and began taking classes at the University of Vermont. She spent three years as a ranger-naturalist

on the top of Vermont's highest mountain, protecting the rare Arctic-Alpine Tundra and illustrated a guide to the mountaintop community. After a decade on the high seas, she settled in Fort Lauderdale where she completed a landscape design degree at Broward Community College. She has been gardening for birds and butterflies since the 1980s.

Sulek has been with Audubon Florida for the last 14 years as the conservation go-to person for Florida's 45 Audubon chapters. In this role, she promotes the National Audubon Plants for Birds Program.

This is the first of eight Sanibel-Captiva Audubon Society lectures to be held in 2020 on Thursday evenings at The Community House. As always, all are welcome to attend. Doors open at 6:15 p.m., and parking is available at The Community House and across the street in the Herb Strauss Theater parking area. A \$10 donation per attendee is appreciated, with proceeds after costs being used to promote conservation on Sanibel and in Florida.

For more information, call Bill Jacobson at 395-1878 or visit [www.san-capaudubon.org](http://www.san-capaudubon.org).

## Aerosmith Autographed Print Up For Bid

by Jeff Lysiak

A unique piece of aviation and rock and roll history for your office, home or collection is currently for sale to benefit the Rockin' Christmas Fund, founded in 2000 by PrivateSky Aviation Services Chairman Vincent Wolanin of Sanibel and his family.

The one-of-a-kind print featuring the PrivateSky custom-designed Gulfstream jet is signed by all five members of the legendary band Aerosmith, including lead singer Steven Tyler, lead guitarist Joe Perry, bass player Tom Hamilton, rhythm guitarist Brad Whitford and drummer Joey Kramer. The band, inducted in the Rock & Roll Hall of Fame in 2001, used the aircraft during their Just Push Play Tour.

"Aerosmith liked our jet and used it for almost two years," said Wolanin, who also operates TopNotch Entertainment Corporation, known for its high profile musical acts. PrivateSky Aviation Services leases or provides Gulfstream jets to professional bands and entertainment acts on tours for extended periods of time.



**A limited edition print autographed by the rock band Aerosmith is being sold to benefit the Rockin' Christmas Fund**  
photo courtesy PrivateSky Aviation Services

According to Wolanin, this rare Aerosmith signed print has not been made available for sale to anyone in the general public. Its authenticity is guaranteed via TopNotch Entertainment Corp.

The autographed artwork has been professionally framed with anti-glare UV protected acrylic and archival mounting board to preserve the print. The reserve minimum price is \$5,000, with

proceeds being donated to the Rockin' Christmas Fund.

"The money goes into the fund to serve the purposes of the fund helping students who suffered the sudden death of a parent impacting their ability to continue their education," explained Wolanin.

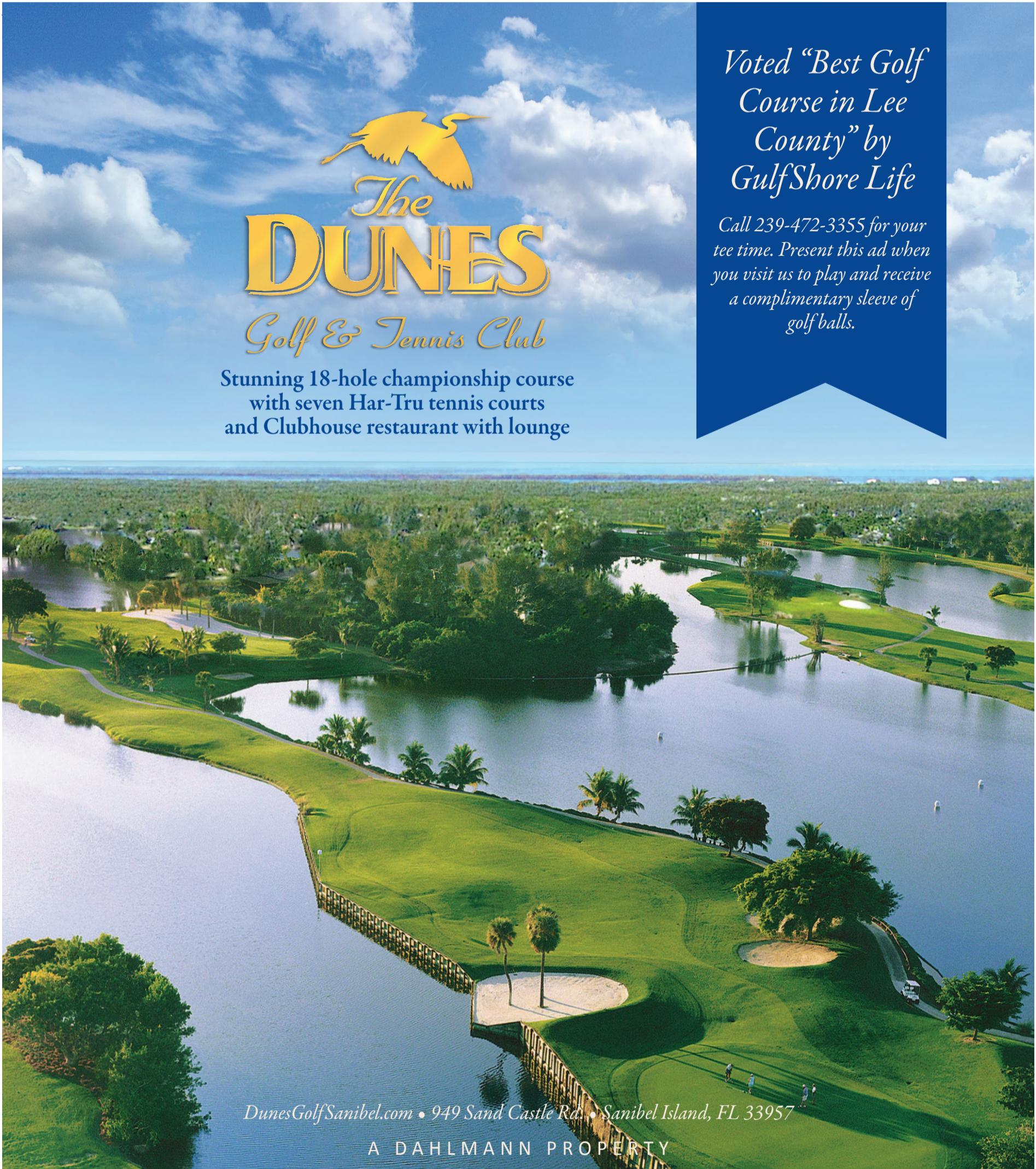
Rockin' Christmas Fund is a 501(c) nonprofit endowed fund, where 100 percent of all donations go towards the cause of helping students who suffered the unexpected sudden loss of a parent. Since it was founded, the fund has distributed several million dollars in scholarship and assistance money for college students and children. For more information, visit [www.RockinChristmas.net](http://www.RockinChristmas.net).

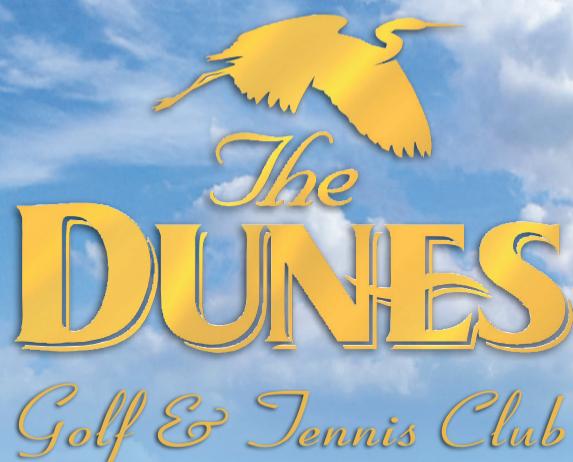
Submit cash bids in writing via email to Michael Eagan, PrivateSky chief of staff, at [Michael.Eagan@privatesky.net](mailto:Michael.Eagan@privatesky.net).

Wolanin also noted that in the future, additional collectible memorabilia will be sold in order to help raise money for the Rockin' Christmas Fund.

"Ted Williams, when he was alive, signed a ball for my wife and I when I played in the Baseball Hall of Fame golf tournaments for a number of years," Wolanin added. "Bob Feller, also when he was alive, signed a ball for Whitney Wolanin when she performed live at a Cleveland Indians-Philadelphia Phillies

continued on page 3B



  
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## Yields; A Lower For Longer Tightrope



by Timothy P. Vick, Director of Research

I'll lend you 100 cents today, provided you pay back 99 cents next year. Any takers? Truth be told, investors are making such counterintuitive bets

with their money, as more than \$13 trillion of the world's bonds are priced to yield less than zero. In certain countries, bonds are being issued with no coupon, and banks are being charged a fee to deposit their excess cash with a central bank rather than collect interest on those deposits. A half-joking term for this phenomenon, "return-free risk," no longer evokes laughs.

Interest rates plunged globally last year, and for several weeks pundits even in the U.S. contemplated "negative rates," something thought not possible a couple of years ago. The central banks that have pushed their nations' interest rates to zero or below (first Sweden and Denmark followed by the European Central Bank, Switzerland and Japan), strive to force consumers to spend, businesses to invest and banks to lend.

Negative rates run counter to all principles of finance. Putting money at risk, even cash, has always required a bit of faith that the underlying economy can grow and boost the value of assets. But when investors accept interest rates at or below zero, they're essentially afraid to risk their money. They view losing money on cash or bonds as a viable option; and believe other investments can lose even more money. Like gold investors who pay to have their bars stored in a vault, they are willing to pay a storage fee to protect their cash in the bank.

We can easily make the case today for lower rates for longer – here and abroad – although we recognize there has to be a tipping point between sound and reckless rate policies. The chances that

Japan and Europe lift themselves from sluggish economic growth seem small given their aging, declining populations, lack of productivity growth and struggling banking systems. Low rates there will continually make U.S. bonds and stocks attractive to own and will help keep our bond yields low too. Further, the free flow of capital and merchandise, and abundant cheaper labor in China, Southeast Asia and India has stifled the type of wage pressures that used to cause inflation and push up interest rates. Shopping by Internet has likewise removed a natural prop for inflation – buyers can instantly compare prices everywhere and opt for the cheapest.

Negative rates, however, are not to be desired. View them instead as a temporary, desperate tool by policy makers to stop deflation and to weaken their currency enough to promote exports. On that front, it's still unclear whether this experiment has worked overseas. Otherwise, there are potential adverse consequences. Retirees, savers and pension plans get unduly punished – nest eggs cannot compound as planned when part of that egg yields zero. Second, banks eventually feel the pressure to lower rates on loans and mortgages, which can wipe away enough of their profits that they stop lending. Depositors may be quicker to pull cash from banks if the interest on those deposits disappears.

For investors, negative rates in the U.S. would further distort the value of assets, artificially propping up the value of businesses and mortgaged homes while encouraging excessive borrowing to buy those assets. Rates near zero have the perverse effect of encouraging more government deficit spending to take advantage of cheap money. It is no coincidence in the U.S., for example, that leading candidates for president have pressed for quantum leaps in social spending as interest rates approached zero. Indeed, the belief that money can stay free well into the future is not a mentality we'd like to see take root.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.\**

should be provided:

The story and circumstances behind the financial need;

The school being attended, grade point average (GPA), major, expected year of graduation;

Extracurricular activities at school or in the community;

Goals after graduation once completed.

To make a donation to the fund, send your tax-deductible check to Rockin' Christmas Fund, P.O. Box 1515, Sanibel, FL 33957-1515. All donations are tax deductible, and the Wolanin family and Wolanin affiliated companies match all donations, thereby doubling all donated amounts.\*

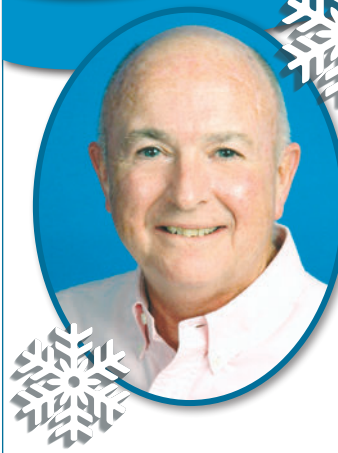
From page 1B

## Aerosmith

game as his grandson was a fan of her music. Whitney signed an autograph for him and they exchanged items."

Rockin' Christmas Fund is currently taking scholarship assistance applications from students that have suffered the sudden loss of a parent impacting their ability to pay for college or university tuition. Applicants should email the required information in a letter to be considered via email to RockinScholarships@RockinChristmas.net or by postal mail to Rockin' Christmas Fund, P.O. Box 1515, Sanibel, FL 33957-1515. The following information

# Wishing You A Happy Holiday!



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Chuck@ChuckBergstrom.com

Direct: 239-209-6500



### 836 Donax Street



#### Weekly Rental License!

This 3 BR/2 BA family home overlooks the Sanibel River. Living room, dining/kitchen combo with French door access to the screened back porch overlooking lush vegetation. Community pool; easy walking distance to beach access.

**\$549,000**

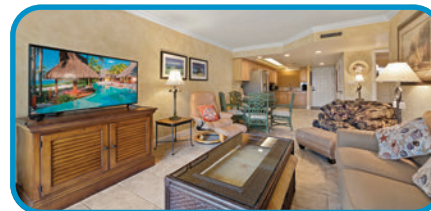
### Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from the beach, this complex is an ideal West Gulf Drive location.

**\$380,000**

### Sandalfort #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

**\$674,000**

### 4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

**\$1,329,000**

### 678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

**\$699,900**

### 4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

**\$3,699,000**

[www.SanibelCaptivaRealEstateGuide.com](http://www.SanibelCaptivaRealEstateGuide.com)

Locations In Sanibel and Captiva

2400 Palm Ridge Rd. Sanibel • 11508 Andy Rosse Ln. Captiva



Vintage automobiles will be on display this Saturday at Periwinkle Place photo provided

# San Cap Motor Club Cruise-In This Saturday

The San Cap Motor Club Cars & Coffee Cruise-ins continue at Periwinkle Place Shopping Center, located at 2075 Periwinkle Way on Sanibel, this Saturday, January 4 from 9 to 11 a.m.

Automobile enthusiasts gather with their “wheels” on the first Saturday of

every month at the shopping center. There is no better excuse to get your classic car out of the garage. No pre-registration is necessary.

This is the fifth year for San Cap Motor Club Cruise-ins at Periwinkle Place and, depending on the month, there could be more than 50 cars to admire.

A continental breakfast including donuts, coffee and pastries will be provided by the Blue Giraffe Restaurant.

Annual club membership dues are

\$50 per individual or \$75 for a couple or family. A membership includes one new club T-shirt.

The club holds dinner meeting on the second Tuesday of every month from 6 to 8 p.m. This month, members will meet at Rosie’s Café & Grill beginning at 6 p.m. Make your reservation by calling or emailing Scot Congress, or sign up at this Saturday’s cruise-in.

For more information, call Scot Congress 472-4177 or email [scot@scongress.com](mailto:scot@scongress.com).

# League Of Women Voters Lunch Meeting

submitted by Robyn Cook

What is the National Popular Vote (NPV)? Why should states adopt the NPV? Why isn’t this the law of the land? How many states want the NPV? These are just a few of the important questions that will be answered at the League of Women Voters (LWVS) of Sanibel luncheon and program on Thursday, January 16.

You may have heard about the National Popular Voter Interstate Compact and wondered, “What is this all about?” Here is where the LWV works to educate you and fill in the blanks on the issues you care about. With questions of such immense import


in our lives, it’s always best to turn to an expert with the breadth and depth of knowledge to enlighten and explain.

The Floridians for National Popular Vote have been hard at work researching, advocating and winning over millions of people in many states on behalf of the NPV. LWVS has invited Ingrid Johnson to be the featured speaker to explain and define just what it all means, especially for interested and attentive voters. Johnson represents Floridians for NPV; as such, she comes equipped with information related to the current situation and the future and goals of the numerous groups working to ensure that, “Every vote, in every state, will matter in every Presidential election.”

The event will take place at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. Registration begins at 11:30 a.m.; the luncheon and programs run from noon to 2 p.m., including time for Q&A. RSVP via email to [lwvsanibel@gmail.com](mailto:lwvsanibel@gmail.com) or call 312-4996. The deadline to RSVP is Monday, January 13. Reservations are \$25 per person, which includes lunch. Mail your checks to: LWV Sanibel, P.O. Box 1194, Sanibel, FL 33957.

Attendees may also pay at the door with cash or check; credit cards not accepted.

Those who prefer to attend just the program are welcome to do so; please let us know ahead of time and we will arrange a seat for you. Arrive around 12:30 p.m.



Wishing you a joyous and peaceful season, with health, love and happiness for the New Year

2020

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# Sanibel Historical Museum & Village

## VOLUNTEER TRAINING SCHEDULED



The Sanibel Historical Museum & Village will hold training classes for new volunteers at 1:00 on January 13 and 20 at Shore Haven in the Village. Board members Gayle Pence and Blair Wyatt will conduct the training on the 13th, and a guided tour is scheduled for the 20th.

The Village offers lots of opportunities for volunteers to perform many different functions. There is something for everyone.

To register, call Emilie Alfino at (239) 472-4648 or email [info@sanibelmuseum.org](mailto:info@sanibelmuseum.org).



**SANIBEL ISLAND****3767 W. GULF DR., SANIBEL**

- Newer Construction, Gorgeous Interior
  - Wine Room, Elevator, Game Rooms
- \$7,995,000      MLS 219071271**  
Trevor Nette 239.281.4435

**SANIBEL ISLAND****3869 W. GULF DR., SANIBEL**

- 1 of 3 Lots Available, 104'+ Beachfront
  - Incredible Opportunity, Ideal Location
- \$3,895,000      MLS 218085212**  
McMurray & Members 239.850.7888

**SANIBEL ISLAND****6477 SANIBEL-CAPTIVA RD., SANIBEL**

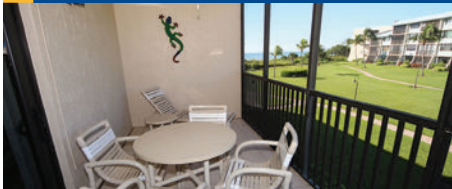
- Historic Mitchell Estate, Beachfront
  - Last Home Before Blind Pass
- \$2,900,000      MLS 219000116**  
John Stephens 239.980.6394

**POINTE SANTO****2445 W. GULF DR. #C3, SANIBEL**

- Phenomenal Gulf Views
  - Gorgeous 3 BR, 2 BA, Ground Level
- \$1,195,000      MLS 219076630**  
John Nicholson, Lomano-Nicholson Team 239.849.3250

**SANCTUARY GOLF VILLAGE****2605 WULFERT RD. #4, SANIBEL**

- 3 BR, 3 BA, Fabulous Westerly Views
  - Wraparound Screened Porches, Elevator
- \$838,500      MLS 219027225**  
Trevor Nette 239.281.4435

**LOGGERHEAD CAY****979 E. GULF DR. #E532, SANIBEL**

- 2 BR, 2 BA Beachfront Complex
  - Dazzling Gulf Views from Living Room/Lanai
- \$689,000      MLS 219076277**  
Cindy Sitton 239.810.4772

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**SANIBEL ISLAND  
NEW PRICE****500 SAWGRASS PL., SANIBEL**

- Unique & Rare 8 BR, 8 BA Compound
  - European Designed, Resort Pool, Tennis
- \$2,850,000      MLS 219074420**  
Trevor Nette 239.281.4435

**SANIBEL ISLAND****6053 SANIBEL-CAPTIVA RD., SANIBEL**

- 1.6 Acres on Clam Bayou
  - Western Exposure, Wonderful Sunsets
- \$1,195,000      MLS 219012231**  
McMurray & Members 239.850.7888

**SANIBEL RIVER ESTATES****3570 BUNNY LN., SANIBEL**

- Walk to Gulf, Deeded Beach Access
  - 3 BR, 3 BA, Pool w/Waterfall
- \$739,000      MLS 219078043**  
Sharon Kottraba, Lomano-Nicholson Team 804.240.3115

**SOUTH SEAS ISLAND RESORT  
NEW PRICE****2112 GULF BEACH VILLAS, CAPTIVA**

- Great 1 Bedroom Beachfront
  - Fully Furnished, Ready for You to Enjoy
- \$510,900      MLS 219004339**  
Vicki Panico & Fred Newman 239.980.0088

**OFF W. GULF DR.****228 VIOLET DR., SANIBEL**

- Near Beach Masterpiece, 4,000+/- S.F.
  - 4 BR, Pool, Remodeled to Finest Standards
- \$1,749,000      MLS 219009841**  
Jason Lomano, Lomano-Nicholson Team 239.470.8628

**SANIBEL ESTATES  
UNDER CONTRACT****707 ANCHOR DR., SANIBEL**

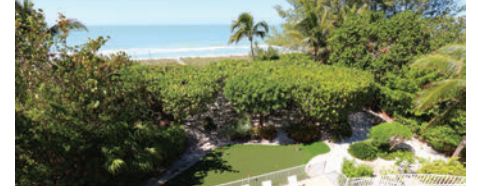
- 3 BR, 2.5 BA, East End Canal Home
  - Exceptional Design, Perfect Location
- \$1,175,000      MLS 219082306**  
Cindy Sitton 239.810.4772

**SOUTH SEAS ISLAND RESORT****606 MARINA VILLAS, CAPTIVA**

- Added Privacy, High Ceilings, Top Floor
  - 2 BR, 2 BA w/Westerly Views
- \$739,000      MLS 219051837**  
Vicki Panico & Fred Newman 239.980.0088

**SUNDIAL OF SANIBEL****1501 MIDDLE GULF DR. #C210, SANIBEL**

- Views of Gulf of Mexico
  - 1 Bedroom, 1 Bathroom
- \$485,000      MLS 219072600**  
Brian Murty 239.565.1272

**CAPTIVA BEACHFRONT****15138 WILES DR., CAPTIVA**

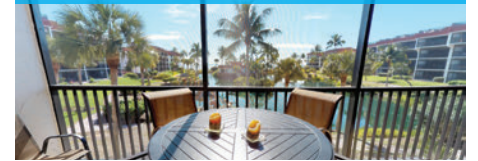
- 102' of Premier Gulf Frontage
  - Comfort Meets Luxury - 6 BR, 5.5 BA
- \$6,495,000      Call for Details!**  
McMurray & Members 239.850.7888

**SANIBEL ISLAND****1253 ANHINGA LN., SANIBEL**

- Beautiful 4 BR, 4 BA w/Pool & Spa
  - Private Location, Spectacular Views
- \$3,795,000      MLS 218085207**  
McMurray & Members 239.850.7888

**SANIBEL ISLAND****1163 SEAGRAPE LN., SANIBEL**

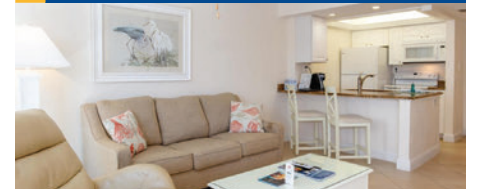
- Steps to Beach, 4 BR, 4 BA + Den
  - Large & Private, Screened Heated Pool
- \$1,295,000      MLS 219067158**  
Andre Arensman 239.233.1414

**POINTE SANTO  
NEW LISTING****2445 W. GULF DR. #C23, SANIBEL**

- 3 BR, Direct Panoramic Gulf Views
  - Open Layout, New Appliances & Floors
- \$1,150,000      MLS 219083100**  
Bob Radigan 239.691.6240

**EAST ROCKS****566 BOULDER DR., SANIBEL**

- Updated 3 BR, 2 BA, Near Beach
  - Spectacular Pool, Lake Views
- \$699,900      MLS 219002114**  
Sharon Kottraba, Lomano-Nicholson Team 804.240.3115

**SUNDIAL OF SANIBEL****1501 MIDDLE GULF DR. #H210, SANIBEL**

- Phenomenal Income
  - Open Floor Plan Studio
- \$379,000      MLS 218080098**  
Brian Murty 239.565.1272

THE SANIBEL CAPTIVA TRUST COMPANY

# 2020 Speaker Series

WEDNESDAY, JANUARY 15

### Aging in Place & Long-Term Care

Andrea Sieradzki, Campus Director | Gulf Coast Village

Aging well at home is possible if you plan ahead.

Researching long-term care strategies to support your lifestyle are the key to making it happen. Learn how at our January program.

TUESDAY, FEBRUARY 4

### Your Spouse Has Passed – What Now?

Peter Knize, J.D., LL.M., Trust Administration

Your loved one may have managed the financial and estate responsibilities in your household. Whether or not your spouse or significant other has already passed, be prepared by knowing the hurdles that widows and widowers face during the first year and the resources available to you.

TUESDAY, FEBRUARY 25

### Protecting the Inheritance You Leave Your Loved Ones

Craig R. Hersch, P.A. | Shepard, Brett, Stewart, Hersch, Kinsey & Hill, P.A.

Many estate plans are vulnerable to common dangers such as divorce, creditors, malpractice cases, car crashes or business lawsuits. Learn the latest estate planning strategies that will protect your loved ones when you're no longer here to protect them yourself.

TUESDAY, MARCH 10

### Election Results and Your Portfolio

Timothy P. Vick, Director of Research  
Edwin C. Ciskowski, CPA – Senior Vice President,  
Senior Portfolio Manager

Will a Democratic or Republican White House affect investors' portfolios? We will look at the historical results, as well as what is ahead in domestic and global industry for the answers.

TUESDAY, MARCH 31

### The Seven Deadly Financial Sins

Robin L. Cook, CWS and Steven V. Greenstein, CTFA,  
Wealth Services Advisors

No matter how long you have been saving, investing or overseeing your taxes, we have a few tips to help boost your wealth plan to possibly save you money and aggravation.

Reservations are Required. Reserve the entire series or select the programs you prefer. RSVP to Frances Steger at [fsteger@sancaptrustco.com](mailto:fsteger@sancaptrustco.com) or call 239.472.8300

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## Rotary Happenings

submitted by Shirley Jewell

Wishing you happiness and fulfillment this new year! It is a time to look forward and a time to think forward.



There are so many opportunities where activism can help change the world. Rotary has always believed strongly in providing opportunities where individuals working together can do great things. The needs spanning Rotary's six areas of focus are vast: disease prevention and treatment; water and sanitation; maternal and child health; basic education and literacy; economic and community development; peace and conflict prevention/resolution. Sanibel-Captiva Rotary has committed itself to working on these areas of focus both in our local community and abroad. We are proud of the way in which our club Rotarians have committed themselves to "Service Above Self" and invite like-minded individuals to come to one of our upcoming meetings and see for themselves.

With the new year usually comes a personal promise that we should be more aware of our health. Just before the club's holiday break, we had an amazing speaker on a health topic that is not often talked about... testicular cancer. Men, this is for you and your family; it's all about the family jewels, so to speak.

Our guest speaker was Jeff Muddell, who spoke on Fighting Testicular Cancer. Muddell was 40 years old. He had scheduled his yearly checkup with the doctor, almost canceled on it, but didn't. As fate would have it, that was a good decision. The doctor had concerns and after complete examination, found that Muddell had testicular cancer. He was shook to the core. He was just 40 years old, married with three children. He had a great professional career. He was an active young man; he had run the New York City Marathon. He had testicular cancer!

Muddell gave us the facts: compared with other types of cancer, testicular cancer is rare. But testicular cancer is the most common cancer in American males between the ages of 15 and 40. There are around 10,000 new cases a year. It's not clear what causes it but testicular cancer can spread to your lymph nodes, lungs, and brain. Remember Lance Armstrong? He had testicular cancer and it had gone to his brain, but he survived.

Before 1974, testicular cancer was a death sentence, with only a 20 percent survival rate, but today there is a 95 percent cure rate. In 1974, Dr. Lawrence Einhorn, a young medical oncologist, of Indiana University, tested the platinum-based drug Cisplatin with two additional drugs that were effective in killing testis cancer cells.

Muddell's treatment included all the required protocol including chemotherapy. It was tough, but he is a survivor. Part of that recovery was getting back to physical exercise. He started running again and was determined to run a marathon again. This was both a physical and emotional



Jeff Muddell photo provided

challenge. In 2015, he ran the New York City Marathon again. He might not have come in first, but he was there at the start and finish lines, all the while trying to bring attention to preventive care for testicular cancer. But he isn't stopping there. Muddell is taking on the challenge of running six additional marathons, joining an elite group of runners in the Abbott World Marathon Majors, a series of six of the most renowned marathons in the world: New York, London, Berlin, Chicago, Boston and Tokyo. Only 1,200 runners in the U.S. have ever achieved this goal and Muddell will be the very first in Lee County. This achievement will mark five years of being cancer free.

Muddell wants to tell his story. He is dedicated to getting the word out about testicular cancer. Young men are not invincible, so get your yearly checkups. Encourage all the young men in your lives to get their checkups. This is a treatable and curable cancer, so don't wait until it's to late.

Muddell didn't go this journey alone. His family was and is there with him. The future is bright.

To find out more about testicular cancer, check out information on the American Cancer Society Website. It might save your life, or the life of a loved one.

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

## Event Manager Appointed To Board

The National Association of Wedding Professionals (NAWP) appointed Tracy Snyder to the board of directors for its Fort Myers-based chapter. The mission of the NAWP is to support, enhance and connect wedding professionals throughout the United States through continuing education, professional development and increased commerce.

An event management executive, Snyder is a catering sales manager at Sundial Beach Resort & Spa, specializing

continued on page 8B



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Broker/Realtor



Today is the day to live your beautiful life

3767 West Gulf Dr., Sanibel



- Newer construction. Gorgeous interior
  - Wine room, elevator, game rooms
  - Panoramic Gulf views. Private pool + landscaping
- \$7,995,000

5089 Joe Wood Dr., Sanibel



- Beautiful beach front w/ option of a vacant lot
  - Located in private + exclusive Gulf Ridge
  - 6BR beach house. Large pool, generator, shutters
- \$3,495,000

2605 Wulfert Rd. #4, Sanibel



- Beautiful golf village condo. 3BR, 3BA.
  - Fabulous westerly views offering panoramic vistas of the 18th fairway. Private elevator
- \$838,500

2284 Troon Court, Sanibel



- The Sanctuary. Private + luxurious residence
  - New roof, generator, impact windows
  - Large resort style pool + landscaping
- \$1,950,000

16525 Captiva Dr., Captiva



- Captiva Hideaway+Roosevelt Channel waterfront
  - Multiple boat docks + lifts. Gold Coast location
  - 3 bedroom residence with Beach Access
- \$1,459,000

5422 Shearwater Dr., Sanibel



- Gated within a sanctuary like setting
  - Private beach access to Bowman's
  - Pool/ tennis/ dock. Heron's Landing II
  - 3 bdrm/den w/ 2.5 baths
- \$899,000








Spotlight Properties of the Week

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 FRIDAY Cloudy High: 74 Low: 71	 SATURDAY Few Showers High: 75 Low: 72	 SUNDAY Sunny High: 74 Low: 68	 MONDAY Partly Cloudy High: 69 Low: 66	 TUESDAY Sunny High: 68 Low: 62	 WEDNESDAY Sunny High: 63 Low: 60	 THURSDAY Sunny High: 69 Low: 66
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	6:49 am	1:00 am	7:25 pm	12:29 pm
Sat	8:38 am	2:15 am	7:58 pm	1:10 pm
Sun	10:19 am	3:17 am	8:33 pm	1:51 pm
Mon	11:40 am	4:09 am	9:09 pm	2:31 pm
Tue	12:46 pm	4:56 am	9:47 pm	3:10 pm
Wed	1:39 pm	5:39 am	10:28 pm	3:47 pm
Thu	2:22 pm	6:22 am	11:11 pm	4:24 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	5:54 am	1:02 am	6:30 pm	12:31 pm
Sat	7:43 am	2:17 am	7:03 pm	1:12 pm
Sun	9:24 am	3:19 am	7:38 pm	1:53 pm
Mon	10:45 am	4:11 am	8:14 pm	2:33 pm
Tue	11:51 am	4:58 am	8:52 pm	3:12 pm
Wed	12:44 pm	5:41 am	9:33 pm	3:49 pm
Thu	1:27 pm	6:24 am	10:16 pm	4:26 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:39 am	1:17 am	7:25 pm	12:48 pm
Sat	7:54 am	2:19 am	8:03 pm	1:40 pm
Sun	9:04 am	3:11 am	8:41 pm	2:21 pm
Mon	10:16 am	4:00 am	9:24 pm	3:00 pm
Tue	11:13 am	4:48 am	10:09 pm	3:42 pm
Wed	11:56 am	5:34 am	10:49 pm	4:31 pm
Thu	12:36 pm	6:18 am	11:24 pm	5:19 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	8:59 am	4:16 am	9:35 pm	3:45 pm
Sat	10:48 am	5:31 am	10:08 pm	4:26 pm
Sun	12:29 pm	6:33 am	10:43 pm	5:07 pm
Mon	1:50 pm	7:25 am	11:19 pm	5:47 pm
Tue	2:56 pm	8:12 am	11:57 pm	6:26 pm
Wed	3:49 pm	8:55 am	None	7:03 pm
Thu	12:38 am	9:38 am	4:32 pm	7:40 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.



The center will be closed on Tuesday and Wednesday, December 31 and January 1 for the New Year's holiday. Normal hours will resume on Thursday, January 2.

**Kayaking on Tuesdays** – January 7 and 14 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who bring their own. 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 required.

**Line Dancing Classes** – Fridays, January 3, 10, 17, 24 and 31 at 2:15 p.m. Cost is \$2.50 for members and \$5 for non-members.

The instructor will review dance steps then turn up the music. Advance registration not 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 book for discussion on Wednesday, January 8 at 2:30 p.m. is *The Beach House* by Jane Green.

**Bea Pappas, ISEA-NF Collage, Part 1** – Tuesdays, January 7, 14, 21 and

28. Cost is \$125 for members and \$140 for non-members. Make collage papers with gelli plates, fabric, tissue paper and *National Geographic* pages. Bring acrylic paint, preferably liquid, not tubes; white tissue paper, cloth-style paper towels, flat nylon brush (one- or two-inch) and a water container to clean brushes.

**Pancakes with Pals** – Captiva House, Thursday, January 20.

The Pancakes with Pals group meets for breakfast at different locations on the islands. Separate checks will be provided. Advanced registration required as seating is limited. Carpool arrangements for transportation.

**Learn to Play Mahjongg with Katie Reid** – January 27 to 31. Cost is \$15 for members and \$30 for non-members. Class is limited to four or eight students (to fill a table to practice). You must be able to attend all five classes. All supplies provided. Advance registration required.

**Damaris Peters Pike** – Friday, January 31. Damaris Peters Pike will present *Que Sera, Sera – Remembering Doris Day* in the Women of Note Series.

Contrary to the popular image of the smiling girl next door, Doris Day's story is full of pain and sorrow along with great success. This recounting of her youth in Cincinnati, her start as a big band singer, and amazing rise to stardom in movies includes several well-loved songs associated with the star, such as *It's Magic*, *My Secret Love* and *Sentimental Journey*. A \$5 donation is requested with proceeds benefiting Island Seniors programming.

**Contestants Wanted for Sanibel's Got Talent** – Thursday, February 20. If you or someone you know wish to be in the spotlight, contact Tommy Williams. He is seeking local talent to perform in this special event at the Sanibel Recreation Center, following a potluck dinner.

**Games** – Cost for all games is \$3 for

members and \$5 for non-members. Prizes will be awarded.

**Bridge** – Monday and Wednesday. Registration begins at 12:30 p.m. Game begins at 1 p.m.

**New! Euchre** – Tuesday at 12:30 p.m.

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

**Hand & Foot** – Thursday at noon.

**Hearts** – Friday at 12:30 p.m.

**Fitness Classes** – Island Seniors, Inc. members pay \$4.10 per class, visitors pay \$10.25 per class. Island Seniors, Inc. annual membership is \$20. Classes are included with Sanibel Recreation Center membership. You must show your Sanibel Recreation Center membership card to attend.

Fitness class schedule is as follows:

**Cardio Combo** – Monday, Wednesday and Friday at 8 a.m.

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

**50/50 Cardio Sculpt** – Monday, Wednesday and Friday at 9:30 and 11 a.m. This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

**Qigong** – Fridays, January 10, 17 and 24 from 1 to 2 p.m.

QiGong is a series of non-strenuous techniques and movements that focuses breathing, activates the body's internal energy, fosters relaxation, clears the "monkey mind" and helps to reduce stress. When combined, these techniques lead to a meditation that generates a peaceful presence and an overall "good to be alive" feeling. Non-skid shoes are required. Paul

Lawrence 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.✧

From page 6B

Event Manager

in weddings. Voted the Best Event Facility on Sanibel & Captiva Islands, Sundial is a popular destination wedding location as well as home to many local celebrations. In her capacity as a vice president, Snyder's responsibilities will include networking projects and speaker development.

"As a wedding professional, my mission is to help couples plan their unique event and create lifelong memories," said Snyder. "Serving on the NAWP board will allow for collaboration and creativity to flourish as wedding professionals partner to effectively and innovatively serve our clientele."

Brett Lindsay, Sundial's regional director of sales and marketing, said, "Tracy's experience, industry knowledge and commitment to exceptional guest service makes her a key addition to the chapter's NAWP board of directors."

With her term beginning in January, Snyder's tenure with the NAWP chapter will be two years.✧



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From left, Jonathan Dean, Lee Almas, Tom Jones, Barb Ellis, Lee Schaff, Madeline Fischer, Eldon Bohrofen and Chet Sadler photo provided

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Island Taxi is a bronze sponsor of the Sanibel-Captiva Rotary Club 37th Annual Arts & Crafts Festival, to be held on Saturday and Sunday, February 15 and 16 at The Community House on

Sanibel. The juried art show features more than 120 artists in a variety of mediums. The arts and crafts festival is the primary fundraiser for the Sanibel-Captiva Rotary Club, allowing the group to disperse grants of approximately \$100,000 to both local and international causes. For more information concerning Rotary's Charity Giving or to make a contribution, contact Chet Sadler at 472-7257.✽

Community House 1927 Gala



From left, Al Hanser, Robin Cook, Teresa Riska-Hall, Steve Greenstein, Carol Townsley, Mary Jo Bogdon, Terry Igo and Jeff Muddell photo provided

Christmas came early for The Community House. In anticipation of the 1927 Gala, scheduled for Friday, January 31, solicitation for major sponsorships from businesses and friends has begun, and there has been no disappointment in the gifts received. Judy, Mary and Jack Waterman of Sanibel and Mike Kelly of Captiva are Community Room Sponsors at the \$5,000 level. At this time, there are five Great Hall Sponsors – Sharon and

Jim Ellen, Sandy and Roger Grogman, Sanibel-Captiva Lions Club, The Sanibel Captiva Trust Company, and Karen and Bill Satoris for \$2,500. Sponsorships are available at \$10,000 and \$1,000 levels, as well as others. For more information, contact Teresa Riska-Hall at 472-2155. Tickets are available online at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net), at The Community House, located at 2173 Periwinkle Way, or by calling 472-2155.✽

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# Sanibel Historical Museum & Village Announces Its First **TWILIGHT TALK OF 2020**

**January 15**



## About Community-CHR's 40th Anniversary

**At The Community House.**

**Program begins promptly at 7:00 p.m.**

**Please arrive early.**

Hear about CHR's – and the city's beginnings – from its first Mayor Porter Goss. Hear from Mayor Kevin Ruane about the city's continued involvement with CHR, and from Councilman Richard Johnson about the program's growth. It's about more than buildings – it's about people and history! CHR formed in 1979 as a nonprofit to address the growing need for affordable housing on Sanibel. It was in 1983 that an ordinance was passed by the city that established the Affordable Housing program, and CHR was designated as the city's housing foundation. Hear about what this all means for the Sanibel community and its residents.

**March 11**



## Locally Homegrown on Sanibel

**At The Community House.**

**Program begins at 7:00 p.m.**

Sanibel children of the 1950s! Join the Rushworth family and friends and hear from patriarch Jack Rushworth about growing up on Sanibel in the "old days."

**Call (239) 472-4648 for tickets - \$10 per person.**

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# ABWA Installs New Members

The Sanibel Captiva chapter of the American Business Women's Association (ABWA) wrapped up 2019 with the installation of 10 new members.

"We are delighted to welcome this remarkable group," said Lisa Newmeyer-Cochrane of Dorado Property Management, membership chair. "I believe future ABWA leadership will spring from these talented women."

"Our ABWA chapter strives to offer the best professional development opportunities and networking for women working on the islands," said Gloria Garrett of HMG, local chapter president. "If you work, would like to work, or used to work, you will find a supportive environment and a lively conversation with island leaders at ABWA."

"The chapter presents a Women in Leadership Speaker Series at lunch



From left, ABWA Chapter President Gloria Garrett of HMG, Colleen Zurcher-McGauran of LMHC, Rebecca Binkowski of MacIntosh Books, Kathy Samson of K&J Samson, Maureen McGauran of City of Sanibel, Kelly Huguenin of Pfeifer Realty, Ellen Lai of Association Legal Services, Melanie Holliday of Rapid Response Team, Lisa Newmeyer-Cochrane of Dorado Property Management and ABWA membership chair, Kailey Beech of Profile Sanford, Danielle Syzmanski of Elle Salons and Vanessa Flynt of Billy's Bikes

photo provided

on fourth Tuesdays and welcomes everyone, men and women alike," said Garrett. "Those interested in getting further involved are warmly encouraged to consider chapter membership, but everyone is welcome to join in for lunch."

The Sanibel Captiva Charter Chapter of ABWA supports professional growth

through leadership, networking support, education and recognition. Meetings are held on the fourth Tuesdays of each month with networking starting at 11:30 a.m. followed by lunch and speaker from noon until 1 p.m. at Sundial Beach Resort & Spa on Sanibel. For more information, visit [www.ABWASanibelCaptiva.org](http://www.ABWASanibelCaptiva.org).

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# Refresh Your Bathroom In Five Easy Steps



by Trinette Nelson

**R**edesigning a room in your home can be one of the most exciting and refreshing steps to make when things are feeling less fab and more drab. It's perfect for those who need a change

but don't have the time or desire for reconstruction. This is especially true in the bathroom – if you're feeling like it's time for a new look but don't want to gut it from the floor to the ceiling, there are plenty of simple options for a face lift. With the right design elements and decor, you can transform the bathroom in a way that surprises you and your guests upon the first few visits. Here are five easy steps to refreshing the bathroom:

**Pick a new color scheme** – Before you can get excited about new toiletries and accessories, you must decide about the color scheme. Are you going to follow a theme, or simply pick a new shade for the space? Figure this out early on so you can streamline the rest of the design process.

**Dress up the walls** – Once your theme or color scheme is chosen, it's time to

paint the walls or add a wallcovering, which is one of the easiest ways to transform a living space. In the bathroom, where space is already limited, it's wise to choose a light shade or pattern that opens the space. Save the darker colors for accents and accessories. Another simple way to dress up the walls is with the addition of a new mirror or vanity.

**Choose new lighting** – Lighting fixtures are another key element to transforming a living space. If changing up the light fixtures in your bathroom is out of the question, consider the simple change of adding new light bulbs. Older lighting fixtures and fluorescent lighting cast unattractive shadows and odd color hues on your skin. If changing a fixture isn't possible, you can upgrade the situation by utilizing new bulb offerings that are similar in color warmth to the light cast on a bright, sunny day.

**Keep storage space in mind** – There are a lot of toiletries and other items that should be kept private in the bathroom, making it necessary to rely on lots of storage space. You can choose a functional furniture piece or a custom option that flows with the rest of the bathroom without taking up too much space.

**Don't forget the accessories** – Once the foundational features of your bathroom are put together, it's time to have fun with the accessories. Invest in new towels, hand towels and bath rugs for a cozy finish. Add a couple candles to the space as well to complete the refresh.

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



Wendy Lambrix of Sanibel Public Library and Rebecca Binkowski of MacIntosh Books

photo provided

## Bestselling Author To Visit Sanibel Public Library

**S**anibel Public Library and MacIntosh Books will host bestselling author Cassandra King Conroy, who will discuss and sign copies of her new memoir on Saturday, January 11 at 6 p.m. at Sanibel Public Library. Her 2019 book, *Tell Me a Story: My Life with Pat Conroy*, pays tribute to her late husband, the legendary figure of modern southern literature.

Sanibel Public Library Executive Director Margaret Mohundro said, "We are thrilled to be working with MacIntosh Books to bring Cassandra to Sanibel. We're lucky we were able to

book the author while she's in Florida, on this leg of her nationwide book tour."

Set in the Carolina Lowcountry, *Tell Me A Story* will appeal to fans of Pat Conroy's books, some based on his experiences growing up in a dysfunctional family, which left the writer scarred with baggage he brought into his marriage to Cassandra.

MacIntosh Books owner Rebecca Binkowski said, "The good years Cassandra and Pat had together make up most of this intimate and lighthearted book. In her memoir, Cassandra invites readers into their home and her heart, as she shares her poignant and funny stories about life with Pat."

The two met at a book event in 1995, when Cassandra King was

continued on page 20B

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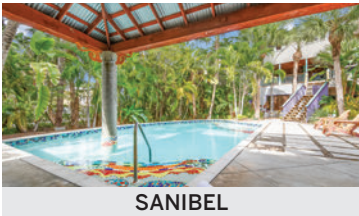
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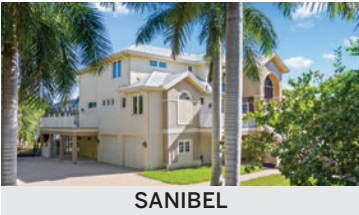
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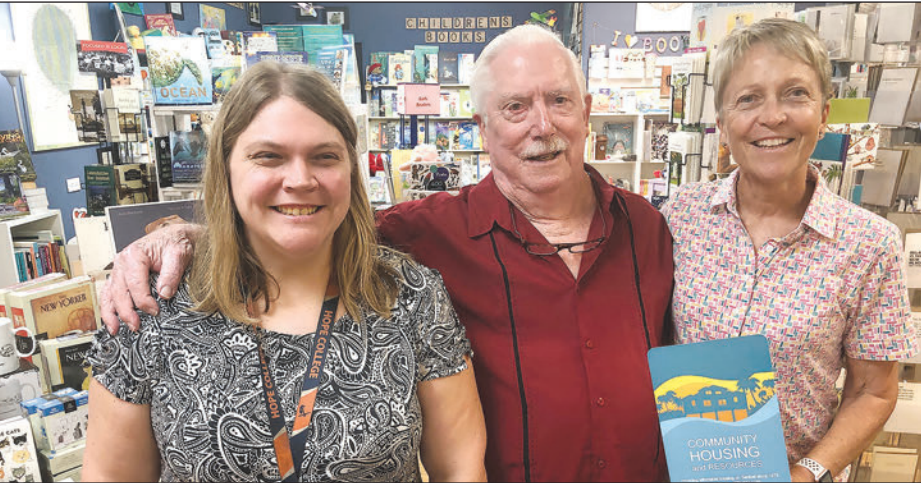
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# CHR Give Back Wednesday At Sanibel Deli And MacIntosh Books



From left, Vera Sultz, Charles LeBuff and Maria Dusenbery photos provided



Ashley Pignato



Bob Holder and Melissa Rice



Maryann Daly and Jerry Edelman



Susan Ayres and Les Pendelton



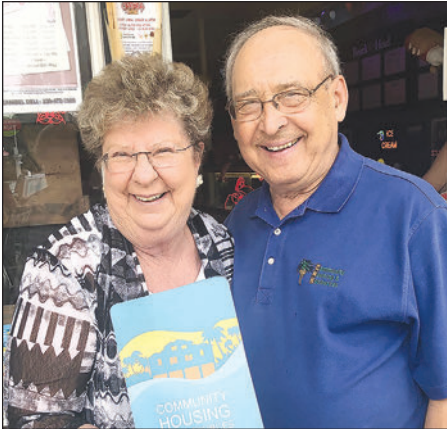
Susie Holly and Deb Gleason



Stu Nitekman and Kathy Flaherty



From left, Trudy Williams, Carmine Rende and Tommy Williams



Lynn and George Campean



Jake Raterman



From left, Calli, Dane and Bailie Johnson



From left, Rachel Taylor, Randy Rainbolt, Rachel Rainbolt and Brian Bohlman



Mireya Gamboa Belli



Cindy Buchta and Rebecca Binkowski



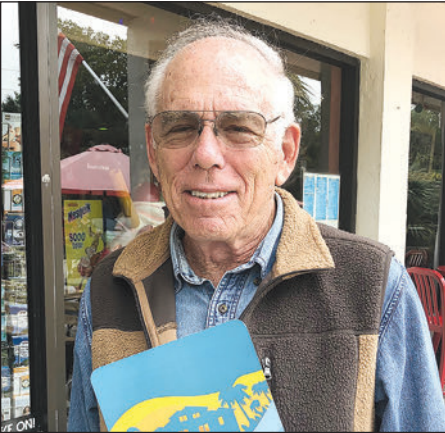
Nancy Wickham and Bob Moyle



Richard McCurry and Tyler Lloyd



Ralph and Billye Curtis



Larry Schopp



Jill Kanner



Sheridan Snell



From left, Jeff Weigel, Linda Uhler, Susan McCallion, Gwenda Hiett-Clements and Donna Aldrich



From left, Melissa Rice, Doreen and Kevin Ruane, and Arlene Dillon



From left, Michael Binkowski, Tim Tracy, Mary Hickey and Bryan Clement

Will Power

New Year's Tips For Your Estate Plan



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

As we turn our calendars to 2020, tradition dictates that we make New Year's resolutions. What are yours this year? Is it to lose weight? Give up self-destructive vices such as smoking or drinking? Allow me to review seven estate planning to-dos that shouldn't be ignored:

7. Update Your Will

That will which sits in your safety deposit box – yeah, we know – the one that names your sister Nancy to act as the guardian for your children who are now in their 40s – desperately needs to be updated. Your family and financial

circumstances have significantly changed since then – notwithstanding the fact that you no longer reside in Michigan where it was drawn up.

6. Sign a New Durable Power of Attorney

This document needs updating just as much as your will does – and may be more important to you than your will! At least problems with your will don't affect you, after all, you'll be dead! You'll just leave a mess behind for your loved ones. But your durable power of attorney affects YOU! If you become incapacitated and don't have a valid durable power of attorney document that names someone who can write checks, pays bills and manage your financial and legal affairs, the alternative is a court ordered guardianship. That's no fun and can be insanely expensive.

5. Take a Look at your IRA and 401(k) Beneficiary Designations

It could be a real downer for your current spouse to discover that your former spouse is still named as the primary beneficiary on your IRA and 401(k) accounts. Another bummer is when your stockbroker switched firms and forgot to have you update the beneficiary documents. When that happens, the Custodial Agreement controls who gets the IRA or 401(k). Have you ever read your Custodial Agreement? It's the thin onion skin paper thingy that comes in the mail when you opened your account. The one you threw out along with the prospectus to all the mutual funds. What the Custodial Agreement may say is that your estate becomes the beneficiary if you don't name one. Federal tax law – our friends at the IRS – shout with glee when your estate becomes your beneficiary, because upon your demise, your entire account becomes immediately taxable as income.

4. Update Your Health Care Directives

Unless you wish to become the next Terri Schiavo, you should strongly consider

signing a new living will and health care surrogate. Think back to the Dunedin, Florida woman who was on life support for 15 years. Schaivo's court case between her husband who insisted that she would have wanted to remove the food and water tubes and her parents who argued she wasn't in a persistent vegetative state – resulted in a political and media circus involving the United States Congress and the Supreme Court.

3. Dust off your Life Insurance and Annuity Beneficiary Designations

For many of the same reasons I mention in #5, it's a good idea to dust off the beneficiary designations to your life insurance and annuities. If you have any chance of having a taxable estate for federal estate tax purposes, now may be a good time to investigate removing the life insurance from your taxable estate by using any number of strategies, including an irrevocable life insurance trust (ILIT). If you already have such a trust but don't have all your "Crummey notices" (the ones that made the contributions to the ILIT tax free) saved in one place, gather them together and give them to your estate attorney so that he/she will have copies in case they are ever needed. When might they be needed? Not until your death when your estate tax return is audited. By then, you obviously won't be around to tell everyone where they are. Save your friendly attorney (not to mention your family affected by the taxes that our friends at the IRS may impose when the Crummey letters can't be verified) from the stress and organize the file.

2. Make a Tangible Personal Property List

Believe it or not, it's usually not the money or real estate that the kids fight over. Those things can be divided up rather easily. It's the heirlooms that cause the most strife. Dad's baseball card collection. Mom's engagement ring. The painting on the wall. Creating a list of who is to get what can avoid some heated arguments in the stress of losing a parent.

1. Make General Lists

Do those important to you know where your financial accounts are located, how to log onto your accounts online or which bank branch your safety deposit box is located? All sorts of personal information might be very difficult to find in the event of your incapacity or death. Unless your son is Sherlock Holmes, it's a good idea to let them all know where these important documents and items can be found.

Just as most of us give up on our resolutions by January 2, do yourself (and your loved ones) a big favor. If you haven't taken care of these matters, try your best to do so. Unlike losing weight or getting more exercise, you can delegate most of these tasks among your advisors such as your friendly estate planning attorney, accountant and financial advisor.

Have a Happy and Healthy 2020!

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# Reflections On 20 Years Of SanCap Cares



submitted by Melissa Congress

Twenty years ago, a group of Sanibel women came into our jewelry store, asking for a donation for a new event they were putting together. They were calling it Sanibel Cares, an event to raise money for the children's hospital in Southwest Florida.

Intrigued by the concept, I didn't just say "yes" to the donation, but I also asked a question that really changed my life on Sanibel: "How can I help?"

You see, in 2000, I was already a mother to three children – well on the way to four! And though they were young at the time, my husband Scot and I already felt like we knew the importance of having good health care for our children close to our Sanibel



**Melissa and Scot Congress**  
community.

A few years earlier, our second child, Andrew, decided he wanted to be born a couple months early. We were scared about what being born at 32 weeks would mean for him and my family. But even in the late 1990s, The Children's Hospital of Southwest Florida – a pediatric hospital within the adult hospital at HealthPark – had experts in neonatology and all the high-tech equipment needed to make sure Andrew would grow and thrive despite being so small and frail.

We brought Andrew home, healthy

and happy, on Christmas Day, only to have to return to the children's hospital in January when he caught a bad case of RSV, the respiratory virus. Once again, we were worried about our son, but the team at the hospital put our minds at ease and treated him professionally, with love and expert care, and he was just fine after a few days.

What a relief to know that we didn't have to travel out of our area to get the care we needed. No need to go to Miami or Tampa when the doctors, nurses and staff at our local children's

hospital could provide care close to home.

So, joining the Sanibel Cares effort was a no-brainer. And I'm glad I did. Now known as SanCap Cares, I am honored to again serve on the committee, preparing for the 20th anniversary this year, with a big celebration at The Sanctuary Golf Club on March 29.

SanCap Cares has been an amazing grassroots effort, entirely created and run by the community members all these years. Before there were fundraisers every week during season, like there are today, there was SanCap Cares – truly Sanibel's first fundraiser.

It's been a privilege to bring friends to the mission of the children's hospital – now, of course, known as Golisano Children's Hospital of Southwest Florida. I was able to get Diana Day, Jeanne Kendall, Doreen Ruane and so many more wonderful ladies and gentlemen to wrap their arms around the mission and support our event.

What a joy to see the money raised and the memories made, perhaps no moments more memorable than Marty Harry's costumes and singing routines (at the events)! It's been amazing to meet so many caring people who want to make a difference.

I'm glad I asked the question 20 years ago and have been thankful to help SanCap Cares since. I hope you, too, will ask, "How can I help?" and choose to support SanCap Cares' 20th anniversary this year.\*



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# Frankly Speaking



by Howard Prager

Dear readers, Happy New Year! I am starting a new tradition today. I asked a number of people from both the Fort Myers/Sanibel area and around the country for their sports

predictions or wishes for the upcoming year. In the future, I hope to include your predictions, too. I'll conclude with the feel good sports story of the year.

My predictions include: Super Bowl Champ – Baltimore Ravens, NBA Champ – Milwaukee Bucks, Stanley Cup Winner – St. Louis Blues and World Series Winner – Chicago White Sox.

Mayor Kevin Ruane of Sanibel Island wishes the New York Yankees win the World Series.

Dave Hyde, columnist of the *Fort Lauderdale Sun Sentinel*, wishes for a rebirth of south Florida sports teams, including the Canes contending, the Marlins winning it all, the Dolphins winning a playoff game, the Heat winning a title, and the Panthers winning a playoff series.

Marshall Kellner, Fort Myers Mighty Mussels broadcaster and media relations manager, wishes the Vikings would win their first Super Bowl, the Twins knock off the Yankees in the playoffs, the USC

Trojans get into the Sweet 16 and hire a new football coach, and the Mighty Mussels win the FSL championship in their first year with the new name.

Jeff Butera, WZVN-ABC7 News anchor, wishes the Chicago Cubs will play baseball again in October and win a second World Series.

Lorin Arundel, publisher of *Island Sun/The River Weekly News*, wishes to see Marco Andreotti win the Indy 500. She would also like for her hometown Huskers to up their game next season.

Dustin Morse, Minnesota Twins director of communications and public relations, wishes for a Twins World Series! "However, I have never experienced a postseason win in my career (0-16) – so another visit to October baseball with the chance to win a game, a series or even better – the whole darn thing would be my wish in 2020."

Emery Moorehead, retired Bears tight end, wishes Coach Matt Nagy and QB Mitch Trubisky will reach their full potential with the Bears.

Ted Handel, non-profit housing executive director, predicts Super Bowl winner, Baltimore Ravens; Stanley Cup winner, Washington Capitals, NBA champ, Milwaukee Bucks and World Series champ, Houston Astros.

Walt Wigger, retired COO, predicts the Super Bowl winner to be the New Orleans Saints.

Ralph Wilder, clarinet and band leader (retired), predicts World Series between Yankees and Nats with Yanks winning.

Pat Dessent, band director (retired), predicts Super Bowl champion Kansas

City Chiefs, World Series champion Yankees over the Cardinals, NBA champ San Diego Clippers. (His grandfather was a baseball scout.)

The Jesse White Tumblers (JWT) turn 60. Jesse White is an Illinois politician who saw a need to help inner city youth stay active and out of trouble during the baseball offseason by learning to tumble and jump, putting on shows at football, basketball, baseball games and parades. All the kids who participate must maintain an academic success of at least a "C" average and stay away from drugs and gangs. Since the team's inception, over 10,000 children, ages 6 and older, have participated in the program.

What always excites the crowd is seeing the kids take turns jumping, tumbling and then crouching down next to each other as each successive tumbler has to jump over more and more kids. They do many more versions of jumping up and over as kids stand on each others' shoulders in another favorite routine, all with heart-pumping music being played. JWT travels the world performing and wowing crowds, and they have four different tumbling teams to meet the demand both of the kids and of the 1,500 performances they put on every year.

From their website, "The Jesse White Tumbling Team Training Program has been designed to enhance the tumbling skills of students ages 6 to 16 that have been selected to participate in the training program through the tryout process. In addition to enhancing tumbling skills, the training program also teaches discipline and introduces the rules and philosophy of the organization, which have guided the members of the team throughout the years. The training program and uniform are free to all training participants."

After what was going to be just a one-year project, the parents "demanded" that the program continue because it kept their kids away from gangs, drugs, and violence. "I believe that when you go through this world and become successful, you should give something back. I also believe that you should do something good for someone everyday," said Jesse White. Thank you, Jesse White for living your dreams while helping many youth achieve their dreams. Life is not just about money and awards. Jesse White, may your legacy live on for another 60 years and more.

Howard Prager is the son-in-law of

longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandsunnews.com](mailto:press@islandsunnews.com).✱

From page 14B

## Bestselling Author

leading a quiet life as a professor and novelist. Their friendship bloomed into a long-distance relationship, then marriage in 1998. It was a union that would last 18 years, until the beloved literary icon's death from pancreatic cancer in 2016.

In *Tell Me a Story: My Life with Pat Conroy*, the woman he nicknamed "King Ray" looks back at her love affair with a natural-born storyteller whose lust for life was fueled by a passion for literature, food and coastal South Carolina. A reviewer for *Publishers Weekly* wrote, "This engrossing tearjerker will appeal to fans of both King Conroy and her husband, and those inspired by literary romances."

Cassandra King Conroy is an award-winning and bestselling novelist whose works include *Moonrise*, *Queen of Broken Hearts*, *The Same Sweet Girls*, *The Sunday Wife* and *Making Waves*. Before becoming an author, she taught creative writing on the college level, conducted corporate writing seminars, and worked as a human interest reporter.

"Who wouldn't want to know what it was like to be married to Pat Conroy, one of the greatest writers to ever spring forth from the Lowcountry of South Carolina? Cassandra, his widow, takes you inside their deep and abiding love in this beautifully and soulfully written memoir," said bestselling author Dorothea Benton Frank.

There will be no tickets issued and no cost to attend the discussion and book signing. The event is supported by grant from the Sanibel Public Library Foundation. The reception begins at 6 p.m., with book talk at 7 p.m.

At the talk, copies of King Conroy's books will be available for purchase from MacIntosh Books and Paper. Light refreshments will be served.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).✱

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- SPORTS QUIZ
- Dale Murphy is one of four outfielders in major-league history to win back-to-back regular-season MVP awards. Name two of the other three.
  - Who holds the Texas Rangers' record for most hits in a season?
  - How many Division I football teams has Dennis Erickson coached during his 19-year college career?
  - In 2018, the Golden State Warriors set an NBA record for most consecutive home postseason victories (16). Who had held the mark?
  - The New Jersey Devils have had the No. 1 overall pick in the NHL Entry Draft twice. Name either player selected.
  - Simone Biles set a record in 2019 for most career medals by any gymnast at the world championships (25). Who had held the mark?
  - In 2019, Brooke Henderson set a record for most wins by a Canadian on the LPGA Tour. Who had held the record at eight?

- ANSWERS
- Barry Bonds, Mickey Mantle and Roger Maris. 2. Michael Young had 221 hits (and a .331 batting average) for the Rangers in 2005. 3. Six: Wyoming, Washington State, Miami, Fla., Oregon State, Idaho and Arizona State. 4. The Chicago Bulls, with 15 consecutive wins in 1990-91. 5. Nico Hirschier (2017) and Jack Hughes (2019). 6. Vitaly Scherbo of Belarus, with 23. 7. Sandra Post.



Island Sun team members, from left, Mike Terry, Jeff Lysiak, Ann Ziehl, Lorin Arundel, Bob Petcher and Justin Wilder photo provided

## Local Newspaper Sponsors Gala

The Island Sun newspaper is a silver sponsor of the Sanibel Historical Village gala on Tuesday, February 18. The theme of the gala is It Takes a Village, and it will be held at The Community House from 6 to 10 p.m.

The evening will include a buffet dinner and dancing. Tickets are \$135 per person and can be purchased by calling 472-4648.

So far, this year's business sponsors include: Times of the Islands, Bank of the Islands, Breeze Newspapers (Islander, Island Reporter, Captiva Chronicle), Island Yacht Sales, Congress Jewelers and Captiva Cruises.

Individual sponsors include: Wayne and Linda Boyd, Roland and Gail Garlinghouse, Neal and Sherry Halleran, Ed and Annette Hendrick, Pete and Jan Halliday, and Alex Werner and Karen Strojohann.

For more information or to become a sponsor, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).✱

## Historical Village Gala Sponsor

The Breeze Newspapers – Islander, Island Reporter and Captiva Chronicle – has signed on as a silver sponsor of the Historical Village Gala. The gala, to be held on Tuesday, February 18 at The Community House, is a benefit for the Sanibel Historical Museum and Village. The theme this year is It Takes a Village.

The gala will run from 6 to 10 p.m. and include a buffet dinner and dancing. Tickets are \$135 per person and can be purchased by calling 472-4648.

This year's business sponsors include: Island Sun, Times of the Islands, Bank of the Islands, Breeze Newspapers (Islander, Island Reporter, Captiva Chronicle), Island Yacht Sales, Congress Jewelers and Captiva Cruises.

Individual sponsors include: Wayne and Linda Boyd, Roland and Gail Garlinghouse, Neal and Sherry Halleran, Ed and Annette Hendrick, Pete and Jan Halliday, and Alex Werner and Karen Strojohann.

The Sanibel Historical Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children. For more information, to become a sponsore, or to make a donation, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✱



Editor Tiffany Repecki and Account Executive Mark Martens photo provided

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# Island Donor Adopts Family For The Holidays



Mom receiving gifts for her family  
photo provided

A story of island giving through FISH of SanCap:  
A married couple, island workers for over seven years, have five children. They both work hard by providing housekeeping, landscaping and handyman services on Sanibel and Captiva Islands; sometimes working as many as four jobs at a time to make ends meet. There are times in low season when the couple's hours combined don't equate to one full-time job. Due to a recent medical emergency, the family has had a rough time getting back on their feet. In late summer, their son broke his arm in a bad fall. Although most of the expenses were covered by their KidsCare medical plan, they still had a large sum of medical and living expenses

to pay. Unfortunately, this occurred during the slowest work time of the year, and both parents had to miss some of their few work hours to care for their son.  
Through the FISH of SanCap Adopt a Family program, a donor was matched with the family and provided all the children gifts for the holidays. Mom received the presents and said, "I'm so thankful for what FISH has done for my family. Without their help, I don't know what my situation would be. I've received school supplies for my children at the beginning of the school year and now have a beautiful box of toys. I know my children won't be expecting any of this Christmas morning. Thank you for giving me the opportunity to give them this wonderful surprise. Thank you to everyone at FISH for all they do."  
The family will also participate in the FISH Food Pantry Program and Children's Backpack Program. To learn more about programs offered by FISH of SanCap, contact Executive Director Alicia Tighe at 472-4775, or visit [www.fishofsancap.org](http://www.fishofsancap.org).✱

## Top 10 Books On The Island

1. *Giver of Stars* by JoJo Moyes
  2. *If the Creek Don't Rise* by Leah Weiss
  3. *Where the Crawdads Sing* by Delia Owens
  4. *Lakota America* by Pekka Hamalainen
  5. *Audubon Warden* by Charles LeBuff
  6. *Miracle Creek* by Angie Kim
  7. *Innocents* by Michael Crummey
  8. *Sunshine Sisters* by Jane Green
  9. *Every Breath* by Nicholas Sparks
  10. *Three Women* by Lisa Taddeo
- Courtesy MacIntosh Books and Paper.✱

## Doctor and Dietician Mini-New Year's Resolutions?



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

Chances are most of us have made New Year's resolutions that were difficult to keep past the end of January, much less to the end of the year. We recently read an article discussing making smaller, more manageable goals or mini-resolutions, defined as any behavior you commit to changing or adding for four weeks. Then longer-term goals, for example, eating better or learning a new skill, can be broken down into more achievable goals along the way.  
Start by thinking of 12 bad habits or indulgences you'd like to cut back on or give up entirely. For example, give up drinking alcohol, TV-watching, device use, or sweets consumption, but just

for a month. This may be a positive as well as an eye-opening experience. You may be surprised at what you can do without, and you may wish to carry it out longer!  
Or think of 12 habits you want to add to your life. Each month, add a healthy activity. Some feel adding to one's life is more enjoyable than deprivation, thus more likely to become sustainable. Think of something you can add to your day for one month and see where it takes you. Here are some things to try: walk one mile per day, read at least one chapter in a book every day, eat some kind of vegetable twice per day, drink 12 ounces of water every day, pray for a friend or family member every day.  
Either way you look at it, micro-resolutions may be more fun and lead to more positive changes to bring you to a healthier, happier version of yourself. Be intentional about your goals. Just thinking about them won't make them happen. Breaking them down into smaller bite-sized pieces may just help you get there. Wishing you a very happy, healthy New Year! Here's to 2020 vision for all of us!  
*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](mailto:info@caringmedical.com).✱*

## Beautifulife: Let Go



by Kay Casperson

We have now entered a new year and a brand new decade, so it is time to decide what to take with you and what to let go of. A new year always brings the idea of making resolutions of things that you want to do or change in your life. Still, I believe it is just as important to take a closer look at the things that might hold you back if you don't leave them behind.  
I like to suggest that you take a walk on the beach and find a quiet spot to dig a hole in the sand where you can bury little thoughts of things that you want to leave behind. You can use a shell, a rock, or any item as a symbol of the thought. I am a big believer that if you speak your thoughts out loud, and then put them in the hole to be buried, it brings more of a lasting impact and significance.  
You don't need to live near the beach to do this exercise. Thoughts can be buried in the snow, in a pile of rocks, in a lake, in the dirt, or even by throwing them into a bonfire. The point is that you are taking the time to come up with things that might have affected your life

this past year in terms of pain, suffering, loss, heartache, setbacks, worry, fear, or anything that might hold you back from having your best year ahead.  
Regardless of whether or not these things that are weighing you down were emotional, spiritual, physical, environmental, or social, they are indeed an extra burden that will keep you from living the wonderful life you have been working so hard for. Your thoughts, your health, your surroundings and the people in your life should all be in line with your ultimate goals.  
My hope is that you find your own way to make sure that you are starting this new year off in a very productive way by only taking with you the good things that came into your life. Leave behind the things that will slow you down from stepping into a brand new year of living your most balanced and beautiful life ever.  
My affirmation for you this week is: "I will take the time to confront the circumstances in my life that do not serve me in a positive way for my future and will let them all go in order to freely move on."  
Happy New Year!  
Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow on social media @kaycasperson.✱

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dearRPharmacist

## Energy Hacks For Tired People



by Suzy Cohen, RPh

**Dear Readers:** I bet some of you who deal with chronic fatigue are feeling very misunderstood by others. Maybe you have a fear of not being believed or being perceived negatively. I have

compassion for you. Fatigue is not something someone can see like a broken ankle, it's something that they have to take your word for it.

If you're coming into New Year 2020 with fatigue, I have help for you today. It is simply not possible to make a resolution to beat fatigue if you don't know what the underlying cause is. But what you can do is try energy-boosting mito-loving supplements and support GI health that can help you produce energy.

Sometimes just ending a tedious job or leaving a challenging relationship can fill your cup with new reserves of energy. I want to be careful that I don't medicalize fatigue because we live in a weird day and age where every symptom gets you a drug.

Since I'm a registered pharmacist and crazy about natural medicine, I'd like to move away from the psychological perspective now, and offer you some treatment options. There are many new things today, but one of them I do not recommend is a fecal microbiota transplant. Not kidding here! Do not get talked into this procedure for chronic fatigue.

Fecal microbiota is the medical term for a procedure in which 'stool' from a healthy person (the donor) is placed into another person's intestine in the hopes that the donor's microbiota (i.e. probiotics) will flourish and help re-establish yours. I mention it because I'm into new research, and I came across a study that showed a fecal transplant could improve symptoms of fatigue in people with irritable bowel syndrome (IBS).

But it's a head scratcher to me because I would have suggested taking supplements of B vitamins and probiotics (and dietary restrictions) before doing the stool transplant. I have a very comprehensive

version of this article that I can email to you, if you sign up for the newsletter at [www.suzycohen.com](http://www.suzycohen.com)

I will now list some of the most important energy hacks and hormone considerations that may help you:  
CoQ10 – Important for muscle contractions

Thyroid – Low levels of thyroid hormone cause mental and physical fatigue  
TMG – It's a methyl donor that spawns other energy-producing nutrients

Hormones – Reduced estrogen can cause fatigue

Iron – Iron deficiency anemia can make you tired and dizzy

Creatine – Creatine leads to more Adenosine triphosphate (ATP) and supports muscle health

Greens – Certain superfoods and super fruits can improve mental clarity and physical stamina

Zinc – New research suggests that zinc enhances cellular energy reserves.

In short, the best way to reclaim energy if you have digestive issues is to start with your digestion because a lot of mitochondria reside in the gut. Emerging research shows there is cross-talk between your gut and your muscles. Supplements such as those above may be extraordinarily helpful and should be carefully considered with the help of a qualified practitioner.

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

## Free Diabetes Prevention Program

**L**ee Health will offer a free program this month designed to help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The program will be held on Wednesdays, beginning on January 15 from 5 to 6 p.m. at 12550 New Brittany Boulevard, Suite 200 in Fort Myers. Registration is required.

Learn how to prevent or delay type 2 diabetes. Have you been told that you have prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of type 2 diabetes?

This year-long program with weekly

meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent type 2 diabetes: learn about the benefits of physical activity; manage

symptoms of stress; make smarter decisions related to healthy eating; and learn tips to stay motivated. Participants will receive a guide to use as an ongoing reference tool once the classes are completed.

Seating is limited and registration is required. For more information, call 424-3127. ✨

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am a senior in college, and I am struggling with getting a good night's sleep. I think I am worrying, and I don't seem able to turn off my brain. What should I do because I feel it's

affecting my grades?

**A:** We live in a culture of sleep deprivation. Most of us do not get a good night's sleep. There many factors to be considered. We are told that the average person sleeps six to eight hours a night. That is really not the case for most Americans. Eight hours may be the recommendation, but it is far from the norm. You are definitely not alone. My guess is that your sleeping patterns changed when you entered college. Without a good night's sleep, you are prone to reduced performance, hence

your grades are affected. Even your memory and motor coordination fade rapidly.

I would like to recommend that you go to bed at the same time every night and get up at the same time each morning. You may want to drink a warm glass of milk or sleepytime tea with no caffeine as it affects your central nervous system. Get plenty of exercise, but not after 6 p.m. as you will be too hyped up to go to bed early. Try not to make a habit of pulling all-nighters as that will interfere with your sleep cycle.

You may also want to begin a meditation practice, guided or silent. Meditation keeps you in the moment and will help aid in a good night's sleep. Apps such as Insight Timer, Head Space and Calm have some good guided meditations to get you started.

Following the tips above can be a start to getting a good night's sleep which will help you in all aspects of your daily life.

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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com). ✨

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Broadway Palm Dinner Theatre .....	278-4422
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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 . .	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
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Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
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CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
Democratic Club of the Islands .....	Demclubislands@gmail.com
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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 - Protection of Animal Welfare Society .....	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 .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus .....	395-0819
Sanibel-Captiva Shell Club .....	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer .....	<a href="http://www.sanibelsoccer.org">www.sanibelsoccer.org</a> 395-2040
Shell Islands Garden Club .....	246-8875
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
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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: <a href="mailto:press@islandsunnews.com">press@islandsunnews.com</a>	

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Comet And Sunny

Hello, my name is Comet. I am a 10-month-old male pit bull mix who came to LCDAS with my mom, Noelle. I am a spirited young pup that is ready to be on my own. My mom has taught me great manners, and I get along well with other dogs. I love toys and will keep myself amused by chewing on them for hours! A house with a yard and pool would be ideal for this boy.



Comet ID# A803155

My adoption fee is \$30. Hi, I'm Sunny. I am an 8-year-old male domestic shorthair who is the unofficial mascot at LCDAS as I am a staff and volunteer favorite. I am a social butterfly when it comes to people (other cats, not so much). I will need to be the king of his castle as I do better being the only feline in the house. I am quite

the character and keep the staff quite entertained.

My adoption fee is \$25, and you can adopt another feline friend free.

People make millions of New Year's resolutions each January. Lee County Domestic Animal Services invites you to Skip the Jog and Walk a Dog as part of yours. Make pets a part of your New Year's plan and consider that a new pet can help you achieve many of the most popular goals set each year. The adoption fee for dogs over 30 pounds will be just \$25 through January 31 to assist potential pet owners in finding a new exercise partner and best friend.

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](http://www.leegov.com/animalservices) or call 533-7387.\*



Sunny ID# A777916

Haven on Earth Animal League

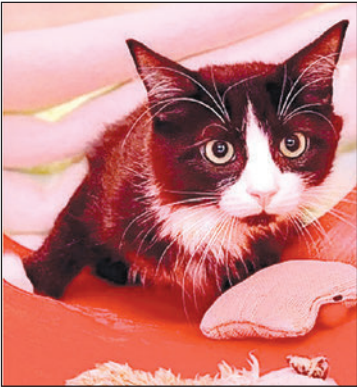
Eve

Hi There! My name is Eve -- perfect for Christmas Eve and New Year's Eve. I'm only about two or three years old, so I'm still young and playful. I've had a rough life so I'm looking for someone to love me forever. I was found in a garden center, trying to protect my five kittens. I was emaciated, full of tapeworms and missing fur. Luckily, someone from Haven on Earth Animal League took me in and fostered me. I'm all better now and ready to spend my life being pampered, as I should be. I am very affectionate and like to cuddle in bed or on the sofa with my human. I get along with other cats, and I even like the dogs in the house -- but don't tell anyone. If you want to meet me, call Aviva (my foster mom) at 204-6849 or email Haven on Earth Animal League at [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).\*



Eve



One kitty



Two kitty



Three kitty

PAWS Of Sanibel

Three Kittens

PAWS, in conjunction with VCA Coral Veterinary Hospital in Fort Myers, has three beautiful kittens up for adoption.

The two males and one female are approximately 14 weeks old. They have had their first round of shots; worming and combo test were negative. For a \$50 adoption fee, they will be spayed/neutered but remaining shots will be at owner's expense. Medical records will be provided.

Call Pam at PAWS at 472-4823, if you'd like to take one, two or all three of these gorgeous kittens home in 2020.\*

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PUZZLES

Answers on page 31B

Super Crossword

ON THE EVE

- ACROSS
- 1 Will, in the Bible

6 Sang like a bird

13 Modify

19 Pages, e.g.

20 Stone Age tool

21 Simple shack

22 "Well ... hop to it!"

25 Pa's ma

26 Mega-years

27 Big record label, once

28 Angers

30 "Hamlet" monologue exhortation

38 Singer

39 Skeletal bit

40 Told fibs

41 Fancy resort

42 "Very sorry to hear that"

49 Skidded

51 Penn of film

52 Compass pt.

53 Divested (of)

55 Intl. cultural gp.

59 Like lambs

61 Voicing a question of curiosity

66 Bush barb

68 Misery

69 Battery size

70 Suffix with convert

71 Army sites

73 "Look ahead," to a drill instructor

77 Wicked acts

78 Regarding

79 Downed

80 Charged bit

81 — Lauder

83 Was the right thing, but didn't happen

88 Steeds

91 Set of seven

92 That dude's

93 Ad about DUI, maybe

95 Just makes, with "out"

96 Prune a bit

98 Be published

103 — Moines

106 "Back in Black" band

108 Actress

109 Poehler

109 Many a charity gp.

110 Poem that's the source of the phrase comprising the first words of 22-, 30-, 42-, 61-, 73-, 83- and 98-Across

118 Viral GIF, e.g.

119 Sci-fi saucer

120 — Party

121 Cookie giant

123 Alternate title of 110-Across, with "The"

131 Director

132 Shady giant

133 Island ring

134 Expunge

135 More diluted

136 Body of art?
- DOWN
- 1 Like cut wood

2 Pair of drum-kit cymbals

3 "A Bell for —"

4 Unleash on

5 Airport org. flagging bags

6 Parody-filled newspaper

7 Gretzky of hockey

8 Brian of rock

9 School URL ender

10 "... — a puddy tat!"

11 Orals, e.g.

12 Clear, as a windshield

13 Boxing great

14 Bear's home

15 Bender

16 Not suited

17 Town that's home to the University of Connecticut

18 Shredded

23 Blitzen, e.g.

24 6'6", say

29 Brine source

31 Solo in films

32 Mine find

33 Game aim

34 It aired "ER"

35 Hi- — (stereos)

36 Caviar fish

37 Suburb of Minneapolis

42 "Umami" taste source

43 "— -haw!"

44 Simply must keep going

45 At variance

46 Dr. Kildare player Ayres

47 "I heard him exclaim, — he drove out of sight ..."

48 "Fine fellow"

50 Paperboy, for one

54 Gorilla guru

56 Actress

57 Pick out from others

58 Some poems

60 Plural of "el"

62 Be in debt

63 Some votes

64 Zapping ER treatment

65 Silver of statistics

67 Neighbor of Belg.

71 Party

72 Netman

74 "Uh-huh"

75 Caviar base

76 Inseparable

77 DDE's WWII sphere

79 Chocoholic, e.g.

82 Chinese port

84 Oahu patio

85 Road, in Italy

86 Seer's "gift"

87 "Fresh Air" network

89 Dusk, to a bard

90 Old Brit.

91 Airways jet

94 More heartfelt

97 PC file that's shareable

99 Fathers

100 First-aid pro

101 Writer Rand

102 Nanki- — ("The Mikado" son)

103 Block up

104 Made level

105 "Good as gold," e.g.

107 Mötley —

111 "Love Story" author Erich

112 "He's a man — words"

113 Dinero

114 "With this ring — wed"

115 Keno's kin

116 Knight's mail

117 Some pups

122 Norway port

124 Make haste

125 Blast stuff

126 Flying stinger

127 Apartment divs.

128 Archaic verb ending

129 Dernier —

130 Used a pew

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15	16	17	18	
19						20								21						
22					23							24								
25					26						27						28			29
	30			31				32	33	34				35	36	37				
				38				39					40					41		
42	43	44	45				46				47	48		49			50			
51					52						53		54		55			56	57	58
59				60			61	62	63	64				65						
		66				67		68					69				70			
71	72					73	74				75	76					77			
78					79					80				81	82					
83				84				85	86				87		88				89	90
91						92						93	94				95			
			96			97		98		99	100	101					102			
103	104	105		106			107			108				109						
110				111				112	113					114				115	116	117
118							119							120				121		122
	123				124	125	126				127	128	129				130			
	131									132							133			
	134									135							136			

King Crossword

- ACROSS
- 1 Variety of lettuce

5 "Eureka!"

8 Book of prophecies

12 Lotion additive

13 Chaps

14 Toothpaste container

15 Anger

16 Conventional

18 One up?

20 Western occurrence

21 Leopold's codefendant

23 Four qts.

24 One of Monopoly's light-blue avenues

28 Speech impediment

31 Great noise

32 Disrobe

34 Female deer

35 Bird of peace

37 Decoration

39 Finish

41 Ireland

42 Secular

45 Servile

49 Form a union

51 Top

52 Isn't well

53 Calendar abbr.

54 Prolonged sleep

55 Run away

56 Automaton, for short

57 Slaughter of baseball

9 Flood after-math, perhaps

10 Reed instrument

11 Send a naughty message

17 Embrace

19 Billions of years

22 Wilkes- —, Pa.

24 Peculiar

25 Brazilian tourist mecca

26 Lure

27 Ache aid

29 Junior

30 Teacher's —

33 Rid of rind

36 Put in a box

38 Threaten

40 Novelist Brown

42 Unsliced bread

43 Seed coat

44 Owl's perch

46 PC picture

47 Magazine contents

48 Meadows

50 Menagerie
- DOWN
- 1 Zinger

2 Pelvic bones

3 Nut partner

4 Pvt. Bailey

5 Cherub, in art

6 The girl

7 Picnic invaders

8 Musically keyless

MAGIC MAZE ● — REMOVER

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

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

- Boot
- Dust
- Eye makeup
- Hair
- Malware
- Nail polish
- Odor
- Paint
- Spot
- Spyware
- Stain
- Staple
- Varnish
- Virus
- Wart

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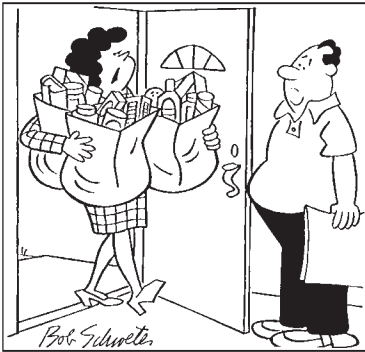
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"Live within our means?  
With your \_\_\_\_\_ ?!"  
Answer on page 31B

SCRAMBLERS

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

Charm

Uproar

Process

Guard

TODAY'S WORD

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

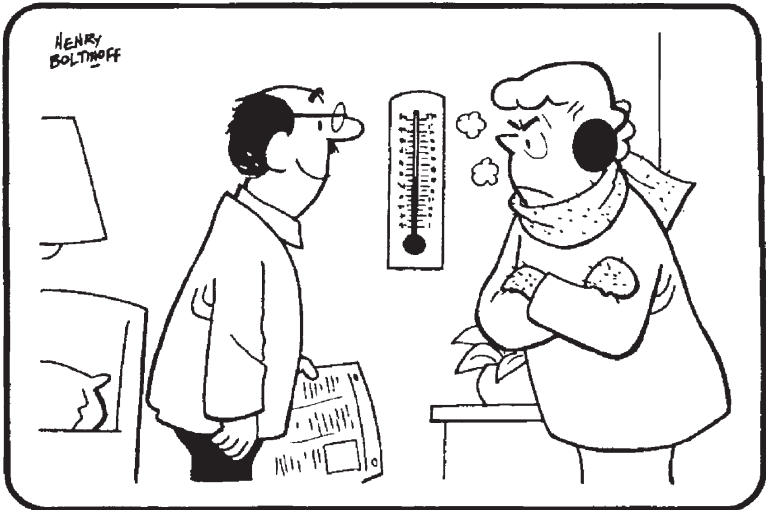
SUDOKU

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.

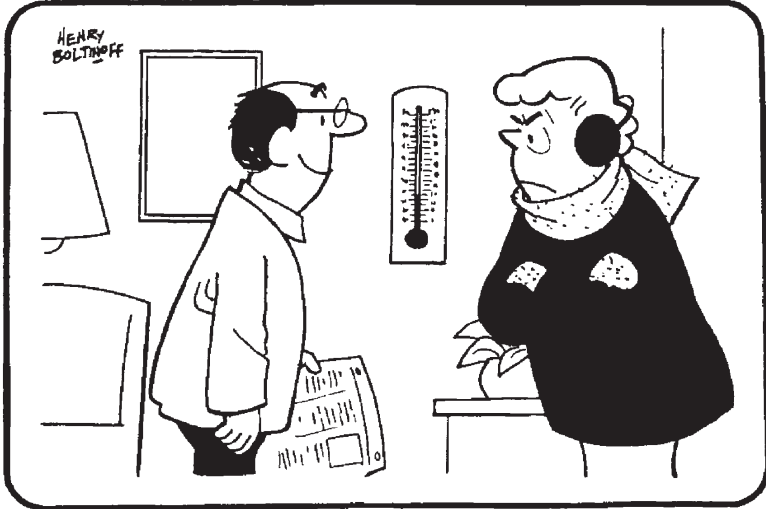
Answer on page 31B

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Blouse is black. 2. Breath "puffs" are gone. 3. Picture has been added. 4. Pillow is missing. 5. Temperature is lower. 6. Moustache is gone.

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# My Stars ★★★★★

## FOR WEEK OF JANUARY 6, 2020

**Aries** (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

**Taurus** (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

**Gemini** (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

**Cancer** (June 21 to July 22) A friend offers you an exciting opportunity for this New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

**Leo** (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den mate offers both wise and loving support.

**Virgo** (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move

from the comfortable status quo to the challenging unknown. It's up to you.  
**Libra** (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continuing misunderstandings. Do it soon, for both of your sakes.

**Scorpio** (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.

**Sagittarius** (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

**Capricorn** (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

**Aquarius** (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

**Pisces** (February 19 to March 20) This New Year brings news about a change

you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

**Born This Week:** You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

### MOMENTS IN TIME

• On Jan. 8, 1835, President Andrew Jackson achieves his goal of entirely paying off the United States' national debt. It was the only time in U.S. history that the national debt stood at zero, and it precipitated one of the worst financial crises in American history, the Panic of 1837.

• On Jan. 9, 1861, a Union merchant ship is fired upon as it tries to deliver supplies to Fort Sumter in Charleston Harbor, South Carolina, in the first exchange of shots between North and South. The shots were fired by gunner George E. Haynsworth, a cadet at The Citadel in Charleston.

• On Jan. 7, 1927, the Harlem Globetrotters basketball team travels west from Chicago to play their first game, in Hinckley, Illinois. Coach Abe Saperstein decided to promote his new team's racial makeup by naming them after Harlem, the famous black neighborhood of New York

City.  
• On Jan. 12, 1932, Ophelia Wyatt Caraway of Arkansas becomes the first woman elected to the U.S. Senate. Caraway had been appointed earlier to fill the vacancy left by her late husband, Thaddeus Horatio Caraway.  
• On Jan. 11, 1949, on Connecticut Avenue in Washington, DC, the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was complete with a 160-foot minaret from which prayers were to be announced.

### STRANGE BUT TRUE

• It was Nobel Prize-winning French poet, journalist and novelist Anatole France who gave the following sage advice: "Never lend books – nobody ever returns them; the only books I have in my library are those which people have lent me."

• Ancient Egyptian priests were bald. And not just on their heads – they would pluck every hair from their bodies, including their eyebrows and eyelashes.

• In many parts of Spain, Dec. 28 is traditionally observed as the Feast of the Holy Innocents. To celebrate, the young boys of a town gather together and light bonfires. One of them is designated as

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1/26 ★ TFN

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10/11 ★ 4/3

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1/3 ★ 1/10

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12/27 ★ 1/10

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1/3 ★ 1/10

the mayor for the evening, and he goes about ordering citizens to do tasks such as sweeping the streets. Anyone who refuses is fined.

• The deluge of mail around the holidays has been an issue longer than you probably realize. In 1822, the postmaster of Washington, D.C., was disgruntled by the surge and complained about having to hire 16 extra mail carriers. He wanted a law to be passed limiting the number of cards a person could send.

• Have trouble remembering all the words to our national anthem? Be glad you're not Greek – their national anthem has 158 verses.

• If all the blood vessels in one human body were stretched out end to end, they would stretch all the way around the world.

• The rivalry between those Ivy League giants, Harvard and Yale, is legendary. Not many people know, however, that Yale was founded by graduates of Harvard.

THOUGHT FOR THE DAY

“He who wants to grow rich in a year will be dead in a month.” – Spanish proverb

SCRAMBLERS

1. Please; 2. Tumult;  
3. Action; 4. Patrol

Today's Word  
**APPETITE**



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A	I	D	E	S	H	A	N	D	A	X	E	L	E	A	N	T	O			
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KING CROSSWORD

B	I	B	B		A	H	A		A	M	O	S	
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MAGIC MAZE

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DUST

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SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Oak Knoll At Bonita Bay	Bonita Springs	1996	4,574	\$1,575,000	\$1,500,000	192
Cape Coral	Cape Coral	2009	3,761	\$1,500,000	\$1,400,000	0
Bonita Beach	Bonita Springs	1976	2,293	\$1,099,000	\$1,050,000	30
Sanibel Shores	Sanibel	1986	1,570	\$729,000	\$685,000	47
Carillon Woods	Fort Myers	1989	3,447	\$699,900	\$675,000	24
Cape Coral	Cape Coral	2011	2,441	\$620,000	\$535,000	682
Dunes At Sanibel Island	Sanibel	1984	2,536	\$599,500	\$542,500	243
Pine Island	Bokeelia	1988	1,767	\$580,000	\$530,000	199
Buckingham	Fort Myers	2007	3,524	\$576,000	\$559,000	28
Gumbo Limbo	Sanibel	1977	1,640	\$575,000	\$545,000	32

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