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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 8, 2016

JANUARY SUNRISE/SUNSET: 8 7:18 • 5:52 9 7:18 • 5:52 10 7:18 • 5:53 11 7:18 • 5:54 12 7:18 • 5:55 13 7:18 • 5:55 14 7:18 • 5:56

Local Historian To Speak, Dimock Photo Exhibit To Open On Captiva

Historian and author Betty Anholt will give a talk entitled, *Telegraphs, Tarpon, and Tourism* on Thursday, January 7 at 6 p.m. at Captiva Community Center, 11500 Chapin Lane, Captiva. Her presentation will explore the rise of this area from telegraph hub to sportsfishing mecca.

The program will be preceded by a short reception at 5:30 p.m. This presentation officially opens a six-week exhibition of photographs by Julian Dimock and his father AW Dimock taken between 1904 and 1913.

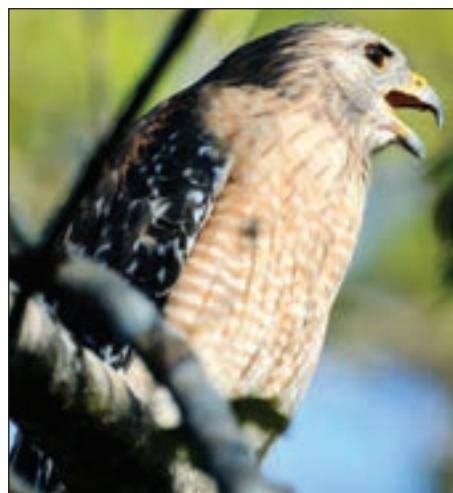
The first telegraph cable between the Caribbean and the mainland made Punta Rassa the gateway to the U.S. and Europe soon after the Civil War. That telegraph connection transformed Punta Rassa from an isolated peninsula to a famed destination for wealthy sportsmen as the 20th century opened. New Jersey transplant George Shultz became the linchpin for this change in fortunes.

Anholt is a longtime student of Florida's natural and social history and in particular, that of Southwest Florida and the islands. She has published four books, including *Sanibel's Story*, *Voices and Images from Calusa to Incorporation*, numerous articles, columns and smaller pieces. Born and raised in New Jersey, she traveled with her

continued on page 3



Betty Anholt, historian and columnist



Red-shouldered hawk

photos courtesy of Lee Parks and Recreation



Reddish egret

Bird And Wildlife Presentation Offers Viewing Opportunities

San-Cap Audubon welcomes Jason Boeckman, land stewardship coordinator with the Lee County Parks and Recreation Department's Conservation 20/20 Program, for a special presentation titled *Bird and Wildlife Viewing* at Lee County Conservation 20/20 Preserves. The event will take place at The Community House on Thursday, January 14 at 7:30 p.m. and will feature various bird and wildlife viewing opportunities available at Lee County's public access preserves and

continued on page 7



Simon & Son

Fresh Bluegrass, Folk And Fun At BIG ARTS

From Canada to Carolina, bluegrass to Borge-esque, BIG ARTS presents a don't-miss line-up of music



Livingston Taylor

photo by Albie Colantonio

concerts in January. Featuring distinctive styles, the three concerts share a common theme: excellent musicians that are exceptionally entertaining. They are:

Simon & Son: Comic Piano Virtuosos

With innovative programs ranging from Beethoven to the Beatles and Liberace to *Wipeout*, pianists Peter and Saling



The Slocan Ramblers

Simon present a heart-warming concert of popular and classical music interspersed with stories and comedy. A dazzling one-of-a-kind presentation for all ages, it is like watching Victor Borge with his son.

These award-winning pianists express both the serious and lighter side of classical and popular music in an original and colorful style. They play standing, seated,

on the floor and over each other without missing a note, while their good-natured charm engages the audience.

Simon & Son will perform Saturday, January 9 at 7:30 p.m. in Schein Hall on Sanibel. Tickets are general, \$32 and student/child \$5.

Simon & Son is sponsored by BIG

continued on page 7



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Be Dazzled



Julian Dimock, September 8, 1913, photograph of Captiva Pass
photo courtesy of American Museum of Natural History Library

From page 1
Photo Exhibit To Open On Captiva
 family throughout Florida as a child. After graduation from Rutgers University, she and her husband Jim moved to Sanibel with their young family more than 45 years ago, and owned/operated two local businesses for most of that time. Well-versed in island history, she works in reference and cataloging at the Sanibel

Public Library.
 Julian and A.W. Dimock, former Wall Street moguls turned gentlemen explorers, took thousands of photographs of Southwest Florida between 1904 and 1913. They published nearly eighty magazine and newspaper articles documenting Southwest Florida's outcasts and settlers, refugees and outlaws who staked out hardscrabble lives in the fledgling towns of Miami and Fort Myers. From their base camp, the Dimocks canoed and trekked through the wetlands and



Julian Dimock photograph, August 12, 1910, East of Fort Myers
photo courtesy of American Museum of Natural History Library

waterways of the region as few had ever done, taking photographs with their medium format camera along the way. The several thousand rarely seen glass negatives that resulted from their adventures are curated in the American Museum of Natural History's Research Library.
 The exhibition will close on February 17 with a presentation by American Academy of Arts & Sciences inductee Dr. Jerald Milanich. Milanich and American Museum of Natural History Curator Nina

J. Root have co-authored two award-winning books published by University Press of Florida on the Dimock image archive, *Hidden Seminoles* (2011) and *Enchantments: Julian Dimock's Photographs of Southwest Florida* (2013).*



Dr. Jerald T. Milanich

Mardi Gras on Sanibel!
 SATURDAY, FEBRUARY 6, 2016 • 5:30PM
 AT THE DUNES GOLF & TENNIS CLUB

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 Island Sun
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Community Housing & Resources

San-Cap Art League
2nd Saturday Art Sale

ART
 ...On the Veranda at Bailey's Center
 Saturday, January 9, 2016
 10am to 3pm

Great art presented by local artists

Island Seniors At The Center 4 Life

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

Page Turners with Ann Rodman – If you are not on the Page Turners list, and wish to be, email annrodman@aol.com or contact the Center 4 Life.

The featured book for Wednesday, January 13 at 2:30 p.m. is *All The Light We Cannot See* by Anthony Doerr. “A World War II novel about children, and the kind of undertaking that requires a lot of work to rise above emotional manipulation. For the first hundred or so pages, the book seems to rely on ready signifiers of heartbreak and grandeur: a motherless blind girl, a white-haired orphan boy, a cursed diamond, lots and lots of bombs. But once he hits his stride, Doerr takes these loud parts and builds a beautiful, expansive tale, woven with thoughtful reflections on the meaning of life, the universe and everything.” – *LA Times*

St. Petersburg Mural Tour & The Dali Museum – Tuesday, January 12. Cost is \$72 for members and \$77 for non-members. The trip includes round trip transportation, admission to Walking Mural Tour & The Dali Museum. Travel to St. Petersburg, Florida’s leading art destination throughout the country. Embrace the blossoming street art movement. Feast your eyes at the Acropolis

Restaurant and then head down to the Dali Museum for the Dali & Disney Exhibit. Call the Center 4 Life for more information, 472-5743. Registration deadline is Friday, January 8.

Ostego Bay Walking Tour – Tuesday, January 19. Cost is \$15 for a three-hour guided walking tour with lunch on your own. Tour the working waterfront from Ostego Bay and learn about Florida’s “pink gold” and the oldest and largest fleet in Florida. The tour will include a 1.5-hour guided visit at the museum, which contains numerous hands-on exhibits. Depart from the center at 8 a.m. Paid registration reserves your seat. Registration deadline is Friday, January 15.

AARP Driver Safety Course – Thursdays, January 14 and 21 from 1 to 4 p.m. Course fee is \$20 and AARP members receive a \$5 discount.

Island Seniors, Inc. is sponsoring the AARP Driver Safety course. This is a fast-paced interactive six-hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers, and other tips to help you maintain confidence in your driving. Participants will be eligible for a discount on their auto insurance. Classes will be held at the Center 4 Life, 2401 Library Way. Register by contacting Ed VanderHey at 292-4012. You do not need to be a member of the Island Seniors to attend but you must attend both classes in order to receive course certificate.

Games Bridge – Monday and Wednesday at 1 p.m. Cost is \$2.50 for members

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

Mahjongg – Thursday at 1 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Hand & Foot – Thursday at 1 p.m. Cost is \$2.50 for members and \$5 for non-members.

Beginner Bridge Basics Lessons with Christl and Bruce Smith, 9 to 11:30 a.m., January 11, 13, 20 and 22. Cost is \$12.50 for members, \$25 for non-members.

Learn to play Bridge at the Center 4 Life. Class is limited to eight students and you must be able to attend all four classes. Advance registration is required.

Intermediate Bridge Lessons – Refresh your Bridge playing skills with Christl and Bruce Smith. Class is limited to 16 students. Cost is \$5 for members per class, \$10 for non-members per class. Advance registration is required.

• **Stayman Convention for NoTrump Bids** – Monday, January 25, 9 to 11:30 a.m. An artificial bid used by Responder after a NoTrump opening bid by partner. Discussion items are: requirements for a NT opening; responses for a NT opening; the 4-4 major suit fit; and, the Stayman Convention.

• **Jacoby Transfer Bids for NoTrump Bids** – Wednesday, January 27, 9 to 11:30 a.m. An artificial bid used by Responder after a NoTrump opening bid by partner. This allows the weaker hand to be Dummy and the stronger hand to be hidden and to play the hand. Discussion items are: the Jacoby Transfer Bid; the use of the bid; when

to use Stayman versus the Transfer bid; and, signing off in a minor suit. Note: This class will not cover NT bidding and Stayman Convention detailed requirements.

• **Strong Opening Bids** – Monday, February 15, 9 to 11:30 a.m. The use of a 2 of clubs bid to indicate an opening hand of 22 or more points. Discussion items are: the Strong artificial 2 of clubs bid; bids by Responder; rebids by Opener; and the 2 NT bid.

• **Slam Bidding** – Wednesday, February 17, 9 to 11:30 a.m. Small and Grand Slam bidding requirements. Discussion items are: How high and where; the Blackwood convention; and the Gerber Convention.

Learn to Play Mahjongg with Katie Reid – 9:30 a.m. to 12:30 p.m., February 8 to 12. Cost is \$12.50 for members, \$25 for non-members. Class is limited to eight students. You must be able to attend all five classes. All supplies are provided. Contact the center to reserve your seat.

Tuesday Kayaking – January 12 and 14 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Classes are available and all ages are continued on page 5

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From page 4

Island Seniors

welcome. Island Seniors, Inc. members pay \$4 per class or visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. and 11 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear required. Mahnaz Bassiri is the instructor.

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

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

For more information, call 472-5743 or stop by 2401 Library Way.**

Historical Village Training Set

The Sanibel Historical Village board and committee members will conduct a special training program to get new docents started and to help current docents refresh their memories about the many historical buildings, artifacts and stories to share with visitors.

The program will consist of two classes. The first of the two classes will be at 1 p.m. January 18 in the village's Old Schoolhouse and will feature presentations by village experts as well as a guided tour through the village.

The second training class is scheduled for 1 p.m. January 25, also at the Old Schoolhouse.

The Sanibel Historical Museum and Village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. It is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over age 18 while under age 18 and members are free. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access to all buildings. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org**

Coile To Perform Four Benefit Concerts For FISH



Chris Coile

Chris Coile, a local musician and entertainer, will be performing four concerts to benefit FISH of SanCap. The first concert will be held on Tuesday, January 19 from 6 to 7:30 p.m. at George and Wendy's Seafood Grill. Coile will be joined by local singers Sandy Greco, Cindy Cola and Dee Kelly.

Coile has been performing for more than 30 years, primarily on the east coast and Montana. Classic rock and roll, country, island and big band standards are his tunes of choice. He performs the number one hits from four decades by artists including Dion, Kenny Rogers, Otis Redding, Bobby Darin, Tim McGraw, Juice Newton, Elvis Presley, The Beatles, The Eagles, Jim Croce, Elton John, Carol King, Jimmy Buffett and many more.

There is no cover charge or minimum to attend the Coile performances; all donations to FISH are voluntary. All of Coile's CD sales will go directly to FISH.

For reservations, call George & Wendy's Seafood Grill at 395-1263.**

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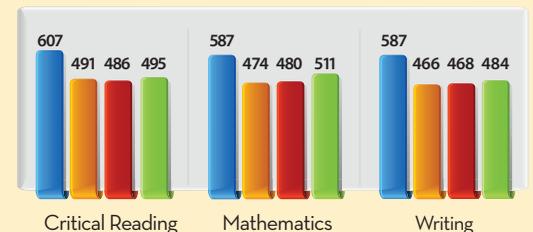
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What's Happening At The House In 2016

Events

Women's Historical Panel & Lunch

Wed. Jan 13 Noon
Members \$35/Guests \$40

Fine Art

Boutique Show
Jan 15-16 9 am-5

Rims n Fins Car Show

Sat., Jan. 23 Noon
See details on website

Cooking With The Island Stars

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LECTURE SERIES

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"Healthy Herbs & Spices"
Thurs. Jan 28 1 pm
Members \$15/Guests \$20

Classes/Programs

Beading

Wed., Jan. 20 -Noon
Members \$35/Guests \$40

Bridge Lessons and Sanctioned

Duplicate Bridge Tues/Thurs

Complimentary Shell Crafting

Lesson Mondays 10 a.m.
Crafts on Sale until 3 pm

Funky Fish Lanai Art

Mon. Jan 18 6-9 pm
Members \$50/Guests \$60

iPad/iPhone

Thursday, Jan. 28
\$40 Members/\$45 Guests

Notecard Paper Craft

Tue. Jan. 19 9:30 am- 12:30
Members \$25/ Guests \$35

Sissi's Colorful Sips

Wed., Jan. 6 & 20 pm

Yoga

Mon., Thurs 8:30 am

*other dates/times available see website

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The Community House

SANIBEL COMMUNITY ASSOCIATION

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info@sanibelcommunityhouse.net

www.sanibelcommunityhouse.net

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Captiva Community Panel To Meet

The Captiva Community Panel will hold its regular monthly meeting on Tuesday, January 12 beginning at 9 a.m. in the Cone Rooms in Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- Discussion on possible actions to prepare for sea level rise
- Update on the status of the draft Captiva Plan update
- Update on priority committees
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- A Hurricane Preparedness and Response Committee update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be held on Tuesday, February 9. Information and background documents are available online at www.captivacomunitypanel.com.

CEPD Meets January 13

The Captiva Erosion Prevention District will hold its monthly meeting on Wednesday, January 13 starting at 1 p.m. at Tween Waters Inn. Call the district at 472-2472 or go to <http://mycepd.com> for further information.

Beach Tilling To Begin

The Captiva Erosion Prevention District will till the sand placed in the 2013-14 renourishment project beginning on Tuesday, January 5. The staging area for the contractor is the Alison Hagerup Beach parking lot. The work is being performed by Perry's Beach Service of Fort Myers and is projected to take a total of a week, weather permitting.

Tilling will proceed north to Redfish Pass. Work in this area will be completed by January 6. On January 7, work will resume south of Hagerup to Blind Pass and will be completed by January 9. All operations will occur during daylight hours.

Tilling is permit required to lessen the impact of compacted sand on sea turtle nesting and hatching activities. The turtles prefer soft sand for digging their nests and laying their eggs. It is scheduled so that it will not interfere with piping plover nesting (which begins February 1) and sea turtle nesting (which begins May 1).

The project includes tilling and dressing the sand and leveling any escarpment that exceeds 18 inches in height and is more than 100 feet long.

A tractor pulling a rake with tines will till the approximately 25,600 linear feet of renourished beach to a minimum depth of 36 inches. Operations will be conducted between dawn and dusk. The use of horns, whistles and signals will be kept to a minimum to ensure a quiet operation while maintaining job site safety. There will be minimal disruption to traffic on roads adjacent to the beach.

Residents and beachgoers are required to remove all obstructions, including umbrellas, chairs, and canopies, between the dunes and high tide lines, that might interfere with the work. Beachgoers are asked to avoid the area where tilling is being done until the tractor is a safe distance away and to heed all signs and instructions from tilling personnel.

Questions regarding the tilling work should be directed to CEPD by calling 472-2472 or by sending an email to kathleen@mycepd.com.

American Legion Post 123

On Sunday, January 10, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m., price \$12 to \$14.

On Mondays, the 8-Ball Pool League plays at 5 p.m.

Every Tuesday, tacos are served all day and on Fridays, it's a six-ounce ribeye steak sandwich. There are daily specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

The annual general meeting is set for Wednesday, January 13 at 6 p.m.

A fish and shrimp fry is planned for Sunday, January 17.

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

If you have an American flag that needs to be retired, drop it off at your convenience.

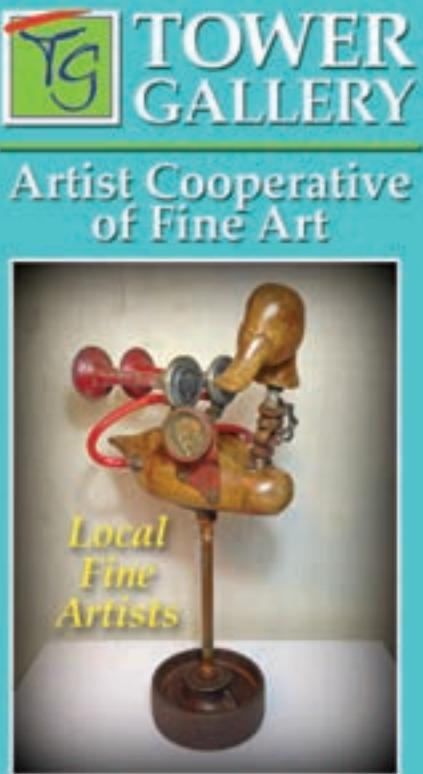
Legion hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.

Decorations Must Come Down

Sanibel city officials wish to remind Sanibel home and business owners that holiday decorations, lighting and displays must be taken down by January 9.

For further information, contact the city code enforcement department at 472-4136.



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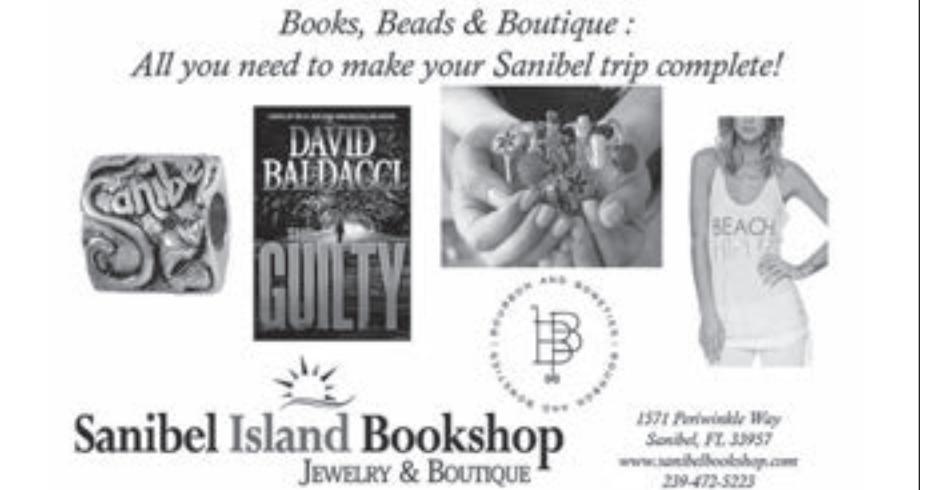


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Jason Boeckman

From page 1

Bird And Wildlife Presentation

conservation lands.

Conservation 20/20 is a land acquisition and stewardship program designed to conserve and restore environmentally critical land within Lee County. With more than 40 preserves of various habitat distinctions spread throughout the county, Conservation 20/20 preserves are excellent locations for birding and observing wildlife.

Boeckman provides community education outreach about the Conservation 20/20 program as well as coordinat-



Red-headed woodpecker

ing its volunteer program. "For birders and wildlife enthusiasts of all levels, I will share the best tips and locations to enjoy sightings at our Conservation 20/20 preserves." His presentation will include many photographs of the varieties of birds and wildlife that can be found at various times during the year at the preserves. Jason holds a Bachelor's degree in Communications from Miami University in Ohio. He will be available for any questions about Lee County's preserves after his presentation.

This is the second of eight Sanibel-Captiva Audubon lectures to be held in 2016 on Thursday evenings at 7:30 p.m. at the Sanibel Community House, located at 2173 Periwinkle Way. Everyone

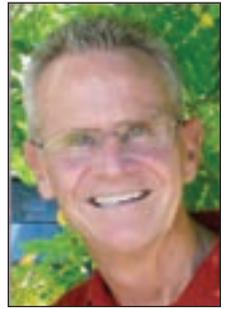


Roseate spoonbill

is welcome to attend. Doors open at 6:30 p.m., and parking is available at the Community House as well as across Periwinkle Way in the Herb Strauss Theater parking area. A \$5 donation is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida. For additional information, call Bill Jacobson at 395-1878 or visit the San-Cap Audubon website at www.san-capaudubon.org.

Pastor To Lead Study Of James

What do you think the brother of Jesus might have to say to followers of Jesus as persecution arose after the resurrection? Dr. Daryl Donovan, senior pastor of Sanibel Community Church, will be leading a verse by verse study of the *Book of James* each Thursday at noon in the church sanctuary beginning January 14. Participants are encouraged to grab a lunch at the café on the church campus, or bring a brown bag for a time of study and discussion. All are welcome. The course is free.



Daryl Donovan

Sanibel Community Church is a non-denominational Evangelical congregation, located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit www.sanibel-church.com.

From page 1

Bluegrass

ARTS Angels.

Livingston Taylor: Singer/Songwriter/Storyteller

Livingston Taylor's exuberant personality and warm charm as a performer have delighted audiences for more than 40 years. He recorded his first record at the age of 18 and has continued to create well-crafted, introspective, and original songs that have earned him listeners worldwide. From top-40 hits *I Will Be in Love with You* and *I'll Come Running to I Can Dream of You* and *Boatman*, both recorded by his brother James, his creative output has continued unabated.

Taylor is a natural performer, peppering his shows with personal stories, anecdotes and ineffable warmth that connect him to the audience. His concerts range from humorous tunes such as *The Dollar Bill Song*, a medley of *Songs That Should Never Be Played on the Banjo* and his originals, *Jacques Cousteau* and *I Hate Country Music* to heartfelt renditions of Hoagy Carmichael's *Heart and Soul* and Earl Scruggs' *Earl's Breakdown*.

Livingston Taylor will perform Saturday, January 16, at 8 p.m. in Schein Hall on Sanibel. Taylor is sponsored by Uhler & Vertich Financial Planners.

Tickets are general, \$37; loge, \$42; student/child, \$5.

The Slocan Ramblers: The Bluegrass Band to Watch

Rooted in the bluegrass tradition and possessing a bold, dynamic sound, The Slocan Ramblers have quickly become a leading light of the roots music scene. Built on their reputation for energetic live shows, fearless creativity and impeccable musicianship, they have an uncanny ability to convert anyone within earshot into a lifelong fan.

The Slocan Ramblers blend lightning fast and devilishly intricate instrumentals with the sawdust-thick vocals of singer Frank Evans, who takes the lead on songs ranging from rowdy old-time numbers like *Groundhog* to a Dustbowl classic like Woody Guthrie's *Pastures of Plenty*. This young ensemble of Canadian bluegrass pickers stays true to the roots of the music, not seeking to revive anything but rather to tap the rough and rowdy heart of the music.

Adrian Gross' powerfully discordant and innovative mandolin solos, guitarist Darryl Poulsen's counterpoint Lester-Flatt-runs, and the rumbling beats of Alastair Whitehead's acoustic bass bring the live, collaborative aspects of the music to the fore, while maintaining the raw excitement that makes bluegrass so vibrant.

The Slocan Ramblers perform Saturday, January 23, at 8 p.m. in Schein Hall. Tickets are general, \$37; loge, \$42; student/child, \$5.

The Slocan Ramblers are sponsored by Barbara & Tom Dunham.

Tickets for these shows are available at the Marks Box Office, 900 Dunlop Road, 395-0900, or online at www.bigarts.org.

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The Community House

Rims & Fins

The San Cap Motor Club will host the 2nd annual Rims & Fins show on Saturday, January 23. There will be an auto auction, entertainment, food, beverage, memorabilia display and People's Choice awards. The show starts at noon. Car entries and auto donations are needed. Visit www.sanibelcarshow.com or call 472-2155.

Potluck

The Community House potluck will be held Wednesday, January 13 at 6 p.m. with speaker Horace Brittain of Brittain Farms in Alva. This time of year, the tomato crop in

Southwest Florida is ripe and Brittain will help you choose the best.

Brittain has been farming in the area since 1961 and will share stories of how farming has changed, including the era when this was the gladiolus capital of the world. He will share his knowledge on what to look for when buying tomatoes, the different types of tomatoes and will offer a tasting.

Bring an appetizer, vegetable, protein item, rolls or dessert to serve six. Every month, there are over 50 items, so there is always a new recipe to try. Bring your own beverages; water and iced tea will be available. Join the Kitchen Club which supports the redevelopment of the kitchen and The Community House.

Historical Panel Of Women

Love history? Come see four delightful women as they share their own historical memories of Sanibel Island at The Community House on Wednesday, January 13 from noon until 1:30 p.m. Featured women are Mariel Goss, who lives on Sanibel and assisted with many historical projects; Jeri Magg, a local author; Deb Gleason, who grew up and went to school on the island; and Sue Pickens, who owned a photo studio. The panel and luncheon requires a \$35 pre-paid reservation for Sanibel Community Association members and \$40 for guests. Pay prior to 3 p.m. on Friday, January 8 if you are planning on lunch. A light meal of grilled chicken Caesar salad and dessert is included. The meal is followed by the speakers' panel.

Fine Artisan Fair

Find of fun and high quality art? Visit this boutique art show on Friday and Saturday, January 15 and 16 from 9 a.m. to 4 p.m. to see and purchase many items. Admission is by donation.

The mission of The Community house is to enrich community spirit through educational, cultural or social gatherings in the historic community house.

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



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Director of the Center for International Education at Florida SouthWestern State College in Fort Myers. She is also a Ph.D. in political science and has taught courses in a variety of areas including American politics and U.S. foreign policy.

Weir is often asked by the media to comment on local and state political issues, including most recently the state of the continuing redistricting efforts by the legislature and Florida Supreme Court. As the Florida legislature will be in session at the time of the luncheon, Weir will provide updates on its progress in the area of voters' rights and the redrawing of the congressional district maps.

She has also emphasized international issues in her presentations, writings and studies including Middle East politics, global engagement and comparative politics.

The League of Women Voters is a non-partisan political organization which supports voter registration and educating the public about legislative issues. Membership dues support these efforts, including educational programs, political forums and voter registration on Sanibel.

All members of the League of Women Voters are urged to attend; non-members are also welcome. The luncheon is set for noon, Thursday, January 21 at

Sundial Resort, 1451 Middle Gulf Drive. Cost of \$25 includes lunch. Registration begins at 11:30 a.m.

To reserve a place, send an email to lmvsanibel@gmail.com by Monday, January 18. Payment can be made at the door or mail a check to LMV Sanibel, P.O. Box 1194, Sanibel FL 33957.*

Discussion On Humanism At Unitarian Service

Dr. Miriam Levering will lead a discussion on Humanism at the Unitarian Universalist of the Islands on Sunday, January 10. The service, which will begin at 5 p.m. in Fellowship Hall at the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. The public is welcome to attend. The title of the talk is Are You a Humanist? Or are You a Humanist Plus?



Dr. Miriam Levering

Unitarian Universalists' ancestors are humanists. Humanism comes from the renaissance and the enlightenment; Unitarians were among the earliest religious humanists. Humanists in general

deny the doctrine of original sin and reject the doctrine that humans cannot be good without God's grace. They affirm instead that human beings are born good, not evil.

The humanist (or religious humanist) tradition in Europe and America is one of the agreed-upon sources upon which North American Unitarian-Universalists draw. It empowered the Unitarian movement at crucial stages of its history and still is important to many Unitarian-Universalists.

In this talk, Dr. Levering will clarify what humanism is and what makes humanism vital and attractive. She will also briefly discuss why many present-day Unitarian-Universalists are not satisfied with the humanist world view alone and draw on other sources of faith and practice.

Levering is a graduate of Wellesley College and Harvard University in the Comparative History of Religions. She is professor emerita at the University of Tennessee's main campus in Knoxville. She has also taught at Bates College, Oberlin College, and the distinguished Jesuit Sophia (Jochi) University in Tokyo.

She is editor of *Rethinking Scripture: Essays from a Comparative Perspective*, a groundbreaking book about how sacred texts are valued and used in the world's religions, as well as dozens of scholarly articles on Chinese and Japanese Buddhism, women in Buddhism, Buddhist monasticism, the Lotus Sutra and the development and transmission of Zen Buddhism in East Asia.*

Dr. Laura Weir

League Of Women Voters Luncheon

submitted by Robyn Cook

On Thursday, January 21, the Sanibel chapter of the League of Women Voters will feature the topic, Why Your Franchise Matters by distinguished political science professor, Dr. Laura Weir. Weir is the Executive

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Mayor Kevin Ruane, center, honors the leadership and members of Bat Yam Temple of the Islands during Tuesday's city council meeting on the 25th anniversary of the temple's founding photos by Jeff Lysiak

Update Of Beach Management Plan To Begin

by Jeff Lysiak

A city policy that has been in place, and has worked effectively, for more than 20 years will soon be re-examined and updated to reflect changes in local codes and regulations, along with pertinent data and information which has been collected over the past two decades.

The Island Wide Beach Management Plan was adopted by city council in April 1995. According to City Manager Judie Zimomra, the plan includes six sections that cover:

- Coastal Processes
- Natural Resources
- Coastal Activities and Impacts
- Beach Access and Public Lands
- Beach Management Goals and Objectives
- Management Strategies

During Tuesday's council session, Natural Resources Director James Evans discussed the need for updating the plan.

"A number of the chapters need to be updated," he said. "We have a lot of data that's been collected... it just hasn't been evaluated."

In her memo to members of the council on December 28, Zimomra explained that while the plan has worked well since it was adopted, it was meant to be a "living" document.

"In the past 20 years, a lot of new information has become available that may improve the plan," she wrote, noting several examples including new information about potential future impacts of sea level rise.

"New technology is now available that may improve the way we manage our shoreline within the bay beach zone through the use of living shorelines or other technology that can protect the shoreline and improve habitat for wildlife; regular beach renourishment projects on Captiva are providing a new source of sand to Sanibel's beaches that did not exist when the plan was developed; Lee County has developed a plan to regularly dredge and maintain Blind Pass; and the Blind Pass Inlet Management Study is currently underway and will result in an inlet management plan that will provide a number of different recommendations and alternatives for how we manage Blind Pass and the beaches along Captiva and northern Sanibel. In addition,



Members of the Human Trafficking Awareness Partnerships coalition accept a proclamation from Sanibel Mayor Kevin Ruane, right, in recognition of January being designated as Human Trafficking Awareness and Prevention Month

because of an increasing interest in beach carrying capacity issues at our beach parks and concerns about the availability of open sandy beach for recreation in front of some properties, this update is timely."

Evans estimated that hiring a qualified contractor to re-evaluate, revise and write the new policy could cost "\$100,000, plus or minus." Mayor Kevin Ruane told his fellow council members that he would approach the Lee County Tourism Development Council (TDC) regarding funding of the plan update.

During public comment, resident Karen Storjohann suggested that the city's beach parking fund might help pay a portion of the cost to update the policy. Ruane said that Sanibel could consider that source, but added, "That's if I strike

out (with the TDC)... and I don't like striking out."

In other business, the council decided against a request made from Sanibel Community Association (SCA) to waive the Community Park resident rental fee of \$475 per day to stage the Rims & Fins Car Auction & Show on Saturday, January 23. In addition, the SCA requested permission to serve alcohol during the event.

The council unanimously denied both requests. Regarding the fee waiver, Ruane cited fairness to the other island-based groups who stage events at the city-owned park, noting that they "understand" and "accept" the fee.

SCA board president Richard Johnson asked the council whether the issue of serving alcohol during the event was



State Rep. Ray Rodrigues (District 76) chats with Mayor Kevin Ruane during an informal reception at MacKenzie Hall on Tuesday. Rodrigues later delivered an update on the upcoming legislative session as well as the priorities for his district, which stretches from Boca Grand to Bonita Springs.

rejected due to their plan to allow show attendees to roam the SCA property – adjacent to the park – or outside The Community House.

"The freedom of (walking outside) is what gives me pause," added Ruane. "If it's contained within the SCA property, I'm fine." ✨

more city on page 25



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OBITUARY



CHARLES ALLEN NAVE JR.

Charles (Chuck) Allen Nave Jr., 65, won his heavenly prize on Monday, December 21, 2015 at his home on Sanibel Island after a bravely fought battle with ALS (Lou Gehrig's Disease).

He was born at Lee Memorial Hospital as the first son of Goldie (Button) and Charles Allen Nave, Sr. Chuck lived on Sanibel Island all of his life... a true island native. He treasured his childhood years of growing up in

the small, delightful island community. Chuck was the older brother to Curtis Nave and Yvonne Nave Rider. Over the years, Chuck gained another brother, his business partner and friend, Roger Tabor (wife Sheila). He graduated from Cypress Lake High School where his love for sports was first fueled playing football, basketball and baseball, including obtaining many special sports honors. He graduated from Edison Community College and attended Stetson University. He followed his father's footsteps becoming a state-licensed master plumber. Chuck dedicated himself to the family owned and operated business of 67 years, Nave Plumbing on Sanibel.

In 1971, Chuck married his high school sweetheart, Barbara (McGoan). They have three sons, Charles Allen Nave III (Amber), Chet Douglas Nave (Nelle) and Chip Daniel Nave (deceased as an infant). He is affectionately known as "Poppy" by six wonderful grandchildren, Tabitha, Abbygail, Rachel, Chase, Ethan and Jack. He was also highly regarded by them to be a generous and kind man who greatly loves God. He also "laid down his life for the sake of his wife" and passionately encouraged her to become a pastor. Chuck is also "famous" as Uncle Chuck or Poppy Chuck by his nieces, nephews, and the grand nieces and nephews. Family was a priority.

Chuck was known for his love and active participation in sports. He helped build the first softball field on Sanibel.

He helped to organize Roy Hobbs Baseball in the local area, always being one of the most enthusiastic players on the field. Chuck was recently recognized as the first Ambassador for Amateur Baseball by the Roy Hobbs organization for his devotion to the game locally and bringing baseball training to the youth of Moldova through Moldova for Christ ministry.

He had a strong sense of "community" and served as a volunteer on the Sanibel Fire & Rescue Squad for many years. He was greatly known for his passionate beliefs in the national political arena as well. Chuck's strong faith and love for His God was lived out passionately through his membership in Sanibel Community Church. Chuck spent his first Easter and Christmas at SCC. Chuck helped to organize Sanibel's faith community's first Easter Sunrise Service. He played guitar and sang on the Praise Team. He was a LOGOS teacher for Middle School and High School students. He established the first Youth Mission Team taking students to Mount T.O.P. in the Cumberland Mountains of Tennessee for a number of years. He served many summers taking students to mission trips in Costa Rica, Ecuador, Russia and Moldova. Chuck inspired the early years of Sanibel Community Church's participation in the island Luminary Night by building the first Living Nativity on the church lawn. He served for an additional 20 years creating the beautiful Christmas light displayed through the

Christmas season. He was also passionate to share the story of America's Godly heritage with students here at Sanibel Community Church, Moldova and anywhere else The Lord sent him. After launching his role in Starry Starry Night at SCC, Chuck also became "famous" around the world for his Elvis impersonation.

Chuck has always been a man of integrity, honor and a loyal and true friend. He gave his whole heart to anything in which he got involved. He was a man whom many depended on, yet ALS disease made him a man dependant on others. We will remember him all for his knowledge of a vast variety of subjects and his love to converse with people. He was a most interesting man! He has blazed a legacy for the generations that follow him as a man of God. His love and faith always "spoke" volumes. He was a precious jewel. A man who lived fully devoted to the amazing transforming Grace of God.

There will be a Celebration of Life Service at Sanibel Community Church, 1740 Periwinkle Way on Sanibel on Saturday, January 9 at 2 p.m. His family has been so blessed by the support they have been given on this difficult journey by family, friends and neighbors. Donations given to honor his life can be directed to Sanibel Community Church at 1740 Periwinkle Way, Sanibel, FL 33957 or "Moldova for Christ" in care of Mitch Pezzi, 5115 Joelwood Drive, Sanibel, FL 33957.✠

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Dr. Woodward, Professor of Theology at Trinity College of Florida and Dallas Theological Seminary and author, will conduct a seminar on the Origins of Man.

His wife, Normandy Woodward will be instructing children K through 5th grade on the truth about dinosaurs. They will see dinosaur bones, learn fun songs, and construct artful crafts all related to the creation story.

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the third Sunday of each month. email
ryi39@aol.com or 433-4901.✱

Temple Bat Yam

Bat Yam Temple of the Islands will
celebrate its 25th anniversary at
The Sanctuary Golf Club on Sani-
bel on January 28 beginning at 6 p.m.

After a welcome from Event Chair
Alan Lessack, President Martin Pokedoff
and Rabbi Myra Soifer, there will be a
short program in which Program Chair
Tanya Hochschild will recount some of
the history of Temple Bat Yam. This will
be followed by dinner and dancing.

In February 1991, Shirley and Mel
Bleiberg placed an ad in the local
Sanibel/Captiva newspapers inviting
anyone interested in starting a Reform
Jewish synagogue to meet at the Sanibel
Congregational United Church of Christ.

More than 75 people showed up.

The mission statement that was
developed by the founding group remains
the same today: Bat Yam – a Jewish
congregation serving residents of Sanibel,
Captiva, Fort Myers and surrounding
communities; providing a place of wor-
ship in the Reform tradition; and creating
an extended Jewish family.

Temple Bat Yam still has Shabbat
services every Friday night at the Sanibel
Congregational United Church of Christ
and continues its special relationship with
the church whereby the clergy of the two
congregations arrange to exchange their
pulpits and to conduct joint classes on
timely topics.

While several rabbis have served the
congregation since the beginning, Bat

Yam has been very fortunate in having
Doug Renfroe as the music director for
the past 16 years. His glorious voice has
added immensely to Shabbat and High
Holy Days services.

Currently, Rabbi Soifer not only
conducts services but continues the tradi-
tion of Saturday morning adult educa-
tion classes, encouraging participants to
learn about and discuss such challenging
topics as what Judaism says about pov-
erty and health care, discrimination and
preferential treatment, the environment
and criminal justice and sex and human
relationships.

For more information about participat-
ing in Temple Bat Yam's 25th anni-
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allessack@sbcglobal.net.✱

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Emma Noggle and Jony Chavez-Santana

I Have Lots Of Friends

In the above photo, Emma Noggle and Jony Chavez-Santana play with the tree house at preschool. Everyone has fun playing with all their friends each day. Summit Christian Preschool at Sanibel

Community Church has a few spots still available for 3- and 4-year-olds. Classes meet Monday, Tuesday and Thursday for 3-year-olds and Monday through Thursday for 4-year-olds.

For a tour of the school or enrollment information, contact Kathy Stanley at the main campus by calling 482-7007. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).✳

Pastoral Counselors To Hold Seminar



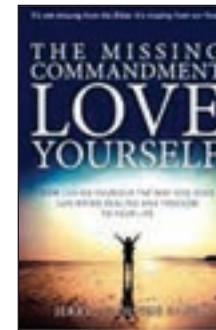
Denise and Jerry Basel

Jerry and Denise Basel, authors of *The Missing Commandment: Love Yourself . . . How Loving Yourself the Way God Does Can Bring Healing and Freedom to Your Life*, will be conducting a two-day seminar at Sanibel Community Church on Friday, January

15, from 5:30 to 8:30 p.m. and on Saturday, January 16, from 9 a.m. to noon. A love offering will be received.

The Basels, who have been married for more than 40 years, co-direct The Father's Heart Intensive Christian Counseling Ministry, counseling individuals and couples worldwide. Both completed Master's degrees in Christian Counseling and in Higher Education Administration. Prior to committing their lives to pastoral ministry, they both held teaching and administrative positions at the college and university level for almost 20 years. Their book and accompanying DVD and study guide have been important healing resources for individuals, small groups and churches. The Basels reside in Cleveland, Georgia.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). To register for the seminar or for more information, call the church office at 472-2684. Visit website www.sanibelchurch.com. ✳



Course Offered On Gospel Of Thomas

A course examining the Gnostic gospel known as the Gospel of Thomas will be offered by the Sanibel Congregational United Church of Christ beginning on Tuesday, January 12 at 10 a.m. The course will be led by the church's Senior Pastor, the Rev. Dr. John H. Danner.

A gospel is an account of the life or teachings of Jesus of Nazareth, specifically written to convince readers of the veracity of various claims about him. The Christian Bible contains four such gospels, those called Matthew, Mark, Luke and John. But in the early years of Christianity, many gospel accounts were written. Some scholars estimate as many as fifty. In time the church determined which accounts would be included in the scriptural canon. The Gospel of Thomas

was not one of the books granted canonical authority.

Unlike the canonical gospels, Thomas is not presented as a narrative, but rather is a collection of very brief vignettes and sayings of Jesus. The manuscript for Thomas was uncovered along with many other manuscripts in 1945 in the Egyptian town of Nag Hammadi. Some of the sayings parallel sayings found in the canonical gospels.

The course will not only examine the 114 logoi, or sayings, that are in Thomas, but also explore various scholarly understandings of its meaning and importance. Copies of the gospel will be available for a nominal fee at the first class.

For further information, visit www.sanibelucc.org or call the church office at 472-0497. ✳

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from 5:30 to 8:30 p.m. &
Saturday, January 16, 2016
from 9 a.m. to noon in Fellowship Hall.

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Woodward To Speak On Creation

On Sunday, January 10, Dr. Thomas Woodward, Professor of Theology at Trinity College of Florida and Dallas Theological Seminary (Tampa Bay Extension), will speak at all three Sunday morning services at Sanibel Community Church.

Dr. Woodward, with a B.A. in history from Princeton University, and a doctorate in Systematic Theology from Dallas Theological Seminary, is a prominent Christian apologist. Woodward has published works defending intelligent design and disputing Darwin's theory of evolution. Known for his books published by Baker Books, *Doubts About Darwin* and *Darwin Strikes Back*, Woodward chairs the C.S. Lewis Society, promoting the reliability of the Bible accounts. Woodward's most recent book, *The Mysterious Epigenome: What Lies Beyond DNA*, is a profound defense of creation by a divine intelligence.

On Sunday from 4 to 6 p.m., Dr. Woodward will conduct a seminar on the origins of Man. His wife, Normandy Woodward will be instructing children kindergarten through fifth grade on the truth about dinosaurs. They will see dinosaur bones, learn fun songs, and construct artful crafts all related to the creation story. The seminar is free and open to all. A light meal will be provided. There will be childcare for infants through pre-school.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). Sunday morning services are at 8, 9 and 11 a.m. There are Sunday morning Bible classes for all ages at 9 and 11 a.m. during worship services. All are welcome. For more information, call 472-2684 or visit www.sanibelchurch.com.✱



Tom Woodward

Interfaith Shared Scholar Program

The public is welcome to attend the valuable Interfaith Shared Scholar program, organized by the Sanibel/Captiva Interfaith Shared Scholar Committee, in the sanctuary of the Sanibel Congregational United Church of Christ on Periwinkle Way on Sunday, January 17, at 3 p.m.

The timely topic to be presented by Dr. Zeki Saritoprak, the 2016 Interfaith Shared Scholar, is "Muslims in America: Prospects and Perils." Since 2003, Dr. Saritoprak has been a professor of Islamic Studies and holder of the Bediuzzaman Said Nursi Chair in Islamic Studies at John Carroll University in Cleveland, Ohio. He earned his B.A. degree in Islamic Theology and Islamic Law, a Master's degree in Islamic Theology and Philosophy and his Ph.D. in Islamic Theology all from the University of Marmara in Turkey. Dr. Saritoprak also brings his experience as the founder and former president of the Rumi Forum for Interfaith Dialogue in Washington, D.C., from 1999 to 2001. In 2008, he was one of 25 Muslim scholars invited to participate in Pope Benedict XVI's Interreligious Gathering in Washington, D.C. In 2013, Dr. Saritoprak was a lecturer at the Chautauqua Institute in New York. He has conducted research and taught at Harran University in Turkey, Georgetown University, the Catholic University of America and Berry College in Rome, Georgia. His work has required extensive knowledge of the Turkish, Kurdish, English, Arabic and Persian languages. He has authored eight books and numerous academic articles.

The Interfaith Shared Scholar program is free and open to the public thanks to its co-sponsors Temple Bat Yam, the Sanibel Congregational United Church of Christ, St. Michael and All Angels Episcopal Church, First Church of Christ Scientist and Captiva Chapel by the Sea. The Leo Rosner Foundation underwrites a portion of the event in honor of June Rosner.✱

Island Winds Coiffures

HAIR SALON FOR WOMEN & MEN

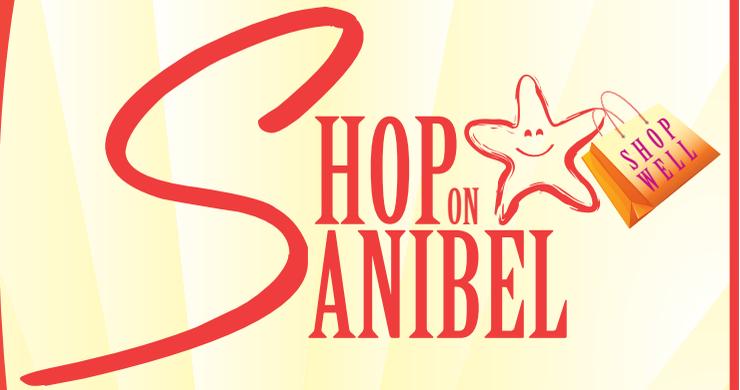
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Shell Of The Week

Meta Keyhole Limpet



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

The meta keyhole limpet, *Diodora meta* (Ihering, 1927), is a locally rare



The meta keyhole limpet, *Diodora meta*. Shell collected at Blind Pass, Captiva side, in December 2015 photos by José H. Leal

and elusive gastropod, also found in other parts of the Gulf of Mexico and of the western Atlantic Ocean. Its shell measures about 12 mm (0.5 inch), and has a roundish “keyhole” orifice that distinguishes the species from others in the area. Keyhole limpets cling to hard surfaces; the orifice helps redirect water containing body wastes away from the head and gills of the animal. The shell museum collection has only two shells of this species from the local area, both collected by Susan J. Hewitt, respectively in December 2014 and December 2015. Check the shell museum website for more information about local shells.

depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk guests receive half-off museum admission. (Current Island Inn guests please book through the Inn).

Mollusk movies and scavenger hunts continuously throughout each day. Tank Talks continuously throughout each day: Gain great insights into the fascinating world of local mollusks.

Monday at 1:30 p.m.: Carolyn’s Collection – A fun and engaging look at quality shells of a private collector.

(Please check shellmuseum.org to note any schedule changes.)

Tuesday at 1:30 p.m.: Shell Bingo.

Wednesday at 1:30 p.m.: Midday Tank Talk at the museum live mollusk tank.

Wednesday at 1:30: Mollusk Matinéés – A series of nature-related lectures presented by local experts. (Please check shellmuseum.org for weekly topics.)

Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not on exhibit.

Friday at 1:30 p.m.: Arts & Crafts – Create marine-themed art and take it home with you.

Saturday at 1:30 p.m.: Sanibel Shells

– Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m.: Shell Bingo.

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

Audubon ‘Ding’ Darling Bird Walk



Reddish egret photo by France Paulsen

The next Sanibel-Captiva Audubon bird walk will be held on Saturday, January 9 at the JN “Ding” Darling National Wildlife Refuge. Participants meet in the overflow parking lot (to the left at the entrance) 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 accepted. Call Hugh Verry at 395-3798 for additional details. ✨

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Attacca Quartet
Thursday, January 28, 7:30 pm
Schein Hall
General: \$42 | Loge: \$47
Student/Child: Free



The Mack Sisters
Sunday, January 31, 3:30 pm
Schein Hall
General: \$32
Student/Child: Free

See a full listing of this season’s programs at

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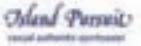
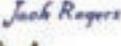


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CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 228 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Saturday, January 9, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – Baby Care at CROW, presented by a CROW volunteer.

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Monday, January 11, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by CROW student.

CROW’s teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and

share their favorite patient stories.

Tuesday, January 12, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW’s rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Wednesday, January 13, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101, presented by a CROW volunteer.

After a patient stabilizes in the hospital, CROW’s rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. Live animal encounter following presentation.

Wednesday, January 13, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an intro-

ductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following the tour with an animal ambassador.

Thursday, January 14, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a “keystone species.” CROW’s presenter explains why they are admitted and how the medical staff treats this species.

Thursday, 12 to 1:30 p.m., \$30 per person, reservations required – Lunch and Learn with Dr. Barron.

Lunch and Learn is an engaging discussion with CROW’s Hospital Director Dr. Heather Barron. During the program, Barron describes CROW’s role in supporting the interconnectedness of human health, animal health and environmental health. Reservations include a boxed lunch catered by the Sanibel Deli and concludes with a tour of CROW’s hospital and rehabilitation grounds. Photography opportunity available following the tour with an animal ambassador.

Friday, January 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW, presented by a CROW volunteer.

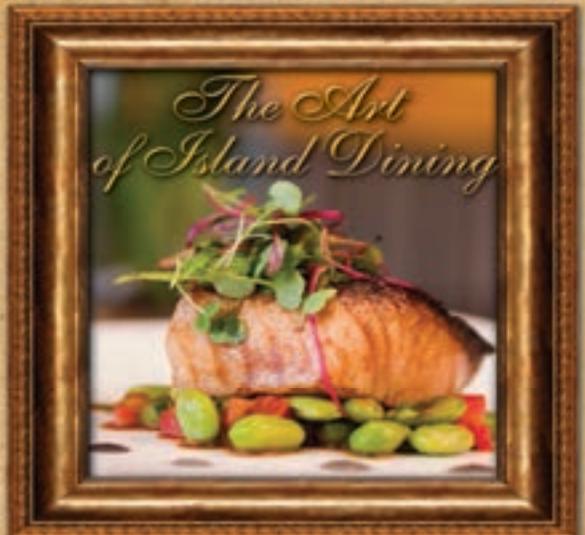
Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, January 15, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following the tour with an animal ambassador.

Saturday, January 16, 11 a.m., adults \$7, teens \$5, 12 and under no

continued on page 26



The Art of Island Dining

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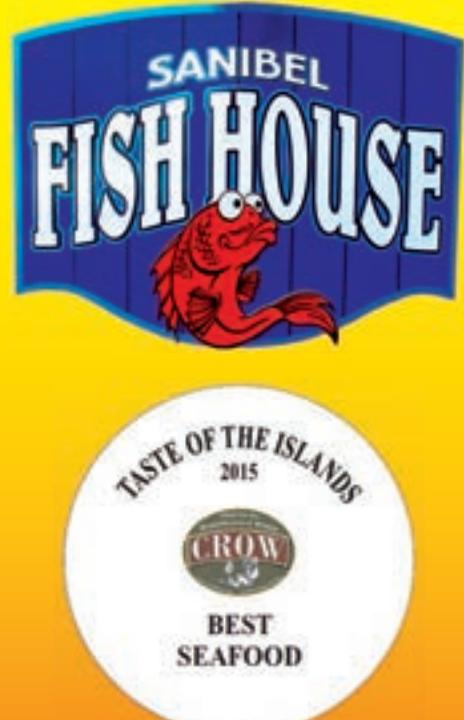
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Island resident Barb Cline displays orchids she mounted on wood at a recent meeting of the Sanibel Captiva Orchid Society

Sanibel Captiva Orchid Society To Hold Plant Auction January 18

The Sanibel Captiva Orchid Society will hold a plant auction at its regularly scheduled meeting on Monday, January 18 at 1:30 p.m. The auction will be held at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel. Orchid donations for the sale are welcome. Only checks will be accepted for purchases.

Orchid novices are encouraged to attend the meeting's Fundamentals Session at 1 p.m. to hear Bill Overton discuss Your Orchids Without Medium: Plaques and Mounts. Overton has been grower for more than 40 years and is an accredited American Orchid Society judge.

Because of the auction, there will be no orchid raffle this month. For more information, visit www.sancaporchid.org.

Power Squadron Boating Classes

The Sanibel-Captiva Sail and Power Squadron has announced its boating classes to be taught this winter. They include:

America's Boating Course, taught in two sessions, January 18 (6:30 to 9:30 p.m.) and January 30 (10:30 a.m. to 4:30 p.m.) at the Sanibel Public Library, 770 Dunlop Road.

The class teaches basic boat operation and safety with an emphasis on boating the unique waters around Sanibel and Captiva. Completion of the two class sessions and passing a simple exam at the end of the second session qualifies students to receive the Florida Safe Boating ID card. The class is for new as well as experienced boaters who want to improve their boating skills. To learn more, contact Jay Brown at 314-807-6860 or at jaywbrown1@icloud.com. Preregistration is required by January 13.

For more information or to register for a course, go to www.usps.org/findacourse. Enter the zip code, then click on the locate button. Or call or email Steve Abbott at 246-2392 or srabbott@att.net.

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SCCF

Sanibel-Captiva Conservation Foundation

Come explore our natural world

The City That Almost Wasn't & the Sanibel Plan — Jan. 13

The City of Sanibel was the first in the country to adopt a comprehensive land use plan based on the island's natural systems. Learn about the City's creation and the shaping of its future through the Sanibel Report. *Wednesday, January 13 at 1:30 p.m. \$5 adults.*

Coyote and Bear Tales — January 13

Coyotes and a Florida black bear have been documented on the island; the black bear was relocated to northern Florida. Come and learn about the behaviors of these two new species. Coyotes have now moved into every county in Florida. Both human and bear populations are growing in Florida. Eighty percent of a bear's diet comes from insects and fruits. *Wednesday, January 13 at 10 a.m. \$5 adults.*

Lighthouse Beach, Bay and Birds — January 13

Meet your SCCF guide beachside at the covered picnic pavilion at Lighthouse Park. Take a walk beach-to-bay, keeping your eyes open for resting, nesting and migratory birds. Learn about SCCF's Marine Lab and water quality research protecting the estuary. *Wednesday, January 13 and 27 at 8 a.m. Program is free to all but you must pay to park.*

Turtle Tracks — January 14

Sanibel Island had one of the first sea turtle monitoring programs in the country. Learn about the life cycles and habits of the sea turtles and shorebirds that nest on our beaches, SCCF's monitoring activities, and what we are doing to protect them. *Thursday, January 14 at 10 a.m. \$5 adults.*



Weeds, Seeds & Birds— January 18

SCCF's Weeds 'N Seeds and Birding the Preserves will be offered together this season. Since many birders are also plant lovers, the walks this year will combine finding and identifying native plants on Sanibel while also enjoying a variety of birds. The group meets at the Nature Center porch and then carools to one of SCCF's preserves. Walks last for two hours. Depending on the location visited, you may need parking money. Please bring a hat, water, sun-block and comfortable enclosed shoes with socks. *Monday, January 18 and 25 at 9 a.m., meet on the Nature Center porch. Free but donations to SCCF are welcome.*

Wildflower & Pollinator Walk at the Bailey Homestead

Join Dee for a "Wildflower and Pollinator Walk" at SCCF's Native Landscapes & Garden Center's new pollinator garden at the Bailey Homestead Preserve. See who is nectaring on the hundreds of wildflowers and learn the native butterfly host plants. *Tuesday, January 12 and Friday, January 22 at 11 a.m. Free but advance reservations required. Call 472-2329.*

SCCF's Native Landscapes & Garden Center

Come visit our Native Landscapes & Garden Center at their new location at the Bailey Homestead Preserve, 1300 Periwinkle Way. The larger space now offers demonstration gardens of different island habitats. Hours: 8:30 a.m. - 5 p.m. Mon.-Fri. and 10 a.m. - 3 p.m. on Sat.

The old Nursery at the Nature Center is closed.

Sanibel-Captiva Conservation Foundation

3333 Sanibel-Captiva Road (one mile west of Tarpon Bay Road)

Nature Center: Open Monday-Friday 8:30 a.m. - 4 p.m.

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SCCF: (239) 472-2329 Garden Center: 472-1932 www.sccf.org

First Cold Front Of The New Year



by Capt. Matt Mitchell

After weeks and weeks of above average temperatures, the first real cold front of the new year passed through at the end of the long Christmas holiday

week. Timing of this cold front did little to dampen what was just outstanding weather to be out spending time on the water enjoying 80 degree-plus Florida-style Christmas conditions. The cooler temperatures and rain were the first real weather events we've had in what seems like several months, and after a couple of cooler days, temperatures are forecast to quickly rebound.

Spring-like conditions and southerly winds had both the snook and redfish fooled into believing it was spring. Action on both species was crazy at times, although the snook bite was as

good as I can ever remember it for late December/early January. Even during the periods of really slow moving tides, snook responded to live shiners and came out to play. Finding good redfish action came close to home while working wind blown shorelines around the southern end of the sound during the higher tide periods. Just about everywhere I fished also produced keeper-sized mangrove snapper along with jacks, trout and ladyfish.

Fifty-plus snook trips have been pretty normal, with lots of smaller snook in the mix. Bigger snook have been a little harder to come by, although during most trips my clients have either had shots at or landing much bigger snook. Creek mouths and open water mangrove islands have all been holding big numbers of snook. Target these snook in the deeper channels and deeper shorelines during the low water periods. When you locate them they have been stacked up, making for some crazy non stop catch-and-release action.

Redfish action has been more of a high water bite for me, although I caught a few while targeting snook on the lower tides. Several times this week during south winds, the tide got up much higher than the tide chart had



Wade Robert of Sanibel with a big redfish caught and released while fishing with Capt. Matt Mitchell this week

predicted and the redfish bite went off. Live shiners caught reds from as small as 16 inches all the way up to 30 inches, often right on the same shoreline. Understanding the right set up was the

key to find these reds; find a windblown shoreline with good moving current and the redfish were there, along with some of the bigger trout I have seen in quite some time.

After being spoiled with very consistent fishing action thanks to the unseasonably warm weather and same wind direction for the past several weeks, this cold front will certainly move the fish around some. Look for the best snook and redfish action on the back side of the cold front to be in the more sheltered creek areas and usual winter warmer water places for at least a few days. As water temperatures gradually heat back up, our fishing will quickly improve.

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

Send Us Your Fish Tales

The *Island Sun* would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com; or call 395-1213.

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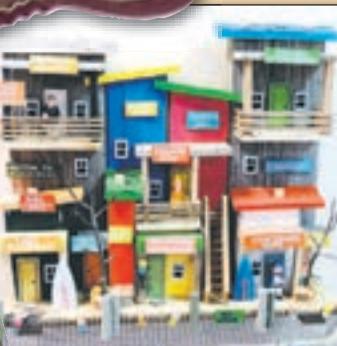
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City Of Sanibel Vegetation Committee
Guided Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants.

Upcoming, which begin promptly at 10 a.m., are:

- Wednesday, January 13
- Saturday, January 23
- Wednesday, February 10
- Saturday, February 27
- Wednesday, March 9
- Saturday, March 26
- Wednesday, April 13
- Saturday, April 23

Participants may walk the grounds for ideas on planting native vegetation that requires no fertilizer and learn how to plant a garden that reseeds itself with

very little maintenance, is good for the environment and will attract birds and butterflies.

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

Registration is not required. Attendees meet at the main entrance to city hall, 800 Dunlop Road, in front of the main staircase.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee.

For more information, contact the Sanibel Natural Resources Department at 472-3700.✧

Shell Found



Gavin Thayer with a junonia he found

Gavin Thayer of Wadsworth, Ohio found a stunning junonia while staying on Sanibel near Blind Pass during Christmas week. His parents, Pam and Steve, brought him to the Bailey-Matthews National Shell Museum to share his excitement for finding the beautiful shell.✧

Shell Found



Joseph Finnerty

Joseph Finnerty from Sanibel and Buffalo, New York found a lion's paw in Blind Pass.✧

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CROW Case Of The Week:

If You Care,
Leave It There

by Patricia Molloy

“Humans are always a young, wild animal’s last hope for survival, never its best hope,” stated Dr. Heather Barron, hospital director at CROW (Clinic for the

Rehabilitation of Wildlife). “A young animal should only be removed from the wild after all avenues to reunite it with an adult animal have been explored. If you care, leave it there!”

Last month, a baby Eastern cottontail rabbit (*Sylvilagus floridanus*) was brought to CROW even though it exhibited no signs of injury. The three- to four-week-old bunny was found alone and assumed to have been orphaned. No other history was available. It was quickly determined that the Eastern cottontail was perfectly healthy.

Baby animals are frequently brought into CROW by well-meaning citizens after they discover what they believe to be an abandoned nest. In the case of wild rabbits, a mother rabbit spends most of the day away from her nest to avoid drawing the attention of predators. If a nest looks

undisturbed and the mother is nowhere in sight, that is her plan. As skilled as the wildlife rehabilitators at CROW are, nothing can replace Mom’s tender loving care.

As Dr. Heather cautioned, “If you happen upon an abandoned bunny, leave it alone. If you have already moved the rabbit, place it right back where you found it. Mom will come back once or twice a day to check on her babies.”

Staff, students and volunteers work around the clock to feed the many baby birds, squirrels, raccoons, opossums and rabbits that are raised at CROW. It is critical that the youngsters are fed every one to two hours. By the time a round of feedings is completed, it’s time to start all over again.

If you do find an injured wild animal, call 472-3644 immediately. The highly-trained staff will happily advise you on what to do. If you find a bird or mammal after business hours, go to www.crow-clinic.org and look under the *Found an Animal?* category for assistance and instructions. You may be advised to drop the animal off at one of nine domestic veterinarian clinics in Cape Coral, Fort Myers and Lehigh Acres that have partnered with the wildlife hospital. CROW volunteers make daily pick-ups excursions to these locations.

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 hospi-



No one enjoys being weighed first thing in the morning (particularly *before breakfast*), but closely monitoring each patient’s weight helps the rehabilitators at CROW determine how well an animal is responding to treatment. This perfectly healthy Eastern cottontail arrived at CROW last month after possibly being “abducted” by a well-meaning human.

tal accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations

to PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.✪

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Fish Caught



Todd Kuester with the 26-inch redfish he caught

Todd Kuester from Prior Lake, Minnesota caught and released a 26-inch redfish last week while on a Sea Reed Charter.*

Fish Caught



Ronald Kenoyer with the bull redfish he caught

Ronald Kenoyer, general manager of Shell Island Beach Club on Sanibel's east end, caught and released a bull redfish while on a Sea Reed Charter.*

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Ruane Offers Update On Traffic Communications Workgroup

by Jeff Lysiak

The final topic discussed during the city council meeting on Tuesday was Mayor Kevin Ruane offering an update regarding the Traffic Communications Workgroup, assembled late last year to find effective and practical solutions to solve Sanibel's traffic woes.

Ruane told his fellow council members that the group, comprised of several of the city's primary stakeholders – including members of the Sanibel & Captiva Islands Chamber of Commerce, Committee of the Islands, Condominium Association of Sanibel, Inc., Sanibel & Captiva Islands Association of Realtors and several members of the planning commission – along with the Lee County Visitor & Convention Bureau, Lee County Hotel Association and others are currently working on developing an "action plan" for finding effective solutions to calming in-season traffic congestion.

"We need to make some decisions on the data we've collected," said Ruane, who explained that the group's plan is to develop a communication mechanism (i.e. off-island signage, email, app, website, etc.) to let visitors heading to the island know what traffic time estimates they might expect.

Among the other traffic-calming measures being considered:

- Signage on Summerlin Road
- Web cameras posted on key roadways and intersections
- Instant messaging and text communications

According to Ruane, Fort Myers Beach has received positive feedback from its system of traffic cameras, which residents, visitors and business owners can monitor to see real-time traffic movement.

"We have an awful lot of technology to tap into," he added.

Some of the data already collected by the group indicates that 30 percent of the people traveling to Sanibel are day-trippers, some of whom stated that they planned to visit the island an average of three hours.

"If you're coming to Sanibel for three hours, you'll probably have enough time to come here, grab a water and then head home," added Ruane. "Our message is, come to Sanibel early, plan on visiting for the day, or come and stay on Sanibel."

While meetings between members of the Traffic Communications Workgroup will continue, one member of the audience asked when members of the public could offer their input on traffic management. City Manager Judie Zimomra noted that the city is currently developing a questionnaire that will collect the most effective data for Sanibel to use.

Last year, the city staged two public workshop meetings to discuss traffic concerns on Sanibel. In addition, the Lee County Metropolitan Planning Organization is currently conducting a study on whether roundabouts might offer traffic relief at 18 county locations, including the Periwinkle Way/Lindgren Boulevard intersection near the entrance to the island. Results of that study are still pending.✪

Heidrick, Maughan Reappointed To Commission

by Jeff Lysiak

During Tuesday's city council session, both incumbent members of the planning commission – Chris Heidrick and Jason Maughan – were reappointed to three-year terms by a unanimous vote.

Both Heidrick, the owner of Heidrick & Company Insurance and Risk Management Services, LLC, and Maughan, the managing attorney for Maughan Law Group, had been seeking reappointment to the seven-member commission.

Also in the running for the pair of commission seats were six newcomers: Frantz Bertin, Chloe Bowman, Robyn Cook, Thomas Foley, David Sass and Jonathan Tongyai.

"We've got an embarrassment of riches here," said councilman Chauncey Goss, who serves as the planning commission liaison. "There are eight wonderful candidates to choose from."

Mayor Kevin Ruane commended each of the island citizens for submitting their names for consideration to the commission, remarking on the "tremendous pool of talent."

In the secret ballot, both Heidrick and Maughan received each of the votes from the five members of council. Their commission seats will expire on January 14, 2019.✪

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Plant Smart

Blue Daze

by Gerri Reaves

Blue daze (*Evolvulus glomeratus*) is a popular small evergreen shrub native to Brazil and Paraguay. A profuse flowerer, it grows to about a foot tall with a spread of about two to three feet

The oval silvery green leaves are only a about a half-inch wide and an inch long. Both the fine-textured leaves and woody stems are downy and felt-like and form dense foliage.

The single lavender or blue flowers at the stem ends inspire the common name. Five-petaled, white-throated, and funnel-shaped, they measure about an inch across. Like many other species in the morning glory family, blue daze produces flowers that live for only a day.

The plant's year-round pretty flowers, love of heat, and ability to grow in full sun and nutrient-poor soil have made it a popular ornamental.

It is salt tolerant and therefore suitable for a coastal landscape. It must have good drainage because of susceptibilities to root rot and fungus.



Non-native blue daze has become a popular groundcover in the last few decades photo by Gerri Reaves

Blue daze is most commonly used as a groundcover or border, but the cascading stems make it a pretty hanging basket or container plant.

Propagate it with cuttings or seeds, or just let it spread on its own.

If the color blue is a priority in your choice of plants, consider going native and increasing the benefit to wildlife. Blue porterweed (*Stachytarpheta jamaicensis*) attracts hummingbirds and a variety of butterflies and is also the larval host for the tropical buckeye butterfly.

Blue mistflower's (*Conoclinium coelestinum*) feathery flowers are a nectar source for native butterflies, including the zebra longwing.

Blue jacquemontia vine (*Jacquemontia pentanthos*), an endangered species in the State of Florida, and narrowleaf blue-eyed grass (*Sisyrinchium angustifolium*) are also nectar plants for butterflies.

Sources: *Florida, My Eden* by Frederic B. Stresau; floridata.com; and ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida. ✨

From page 18

CROW Calendar Of Events

charge – Baby Care at CROW, presented by a CROW volunteer.

Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Saturday, January 16, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic. ✨

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General: \$37 | Loge: \$42
Student/Child: \$5



Slocan Ramblers

Saturday, January 23, 8 pm
Schein Hall

General: \$37 | Loge: \$42
Student/Child: \$5



See a full listing of this season's programs at
www.BIGARTS.org

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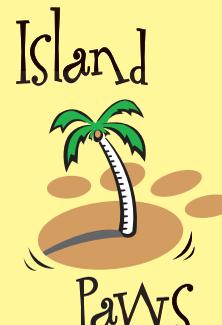
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BIG ARTS

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BIG ARTS offers more than 270 workshops and seminars this season – a myriad of opportunities to explore your creative skills and expand your mind. The schedule is:

FINE CRAFTS**Stained Glass**

Learn how to make beautiful stained glass panels and the techniques involved (All Levels) with Ken Casola, two days: members \$135, non-members \$169, Thursday/Friday, 9 a.m. to 2 p.m., January 21 and 22.

Learn to Weave

Learn to weave in a simple, compact, sturdy and portable way – on a rigid heddle loom (Beginners) with Edith Flagg, two days: members \$100, non-members \$125, Saturday, 10 a.m. to 3 p.m., Sunday, 10 a.m. to 2 p.m., January 23 and 24.

LANGUAGE**Spanish 1 and II**

Learn the basics of how to speak Spanish with Barbara Peterson, six weeks: members \$86, non-members \$108, Saturdays, 9 to 10:30 a.m., January 16 to February 20.

Spanish III

Learn more vocabulary and the various grammar tenses of Spanish and how to form sentences with Barbara Peterson, six weeks: members \$86, non-members \$108, Saturdays, 10:30 a.m. to 12 p.m.,

January 16 to February 20.

MUSIC**Concert Band Rehearsals**

(All Levels) with Mike Lamade, 21 weeks, Mondays, 6:30 to 8:30 p.m., through March 1.

PAINTING**Watercolor for Beginners**

Learn the basics of watercolor and create paintings of your own choosing with Mary Lou Peters, four weeks: members \$140, non-members, \$175, Mondays, 9 a.m. to 12 p.m., January 11 to February 1.

Painting Watercolor

Enjoy the freedom and spontaneity of fresh, brilliant watercolor as you “learn by doing” (Beginners and Intermediate) with Philip Hilton, six weeks: members \$105, non-members \$131, Fridays, 1 to 3:30 p.m., January 22 to February 26.

PHOTOGRAPHY**My First Digital Camera**

Learn how your camera works, what a media card is and how to take good photos with Herbert Sklar, two weeks: members \$75, non-members \$94, Mondays, 9 a.m. to 10:30 a.m., January 18 to 25.

POTTERY**Pottery on the Wheel**

Learn various techniques of the medium of clay and gain a new understanding of the art form (All Levels) with Kelly Flaherty, six weeks: members \$95, non-members \$120, Tuesdays, 6:30 p.m. to 9 p.m., January 12 to February 16.

TECHNOLOGY**What's New in iOS 9**

Stay on the Cutting Edge with the “World’s Most Advanced Mobile Operating System” with Gerard Damiano, one day: members \$50, non-members \$63, Tuesday, 9 a.m. to 12 p.m., January 19.

Mac Basics: OS10.11 El Capitan

Get a basic understanding of the “World’s Most Advanced Operating System” and its latest features with Gerard Damiano, one day: members \$50, non-members \$63, Wednesday, 2 to 5 p.m., January 20.

Searching with Google

Search engine tricks and techniques: discover a wealth of free services, courtesy of Google with Gerard Damiano, one day: members \$50, non-members \$63, Thursday, 9 a.m. to 12 p.m., January 21.

Social Media & Networking

Connect and share with the people in your life... individually or all at once with Gerard Damiano, one day: members \$50, non-members \$63, Friday, 9 a.m. to 12 p.m., January 22.

iTunes: Master Your Music

Rock your world with iTunes with Gerard Damiano, one day: members \$50, non-members \$63, Friday, 2 to 5 p.m., January 22.

Watch & Learn: The Apple Watch

The long-awaited wearable technology from Apple that is fashionable as it is functional, with Gerard Damiano, one day: members \$50, non-members \$63, Tuesday, 9 a.m. to 12 p.m., January 26.

iPhone Lesson 1: Basics

Unlock the potential of this powerful pocket device with Gerard Damiano, one

day: member \$50, non-members \$63, Wednesday, 9 a.m. to 12 p.m., January 27.

Mac Power Users Tips & Tricks

Maximize your keystrokes and get the most out of your Mac with Gerard Damiano, one day: members \$50, non-members \$63, Wednesday, 2 to 5 p.m., January 27.

iPad Lesson 1: Basics

The world at a flick of your finger with Gerard Damiano, one day: members \$50, non-members \$63, Thursday, 9 a.m. to 12 p.m., January 28.

Personal Technology: Communication

The basics of digital communication from texting to video conferencing and everything in between with Gerard Damiano, one day: members \$50, non-members \$63, Thursday, 2 to 5 p.m., January 28.

Connecting with Facebook

Understand the world’s most popular social media website with Gerard Damiano, one day: members \$50, non-members \$63, Friday, 9 a.m. to 12 p.m., January 29.

iTunes: Manage Your Devices and More

Discover the power of iTunes with Gerard Damiano, one day: members \$50, non-members \$63, Friday, 2 to 5 p.m., January 29.

WINTER ACADEMY**Religion Taken to Extremes: When Radical Fundamentalism Becomes Militant**

Examine the current religious fervor in

continued on page 28

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From page 27

Workshops

the three Abrahamic faiths: Judaism, Christianity and Islam with Dr. Ran Niehoff, three weeks: members \$80, non-members \$100, Wednesdays, 9:30 to 11:30 a.m., January 13 to 27.

The Convergence of Science & Spirituality: Partners in Seeking the Source of Consciousness and the Presence of Purpose in the Universe

Explore the growing movement and new understanding of important topics that are affecting spirituality with Dr. Ran Niehoff, three weeks: members \$80, non-members \$100, Fridays, 9:30 to 11:30 a.m., January 15 to 29.

Economics in the Headlines

Better understand the nature and impact of current controversial macroeconomic issues and policies with Dr. Larry Davidson, four weeks: members \$150, non-members \$185, Fridays, 1 to 4 p.m., January 15 to February 5.

WRITING

Let's Write Poetry: Free Introductory Class

Free, one-hour introductory class about writing poetry with Lorraine Walker Williams, one day, Friday, 10 to 11 a.m., January 29.

Free Demo - Writing Poetry: What Is Inside Shines Out

This free, one-hour class touches on how to find the poetry inside yourself with Myra Klahr, one day, Friday, 2 to 3 p.m., January 8.

Poetry Writing: What Is Inside Shines Out

Tap into the personal nature of communication using this medium and turn your ideas into poems with Myra Klahr, four weeks: members \$68, non-members: \$85, Mondays, 2 to 4 p.m., January 11 to February 1.

The Joy of Writing

For those who want to either re-ignite or develop creative writing skills or begin a writing project with Vicky Lettmann, five weeks: members \$95, non-members: \$115, Mondays, 9:30 to 11:30 a.m., January 18 to February 15.

Wake Up the Story Inside You: Getting to the Heart of Writing

Get to the heart of writing with Marilyn Bennett, three days: members, \$100, non-members \$125, Tuesday, Wednesday and Thursday, 1 to 4 p.m., January 26 to January 28.

Call 239-395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit www.bigarts.org/workshops, or email info@bigarts.org to request the workshops and seminars guide.*

Poet's Corner



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

selected by Tanya Hochschild

The Ocean Pool at Kalk Bay Beach

by Tanya Hochschild

Where elderly women sit along the wall,
birds on a wire, they rock to and fro,
skirts folded onto their thighs,
fat toes sieve the water,
form bubbling eddies.

Scarves tied under their chins
shift in the heavy heat as one turns
to call her husband on the beach.
"No!" he shouts back, "the water's
too wet."
Their toothless grins, response to an
old joke.

Every Tuesday these pensioners
travel free
on buses to beaches across the
peninsula.

For a day out – out of their hot tin
shacks,
happy-go-lucky for one short day
under a blue silk sky.

Most do not swim, do not know
how,
though one says she can crawl.
They lean backward then forward,
chat and listen
to neighbors – bosoms and backsides
jiggle.
A chattering of angels in union, they
create God.

*Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.**

Kids' Auditions

Creative Theater Workshop will hold its spring auditions for *Little Mermaid Jr.* and *Little Shop of Horrors* on January 9 and 10.

Children and teens ages 6 to 19 are being sought for *Little Mermaid* performances in June, and ages 13 to 19 for *Little Shop of Horrors* performances in May.

Both productions will at the Herb Strauss Theater on Sanibel and rehearsals will be on Sunday afternoons.

Go to CreativeTheaterWorkshop.com to see the locations for auditions, workshop fees and to sign up for an audition time. For further information, email CreativeTheaterWorkshop@yahoo.com or call 738-3525.*



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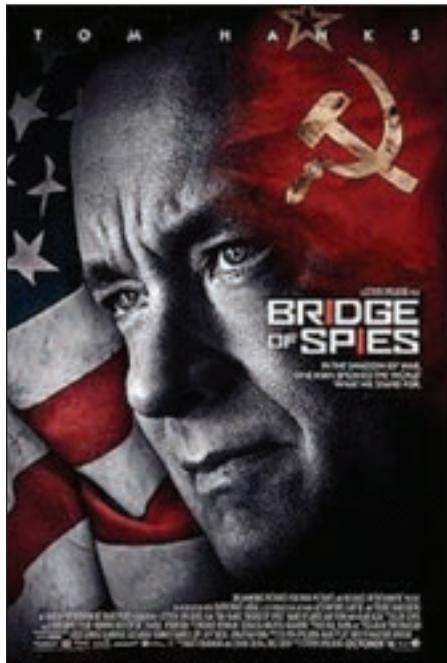
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Academy Award Contender's Series
Bridge Of Spies

by Stan Gembicki



On Wednesday, January 13 at 12:30 p.m., the Island Cinema will show the second movie in this year's BIG ARTS Academy Awards Contenders Film Series. After the



movie, a discussion will take place at the cinema.

Bridge of Spies is an historical drama-thriller film directed by Steven Spielberg from a screenplay written by Matt Charman, Ethan Coen and Joel Coen. The film stars Tom Hanks, Mark Rylance, Scott Shepherd, Amy Ryan and Alan Alda.

Based on the 1960 U-2 incident during the Cold War, the film tells the story of lawyer James B. Donovan who is entrusted with negotiating the release of Francis Gary Powers, a pilot whose U-2 spy plane was shot down over the Soviet Union, in exchange for Rudolf Abel, a captive Soviet KGB spy in the custody of

the United States. The name of the film refers to the Glienicke Bridge, which connects Potsdam with Berlin, where the spy exchange took place.

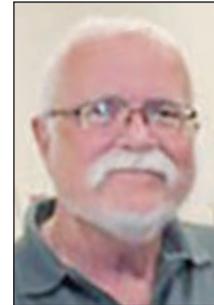
Bridge of Spies has won 14 awards, including movie of the year from the American Film Institute.

The film is 2 hours and 21 minutes in length. Show time will be at 12:30 p.m.

Tickets are available at the Island Cinema. Other movies in the series will be announced prior to the weekly showing.*

Shell Club News

Sanibel-Captiva Shell Club member Ron Bopp will be the guest speaker at the January 17 meeting. His presentation, Shells and Trade Cards, follows the history of seashell related trade cards over the last century. If you have been at any of Bopp's presentations in the past, you know that it will be laced with shell cartoons and humor.



Ron Bopp

Bopp is an avid shell and fossil collector. Although he began collecting only seven years ago, he has become a frequent shell show participant. This photograph was taken at the 2014 Sanibel Shell Show where he won the prestigious Conchologists of America Award.

Bopp and his wife Mary Jo live in Bradenton. He is a past president of the Sarasota Shell Club, where they both are members. They are also members of the Conchologists of America and the Florida Palentologic Society.

The Sanibel-Captiva Shell Club will meet on Sunday, January 17 at 2 p.m. The meeting will be held in Auditorium Room A on the main level of The Bailey-Matthews National Shell Museum. Door prizes will be awarded and refreshments will be served. The meeting is open to the public.*

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Abbott To Discuss Debut Novel

Linda Abbott will talk about her Sanibel-inspired novel, *Ten Days In Paradise*, beginning at 2 p.m. on Tuesday, January 19 at the Sanibel Public Library, located at 770 Dunlop Road.

The author's love for Sanibel shines throughout *Ten Days In Paradise*, a compelling and heartfelt novel about marriage and family relationships. The story unfolds as the Blakemore family arrives on Sanibel to celebrate their parents' 50th wedding anniversary. Tensions are running high. Judy is worried about her husband's strange behavior and inexplicable memory lapses. Her daughters haven't spoken for months. Judy's son David is ambushed by a powerful attraction to another woman, and forced to confront the fault lines in his own marriage that led to a stunning revelation.

Books will be available for purchase and signing.

A self-described late bloomer to fiction, Abbott hopes to inspire people that it's never too late to follow their dreams.

"If someone would have told me that I would be publishing my debut novel well into my fifties I would have never believed them. Many people my age are retiring. But without question, this has been one of the most rewarding – and most terrifying – experiences of my life," she says, laughing.

"You name it I was afraid of it – failure, bad reviews, not selling any books – the list goes on. I'll never forget the day I published on Amazon, my hand hovered over the mouse for ten minutes. I knew it would change my life, and it did."

Since then, she's sold several thousand print and ebooks, garnered 100-plus Amazon reviews and amassed a large Twitter following, including hundreds of authors and readers.



Linda Abbott

"Fear is a dream killer. To think that I came very close to missing out on a wonderful opportunity for personal growth and success because of fear ... that's why I'm always excited to have an opportunity to share my story with others. There is a post-it on my desk with this quote: 'Everything you want is on the other side of fear.' We are all capable of so much more than we can imagine."

This message has strong appeal to baby boomer women who may be facing major life transitions like retirement and empty nests. "For the first time in their lives, these women have time to pursue something they're passionate about and it's empowering."

Abbott never realized how much the Sanibel Island setting of her novel would resonate with readers. "It's a huge draw with book buyers, especially in the local bookshops. And so many people reach out to me on social media just to say how much they love Sanibel."

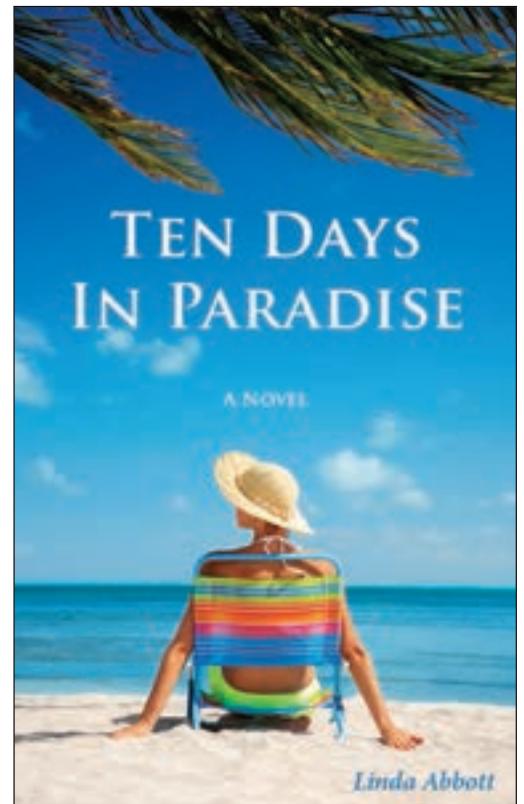
One reviewer wrote that the "lush locale was a character in itself."

Abbott is a frequent island visitor who hopes someday to own a home on Sanibel.

"Sanibel is my favorite place in the world," she said. "Whether I'm walking on the beach or riding my bike through the lush greenery, Sanibel never fails to renew my spirits and belief in all that is possible. And this novel is proof of that."

Abbott will also talk to readers and sign books from 11 a.m. until 1 p.m. on Thursday, January 21 at the Sanibel Island Bookshop, 1571 Periwinkle Way. *Ten Days In Paradise* hit the #1 spot on the bookshop's best seller list in September.

For more information on her novel, visit www.TenDaysInParadise.com. *



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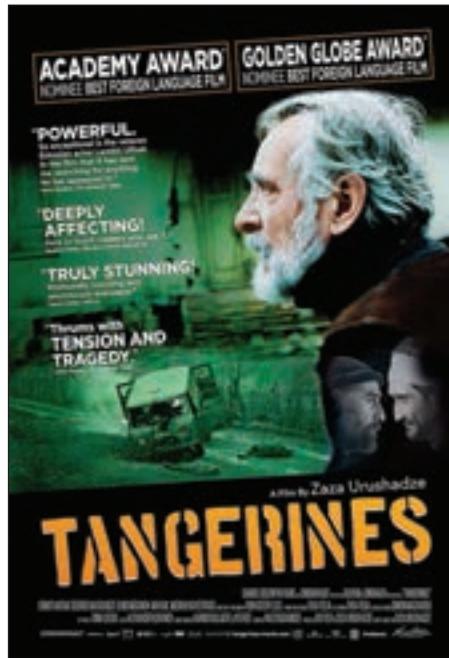
by Di Saggau



The BIG ARTS Monday Night Movie for January 11 is *Tangerines*, an Estonian film about the 1992 conflict between the former Soviet countries of Georgia and Abkhazia, and a

nearby neutral Estonian community whose residents have mostly fled to their ancestral homeland out of safety concerns. Although the subject of civil war within the former Soviet countries has been tackled in other films, this retelling is one of the most concise and affecting. Perhaps it's because the focus is on just a few characters and yet it crystallizes the entire tragic history of the region.

Primarily the film is about Ivo (Lembit Ulfsak), an older carpenter who decides to stay behind to assist his worried friend, Margus (Elmo Nuganen), as he attempts to salvage what he can from his tangerine crop before the conflict reaches their doorsteps.



While they are going about their business they get caught in the crossfire between two small bands of rival soldiers. Two of the fighters survive. One a Chechen mercenary on the Abkhazian side and one a Georgian. The two arrive at Ivo's workshop. Both are badly wounded. Ivo takes them in and starts tending

to their wounds. He has wisdom and compassion and withering scorn for the lunacy of war. Ivo is a marvelous character. He must play peacemaker to the two young fighters. He has one rule: "No one can kill anyone in my house unless I want it to happen."

The director films the rural landscapes with a poetic but unsentimental eye, so that when the peaceful scenes are blasted by gunfire the impact is even greater. The wistful, melancholy score subtly enhances the film's power.

Tangerines was the first Estonian film to be nominated last year for an Academy Award, a recognition that most critics say was richly deserved. It runs 87 minutes.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film Patrons: June Rosner and Russ Bilgore. Film Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker. Film Supporters: Sanibel Taxi and Jerry's Foods of Sanibel.

BIG ARTS is located at 900 Dunlop Road on Sanibel. Tickets are available at the door or by calling 395-0900.*

Top Ten Books On The Island

1. *Citizens of London* by Lynne Olson
 2. *Sanibel Flats* by Randy Wayne White
 3. *The Nightingale* by Kristin Hannah
 4. *The Plover* by Brian Doyle
 5. *George Washington's Secret Six* by Brian Kilmeade and Don Yaeger
 6. *The Life-Changing Magic of Tidying Up* by Marie Kondo
 7. *Cuba Straits* by Randy Wayne White
 8. *The Danish Girl* by David Ebershoff
 9. *Miss Emily* by Nuala O'Connor
 10. *Big Little Lies* by Liane Moriarty
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HeartWalk Series:

Dr. Adair Heath's Heart Health Story



Dr. Adair Heath

submitted by Sandy Teger

Dr. Adair Heath always thought of himself as leading a healthy lifestyle. Part of that lifestyle was eating healthy foods, bicycling and swimming laps. Outdoor activities like hiking and kayaking were very popular in Maine where he lived and those things were part of his life as well.

In July 2012, Heath noticed that after lap swimming and bicycling, he was experiencing a burning discomfort in his stomach with belching, just like his reflux symptoms. From his background as a doctor (a child and adolescent psychiatrist), he decided that he must be experiencing reflux. Eventually, he decided to go see his gastroenterologist. He thought it might be good to consult with her, since he was due to go on vacation in

a few weeks and wanted to have his symptoms clarified before his trip, which involved hiking.

There is a reason that doctors are cautioned to beware of self-diagnosis and it was borne out by his doctor's visit. After seeing him and hearing his symptoms, the gastroenterologist recommended that he see a cardiologist. He had a CT scan of the coronary arteries done and was waiting for the results before he left on his trip.

When he didn't hear anything about his test results with his trip approaching in just 10 days, he called and learned that the doctor who ordered them was away for several weeks. The office staff suggested he go on his trip and wait until both he and the doctor returned.

Fortunately, he insisted on getting the results and learned that he had four arteries 90 percent blocked and that the radiologist reading his study had called after hours and left a message recommending an immediate cardiac catheterization. That was the end of any trip. He consulted another cardiologist who did the catheterization confirming that four arteries were significantly blocked. Immediate open heart surgery was scheduled at HealthPark the next morning.

Heath has nothing but praise for Dr. Brian Hummel, who did the surgery and for the treatment that followed. Pain management was good and the whole procedure was not as scary as he anticipated. Once home, he started with both physical therapy and nursing visits there. His next step was starting participation in the cardiac rehab program, run at HealthPark by Lee Memorial. "The nurses are great," said Heath, who highly recommends the program as "outstanding."

It helped that Heath had a goal in mind – winter hiking in Maine in six months' time with some long-time friends. He feels that having such a goal was great motivation for pushing him to build strength and endurance and get the maximum benefit from the program.

After his surgery, Heath was put on various statins, but in each case he reacted poorly and had to discontinue them. He is now off all meds and relies solely on eating a healthy diet and exercising.

As he looks back now on his symptoms, he understands that he had been in denial about what was really going on. Some of the lessons that Heath took away from his whole experience were that:

- Surgery and recovery were not as scary as he feared
- The cardiac rehab program was central to his getting his life back
- Having a supportive spouse was critical to his attitude, and
- Having a good support system, including his friends from St. Michael and All Angels Church was tremendously important.

continued on page 19B

Riverdale Kiwanis Medieval Faire To Begin January 16 At Lakes Park

The Riverdale Kiwanis Club will hold its annual Medieval Faire the weekends of January 16 and 17 and January 23 and 24 from 9 a.m. to 6 p.m. at Lakes Regional Park in Fort Myers. The two-weekend event is expected to draw more than 15,000 attendees.

The medieval faire will feature jousting, a live chess match, a wheel-of-death entertainer, live sword



A knight jumps from his horse during a jousting match at the Riverdale Kiwanis Medieval Faire



Two knights competing in performance combat

photo courtesy of www.EloquentImaging.com.

continued on page 2B



A harp musician entertains at the faire

From page 1B

Kiwanis Medieval Faire

fighting, royal court, children's games, jugglers, magicians, minstrels, period food and medieval-themed merchants. Entertainment will be provided by touring medieval faire professionals.



A family takes a horseback ride at the medieval faire



Barely Balanced professional acrobats perform at the Riverdale Kiwanis Medieval Faire.

Tickets will be available the day of the faire. Adult tickets cost \$15 and children's tickets (ages 4 to 11) are \$5. Free onsite parking is available.

All profits from the medieval fare go to the Kiwanis of Riverdale Foundation Fund to support local programs including Thanksgiving baskets for the needy, Christmas dinners, Buckingham Exceptional School, Lehigh Elementary School, Sunshine Elementary, Riverdale Key Club, school grants and scholarships and various other East Zone school-related projects.

For more information, visit www.Medieval-faire.com. For group ticket information, call Sandy Wheeler after 5 p.m. at 369-6881.*

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RS Walsh Landscaping Announces Winner Of Monthly Photo Contest



Teresa Miller's photo of a monarch butterfly

The winner of RS Walsh Landscaping's December photo contest is Teresa Miller. The contest celebrates the natural beauty of Sanibel and Captiva. The theme of the December contest was Butterflies and Birds. Submitted photos were posted on RS Walsh's In The Garden Facebook page and at the company's Sanibel garden center. Visitors to the Facebook page and the garden center were able to vote on their favorites.

Miller's photo of a Monarch butterfly received the most votes. A resident of Sanibel, Miller took the photo in her flower garden. "I have a great love of Monarch butterflies," she said. "It too, loves to migrate to the south to escape the colder climate of the north and has been known to travel up to 3,000 miles."

Miller will receive a \$50 gift certificate to In The Garden. Honorable mentions go to J. Darrell Hutto, France Paulsen, Kyle Sweet and Dorothy Wallace.

The January contest theme is Beaches and Shells, and the deadline is January 11. Submissions should include the photographer's name, phone number, location of the photo and a short story behind the photo. Up to five photos per person are allowed. Submissions can be sent via e-mail to inthegarden@rswalsh.com. Finalists will be posted on RS Walsh's Facebook page, website and displayed at RS Walsh In The Garden. Voters can visit In The Garden or the In The Garden page on Facebook to vote. Each month, the winning photographer will receive a \$50 gift certificate to In The Garden - Sanibel's Retail Garden Center and Outdoor Showroom.

"We had some wonderful submissions to our December contest," said Robert Walsh, president of RS Walsh Landscaping. "These are some very talented photographers that captured the beauty of Sanibel and Captiva. We are looking forward to seeing next month's photos."

For more information, call 395-5859 or visit www.rswalsh.com.

Trust Company To Host Session On The Venus And Mars Of Investing

The Sanibel Captiva Trust Company will host a special session at The Sanctuary on Wednesday, January 13 entitled The Venus and Mars of Investing. The event is part of the trust company's 2016 WOW (Women. Opportunity. Wealth.) Women's Series, which is designed to empower women to be better informed and prepared to handle their lives independently and dynamically.

The event's speaker is Timothy P. Vick, senior portfolio manager for The Sanibel Captiva Trust Company. He will review how women approach investing differently than men and have their own distinct rationale for the choices they make. Guests will learn more about what makes certain investment choices attractive and how to make the most of them.

"It is essential for women to feel confident and secure about making decisions in today's challenging times. WOW is designed to help our clients and friends cut through the clutter and understand the importance of planning their future," said Robin L. Cook, executive vice president, wealth services, The Sanibel Captiva Trust Company.

Interested WOW attendees should contact Frances Steger at The Sanibel Captiva Trust Company at 472-8300 or FSteger@sancaptrustco.com. The event will be held from 9:30 to 11:30 a.m. and seating is limited. WOW sessions are designed for qualified attendees who have \$2 million of investable assets or more.

Salvation Army's Red Kettle Total

After 45 days, and approximately 36,000 hours of the ringing of the bells beside the iconic Salvation Army Red Kettles, The Salvation Army Fort Myers Area Command announced the total collected for the 2015 season is \$525,740. Plus, adding in the \$200,000 challenge grant, the combined total for the Red Kettle Campaign in Lee County is \$725,740.

Maj. Tim Gilliam, Area Commander in Fort Myers, expressed profound gratitude to the community for their amazing support of the important work of The Salvation Army in the Lee County command.

"I never cease to be amazed at the kindness and generosity of our donors. We issued a challenge and they definitely rose to meet it. I couldn't be more proud or more grateful," said Gilliam. "We are also extremely grateful to the Schultz Family Foundation for their generous support."

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Solar Connect committee chair John McCabe, left, and Bailey's General Store co-owner Richard Johnson, second from left, a member of the Solar Connect advisory committee, consult with the Urban Solar team about installation costs for the store

Final Solar Connect Meeting

Residents of Sanibel and Captiva islands will be able to realize savings on solar energy conversion through the collective buying power of SanCap Solar Connect, an initiative designed by "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Based on the success of a number of initiatives in other states, it is the first-ever community-driven solarize program in Florida.

The final in a series of four free informational Solar Community meetings will take place on Tuesday, January 12 at 5:30 p.m. in the "Ding" Darling Visitor & Education Center auditorium. No reservations are necessary to attend the meeting.

Representatives from Urban Solar, SanCap Solar Connect's installation partner, and DDWS will be on hand at the meeting to explain how the program works and answer questions. Residents and businesses will be able to schedule free, no-commitment analyses with Urban Solar to receive a bid for installation costs and information on the advantages of a solar energy system.

"Getting into a much more sustainable energy program is very important – getting away from carbon-based energy," said Mark Anderson, president

of Benchmark General Contractors and member of the SanCap Solar Connect advisory committee. "The price of solar systems has come down significantly in the last 10 years. It's much more economical, and you can arrive at ROIs [returns on investment] sometimes in less than five years. We've got a great window of opportunity here with SanCap Solar Connect. Let's use it!"

Islanders can go online at www.SanCapSolarConnect.org to sign up for a free evaluation or simply to receive informational emails. The website's FAQ page answers the most common questions about the program and solar energy.

Interested parties can also contact program coordinator Joyce Lathrop at jlathrop@sancapsolar.org or 940-8931 for more information and to request a solar analysis.

"The more people who sign on to convert to solar energy, the more everyone saves on installation costs," said John McCabe, chair of the SanCap Solar Connect advisory and implementation committees. "Refuge and wildlife society buildings will lead the community conversion to solar, already lowering the cost for local residents and businesses, plus we have an impressive number of others showing interest."

Residents and business owners who sign an installation contract by February

continued on page 7B

City Of Sanibel's New Software Disrupts Incoming Correspondence

It has come to the city's attention that since installing new SPAM software on October 4, 2015, 188 incoming electronic messages were unknowingly blocked. Not all incoming electronic correspondence was impacted. All blocked correspondence has been retrieved and forwarded to the appropriate city department for processing. Additionally, the city is contacting the sender of each previously blocked message.

"The City of Sanibel apologizes for this inconvenience," said Sanibel City Manager Judith Zimomra. "Additionally, we remind all citizens to never hesitate to contact us by phone, 239-472-3700, if in future they do not promptly receive acknowledgement of an incoming electronic correspondence. At this time, the City's IT department is providing additional manual monitoring of the system to verify all incoming messages are properly processed."

For more information, contact the city manager's office at j.zimomra@mysanibel.com or 472-3700. ✨



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Wednesday, January 13, 2016

THE VENUS AND MARS OF INVESTING

Timothy P. Vick, *Senior Portfolio Manager, The Naples Trust Company*

Learn about what makes certain investment choices attractive to you and how to make the most of them.

Tuesday, February 16, 2016

LOOK GOOD AND FEEL GREAT...WITH COLOR!

Christine Sherlock, *Image Consultant, Image Matters*

A fun and energetic morning about the importance of color and how the right colors will have a positive impact on your image, and your life!

Wednesday, March 9, 2016

COUNTDOWN TO AN ESTATE PLAN

Dr. Frederick W. Schaerf, *Neuropsychiatric Research Center of SWFL*

David F. Port, J.D., *The Naples Trust Company*

Memory loss can jeopardize the strength of an estate plan.

Learn the warning signs and why it is vital to make trust and estate planning decisions promptly if memory health is in question.

Tuesday, April 5, 2016

DON'T GET CAUGHT IN THE DARK

F. Hood Craddock, CPA, *Director of Family Office Services, The Tampa Bay Trust Company*

Losing a spouse is overwhelming. Find out how to put an action plan together before and even after a spouse's passing that will bring structure for you or your future beneficiaries.

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The Sanibel Sprout

The Conscious Kitchen



by Chef Nikki Rood

I love to toast in the New Year with a hot, fragrant mug of cinnamon ginger, honey bourbon tea. Champagne is festive, bubbly and bright, but there's something metaphorical about

the natural earthy wood notes of this warm and spirited elixir that speaks to me – down to my very core – about how deeply held we all are by nature's patient embrace.

Let's take a closer look at all of it's ingredients and listen to them a bit. It's a little sweet, a little spicy, supremely fragrant and a tad zesty (I throw in a dazzle of lemon zest). It always feels to my friends who I share it with as if we are imbibing a wildly tasty, wise and boozy plant medicine. A special potion for special times. What can I say? It's just a lovely cup of mirth to pass around and so easy to make. You can serve it's non-alcoholic equivalent by leaving out the bourbon and still enjoy the feeling of sinking in to the earth's rich and knowing smile.

Cinnamon carries a lively ancient history in it's brown-reddish tree bark and was known as far back as 2000 BC,

when it was imported to Egypt and given as a gift to kings and offered in ritual to the heavens. In Greek mythology, it is said that cinnamon lined the nest of the phoenix, that legendary bird of lore who rises again and again from the ashes, symbolizing strength and rebirth. What a magical way to think about cinnamon – as the rarified place of rest and renewal of the majestic phoenix. It's one of my favorite spices and according to studies, it's very aroma may have positive effects on brain function as well a multitude of other health benefits.

Ginger. Oh, ginger. One of my fondest memories of really sinking into nature was the sheer delight of running out into the middle of a tempestuous Florida thunderstorm and pruning my enormous ginger hedge, which grew like wildfire and was just the most magnificent plant creature. I don't know what called me to work on that reedy friend of mine every time it stormed, but it felt ridiculously right to go tearing out into the front yard in my bare feet and get soaking wet, while I used some old shears found in the back of an abandoned barn to cut back her thick peppery stalks.

Have you ever heard of the term petrichor? It is the gorgeous, complex smell of wet earth after a good hard rain relieves a prolonged dry spell. Well, petrichor plus freshly cut ginger is even better! The air would dance and scintillate with energy, and sometimes I'd just sit down on the puddled ground and be filled with a sense of awe and gratitude at the sensory experience nature provides. She really does patiently embrace us – waiting for us to

return, again and again, to her beautiful ability to re-set and recalibrate our busy minds and bodies.

And, of course, ginger is a highly regarded folk medicine, most predominately know for it's positive effects on digestive ailments.

Honey is such a beautiful nectar, especially if consciously harvested in a manner that doesn't disturb the hive, which is a practice many small-scale beekeepers strive to employ. There aren't a lot of good reasons to use processed, refined sugar when honey, maple syrup or date-paste can be used. The health benefits of honey are said to be numerous – and as a culinary additive – the flavor is so smooth and serene. Honey has been around since the beginning of recorded time and there is a delightful ancient painting on the walls of the Araña Caves in Valencia, Spain that depicts a primitive honey-seeker tapping a hive.

Use honey sparingly and lovingly and consider learning as much as you can about bees, who are a critical indicator of environmental quality, since they pollinate our crops. If you haven't already seen the award-winning documentary *Vanishing Of The Bees*, it's worth seeking out. If you are against using honey, maple syrup can be substituted in the recipe below.

Bourbon has a culinary and folk medicine background and is a whiskey made from corn and a mash of other grains, such as rye, wheat and barley. Hudson Baby Corn Bourbon brand is made out of 100 percent corn, for those who may stringently need to avoid such glutinous grains.

My bottle of this powerful amber spirit gets pulled out once each December for toasting in the New Year with my Hot Cinnamon Ginger Holiday Toddy, a *Conscious Kitchen* indulgence to be shared with loved ones and savored with gratitude.

Wishing you and your loved ones a healthy and heart-filled 2016. Eat well, laugh well, sleep well and love well. Until next time... Chef Nikki

Hot Cinnamon Ginger Holiday Toddy

- 4 cups water
- 1 large ginger knob, sliced into pieces
- 3 cinnamon sticks
- 2 tablespoons of honey
- Nice amount of lemon zest
- Nice squeeze of a lemon
- Bourbon
- Love and gratitude

In your favorite small saucepan, bring water, ginger slices, lemon zest and cinnamon sticks to a boil. Hum a little tune while you're cooking or dance around the kitchen to your favorite music

Reduce heat and simmer for 10 to 20 minutes. boiling longer will give you a spicier base.

Remove the pan from heat. Strain out the ginger and cinnamon. Stir in the honey. Pour into a mug and add 1/2 ounce of bourbon. Squeeze in some lemon juice and pour in some love and gratitude.

Serve immediately for joyful results.

You can adjust ingredients to your taste accordingly. Consume responsibly and with gratitude.

continued on page 16B




The "Ding" Darling Wildlife Society is excited to present
SanCap Solar Connect,
a local effort to bring solar to the islands.

Join us at our next
Community Meeting!
Tuesday, January 12, 5:30PM
 in the "Ding" Darling
 Visitor & Education Center

Learn how you can save money on solar installations
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Father and son Ken and Jim Gast from Melbourne are cooking Triggerfish Chowder in their episode

Sundial To Host TV Foodie Event

Cooking shows and food-focused programming have gained huge popularity in recent years. Producer Craig Chapman saw this phenomenon happening and created *Real Food Real Kitchens* (www.realfoodrealkitchens.com), a TV series, magazine, and website celebrating family, food, culture and history, found on HULU. The website is part of the Taste Network (owned and operated by Taste of Home/Reader's Digest), a community of premium food, entertainment and lifestyle blogs and websites that reaches 50+ million

visitors each month.

Real Food Real Kitchens offers viewers a peek into the kitchens of everyday people and features a different person in each episode showing the audience how to prepare a traditional family dish that is close to their heart, while telling its story and background.

After last year's sold-out event, Chapman is once again inviting area "foodies" to attend an exclusive screening and tasting on Sunday, January 10 at Sundial Beach Resort & Spa on Sanibel Island from 3 to 5:30 p.m., when he will screen two episodes of *Real Food Real Kitchens*. At the reception that follows, guests can taste the items featured in the episodes prepared by Sundial's Chef Criss



Craig Chapman, producer of *Real Food Real Kitchens*

Menassa, learn how to try out for the show, and ask Chapman questions about the making of the series. A portion of the ticket sales will be donated to the Harry Chapin Food Bank of Southwest Florida. Tickets may be purchased by phoning 800-838-3006 or at sundial.brownpaper-tickets.com.

Included in the \$35 admission fee is the screening, samples of Triggerfish Chowder, Strawberry Shortcake, Roasted Chicken and Vegetables plus Fried Green Tomatoes. Pinocchio's Original Italian Ice Cream of Sanibel will also provide samplings. Additional tastings will be provided by Point Ybel Brewing Company, Wicked Dolphin Artisan Rum, and Lakeridge Winery.



Triggerfish Chowder

Signed copies of Chapman's new cookbook, *Real Food Real Kitchens: New York Cookbook* will be available for \$22. The cookbook takes readers behind the scenes and into the kitchens of cultures spanning the globe and features recipes and the stories behind them.

For additional information, call 472-4151 or visit sundialresort.com.*

From page 5B

Solar Connect Meeting

15 can apply for a 2016 federal tax credit. Installation must be completed by year-end 2016 to qualify.

The SanCap Solar Connect initiative was made possible partially through funding from solar advocates Fred and Alice Stanback.*

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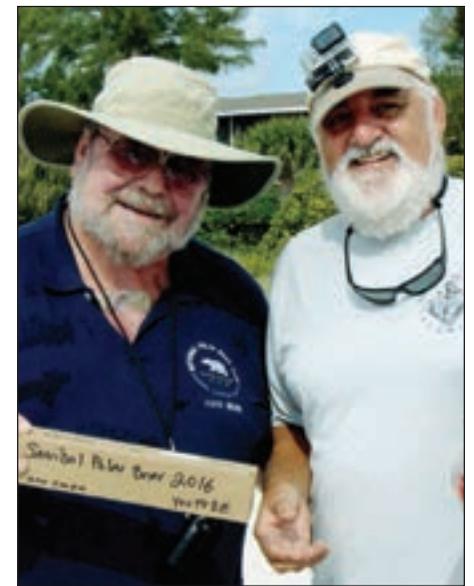
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Highlights Of The 16th Annual Polar Bear Plunge



More than 200 participants showed up on an unseasonably warm New Year's Day at Sanibel's Tarpon Bay Beach to take part in the 16th annual Polar Bear Plunge
photos by Jeff Lysiak



Event organizer John "Papa Bear" Carney and videographer Ken Burgener



Polar Bear Plunge participants took part in the ceremonial champagne toast prior to the start of the swim



The Yokel and O'Brien families from Minnesota and Sanibel donned their trademark Viking helmets

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Thomas, 4, and Alice Rousseau, 9, visiting from Montreal, Canada



Pam Roecker of Fort Myers and Chris Henson of Sanibel



The Good, Wilson and Vanover families from Cincinnati, Ohio



Marj Nordstrom led the group in the singing of the Polar Bear Anthem



Ryan Greenplate, Carol Strange and Eileen Roberts of Sanibel



Several dogs took part in the Polar Bear Plunge with their owners



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Tiger Turns 40. Will He Play Here In 10 Years On Champions Tour?



by Ed Frank

Next month, many of the top senior golfers in the world return to Southwest Florida to compete in the Ace Group Classic, the 28th consecutive year for this Champions Tour event.

With Tiger Woods turning 40 years old last month, do you realize that he could be competing here in only 10 years?

Woods at 40 is difficult for many of us to believe as it seems like yesterday when he turned professional at the age of 19 and dominated the game for nearly two decades. But that was yesterday, and when he celebrated his 40th birthday on December 30, the obvious question is what lies ahead for unquestionably one of

the greatest golfers in history.

His impact on the game turned it into a billion dollar empire. And the youngsters headlining golf today, Jordan Spieth, Jason Day and Rory McIlroy, will be the first to tell you that Woods inspired all of them – and still does today.

Just 18 months ago, Woods was ranked No. 1 in the world. He ended 2015 ranked 416. That's how fast he has fallen.

In a recent interview with ESPN, Woods, who has undergone three back procedures in the last 18 months, was asked about his future on the links.

"If I can't prepare, I'm not going to play," he said. "I won't be ready to play and win. Whatever that level is, Champions Tour or regular tour, that's irrelevant. It's whether I'm ready to play, compete and win. If I can't do that I won't play."

Many believe that he rushed back on the course too quickly after each back operation rather than allowing his body to heal. However, he played in only 11 official events last year, missing the cut four times, including three majors. His best finish was a tie for 10th place in the Wyndham Championship in August.



Tiger Woods

photo by Getty Images

Recognizing his fierce competitive nature, we shouldn't be too quick to dismiss Woods as an athlete of the past. There are several golfers in their 40s who continue to compete at high levels, Phil Michelson, Ernie Els, Jim Furyk and Steve Stricker, to name just a few.

With the winner of 14 majors, second highest in history, it's doubtful, however, that Woods will match or top the magic number of 18 major championships won by Jack Nicklaus.

No player in modern golf history has won four majors after turning 40. His 79 wins on the PGA tour also is second to Sam Snead's 82. And that is a record he has a better chance to break. Snead didn't win his 80th title until he was 47 years old.

Woods' influence on golf has been tremendous despite the travails in his personal life. Television ratings, purses, interest among fans, record tournament crowds – all surged as a result of his phenomenal play.

If he feels he can no longer compete at a winning level, he said he will keep busy with his golf course design business, his foundation, his children and other off-the-course endeavors.

Whether he plays another round of competitive golf or not, his legacy is secure, having written an important chapter in the history of the grand old game.

Everblades Continue To Dominate

The Florida Everblades hockey team started the week with a 23-11 season record, the best record in the Eastern Conference of the ECHL. Only the Missouri Mavericks in the Western Conference, with a 26-3 record, are better in the 28-team league.

The local hockey team had won five of its last seven games before departing on a three-game road trip to Greenville this week.

The Everblades return home to Germain Arena next Wednesday for a six-game home stand, three against Brampton, a single game with Orlando and two against Greenville.*

SPORTS QUIZ

1. When was the last time before 2015 that the Detroit Tigers started a season 6-0?
2. Who had more stolen bases in his career: George Brett or Pete Rose?
3. Name either of the two Ohio State quarterbacks to be picked in the first round of the NFL Draft.
4. Entering this season, who is the Memphis Grizzlies' leader in career blocked shots?
5. In the 2014-15 season, Carey Price set a Montreal Canadiens record for most wins by a goaltender (44). Whose mark did he break?
6. Montreal's Didier Drogba in 2015 became the oldest MLS player (37) to record a hat trick. Who had been the oldest?
7. Which horse holds the record for fastest Breeders' Cup Classic victory?

ANSWERS

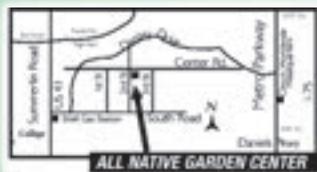
1. It was 1985. 2. Brett had 201 steals in 21 seasons; Rose had 198 in 24 seasons. 3. Don Scott (1941) and Art Schlichter (1982). 4. Pau Gasol, with 877. 5. Jacques Plante (twice) and Ken Dryden each had 42 wins in a season. 6. Marco Di Vito was 36 when he had a hat trick in 2013 for Montreal. 7. Ghostzapper ran a 1:59.02 in 2004.



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Officers for SCCF's 2016 Board of Trustees Secretary Ran Niehoff, President Ron Gibson, Vice President Gwenda Hielt-Clements and Treasurer Doug Ryckman

SCCF Board Of Trustees Welcomes New Members And Officers

The Sanibel-Captiva Conservation Foundation (SCCF) appointed three new members to its board of trustees this year. At the December 15 annual meeting, SCCF members voted Diane Neitzel and returning trustees, Claude Crawford, PhD, and Paul Roth onto the board. At the December 16 board meeting, the new board elected officers Ron Gibson as president, Gwenda Hielt-Clements as vice president, Doug Ryckman as treasurer, and Ran Niehoff as secretary.

Retiring from the board this year were Linda Uhler, Don Rice and Dr. Ed Wheeler; and continuing their terms as trustees are Chauncey Goss, Sandy Gross, Deborah La Gorce, John R. Morse, Mary Ellen Pfeifer, Tom Price and Richard Shipley.

Claude Crawford received his PhD from North Carolina State University in 1971, having studied marine and estuarine biology in the department of zoology. During his graduate studies and subsequent post-doctoral posts at The University of Georgia and Johns Hopkins University, he was involved with the startup of two small marine research labs.

For many years Crawford worked in the medical device field, managing research and development of many innovative and successful diagnostic and therapeutic devices. Among them were immuno-diagnostics, neonatal intensive care devices, cryosurgical units and cardiac resuscitation devices. In 2000, Crawford joined his wife Marsha to form a successful real estate team in Annapolis, Maryland.

They were looking for a place in the sun to escape the Maryland winter and visited Sanibel in the fall of 2001. Both biologists and conservationists, they fell in love with the island and bought their first condo in 2002 and the second in 2003. They retired from real estate in Annapolis, sold their home on the Chesapeake Bay, and moved to a home on Sanibel full time in 2007.

The Crawfords have been members of SCCF for several years. Claude is returning for his second term as trustee and he has been a volunteer member of the Marine Lab committee for several years.

Diane Neitzel was born and raised in the Chicago area, and she and husband LeRoy have two sons and six grandchildren. They moved to central Illinois where she worked as a head teller in a local bank while he completed training for his DVM. They opened a small animal veterinary clinic and hospital, which they ran together for 30 years. They began visiting Sanibel more than 20 years ago and purchased a home in the late '90s, finally retiring to be full time residents seven years ago. Diane began volunteering as a sea turtle walker (Zone 6) and recently became a permittee. She has been active on the events committee, the member development committee and she also volunteers in the Nature Center.

Returning to the SCCF board, Paul Roth is looking forward to continuing his long association with the foundation and resuming responsibility as a trustee.

Paul and Lucy Roth first experienced Sanibel with their children in 1972 and, like many visitors, kept returning until one day they retired here full time. They have lived on Sanibel a total of 17 years.

Paul has served as foundation treasurer and president as well as member of various committees. He is a graduate of the University of Missouri, attaining a BS in civil engineering with a minor in forestry, and attended graduate school at Washington Univer-



Claude Crawford



Diane Neitzel



Paul Roth



Erick Lindblad with outgoing board President Linda Uhler and outgoing Treasurer Don Rice in St. Louis. His 35-year career was with Southwestern Bell Telephone Company (now AT&T), retiring in 1991 in Dallas as president of the company's Texas division.

He has served on a variety of corporate and nonprofit boards, including the Sanibel Public Library, the Charitable Foundation of the Islands, and remains active in the Sanibel Congregational United Church of Christ.*

SCCF Tennis Tournament

Twenty four years ago Lucas Century and SCCF Executive Director Erick Lindblad had a brainstorm and the Sanibel-Captiva Conservation Foundation annual tennis tournament was born.

This year's tournament will be held at The Dunes on January 30 and 31.

Century's new "hot out of the kiln" colored, etched glass bowls are featured as a major donor gift and tournament raffle prize.

To sign up for play call Jean at The Dunes Blackwood Tennis Academy. For sponsorship opportunities, call Dee Serage at SCCF (472-2329).

All are welcome at the tournament. Bidding on silent auction items and the sale of raffle tickets will continue throughout the weekend.*



Lucas Century with one of his colored, etched glass pieces

SANIBEL 8-BALL POOL LEAGUE 2015-16
Standings through January 4

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	165	95
Second	Sandycappers	131	129
Third	Sanibel Café	125	135
Fourth	Fresh Legion Crew	99	161

January 4 Results

Bunt's Ball Busters	12	Sandycappers	8
Sanibel Café	11	Fresh Legion Crew	9

Sanibel 8-Ball Pool League

Carson's Miscue

Terry Ricotta came through for league-leading Bunt's Ball Busters once again by racking up four wins against Sandycappers' Kevin Pottorf and pulling the Ball Busters to a 12-8 victory. In spite of the loss, the Sandycappers maintained a six game lead over third place Sanibel Café.

Mike DeWitt helped the Ball Buster cause with a 3-1 effort against Joe Steamer. Rich Ennis and Bob Buntrock went 2-2 in their matches against Jack Dalton and John Bates. John Riegert helped the Sandycappers with a 3-1 victory over Dave Doane.

George Sell beat Pete Mindel 3-1 to pull Fresh Legion Crew into an 8-8 tie with four games to play. Sanibel Café put Randy Carson on the table to play two games each against Gator Gates and Becky Skog. Carson dispatched Gates with ease and won his first game against Skog.

It was the fourth game that provided the fireworks. Skog made two miracle shots to get into position for a win but missed an easy cut shot to leave Carson the 8-ball straight into the corner pocket. Carson smiled, took aim, called the 8-ball in the corner pocket, buried it, but put too much top English on the cue ball and followed it in to lose the game. Carson was not happy and Skog was ecstatic.

Jimbo Gaubatz also posted a 3-1 win over Nate Buffam for the winners.

Top shooters through the first 13 weeks are Mike DeWitt, Terry Ricotta, Joe Steamer, Dennis Bender, Bob Buntrock, Gary Murza, Jack Cunningham, Dave Doane and Jimbo Gaubatz.✪

'Ding' Darling And Doc Ford's Tarpon Tournament Coming In May



Last year's winners pulled in four tarpon and more than \$11,000.

A 100 percent purse promises to make the 5th annual "Ding" Darling & Doc Ford's Tarpon Tournament on May 7 the hottest competition on the water. It pays out 100 percent of the entry fee as tournament awards.

The team fee of \$500 for up to four anglers also includes a Captain's Dinner the night prior and awards ceremony dinner the evening of the tournament. All events take place at Doc Ford's Rum Bar & Grille on Fort Myers Beach.

Doc Ford's - with locations also

on Sanibel and Captiva - has again committed to being the title sponsor for the 2016 tournament, along with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Diversified Yacht Services, Inc., will for the fifth consecutive year offer support at the presenting sponsor level. Proceeds benefit wildlife and conservation education at JN "Ding" Darling National Wildlife Refuge on Sanibel.

"There's not another tarpon tournament like this in the area," said Marty Harrity, Doc Ford's co-owner. "In past years, we've had fishermen from all over the country. Last year we paid out \$25,375 in awards to five out of 48 participating teams."

"Doc Ford's has been a faithful supporter of our efforts at 'Ding' Darling, helping greatly to bolster refuge programs and research to balance federal budget shortfalls," said Birgie Miller, DDWS executive director. "Last year, we raised \$50,000 for the refuge as a result of sponsorships, donations and auction proceeds. We're so grateful to Doc Ford's for this huge effort on our behalf."

For more information on the tournament, visit dingdarlingsociety.org/tarpon-tourney. Anyone interested in becoming a tournament sponsor should contact Miller at 292-0566 or director@dingdarlingsociety.org.

Tournament sponsors include: title sponsor: Doc Ford's Rum Bar & Grille; presenting sponsor: Diversified Yacht Services of Fort Myers Beach.

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566 or director@dingdarlingsociety.org.✪

HORTOONS



HORTOON

Will Power

The Problem With Successors Named In A Durable Power Of Attorney



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

A durable power of attorney (DPOA) is an important document that everyone should have as a part of his or her estate planning portfolio. Generally speaking, the grantor of a durable power of attorney names someone who can legally act for the grantor in any number of ways. The person who is granted the power to act is known as the "attorney-in-fact" or "agent." For simplicity's sake in this column I'm going to refer to the grantee of the power as the "agent."

The DPOA may allow the agent to write checks to pay bills, sign deeds, complete beneficiary designations, enter into and/or enforce contracts, open accounts, close accounts, and direct investments among other things.

DPOAs cease upon the grantor's death. In other words, they are no longer effective. The "durable" in the name durable power of attorney means that the powers survive the grantor's incapacity. A general power of attorney, in contrast, would cease if the grantor should become incapacitated such as through dementia or Alzheimer's disease. Most estate plans use the DPOA since the thought is that the power holder would only act if the grantor of the power couldn't.

Under Florida law, one can name an agent under a DPOA, and then if that agent is unable or unwilling to serve, another agent can be named as an alternate. It might look something like this: "I hereby name my wife Patti as my attorney-in-fact and if Patti is unable or unwilling to serve then I name my daughter Gabrielle to so serve."

I almost always try to persuade my clients from naming successor DPOA agents in the same document.

Why? Even though they are legal under the relatively new Florida statute on point, successor DPOAs are very difficult to use from a practical standpoint.

Consider the fact that any bank, financial firm or broker who is acting under a DPOA is suspicious of the document from a liability standpoint. Consider the scenario where my daughter Gabrielle walks into my financial advisor's office holding the DPOA and says "I need to transfer \$20,000 out of my father's money market account today."

My financial advisor looks at the DPOA, worried that if it is not authentic he could be liable for following Gabi's direction. So he asks Gabi, "Why are you using the power? Can I call your dad to see if this is okay?"

"Dad's in the hospital and isn't able to talk. I need to write some checks to pay a bunch of his bills and that is why I am here," Gabi answers him.

My financial advisor then reads the DPOA and points to the first line that says my wife Patti is the first power holder and not Gabi.

"It says here that your mother is the first power holder and that you can only act if she can't," he says.

"My mom is out of the country and can't take care of these things now," Gabi says.

"I'm sorry," my financial advisor says, "I have to be very careful as I may have a lot of liability here if for some reason you aren't supposed to act," he says. "I'm going to have to give this to my firm's legal department to sort out."

Gabi, worried that she won't be able to pay my bills on time is frustrated. "How long will this take?" she asks.

"I don't know," my financial advisor replies.

From there the whole thing can become a circus. The attorney for the financial firm may say that they need written proof that Patti can't act or that she is unwilling to act. It can take days if not weeks to resolve.

So what's the alternative? What I normally suggest is that each person you wish to name as your agent under a DPOA have a separate DPOA document that just names them individually. While there is a possibility that if you have two different parties acting under a DPOA that they are in conflict with one another, I will tell you anecdotally from personal experience that I haven't seen much (if any) of that in my practice.

With that said, if you name more than one party as a DPOA in separate documents it is wise to tell the individuals you are naming of the fact that each has a separate power, and that your expectation is for them to work together and to consult one another. Or if you prefer that one only act when the other couldn't, that would be a verbal arrangement.

Remember that anyone acting as an agent under a DPOA has a fiduciary duty to the grantor of the power. They should only be acting in the grantor's best interests. If you fear that someone you name won't do that, or won't work in conjunction with another as you would request, then I would say that you probably shouldn't be naming that person in such a powerful document to begin with.

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Volunteers, VCB staff and Tarpon Bay Explorers' naturalist Dexter Norris pose for a photo at Red Mangrove Overlook

Airport Volunteers Take Guided Tour Of Refuge

Last month, Tarpon Bay Explorers along with the Lee County Visitor & Convention Bureau hosted airport volunteers and two VCB staff members for a day exploring the natural beauty of the JN "Ding" Darling National Wildlife Refuge on Sanibel.

Volunteers from the Southwest Florida International Airport are annually treated to a guided tour of the refuge, compliments of the refuge's concessionaire, Tarpon Bay Explorers.

"Eco-tourism is a huge economic driver in Southwest Florida. 'Ding' Darling is one of the most unique and pristine areas where tourists can learn and experience Southern Florida's environment and gain an appreciation for it," said owner and manager Wendy Schnapp. "Hosting the airport volunteers is a great way to satiate incoming tourists with that desire."

This year, the volunteers embarked on a tram tour along Wildlife Drive led by enthusiastic naturalist Dexter Norris. Though the sky was overcast, the clouds did not deter the wildlife from making a grand appearance. Alligators were seen warming themselves along the banks. The ever-popular roseate spoonbills were seen in good numbers wading through shallow waters looking for their next meal. Wood storks, an endangered species, were mixed in with a bunch of neighboring herons and egrets.

"Since we are in a Wildlife Refuge, wildlife is on their own schedule. When wildlife shows up in good diversity, it's a real treat," said Norris.

After a wildlife-filled trip, the group ventured over to George & Wendy's Seafood Grille for lunch.

"The day was amazing and the volunteers loved it. There is no doubt that this

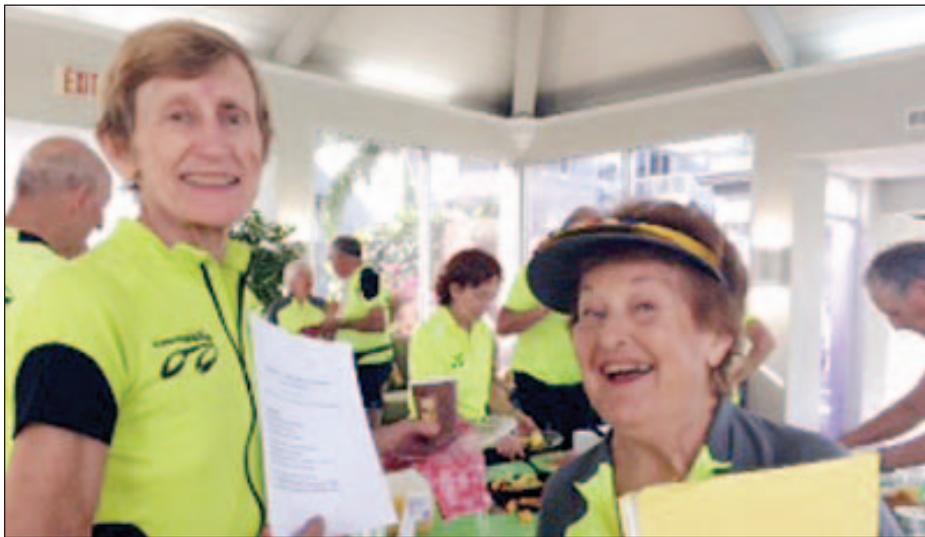


Volunteers gaze out from Tarpon Bay Explorers' tram in search for wading birds

day will be remembered by each of the volunteers," said group coordinator Jason Glasscock.

Open seven days a week from 8 a.m. to 5 p.m. (6 p.m. starting February 15), visit Tarpon Bay Explorers in the JN "Ding" Darling National Wildlife Refuge at 900 Tarpon Bay Road on Sanibel. Call 472-8900 for information and reservations or visit www.tarponbayexplorers.com.✪

Bicycle Club New Year's Day Ride



President Diane Olsson sings with Marge Nordstrom

The Sanibel Bicycle Club welcomed 2016 with a Spanning the Years New Year's Day ride. Thirty-five riders rolled over the Sanibel Causeway and back to the Lighthouse Point Condominiums for breakfast and camaraderie organized by Phil Olsson.

Then they rang in the New Year with singing led by Marge Nordstrom, a club tradition.✪



Breakfast organizer Phil Olsson, Mike Miller and president Diane Olsson



Riding the Sanibel Causeway

Play For Pink At The Dunes

Play For PINK golf tournament will take place on January 23. Entry fee for the four-person team scramble is \$75 per player and includes golf, lunch and prizes. Space is limited to the first 120 players to sign up.

The tournament is sponsored by The Dunes Women's Golf Association in memory and honor of all victims of breast cancer.

PINK stands for Prevention, Immediate diagnosis, New technology, Knowledge).

It is a grassroots organization dedicated to raising funds to fight breast cancer and promoting awareness of breast cancer through sporting and lifestyle events including golf, tennis, wine tastings and spa days.

All funds raised will go to The Breast Cancer Research Foundation. Make a team or organizers will pair you up. There will be an 8:30 a.m. shotgun Start Call 472-2535 to register.✪

School Smart



by Shelley M. Greggs, NCSB

Dear Readers

On January 11, a wonderful new resource for children and families experiencing loss and grief will be available in our area.

This new resource is a facility called Valerie's House and it is a center where children and their families will be able to process a recent or new loss in their lives with trained and caring mental health personnel. The mission of Valerie's House is "to help children and families work through the loss of a loved one together and go on to live fulfilling lives. Their vision is that no child will grieve alone."

When I read about the opening of Valerie's House, I called Angela Melvin, its founder, for an interview. She generously agreed to one and also gave me a tour of the facility, which is located in a very inviting (donated) home in a residential neighborhood in Fort Myers. In fact, individuals and community groups donate everything in the home, including furniture, household supplies and even all support items.

Angela's mother a nurse and mom of two was killed in a car accident in 1987. Angela and her family had almost no resources at that time to help them get through their grief. And even now in 2016, grief support resources are few. Thus Angela was inspired to bring this mission to grieving children and their families in Southwest Florida and Valerie's House was created. It is named after her mother, Valerie Melvin.

Valerie's House is a non-profit organization and services are free of charge. Valerie's House programs are designed to give children and families a safe place to share, grieve and grow. It's modeled after the nationally recognized and acclaimed

Doughy Center for Grieving Children & Families.

Valerie's House will begin their services with support groups that meet bi-weekly. All sessions begin with a potluck dinner. Appropriate age based groups of up to ten children will be formed. While the children are in session, the parent or caregiver of every child will also participate in a support session separately from their child.

Initially children are greeted by a staff member and given an opportunity to choose a Teddy bear that they may keep permanently. Children are not required to speak during a session until they are ready to share and there are no specific demands made of the them except to be courteous to their peers in group. The goal of the grief process is that children will learn that they will be "OK" despite the losses they have suffered.

Valerie's House has received endorsements from many agencies in the area including the Children's Advocacy Center and both Lee and Collier County School Systems. Referrals will come from these sources as well as other social service groups. Parents may also refer their own children.

Valerie's House has a Facebook page where you can see a picture of the house and read comments. There is also a much more detailed and complete website - www.valeriesthousesswfl.org - where you can learn much more about the organization and find a referral form. Please visit both of these sites to learn more.

One in seven Americans suffers the loss of a parent or sibling before the age of 20.

*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.**

LCEC Reduces Electric Rates

Beginning January 1, LCEC customers saw the fourth rate decrease in two years. LCEC electric rates are below the national average, and among the lowest of 56 utilities in Florida, said spokeswoman Karen Ryan.

She said it was possible to reduce rates again due to "a calculated business strategy, process improvements, cost management, use of technology and efficient work practices."

As an electric cooperative, LCEC is in business to serve its members/customers by delivering reliable, cost competitive electricity and service. LCEC is governed by its members represented by a 10-member board of trustees. At its December meeting, the board reached a unanimous decision to reduce rates again in 2016. This marks a residential rate reduction of nearly seven percent since 2014, bringing rates from \$114.16 per 1,000 kWh to \$106.55 per 1,000 kWh.

Customers are paying less for electricity now than they were in 2008, says Ryan.

According to the Florida Municipal Electric Association, the average investor-owned electric utility rate in Florida is \$128.59 per 1,000 kWh. The average rate for the 33 municipal electric utilities in Florida is \$114.41 per 1,000 kWh. LCEC rates are well below the state average and the lowest among Florida cooperatives.

LCEC also returned more than \$10 million to active and inactive cooperative members in 2015 in the form of retired equity. Cooperative members invest in the electric system and are allocated equity annually. This reduces the need for costly loans or bonds that would increase electric rates. When it is financially feasible, a portion of the equity is retired and returned to members/customers. Over the years, LCEC has retired and returned more than \$231 million in equity.*

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Thursday

February 4, 2016

2:00PM

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Hersch To Speak At Estate Planning Council



Craig R. Hersch

Attorney Craig R. Hersch, partner at Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A., will speak at the annual joint meeting for Estate Planning Council of Lee County and Partnership for Philanthropic Planning of Lee County, Inc., which will be held on Thursday, January 21 from 11:30 a.m. to 1 p.m. at Cypress Lake Country Club, located at 6767 Winkler Road in Fort Myers. In a lecture geared toward estate planning professionals and those involved in charitable giving, Hersch's presentation, entitled The Four Freedoms, will illuminate on the four freedoms that everyone seeks: time, money, relationship and purpose.

Hersch will begin by reviewing how technology has commoditized many businesses and professional practices, then discuss what clients truly look for when

hiring a professional, including leadership, relationship and creativity. He will also depict how the four freedoms of time, money, relationship and purpose build in sequential order. Hersch has been practicing law in Lee County for more than 26 years, and has published two books as well as several articles in legal and tax trade journals.

Members of the Estate Planning Council of Lee County or Partnership for Philanthropic Planning will receive pre-paid reservation options, and guests will have the opportunity to pay at the door with a \$30 registration fee. Reservations can be submitted on the Estate Planning Council of Lee County website at www.EPCLC.org.

For more information about Hersch or Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A., call 334-1141 or visit www.sbslaw.com.✪

From page 6B

The Conscious Kitchen

Please join me in creating this Conscious Kitchen Community and feel free to reach me at www.sanibelfoodcoop.com. Helping you take responsibility for your health.✪

Jeweler Expands Into Design And Manufacturing

As Lily & Co. Jewelers bids farewell to 2015, it ushers in a bright new year with the launch of an exclusive line of fine jewelry designed and manufactured in-house.

"Our guests have come to adore the Lily shopping experience," said Dan Schuyler, co-owner with Karen Bell. "We want to take that experience to the next level by expanding our own line of fine jewelry."

Superior Interiors

Color Appeal

by Barb Cacchione



Nothing can give your new space more instant pizzazz than color! The right choice of color can either calm your room or liven it with joyful expression.

Color is one of the most exciting and versatile tools that a decorator possesses. Working with a professional decorator can make your color selections an easy and pleasant experience. Why, even the simplest, most inexpensive furnishings in the plainest room, can be transformed into a show stopper with an imaginative use of color.

A very integral part of the way we feel about something is based on its color appeal. Color creates a specific, individual sensation in each of us. The same color that can captivate you could end up being a complete "turn-off" for someone else. Remember, there's no such thing as a bad color. The truth

is there are only bad combinations of colors and personal dislikes for certain colors. Color is like seasoning – it adds spice to your life!

Here are a few tips on working with color:

1. Want to create a calm and relaxing environment? Try selecting cool colors. A soft blue or teal hue will certainly give your room a peaceful, restful feeling.

2. Need a little energy? Then you'll find warm, bright colors, like yellows, oranges and golds extremely stimulating and full of pep.

3. Striving for a little more balance in your life? Then, soft shades of green might just do the trick! There's no better way to bring the outdoors in, than to decorate with Mother Nature's finest color.

4. Unsure about which new color will work best in your room? Be sure to test your new colors by day and night. Artificial light can make some colors appear totally different at night. And, incandescent bulbs tend to give any color scheme a yellowish glow.

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

While Lily & Co. is known for its collection of handcrafted pieces by designers worldwide, it opened the in-house design center with master jeweler Nicholas De Stefano and launched its first exclusive collection in 2015. The new year will bring more exclusive collections designed and manufactured by Lily & Co.

"We are using CAD/CAM design, which is similar to working with a 3D computer model, for our new line," said Schuyler. "All of this is exciting because we are able to expand into the designing and manufacturing of our own collections, including the Lily Diamond Fashion Collection."

The new diamond tennis racquet pendant is made of 18-karat yellow gold with a platinum handle. The racquet is edged with natural pink diamonds in a prong set and features a natural yellow diamond ball in a bezel set. This piece comes in many variations, priced from \$895 to \$12,500.

The latest diamond paw print pendant is the essence of Lily & Co., whose mascot is Lily the Labradoodle.

Lily & Co. is located at 520 Tarpon Bay Road on Sanibel.✪



Tennis pendant from the Lily Diamond Fashion Collection

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January Fun Days At The Rec Center

Registration is open for Half Day Fun Days Tuesday, January 19 through 21 and Full Day Fun Days Friday, January 22 through Monday, January 25 at the Sanibel Recreation Center.

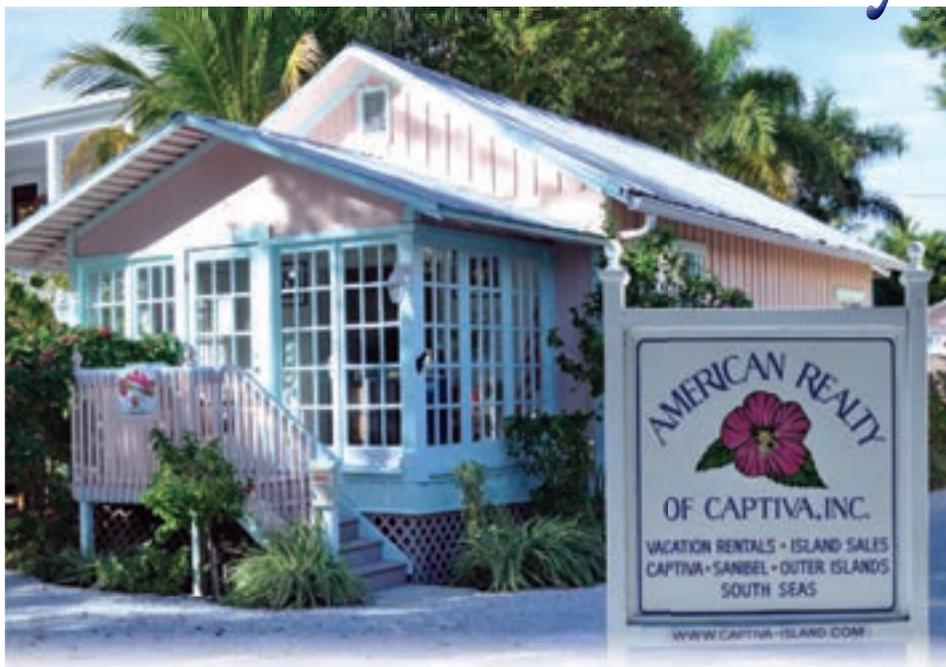
The Fun Days will offer a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in Kindergarten through 8th grade. The half day program operates from noon to 5:30 p.m. and the full day program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a swimsuit and towel. Light snacks will be provided.

This option is available to families seeking child care on school half days; however, these days are included at no charge for children currently enrolled in the After School Program. Register in advance to receive the early bird rate.

The rec center is at 3880 Sanibel-Captiva Road. For more information call 472-0345 or visit www.mysanibel.com.✪



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Pan Roasted Mackerel with Florida Vegetables and Fine Herbs

- 4 to 6 seven-ounce mackerel fillets
- 2 tablespoons olive oil, plus extra for drizzling
- 1 large yellow squash, diced
- 1/2 large red bell pepper, diced
- 1 medium onion, large diced
- 1 large tomato, small diced
- 3 cloves fresh garlic, minced
- 1 lemon, sliced
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped
- 1 tablespoon fresh parsley, chopped
- Kosher salt, to taste
- Fresh ground pepper, to taste

Preheat oven to 350 degrees F. Preheat a large oven proof sauté pan over medium high heat. Add 2 tablespoon of olive oil to the pan. Season mackerel fillets lightly with salt and pepper. Add seasoned fillets to heated pan and sear fillets on both sides. Add squash, bell pepper, onion, tomato, eggplant and garlic to pan with fish. Season vegetables with salt and pepper. Sprinkle rosemary and oregano over fish and vegetables.

Place pan in oven uncovered for around 10 to 12 minutes or until fish is cooked throughout and vegetables are crisp tender. Remove from oven and garnish with chopped parsley and a drizzle of olive oil. Serve family style.

Yields four to six servings.*



Pan Roasted Mackerel with Florida Vegetables and Fine Herbs

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Beth Haely, Tony Lapi, Haely Jardas and Tim Jardas on the beach in front of 'Tween Waters Inn

Pageant Star Visits 'Tween Waters Inn

Haely Jardas, a Cypress Lake High School graduate and the reigning Miss District of Columbia, visited 'Tween Waters Inn the day after Christmas for a photo shoot at the Captiva resort.

Jardas thanked owner Tony Lapi for the sponsorship funds provided by 'Tween Waters Inn for her appearance at Miss America in Atlantic City in September 2015, beamed live by ABC

to more than eight million viewers.

"It was so wonderful to be back on the beach where I grew up, and so thankful for Tony Lapi and his support while I've been in DC," said Jardas.

Haely was joined by her father, Tim Jardas, the Crab Race Commissioner and a 25-year veteran at Captiva's historic 'Tween Waters Inn, and her mother, Beth Haely, who is a sailing advisor for Offshore Sailing School.

"Haely grew up on the Captiva beaches in front of 'Tween Waters, and she learned to swim in their pool," said Beth. "We felt so honored by the sup-

port of Tony Lapi, Jeff Shuff and the whole 'Tween Waters team. They have always done so much for the kids in the community."

After the photo shoot they all visited the pool bar for lunch.

"The grouper is really good, they always have great fish," said Haely, who was born on Sanibel in 1991 and grew up on the island before moving to Fort Myers and attending Heights Elementary and Cypress Lake (Class of 2009). She starred in numerous plays at The Black Box Theater and often donned the Panthers mascot costume

at football games. She graduated from American University in 2013 and currently lives in Washington, DC, where she works for Microsoft.

Jardas will serve as Miss District of Columbia until June 2016.*

From page 1B

Heart Health Story

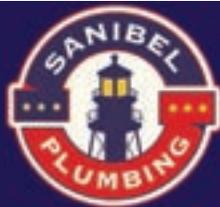
Heath is looking forward to the 2016 Sanibel-Captiva Heart Walk, where he will be joining his friends on the St. Michael's team. He's also looking forward to seeing Dr. Hummel, who will speak briefly as part of the opening program. He hopes he might see some of the staff from rehab as part of the Lee Memorial Health System team.

This year's Sanibel-Captiva Heart Walk starts at 1 p.m. on Sunday, January 31 at the corner of Tarpon Bay and Island Inn roads.

A silent auction has been added to this year's program. Information on items for auction will appear in the newspapers and via email. Bids will be accepted by email one week before the event. The silent auction will continue onsite at 1 p.m. There are a variety of items for auction ranging in value from \$25 to \$2,500.

The Sanibel Captiva Trust Company and Il Cielo Restaurant are both Platinum Sponsors for the event.

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



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Young Professionals Association Gives Back During Holiday Event



YPASC enjoying Casa Ybel's event space, The Waterfront Room

On December 17, more than 65 young professionals and their guests gathered at Casa Ybel Resort's Thistle Lodge for the December After 5:30 Networking Event and holiday party with the Young Professionals Association of Sanibel & Captiva (YPASC).

The Thistle Lodge provided delicious appetizers and decked out Casa Ybel's event space, The Waterfront Room, with shimmering black and gold décor. Musical entertainment was provided by Patrick Russell of the Apple Elliot Band. Guests were asked to contribute a donation of canned goods, personal care items or \$5 cash to benefit FISH of SanCap. By the end of the evening, over \$110 had been donated, along with multiple bags and boxes of canned food and personal items. Jessi Zeigler, assistant program director at FISH, attended the event and accepted the donations on behalf of the organization.

The evening was festive and those in attendance spent the evening in conversation and networking, pausing for remarks made by Laura Richardson of BIG ARTS and Kasey Albright of John Naumann & Associates, both leaders in the organization. Door prize drawings were held and the member of the month was selected as Tamee Ferguson, licensed massage therapist with Walk This Way Therapeutic Massage.

The YPASC's next event will be Tuesday, January 12 from 5:30 to 7:30 p.m. at Cip's Place. Admission is free. There will be a cash bar and appetizers will be provided. Remember to bring your co-workers and your business cards.

If you are interested in becoming a part of the Young Professionals Association of Sanibel & Captiva or hosting an upcoming event, contact Laura Richardson at lrichardson@bigarts.org and find YPASC on Facebook at www.facebook.com/ypasc.

The Young Professionals Association of Sanibel & Captiva is a new and diverse organization of talented friends and future leaders that aims to provide leadership development, networking opportunities and philanthropic support to the islands of Sanibel & Captiva.*



YPASC members looking on during remarks in The Waterfront Room



Brendan Albright, Justin Walsh and Bill Robinson



Tiffany Onischuk, Jessi Zeigler, Brendan Albright, Laura Richardson and Kasey Albright presenting FISH with donations



Sarah Nickerson, Jessi Zeigler, Robin Roberts, Tori Weatherford and Craig Chandler



Emily Frost, Laura Richardson and Brittney Burt



Tiffany Onischuk, Justin Farmer, Skyler Bauer, Courtney Stosi and Jessica DeGraw



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dearRPharmacist

Your Blood Sugar Numbers Don't Matter Much



by Suzy Cohen, RPh

Dear Readers: When you think of diabetes, either type 1 or 2, the possibility of complications affecting your eyes, heart and kidney come to mind. But you never really think of your

of large amounts of connective tissue. Capillaries get destroyed when excessive glucose molecules attach to them and cause stiffening, so then they can't bend anymore due to the formation of AGE (or Advanced Glycation End) products. A lot of inflammatory cytokines form, too. It's the same case in your eyes, heart, kidneys and nerves; that's why diabetic complications occur.

This leads to swelling and scar tissue which builds up in the air-pockets and airways of your lung tissue. The capillary tissues fill up with inflammatory cells and fibrin. This process depletes your antioxidants like glutathione and SOD. More problems if you have a SNP that slows production of either of those. It gets harder to breathe, you're tired and you develop shortness of breath with little or no exertion. Forget about exercising now. To boot, your new sedentary state causes weight gain and that taxes your heart, increasing cardiovascular complications from diabetes. It can apparently be addressed, if only partially.

In a July 2015 study, researchers tested the lung health of type 2 diabetic rodents demonstrating that if they they gave the critters some chromium, zinc and leucine, the animals' lung health improved, like, a lot! They tried the nutrients separately and in combination. In all scenarios, the antioxidant status improved and lung inflammation reduced. In some cases, it diminished entirely. Chromium, zinc and leucine didn't just reduce blood sugar, they also protected those fragile capillaries and connective tissue from

the cytokine storm while improving antioxidant status. In other words, nutrients that reduce complications of diabetes are as important as those that reduce blood sugar.

In November 2015, new research focused on type 1 diabetes and mineral status. Scientists measured blood levels of chromium, zinc, and magnesium and they were reduced in all participants. In fact, the most poorly controlled diabetics seemed to have the worst deficiencies. The research confirms that chromium, zinc and magnesium may be useful for people seeking to reduce complications.

So many of you are focused on the blood sugar number, and you only judge your success by the numbers shown on

the glucose machine. But I'm warning you that it's more important to focus on capillaries, connective tissue and inflammation chemicals. We know certain herbs and minerals support healthy nerves, capillaries, eyes, kidneys and airways. This reduces complications.

If you're taking a supplement but not seeing the numbers go down, it may still be working. You'd never even realize it if you're just evaluating your progress with a blood glucose machine.

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. ✨

lungs having problems as a result of blood sugar abnormalities. That's unfortunately a little-known fact.

Diabetes (diagnosed or not) spawns a ton of oxidative stress throughout your body. Lung tissue gets affected by poor blood sugar dysregulation and all the free radicals killing the innocent cells just trying to 'breathe,' if you know what I mean.

Lung tissue has an extensive network of blood vessels especially the tiniest ones called capillaries. Capillaries allow blood cells carrying oxygen to march through their vessel walls, but slowly, only cell at a time, kind of like soldiers marching one by one behind each other. Capillaries are the most fragile because they are so thin. Your lungs are also made up

Eden Energy Medicine

Eating For Comfort



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

Last week, we addressed eating due to stress, learning tools to assist in providing immediate alternatives to the food. This

week, the focus is on eating to find emotional comfort.

We all have our comfort foods – meatloaf, mashed potatoes and gravy, chocolate, s'mores over the fire or just going to the refrigerator to find something appealing. When attending a workshop with Shawn Corn in San Diego this September, she noted that when she and her staff observed the audience during a presentation, people were continually reaching for snacks as they listened – comfort eating at its best!

Here is a suggestion to do immediately when you have the urge to place something in your mouth for comfort – the Triple Warmer Smoothie:

1. Place all fingers of each hand on each temple. Take one deep breath as you breathe in through nose and out through mouth

2. As you inhale a second breath, slide the fingers up and around to the top of your ears as you maintain comfortable pressure against the skin

3. On the exhale, the fingers should be at the top of the ears as you slide the fingers down and behind the ears, press them into the back of your neck as you bring them to rest on the shoulders

4. While pushing the fingers into the back of shoulders, take another breath or two. With pressure, drag the fingers across the top of shoulders; bring them to rest in the middle of your chest over the heart chakra. Flatten the hands, with one on top of the other.

5. Hold this position for several deep breaths, inhaling through the nose and exhaling through the mouth.

This exercise works because it is tracing the Triple Warmer (which governs our flight and fight survival response, while controlling all of our habits) energy backwards to calm the body, enables refocus by bringing blood back into your head and helps to alter the habit created whenever you are propelled to eat.

Have fun with your energy! Next week's topic is Stop Compulsive Eating – Suck Your Thumb.

If you have a question, email Karen Semmelman at SemEnergyCenter@gmail.com. Learn more at www.semmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions. ✨



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Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: How can I be more loving with my boyfriend as opposed to being too smothering? He said he needs more space.

A: One of the most important ways to be loving is to first love and trust yourself.

Smothering stems from being insecure in your relationship. Insecurity is a real turn off in a relationship. It comes off as desperate and needy. No one is attracted to that. Women need to be mindful of giving their men space. We all can use some breathing room in relationships. Don't be around your man 24/7, as it is unhealthy.

Even men need their space, especially if they are real busy, tired or have something weighing heavily on their mind. Give them that space and they will be grateful to you. It's about being respectful and understanding while giv-

ing them the space they need. Make this a mutual agreement between you and your man. If this were not to happen, then resentment can build up and this generally leads to him not wanting to be with you and you feeling more insecure.

Have other women friends to do things with that are enjoyable for you. There are women who belong to women's groups where they meet and discuss various themes on a monthly basis. This is healthy. Call a girlfriend to something that you both enjoy. It is important for you to have your own life with a plethora of your own joys and activities. Also, it's good to take time out to be alone; perhaps read, meditate, exercise, go for a walk in nature.

The best way to have a loving healthy relationship is to be positive with your self and others. As mentioned in the beginning, a trusting healthy relationship in yourself and others will bring about positivity and joy with your man.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at constanceclancyfisher@gmail.com.**

Doctor and Dietitian

The Amazing Brain



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

We have all heard stories of the brain's astonishing ability to rebound from damage. And stories of those who have lost one sense, only to have other senses be heightened. The brain has an amazing capacity to learn, adapt and grow, and each and every one of us is able to tap in to it. With reports of dementia on the rise, it's important to know and put into practice, ways to decrease the risk.

Neuroplasticity is the brain's ability to create new pathways. The brain does not stop growing, but continues, even as we get older. When we practice old skills or learn new ones, neural connections are strengthened and created. We can even generate new nerve cells.

Listening to music is a great way to encourage the growth of these pathways because it causes us to engage different areas of the brain. Challenge the brain further by playing a musical instrument (or singing), as this incorpo-

rates reading the music, coordinating fine muscle movements and considering intensity, rhythm and volume. We also associate songs and music with memories. Even thinking about a song can elicit emotion.

Aerobic exercise helps with the brain fog that comes with age because it boosts the size of the hippocampus, the part of the brain involved in memory and learning. Avoid being sedentary, as this also remodels the brain, but in a negative way.

Challenging and stimulating the brain encourages growth of these neural connections. So travel somewhere new, listen to a different music style, take a class at the gym that is a bit outside of what you are used to. Find ways to stimulate your amazing brain, keeping it fit and healthy.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

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Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I was interested in meeting our new neighbors. I had heard that he was a successful scientist with a distinguished career. To my surprise his wife was a terrible disappointment.

This is his second marriage after being widowed a number of years. His wife has not gone beyond the eighth grade, was a waitress in a diner, looks and acts like a total slob and has no redeeming assets we can see. They argue constantly, and it is difficult to be in their company.

At neighborhood functions we hate to leave them out but others will not come if they are invited. What should we do?

Andrea

Dear Andrea,

I am constantly amazed at how different one's public face is compared to one's private face. You do not have to be around this couple if they make you uncomfortable. However, I also suggest that you be respectful and not mean to them, nor should you engage in any gossip about them.

Pryce

Dear Andrea,

This woman is this man's wife and they both deserve to be invited to a neighborhood function.

She is what he wanted in a wife and if she makes him happy, it is none of your business.

Have you ever heard of opposites attracting? And they both may thrive on arguing.

I also heard of an attorney who was devastated when his wife was killed. He went to the local diner to eat in the evening and the waitress there was the only one who listened and comforted him during his grieving period. They later married, but unfortunately the marriage did not last, but then second marriages involving older people don't seem to have a very good track record.

Lizzie

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

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FOR WEEK OF JANUARY 11, 2016

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be

avored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging.

THIS WEEK IN HISTORY

- On Jan. 12, 1904, Henry Ford sets a land-speed record of 91.37 mph on the frozen surface of Michigan's Lake St. Clair. His four-wheel vehicle, dubbed the "999," had a wooden chassis but no body or hood.

- On Jan. 15, 1919, fiery hot molasses floods the streets of Boston, killing 21 people and injuring scores of others. Some 2.5 million gallons of molasses burst from a huge tank when bolts holding the bottom of the tank exploded, shooting out like bullets.

- On Jan. 11, 1949, in Washington, D.C., the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was built with a 160-foot minaret from which prayers were to be announced.

- On Jan. 17, 1950, in Boston, 11

men steal more than \$2 million from the Brinks Armored Car depot. It was almost the perfect crime. The culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

- On Jan. 14, 1969, an explosion

STRANGE BUT TRUE

aboard the aircraft carrier USS Enterprise kills 27 people in Pearl Harbor, Hawaii. A rocket accidentally detonated, destroying 15 planes and injuring more than 300 people.

- On Jan. 16, 1979, faced with an army mutiny, Mohammad Reza Shah Pahlavi, leader of Iran since 1941, is forced to flee the country. Fourteen days later, the Ayatollah Khomeini, spiritual leader of the Islamic revolution, returned after 15 years of exile and took control of Iran. In November, Islamic militants stormed the U.S. embassy and took 52 Americans hostage, holding them for 444 days.

- On Jan. 13, 1999, NBA superstar Michael Jordan announces his retirement from professional basketball for the second time, saying he had lost the drive and desire to continue playing. Jordan originally had announced his retirement in 1993.

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• It was 20th-century American poet, physician, educator, researcher and essayist Lewis Thomas who made the following sage observation: "We haven't yet learned how to stay human when assembled in masses."

• Those who study such things say that when Jell-O is hooked up to an EEG machine, the movements registered are almost identical to those produced by the human brain.

• Historians claim that notorious pirate Blackbeard made himself fearsome to enemies by tying lighted fuses into his

beard.

• In a survey conducted in five major U.S. cities, men were asked to choose which activity they'd rather do: spend a romantic evening in a hotel with a sexy woman, or go to the Super Bowl. Three-quarters of respondents chose the football game.

• There were no domestic cats in North America until they arrived with voyagers from Europe.

• You've probably noticed that St. Pauli Girl beer has on its label the image of a buxom blond beauty. You probably

aren't aware, however, that the beer was named after the St. Pauli neighborhood of Hamburg, Germany -- a notorious red-light district. So while you may think the lovely image is that of a simple serving girl, it's not out of the question that the lady's occupation may have been somewhat less savory.

• If you're planning to wrap a mummy in the proper Egyptian manner, you'll need about 500 feet of linen to finish the job.

• Parts of Australia have been undergoing an intense drought for more

than a decade. The water shortage has been so severe that in 2002, the nation's environmental minister issued a plea for those in affected areas to shower with a partner in order to conserve the scarce resource.

THOUGHT FOR THE DAY

"The higher we soar, the smaller we appear to those who cannot fly." -- Friedrich Wilhelm Nietzsche

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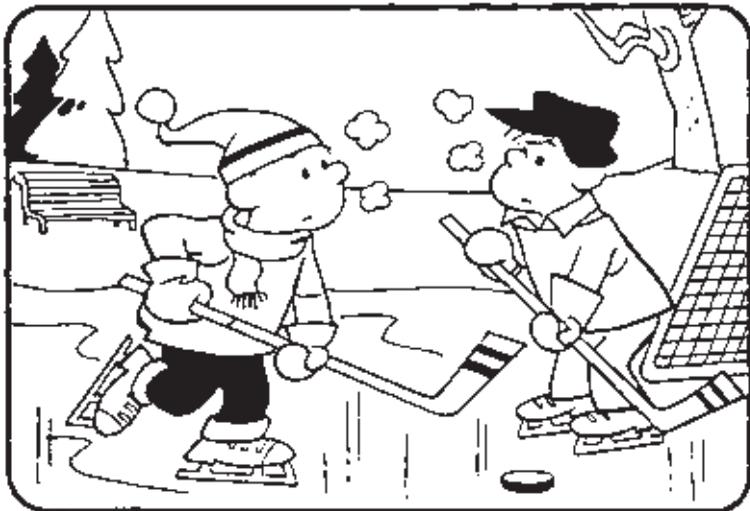
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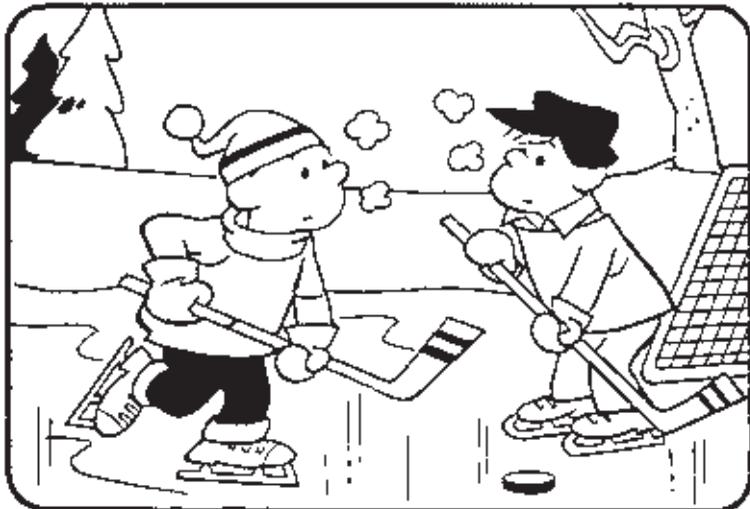
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bench is missing. 2. Cap is different. 3. Scarf end is missing. 4. Stick is shorter. 5. Glove is different. 6. Skates are different.

"He refuses to make a house call ... and to think of how we sacrificed to send him to school."

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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!

Secure
TABLES

Blur
MARES

Forgo
BASTIAN

Prompt
DUNCIE

TODAY'S WORD

answer on page 27B

		6	7					1
9	3			4		5		
	7				6		2	
	1			3		8		
7			5					2
		3			4		7	
1				7			8	
	2		4		1	9		
		5			8			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 27B

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PUZZLE ANSWERS

SUPER CROSSWORD

ACROSS: 1. TASSEL, 2. SALE, 3. CLEAR, 4. HONG, 5. GRELSE, 6. COM, 7. GUSHY, 8. DECAL, 9. AVOC, 10. VFX, 11. TEALS, 12. BEINE, 13. BATT, 14. CCS, 15. ASSAIL, 16. WRONG, 17. ATEAT, 18. TRAC, 19. TASK, 20. SPYS.

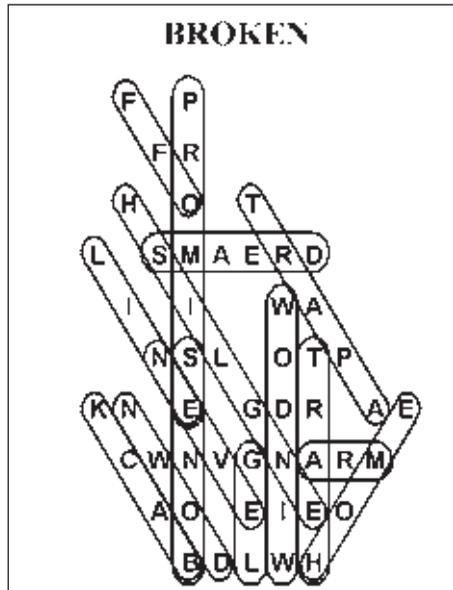
DOWN: 1. INHOME, 2. ACRTA, 3. DISTINCT, 4. FEAR, 5. FROST, 6. STRIP, 7. BLANK, 8. RESCALED, 9. LEA, 10. PLAYING, 11. TERI, 12. POTROAST, 13. ELINES, 14. PACER, 15. BIB, 16. CONCLUSION, 17. EYED, 18. THINGS, 19. WALGO, 20. ALLIS.

KING CROSSWORD

ACROSS: 1. QUARTO, 2. AROUSE, 3. UNDI, 4. SUET, 5. SPIT, 6. IBID, 7. MICHELLE, 8. TRIO, 9. SPA, 10. SIS, 11. ADORED, 12. GERUND, 13. ASSETS.

DOWN: 1. POSSUM, 2. CAPPER, 3. ERR, 4. OMAR, 5. OBAMA, 6. NIP, 7. TROT, 8. GOYA, 9. HOBQ, 10. VARLET, 11. EYELET, 12. DEWAR.

MAGIC MAZE



SUDOKU

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

PROFESSIONAL DIRECTORY

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Call 590-0015 to make your hair appointment.

I'm Olga, hairstylist from Sanibel Salon. I've moved to Salon by Design at Sanibel Beach Place Plaza, right next to the Publix across from Tanger Outlets. That's the Publix just off the island! I can't wait to see you.

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SCRAMBLERS

- solution
1. Stable; 2. Smear;
 3. Abstain; 4. Induce

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*NS 10/16 CC TFN

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*NS 12/18 CC 2/5

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Community Housing and Resources (CHR) announces the sale of a beautiful 3BR/2BA duplex home. This piling home with parking beneath, built in 2009, is 1,460 square feet, unfurnished, freshly painted, move-in ready, and located mid-island. Buyer must meet CHR's qualifications including: must be a family of 3 or more, work full-time on Sanibel, and meet income requirements.

\$248,000 Firm

For more information contact

Kelly Collini at CHR

239-472-1189.

*NS 12/25 CC 1/8

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HELP WANTED

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Billy's Rentals needs Bicycle Rental agents to assist customers. Must be friendly & enjoy outside work. PT/FT w/benefits. Transport from Ft. Myers available. \$9.-\$10.+ Call Robin 239-472-5248 or email vanessa@sanibelbike.com
*NS 1/8 CC 1/15

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The Clinic for the Rehabilitation of Wildlife, Inc. (CROW) is seeking an experienced Development Director with 3 to 5 years experience in non-profit fundraising. Candidates should have a proven track record in managing memberships, grant writing, event planning, donor cultivation, direct mail, and planned giving. Working knowledge of Donor Perfect a plus.

Requirements

Bachelors degree, excellent communication skills, strong writing and presentation skills, ability to work collaboratively, comfort interacting with major donors, ability to multi-task and meet deadlines.

E-mail cover letter, resume and salary requirements to lestep@crowclinic.org or mail to Dr. Linda Estep, Executive Director, CROW, PO Box 150, Sanibel, FL 33957.
*NS 1/1 CC 1/22

CHILDCARE WORKER NEEDED

Childcare worker needed for special Events at Sanibel Community Church. Nursery age thru 3rd Grade. Part time with hourly compensation. Call Holly 239-472-2684.
*NS 12/25 CC 1/8

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*NS 5/29 CC TFN

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*NS 1/8 CC 1/15

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*NS 1/8 CC 1/15

LOST AND FOUND

HELP FIND SOOKIE



A Sanibel family is seeking help in finding their beloved cat, Sookie. The 2-year-old female black cat (with one white toe) is very friendly. She was last seen on December 29 in the Angel Drive/Dixie Beach Boulevard area. If found, please contact Holli Martin at 618-401-0674 or holli@floridamartins.com.
*NS 1/8 NC TFN



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Read us online at
IslandSunNews.com

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landings a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the

fish, support it as you lift it out of the water – and do it quickly.

- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with Renata, playing jazz, contemporary and dance. Sunday is CJ & Friends, playing oldies, Motown, rock 'n' roll and country. Renata plays jazz, contemporary and dance on Monday. On Tuesday, it's Sir Mitch, playing classic rock, R&B and dance. Wednesday is Barbara Dexter, playing contemporary, oldies and current hits. Thursday is Eric Malibu, playing contemporary, reggae and dance.

The Mucky Duck on Andy Rosse Lane, Captiva features music by Gary Earle on Thursday and Friday. Gene Federico plays on Saturday. Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday. **Sea Breeze Café at Sundial Beach Resort & Spa** has live island style entertainment on Mondays and a Spanish guitarist on Wednesdays.

Traditions on the Beach at Island Inn celebrates Broadway on the Beach Friday with dance hits by "Pianoman" Joe McCormick and vocals by Marvella Marzan. Reservations recommended. On Saturday, it's Joe McCormick and Barbara Smith, playing classic R&B, dance, disco and contemporary. On Wednesday, it's Woody Brubaker on vocals, saxophone, clarinet, flute and piano. On Thursday, Woody Brubaker is joined by Barbara Smith and Joey Dio on vocals.

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

The Island Cow on Periwinkle Way has live entertainment on Friday with Gene Federico. Jay Helt plays on Saturday. Dan Confrey plays on Sunday.

RC Otter's on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Ridge	Bonita Springs	1996	4,643	\$1,295,000	\$1,155,000	339
Sanctuary	Bonita Springs	1997	3,306	\$1,124,500	\$1,124,500	1
Cape Coral	Cape Coral	1987	2,887	\$799,999	\$735,000	7
Cypress Bend	Fort Myers	2014	2,713	\$743,771	\$696,771	577
Longlake	Bonita Springs	2003	2,273	\$695,000	\$660,000	149
Fiddlesticks Country Club	Fort Myers	2006	7,012	\$674,900	\$621,950	163
Town And River	Fort Myers	1961	2,092	\$450,000	\$588,000	16
Cape Coral	Cape Coral	1985	2,028	\$595,000	\$587,000	45
Somerset	Fort Myers	2014	2,554	\$635,000	\$578,000	89
Heritage Palms Estates	Fort Myers	1999	2,760	\$569,900	\$543,500	41

Courtesy of Royal Shell Real Estate

Pets Of The Week

Hello, my name is Prince. I'm a 3-year-old neutered male American Bulldog. I'm a Prince of dog and just about perfect. I'm a "people dog" who loves getting attention from humans. Just pet me and my tail will wag uncontrollably! I'd come in handy on a cold winter night, snuggling up to you with my super soft white and brown coat. I'm sure to lower your blood pressure and brighten your day.

Adoption fee: \$30 (regularly \$75) during Animal Services Yappy New Year Adoption Promotion.

Hello, my name is Susan. I'm a 2-year-old spayed female black and white domestic short hair. I'm pretty as a picture and promise to light up your New Year. You will find that I strike that perfect balance between adoring lap cat and independent playful feline. Start off your New Year right by adopting two great kitties, since we are two-for-one adoption fee!

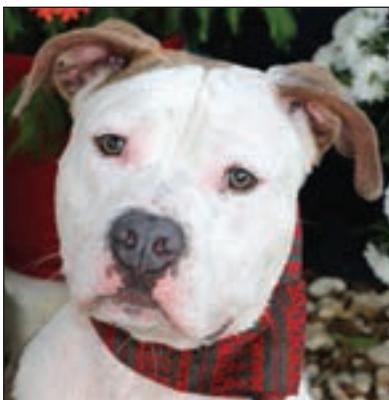
Adoption fee: \$30 (regularly \$50) during Animal Services Yappy New Year Adoption Promotion.

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

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

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

The adoption package is valued at \$500.*



Prince ID# 637323



Susan ID# 647702

PAWS Of Sanibel

Tasman And Kepler

Meat Tasman and Kepler, two beautiful Sanibel Island kinnie brothers. They are almost 8 months old, born in May 2015. They have been neutered and had their shots. They are also both front declawed. They are super sweet and purr all the time. Tasman loves to be held and plays well with puppies. Kepler prefers just to be petted. PAWS is helping to re-home these beautiful boys. If you are interested in one or both of these guys, contact Wendy at 470-1877.*



Tasman and Kepler

Kitty Goes Home

PAWS of Sanibel had a wonderful holiday story again this year. Chin Dot is a beautiful black and white kitty that lives on the east end of Sanibel. She is 18 years old and has lived with her family all her life. Just before Christmas, when the house was filled with guests for the holiday, she managed somehow to get out the door. Fortunately, she was picked up by a member of the Sanibel Police Department. The officer took her home for the night and notified PAWS. She was checked for a micro-chip, but she didn't have one. She was examined and tested by Coral Veterinary Clinic. Unfortunately, she tested positive for FIV, no longer considered a deadly disease but

contagious to other cats, and she had to remain at Coral Vet instead of staying with the many other PAWS cats here on the island. The great news, however, is that her owner saw this poster on a bench on the east end, contacted PAWS and was reunited with her wonderful kitty.

If ever you are missing an animal, call Pam at PAWS of Sanibel at 472-4823. If you don't have this number handy, just remember to contact the Sanibel Police (472-3111) and they will give you the number for PAWS. If your animal has been found, you can be reunited quickly. An even better idea is to always get your animals micro-chipped and make sure contact information is always up-to-date with the pet recovery network where your pet is registered.

Happy new year to all!*

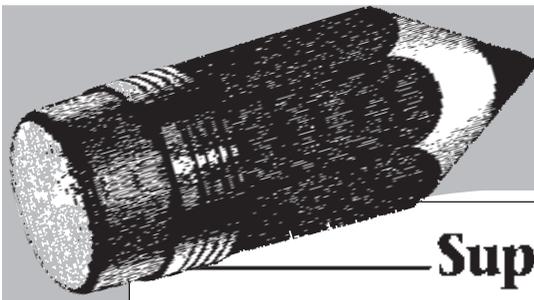
Island Sun

NEWSPAPER
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
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
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH of Sanibel - Friends in Service Here	472-4775
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	395-1770
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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



BEACH CHAIR PASTIME

answers on page 27B

Super Crossword

A COMMON THREAD

- ACROSS**
- 1 Macaron Ave. products
 - 4 Stocking-cap dangler
 - 10 Year the U.S. declared war on Iraq
 - 15 Store lure
 - 19 Perfecta, e.g.
 - 20 Residuary-based
 - 21 Vital vessel
 - 22 Pastry decorator
 - 23 Casily seen contrast
 - 26 March Madness gp.
 - 27 Musical inaptitude
 - 28 Poet's Ireland
 - 29 Near-atermities
 - 30 — König
 - 31 Encore elicitor
 - 37 Ominous last words
 - 40 Fizzy cos. for short
 - 41 No longer fazed by
 - 42 "Blondie" or "Beetle Bailey"
 - 44 Italian for "Incense"
 - 47 A Gabor sister
 - 49 Very easy, as a cop
 - 50 Assent looks
 - 53 Transferable deseri
 - 56 Upsized or downsized
 - 59 Iraq's only port city
 - 60 "Anne of (1903 novel)
 - 62 English composer
 - 63 "Would that I were true!"
 - 66 Nation south of the U.S.
 - 67 Jack or king
 - 70 Tree with red berrylike fruit
 - 73 River ducks
 - 75 Gannet "Ch. God!"
 - 76 Adopt
 - 79 Pickle juice
 - 82 Brisket dish
 - 85 To lards.
 - 86 War fronts
 - 89 Pale yellow LPs
 - 92 Indiana supplanter's basketballer
 - 93 Weapon used with a quiver
 - 98 Lay siege to
 - 101 Nickname of Israel's Netanyahu.
 - 102 Corals, e.g.
 - 103 Incorrect inference
 - 108 Not many
 - 109 Heavily voiced
 - 110 Watched
 - 111 Like some 53-Acrosses
 - 114 — II (razor brand)
 - 115 Theme of this puzzle
 - 121 Undertaking
 - 122 Emerson's middle name
 - 123 Off the mark
 - 124 "El —" (1961 epic)
 - 125 1974 CIA spool film
 - 126 "— right with the world!"
 - 127 Take care of
 - 128 Hospital trauma ctrs.
 - 10 Lens used for close-ups
 - 11 Dominant theme
 - 12 Sister in "Three Sisters"
 - 13 "What am I — think?"
 - 14 WWI creator Fleming
 - 15 "Nothing Compares 2 U" singer
 - 16 Provides with furnishings
 - 17 Sloops
 - 18 Hub off
 - 24 Like many a British bishop
 - 25 Beatty and Romero
 - 29 "Pale" brew
 - 30 Ad — committee
 - 32 Agatha Christie's "A Pocket Full"
 - 33 Galer of spoon-bending
 - 34 Trio after M
 - 35 Hockey disk
 - 36 Frat letters
 - 38 Kind of oar
 - 39 Twisty path
 - 43 Person held in bondage
 - 44 Quickly, in a score
 - 45 Alluring West
 - 46 Jaipur locale
 - 48 Tight drum
 - 50 Hags
 - 51 Conan O'Brien's network
 - 52 Ooh and
 - 53 Beaver's construction
 - 54 Night before
 - 55 Racing boat steerer
 - 57 Articulate
 - 58 Beastie
 - 61 MPG rating org
 - 64 Unfortunate soul
 - 65 Photo badges, e.g.
 - 68 Jellyed dish
 - 69 Covert U.S. org
 - 70 Laugh loudly
 - 71 Siam or Japan suffix
 - 72 Film director
 - 73 It blasts
 - 74 Slippery fish
 - 77 Lead-in to dactyl
 - 78 Nashville amusement park of the 1970s-'90s
 - 79 Programme broadcaster
 - 80 Police setup to catch speeders
 - 81 1977 Linda Ronstadt hit
 - 83 Smackeroc
 - 84 Prefix with economic
 - 87 Grand tale
 - 88 French composer
 - 93 Sua
 - 94 Baseball stat
 - 95 Via oceanic
 - 96 Alfresco
 - 97 Nashville to Memphis dir.
 - 99 Mini-meas
 - 100 G-man, e.g.
 - 101 Good friends
 - 103 Bu b units
 - 104 Playwright Eugene O'
 - 105 Singer
 - 106 Kids' bricks
 - 107 Battery type
 - 112 Angry talk
 - 113 Savvy about
 - 115 He had a hub at JFK
 - 116 "Iris the Wild" actor
 - 117 Despotic that
 - 118 Cuprite, e.g.
 - 119 Tea vessel
 - 120 D. cl. entries

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19			20						21						22				
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103							104	105	106					107				108	
109							110							111	112	113			
114					115	116								117	118	119			120
121					122											123			124
125					125											127			128

King Crossword

1	2	3	4	5	6	7	8	9	10	11
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16				17	18				19	
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39						40				
41	42	43				44	45			
46						47		48	49	50
51						52	53			
54						55				
56						57				

ACROSS

- 1 Make sense
- 6 Death feigning critter
- 12 Book size
- 13 Str up
- 14 Briefs, e.g.
- 15 Clincher
- 16 On
- 17 Fat
- 18 Preceding
- 20 Skewer
- 22 Screw up
- 24 Type squares
- 27 Footnote abbr.
- 29 The Tentmaker
- 32 "American Grown" writer
- 35 Small combo
- 36 Pound sounds
- 37 Pinch
- 38 Masseur's workplace
- 40 Jog
- 42 Bro's counterpart
- 44 "The Naked Maja" painter
- 46 Burn
- 50 Worshipped
- 52 Knave
- 54 Verb acting as a noun
- 55 Gramme!
- 56 Liabilities' opposites
- 57 Thermos-like flask
- Reeves kangaroo
- 10 Addict
- 11 Unembellished
- 12 Sine-non tirk
- 18 Electric company, e.g.
- 21 Slapstick missile
- 23 Plagiarize
- 24 Ambulance VIP
- 25 Soviet space station
- 26 Salon tool
- 28 Perverted
- 30 Pansian pal
- 31 Knock
- 33 Go like a
- 34 Barcelona bear
- 38 Representative
- 41 Priced
- 42 Long story
- 43 Mid-month date
- 45 Probability
- 47 — podrida
- 48 Milwaukee product
- 49 Mel of Coopers-town
- 51 Regret
- 53 Spolar's assent

DOWN

- 1 Family member
- 2 Pedestal part
- 3 Plumbing problems
- 4 Salt Lake athlete
- 5 Maybe
- 6 Wear a rut in the rug
- 7 Speechify
- 8 Probe
- 9 Role for Reeve or

MAGIC MAZE ● BROKEN —

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

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

- Apart
- Down
- Heart
- Off
- Arm
- Dreams
- Home
- Promise
- Back
- English
- Leg
- Window
- Bones
- Even
- Line



Sandpebble #2B

2nd floor 2 bedrm across street from beach in complex that views Sanibel River to golf course—has pool, & tennis too—\$449K



918 Lindgren Blvd

Stunning inside & out—custom 3 bedrm with saltwater pool — close to beach on sea-walled canal with dock—\$1.495M



5743 Baltusrol Ct

Easy 1-level living in The Sanctuary. Custom split-plan w/pool centered around spectacular great rm. Quiet cul-de-sac on golf course—\$1.35M



597 Lake Murex Cir

A view like no other in near-beach Little Lake Murex. 3-bedrm split plan w/high ceilings, fireplace, & privacy—\$749K



837 Limpet Dr

Looking to build an island home? This is one of the largest vacant lots in Shell Harbor w/beach access & this view—\$749K



Sanibel Arms West #E2

Beach-front 2-bedrm walkout w/ washer/dryer & earning over \$70K/yr in easy low-fee on-site rental program—\$899K



Sanibel Surfside #123

2nd floor 2 bedrm w/this gulf view, right on the beach. A successful vacation rental for many years—\$874K



Sundial East #R401

Top-floor corner 2 bedrm w/den at the resort, steps to amenities including this pool. Rental ready w/future bookings too—\$799K



Sand Pointe #122

Looking west toward sunsets & this view, 2nd floor 2 bedrm w/ updated kitchen & baths—in weekly rental program —\$749K



Compass Point #221

Roomy ~1500 sq. ft. 2 bedrm, steps to this beach. Wood floors, custom updated kitchen, rental income, & more—\$699K



Lighthouse Point #129

Residential bay-view 3 bedrm walk-out w/remodeled kitchen & center lanai enclosed as 2nd living rm area or den—\$699K



Mariner Pointe #411

Ground-level 3 bedrm behind this pool, close to boat dockage & fishing pier. Community beach access & tennis too—\$549K



Coquina Beach #3G

Picture yourself here—in front of Coquina Beach. #3G is a 2nd floor remodeled 2 bedrm w/loft or 3rd sleeping area, gulf peek too—\$524K



Mariner Pointe #811

Lower-level bay- & canal-view 2 bedroom w/glass-enclosed lanai, remodeled kitchen w/stainless steel appliances, near dockage—\$499K



Sanibel Moorings #822

On-site rental program & tropical gardens, make this east-end 2nd floor 2 bedrm a favorable investment—\$499K includes bookings



Mariner Pointe #842

2nd floor 2 bedrm (the wide floor plan) w/this bay view from glassed balcony. Handy to pool, boat docks, tennis, & bbqs too—\$499K

472-HOME (4663)
888-603-0603



The SanibelSusan Team



Susan Andrews
Realtor®
Broker/Owner



David Anderson
Realtor®



Lisa Murty
Realtor®



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More info & blog at SanibelSusan.com