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# Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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## Foundation Looks Back On 50 Years Of Conservation



Last year's annual Wines In The Wild fundraiser for the Sanibel-Captiva Conservation Foundation was the first major annual benefit to be held at the Bailey Homestead Preserve, acquired by SCCF in 2012  
photos by Jeff Lysiak

by Jeff Lysiak

This year marks the golden anniversary of the Sanibel-Captiva Conservation Foundation (SCCF), which was founded on October 31, 1967. And while the foundation's 50th anniversary theme is "Blessed by nature. Rich in history. Focused on the future," many newcomers or visitors to the islands have very little understanding about how the organization came to be.

Last week, SCCF Environmental Education Director Kristie Anders delivered a 70-minute presentation, SCCF: 50 Years Of Conservation, at the foundation's Nature

Center auditorium, sharing the history of the conservation movement in America, how islanders helped preserve nature when Lee County planned to bring 30,000 residential units to the islands, and how they have stayed "on mission" for five decades.

"The history of conservation and SCCF are intertwined," said Anders. "We're fortunate to live in a community that's been so forward-thinking about preserving nature."

According to Anders, President Theodore Roosevelt – years before he became a frequent visitor to Captiva – set aside both Bird and Middle islands (located in Pine Island Sound) for preservation in 1908. Political cartoonist Jay Norwood "Ding" Darling, who offered a global perspective on conservation issues through his artwork, immediately recognized the importance of preserving nature on Sanibel and Captiva. In 1938, he helped form the Inter-Island Association For Conservation.

"This Sanibel land is subtropical jungle," Darling wrote in a letter to JC Sayer, head of the U.S. Fish & Wildlife Service in February 1942. "Wood ibis, brown pelicans, great winter habitat for ringneck and scaup ducks... greater and lesser white herons, Louisiana herons, night herons, aegrettes (sic), man-of-war birds... few pink ibis are among the flock of wood ibis."

Shortly thereafter, the federal government set aside a 2,000-acre parcel of land for conservation on Sanibel.

### Islands Grow In Popularity

By the middle of the 1950s, real estate developers began looking at the islands

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In the 1950s, a sign created by the U.S. Fish & Wildlife Service noted the prohibition of hunting on Sanibel and Captiva

## Illusionist At BIG ARTS This Saturday

The illusionist Adam Trent is making his Southwest Florida debut on Saturday, January 28 at BIG ARTS Schein Hall, and he intends to put the fun back in magic.

Having been a magician for nearly two decades, Trent was entranced by David Copperfield as early as 8 years old. Growing up in Boulder, Colorado, he began performing in his tiny tuxedo while still in elementary school. Magic tricks, sleight of hand – whatever made his classmates, friends, and family laugh or shocked with amazement – brought him a sense of fulfillment.

Based in Los Angeles, Trent is now making his breakaway from his Broadway debut in *The Illusionists* – a variety show featuring escape artists, contortionists, etc. – billing himself as "the Futurist." This is because he infuses his tricks and illusions with technology,



Adam Trent photo courtesy BIG ARTS

stressing showmanship onstage and using music and comedy as well as magic.

"You watch any trick on YouTube,

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## Lecture On America's Protected Lands Is Open To The Public

Terry Tempest Williams will present the Rachel Carson Distinguished Lecture on Friday, February 3 at 7 p.m. at Saint Michael & All Angels Episcopal Church on Sanibel. The lecture is presented by the Center for Environmental and Sustainability Education at FGCU. This year marks the 13th annual Rachel Carson Distinguished Lecture Series, a signature event for the center. Williams gave the inaugural lecture in 2004. Her lecture this year is titled *The Hour of Land: Rachel Carson and America's Protected Lands*. The lecture is free, open to the public, and will be followed by a reception and

continued on page 3



Terry Tempest Williams

photo by Debra Anderson

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## City Of Sanibel Promotes Bike Law

As approved by Sanibel Mayor Kevin Ruane and the Sanibel City Council, bright new yellow decals and bumper stickers have appeared on Sanibel's police vehicles. The new bumper stickers will soon be affixed to all of Sanibel's municipal vehicles. These yellow messages proclaim "3 Feet Please - It's The Law." The bumper stickers are a reminder to drivers on Sanibel that Florida law gives cyclists the right to ride on the road and that motor vehicles are required to allow at least three feet of clearance when passing a cyclist.



The 3 Feet Please bumper sticker on the back of a police vehicle photo courtesy City of Sanibel

Many drivers are not aware of this law. Particularly on Sanibel, some drivers believe that cyclists must stay on the island's shared use paths. In fact, however, that is not mandatory, and in some instances it's not even safe. For example, a shared use path crowded with shoppers, strollers and dog walkers is no place for faster cyclists to weave around the others.

The decals are being installed pursuant to a resolution that the city council passed last December 6. The city hopes that educating drivers to recognize cyclists' rights and allow three feet when they pass cyclists will eliminate dangerous practices and the potential for accidents on Sanibel. The city is bearing no cost for the decals, which are being supplied by the Sanibel Bicycle Club.

Ruane said, "As a community, we strive to keep our transportation system safe for all, motorists, cyclists and pedestrians. As we enter peak season, it is critical we all respect everyone on our paths and roadways."

The Sanibel Bicycle Club spearheaded the move for the bumper stickers and decals. Billy's Bike Shop, Bike Bistro and BikeWalkLee supported the effort. Drivers may obtain their own decal or bumper sticker at no charge from Billy's Bike Shop or Bike Bistro.

The Sanibel Bicycle Club holds weekly rides, monthly potlucks in season and other special events. Members of all riding abilities are welcome. Visit [sanibelbicycleclub.org](http://sanibelbicycleclub.org) or email [bikeclubsanibel@gmail.com](mailto:bikeclubsanibel@gmail.com).✱

From page 1

## America's Protected Lands

book signing in the Parish Hall.

In her lecture, Williams will be paying tribute to America's public lands, including national parks as celebrated and explored in her latest book, *The Hour of Land: A Personal Topography of America's National Parks*. The book is a compilation of personal essays on 12 national parks that collectively present "a meditation and manifesto on why wild lands matter to the soul of America." In her lecture, Williams will pay homage to the power of wonder, humility and land protection. As Rachel Carson stated, "It is a wholesome and necessary thing for us to turn again to the Earth and in the contemplation of her beauties to know the sense of wonder and humility."

Williams is an ecologically conscious writer, teacher and activist. Her work and advocacy are centered on the pivotal question, "what might a different kind of power look like, feel like, and can power be redistributed equitably even beyond our own species?" As a champion for environmental justice, she has received accolades such as the Robert Marshall Award from The Wilderness Society in 2006 and the 2010 David R. Brower Conservation Award for activism. In 2014, on the 50th anniversary of the Wilderness Act, Williams received the Sierra Club's John Muir Award, commemorating a renowned record of leadership in American conservation. In addition to these and other honors, she was featured in Ken Burns' PBS series on national parks in 2009.

Emmy Award-winning flutist Kat Epple will perform starting at 6 p.m. Epple has released 33 albums, performed nationally and internationally, and composed scores for National Geographic and Travel Channel among others. Her music echoes the sounds of ospreys, owls, loons, dolphins, wind in the trees, and wolves howling in the distance. Several of her flutes are constructed in the Native American and Calusa-inspired traditions, and are made from a variety of materials including wood, bamboo, bone, crystal and clay. Epple's celestial, yet earthy music will provide a unique introduction to Williams' lecture on the sacredness of America's public lands.

Rachel Carson's legacy is the inspiration for the Center for Environmental and Sustainability Education. The center's work is made possible through the help of its supporters. Contributions are always welcome and go directly to programs. For more information about the lecture, contact the center at 590-7166, [thecenter@fgcu.edu](mailto:thecenter@fgcu.edu) or visit the website at [www.fgcu.edu/cese](http://www.fgcu.edu/cese).

St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way.✱

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Captiva Island Historical Society

## Landmark: Timmy's Nook



Snapshot of Timmy's Nook before it was demolished in 1994. From 1952 to 1994, Timmy's Nook was a popular gathering place frequented by natives and tourists alike. In 1994, under new ownership, Timmy's was rebuilt and renamed The Green Flash.

photo courtesy Captiva Island Historical Society Archives

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

Visit the Captiva Island Historical Society website [www.captiva-island-historical-society.org/archives/research](http://www.captiva-island-historical-society.org/archives/research) to view many more images to bring you closer to Captiva.✱



Bid on a British Virgin Islands sailing adventure photo courtesy Sanibel-Captiva Rotary Club

## Rotary To Auction Sailing Adventure

One of the prime silent auction items up for bid at the Sanibel-Captiva Rotary Arts & Crafts Fair is a seven-day/seven-night sailing vacation in the British Virgin Islands on a Sunsail 444 Moorings Catamaran Yacht with skipper, one sailing crew member and their mates. Vacation time-frame will be arranged by mutual agreement with travel sometime in early 2018. This auction item is for four adults/two staterooms with private heads and showers. The skipper will chart the course, captain the yacht, provide insight on the possible adventures you might encounter. Airfare to Tortola, BVI and food and beverages are not included with the package. As with any typical bareboat charter, sailors and guests will share galley responsibilities.

The value of this sailing vacation is placed at \$10,000. Bidding will start at \$5,000 with all proceeds going to Rotary. For more information, contact Roger Grogman at [rgrogman@aol.com](mailto:rgrogman@aol.com) or John Henshaw at [john.henshaw@comcast.net](mailto:john.henshaw@comcast.net).

The Rotary Arts & Crafts Fair will be held on February 16 and 17 at The Community House, located at 2173 Periwinkle Way.✱

## Alpha Series

Sanibel Community Church will host the Alpha Series on Monday evenings from 6 to 8 p.m. beginning January 30. Alpha is a series of interactive sessions exploring the Christian faith. There is no pressure, no

follow-up and no charge. Dinner will be served at 6 p.m., followed by a video and discussion. Childcare is available.

Sanibel Community Church is an evangelical, non-denominational congregation, located at 1740 Periwinkle Way. For more information, call 472-2684.✱

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## CHR Thanks Sponsors



Nearly 60 philanthropic residents came together at a thank you event in support of CHR  
photos courtesy CHR

CHR hosted its annual Supporters Soiree on January 16 to recognize 2017 Mardi Gras sponsors as well as substantial donors from over the past few years.

Dr. and Mrs. Steve and Lena Brown opened up their home to nearly 60 of CHR's friends for food, drinks and socializing. Guests included Al and Sally Hanser of Sanibel Captiva Trust Company, who helped sponsor the soiree; Mayor Kevin Ruane and his wife Doreen, who is a volunteer on the Mardi Gras planning committee; Sanibel City Council member Jim Jennings; and Craig and Monica Albert of Sanibel Captiva Community Bank, the 2017 Mardi Gras Presenting Sponsor. Members of the Zonta and Kiwanis clubs were also in attendance.

CHR Board President Richard Johnson, CHR staff, Mardi Gras co-chairs and board members gave a heartfelt thank you to their supporters, who make a difference in the lives of CHR residents, including nearly 50 children, over 25 senior citizens, 10 individuals with

disabilities and 60 island employees.

"There has been a groundswell of support among the leaders in this community and we are so pleased and excited to see that continued growth for CHR," Johnson said. "Whether gifts are received as Mardi Gras sponsorships, personal donations or grant funding, every dollar is invaluable to CHR's mission and programs."\*

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From page 1

# 50 Years Of Conservation



Sea turtle program volunteer Kerry Salatino, left, encourages youngsters to participate in a hands-on activity during last year's SCCF Open House. This year, two Open House gatherings will be held - on February 20 and on October 31 photos by Jeff Lysick

favorably for mass development. They began to divide lots and dredged several canals in order to ready the land for residences. "The very unique quality of the islands simply vanished," said Anders, who explained that spraying for mosquitoes with DDT, the accessibility of affordable air conditioning, the availability of clean water and the construction of the Sanibel Causeway - which was completed in 1962, the same year Darling passed away - made the islands ripe for development.

The islanders who were already here recognized that Darling's message of conservation should be embraced, and with a \$15,000 gift from the O'Brien Foundation created the "Ding" Darling Memorial Foundation, whose funds were to be used for purchasing lots of land to be set aside for preservation purposes. In the summer of 1967, they renamed the Sanibel Wildlife Refuge the JN

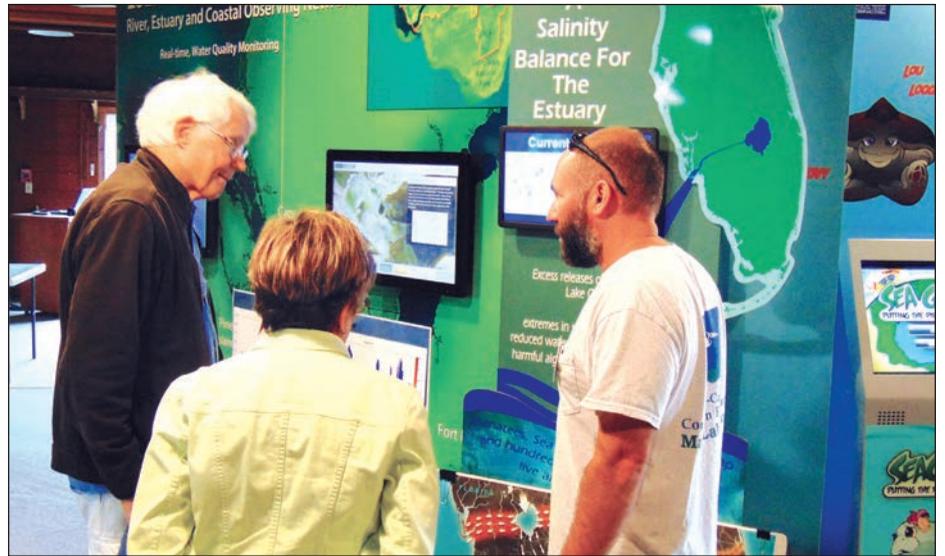
"Ding" Darling National Wildlife Refuge.

Like-minded conservationists gathered as a committee, incorporating themselves as a foundation which became SCCF on October 31, 1967. The group's initial plans called for following Darling's long-range vision for the islands, advocating for long-term preservation, working for orderly development, providing education, mapping habitat, protecting wildlife, buying land, establishing a marine research facility and enhancing and restoring local natural resources.

And, for nearly 50 years, SCCF has followed that original vision.

"To me, I think we've delivered what those people in 1967 had in mind," Anders added. "After 50 years, and 28 years of my life working here, I'm very proud that we've stayed on mission."

During last November's Emeritus Advisory Council gathering, SCCF



AJ Martignette, right, explains to visitors how the SCCF Marine Lab's RECON system works

Executive Director Erick Lindblad took time to praise the past and present resolve of the organization's board members, staff and volunteers.

"The amount of work that's been done by the founding members of SCCF is immense, and the accomplishments that have been achieved are incredible," he said, noting that the group was founded in 1967 after Lee County announced plans to make Sanibel and Captiva home to 90,000 year-round residents. "We now have about 5,000 or 6,000 year-round residents, and maybe 20,000 during season, so to think about what would've happened if they brought that many people here... it would have been quite a problem."

### 50th Anniversary Events

On Presidents Day, Monday, February 20, the entire island community is invited to attend SCCF's annual open house on the Nature Center porch. Special demonstrations and activities will be held from 10 a.m. to 1 p.m., with free admission offered all day. The always amusing Nature Sounds Contest will begin at 11:30 a.m. Guests will be invited to demonstrate their hooting, cackling and babbling skills as they

mimic sounds heard in nature. Free hot dogs and refreshments will be available while supply lasts. The grill fires up at 11 a.m.

At the open house, visitors will meet a menagerie of snakes, courtesy of Chris Lechowicz, Wildlife & Habitat manager and herpetologist. SCCF's Marine Lab staff will have a collection of live animals found in Pine Island Sound that may include seahorses, sea urchins and puffer fish. The Native Landscapes & Garden Center staff will share some hidden treasures grown in their gardens. All will be welcome to explore the Nature Center, Butterfly House and nature trails.

Among the other highlights planned during the coming year are the 25th annual SCCF Tennis Tournament at The Dunes (January 28 and 29), Evenings at the Homestead (February 15, when the film *Sonic Sea* will be screened), Benefactors Brunch (February 16), SCCF Conservation Forum (March 23), a Farm To Table benefit dinner (March 30), an open house event at all four SCCF buildings (October 31) and the foundation's 50th anniversary gala on November 11.

Anders' lecture, SCCF: 50 Years Of Conservation, will be repeated on Tuesday, February 7 at the SCCF Nature Center, located at 3333 Sanibel-Captiva Road. The program will begin at 1:30 p.m. The cost to attend the lecture is \$5 for adults; no charge for children and SCCF members.

For more information, call 472-2329 or visit [www.sccf.org](http://www.sccf.org).

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# Split Commission Denies Pool Variance

by Jeff Lysiak

During Tuesday's planning commission meeting, the request for a variance to allow for the construction of a swimming pool and deck on a property which had been developed in excess of the city's maximum permitted coverage area was denied by a 4 to 3 vote.

Eric and Cheryl Sellyei, the owners of a home located at 9240 Belding Drive, had applied for a variance to build a pool and deck approximately 24 feet by 46 feet at their residence, which they purchased in 2013 and moved into full-time in 2015. If approved, the variance would allow the proposed pool and deck to exceed the maximum permitted impermeable coverage and developed area limits of the city's Land Development Code.

Roy Gibson, senior planner for the city, told the commission during his presentation that the Sellyei's property – located within the Upland Wetland ecological zone – contains 8,694 square feet (or 0.2 acre of land area, excluding the Belding Drive right of way). The subdivision's zone allows 2,173 square feet of impervious coverage and 2,608 square feet of developed area.

"The applicant contends that these limits are a hardship to install a swimming pool on the subject property in an equitable and compatible manner based on the size of the lot relative to similarly situated properties," the staff report reads, in part. "The applicant further contends that the swimming pool is proposed substantially within an area of the property that is already filled and altered by a former septic system drainfield that was abandoned when the property was connected to the city's central sewer system in 2005. The applicant contends that allowing a variance to increase coverage and developed area in this area of the property will not amount to any additional ecological impacts on the property."

Gibson explained that planning

department staff recognizes that abandoned septic system drainfields have left altered areas on many properties throughout Sanibel, however, septic system drainfield areas are not deemed by the Sanibel Code as developed area. Thus, any new structural improvements (including swimming pools) proposed within abandoned septic system areas increase the amount of coverage and developed area onsite.

As a result, department staff recommended denial of the variance request.

"There are many existing single-family residences without swimming pools on properties that are developed up to coverage and developed area limits, staff does not find denying a variance to coverage and developed area limits would deprive any such property owner reasonable use and enjoyment of their property in a manner to other similarly sized or similarly situated properties," the report concluded.

During the hearing, commissioner Chuck Ketteman asked Gibson if there was any other way the owners could install a pool on their property. Gibson reiterated that the current condition of the property was already overdeveloped.

"This is a hard one because granting this variance would harm no one," said Ketteman. "I was hoping we would hear some extenuating circumstances so we could approve this."

Fellow commissioner Jason Maughan suggested that the right of way easements in the subdivision might be looked at further, which could allow the construction of a pool and deck. Considering the Sellyei's hardship, Maughan made a motion to approve the variance request, which was seconded by commissioner John Talmage. Commissioners, however, voted against the motion.\*

## Mayor To Speak

On Saturday, January 28 at 10 a.m., Sanibel Mayor Kevin Ruane will speak at the second Sanibel/Captiva Republican Caucus meeting of 2017. The meeting will be

held in the Sanibel Public Library (in rooms 1 to 3) and is open to the public.

Ruane was a senior executive in both large and small companies and visited Sanibel for many years before becoming a full-time resident in 2004. In 2005, he started Castleton Capital, a company that finances small businesses throughout the United States. He studied accounting and taxation at Pace University.

Elected to city council in 2007, Ruane was appointed mayor by his peers in 2010, a position he has held since. He was appointed to the South Florida Ecosystem Restoration Task Force by Governor Scott, and is treasurer and executive committee chair of the Metropolitan Planning Organization. He serves as President of the Sanibel School Fund, and is a member of many community committees. He coaches basketball, baseball and football, and umpires baseball for Sanibel leagues.

All are invited to hear the mayor talk about his goals for Sanibel and issues affecting the city. Refreshments will be served. Call Will Smith at 395-0819 with any questions.\*

## Traffic Management Status Report

by Jeff Lysiak

During the January 17 city council meeting, Mayor Kevin Ruane gave a brief presentation on the status of the City of Sanibel's Traffic Management Status Report.

According to the report, PB&A Marketplace Intelligence completed peak season visitor surveys and an analysis of data collected. The report stated that between January and December 2015, 3,334,431 vehicles came to the island; between January and December 2016, 3,359,248 vehicles were reported, a 0.74 percent increase, which is considered "statistically flat."

In addition to data collection, the report issued an update on technology, hardscapes and behavior modifications.

According to Ruane, he has heard positive results following the addition of live streaming traffic cameras – available online at [www.mysanibel.us/traffic](http://www.mysanibel.us/traffic) – revised rack cards and display boards both on and off the island, expanded use of the "Bike Or Hike" logo to encourage the use of alternative modes of transportation and the production of a two-minute video message suggesting ways to avoid being stuck in traffic during a visit to Sanibel.

Ruane also promised a pair of off-island message boards that will offer updated, real-time traffic messages with estimated travel times to Sanibel.

"We have purchased two advance signs, one of which will be located on Summerlin Road just before the Sanibel Outlets, which will give people the opportunity to turn around," he said. "Another sign will be placed on McGregor Boulevard, just past the outlets."

In addition, a new SmartPhone app – called Sanibel Bound – is pending final approval by Apple.

The report also stated that in fiscal year 2016, approximately \$35,000 was invested in traffic education and outreach initiatives. In fiscal year 2017, the city is anticipating utilizing approximately \$74,000 in traffic education and outreach initiatives.

"This season's efforts have placed an increased emphasis on reaching visitors prior to their visit to the island through popular publications and multi-media resources," the report reads, in part.

Ruane told his fellow councilmen that the Metropolitan Planning Organization's proposed roundabout at the Periwinkle Way/Lindgren Boulevard intersection remains in the initial design phase. According to the MPO, the earliest such construction could take place on Sanibel would be 2022.

The city is also looking into updating the Shared Use Master Plan and creating a dedicated left turn lane along Periwinkle Way. Neither of those hardscape elements has been finalized.

"We want people to come here, but we want them to understand that we do have some traffic issues and challenges when coming to Sanibel," Ruane added. "We'll continue to look at any opportunities we have and where we can go with them."\*

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## Bishop To Visit Sanibel Church



The Rt. Rev. Dabney Smith, Bishop of the Southwest Florida Episcopal Archdiocese. photo courtesy SMAAEC

Rt. Rev. Dabney Tyler Smith, Bishop of the Episcopal Diocese of Southwest Florida, will visit St. Michael and All Angels Episcopal Church on Saturday, February 11 and Sunday, February 12 to celebrate and give sermons at services on Saturday at 5 p.m., and on Sunday at 8 a.m. and 10:30 a.m.

To celebrate the Bishop's visit, the St. Michael's Parish Choir, under the

direction of Minister of Music Hank Glass, will sing three pieces: *The Spirit of the Lord is Upon Me* by contemporary English composer Philip Stopford, on a text from Isaiah; Psalm 139, *Lord, You Have Searched Me and Know Me*; and the well-known *Old Hundredth Psalm Tune*, arranged by English composer Ralph Vaughan Williams for the coronation of Queen Elizabeth II in 1953. The text includes the Doxology, sung routinely in the Episcopal Church.

At the 10:30 a.m. Sunday service, Bishop Smith will preside over the baptism of Maxwell Pilibosian, grandson of longtime parishioners Gail and Phil Pilibosian. Gail, a soprano in the Parish Choir, will sing *Come to the Water*, during the baptism of her grandson.

Bishop Smith was seated as the fifth bishop of the Diocese on September 15, 2007, at St. Peter's Cathedral in St. Petersburg, Florida. Prior to his election, he had been rector of Trinity Church, New Orleans, beginning in 2005.

In post-Katrina New Orleans, he served on the Jericho Road Episcopal Housing Initiative, created to generate housing for hurricane victims. He was also on the steering committee of Common Good, a public partnership of faith-based, nonprofit, civic and higher-education organizations that brings the voice of the citizens of New Orleans to the table with the political and business sectors. He served on the Diocesan Rebuilding Committee for the Diocese of Louisiana and on the diocesan executive board.

He earned a bachelor of arts from the University of South Florida in Tampa, a Master of Divinity from Nashotah House and a Doctor of Ministry from Seabury-Western Theological Seminary. He served at Holy Trinity in Melbourne, Florida; St. Michael and All Angels, South Bend, Indiana; and Grace Church, Port Orange, Florida.

He is president of the Bishop Gray Retirement Foundation and serves as a member of the board of directors of the Dominican Development Group, the Board of Regents of University of the South and Board of Trustees

of Nashotah House. He was recently appointed by the Presiding Bishop to serve on the standing committee on Mission and Evangelism. In the Diocese of Southwest Florida, he serves on the board of Berkeley Preparatory School in Tampa. At the 2015 General Convention, he was elected to the executive council.

To inquire about this and other special events at St. Michael's, contact Rector Ellen Sloan at St. Michael and All Angels Episcopal Church (SMAAEC), 2304 Periwinkle Way, at 472-2173. Visit [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org) for more information.✪

## FISH Sponsors Tax Return Prep Assistance

The IRS Volunteer Income Tax Assistance (VITA) Program offers tax assistance for qualified taxpayers. Households who make generally make \$60,000 or less, are not self-employed, and who need assistance in preparing their tax returns qualify for the VITA program. These households may have their returns completed and filed for them at no cost. VITA preparers are certified trained volunteers that can inform taxpayers about special tax credits that may be applicable such as Earned Income Tax Credit, Child Tax Credit, and Credit for Elderly or the Disabled.

Those wishing to have their tax return completed through the VITA Program must bring the following:

- Photo identification
- Social security cards for you, your spouse and your dependents
- All wage and tax statements, including Forms W-2, W-2G, 1099-R, SSA-1099
- Interest and dividend statements
- Last year's tax return
- Any other tax documents you received

Note: If you are filing a joint return, both you and your spouse must be present.

VITA will offer tax preparation at the FISH of SanCap Walk-In Center, located at 2430 Periwinkle Way, Unit B on Sanibel, on Friday, February 3 from 9 a.m. to 3 p.m. Other upcoming dates include Friday, February 17; Friday, March 3, 17 and 31; and Friday, April 7. Appointments are required and fill up quickly.

Contact Nitza Lopez, case manager at the FISH Walk-In Center at 472-4775 to reserve an appointment time.✪

## GriefShare Support Group

GriefShare, a seminar and a support group for grief recovery, will be offered at Sanibel Community Church in Room 130 from February 7 through May 2 at 6:30 p.m.

The 13-week, structured program features nationally recognized experts on grief recovery topics. Each weekly session consists of a video to watch, plus a small group discussion that allows group participants to talk about the content of the seminar and share how they are

dealing with the death of their loved one.

Seminar topics include:

- Is This Normal?
- The Challenges of Grief
- Grief and your Relationships
- Why?
- Guilt and Anger

Registration is not required, but the group closes to newcomers after the third session on February 21. The group meetings and discussions are free. If you would like to purchase the workbook that compliments the presentations, there is a \$20 fee.

For more information, contact Russ Rainey at [russ@sanibelchurch.com](mailto:russ@sanibelchurch.com) or 472-2684.✪

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## Council Debate

submitted by Janis Cain

In preparation for the upcoming city elections, the local League of Women Voters will host a candidates' debate at The Community House on Wednesday, February 1. The debate is open to the public and will be moderated by Professor Roger Green of Florida Gulf Coast University. Doors open at 6 p.m., and the debate program begins at 6:30 p.m.

No political signs of any kind will be allowed inside The Community House, and attendees will be required to turn off cell phones and refrain from photographing or taping any portion of the debate.

Sanibel's city councilmen serve four-year terms on a rotating basis. This year, Mayor Kevin Ruane, Vice Mayor Mick Denham and Councilman Marty Harray will face just one challenger, Jason Maughan. Whichever three out of four receives the most votes will serve in the unpaid post. The three incumbents have faced no challengers since 2009.

Maughan is a well-known attorney and planning commissioner. Born in Ireland, his family moved to Southwest Florida when he was in high school and he has lived on Sanibel for three decades. He recently made an unsuccessful election bid to serve in the Florida State Legislature.

Candidates will be responding to questions focused on environmental issues, education and traffic as well

as questions submitted by audience members. All four have committed to participating in this debate. The city elections will be held on March 7.

The League of Women Voters of Sanibel is uniquely qualified to host the city council candidate debate noted local league president Robyn Cook. "It is an important aspect of the league's longstanding mission to encourage voters to become educated and enlightened about the candidates before they go to the polls," said Cook. "We are very excited to be able to contribute our volunteer time and expertise to this important election."

For updates and further information, visit the League of Women Voters of Sanibel's website at [www.lwvsanibel.org](http://www.lwvsanibel.org).

## Crime Prevention Workshop

FISH of Sanibel-Captiva, Inc., in partnership with the Sanibel Police Department, is offering a Crime Prevention Lunch & Learn workshop on Wednesday, February 8 from 11:30 a.m. to 2 p.m. at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way. The presentation will focus on personal safety, home safety, mail, phone and computer fraud and scams, and techniques for protecting yourself.

Sgt. Grace Towler will discuss threats to the community, increase awareness of certain crimes, and teach participants what to do to intervene and prevent victimization. "You can never be too safe," said Towler. "By taking a few simple precautions, you can reduce risk and also discourage those who commit crimes."

There is no charge to attend. RSVPs are required by Monday, February 6 to Nitza Lopez, FISH case manager, at 472-4775. \*

## Super Bowl Bash

On Sunday, January 29, one week before Super Bowl Sunday, H2O, the student ministries program at Sanibel Community Church, will host its annual Super Bowl Bash.

This event will be held from 2 to 5 p.m. at The Sanibel School athletic fields. There will be a free lunch of hot dogs and hamburgers; a Punt, Pass and Kick competition; and a two-hand touch football game for all ages and skill levels, including the headlining event, a Students vs. Adults game for the Golden Football.

The Super Bowl Bash is free and open to all ages. Younger children will have activities and games for their age level. This year, there will be a Powder Puff game for the teen girls and their moms, and lady youth leaders as well as any other ladies who would like to play.

If you have a student in grades six to twelve and would like more information about the Sanibel Community Church Student Ministries, contact Youth Pastor Kevin Schafer at 472-2684. Grades six to eight meet every Wednesday in the Youth Center from 5 to 7 p.m. High school teens meet every Wednesday from 6 to 8 p.m.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).\*



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## Thrift Store Fashion Show



Women of St. Michael's President Betsy McCullough, seated, helps models Kerry Salatino, left, and Gari Lewis choose attire for Noah's Ark's Fashion Show

photo provided

Church (SMAAEC), features fashions currently on sale at the popular island thrift shop.

According to event organizer Gari Lewis, Ark volunteers and other parishioners, including women, men and children, model active wear and lifestyle fashions, as well as festive evening costumes, "basically anything on sale that they love."

The show includes fun raffle giveaways of new items donated to the Ark and music by popular island pianist Scott McDonald. Tenor John Pryor, a St. Michael's parishioner and member of the Parish Choir, will sing *Sunrise, Sunset*, the popular song from Bock and Harnock's Broadway classic *Fiddler on the Roof*. The show's finale is a bridal scene, with attire for members of a bridal party, from mother-of-the-bride to flower girl.

Longtime Ark shoppers attend the show wearing outfits that they have purchased at the Ark. "The show is our way of thanking those who support the Ark," Lewis says.

During the show, the Episcopal Church Women (ECW) will present a check to Lighthouse for the Blind. Judy Pryor, chair of the allocations committee, says, "We are delighted that the phenomenal success of the Ark enables us to award grants to such critically important causes."

All modeled clothing is offered for sale at a reception following the show in the Church's Parish Hall. Admission is free, but donations to the Food Pantry are gratefully accepted.

Noah's Ark is hard at work preparing for its annual fashion show extravaganza called *Sunrise, Sunset*. The show, taking place at 2 p.m., Monday, February 13, at St. Michael and All Angels Episcopal

In business for more than 50 years, Noah's Ark is operated by the Episcopal Church Women and St. Michael and All Angels Episcopal Church. Proceeds from Ark sales, coupled with the monies from the parish's annual budget, go to numerous local, regional and global charities.

To inquire about the activities of the Episcopal Church Women or Noah's Ark, contact ECW president Betsy McCullough or Rector Ellen Sloan at St. Michael and All Angels Episcopal Church, 2304 Periwinkle Way, at 472-2173. Visit [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org) for more information.\*

## Shell Museum Presents Weekly Mollusk Matinée



The Bailey Matthews National Shell Museum is a perfect location for learning about the fascinating world of mollusks and related subjects

photo provided

Topics that range from the familiar (shells on our local beaches) to the exotic (colossal squids) are featured in the Bailey-Matthews National Shell Museum's season full of Mollusk Matinée. All screenings begin at 2 p.m. on Wednesdays in the museum's auditorium and are free with museum admission.

Presenting these fascinating, fact-filled programs will be museum staff members who are not only extremely knowledgeable but are also adept at giving presentations that are entertaining and interesting to audiences at all levels of expertise.

Upcoming Mollusk Matinée and talks include the following:

- February 1: *Florida Fossils* with Lorin Buckner
- February 8: *Shelling 101* with Alec Economakis
- February 15: *Amazing Sanibel Shells* with José H. Leal, PhD
- February 22: *Sanibel Tusk Shells* with Rebecca Mensch, MS
- March 1: *Giant & Colossal Squids* with Rebecca Mensch,
- March 8: *The Wildlife of Sanibel* with Leigh Gay
- March 15: *Florida Fossils* with Lorin Buckner
- March 22: *Shelling 101* with Alec Economakis
- March 29: *Amazing Sanibel Shells* with José H. Leal
- April 5: *Giant & Colossal Squids* with Rebecca Mensch
- April 12: *Amazing Sanibel Shells* with José H. Leal
- April 19: *The Wildlife of Sanibel* with Leigh Gay
- April 26: *Florida Fossils* with Lorin Buckner

Reservations are not necessary. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road on Sanibel. For more information, call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).\*

From page 1

## Illusionist

and you scroll down in the comments, and you will find discussions on how it works, which is really unfortunately, because in some ways it's made magic about the trick," Trent told *The New York Times*. "So I think that the approach to magic has to be different."

As such, Trent considers himself a comedian and performer first and

a magician second. Magic is integral to his show – it's everywhere. But to Trent, magic isn't enough in this age of disillusionment. It has to be about the presentation and performance.

"If you figure out the trick, you're still going to enjoy the show," he added.

The Futurist is appropriate for audiences young and old, and an exciting experience for skeptics and true believers alike.

For tickets, visit [www.BIGARTS.org](http://www.BIGARTS.org) or call 395-0900.\*

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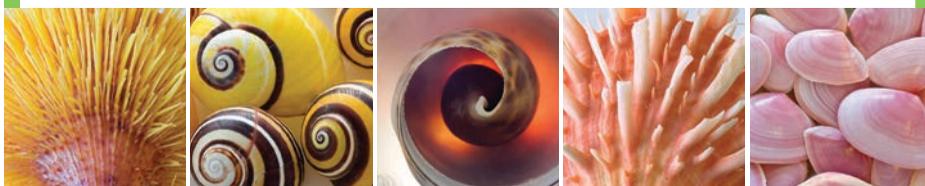
(ADVANCE RESERVATIONS REQUIRED)



PHOTO BY NIKORETRO (CC BY-SA 2.0)

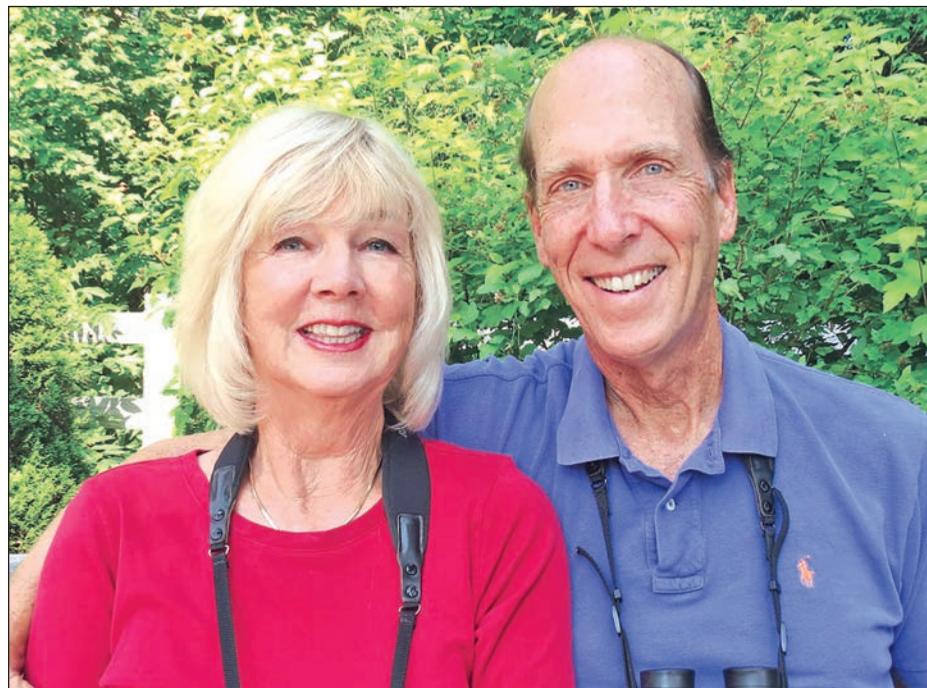
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Lillian and Don Stokes

photo courtesy Sanibel-Captiva Audubon

## Improve Your Birding Program

**L**earn how to improve your birding skills from experts on Thursday, February 2 at 7:30 p.m. at The Community House. Sanibel-Captiva Audubon will present a program entitled Better Birding by Lillian and Don Stokes, long-time winter residents of Sanibel and acclaimed national field guide authors.

In this lively and entertaining presentation, the Stokes will demonstrate how to be a better birder by identifying birds like a pro, understanding and appreciating bird behavior, caring about the welfare of birds and sharing in the birding community. Many of Lillian's images will be shown as participants learn a host of special information about our avian friends.

Known as America's First Couple of Birding, the Stokes have been prolific writers and award-winning educators in the birding field for over 30 years and have written 35 books on birds and nature. Their best-seller *The Stokes Field Guide to the Birds of North America* is

the most complete photographic guide to birds ever published and contains over 3,400 stunning photos, many taken by Lillian. Wayne Petersen, director of the Massachusetts Important Bird Areas for the Massachusetts Audubon Society, said, *The Stokes Field Guide to the Birds of North America* is unequivocally the most spectacular compendium of North American bird identification photographs ever assembled between two covers. Don and Lillian were also the creators, producers and hosts of the PBS television series *Stokes Birds at Home*, which was seen by 40 million viewers.

This is the fifth of eight Sanibel-Captiva Audubon lectures to be held in 2017 on Thursday evenings. All are welcome to attend. Doors open at 6:30 p.m. and parking is available at The Community House as well as across Periwinkle Way at the Herb Strauss Theater. A \$5 donation per attendee is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida.

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

## Tickets Still Available For Cooking With The Islands' Stars

**A**fter months of planning, The Community House is ready to entertain you with Cooking with the Islands' Stars this Saturday, January 28 beginning at 6 p.m. The Community House is now open and ready to sell tickets for this major fundraiser that will support the new Culinary Education Center. Tickets are \$100 for assigned seats. For more information and to purchase tickets, call 472-2155.



From left, island chefs Mike Billheimer, Calli Johnson and Fred Bondurant  
photo provided

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At Periwinkle & Casa Ybel

# Tough Conditions Call For Live Shrimp



by Capt. Matt Mitchell

It was another great week to be on the water, with warm balmy conditions and light winds. As we move into the end of January, so far it's been one of the milder winters in

recent years. Strong winds did crash the perfect boating weather by the end of the weekend and kept anglers in for a couple of days.

Despite the lousy lack of any daytime tide movement this week, I still found consistent action on a wide variety of species. Trout became the daily go-to species, and once you located them, it was non-stop action with more and more keeper size (15-inch minimum) in the mix. Some days, these trout would be on the flats in 2 to 3 feet; then other days in 4 to 5 feet of water. Once you

worked out the pattern, it was easy money. Live shrimp on a popping cork was the bait of choice.

When things get tough, go shrimp fishing. This includes cold, wind or no tide, shrimp will get bites when no other bait will. This proved very true this week as shrimp fishing on popping corks was the best action going. The popping cork rig we traditionally used to catch trout has really evolved over the past years. What used to be just a concave top float rigged with a piece of leader and split shots has become a whole lot more user friendly. This old school trout rig consistently tangled up. The newer Cajun Thunder style sliding popping cork rigs with rattles and BB's make plenty of noise and are almost tangle free.

My choice of popping cork rig the past few years is the B-52, a hard plastic egg-shaped float with BB's inside it that rattle even with the slightest wave motion. When popped, it makes lots of noise and seems to work better than any other one I have used to date. The float slides up and down on a piece of no flex metal with weights and beads, then swivels at both ends, making it easy to rig and hard to tangle even when being cast by novice anglers. To the B-52 sliding float, tie about 30 inches of 20#



A small permit caught while shrimp fishing a mangrove creek

fluorocarbon leader and a 1/4 ounce jig head on a loop knot. When popped, the jig head allows the shrimp to come up towards the surface and then sink, which drives trout crazy.

Shiner fishing was a little tougher this week with the noticeable lack of water movement. We did manage some catch-and-release snook action back in most narrow mangrove creeks that had even the slightest water movement. Most of these snook were on the small size but made a great change of pace for my anglers after catching lots of trout.

On one trip this week, I headed to a way back hidden mangrove creek that sees very little boat pressure due to that fact it's hard to access even if you know where it is. I don't fish this creek

very often as it involves a long idle over really shallow water. Even with zero tide movement, we sat in here for almost two hours catching a great variety of species all on live shiners. What these fish lacked in size they made up for in sheer numbers with snook, trout, mangrove snapper and jacks taking basically every free lined shiner we cast. Rarely seen live shiners this far back in the mangrove forest must have been just too much of a temptation for these laid up creek fish.

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

## Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to [press@islandnews.com](mailto:press@islandnews.com) or call 395-0113.

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# Everglades & Caloosahatchee Update: Myth vs. Fact

The past year you've seen and heard conflicting opinions and explanations about water conditions. This is your chance to get your questions answered.

**Monday, January 30**

## HERE ARE SOME OF THE Myths

- Restore the Herbert Hoover Dike so we can solve the estuaries' problems by storing more water in Lake Okeechobee
- If we store and treat water north of the lake we don't need to buy more land south in the EAA
- Everglades advocates want to eliminate Ag, take Ag land and jobs, and flood their communities
- Ag has already "given up" over 100,000 acres of land
- Ag water quality south of the lake is good, the pollution problem is coming from north of the Lake
- Poor coastal water quality is primarily caused by coastal septic tanks



**... Get the Facts**

### Panelists



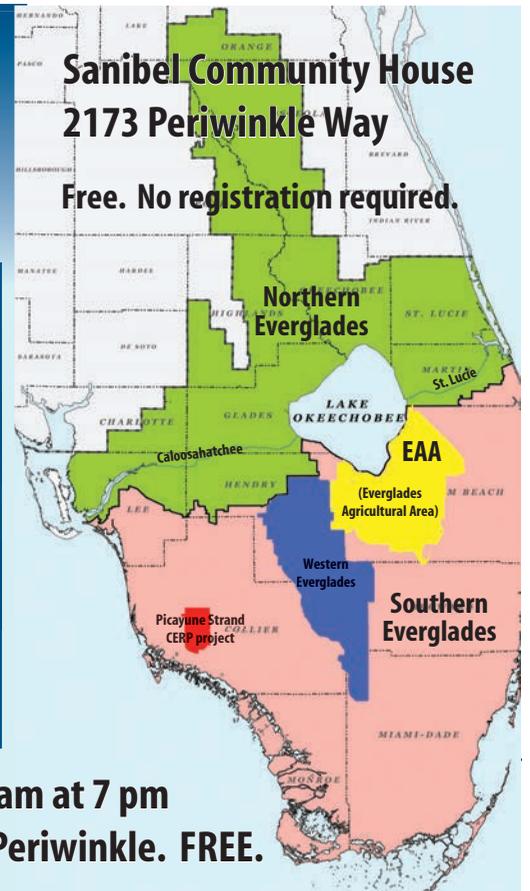
Tom Van Lent, Ph.D.  
Hydrologist  
Everglades Foundation



James Evans  
Director of Natural Resources  
City of Sanibel



Rae Ann Wessel  
Natural Resource Policy Director  
SCCF



**Sanibel Community House**  
2173 Periwinkle Way

Free. No registration required.

Refreshments at 6:30 pm – Program at 7 pm  
Sanibel Community House, 2173 Periwinkle. FREE.



**SCCF 50**  
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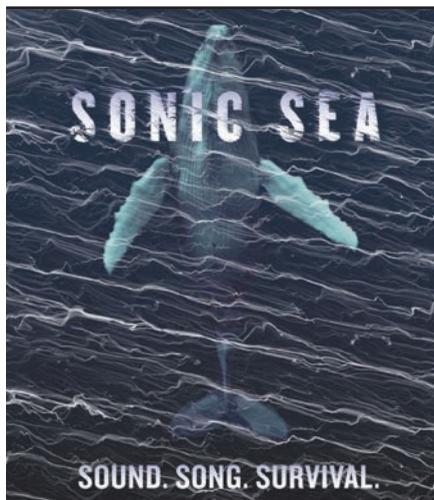
Sanibel-Captiva Conservation Foundation  
472-2329  
[www.sccf.org](http://www.sccf.org)

The Native Landscapes & Garden Center is now at the Bailey Homestead Preserve, 1300 Periwinkle Way

*SCCF Programs — All events are at the Nature Center (or meet at the Nature Center) unless otherwise specified. BHP is Bailey Homestead Preserve.*

SCCF Nature Center — 3333 Sanibel-Captiva Road, 472-2329  
SCCF Native Landscapes & Garden Center — 1300 Periwinkle Way, 472-1932

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Weeds & Seeds - 8:45 Everglades Update 6:30 @ SCA. FREE	<b>31</b> Tank Talk - 10 am  Guided Trail Walks at 11 a.m.	<b>1 MARCH</b> Making Land Work tour at Bailey Homestead-10 Owl Tales-10	<b>2</b> Turtle Tracks-10	<b>3</b>
Caloosahatchee Oxbow & Riverlore- Cruise will be offered on Sundays, February 12 and 19. Depart 1 pm from Franklin Lock. Advance registration required.	<b>7</b> Beach Walk-8:30- Meet @ Bowman's SCCF: 50 Years of Preservation-1:30 Guided Trail Walks at 11 a.m.	<b>8</b> Making Land Work tour at Bailey Homestead-10 Hurricanes-1:30 Basil Tasting at BHP-11	<b>9</b> Bobcat Tales-10 Shorebird Talk-2	<b>10</b> Tank Talk - 10 am

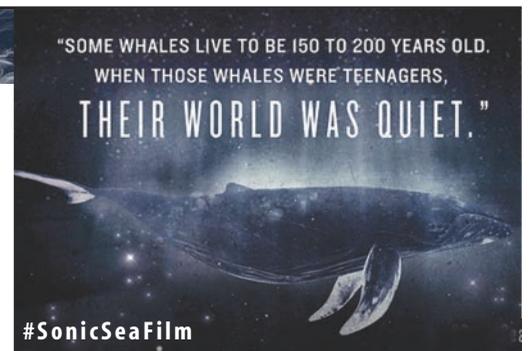


## SONIC SEA — Feb. 15

Join SCCF on February 15 for Evenings at the Homestead at the Bailey Homestead Preserve, 1300 Periwinkle Way, in the Pavilion for a screening and discussion of *Sonic Sea*. Doors open at 6:30 p.m. \$10 per person includes program and refreshments.

Advance online registration required, please visit: [www.sccf.org](http://www.sccf.org)

*Sonic Sea* is a moving and provocative 60-minute documentary created by International Fund for Animal Welfare (IFAW) and the Natural Resources Defense Council (NRDC) about the devastating impact of industrial and military ocean noise on whales and other marine life. Patrick Ramage, IFAW's Whale Programme Director, who played a key role in the production, will participate in SCCF's screening. Narrated by Rachel McAdams and featuring Sting.



Plant Smart

# Cabbage Palm Fern

by Gerri Reaves

**C**abbage palm fern (*Phlebodium aureum*) is one of the most common of native ferns. A member of the polypody family, it has a hardy spare look in opposition to some ferns with a frilly, lacey or delicate appearance.

It grows wild throughout most of Florida, typically in swamps and hammocks, and is a familiar volunteer in the yard. Typically, it's found in the "boots," or frond bases, of the cabbage palm, the state tree, thus the common name.

Polypody refers to it possessing many "feet." In this case, the feet are actually creeping rhizomes covered in golden or reddish brown scales, thus other names, rabbit's-foot fern, gold foot fern, golden polydody and golden serpent fern.

Like many ferns, orchids and bromeliads, it is an epiphyte (air plant) using plants – such as live oaks, palms and saw palmettos – as growing platforms from which to gather nutrients in water and debris. It is not a parasite.

This long-lived fern will grow in shade or sun and has a moderate growth rate.

The arching fronds can reach several



This cabbage palm fern is growing in the base of saw palmetto

photos by Gerri Reaves



Rounded dots of sori contain spores that are dispersed by the wind

feet long. The slightly wavy leaflets are not completely divided, and the frond has a blunt tip, or apex.

Tiny brownish sori, or sacs of spores, dot the undersides of the leaves.

The plant spreads via wind-borne spores that lodge in a suitable tree crotch, stump, or palm boot and establish themselves. If you already

have a volunteer specimen or one from a nursery, the fern clump can also be divided.

Never gather plants from the wild, however.

Cabbage palm fern has many medicinal uses, from asthma to hypertension.

Sources: *Coastal Hammock*

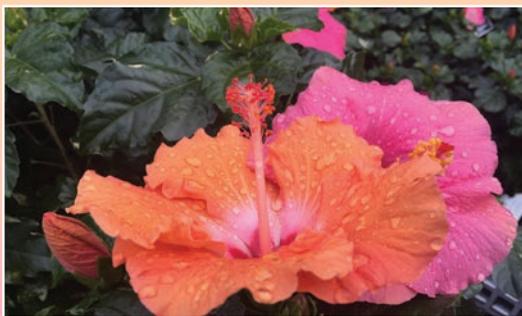
& *Mangrove Guide* by Dr. Daniel Austin et al., *The Ferns of Florida* by Gil Nelson, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, and [regionalconservation.org](http://regionalconservation.org).

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

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CROW Case Of The Week:

# White Pelican

by Bob Petcher



The white pelican (*Pelecanus erythrorhynchos*) is considered one of the heaviest flying birds in the world. This water bird's soaring technique is celebrated with wing beats that are measured, methodical, slow and smooth.

Adult white pelicans are snowy white and mainly have black wing tips compared to its cousin, the more common brown pelican, which has a darker plumage. Other differences between cousins include style of foraging. While the brown pelican plunge-dives into the water, the white pelican feeds from the water's surface, sitting back and dipping its beak in to catch fish and other prey. White pelicans also have larger heads and thicker bodies, yet both species of pelicans have huge bills that can give each a prehistoric appearance.

At CROW, a white pelican arrived on January 11 after it was found in the mangroves at JN "Ding" Darling National Wildlife Refuge. It reportedly was unable to swim. CROW officials stated the pelican arrived weak and was unable to keep its head up with evidence of neurological issues most likely a result of red tide toxicosis. "The patient remained

highly stressed, needed to be force-fed and had multiple episodes of diarrhea," the report said. For the next couple of days, the pelican had a condition called "paresis" and was unable to stand or eat on its own. By the third day, the pelican was attempting to stand but was still too weak. But by day four, the pelican was able to stand on its own and was starting to eat small amounts of food without assistance.

It is not very often that CROW medical staff gets to treat a white pelican. "They are very rare patients for CROW," said Dr. Spencer Kehoe, CROW DVM intern. "We have only had two in the last couple of years. In 2016, CROW had one American white pelican that died within a 24-hour period. The pelican was from Pine Island Sound and arrived with a hook-in-the-throat injury."

Last week, the latest white pelican patient was seen hock-sitting and taking short walks, but it had problems walking longer distances. The pelican was able to hold its head up for a longer period of time and was attempting to bite anyone that neared the bird; the latter viewed as a positive sign of its increasing better health.

Initial reports stated the pelican may have also suffered an eye ulcer. To treat medically, orange fluorescein stain is placed in the eye to locate corneal injuries that appear under blue light, said Dr. Kehoe. "They are checked frequently with the stain to see how quickly they are clearing up until they are completely gone."

As of January 22, Dr. Kehoe relayed



Patient #17-69 mingles with a brown pelican during outdoor time photo by Kenny Howell

that the pinpoint corneal ulcers had cleared. "The ulcers were treated with Neo Poly Gram eye drops," he said. "These drops are also used to treat domestic animals that have bacterial eye infections."

A day later, CROW officials reported the patient was expected to be moved outside to a flight enclosure to work on its flying skills. Reports say its release is on the near horizon.

"The pelican is doing extremely well and is expected to be released this week," said Dr. Kehoe on Monday. "It's bright,

alert and eating well and will be moved outside to the pool enclosure today. It will need a few days to build up its strength before it can be released back at 'Ding' Darling."

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

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## 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 rainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, January 27, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

**Friday, January 27, 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.

**Friday, January 27, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

**Saturday, January 28, 11 a.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.

**Saturday, January 28, 2 p.m.** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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**Monday, January 30, 11 a.m. to 12:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for

children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Monday, January 30, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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**Monday, January 30, 4 to 4:15 p.m.**, adults \$7, teens \$5, 12 and under no charge – Speaker Series: Edible and Medicinal Plants, presented by Jessi Drummond, environmental education specialist for CREW Land and Water Trust.

Learn about the wonderful medical and edible plants that we have here in Southwest Florida. Drummond will highlight the CREW hiking trails, as well as some of the plants you can see during your adventures. Medicinal and edible plants are an easy way for you to step out your door and improve your life.

**Tuesday, January 31, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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**Wednesday, February 1, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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**Thursday, February 2, 11 a.m. to 12:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

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

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

**Thursday, February 2, 2 p.m.**, adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff.

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

## Birding Class

Sanibel-Captiva Audubon birding enthusiasts will conduct a one-hour session on Tuesday, February 7 at 9:15 a.m. in Auditorium B at the JN "Ding" Darling National Wildlife Refuge Visitor's Center, followed by a tour of the refuge to put your new knowledge to work.

According to Audubon officials, the goal of the session is to help birders to learn tips to increase their bird-watching enjoyment.

Participants should bring binoculars. There is a limit of 30 participants. Call 437-2459 to sign up.✪

# TRADERS

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TradersSanibel.com

Shell Of The Week

# Yellow Prickly Cockle



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

**T**he Yellow Prickly Cockle, *Dallicardia muricata* (Linnaeus, 1758) is one of

eight locally found species of the bivalve family Cardiidae. Its shells are roughly circular, measure up to 1.5 to 2 inches in length, and bear a number of radial ribs, each rib displaying a large number of small scales. This feature is shared with another, closely related local species, the Florida Prickly Cockle. This latter bivalve, however, has a more elongate shell, with colors ranging from white to pinkish-purple, while the Yellow Prickly Cockle is usually yellowish to orange-red. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

**Shell Museum Events**

Daily programs are included with paid admission:

Live Tank Talks – Presented by a marine biologist throughout the day.

Mollusk Matinéés – Talks presented by staff every Wednesday from 2 to 3 p.m.



The Yellow Prickly Cockle, *Dallicardia muricata*, from Sanibel

photo by José H. Leal

Arts & Crafts – 1:30 to 2:30 p.m.  
Please check our arrival board in the main lobby for updates to daily schedules.  
The Bailey-Matthews National Shell

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

# Club Needs Shell Donations

Visitors who attend the Sanibel Shell Show love the little bags of shells that they receive when they enter the show. They are a “thank you for your donation” gift from the Sanibel-Captiva Shell Club. These gift bags are 4” by 4” and are typically filled with about six or eight appropriately sized shells.

The club always need donations of shells to fill these bags. Donated shells should not be larger than a full-grown Florida fighting conch. Each bag will be filled with shells around the size of an adult apple murex and might include banded tulips, olives, calico clams, moon snails, nutmegs, or others of that size. The shells do not have to be from the local area. Any shells of the right size make the bagging process go smoothly and quickly. The shells should be cleaned, with barnacles removed and the sand shaken out, since the club does not have a way to clean them at the “bagging parties.”

Very small shells, such as kitten paws and coquinas, get lost in the bags, but will be accepted since they can be used as craft shells.

Do not leave shells you are donating to the club at the Bailey-Matthews National Shell Museum. Contact Linda Edinburg at 395-9426 or Irene Longley at 283-7417 to arrange for either pick-up or delivery of your shell donation.✧



## Sanibel Marina



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## Florida Master Naturalist Certified

**K**yle Sweet, certified golf course superintendent at The Sanctuary Golf Club on Sanibel, recently achieved designation as a Florida Master Naturalist. The Florida Master Naturalist Program is an adult education UF/IFAS Extension program developed by the University of Florida and provided by many extension offices and participating organizations throughout the state of Florida. The program educates on Florida's natural systems, of the plants and animals that depend upon those systems, and the role of humankind in shaping our past, determining our future, and as stewards of the land.

The program is also a knowledge-sharing program, with the objective of preparing participants to share their knowledge with others, to act in a positive manner and help others feel a greater connection to the land.

"Having spent the past 20 years here at The Sanctuary and learning so much from the many environmental professionals on Sanibel, this program was a natural fit for my ongoing education," said Sweet. "During the course of each year, we conduct several tours on the golf course, highlighting native plants and our abundant wildlife. The education I received in the Master Naturalist Program will help me make these tours more interesting and educational."

To achieve certification in the program, three separate educational modules must be completed, Florida Freshwater Systems, Florida Coastal Systems, Florida Upland Systems. In addition, specialized education beyond the core modules can be completed in Conservation Science, Environmental Interpretation, Habitat Evaluation and Wildlife Monitoring.\*



**Kyle Sweet with master naturalist group at Corkscrew Swamp Sanctuary**  
photo courtesy Sanctuary Golf Club



**Bald eagle**

### City Of Sanibel Vegetation Committee 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. The next presentation will take place on Saturday, January 28 starting at 10 a.m.

Upcoming tours of city hall grounds will be held on:

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

Walk the grounds for ideas on planting native vegetation that requires

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

Registration is not required. Attendees meet at the main entrance to Sanibel City Hall, located at 800 Dunlop Road, in front of the main staircase. For more information, contact the city's natural resources department at 472-3700.

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

## Master Gardeners

The 88th Master Gardener lecture series will be held at The Sanibel Public Library on Thursday, February 2 at 10 a.m. Jenny Evans, manager of SCCF's native landscapes and garden center at the Bailey Homestead Preserve, will speak on the following topic: "Why gardening on Sanibel is different than other places."

Evans will tie her topic to the Sanibel plan as part of the concept of the island as a sanctuary for wildlife, native vegetation and the residents living in harmony with the unique ecosystem.

During the past two years, the nursery and landscape center has been moved to the Bailey Homestead Preserve on Periwinkle Way, allowing its staff to create botanical display gardens and new venues for classes and events. Visitors can now see plants in the ground to appreciate the change in size, shape and structure of native plants and how they interact with companion plants.

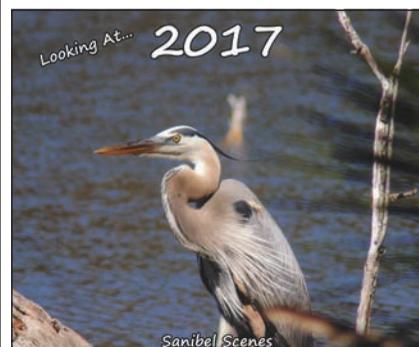
Evans moved to Sanibel 12 years ago to assume the role of manager and has expanded programs including internships for college students. She partners with the City of Sanibel's Department of Natural Resources, formed a landscaping and design department, encourages residents and visitors to volunteer at the nursery and served as a key member of the Periwinkle Partnership to revegetate Periwinkle Way following Hurricane Charley and Hurricane Wilma.

She is known to be an energetic, knowledgeable and articulate professional who always delivers a visually interesting and dynamic presentation.

The lecture is free and open to the public. Seating is limited.\*

### 2017 Sanibel Scenes Calendars

feature photos of local scenery and wildlife taken in and around Sanibel, so they are close to home.



In addition to the beautiful pictures, each month contains some tidbits of information or personal advice you should know.

This is the fourth consecutive year for these popular calendars, and they are available at these island favorite stores:

- Bailey's General Store**
- Bailey's at Sundial**
- Beach Stuff**
- CVS Pharmacy**
- Doc Ford's**
- Island Pharmacy**
- Suncatcher's Dream**

I ♥ Sanibel bumper stickers are also available at these favorite island stores.

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## Shells Found



Clockwise from left, Litsa Paradias, Christina Marando, Marina Cignini, Lauren Cignini, age 9, and Mia Cignini, age 7 photo provided

The Cigninis found what they believe are 11 tulip shells during their time spent on Sanibel and Captiva islands. The Toronto, Canada natives enjoyed a month-long stay at their vacation home in Fort Myers and much of that time was spent on the islands.

During their last Tuesday of the final week, they met a Sanibel resident by the lighthouse. They spoke of their incredible experience shelling on Sunday after the rains on Saturday and mentioned that they were practically ankle deep in shells along the Blind Pass area. "Our visit, as always, was memorable and we look forward to our next trip down in March," said Marina Cignini.\*

## Shells Found



From left, Kim Whitehurst, Anne Aldrich, Jean Quinne, Margaret Aldrich, Jeanie Johnston and Donna Blackburn photo by A. Ziehl

The Urban Mermaids, Kim Whitehurst (New York), Anne Aldrich (New York), Jean Quinne (Maine), Margaret Aldrich (Massachusetts), Jeanie Johnston (Alabama) and Donna Blackburn (Georgia), crafted their crowns from Sanibel shells found during their stay. They also found seven alphabet cones, three Florida cones and a gaudy nautica on a beachfront off West Gulf Drive while staying at Pine Cove. They had "another fabulous year in glorious Sanibel."\*\*

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**\*Winner Best Seafood 2010-2016**

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# ISLAND FARE

## BAILEY'S GENERAL STORE

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

2477 Periwinkle Way, 472-1516

## BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

## THE BLUE GIRAFFE

The Blue Giraffe, under new ownership, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists.

The new menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap.

2075 Periwinkle Way (Periwinkle Place), 472-2525

## CIP'S PLACE

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

2055 Periwinkle Way, 472-0223

## DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant, famous for its great food and service with plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 2500 Island Inn Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

## DUNES GOLF & TENNIS CLUB

The Dunes Golf & Tennis Club is open to the public and serves lunch daily from 11 a.m. to 3 p.m. Chef specials include an assortment of salads, wraps and sandwiches, soup buffet Monday through Friday, and the popular hand-battered coconut shrimp and steak sandwich. Dinner is available only on event nights from 6 to 9 p.m. or for special seasonal dinners.

Featured monthly events include Trivia Night,



From left, William Jackson, Sammy Chaianant, Rigo Valacsay, Denny Cho of Sundial's Shima Japanese Steakhouse & Sushi Bar

photo provided

Karaoke and Themed Dinner Nights. There is a Friday a la carte dinner menu with featured selections each week, such as steak and seafood.

Take in the sunset views while sipping on your favorite drink. Happy hour is every day from 3 to 6 p.m. Enjoy with the famous crab bisque as a starter.

949 Sand Castle Road, 472-3355

## GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can dine at the Sanibel Marina in view of luxury yachts and fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of fresh seafood, salads, sandwiches and more. Appropriate dress is required. If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

## GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva Island's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway. Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner. All seats have a view of the waterfront. Reservations are not accepted.

15183 Captiva Drive, 472-3337

## IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone. Il Cielo is open Tuesday through Sunday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. There is live piano music by Scott McDonald Tuesday through Sunday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

## ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an

extensive children's menu. Starbucks coffee is also on the menu. **Now serving full liquor island cocktails!** Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

## JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends. The patio lounge menu includes a selection of "happy apps" starting at \$8 and half price drinks during happy hour from 5 to 7 p.m. Dinner reservations are suggested.

1223 Periwinkle Way, 472-1771

## JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

## JOEY'S CUSTARD

Joey's Custard is a family owned and operated sandwich, coffee and ice cream shop in Bailey's Center. Owners Joey Almeida and mom Debi Almeida offer fresh-to-order paninis as well as Working Cow ice cream products (custard, yogurt, sorbet, banana splits, sundaes, floats, smoothies, hard and soft serve ice cream) and coffee (five-bean house blend, Tim Horton, espresso, affogato). Try the Beach Box Lunch To Go (add \$2 to any sandwich and get a drink and bag of chips). Ask about BOGO with Island Cinema.

Joey's Custard is open from 10:30 a.m. to 9 p.m. Monday through Thursday; 10:30 to 10 p.m. Friday and Saturday; and noon to 9 p.m. Sunday.

2467 Periwinkle Way in Bailey's Center, 472-7222

## LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken. The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low

table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

1036 Periwinkle Way, 472-6939, 6520 Pine Avenue, 472-5353

## MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available. Matzaluna offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

## MUCKY DUCK

Historically known as the neighborhood pub, The Mucky Duck may well be the most famous restaurant on Captiva Island due to its longevity of 40 years in business and quirky name. Then there are the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – as customers sip cocktails and beverages until they can take their seats. Reservations are not accepted. The Duck, serving fresh seafood, pub-style food, sandwiches, steaks and other items, is open for lunch from 11:30 a.m. to 3 p.m. and dinner from 5 to 9:30 p.m.

11546 Andy Rosse Lane, 472-3434

## OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

## PASTURE & PEARL

Sanibel's newest restaurant, Pasture & Pearl is the latest collaboration from the well-traveled husband and wife team Chef Elaine Dammeyer and General Manager Christian Jegu. Come as you're comfortable for a modern, fine dining experience. The cuisine celebrates locally, regionally, ethically and sustainably sourced ingredients, and wine selections are curated by resident sommelier Kory Lynn. The intimate atmosphere and attentive service evoke the hospitality of a dinner party. The menu offers seasonal vegetarian preparations, fresh, wild-caught and responsibly farmed seafood, and the finest cuts of freely pastured beef, lamb, chicken, duck and rabbit from White Oak Pastures, a 150-year-old, multigenerational farm in Southwest Georgia, including a custom cut especially developed for the signature dry aged bone-in ribeye.

The Village Shops, 2340 Periwinkle Way, 810-5514

## PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Take out, delivery and outdoor dining available.

2496 Palm Ridge Road, 472-2534

**ROSIE'S CAFÉ & GRILL**

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheesesteak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, homemade muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating. Check out the new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

**SANIBEL BEAN**

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon. Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

**SANIBEL DELI & COFFEE FACTORY**

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

**SANIBEL GRILL**

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

**SANIBEL SPROUT**

The Sanibel Sprout is the island's only 100 percent gluten-free/vegan/organic cafe: an oasis of health where the emphasis is on providing incredibly tasty and creative culinary creations designed to nourish and delight all of your senses. Order one of the fresh salads, Wizard Waffles, classic burger, Mexican plates and indulge in our Indian curry, Vietnamese pho and raw vegan lasagna. Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha. The fresh juice bar is brimming with smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of the delectable donuts, pies, cupcakes or truffles. The Sanibel Sprout is open for breakfast, lunch & dinner from 10 a.m. to 7 p.m., Monday through Saturday and from noon to 7 p.m. on Sunday.

2463 Periwinkle Way in Bailey's Center, 472-4499

**SUMMERLIN JAKE'S**

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced,

hand-selected and artfully prepared. Summerlin Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

**SUNDIAL BEACH RESORT & SPA**

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1451 Middle Gulf Drive, 472-4151

**TIMBERS RESTAURANT & FISH MARKET**

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

**TOTALLY BAKED ON SANIBEL**

Totally Baked On Sanibel is the island's #1 source for fresh baked breads, specialty pastries, donuts, cakes, pies, candies and other confections. The unique eatery within Islander Center also offers cof-

fees and breakfast sandwiches. For lunch, daily offerings include off-the-bone, hand-carved meats as well as soups, salads and other specialty items. Wedding cakes are made to order. Open seven days a week 6 a.m. to 5 p.m. Outdoor seating along the bike path.

2407 Periwinkle Way Suite 1, 312-4503

**TRADERS GULF COAST GRILL & GIFTS**

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium with casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in the place. The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

**TRADITIONS ON THE BEACH**

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn. Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment. Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested.

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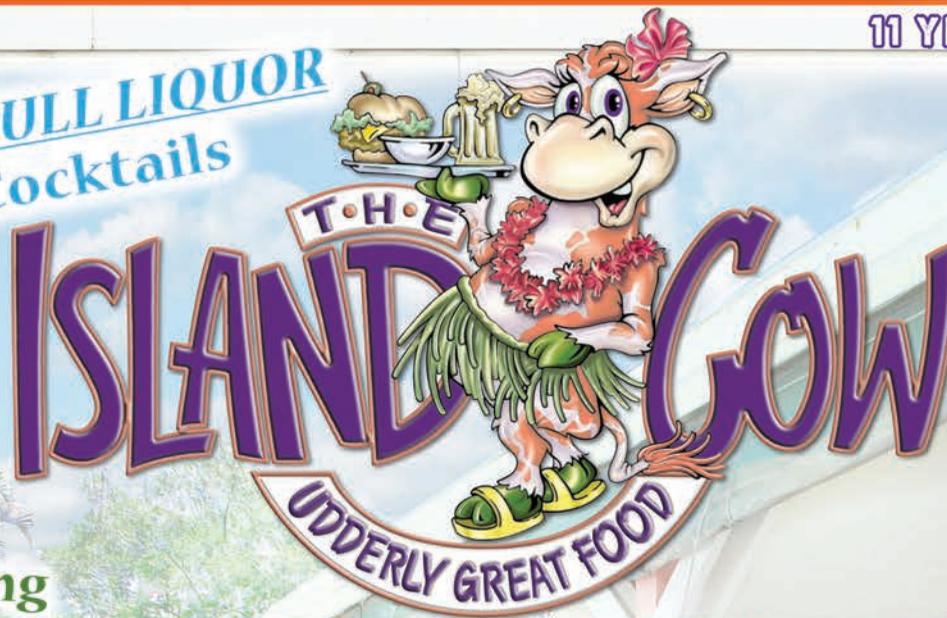
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Wood stork photo by Sam Ayres

## Pond Apple Trail Bird Walk

The next Sanibel-Captiva Audubon bird walk will be held on Saturday, January 28 at the Pond Apple Trail. Participants will meet in the Matzaluna parking lot nearest Periwinkle Way at 8 a.m. These bird walks are open to the public and all levels of experience. A \$2 donation is appreciated. Call Hugh Verry at 395-3798 for additional information.✱

## Under The Sea Features Fine Food, Festivities

A bevy of moving parts will all come together to form a single delightful event on Saturday, February 4 as the Bailey-Matthews National Shell Museum presents its annual Under The Sea gala fundraiser. The evening is made possible by generous sponsors, donors of items and experiences and, those who purchase tickets.

Gourmet foods will be available at tables throughout the museum as guests mingle and listen to the music. Gift baskets will be raffled off, with the winners taking home an assortment of items and gift certificates donated by businesses from the islands and beyond.

Local celebrity auctioneers Eric Pfeifer and Nicole McHale will lead the live auction of a dozen or so offerings. Among the prizes are dinner and wine pairings for four at Il Cielo, a beach walk for 10 capped off by brunch by the Sanibel Catering Company and a couple of magnums of Piper-Heidsieck Champagne, a deck party with wine and appetizers for 25 at Cip's Place, and a Girls' Night Out Pearl Necklace Party for 10 at the museum. Also up for bid will be a seafood dinner for six catered in the winning bidder's home by

Chef Teh of Timbers, a gourmet brick-oven-fired pizza party for 25 served at the winner's home.

A fund-a-need auction will target specific educational aspects of the museum, offering guests the opportunity to help in ways that appeal to them.

Sponsors at several different levels are essential to the success of Under the Sea. The Junonia Grand Sponsor is the Sanibel Captiva Trust Company, and the Alphabet Cone Sponsors are Jane and John Henshaw. Lion's Paw Sponsors are Sanibel Captiva Beach Resorts, *Island Sun*, *The Islander* and Malone Design.

Scotch Bonnet Sponsors are Bailey's General Store, Pete and Nancy Bender, Dennis and Gretchen Delman, Doc Ford's Sanibel, Richard and Barbara Hansen, Island Inn, John Grey Painting, the Law Office of Janet Strickland, Sue Ann Pirsch, Stewart and Sons, Phyllis Sharp, Bank of the Islands, Heidrick Insurance, Jensen's Marina, Sanibel-Captiva Community Bank, Stroemer & Company, CPAs, Shaun and Laura Shaffer, BrightStreet Group, Congress Jewelers, Island Vacations of Sanibel & Captiva, Philip Financial Group, Omni Financial, Bean, Whitaker, Lutz and Kareh, Inc., and Tenji.

Wentletrap Sponsors are Clair Beckmann, Benchmark Construction, Intech Printing, and Melanie Moraga Photography.

All proceeds from Under The Sea benefit the museum's extensive education programs for all ages, both within the museum and as outreach efforts in the greater community.

For more information or to purchase tickets, call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).✱

## Meeting On Water Quality In The Sanibel Slough

The City of Sanibel has been notified by the Florida Department of Environmental Protection (FDEP) that a meeting will be held to discuss the Total Maximum Daily Load (TMDL) for the Sanibel Slough eastern and western basins, located within Charlotte Harbor.

The meeting will be held on Friday, February 17 starting at 9:30 a.m. at the Sanibel Public Library, located at 770 Dunlop Road.

The Florida Department of Environmental Protection has announced a meeting to which all persons are invited. This meeting is for interested stakeholders to discuss with the Department comments on draft nutrient total maximum daily load (TMDL) reports for impaired waters in the Charlotte Harbor Basin, to be adopted in Rule 62-304.805, F.A.C. These nutrient TMDLs, if adopted, will constitute site specific numeric interpretations of the narrative nutrient criterion set forth in paragraph 62-302.530(90)(b), F.A.C., that would replace the otherwise applicable numeric nutrient criteria in subsection 62-302.531(2) for these particular waters. The TMDLs to be presented at the public workshop include TMDLs for Sanibel Slough West (WBID 2092F1) and Sanibel Slough East (WBID 2092F2).

The draft TMDL documents for these impaired waters will be placed on the department's TMDL website ([www.dep.state.fl.us/water/tmdl/](http://www.dep.state.fl.us/water/tmdl/)) and will be provided upon request to interested parties by mail or via email distribution.

The department will accept written comments on the draft TMDLs, as well as the establishment of these nutrient TMDLs as site specific interpretations of the narrative nutrient criterion, through March 3. Written comments should be directed to Ansel Bubel, Administrator, Watershed Evaluation and TMDL Section, Florida Department of Environmental Protection, Mail Station 3555, 2600 Blair Stone Road, Tallahassee, FL 32399-2400 or via email at [ansel.bubel@dep.state.fl.us](mailto:ansel.bubel@dep.state.fl.us).✱

### LIVE ON THE ISLANDS

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

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

**The Jacaranda** has live entertainment Friday with DVS, playing classic rock and dance. Steve Will and Chicago Carey play classic rock on Saturday. On Monday, it's Renata. Wednesday is Jerry B. Variety Show, featuring Motown and classic hits. Sir Mitch plays classic rock, R&B and dance on Thursday.

**The Mucky Duck** on Andy Rosse Lane, Captiva features live music by Peter Redpath

on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

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

**Traditions on the Beach at Island Inn** has live entertainment Friday with Woody Brubaker and Barbara Smith. Dean Winkleman and Barbara Dexter play on Saturday. On Sunday and Monday, it's Mike Arnone. Woody Brubaker plays on Tuesday.

**Sea Breeze Café at Sundial Beach Resort & Spa** has live island style entertainment on Mondays with Danny Morgan & Friends.

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

## Audubon Bird Walk

The next bird walk of the Sanibel-Captiva Audubon season will be Saturday, February 4 at 8 a.m. at the "Ding" Darling National Wildlife Refuge. Meet in the overflow parking lot to the left as you drive in.

These walks are open to the public and all levels of experience. Refuge fees apply. The Duck Stamp and Federal Senior Pass are accepted. For more information, visit the website at [www.san-capaudubon.org](http://www.san-capaudubon.org).✱

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## A Naturalist's Fishing Excursions



James McClintock photo courtesy DDWS

The book, *A Naturalist Goes Fishing: Casting in Fragile Waters from the Gulf of Mexico to New Zealand's South Island* combines fishing adventures with polar and marine biologist James B. McClintock's overview of pressing needs for freshwater and marine conservation. On Friday, February 3, he will be presenting two free programs at 10 a.m. and 1 p.m., part of the 2017 "Ding" Darling Lecture Series at the JN "Ding" Darling National Wildlife Refuge.

In the tradition of fishing classics, *A Naturalist Goes Fishing* contains elements of the triumph between fisher and fish, humor and wit, and a passionate concern for the natural environment. McClintock will sign copies of his book, available in the Refuge Nature Store, following the two lectures. Proceeds from Nature Store sales directly benefit refuge wildlife, education, and research.

McClintock, an endowed professor at the University of Alabama at Birmingham, has been featured in media from *Scientific American* magazine to NPR and CNN. He takes readers to some of the most breathtaking waters in the world while capturing the drama and serendipity in the beloved sport of fishing.

In *A Naturalist Goes Fishing*, the author fishes off the marshy barrier islands of Louisiana, teeming with life but also ravaged by recent disasters such as the Deepwater Horizon spill. He travels to the remote waters of New Zealand's Stewart Island, where the commercial fishing industry is fast disappearing; fishes for gigantic Antarctic toothfish through a drilled ice

hole at McMurdo Station; and scouts for spotted bass on Alabama's Cahaba River, which has the highest diversity of freshwater fish in North America.

As McClintock takes readers on a global journey, they learn how sea level rise, erosion, pollution, water acidification and overfishing cause damage.

HighTower/Thomas & Swartz Wealth Management sponsors the free 12-lecture series with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The season's complete schedule is listed below.

Seating for the lectures in the "Ding" Darling Visitor & Education Center Auditorium is limited and available on a first-come basis. Arrive one hour early to assure a place to sit. Early arrivals can save one seat each and then may explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the center, Indigo Trail, and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at its Tarpon Bay Recreation Area.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff, and board of directors.

For more information, call 472-1100 ext. 241 or log on to [dingdarlingsociety.org/articles/lecture-and-film-series](http://dingdarlingsociety.org/articles/lecture-and-film-series).

February 3 – Author Dr. James McClintock, *A Naturalist Goes Fishing: Casting in Fragile Waters from the Gulf of Mexico to New Zealand's South Island*

February 10 – No lecture

February 17 – Author Dr. John Marzluff, *Welcome to Suburbia: Sharing Our Neighborhoods with Wrens, Robins, Woodpeckers, and Other Wildlife*

February 24 – Author Will Harlan, *Untamed: The Biography of Carol Ruckdeschel*

March 3 – Author Dr. Laurel Neme, *Animal Investigators: How the World's First Forensic Lab Is Solving Crimes & Saving Endangered Species*

\* March 10 – Researchers Dr. Jennifer McCabe and Dr. Brian Olsen, *Migratory Birds in a Climate Changing World*

March 17 – Author-artist Julie Zickefoose, *Baby Birds: An Artist Looks into the Nest*

March 24 – Author Denege Patterson, *A Tour of the Islands of Pine Island Sound: Their Geology, Archaeology, and History*

March 31 – Author Will Stolzenburg, *Heart of a Lion: A Lone Cat's Walk Across America*

April 7 – Photographer-sound recordist Gerrit Vyn, *The Living Bird: 100 Years of Listening to Nature*

April 14 – Author Charles Sobczak, *Alligators, Sharks, & Panthers: Deadly Encounters with Florida's Top Predator – Man*

\* starred lecture indicates no book-signing to follow\*

## Documentary On Vanishing Species

The documentary film *Racing Extinction* continues the 5th annual "Ding" Darling Wednesday Film Series on Wednesday, February 1 at 1 p.m. in the "Ding" Darling Visitor & Education Center auditorium. Directed by Louie Psihoyos, Oscar-winning director of *The Cove*, it takes a team of artists and activists on an undercover operation to expose the hidden world of endangered species and the race to protect them against mass extinction.

The covert tactics and state-of-the-art technology the team used to document the link between carbon emissions and species extinction expose forces against nature in an inspiring affirmation to preserve life as we know it.

Spanning the globe to infiltrate the world's most dangerous black markets, *Racing Extinction* reveals stunning, never-before-seen images that truly change the way we see the world.

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

Below are the season's remaining scheduled films. All showings begin at 1 p.m. For full descriptions of the films, visit [dingdarlingsociety.org/articles/lecture-and-film-series](http://dingdarlingsociety.org/articles/lecture-and-film-series).

February 1 – *Racing Extinction*  
February 15 – *Before The Flood*  
March 1 – *Sonic Sea*

March 15 – *Why Just One?*  
March 29 – *Seed: The Untold Story*  
April 12 – *The Future of Energy*\*

## Top Ten Books

1. *Remarkable Women of Sanibel & Captiva* by Jeri Magg
2. *The Book of Joy* by Dalai Lama and Desmond Tutu
3. *The Little Paris Booksop* by Nina George
4. *Heart of the Sanibel Sunset Detective* by Ron Base

5. *Thank You For Being Late* by Thomas Friedman
  6. *The Art Forger* by B.A. Shapiro
  7. *Sanibel Flats* by Randy Wayne White
  8. *A Gentleman In Moscow* by Amor Towles
  9. *Japanese Love* by Isabel Allende
  10. *The News of the World* by Paulette Jiles
- Courtesy of MacIntosh Books and Paper\*

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Sample our carefully curated wine list or one of our specialty cocktails.

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Every Day  
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Enjoy live Piano music  
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Tuesday through Sunday beginning at 7pm.

# Adopt-A-Class Program Successful At Shell Museum



Fran Peters, owner of Island Vacations of Sanibel and Captiva, joined Julie Wappas' fourth grade students during their January 19 visit to the Bailey-Matthews National Shell Museum. Peters has supported the museum's Adopt-A-Class program since 2016.

photos by Jeff Lysiak

by Jeff Lysiak

Last Thursday morning, students from Julie Wappas' and Laura Wolf's fourth grade classes from The Sanibel School rode their bicycles to the Bailey-Matthews National Shell Museum, where the group – thanks to the museum's Adopt-A-Class program – learned more about mollusks, took part in an arts and craft activity and learned why shells are such an important part of the natural world.

Once they arrived at the museum and took photos on the front steps, the youngsters



Docent Barbara Stewart asked the students to share their knowledge about shells

were divided into four individual groups. Stefanie Wolf, one of the museum's marine biologists, escorted one group of seven students into the ground floor touch tank exhibit, where she explained the biology of living shells on display.

Museum docent Barbara Stewart brought another group into the arts and crafts room, where students made their own shell-inspired artwork. Other groups toured the Great Hall of Shells, where they enjoyed playing with the museum's new interactive exhibits and displays, while a final group viewed the museum's Mollusks In Action movie on the main floor.

Adopt-A-Class sponsor Fran Peters, owner of Island Vacations of Sanibel and Captiva, was on hand to welcome the group to the museum.

"Children are like sponges and if we teach them early about seashells, then perhaps they will follow in our footsteps and continue to give back to the museum when they are able," said Peters, who started sponsoring class visits last year. "Today was extra special because Julie Wappas was my daughter's teacher many years ago. To see these children excited to be at the museum really touched my heart. I love children and the museum helps them learn about something I am passionate about."

The museum's successful Adopt-A-Class program – launched in 2003 – brings students from Lee County to the Sanibel institution for a two-hour field trip.

"We create lifetime memories and a love of life-long learning," the museum's website reads. "When you adopt a class, we're able to offer the trips (including the cost of the bus transportation) at no charge to the schools. For many schools, this is the only way that they can make this opportunity available."

For more information about becoming an Adopt-A-Class sponsor, call the Bailey-Matthews National Shell Museum at 395-2233 or visit <http://shellmuseum.org/learn/adopt-a-class>.



Stefanie Wolf holding a horse conch



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Marine biologist Stefanie Wolf talked about living mollusks in the museum's touch tank area

# Author Entertains During Lecture Series At Sanibel Library

The Sanibel Public Library welcomed Debbie Macomber to its 2016-17 Author Series on January 19. Macomber is one of today's leading voices in women's fiction with more than 170 million copies of her books in print. The library, partnering with the Sanibel Public Library Foundation, is celebrating nine years of success in bringing award-winning, high caliber authors to the library.

In her lecture, Macomber delighted the crowd with stories about starting her writing career, despite the challenges of having dyslexia, being a young mom of four, and facing rejection from editors for years. She credits her success to perseverance, faith and a strong belief that everyone must follow their dreams.

Ticket requests for speakers in the Author Series must be made one month prior to each event. Names of those requesting tickets will be placed in a lottery and selected at random, and then be notified by email. Patrons need to have a current Sanibel Public Library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee.

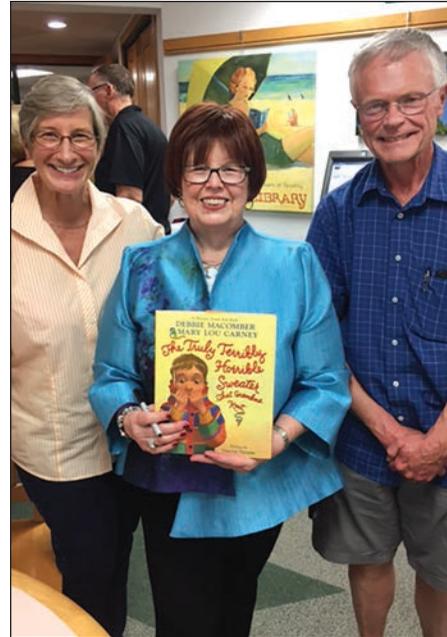
The final speaker in this season's Sanibel Public Author Series is cozy mystery writer Joanne Fluke. She will speak at the library on Monday, March 6. Ticket requests will begin at 9 a.m. on Monday, February 6 and run for 24 hours online.

Fluke is *The New York Times* bestselling author of more than 20 novels. Fluke is considered the queen of the culinary mystery and her Hannah Swensen series have sold more than six million copies in print.

Major funding for the Author Series is provided by the Sanibel Public Library Foundation and its generous donors. For more information about the foundation or to make a donation, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).



From left, Jan England, Ken Nirenberg, Debbie Macomber and Sandy Nirenberg photos courtesy Sanibel Public Library



From left, Jayce Ross, Debbie Macomber and Kim Ross



Linda Gibbs and Kerry Salatino



Dr. Sidney B. Simon photo provided

## 15 Years Of Stories For Grownups

Dr. Sidney B. Simon did his inaugural First Friday Stories For Grownups at the Sanibel Public Library back in 2002. It quickly found an audience and down through the years,

there were close to standing room only audiences on many Fridays.

On Thursday, February 9 at 7 p.m., friends of First Friday Stories For Grownups will hold a 15th anniversary celebration where Dr. Simon will tell stories from the first year through 2017. There is no charge to attend.

Storytelling came easy to Dr. Simon, a veteran teacher with 40 years of using stories in his classes. He is professor emeritus of psychological education at the University of Massachusetts, Amherst, where he spent the last 25 years of his career. He became a mentor to many of his students, who nominated him for the school's Teacher of the Year Award.

Dr. Simon is internationally known for his work in values clarification. He appeared on *The Oprah Winfrey Show* and he and his son, John, appeared on *The Phil Donahue Show*. He was also a keynote speaker at the Betty Ford Center in California and traveled all over the United States, Canada and seven countries in Europe delivering workshops. His book values clarification, *A Handbook of Practical Strategies for Teachers and Students*, had 600,000 copies in print.

For reservations, call 472-2483.

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## Art Under The Stars At Three Galleries



Artist and author Katie Gardenia

photos courtesy Tower Gallery

Three of Sanibel's finest art venues invite you to a romantic Art Under The Stars reception with special guest, fiber artist Katie Gardenia. The event will take place on Thursday, February 2 from 5 to 9 p.m. at three creative spaces, all within strolling distance of each other:

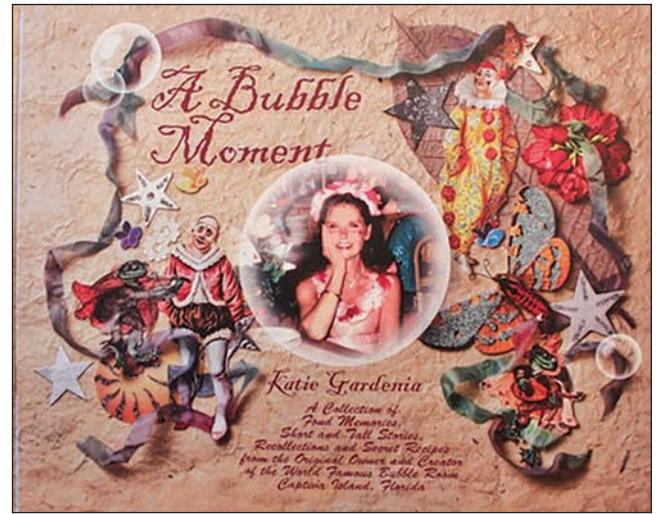
- Tower Gallery, 751 Tarpon Bay Road
- Hirdie Girdie Gallery, 2490 Library Way
- Surroundings, 2480 Library Way

Gardenia returns to Tower Gallery for one night only to greet old friends and new. She will be selling her artistic creations and signing copies of her book, *A*

### Bubble Moment.

In addition, the Tower Gallery artists will be present to meet and talk about all of the new art in the gallery. The musical duo Flashback will be playing live in the courtyard.

The public is welcome to stop by, meet the artists at all three shops and see the new work by some of Southwest Florida's most creative painters, jewelry designers, potters, photographers, printmakers and sculptors.\*



Cover of *A Bubble Moment*

## Bluegrass Legend To Perform

The International Bluegrass Music Association's most-awarded Male Vocalist of the Year, Russell Moore, is at the top of the game. As the frontman of one of the most prolific bands in bluegrass history, Russell Moore & Illrd Tyme Out is celebrating over a quarter-century as one of the genre's most celebrated modern day bluegrass groups. The band has garnered over 50 industry accolades since its 1991 formation, including the title of IBMA's Vocal Group of the Year seven consecutive years.



Russell Moore & Illrd Tyme Out

photo courtesy BIG ARTS

The group is gearing up for a one-night only appearance at BIG ARTS, where they will perform on Saturday, February 4 at 8 p.m.

Moore's journey to success has been a long one. From his childhood Texas home in Pasadena, country music was everywhere but it was bluegrass that spoke to Moore's soul. "Bluegrass was accessible," Moore recalled. "The bands, the musicians, they were so approachable, you could just be around them. That was intriguing to me."

It didn't take long for Moore to join the regional scene, and by his early 20s he had teamed up with other local musicians to create Southern Connection, relocating to Asheville, North Carolina in the process. Later, he would join Bluegrass Hall of Famer Doyle Lawson and his band Quicksilver, where he found himself at the forefront of mainstream bluegrass music. Still, the desire to craft his own sound compelled him and, along with Mike Hartgrove and Ray Deaton, he formed Illrd Tyme Out in May 1991. Since then, the band has released over 17 recordings and has been a regular feature on *Billboard's* Top Selling Bluegrass Albums and has gone on to inspire a whole generation of young pickers and singers.

For tickets, visit [www.bigarts.org](http://www.bigarts.org) or call 395-0900.\*

## Dinner and This Valentine's Day



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Stroke Recovery Foundation is a 501c3 Charitable Organization

## Tickets On Sale For Benefit At BIG ARTS

General admission tickets to BIG ARTS' annual benefit, Neil Berg's 100 Years of Broadway, are now available. Elissa Karasin-Samet and Susan Scott are the co-chairs for the benefit, which will be held on Saturday, February 11, featuring a cast of Broadway headliners. Get transported back to the Broadway shows you've known and

loved from the turn of the century to modern day. Arrive before 7:30 p.m. for a Champagne toast. Stay afterwards for post-concert fine wines, desserts and dancing.

Tickets are \$150 per person and proceeds are used to support BIG ARTS. This is the sole annual fundraiser to help bring arts, entertainment and learning experiences to the community.

Seating is limited. RSVP by February 1. To RSVP, preview the event or for more information, visit [www.BIGARTS.org](http://www.BIGARTS.org) or call the box office at 395-0900.\*

## Valentine's Dinner Dance



**Sandy Greco**  
photos courtesy The Community House

The Valentine's Dance For Stroke will be held at the newly transformed Community House on Tuesday, February 14. Hosted by the Stroke Recovery Foundation, this event will be a red carpet evening featuring hors d'oeuvres; an elegant sit-down dinner with a selection of New York strip, salmon or a vegetarian dish catered by Sanibel Catering Company; dancing to the music of DJ David Flory; silent and live auction items; a romantic song set performed by Sandy Greco; plus a dance performance by

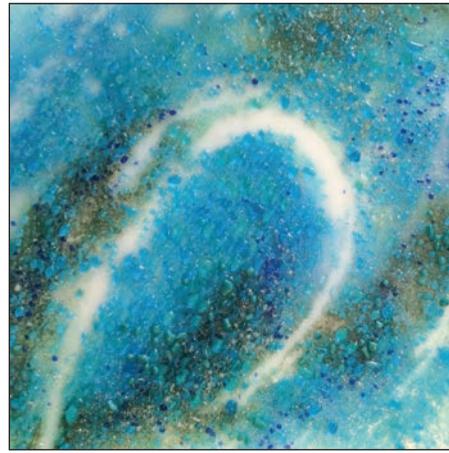


**Nazar and Irina**

the number one United States Rhythm Dance champions, Nazar and Irina, who came here from Siberia and just became American citizens in December. Major sponsors include Edison National Bank and Bailey's General Store.

The cost to attend is \$100 per person (\$50 per person is tax-deductible), or tables of eight will be \$87.50 per person. The reservation deadline is February 7. There will be valet parking by Frey's Valet, if needed. To purchase tickets or for more information, call Gloria Baker at 395-2661 or email gbaker9367@aol.com.✪

## Glass Art Workshop At Sea School



**Ocean-inspired glass art**  
photos courtesy Sanibel Sea School

On Wednesday, February 8, Sanibel Sea School will hold a glass art workshop with guest artist Sandra Gross. During the session, participants will visit the beach to gather inspiration, then head back to the classroom to make some sketches using cut paper before using various types of glass to create an abstract Sanibel scene. Beginners and experienced artists are welcome.

A glass artist from Cincinnati, Ohio, Gross regularly spends time on Sanibel. Based on her graduate work in sculpture at Miami University, she was awarded one of the International Sculpture Society's Outstanding Student Achievement Awards. She has also been in the Bullseye Emerge Show and

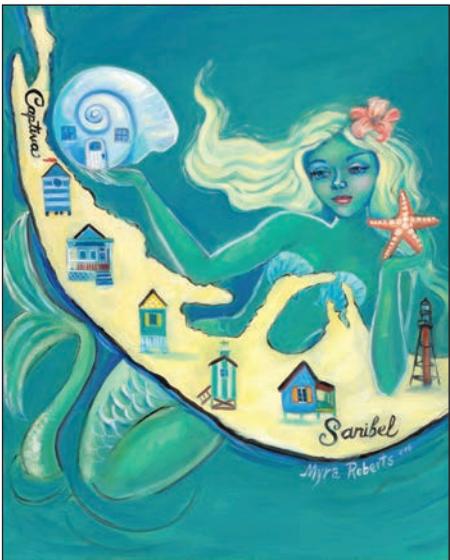


**A student creates glass art at Sandra Gross's studio in Cincinnati, Ohio**

was a Niche Award finalist and winner in both sculptural and functional glass.

The program will be held from 9 a.m. to noon at Sanibel Sea School, located at 455 Periwinkle Way. The cost to participate in this workshop is \$75 per student, with all materials included. To register, visit [www.sanibelseaschool.org/sanibel-adult-programs](http://www.sanibelseaschool.org/sanibel-adult-programs).✪

## Local Artist's Work On Display



**A Peek at the Unique** image provided

Renowned island artist Myra Roberts will be showing one of her newest paintings, entitled *A Peek at the Unique*, at various Sanibel and Captiva locations until March 10.

The painting, which depicts one of Roberts' signature mermaids admiring the unique homes of the islands and the

seas, will be displayed on the following dates and locations:

- Now through January 31 – Sandbar Restaurant (West Gulf)
- February 1 to 14 – Lily & Company Jewelry Gallery
- February 15 to 28 – Two Islands Art Gallery (Captiva)
- March 1 to 10 – Bank of the Islands (Sanibel)

Roberts is offering this original oil painting for sale and has pledged to donate 60 percent of the proceeds to the Zonta Foundation of Southwest Florida, Inc. Roberts created her work to celebrate Zonta's annual sell-out fundraiser, *A Peek at the Unique Tour of island homes*. Zonta is a leading global organization of professionals helping and empowering women and girls worldwide through service, advocacy and funding. Zonta envisions a world in which every woman is able to achieve her full potential.

Anyone interested in purchasing this painting, or desiring more information about it, should contact Roberts at [myralynn51@msn.com](mailto:myralynn51@msn.com). In addition to the painting itself, the purchaser of this painting will receive

- A certificate of authenticity
- A tour of Roberts' home studio
- Dinner for two prepared by Roberts (winner of the Judges' Choice Award at the 2016 Cooking With the

continued on page 34



## DINNER AND A SHOW.

Voted **Best New Restaurant** and **Best Sushi** on Sanibel and Captiva Islands, Shima Japanese Steakhouse & Sushi Bar at Sundial Beach Resort & Spa is an interactive culinary experience you won't soon forget.



For reservations, visit [sundialresort.com/eat/shima](http://sundialresort.com/eat/shima).



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## Island Seniors At Center 4 Life

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

**Page Turners with Louise Fitzgerald and Ann Hartman** – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center.

The featured book on Wednesday, February 8 at 2:30 p.m. is *Cry, the Beloved Country* by Alan Paton.

“Cry, the Beloved Country, the most famous and important novel in South Africa’s history, was an immediate worldwide bestseller in 1948. Paton’s impassioned novel about a black man’s country under white man’s law is a work of searing beauty. Cry, the Beloved Country is the deeply moving story of the Zulu pastor Stephen Kumalo and his son, Absalom, set against the background of a land and a people riven by racial injustice. Remarkable for its lyricism, unforgettable for character and incident, Cry, the Beloved Country is a classic work of love and hope, courage and endurance, born of the dignity of man.” – Goodreads

**Edison Ford Winter Estates Inside The Homes Tour and River Cruise** – Monday, January 30. Cost is \$67 for members and \$72 for non-members.

Begin the adventure with a scenic river cruise, narrated by a knowledgeable captain and docent. Lunch is on your own at Pinchers Restaurant, located on the Caloosahatchee. After lunch, take a tour inside the homes, where you will step back in time and imagine Fort Myers as it was for Thomas Edison. Discover how Edison lived, studied, dined and entertained in this behind-the-scenes tour. Advance registration is required by Friday, January 27. Limited to 20 participants, first come, first

served.

**CROW Education Center Walking Tour** – Friday, February 3. Cost is \$20 for members and \$25 for non-members.

Tour starts with a half-hour overview of the state-of-the-art Education Center provided by CROW Executive Director Linda Estep, followed by a tour of the grounds of CROW with Rachel Rainbolt, education coordinator. Rainbolt who will provide an in-depth look at the inner workings of the hospital and the treatment process. Meet an animal ambassador (a permanent resident of CROW that cannot be released back into the wild because of an injury). Carpooling available. Limited to 20 participants, first come, first served. Registration deadline is Monday, January 30.

**Arts & Crafts Fair** – Saturday, February 4 from 9 a.m. to 2 p.m. More than 40 local vendors will be selling their creative designs. Pottery, shell designs, paintings, fabric art, jewelry, glass works, books, tropical plants, photography, wreaths and canned goods. Sponsored by the Center 4 Life and Island Seniors, Inc. There will be a bargain priced hot dog lunch for hungry guests.

**AARP Driver Safety Course** – Thursdays, February 23 and March 2, 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 such as rules of the road and how to deal with aggressive drivers to help you maintain confidence in your driving. You will be eligible for a discount on your auto insurance. Classes will be held at the Center 4 Life. Register by contacting Ed VanderHey at 292-4012. You need not be a member of Island Seniors to attend but you must attend both classes in order to receive course certificate.

**Keeping up with Technology with Gerard Damiano** – Lesson

1: iPad Basics – Tuesday, February 7, 9 a.m. to 12 p.m. Cost is \$50 for members and \$75 for non-members.

Navigate the multi-touch screen interface and learn about the iPad’s hardware and settings. Discover typing techniques and tricks that will give you the functionality of a full keyboard. Cut, copy and paste. Spell check and look up words as you go. Maintain your battery, and back up your data using iCloud. Register in advance. Bring your own device. Be prepared to use your Apple ID and password.

**Learn To Play Bridge with Christl and Bruce Smith** – January 30, February 1, 6 and 8 from 9 to 11:30 a.m. Cost is \$20 for members and \$35 for non-members.

Class is limited to eight students and you must be able to attend all four classes. Register in advance.

**Games**

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

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

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

**Hand & Foot** – Thursday at 12:30 p.m.

**New Game: Hearts** – Friday at 12:30 p.m.

**New Game: BINGO** – Friday, January 27 at 1 p.m.

**Kayaking on Tuesdays and Thursdays** – January 31 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

**Line Dancing Classes** – Tuesdays, 12:30 p.m. Cost is \$5 for members and \$8 for non-members.

The instructor will review dance steps then turn up the music so you can dance. Bring a friend. Call to register.

**Fitness Classes**

Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

**Happy Hour Fitness** – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Instructors are Grace Elston and Connie DeCicco.

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

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

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

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

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

## Arts & Crafts Fair

Saturday, February 4  
9am - 2pm



Handcrafted items by 40 vendors

- Pottery
- Books
- Photography
- Jewelry
- Fabric Art
- Shell designs
- Paintings
- Glasswork
- Tropical Plants

Center 4 Life

Palm Ridge Rd. & 2401 Library Way, Sanibel, 472-5743

## Rec Archery Team Looking For Participants

The Sanibel Recreation Archery Team is looking for participants. This co-ed team sport will run on Wednesday afternoons at the Sanibel Recreation Center range from February 1 through April 5 from 2:30 to 4:30 p.m. This program will include an introduction to a standard compound bow as well as competitive target skills for tournaments and events.

The Sanibel Recreation Department currently has three certified archery instructors on staff for this team activity. Registration includes a team T-shirt, use of recreation department archery equipment, and transportation to and from local events. Cost will be \$42 for members and \$55 for non-members.

For more information or to register, contact the Sanibel Recreation Department at 472-0345.\*

From page 33

## Work On Display

Stars event)

• If the purchaser requests, a title or wording of the purchaser’s choice will be added to the painting by the artist at no additional cost

• If the purchaser requests, Roberts’ original oil painting *Sanibella* may be substituted for *A Peek at the Unique*.

A reproduction of Roberts’ *A Peek at the Unique* painting will grace

the cover of Zonta’s March 11 Peek at the Unique tour program guide. An enhanced giclee of this painting – valued at \$1,200 – has also been donated by Roberts as a raffle prize for Zonta’s A Chance at the Unique raffle. Tickets for this raffle can be purchased from any member of Zonta or on Saturdays and Sundays outside of Bailey’s General Store between 9 a.m. and 1 p.m.

For more information, go to www.ZontaSanCap.com or email info@zontasancap.com.\*

# Scholarships Awarded



Sanibel Captiva Trust/Schubert Scholarship recipients, from left, GreCIA Garcia, Molly McConnell, Tony Guarino and Edson Lopez-Jacobo photos courtesy SCTC

The Sanibel Captiva Trust Company (SCTC) recently announced five recipients of two scholarships totaling more than \$20,000 awarded during a special luncheon hosted by the Florida Gulf Coast University Foundation.

FGCU students GreCIA Garcia, Tony Guarino, Edson Lopez-Jacobo and Molly McConnell received the Sanibel Captiva Trust/Schubert Scholarship. Garcia, a 2016 Estero High School graduate, is a freshman studying pre-health science. Guarino, a sophomore, is a pre-finance major. Lopez-Jacobo is a graduate student in curriculum and instruction. McConnell is a graduate student in public administration.

Lindsey Skaf was the sole recipient of the Sanibel Captiva Trust Company Business Scholarship. Skaf is a junior majoring in finance.

The two scholarships were created to positively impact students' lives by providing more opportunities to become a role model for society.



Sanibel Captiva Trust Company Business Scholarship recipient Lindsey Skaf with Chuck Keffeman, member of SCTC Board and FGCU Foundation Board of Trustees, left, and SCTC Executive Vice President Steve Greenstein

"These scholarships reach beyond the direct support of students," said Trust Company Executive Vice President Steve Greenstein. "Ultimately, they create a more educated and engaged workforce for the betterment of our community."

Trust Company Founder and Chairman Al Hanser said, "We are proud of these students who show promising academic success and wish them the best this school year."\*

## BLUEGRASS LEGENDS



### Russell Moore & Illrd Tyme Out

February 4

#1 album on the bluegrass charts for 6 weeks running. Hot off their appearance at Nashville's Station Inn. Featured in the March PBS special "Bluegrass Underground"

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## ICONIC BRASS



### American Brass Quintet

February 9

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## The Hour Of Land

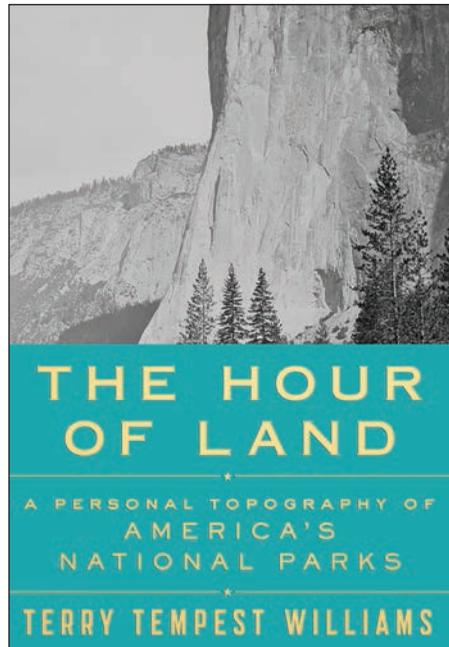


by Di Saggau

**T**erry Tempest Williams will be the featured speaker, Friday, February 3 at 7 p.m. at the Rachel Carson Distinguished Lecture to be held at Saint Michael and All Angels

Church, sponsored by Florida Gulf Coast University. Williams will discuss her book *The Hour of Land, A Personal Topography of America's National Parks*, a literary celebration of our national parks and an exploration of what they mean to us and what we mean to them.

More than 300 million people visit the parks each year. They serve as breathing spaces in a world in which such spaces are slowly disappearing. *The Hour of Land* is part memoir, part natural history and part social critique. It is a meditation and a manifesto on why wild lands matter to the soul of America. From the Grand Tetons in Wyoming to Acadia in Maine



to Big Bend in Texas and more, Williams creates a series of lyrical portraits that illuminate the unique grandeur of each place while delving into what it means to shape a landscape with its own evolutionary history into something of our own making. She expresses her anger

at what's being done or not being done by the government, private companies and polluters. *The Hour of Land* is not a guidebook, rather it's a journey through various landscapes and involves the politics, activism and history that are a crucial part of it all.

She says, "This is a book about relationships inside America's national parks, and as is always the case with relations, the bonds formed, severed, and renewed within these federal lands are complicated. They are also fundamental to who we are as a country." "Our national parks are blood. They are more than scenery, they are portals and thresholds of wonder, an open door that swings back and forth from our past to our future."

Williams uses poetry, personal stories, letters and even casual conversations to reveal our relationship with nature. Traveling from Big Bend National Park in Texas to the Gates of the Arctic National Park in Alaska, to the Civil War battlefields of Gettysburg, she talks about an art exhibit at Alcatraz by the Chinese artist and activist Ai Weiwei. She writes about Theodore Roosevelt's Elkhorn Ranch in North Dakota, and describes forest fires in Montana's Glacier National Park.

There are fascinating historical facts including how John D. Rockefeller Jr. expanded Grand Teton National Park and how his descendants continued his mission with other national parks. Grand Canyon National Park in Arizona has the highest number of suicides of any national park in the country. She includes a chapter on the Gulf Islands National Seashore in Florida and Mississippi focusing on the BP Deepwater Horizon disaster. Her concern at what humanity is impacting on nature is reflected in her writing. "We have arrived at the hour of land. We have made mistakes, mistakes in our relationships with those who came before us and the land that holds their histories, mistakes in how we have managed and misunderstood the wild. But after spending a lifetime immersed in our national parks, I believe we are slowly learning what it means to offer our reverence and respect to the closest thing we have to sacred lands."

Terry Tempest Williams will be signing books after her February 3 talk followed by a reception in the Parish Hall. The event is free and open to the public. Saint Michael and All Angels Church is located at 2304 Periwinkle Way on Sanibel. *The Hour of Land* is available at local book stores.✱

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Last week's column reviewed the steps taken when a referral for a special education evaluation was initiated. This week, I will cover the next

part of this process – when a student is found ineligible at the eligibility meeting.

The testing has been completed, the eligibility team has met, and your child was found ineligible for special education services. So now what happens?

If your child was found ineligible for special education services and you agree with the eligibility findings, then your child will not receive special education. Remember however, she or he was evaluated because of a problem that still needs to be addressed within regular education and that should be discussed with the teacher. Plans should be developed to address the problem. For most parents, the reason(s) why a student is found not eligible for services can be confusing. Below are some reasons why students are not.

The most common reason that a child might be found ineligible for special education services is that your child does not meet criteria for one of the 14 disabilities recognized within special education. The school is required to follow federal guidelines in determining eligibility for special education. Each disability has a federal definition and a strict set of guidelines for determining if a student meets that definition. Some school districts are more flexible with

those guidelines, some follow them strictly. However, if a student does not meet the criteria for a disability, she or he will not be eligible to receive special education services.

Another common reason a child is found ineligible is that even though your child has a disability, there is not a documented educational impact. If a student has a diagnosed disability, it does not automatically mean a child will receive special education services. The disability must be creating an adverse effect on education. The way a school measures this adverse effect on education will vary. Some schools compare educational testing to cognitive testing to see if the child is learning to his or her ability level. Other schools will use grades or more qualitative information.

This third reason for finding a student ineligible is a most frustrating situation. Your child learns more slowly than other children, but does not qualify for specific learning disability or another designation, even though testing revealed that your child has difficulty learning, struggles to learn new concepts, and it has greatly impacted educational performance. Despite these difficulties, special education services cannot be obtained because this is not considered a "disability." Often called "slow to learn," these are the students who will need the most support within the regular education environment.

Parents can disagree with eligibility findings. When a parent disagrees with the testing results or the eligibility decision, there are actions that can be taken. The first step is to voice the concerns at the eligibility meeting. If you still do not agree with the outcome, go to the director of special education and request an independent educational evaluation (IEE). This is an evaluation by a private professional at the cost of the

school system. It is like a second opinion by a neutral person not affiliated with the school system. After this evaluation is completed, the school will use the new data to see if the student meets criteria for special education services. The same

eligibility guidelines will be used, but the testing will be different. It may be helpful to talk to an advocate to make sure you understand your rights.

After the IEE, if the parent does not  
continued on page 38

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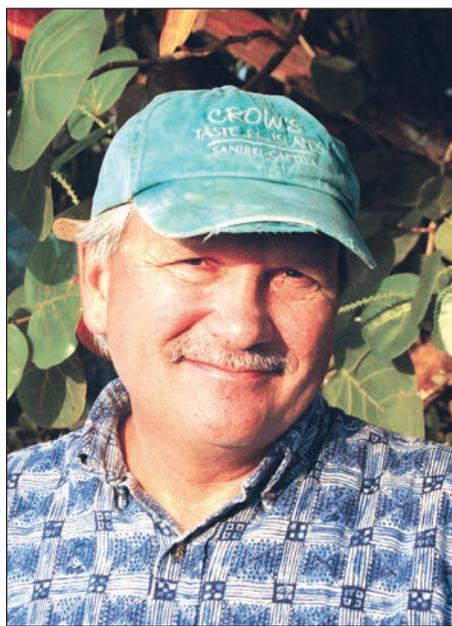
Great Food 🌸 Open Bar 🌸 Music & Dancing 🌸 Raffle Prizes  
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The Dunes Golf & Tennis Club

Sponsorship and ticket information available at [SanibelCHR.org](http://SanibelCHR.org) or by emailing [info@sanibelchr.org](mailto:info@sanibelchr.org).

## Lineup Of Lectures For Local Author



Charles Sobczak photo provided

Sanibel author Charles Sobczak will be the featured guest lecturer on board the *Celebrity Equinox* on its upcoming Caribbean cruise. Departing from Fort Lauderdale on January 30 and returning to port on February 11, Sobczak will be doing four different lectures in an on-board program titled *Beyond The Podium*. Two of these

lectures are also slated to be presented this coming season on Sanibel. Sobczak was recommended to *Celebrity Cruises* by Sanibel residents Ken Burgener and Linda Warschauer of Carefree Birding, who specialize in cruise/birding packages with *Celebrity Cruise Lines*.

The two lectures that will also be presented on Sanibel are *The Changing Face of Nature*, which will be featured on Tuesday, February 21 at 4:15 p.m. at the Clinic for the Rehabilitation of Wildlife (CROW). This lecture focuses on how wildlife is adapting to the urbanization of open spaces around the world and how wild animals, from birds to fish to mammals, are changing their behavior to take advantage of these dramatically altered landscapes.

Another of the four featured lectures is titled *Alligators, Sharks & Panthers*, and that same presentation will be given on Friday, April 14 as a part of this year's JN "Ding" Darling Friday Lecture Series. Based on his book of the same title, this lecture focuses on the often strained relationship between mankind and our fellow predators. The book has recently been adapted as an eBook and is now available on numerous eReader platforms.

The other two lectures are *Us & Them* and *The Human Footprint*. Both of these have been presented numerous times as a part of the Road Scholar program here on Sanibel and in Naples. Sobczak has been a featured speaker for the Road Scholar programs for over a decade.

For more information, visit [www.indigopress.net](http://www.indigopress.net).

## Poet's Corner



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

selected by Tanya Hochschild

### Reverse Migration

by Jean Jensen

Sitting here in sunshine and warm breezes  
I long for crisp fall air and gray skies,  
a walk through northern hardwood forests,  
leaves tumbling on my head,  
crunching under my feet.

The urge to gather evergreen boughs  
after a first hard frost seals the needles  
and before snow dumps down my neck...  
an instinct of a former me,  
"woods-woman" of the north.

My tropical yard is bare of piled boughs

to weave into wreaths and garlands...  
greenery to soothe the barrenness  
of a winter world all white.

Instead, the bougainvillea persists  
garish colors of purple and pink.  
An insult to my eyes when I wish  
for muted colors of fallen leaves.

I'm aghast my collection of yarns...  
woolen, alpaca and cashmere,  
now has shrunken to one skein,  
puddled in my lap...  
knitting socks for a northern friend.

Silly of me to light the fireplace...  
drink hot mulled wine from pottery  
mugs...  
want to bake pies with my own  
apples  
when it's 95 degrees outside!

For years, I stood at frost-covered  
windows,  
the fall migration of geese in the sky  
and yearned to land lightly on their  
backs...  
carry me south to Sanibel.

Does anyone go north for winter?  
I may need to hitch a ride.

*Jean Jensen is a life-long lover of nature and poetry. She moved to Sanibel from northern Minnesota five years ago.*

## Programs At The Sanibel Public Library

The Sanibel Public Library's upcoming programs and activities can be found on the library's website calendar at [www.sanlib.org](http://www.sanlib.org).

The World War II Battle of Cherkassy (also known as the Korsun Pocket) still stirs controversy in both the former Soviet Union and in Germany. It was at Cherkassy that the last German offensive in the Ukraine was drained away, creating the conditions for the Soviet advance in 1944. On Friday, January 27 at 10 a.m., Duane Shaffer will discuss the tactics and strategy surrounding this brutal clash of arms. The program will be repeated on February 10.

From 9 a.m. to 5 p.m. on Saturday, January 28, representatives from Lee County Supervisor of Elections will be available at the library with information about voting and voter registration.

At 2 p.m. on Monday, January 30, the library will host a book talk with Lowell Beck. Beck was a lobbyist and association leader from the 1960s into the 1990s. He was directly involved in many of the major political issues during those tumultuous times. He will be talking about his career in lobbying and "finding your niche" in life.

Attorney George Wilgus, author of *The Gyroscope of Guilt*, will review what happens "behind the scenes" in jury trials and how a jury can be manipulated – a perspective from the lawyer's eye. Wilgus is the co-author of *The Layman's Guide to Legal Survival*. He will sign books after his legal program at the library at 3:30 p.m. on Tuesday, January 31. A former assistant prosecutor, he is a certified civil trial lawyer with more than 40 years of trying cases before juries in state and federal courts. He has represented numerous manufacturers, insurance carriers, professionals, municipalities, and individuals in the defense of all types of civil litigation. He is a graduate of Princeton University and the National Law Center at George Washington University.

Debbie Hughes of Edison Ford Winter Estates will present a program

about flowers on Wednesday, February 1 at 2 p.m.

The Battle of Monte Cassino was a costly series of four assaults by the Allies against the Winter Line in Italy held by Axis forces during the 1944 Italian Campaign of World War II. The intention was a breakthrough to Rome. Library staffer Duane Shaffer will present this WWII program at 10 a.m. on Friday, February 3 and repeat it on March 10.

Bring a child to the Sanibel Public Library from 10 a.m. to 1 p.m. on Saturday, February 4 to celebrate literacy and encourage a life-long relationship with reading. Stories and snacks will be offered for the Take A Child To The Library event.

Sanibel favorite Dave Kilbride returns the library with his guitar for another one-man concert at 2 p.m. on February 7. He will be singing songs from the 40s, '50s, and '60s and taking requests.

Writer J. David Truby returns to the library at 2 p.m. on Friday, February 10 with an encore presentation of *Dark Side Sanibel*, a humorous poke at the tourists, the elected, absentee owners and other locals who make Sanibel so out-loud funny.

The public is invited to these library programs. There is no registration required or any additional cost to participate. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

## Recycled Book Sale This Sunday

The popular Recycled Book Sale at the Sanibel Congregational United Church of Christ will be open to the public on Sunday, January 29 from 1 to 3 p.m. Included in the sale will be gently used books, CDs, DVDs and small gift items. Most of the books are priced from 50 cents to \$1., except for newer or special editions.

Proceeds from the sale will be donated to local non-profit agencies offering support for children, women, and families. The church is located at 2050 Periwinkle Way, across the street from the Periwinkle Place Shopping Center. For more information, call 472-0497.

From page 37

## School Smart

agree that the school is following federal guidelines in determining eligibility, the parent can file a complaint with the state. Usually attempts are made to solve the conflict through mediation at this point. However, in extreme cases, a due process lawsuit will be filed. I would recommend doing everything possible to work together with the school system. Lawsuits should only be used in extreme circumstances. Keep the channels of communication open with your school. It's best for everyone, especially your child, to resolve conflicts through careful discussions instead of resorting to a court battle. It is truly possible to come to mutually acceptable terms.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.

# Grampy's Charities Raises Funds For Caremobile And More



From left, Lisa and Ian Sands, Ronald McDonald and Benjamin and Sharon Miller



From left, Erin McCarty, Ronald McDonald, Joe Callaghan and Michelle Netz

The Dunes Golf and Tennis Club hosted Grampy's Charities 4th annual Robbie's Run to benefit a Ronald McDonald Caremobile on January 14. Segways, donated by Billy's Bikes, led the way.

In addition to providing medical and dental services to children on Sanibel, this mobile health care unit will serve the youth of Lee, Charlotte, Glades and Hendry counties.

The 2.5-mile golf course "run, walk or crawl" also benefitted the Collier County Caremobile, Boys and Girls Clubs of Lee County, Muscular Dystrophy (through the Sanibel Fire Department), Save the Kids Foundation (which provides specially engineered tricycles for kids who need them) and the Jerry and Sharon Miller Trailways Camp for adults with special needs.

Participants enlisted friends to sponsor them and raised over \$50,000.

Chef RoRo at The Dunes prepared a barbecue feast and music was provided by the band Coast Connection. Grampy's local representatives Jim Castle, Bob Risch and Dave Essig summed it up, "The weather, sunset, food and entertainment were perfect and the donors' generosity was inspiring."

The event was co-sponsored by Sanibel Captiva Community Bank, Doc Ford's Rum Bar & Grille and Lily & Co. Jewelers.✱



From left, Ronald McDonald, Executive Director Bruce Ragain and Laura Ragain of Ronald McDonald House Fort Myers photos by Isa Engleberg



Ronald McDonald leads the way



From left, Ronald McDonald, Sharon Schuyler, Karen Bell and Jim Johnson of Care Mobile Collier County



From left, Ronald McDonald, race winner Trey Fletcher and Jim Castle of Grampy's Charities



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## Heart Walk This Sunday



From left, Bill Briscoe, Allison Teger, Tony Fontaine, Sandy Teger, Mike Martin and Carole Fallon photo courtesy Sandy Teger

submitted by Sandy Teger

Sanibel and Captiva community groups, religious organizations and clubs are all gearing up for the 4th annual Sanibel-Captiva Heart Walk on Sunday, January 29 starting at 1 p.m. in the rear parking lot of Doc Ford's Sanibel Bar & Grille. Teams will be there from St. Michael and All Angels Church, Bat Yam Temple  
continued on page 10B



Third grader Ven Sampas scooping dirt onto the newly planted oak tree on the campus of The Sanibel School surrounded by his classmates photo by Jeff Lysiak

## Third Graders Celebrate Arbor Day

by Jeff Lysiak

On January 20, the third grade class from The Sanibel School celebrated Arbor Day with a program filled with song, poetry and the traditional planting of a tree – a live oak donated by Sanibel Captiva Community Bank – which was added in the center of the school's campus.

Following the welcome by Sophie Allen and Makayla Sellyei and Pledge of Allegiance  
continued on page 8B

## Premiere Documentary Screening

A documentary exploring all aspects of Florida's clean water issue will have its premiere screening on Tuesday, January 31 beginning at 7 p.m. at The Community House, located at 2173 Periwinkle Way. The film's title is *Our Coastal Waters: Our Legacy*.

The showing of the one-hour documentary will be followed by a mini-concert by Denny Sarokin, who composed the song *Sanibel*, recorded by Crosby, Stills, Nash & Young. He also sings the documentary's opening title, *Legacy*, in the film.

Tickets for the screening and mini-concert are \$20 and all proceeds go to the Sanibel-Captiva Chapter of Solutions to Avoid Red Tide (START).

The documentary is produced by seven-time Emmy Award winner David E. Carter, and Larry Doyle, a 44-year veteran of CBS News.

Dr. Bruce Neill, president of the SanCap chapter of START, said that an important part of solving water quality issues in south Florida is to help people

understand the challenges we face and the possible solutions that to solve them.

"David and Larry have done a masterful job capturing all angles of water issues in our region," said Dr. Neill. "We hope that as more people understand and appreciate the challenges ahead of us, they will be more motivated, and better informed to play an active part in the solutions.

The film has been in process for five months, and includes interviews with more than 20 people representing all aspects of the issue including:

- Mitch Hutchcraft, South Florida Water Management District
- Mark Perry, Florida Oceanographic Society
- Cris Costello, Sierra Club
- Lt. Col. Jennifer Reynolds, U.S. Army Corps of Engineers
- Bubba Wade, VP, U.S. Sugar
- Dave Schuldenfrei, Sanibel realtor
- Daniel Andrews, Captains For Clean Water
- Phillip Roland, mayor, City of Clewiston
- Deborah Johnson, The Everglades Foundation
- James Evens, City of Sanibel, director of natural resources

continued on page 22B



On January 19, hundreds of members and invited guests gathered to watch the ribbon-cutting ceremony at The Sanctuary Fitness & Wellness Center, a brand new 6,000-square-foot facility photo by Jeff Lysiak

## New Fitness Facility Opens At The Sanctuary

by Jeff Lysiak

Last Thursday afternoon, more than 300 club members and invited guests gathered to watch the ribbon-cutting ceremony at The Sanctuary Fitness & Wellness Center, a 6,000-square-foot facility filled with state-of-the-art exercise equipment, a spa facility, larger men's and women's locker rooms, an outdoor pool and deck  
continued on page 2B

ROBIN COOK & STEVE GREENSTEIN  
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From page 1B

## New Fitness Facility



Designed by architect Amy Nowacki, The Sanctuary Fitness & Wellness Center officially opened on January 19  
photos by Jeff Lysiak



April Shaw, wellness center attendant at The Sanctuary, working out with free weights



John Schmidlin, The Sanctuary's club president, and Ken Kouril, chief operating officer



Nicole McHale and Jim Sprankle shared a laugh at the grand opening

area along with four Har-Tru clay tennis courts and a brand new amenity: four pickleball courts.

The club's former tennis facility was razed in order to make way for a new 5,000-square-foot structure. It includes state-of-the-art exercise equipment – including treadmills, stair climbers, cardio machines for leg, back, hip, abdominal and chest exercises – along with traditional barbells and free weights. A total of 28 individual machines are available to members.

A fitness studio on the east side of the building will host yoga, Pilates, step classes and personal training sessions.

At the rear of the building, the spa area includes two massage and treatment rooms along with expanded locker room facilities. Nearby are several staff offices and storage.

Outdoors, a lap pool – significantly larger than the club's original pool – and deck area leads to four pickleball courts, adjacent to a quad of tennis courts which

face the front of the facility.

Ken Kouril, chief operating officer of The Sanctuary, was extremely pleased with the new amenity available to the club's members. In addition, he expressed sincere gratitude to the City of Sanibel for their cooperation in helping the project be completed in "record time," eight and a half months.

"I want to express my gratitude for the incredible support for this project from the members at The Sanctuary Golf Club," said Kouril as he welcomed guests to the January 19 ribbon-cutting ceremony. "I am also very grateful to the project partners and The Sanctuary staff as they made significant contributions to the project resulting in being completed ahead of schedule and on budget."

John Schmidlin, The Sanctuary's club president, echoed Kouril's sentiments. "This project came in ahead of schedule and on budget," he added. "It's exceeded all of my expectations... and hopefully it will exceed all of our members' expectations."

The Sanctuary Fitness & Wellness Center, under the guidance of Director of Wellness Barbara Gennity and attendant April Shaw, will be open Monday through Saturday from 7 a.m. to 5:30 p.m. and Sunday from 7 a.m. to 3 p.m. Keypad access is available from 5 to 7 a.m. as well as from 5:30 to 11 p.m. Pool hours are dawn to dusk. For additional information, call 472-5276.✳



The entrance foyer of The Sanctuary Fitness & Wellness Center



A new pool and deck facility replaced the former amenity which was significantly smaller



Club members mingling in the new fitness equipment room

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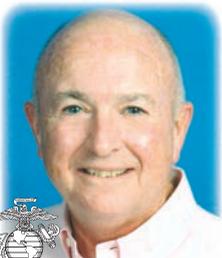
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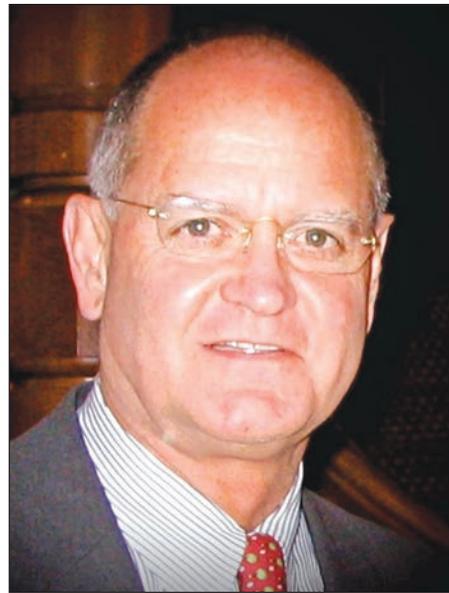
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Shelley Marcelli Greggs

photos courtesy SCCF

Robin Krivanek

Thomas A. Rathbone

Linda Uhler

## New Members And Officers

The Sanibel-Captiva Conservation Foundation (SCCF) welcomed four new members to the board of trustees this year. At the December 13

annual meeting, SCCF members voted onto the board Shelley Marcelli Greggs, Robin Krivanek, Thomas A. Rathbone and Linda Uhler. At the December 14 board meeting, the new board elected Gwenda Hiett-Clements as president, John Morse as vice president, Doug Ryckman as treasurer, and Linda Uhler as secretary.

Retiring from the board this year were President Ron Gibson and Trustees Deborah La Gorce and Ran Niehoff. Continuing their terms as trustees are Claude Crawford, Chauncey Goss, Sandy Gross, Diane Neitzel, Mary Ellen Pfeifer, Paul Roth and Richard Shipley.

Shelley Marcelli Greggs has taught education and psychology courses at Florida SouthWestern State College. She has also continued her volunteer work locally and serves on SCCF's Event Committee. She was a member of the city's Recreation Financial Assistance Committee from 2009-2012 and faculty co-chair of the Lockmiller Writer's Institute at Edison State College (Florida SouthWestern) from 2009 to 2014. She also works for literacy and educational organizations. She has written for her professional psychological organization and now writes for the *Island Sun* newspaper and Cavalier Rescue-USA.

Robin Krivanek earned a masters in biology from the University of Florida. In 1974, she was elected supervisor of elections in Hillsborough County but

kept her interest in science by serving on the boards of the Florida Nature Conservancy and the Tampa Museum of Science and Industry. Upon retirement in 1993, she moved to Sanibel and joined the board of SCCF and served on the City of Sanibel's Vegetation Committee. She serves as president of the League of Women Voters of Sanibel, volunteers with FISH of SanCap and is a member of the Green Team at the Sanibel Congregational United Church of Christ.

Thomas A. Rathbone retired in 2004 as president of the Cleveland Clinic Children's Hospital for Rehabilitation, a position he held for 20 years. He earned his BS at Cornell University and his MBA at Adelphi University; he was also a CPA and a 1992 participant in Leadership Cleveland. He was on the Cleveland Clinic Health System Executive Council from 1999 to 2004.

Rathbone splits his time between Captiva and Ohio.

Linda Uhler returns for a third term on the SCCF board. She has been a

continued on page 10B

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From page 1B

# Arbor Day



Students performing *Let It Grow (Celebrate The World)* during the Arbor Day program  
photos by Jeff Lysiak

led by Lily Brennan and Drake Stroud, fellow students Mimi Howard and Noah Pruss read a historical perspective titled "What Is Arbor Day?" After the entire class performed the song *Let It Grow! (Celebrate The World)*, a handful of whimsical poems about trees – called "Poetrees" – were read by the students.

Additional songs performed by the third graders included *Clean Up Our World, My Planet, Your Planet* and *The Garden Hoedown*.

Principal Chuck Vilardi, in his first Arbor Day program at the school, told the parents, siblings and guests gathered in the cafeteria why he selected an oak tree to be planted this year. "The reason I chose the oak tree is because it is a symbol of courage and of power," he said, noting that the tree is planted in honor of all law enforcement personnel. "That's something our police officers can use."

Vilardi also took time to thank the school's third grade teachers Alexis Perry and Karen Thompson, music director Joey Giangreco, sound technician and art teacher Tylor Stewart, Sanibel vegetation committee member Berdena Thompson and building and groundskeeper Fred Hopkins. He also thanked student Molly Dunn for designing this year's Arbor Day T-shirt.



The third grade class surrounded the new oak tree, which was wrapped in a yellow ribbon

The class then marched from the cafeteria to the center of the school's campus – between the middle school and elementary school buildings – to officially dedicate and plant the live oak. One by one, each third grader took turns adding a scoop of dirt to the base of the tree.

Students taking part in this year's Arbor Day program also included Elizabeth Agilbalova-Garcia, Zackary Alinso, Anna Anderson-Kilgore, Drew Barron, Cristian Batke, Griffin Colson, Jade Davis, Anabella Del Valle, Max Doster, Tyler Evers, Jazlin Guerrero, Jaxon Gustafson, Hailey Hammarberg, Riley Horvath, Kyler Kouril, Xander Kullen, Dominick Martinez, Malcolm McIntyre, Audrey Mulka, Emalee Peach, Ven Sampas, Kate Sawicki, Karsten Schafer, Ava Selby, Nicholas Tison, Alana Vandenbrink, Sofi Lee Varmuza, Adeline Von Wowern, Sierra Vosganian, Finn Walters and Joshua Welch.\*



Principal Chuck Vilardi and Berdena Thompson of the city's vegetation committee



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Superior Interiors

# Doing It Right The First Time



by Barb Cacchione

It's sad but true – cutting corners by deciding not to work with a professional interior decorator can often cost you more time and money in the long run. Today, more and more homeowners

are enlisting the services of professional interior decorators. Professional decorators know how to work with your budget, your lifestyle and your design vision to accomplish your goals for your home.

If you are considering using a decorator, there are some basic guidelines you should follow before your project actually begins:

- Take a tour of your home with the decorator so that together you can determine the size of the project.
- Discuss your family's lifestyle with your decorator. What "personality" would

you like your home to have? How do you entertain? Do you have kids and pets in your household?

- It's wise to set a realistic timetable for completion, especially with a large project.
- Establish your decorating priorities. Which rooms are the most important for you to complete first?
- Determining a budget estimate with your decorator is essential. If you have never decorated before, or have not done so in many years, they can easily give you guidelines to help you determine a budget. This will enable your decorator to find the custom products that best suit your needs and stay within your budget.
- Finally, let your decorator know at the beginning of your project if you have certain items that you want to keep and work around or have any other special requests.

Considering these basic guidelines will allow your decorator to work with you to design a project with your wishes, your lifestyle and your budget in mind, saving you from costly errors and resulting in a room you and your family will enjoy for years to come.

*Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at [barb@coincdecen.com](mailto:barb@coincdecen.com).*

From page 1B

## Heart Walk

of the Islands, Kiwanis, the City of Sanibel, Lee Health, Island Seniors, Zonta, Lily & Co. Jewelers, Billy's Bikes, The Sanibel School, the Boy Scouts and more. Last year, St. Michael's team had red shirts with a heart and angel wings on the back and "St. Michael's Angels" printed on the front. A few participants sported halos for good measure. The buzz was that Lee Health had the most coveted shirts with eye-catching graphics – including our lighthouse – for their design.

The opening activities will include music provided by Thank You For The Dance, face-painting and a magician by Evans Entertainment. There will be games, photo opportunities through the giant heart and a silent auction. The organizing committee is indebted all our sponsors – including Lee Health – to our Platinum Sponsors, The Sanibel Captiva Trust Company and Il Cielo, and to our Gold Sponsor Chuck Bergstrom of RE/MAX of the Islands and Beach Piez. Rumor has it there will once again be free samples of food. We are grateful for the support of the City of Sanibel. We want to express our gratitude to South Seas Island Resort, which each year has been doing the critical job of providing and setting up the stage and the tables for the event.

The walk starts at 2 p.m. along the length of Island Inn Road, a distance of 5K (3.1 miles). A shorter route is available for the non-competitive walk. Bring your entire family and your well-behaved pets. The Boy Scouts and The Sanibel School will participate in the opening ceremonies. Guest speakers include Lee Health's Dr. Paul DiGiorgi, Shipley Cardiothoracic Center, and Dr. Suying Lam, Lee Physician Group Pediatric Cardiology.

One new addition to this year's walk will be CPR demonstrations, provided by Sanibel Fire and Rescue, led by training officer Tim Barrett. Training dummies will be used from actual CPR classes. We will have sign-up sheets for full classes to be provided locally this season. We're hoping people will see how easy it is to do CPR

and how important it is to have this life-saving skill.

This year's silent auction will feature items at a wide variety of price ranges. Consider bidding on a \$1,000 gift certificate to Lily & Co. Jewelers or dinner for four – including wine pairings – at Il Cielo. Additional items include gift certificates at island restaurants and businesses, and several paintings and prints from local artists, including Kimberly Nealon, Deborah Butler, Danny Morgan, Laura Ball and Bea Pappas. There will be several experiences up for auction, including a one-hour flight in a private plane, a guided tour of the Bailey-Matthews National Shell Museum by its curator, and a three-day, two-night stay at South Seas Island Resort.

The mission of the Heart Walk is to bring awareness to the American Heart Association's heart disease and stroke prevention efforts, as well as raising funds for life-saving research, education and advocacy. The suggested but voluntary registration fee is \$50. Register for \$50 or more online or in person and receive a T-shirt, while supplies last.

For more information, contact Lee County Heart Walk Director Kelly Goodwien at [kelly.goodwien@heart.org](mailto:kelly.goodwien@heart.org), call 495 4901 or visit [www.SanibelCaptivaHeartWalk.org](http://www.SanibelCaptivaHeartWalk.org).

From page 6B

## New Members

full-time resident of Sanibel since 1977. She has been an elementary school teacher, managed and owned retail businesses and served as district deputy for Congressman Porter Goss. She has chaired major fundraisers such as the United Way of Lee County campaign, American Heart Association Heart Ball and BRAVO! Ballet for Gulfshore Ballet. She is currently serving on the Sanibel Public Library Commission. She and her husband, Tom, were long-time permittees for the sea turtle program, and they are life members of the Legacy Society. They created and co-ordinate the popular Wines in the Wild fundraiser.



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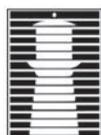


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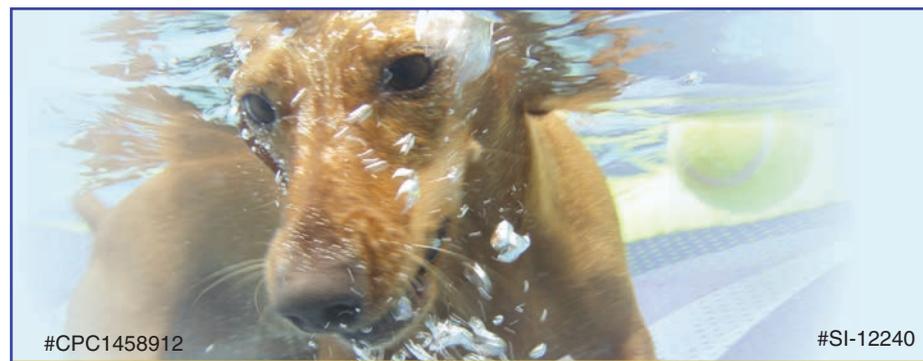
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Friends Who Care  
Kevin Maschmidt Memorial Golf Tournament  
PACE Center for Girls of Lee County

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## Will Power

# Changes To Your Estate Plan Necessary When You Become A Florida Resident



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

**M**any people move to Florida or establish residency here not only for the sunshine but also to minimize their tax burden. When you move to Florida, it's wise to consider an update to your estate plan.

Florida residency offers several advantages. Since Florida does not have a state income tax, the tax on unearned income that may have occurred in the former home state is saved. Further, with the Save Our Homes property tax assessment caps, one can achieve tremendous property tax savings over time.

When folks declare Florida residency, I am frequently asked whether one should update their estate planning documents when declaring they make such a declaration. I often hear something along the lines of, "My Illinois attorney prepared my trust, and when I told him we were becoming Florida residents, he told me my trust is just fine." When I challenge what they understood to be their attorney's advice, sometimes I'll hear, "Well his law partner is also licensed in Florida, and they both said I'm fine."

I believe this is bad advice. Allow me to explain.

Each state has different laws that apply to estate planning documents, including wills, trusts, durable powers of attorney, health care surrogates and living wills. While the federal transfer (estate and gift) tax systems apply to everyone in the United States, some states have a death tax. Florida does not.

More importantly, for those that have created Revocable Trusts in northern jurisdictions and own a Florida home, unintended consequence might arise if the estate plan is not updated. This is due to Florida's descent and devise laws surrounding Florida homestead. This can be explained by example.

Assume that Bob and Sue bought a home on Sanibel many years ago. When they purchased the home, it was a vacation property, and their Chicago attorney advised them to put the home in Sue's Revocable Living Trust. The attorney explained that Bob and Sue should balance their estates for federal estate tax purposes by putting some assets in Bob's trust and some assets in Sue's. Since no one knows who is going to die first, by placing the home in Sue's trust, they have used its value against Sue's federal estate tax exemption should she predecease Bob.

Fast forward several years. Bob and Sue have retired from their occupations and have declared themselves Florida residents. They make application to treat their home as Florida homestead. Bob and Sue are quite pleased that the Save Our Homes property tax assessment cap will finally apply to their Sanibel residence.

Bob and Sue also better update their Revocable Trust documents. Recall that if Sue dies first, her trust assets will first be "funded" into a credit shelter or family trust to be used against her estate tax exemption. Assume that the credit shelter trust is held solely for Bob for the rest of his life.

Florida homestead descent and devise law says that if you are survived by a spouse, absent any nuptial agreement waiving certain rights, you must devise the home outright in fee simple to your spouse. If you do not, then your will or trust contains what is known as an "invalid devise." In that event, your spouse receives a "life estate" interest in the home, and the children of the deceased receive a present "remainder" interest.

Despite the fact that Sue's trust says the home would be funded into a credit shelter trust held for Bob, Florida law treats this as an invalid devise. It therefore does not matter whether Bob is the primary beneficiary of Sue's trust. So Sue's children receive a present remainder interest and Bob receives a life estate. Again, this occurs despite any contrary intent expressed in Sue's documents.

Bob is consequently responsible for the taxes, expenses and upkeep of the home. If Bob wants to sell the home, however, the children must agree with Bob and must sign any listing agreements, contracts to sell or deeds. Further, the children are entitled to part of the proceeds of the sale of the home.

If Sue and Bob are in a second marriage, only Sue's children receive a remainder interest, not Bob's. Again, this is the case despite any contrary intention in Sue's will or trust.

Furthermore, if Sue's children get divorced, have creditor issues or other problems, those problems may cloud the title to the residence.

This can all be avoided through proper planning with Florida documents.

This is only one example of how Florida law is different. Our laws surrounding the administration of trusts, the apportionment of taxes and expenses after one dies, durable power of attorney, health care surrogate and living will laws are all different than other states.

To learn more about Florida residency and estate planning, I am offering a free workshop at the newly renovated Community House on Thursday, February 2 at 2 p.m. All attendees will receive my new book, *The Florida Residency & Estate Planning Guide* which walks you through many of these issues, as well as comparing all 50 states' (and the District of Columbia's) residency requirements and tax laws. We also offer a complimentary estate plan review.

You may register online at [www.sbslaw.com/seminars](http://www.sbslaw.com/seminars) or by calling my assistant Gina at 425-9379.

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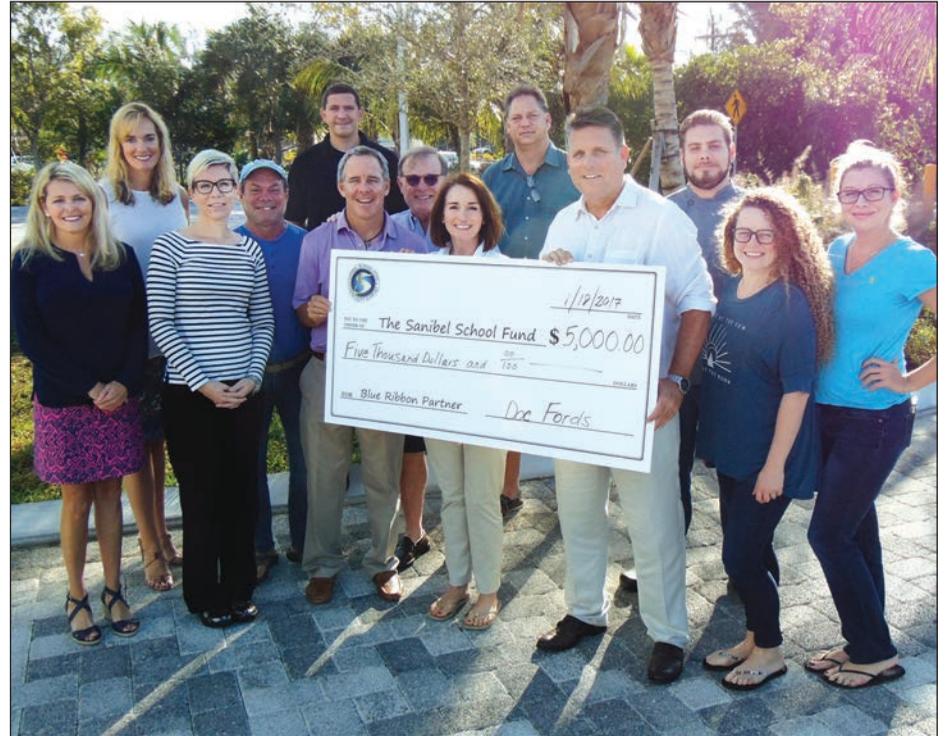
The 2017 board officers and directors being sworn in on January 12  
photos courtesy Sanibel & Captiva Islands Association of Realtors

## Realtors Install Officers And Directors

The Sanibel & Captiva Islands Association of Realtors, Inc. installed its 2017 board of directors at The Sanctuary Golf Club on January 12. The 2017 officers include President Joel Goodman, VIP Realty Group; President-elect Dustyn Corace, RE/MAX of the Islands; Secretary Kasey Albright, John Naumann & Associates; Treasurer Deborah Smith, VIP Realty Group; and Past President Lori Pierot, VIP Realty Group.

In addition, 2017 directors (three-year) include Mike Badenoch, Buyers Choice Realty; Tina DiCharia, VIP Realty Group; and Becky Mulka, VIP Realty Group; plus (two-year) George Kohlbrenner, John Naumann & Associates.\*

## Doc Ford's Title Sponsor For Blue Ribbon Golf Classic



On January 18, the owners, wait staff and management team from Doc Ford's Sanibel Rum Bar & Grille presented a \$5,000 check to the Sanibel School Fund - represented by Sanibel School Fund President Christian Fautz and Sanibel School Principal Chuck Vilardi - to as the Title Sponsor of the 11th annual Blue Ribbon Golf Classic, to be held on Saturday, May 13 at The Sanctuary Golf Club  
photo by Jeff Lysick

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## Bank Delivers Two New Year's Gifts



From left, Bank of the Islands' Cathy Chern, winner Drucilla Neeley, FISH of SanCap Vice Chair Nicole McHale and Darrin Grotrian of Bank of the Islands photos provided

Bank of the Islands started the new year with two more non-profit donations through its We Love Our Islands program. The winners were Elaine Donovan and Drucilla Neely. Each was spotted with a We Love Our Islands decal on their vehicles, winning them the right to select which local non-profit group would receive a charitable contribution from Bank of the Islands. Donovan chose to donate her winnings of \$200 to the Summit Christian Preschool at Sanibel Community Church while Neeley directed her \$100 winnings to FISH of SanCap.

"Of all the ways we try to support our island community, the We Love Our Islands program remains a favorite. It let's us shine a light on all the good work being done by groups like FISH and the Community Church," said Willy Ocasio, Bank of the Islands' assistant vice president and Sanibel-Captiva office manager. "We Love Our Islands has a big announcement we'll be sharing shortly."

All islanders are invited to stop by the bank's Sanibel and Captiva offices to get a free We Love Our Islands decal and details on how you and your favorite charity can become our next lucky winners. Bank of the Islands is located at 1699 Periwinkle Way on Sanibel. The Captiva office is at 14812 Captiva Drive, next to the Captiva Post Office.\*



From left, Bank of the Islands' Szilvia Wiebe, winner Elaine Donovan, Summit Christian Preschool's Leslie Celestin and Darrin Grotrian of Bank of the Islands



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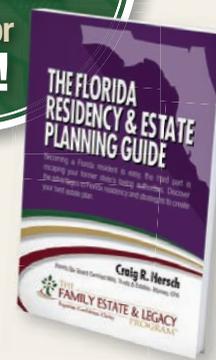
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- Why your Durable Power of Attorney needs updating
- How to keep your legal documents up-to-date
- How your revocable trust may not avoid probate

**Thursday, February 2**

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**Tuesday, February 7**

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**Wednesday, February 8**

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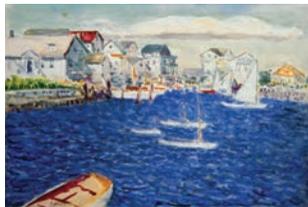


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- 4 BR/5 BA Butterknife home built in 2004
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**5. Pointe Santo Best Buys**

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- Unit B25, Gulf view - **\$789,000**
- Unit D6, Gulf view - **\$735,000**

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- #402-Updated interior, partial view **\$595,000**
- #181-Updated unit with Gulf views **\$699,000**



**7. 3 BR/3.5 BA on West Gulf Drive - Sanibel**

- Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- **\$1,349,000** EUR €1,289,483

**8. Captiva Village**

- 4 BR/3 BA - "Beach Lodge", turnkey home
- Impact glass, salt water pool, granite, stainless
- **\$1,775,000** EUR €1,653,767

**9. Panoramic Bay Front Views On Captiva**

- 4 BR/4.5 BA - Beach access nearby
- Boat dock/lift, open kitchen, swimming pool
- **\$2,295,000** EUR €2,193,747

**10. Heart of Captiva Village; "Belle Mar"**

- 5 BR/ 5.5 BA stunning courtyard pool home
- Concrete construction, Steps to the beach
- **\$2,599,000** EUR €2,383,113

**11. South Seas Island Resort Condos**

- 1 BR/2 BA Bayside Villa - **\$315,000**
- 1 BR/1 BA Tennis Villa - **\$254,000**
- Fantastic values for Captiva Island



## OPEN HOUSE Schedule

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- 01/27 2-5 16167 Captiva Drive - Captiva
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- 02/01 11-1 267 Ferry Landing - Sanibel

- 02/02 9-12 924 Pecten Drive - Sanibel
- 02/02 1-3 979 East Gulf Drive #592 - Sanibel
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# Falcons Can Join Cubs And Cavs With Their First Super Bowl Victory



by Ed Frank

Are we living in an era when historic team title droughts are vanishing? The Chicago Cubs won their first World Series title in 108 years last November. The Cleveland Cavaliers ended their city's 52-year championship drought by winning the NBA title last June.

And February 5, the Atlanta Falcons, who have never won a Super Bowl in their 51-year history, have the opportunity to erase that blank when they face the New England Patriots in Super Bowl LI in Houston.

In their lone Super Bowl appearance 1999, the Falcons were crushed by the Denver Broncos 34-19 in John Elway's final game.

The City of Atlanta's last championship was in 1995 when the Braves won the World Series, but the Atlanta Hawks of the NBA along with the Falcons have never won the "big ones."

For the New England Patriots, however, the Super Bowl is "old school" as they will compete in an NFL-record ninth time. The Patriots have four Super Bowl titles.

New England was installed as a three-point favorite in early betting.

In professional sports' biggest show next Sunday, the game's outcome no doubt will rest on the talented arms of Patriots quarterback Tom Brady and Falcons quarterback Matt Ryan, who set a franchise record passing with 4,994 yards and 38 touchdowns.

For Brady, returning to the Super Bowl will be sweet revenge after being suspended for the first four games of the season for his role in allegedly using under-inflated footballs during the AFC title game against Indianapolis two years ago.

That suspension was levied by NFL Commissioner Roger Goodell, a penalty bitterly criticized by Brady and the Patriots organization. Just imagine the scene if Goodell has to award the Super Bowl trophy to the Patriots.

The commissioner didn't attend last Sunday's AFC championship game when the Patriots defeated the Pittsburgh Steelers to advance to Super Bowl LI, opting instead to watch the Falcons pummel the Green Bay Packers in the NFC title clash.

As always, there will be hundreds of sidebar tales written about next Sunday's Patriots-Falcons title game, but foremost from this reporter's interest is whether the Falcons will join the Cubs and the Cavaliers in extinguishing their 51-year championship drought.

### Top Charles Schwab Finishers Committed To Chubb Classic

Once again, the top senior professional golfers in the world will compete here next month in the 30th Chubb Classic February 13 to 19 at The TwinEagles Club in Naples.

The early committed golfers also include three new additions to the Champions Tour who will play in the Chubb Classic for the first time – John Daly, David Thoms and Jose Marie Olazabal. All three have won major titles on the regular PGA Tour.

Other major winners signed up include defending Chubb Classic champion Bernard Langer, Lee Janzen, Tom Kite, Larry Nelson, Mark O'Meara, Sandy Lyle, Mark Calcavecchia, Todd Hamilton, Tom Lehman, Jeff Sluman, Bob Tway and Fuzzy Zoeller.

For tickets, call 593-3900 or go online to [www.ChubbClassic.com](http://www.ChubbClassic.com).

### Everblades Widen First-Place Lead

The Florida Everblades, having won seven of their last eight games, began the week with an 11-point first-place lead in the ECHL South Division.

The local hockey team is on the road this weekend facing second-place South Carolina tonight, Friday, and Saturday.

The Everblades return home to Germain Arena next Wednesday hosting Greenville at 7:30 p.m.\*\*

## SPORTS QUIZ

1. How many times has a Major League team won a best-of-five playoff series after losing the first two games at home?
2. In 2015, the Chicago Cubs set a Major League record for most home runs in a playoff game by one team (six). Who had held the mark?
3. Who was the last NFL rookie before the Raiders' Amari Cooper in 2015 to have three 100-yard receiving games in his first six games?
4. Name the first two coaches to make the NCAA Tournament's Final Four in two of their first three seasons as a men's basketball head coach.
5. True or false: The Pittsburgh Penguins have never clinched a Stanley Cup on their home ice.
6. Who was the last male athlete before Ashton Eaton in 2016 to repeat as the gold medal winner of the Olympic decathlon?
7. Through 2016, the past three winners of the PGA's Memorial tournament also have been a first-time PGA event winner. Name one of them.

## ANSWERS

1. Three: The New York Yankees (versus Oakland in 2001); San Francisco (versus Cincinnati in 2012); and Toronto (versus Texas in 2015). 2. Five teams: New York Yankees (1928), Chicago Cubs (1984), Oakland (1989), St. Louis (2004) and Chicago White Sox (2005). 3. Mike Ditka of the Chicago Bears (1961). 4. Ohio State's Fred Taylor (1960, '61) and Bill Guthridge of North Carolina (1998, 2000). 5. True – they clinched the Stanley Cup on the road in 1991, 1992, 2009 and 2016. 6. Great Britain's Daley Thompson, in 1984. 7. Hideki Matsuyama, David Lingmerth and William McGirt.

## SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through January 23

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	205	95
Second	Fresh Legion Crew	139	161
Third	Sandycappers	137	163
Fourth	Sanibel Café	118	181

### January 23 Results

Bunt's Ball Busters	15	Sandycappers	5
Fresh Legion Crew	12	Sanibel Cafe	8

### Sanibel 8-Ball Pool League

## Crew In Second

Becky Skog won the last four games of the evening over Kayla McCurry to propel Fresh Legion Crew to a 12-8 victory and a two-game lead for second place in the pool league. Her teammate, Doc Lubinski, went 3-1 over Randy Carson to aid the Legion Crew's cause. Top shooter for Sanibel Café was Dave Graham who notched three

wins over Tom Yorgey. Graham is a newcomer to the Sanibel 8-Ball Pool League and is a product of inspired recruiting by Sanibel Café captain Rich McCurry and Carson, his recruiting vice president.

Dave Doane finally broke out of his season-long slump to lead Bunt's Ball Busters to a 15-5 win over Sandycappers. The win knocked Sandycappers back into third place. Doane was aided by Rich Ennis, Terry

continued on page 20B

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BeautifulLife:

## Mental House Cleaning



by Kay Casperson

**H**ow often are you cleaning your house, throwing away garbage, dusting things off and re-organizing? I'm sure it is a little bit here and there everyday, right? Well, how surprising is it that

even more important than cleaning our house is to periodically clean out our minds! Remember, thoughts become things and we are what we think so make sure that you are throwing out old inhibiting thoughts of doubt, worry, fear, anxiety and frustration.

We may not know where these thoughts have come from, but over time, they accumulate just like garbage, dust and clutter in our homes. Time to replace this mental junk with positive thoughts of courage, love, hope, dreams and accomplishments.

Make a choice to discontinue associating yourself with the mental rubbish and opinions of others so that you can keep your mind free from junk.

This is not something that you can do just once a year, but periodically, this is a must in your lives.

If you find that you are really on overload and the clutter in your mind seems to be overwhelming, you may just need to schedule a retreat of some kind. This retreat could be with an organization or even something you organize that gets you to a place of quiet, calm and even peaceful surroundings. You will find that even if you look around in your own community, there are places you could go to help you experience this.

I encourage you to take some time each week to clean out your mind as much as you work on keeping your house clean and you will find that you will be living a much more positive and beautiful life.

My affirmation for you this week is: I am ready to clean out all of the thoughts in my mind that keep me from being my most positive, loving and beautiful self.

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

## Rotary Happenings

submitted by Shirley Jewell

**S**an-Cap Rotarians have been known to take their college football quite seriously. Not so much with the pro teams, but college... well, that's a different story.



So much so that this week, the Rotary Club had to call-in a nationally recognized Atlantic Coast Conference referee, Joseph Rider. A Division I college football referee for 20 years, Rider is currently an instant replay official for the ACC from 2005 to present. He has officiated 18 bowl games. Along with his duties as an ACC referee, he is an active Florida High School Athletic Association football official for 35 years.

Football was Rider's game, and you can tell by his physical presence that he was made for the game. This was brought to light, if you focus in on his hands, bedazzled by two very large football-sized rings acquired by officiating as referee

of ACC College Championship games. Immediately, Rider got the attention he deserved from Rotarians in the room. He is the man in the booth, the instant replay official, the decision maker, the man with his finger on the button, making the final call. Love him or hate him, this is "the guy." You must earn your position as replay official. Rider refereed on the field for 19 years, eventually becoming crew chief and then with additional education took on his official replay referee position, but he is not alone up there. The replay booth is occupied by a three-person team made up of a technology technician, computers, cameras, etc.; a communicator between field and booth; and replay official referee. An instant replay is the reviewing process of camera footage of game plays in dispute or question. The average replay call lasts about one and a half minutes. During this time, the booth reviews camera footage of play on the field from at least five to 11 cameras. Footage from cameras are sometimes synced on the replay official's computer screen to give views from different cameras for the most accurate viewing of a play. The replay official can toggle between camera views.

continued on page 20B

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**V**IP Realty Group announced their top agents and sales teams for the month of December. Robin Humphrey and Martha Smith were recognized as top sales agents, Lynda and Kit Traverso were recognized as top listing agents and Mary Lou Bailey was recognized as top producer.\*



Mary Lou Bailey



John Beyrle photo provided

**Lecture On  
Russian-U.S.  
Relations**

**O**n Wednesday, February 15 at 7:30 p.m., former U.S. Ambassador to Russia John Beyrle will present a special and unusually timely lecture at Schein Hall in BIG ARTS titled Russia and the U.S. in the Trump/Putin Era: Detente or Deception? Following the talk, which includes an opportunity for questions from the floor, there will be a reception in Phillips Gallery to meet the ambassador.

Beyrle is particularly well-qualified to speak on his chosen subject. Fluent in Russian, Bulgarian and Czech, he was a career foreign service officer and specialist in Russian and Eastern European Affairs for over 30 years. Straddling Republican and Democratic administrations, Beyrle was appointed U.S. Ambassador to Russia by former President George W. Bush in 2008 and continued to serve throughout the

first term of President Barack Obama, a period which saw the signing of the new START arms control treaty, agreement on peaceful uses of nuclear energy, Russia's accession to the World Trade Organization and the mutual liberalization of visa formalities. Consistent with his bipartisan approval, he received the Presidential Meritorious Service Award during the George W. Bush administration and the Presidential Distinguished Service Award from President Obama.

Prior to Beyrle's posting to Moscow, he was twice appointed U.S. ambassador to Bulgaria. During his periodic Washington postings, he served as special adviser to the Secretary of State for the Newly Independent States, and as director for Russian, Ukrainian and Eurasian Affairs on the staff of the National Security Council.

Beyrle retired from the Foreign Service in 2012 and now serves on the board of a number of nonprofits dealing with Russia, including The Eurasia Foundation and the U.S. Russia Foundation for Economic Advancement and the Rule of Law. He is also a business consultant and adviser on Russia, Eastern Europe and other countries of the former USSR.

The program is being presented by RUSLEF (Russia-U.S. Legal Education Foundation), a U.S.-based nonprofit headed by local residents Sidney and Jane Picker, in cooperation with Sanibel's Monday Current Events. RUSLEF's mission is to promote a rule-of-law legal culture in the rising generation of Russia's bench and bar, principally by bringing Russian law students to study for a year in U.S. law schools.) This first-ever RUSLEF lecture is being sponsored by the Sanibel Captiva Trust Company. Tickets are \$25 per person. Contact the Pickers at 395-1832, 207-266-7715, or spjmp@mac.com.\*

From page 19B

**Rotary**

The official can confirm field referee calls, let the call stand because the play review is unclear, or reverse the decision of the field referee. This decision must be made in just two minutes. Is he often second-guessed? Of course, but that's part of his job. But he does make sure that he wears his civilian clothes when leaving the stadium.

At this point, Rider showed some film clips of instant replay footage and Rotarians were asked to determine play calls. After viewing the footage, some calls were obvious and some not so much. So now our "armchair Rotarian referees" may have more respect for the instant replay official. This is not an easy call and you really have to know your game and have extremely good eyesight.

Also last week, Sanibel-Captiva Rotary was given the opportunity - along with the Children's Educational Center of the Islands - in hosting a Mix & Mingle Reception for the Young Professionals Association of Sanibel & Captiva at the educational center. This was Rotary's first get-together with the Young Professionals and certainly a worthwhile endeavor. From Rotary's perspective, this is a group of young men and women just starting in their careers, and the hope is that Rotary has an opportunity in the near future to exchange ideas on how to work together on future projects such as designing educational opportunities to enrich both groups on common topics of interest or by working together on projects benefitting our community.

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

From page 18B

**Sanibel 8-Ball**

Ricotta and Bob Buntrock who chalked up 3-1 records against Taylor Hay, John Riegert and John Bates. Newcomer Bill Valerian led the Sandycappers with two wins over Ken Rasi.

At the three-quarter mark of the season, the league's 10 top percentage players with 20 games or more are: Terry Ricotta, Mike DeWitt, Bob Buntrock, Noah Smith, Gary Murza, Rich Ennis, Dave Doane, Tarzan Russell, Jeff Brown and Kevin Pottorf. Four of the top shooters will represent Sanibel in their annual match against the North Ft. Myers Senior Pool League, scheduled for April 10 at American Legion Post 123.\*



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Eden Energy Medicine

## Connecting Thymus To Electrics



by Karen L. Semmelman, Certified EEM, JD, AAML (03-01)

Last week we learned the thymus gland is intimately involved in our immune system, production of T cells to fight

off invading microorganisms and the benefits of thumping thymus to boost the immune system. Connecting thymus to other locations or systems, including the spleen, the electrical system, the “gut” via the navel and

the hippocampus (part of the limbic system) is critical to building resiliency to disease and boosting the immune function.

The focus today is on connecting the thymus gland to the electrical system of our body. Every cell of the body has an electrical charge and is part of an energy system known as the electrics. Atoms are made of positively charged protons, negatively charged electrons and neutrons. Cells generate electrical charges and send messages from one point to another by opening gates that have polarity charges, so that the electrical impulse moves from a nerve in your stubbed toe to the part of the brain sensing pain. Earth itself carries a large negative charge. Because the body is finely tuned to earth energy, absorbing electrons through the feet, we want to be “grounded” to tap into this incredible resource. Every living function is powered by electrical current. Pain perception, muscle contraction and movement, nerve

function, glandular secretions, etc. are all electrically driven.

The biggest generator of electricity in our body is the heart, a muscle driven by low levels of electrical current. We obviously want to keep it healthy. The brain is a super highway of electrical signals, processing millions of messages to the infrastructure of the body every second. All of these currents are measured by EEG, ECG, EKG and other sophisticated medical devices. When we connect thymus to heart electrics, we are creating a powerful energetic current to help the body rejuvenate and find homeostasis.

The first connection is between thymus gland and the heart electric point. Here is the technique:

1. Begin by thumping the thymus with either hand. Or if it feels better to merely place the palm of the hand on the gland, that is fine, too (especially if you are sensitive to the thumping motion).

2. Locate the heart electric point.

It is located directly above the left nipple at a point where it intersects with an imaginary line drawn from the underside of your armpit. Make a notch with your thumb, index and middle finger, placing the notch on this point.

3. Hold this connection for two to four minutes or until you fill a shift in your energy – perhaps a deep breath or deep sigh. Gentle rocking may be soothing.

You learned the first connection. Next week the thymus to spleen connection will be addressed. Enjoy your health!

Have fun with your energy. Next week's topic is Create Immune Resilience with Thymus HUB To Spleen.

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

dearPharmacist

## Vitamin E: Why Rubbing It On Is Almost Useless



by Suzy Cohen, RPh

**D**ear Readers: I heard two women talking at the store about vitamin E. One lady said, “I squeeze a cap out and rub it on this scar [pointing to her elbow].” The other lady said, “It’s better

if you take it internally but if rubbing it on is working then go right ahead.”

I wanted to pipe in and comment but I resisted. Plus, these ladies did not know who I was, or what I do for a living. I just happened to be standing nearby examining products. I’ll settle their debate right now.

Lady #2 is correct, it is better to take it internally by mouth. External applications might feel soothing, but you’re really just applying oil to your skin. The oil is helping mostly, not the E.

When you apply vitamin E to your skin, it stops right there. What a shame because vitamin E has incredible benefits inside your body. In 2016, a ground-breaking study showed that vitamin E supplementation (along with omega-3 fatty acids) improved glucose metabolism, serum triglycerides, VLDL and HDL cholesterol ratios.

Putting it on your skin won’t boost SOD or glutathione, but it might if you take it orally. Maybe that’s how it helped with atopic dermatitis in mice. There was a 2016 study where researchers concluded, “The activities of SOD [superoxide dismutase] and glutathione peroxidase in the skin and serum were also positively correlated

with symptomatic changes... vitamin E may improve the symptoms of atopic dermatitis.”

In November 2016, a study published in *Nutritional Neuroscience* points to the antioxidant capacity of vitamin E in combo with essential fatty acids (EFAs) and how that could improve glutathione (a detoxifying enzyme), benefiting people with serious neurological disorders like schizophrenia.

When you apply E externally, you don’t get widespread intracellular benefits to your antioxidant system. In other words, I feel like you might be wasting your softgels, because a skin application of E doesn’t work inside the fatty skin cells, where antioxidants are required.

Intracellular oxidative stress or “rusting” of your skin can occur from the sun. We all know someone with wrinkles, sun spots, precancerous cells and premature aging due to sun exposure. Sun blocks play a role in blocking the weakest rays from penetrating your skin but, no matter what, I am convinced that beautiful and healthy skin starts with skin-loving antioxidants.

If you really feel the need to rub E on the outside, and you have spare softgels to do that with, then it is totally fine. It could help, but an external application of E all by itself really short-changes you. I have an incredible follow up to this article at my website, type this title in my search box at [suzycohen.com](http://suzycohen.com): The Truth About Natural Vitamin E. You will learn how to find “natural” not synthetic brands of E, and how to avoid fake forms. You may not realize this, but almost all vitamin E brands out there contain just one isomer out of 8 natural ones. True story!

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

## Homeopathy Workshop

**K**aren Semmelman, an advanced energy medicine practitioner and former matrimonial lawyer, and Burke Lennihan, RN, CCH, will hold a homeopathy workshop at The Community House on Wednesday, February 8 from 4 to 6 p.m.

The speakers will address headaches,

toxins, muscle pain, joint pain, panic, emotional upset, digestive issues and other ailments. This is the second in a series of four workshops this year.

Cost is \$15 per course. Advance registration and payment required. Contact Jan at 472-2155

For more information visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or [www.semmelmanenergy.com](http://www.semmelmanenergy.com).

The Community House is located at 2173 Periwinkle Way.\*

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# Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

My wife and I planned and researched our retirement for five years. I now realize that the planning time was the fun time, not living the lifestyle.

Six months into retirement, my wife was diagnosed with type two diabetes. Her doctor was very specific with the details and a nutritionist counseled us both.

I have spent the last year going to doctor's offices, taking her to the hospital and trying my best to help her with

her diet and exercise. She refuses to cooperate with me and all of the others trying to help her. Is this how people normally behave with this condition?

Phil

### Dear Phil,

It is a mystery to me why some people refuse to help themselves when others are trying so hard to assist them.

I once talked to a heart surgeon who complained about the exact same thing. He tried so hard to help his patients, and then they refused to help themselves e.g., not following his diet or exercise program that he prescribed.

I would suggest you talk to your wife's doctor, tell him your problem, and he/she might have some suggestions.

Lizzie

### Dear Phil,

People react differently to new diagnoses. Bottom line for you, if your wife does not want to follow the advice of her medical team, that is her choice. I am sure she has been advised of the health consequences of non-compliance with her new diet restrictions. As much as you want for her to live successfully as many, many people do with diabetes, she needs to want it for herself.

My advice for you would be to make sure that you go to an elder care attorney for financial planning to protect the family finances should her lack of compliance cause skyrocketing health care costs.

Pryce

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

## Doctor and Dietician

# Is Aspirin Really Good For You



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

**A**spirin is well-known for interrupting the process that makes your blood clot. One a day helps keep your blood thin, preventing blockages in your blood vessels that can lead to strokes and heart attacks.

Aspirin comes from the willow bark plant, which has been used for medicinal purposes for quite some time, with reports dated as far back as 1500 B.C. More recently, researchers have found that women who take at least two aspirin a week, have a 40 percent lower risk of Parkinson's disease.

Aspirin, or acetylsalicylic acid, is linked to Reye's Syndrome, a serious condition that can lead to coma in kids. Children and teenagers should avoid using

aspirin, especially those recovering from chickenpox or flu-like symptoms.

What's our take on aspirin? At our clinics, we see patients with musculoskeletal joint pain. Aspirin, along with other non-steroidal anti-inflammatory drugs (NSAIDs), tends to slow down the healing process of soft tissue, such as ligaments and tendons. This can be especially problematic in athletes who may use them on a frequent basis due to injury. The athlete, feeling less or no pain while taking the medication, will continue to exercise on the injured joint, creating a cycle of injury and weakening of the joint structures. In essence, they are used at the expense of healing. A chronic and painful degenerative condition can develop. And, even though these drugs prevent healing and accelerate the cartilage breakdown of a joint, they are frequently recommended as the first-line treatment in joint pain and in osteoarthritis. So, what is the alternative? Treatments that boost healing and provide pain relief so pain medication is not required, which can include various regenerative injection therapies, among others. Patients deserve effective solutions for pain conditions that otherwise lead to pain medication usage.

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

# Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I find that I compare myself to others and I always come out feeling bad and less than. How can I feel better about myself?

**A:** Comparing yourself to others is a natural tendency,

and we all do it from time to time. In some instances, it's healthy competition and inspiring to evaluate similarities and differences with others. Healthy comparisons can inspire you to be more productive and emulate those whom you admire. It's when you feel inferior and become jealous and insecure by comparing yourself to others that your self-esteem plummets. Your insecurities fuel the fire and comparisons then become unhealthy

and a vicious cycle. We are a society that is so caught up in body image, a certain look and image, that makes most of us feel that we have to keep up so to speak.

I don't care how great others look, we are all equal and the sooner you can learn to accept that, the more comfortable you will be with yourself. Your life is your own unique individuality. If you can be mindful of equality, you will be able to gradually let go of looking at others as "perfect." Believe me, no one is perfect, no matter how great they look or may seem. It will take practice, so start by focusing on your own uniqueness and learn to love who you are. Be sure to shift your focus to what you have and practice gratitude for what you have rather than what you are lacking. Wish those you compare yourself to well. While it may feel uncomfortable, it will help you let go of your insecurity and attract more positivity into your own life.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.\**

From page 1B

## Documentary

- Ralph Woodring, Sanibel businessman
- Grant Kaminer, Sanibel middle school student
- Rick Bartleson, PhD, SCCF research scientist
- Bruce Neill, PhD, co-founder, Sanibel Sea School

START, the film's sponsor, is a 501(c)3 non-profit organization and was founded in 1996 on Longboat Key, and has chapters in Lee County, Englewood and Manasota. START's mission is Preserving Our Coastal Waters. Tickets are \$20 each and are on sale at The Community House and Bailey's General Store.\*

**January 9 - March 31, 2017**

**The journey of a million miles begins with a single step...**

Take a step toward healthier living by joining Healthy Lee's Million Mile Movement! We're challenging Lee County to get more active by moving 1,000,000 miles in 90 days.

Whether you're walking, running, biking or swimming, register for this community-wide challenge for **FREE** at [www.HealthyLee.com](http://www.HealthyLee.com) and begin logging your "movement" today.

**Be part of the Million Mile Movement!**

**WHO?** Lee County residents of all ages and fitness levels can participate as an individual or as a group

**WHAT?** Any form of movement qualifies, walking, running, biking, swimming and even weight training

**HOW?** Register at [www.HealthyLee.com](http://www.HealthyLee.com) and on Jan. 9, start logging your miles on the Challenge Portal, powered by Fit Nation

**The Million Mile Movement is part of Healthy Lee's mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.**

**For more information, visit [www.HealthyLee.com](http://www.HealthyLee.com)**



**Florida Strawberry Parfait**

- 2 cups fresh Florida strawberries, rinsed, hulled and sliced
- 8 ounces low fat cream cheese, whipped
- 2 tablespoons natural Florida sugar
- 1/2 cup low fat vanilla yogurt
- 4 graham crackers, crushed
- 1 lemon, juiced
- 4 sprigs fresh mint for garnish

In a medium sized mixing bowl, combine whipped cream cheese, sugar and lemon juice. Fold the yogurt into the cream cheese mixture. In four wide mouth glasses, evenly layer cream cheese mixture, strawberries and crushed graham crackers. Garnish with sprigs of fresh mint. Serve chilled.\*



Florida Strawberry Parfait

photo courtesy Fresh From Florida

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11am - 9pm  
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11am - 10pm  
Sunday  
12pm - 9pm

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# Island Sun

NEWSPAPER  
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency .....	911
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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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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
COTI Committee of the Islands .....	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH. OF SANCAP 24-hr service .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie .....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club. . . . .	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer .....	www.sanibelsoccer.org . 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

## PETS OF THE WEEK

**H**ello, my name is Teddy. I am a 1-year-old male pit bull mix with ears as big as my head that pique with interest at every sound. I crave attention and will let you know when I want more. I play well with both big and small dogs. Belly rubs are a must if you wish to have this handsome boy join your family. I walk well on a leash and would be a perfect addition for anyone with an active lifestyle.

My adoption fee is \$50.

Hi, I'm Clyde. I am a 1-year-old male chihuahua with a big personality. As you can see in his picture, I am very curious and do not want to miss a thing. I have been to events with he LCDAS staff and volunteers and enjoy car rides and lots of activity. But, I am just as content to sit in your lap. I get along well with dogs from 20 to 90 pounds. The staff at Animal Services thinks I might be part fox terrier.

My adoption fee is \$50.

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

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

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

The adoption package is valued at \$500.\*



Teddy ID# 687092



Clyde ID# 687326

## American Legion Post 123

**O**n Sunday, January 29, American Legion Post 123 will be offering a Mexican fiesta from 1 to 8 p.m.

On Sunday, February 5, there will be a Super Bowl bash all day. Live music with Trouble starting at approximately 2 p.m.

Every Monday is an 8-ball pool league at 5 p.m. Stop in and watch some good shooting. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has shell ornaments available. If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.\*



OJ

PAWS Of Sanibel

OJ

**H**ello, my name is OJ. The Sanibel Police Department picked me up on January 20 around 475 East Lake Road on Sanibel. I'm a young guy, still intact, and very sweet and social. If you are my family or know my people, contact Pam at PAWS of Sanibel by calling 472-4823.\*

Share your community news with us.  
Call 395-1213  
Fax: 395-2299  
or email  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

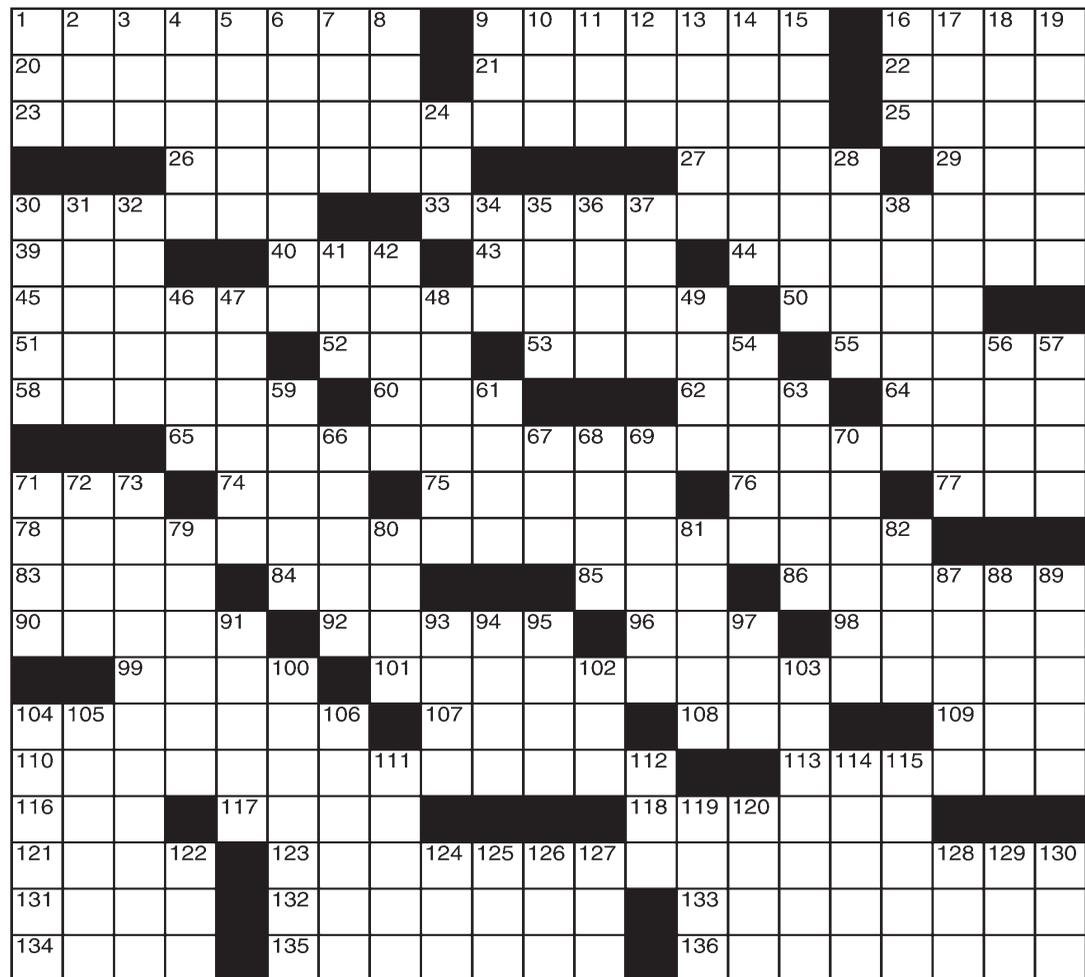
# PUZZLES

Answers on page 29B

## Super Crossword

FOR FANS OF GORE

- ACROSS**
- 1 Ditz types
  - 9 Stains, as with blood
  - 16 Yearn (for)
  - 20 Hellish
  - 21 Powder from chili peppers
  - 22 Drive- —
  - 23 Meat-curing company?
  - 25 Look as though
  - 26 "— Fideles" (Yule carol)
  - 27 Inning divisions
  - 29 Form of jazz
  - 30 R&B singer with the 1965 hit "Hold What You've Got"
  - 33 Last time you'll ever pull into a garage?
  - 39 Gerund ending
  - 40 Angry music genre
  - 43 Placed (down)
  - 44 Tasting rich and sweet
  - 45 Messenger bringing news to cows?
  - 50 See 13-Down
  - 51 "It's the end of —!"
  - 52 Lance of the O.J. trial
  - 53 Real bargain
  - 55 Observe
  - 58 "Let's hear it" Ger.'s home
  - 62 Stephen of "Citizen X"
  - 64 Croft of video games
  - 65 "The Catcher in the Rye" author's tune penner?
  - 71 Old crone
  - 74 Lav in a pub
  - 75 Build — (make one's home)
  - 76 Geller of psychic acts
  - 77 Lamb suckler
  - 78 Obsolete provider of stability?
  - 83 Slangy suffix with buck
  - 84 Vehicle-towing org.
  - 85 Cong. member
  - 86 Looked hard
  - 90 Turf again
  - 92 Division of Islam
  - 96 Trunk bone
  - 98 Very brief time
  - 99 Movable kayak fin
  - 101 "You already know the answer is 'team spirit,' right?"
  - 104 Large arboreal snake
  - 107 Russian city
  - 108 Co. suit
  - 109 Paver's goo
  - 110 Shoes worn in the Sahara?
  - 113 In recent days
  - 116 "My life" book
  - 117 Eight, in German
  - 118 Practically
  - 121 Edison's middle name
  - 123 Piece from "The Domestic Oratorio"?
  - 131 NY Met, e.g.
  - 132 Came
  - 133 #1 Bruce Springsteen album of 1980
  - 134 Emmy winner
  - 135 Not unfeeling
  - 136 Blood vessel to the heart
  - DOWN**
  - 1 Belittle, informally
  - 2 — fix (stuck)
  - 3 Eagles' org.
  - 4 Insinuate
  - 5 Groom's counterpart
  - 6 Added on
  - 7 Dogs' jinglers
  - 8 ATM feature
  - 9 Cold dessert
  - 10 Scratch, e.g.
  - 11 Off — mile
  - 12 On Social Sec., say
  - 13 With 50-Across, workers' advocates, for short
  - 14 Sufficient
  - 15 Summoned
  - 16 "— true!"
  - 17 Nickname of Boston's locale
  - 18 Louisiana cuisine style
  - 19 Like camels
  - 24 Liveliness
  - 28 Bone-to-muscle joiner
  - 30 Holy war
  - 31 Bridge bid, briefly
  - 32 White heron
  - 34 Styled after
  - 35 Some vermin
  - 36 Chanteuse
  - 37 Sit in neutral
  - 38 Language for a Sherpa
  - 41 Me, to Gigi
  - 42 Many a time
  - 46 Warlike god
  - 47 Refrain syllables
  - 48 Puma
  - 49 Be worthy of
  - 54 Boost
  - 56 Flight staff
  - 57 Tortoise rival
  - 59 Novelist
  - 61 Casino city
  - 63 "That's —!" (film-set cry)
  - 66 Greek l's
  - 67 Sleep cycle part
  - 68 Old fast fliers, briefly
  - 69 People who aren't you
  - 70 Meet, as the challenge
  - 71 I-beam relative
  - 72 River in Switzerland
  - 73 Gives short shrift to
  - 79 "Well, — here!"
  - 80 Man-goat god
  - 81 Computer of the 1940s
  - 82 N. Mex., before 1912
  - 87 Calf catcher
  - 88 Showiness
  - 89 Plow maker
  - 91 "Smash" star
  - Messing
  - 93 A noble gas
  - 94 Egghead
  - 95 Brain gain
  - 97 "Farewell!"
  - 100 Entrapments in lies, e.g.
  - 102 In bad health
  - 103 Small aquatic rail
  - 104 Financial co. for which the Boston Celtics' arena is named
  - 105 Comic Charles Nelson —
  - 106 On dry land
  - 111 Done to — (well-cooked)
  - 112 NBC fixture since '75
  - 114 Plant life
  - 115 Tune's text
  - 119 1999 Ron Howard film
  - 120 Feel sore
  - 122 Noted coach
  - 124 Family gal
  - 125 A Gabor
  - 126 Riled, with "up"
  - 127 Keats poem
  - 128 A Gardner
  - 129 O.T. book
  - 130 Pitching stat



## King Crossword

ACROSS

- 1 Aid
- 5 Verse
- 9 Wander about
- 12 Neighborhood
- 13 Fairy tale baddie
- 14 — de Janeiro
- 15 Coup in bridge or baseball
- 17 Moreover
- 18 Release
- 19 Patchwork horse
- 21 Mad
- 24 Roe provider
- 25 Golfer McIlroy
- 26 Haughty, strutting sort
- 30 Ms. Gardner
- 31 Bluefin and albacore
- 32 Oft-chanted initials
- 33 Round Table member
- 35 Smile
- 36 Transaction
- 37 Skin-covered craft
- 38 Stimulant
- 40 One who's gonna get it?
- 42 Address for 33-Across
- 43 Extensive treat for sightseers
- 48 Tackle the slopes
- 49 "— Lang Syne"
- 50 Ticklish Muppet
- 51 Tyrannosaurus —
- 52 Witnesses
- 53 Peruse
- 9 Courtroom group
- 10 "— That a Shame"
- 11 Old fogey
- 16 Parched
- 20 Author Fleming
- 21 Fast-shrinking sea
- 22 PBS science show
- 23 International auto race
- 24 Expectorated
- 26 Tug
- 27 Yoko of music
- 28 21-Down's
- 29 Tug
- 31 Anti-riot chemical
- 34 Bee follower
- 35 Type of snake
- 37 Tease
- 38 Cold War abbr.
- 39 Toll road
- 40 Revolutionary War hero
- Nathan
- 41 Tackles' teammates
- 44 Regret
- 45 Bullring bravo
- 46 Actress Thurman
- 47 Scepter

DOWN

- 1 Crone
- 2 Blunder
- 3 Meadow
- 4 Saute
- 5 Sit for a snapshot
- 6 Leer at
- 7 Historic time
- 8 Tennessee

## MAGIC MAZE ● ONE-WORD NAMES: MEN

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

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

- |         |          |         |          |
|---------|----------|---------|----------|
| Akihito | Geronimo | Prince  | Topol    |
| Bono    | Hirohito | Sting   | Voltaire |
| Christo | Nenê     | Suharto | Yanni    |
| Fabio   | Pelé     | Sukarno |          |



"Talk about bad breaks — five daughters in the family and not one of em marries a \_\_\_\_\_!"

answer on page 27B

### SCRAMBLERS

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

Explode  
**TRUSB**

Graft  
**PICELS**

Avoid  
**WECHES**

Divine  
**IMBUSEL**

**TODAY'S WORD**

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

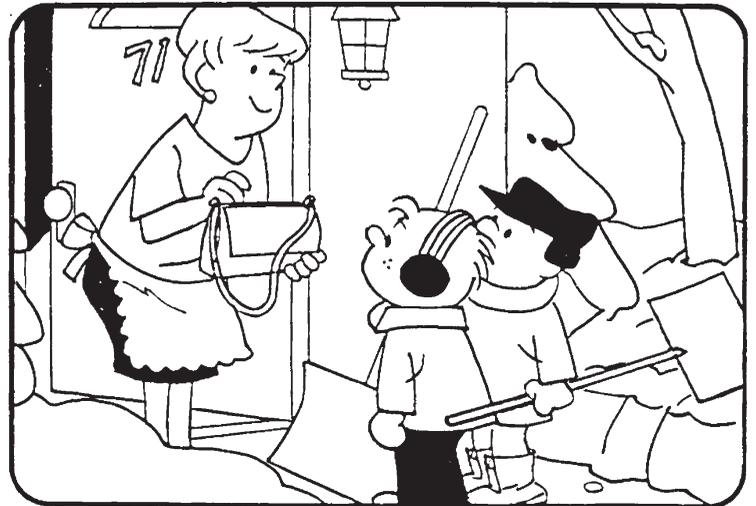
### SUDOKU

**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.

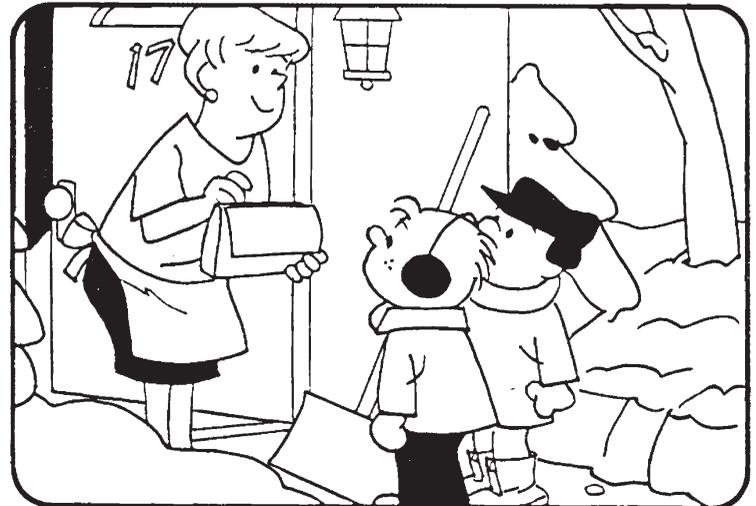
answer on page 29B

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. House number is different. 2. Strap is missing. 3. Apron is different. 4. Shovel is smaller. 5. Headband is different. 6. Shovel is missing.

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# My Stars ★★★★★

FOR WEEK OF JANUARY 30, 2017

**ARIES** (March 21 to April 19) The changes you've waited to see in your work situation might not be happening quite as quickly as you'd hoped. Although the pace is slow, it's ongoing. Expect to hear news soon.

**TAURUS** (April 20 to May 20) You should be feeling very proud of the fine effort you've made to get that important project done. Now take some time out to celebrate with family and friends. You've earned it.

**GEMINI** (May 21 to June 20) You're close to reaching your objectives. That's the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

**CANCER** (June 21 to July 22) Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

**LEO** (July 23 to August 22) Your Lion's

heart overflows with self-confidence. All you need to do is tap into it, and you'll be able to handle any change that must be made regarding that recent surprise development.

**VIRGO** (August 23 to September 22) The need to watch what you say becomes increasingly crucial this week. Be as temperate as you can with your comments and avoid arguments for the sake of controversy.

**LIBRA** (September 23 to October 22) A longtime family problem presents new demands. But this time, you won't have to go it alone: Someone else is asking to help share your responsibilities. Let it happen.

**SCORPIO** (October 23 to November 21) A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you've made to others and yourself.

**SAGITTARIUS** (November 22 to December 21) A creative dilemma stalls your progress. Instead of letting it raise your ire, use the time to re-examine your aims and, perhaps, come up with a new target.

**CAPRICORN** (December 22 to January 19) Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay

with it. The results will be well worth your efforts.

**AQUARIUS** (January 20 to February 18) You might feel overwhelmed at having to decide which new opportunity you should follow. Best advice: Check them all out and see which offers what you really want.

**PISCES** (February 19 to March 20) Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

**BORN THIS WEEK:** You're a natural-born peacemaker. You value truth and have little patience with those who lie to you for their own purposes.

## THIS WEEK IN HISTORY

• On Jan. 31, 1971, Apollo 14 is successfully launched from Cape Canaveral, Florida, on a manned mission to the moon. After suffering some initial problems in docking, astronauts Alan B. Shepard Jr. and Edgar D. Mitchell made the third U.S. moon landing on Feb. 5.

## STRANGE BUT TRUE

• It was American philosopher George Santayana who made the following sage

observation: "Language is like money, without which specific relative values may well exist and be felt, but cannot be reduced to a common denominator."

• Polar bears can grow to be massive, weighing more than 2,000 pounds as adults. However, when they're born, polar bear cubs weigh no more than a pound.

## THOUGHT FOR THE DAY

"The walls of books around him, dense with the past, formed a kind of insulation against the present world and its disasters."  
-- Ross Macdonald

## SCRAMBLERS

*solution*

1. Burst; 2. Splice;
3. Eschew; 4. Sublime

*Today's Word*

**PLUMBER**

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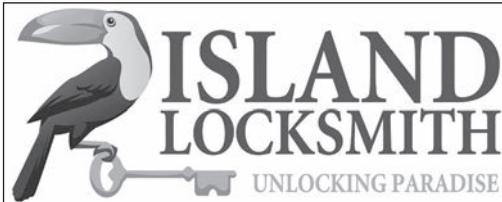
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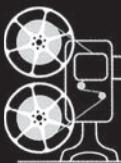
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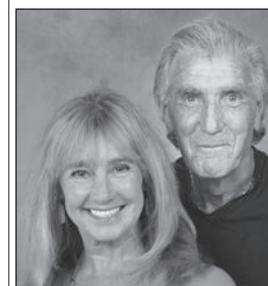


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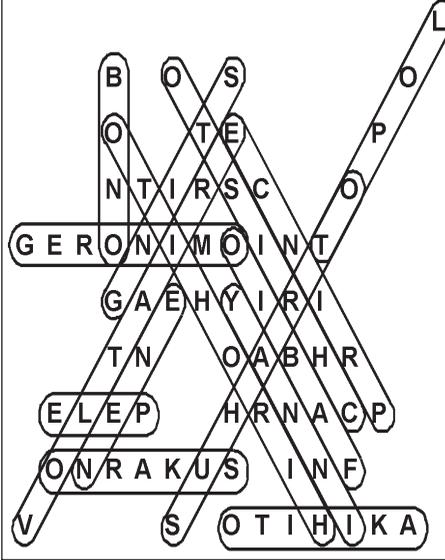
DINGBATS IMBRUES ITCH  
 INFERNAL CAYENNE THRU  
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 BALLASTFROMTHEPAST  
 AROO AAA SEN PEERED  
 RESOD SUNNIRIB TRICE  
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 DESERTSANDALS OFLATE  
 BIO ACHT NEARLY  
 ALVA HOUSEHOLDCHORALE  
 NLER ARRIVED THERIVER  
 KYRA SENSATE VENACAVA

## KING CROSSWORD

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 AREA OGRE RIO  
 GRANDSLAM AND  
 FREE PINTO  
 ANGRY SHAD  
 RORY POPINJAY  
 AVA TUNAS USA  
 LANCELOT GRIN  
 DEAL KAYAK  
 UPPER HEIR  
 SIR GRANDTOUR  
 SKI AULD ELMO  
 REX SEES READ

## MAGIC MAZE

ONE-WORD NAMES: MEN



## SUDOKU

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

# PROFESSIONAL DIRECTORY

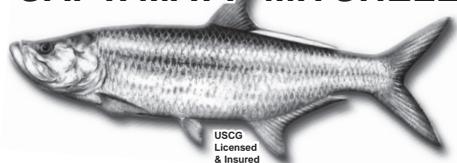
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\*NS 1/20 CC 2/10

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**ANNUAL RENTAL**

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\*NS 1/27 CC 2/3

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\*NS 1/20 CC 2/10

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\*NS 1/13 CC TFN

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\*NS 1/20 CC 2/10

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**BOATS - CANOES - KAYAKS**

**41FT TIARA OPEN TWIN DIESEL 3208 CATS TA**

435HP Cruise Fish Live Aboard. Radar, GPS, Auto Pilot, TriData, Fish Finder, Teaked Holly Floors, Ale, Full Galley, Master Stateroom w/TV's Plus Fold Out & Down Bunks. Full Head w/Shower, Vac Head, Vanity. Priced For Quick Sale or Trade. \$189,900. 239-233-2930.  
\*NS 1/13 CC 1/27

**2005 PURSUIT 26' CENTER CONSOLE**



Great Fishing Boat. One time Sanibel owner. 2-225 Yamahas - Loaded Garmin, Radar, Power Steering, New VHF Radio. Very Clean, Excellent Shape. Reduced Price \$59,900. Call Conrad Kissell, Walker Marine 239-823-7647.  
\*NS 1/27 CC TFN

**BOATS - CANOES - KAYAKS**

**DOCKAGE**

Hourly, Daily, Weekly and Monthly. Captiva Island 472-5800  
\*RS 1/4 NC TFN

**VEHICLES FOR SALE**

**2008 SILVER HONDA ACCORD**

142,000 miles, Excellent Condition - Have all service records, \$6,000 OBO. Contact LisaSanibel@centurylink.net  
\*NS 1/27 CC TFN

**VEHICLES FOR SALE**

**MERCEDES BENZ 560SEL 1988**

150k Miles. Great condition, A/C great, tires great MUST SEE - on Sanibel Asking \$9,000. Call 215/768-5117  
\*NS 1/6 CC 2/10

**GOLF CART FOR SALE**



Street legal, "gas" powered. \$7,000. 239-209-6500  
\*RS 1/20 BM TFN

**GARAGE • MOVING • YARD SALES**

**TRASH AND TREASURE CRAFT AND BAKE SALE**

Lee Plantation Clubhouse Pine Ridge Road (off Summerlin) Old South Way across from Thunderbird Park Saturday 1/28 8 a.m. - noon  
\*NS 1/27 CC 1/27

**YARD SALE**

Mark your calendar Annual yard sale East end Sat. Feb. 4. Early birds welcome on that day only don't miss it.  
\*NS 1/27 CC 1/27

**HORTOONS**



**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Sq. Footage	Listing Price	Selling Price	Days On Mkt.
Cases	Fort Myers Beach	1940	1,482	\$2,850,000	\$2,850,000	0
Gulf Ridge Sub	Sanibel	1983	4,135	\$2,595,000	\$2,350,000	123
Winklers Subdivision	Fort Myers Beach	1982	1,635	\$2,450,000	\$1,950,000	144
Victoria Cove of Sanibel	Sanibel	1989	3,303	\$1,200,000	\$1,200,000	0
Buttonwood Harbor	North Fort Myers	2005	3,880	\$1,199,000	\$1,100,000	251
Fort Myers	Fort Myers	1955	2,931	\$599,999	\$553,000	117
Little Lake Murex	Sanibel	1987	1,698	\$599,900	\$550,000	195
Cape Coral	Cape Coral	1997	2,097	\$574,900	\$525,000	4
Heritage Palms Estates	Fort Myers	2002	3,143	\$559,000	\$540,000	47
Tahitian Shores	Fort Myers	1988	1,968	\$549,000	\$525,000	44

**STUNNING BEACH HOME  
NEW LISTING**



- 20 Feet from Beach via Private Sandy Path
- Open Floor Plan, Wet Bar, Outdoor Fire Pit
- 4 Bedrooms, 4.5 BA, Open Plan Kitchen
- \$5,000,000 MLS 217000714
- Sally Davies 239.691.3319

**PRIME LOCATION – BEACH HOME 8**



- Beachfront Just Outside Your Door
- Expanded Views from Both Floors
- Large 4 Bedroom Floor Plan
- \$2,700,000 MLS 216079489
- Vicki Panico & Fred Newman 239.980.0088

**300 STEPS TO THE BEACH**



**OPEN 1/29 10:00AM – 4:00PM**

- Like New; Built in 2014, All Up to Code
- Fully Furnished, Turnkey
- 3 Bedrooms, 3 Bathrooms + Pool
- \$1,249,000 MLS 216059052
- Andre Arensman 239.233.1414

**FIRST FLOOR SUNDIAL UNIT**



- Western Views, Just Steps from Pool & Beach
- White Sand Beach & World-Class Shelling
- Vacation Rental, Proven Rental Income History
- \$459,500 MLS 216067456
- Stoutenburgh Group 239.745.5333

**JONATHAN HARBOUR**



- 4 BR, 4.3 BA w/Gorgeous Bay & Lake Views
- 5,724 Living S.F. w/Private Elevator
- Deep Water Direct Access, Private Pool & Spa
- \$2,895,000 MLS 216063867
- McMurray & Nette 239.850.7888

**CROWN COLONY – OXFORD POINTE**



- 2 BR, 2 BA + Den/Office/3rd BR & Garage
- Vaulted Ceilings, Porch with Lake View
- 2nd Floor Home in Almost NEW Condition!
- \$284,000 MLS 216070549
- The Radigan Team 239.691.6240

**ROYAL SHELL®**  
*Real Estate*

**Beyond EXCELLENCE™**

Florida Locations: Bonita Springs/Estero, Cape Coral, Captiva Island, Fort Myers, Naples/Marco Island, Ocala and Sanibel Island  
North Carolina Locations: Cashiers, Highlands and Sapphire Valley - Serving Franklin, Lake Glenville and Lake Toxaway

**RoyalShellSales.com | RoyalShellRentals.com | 239.472.0078**

**EXCEPTIONAL VIEWS - 2 BR VILLA**



- Large Floor Plan with Open and Screened Lanais
- Peaceful View Across Golf Course to the Gulf
- Fully Furnished and Nicely Appointed
- \$1,095,000 MLS 216031898
- Vicki Panico & Fred Newman 239.980.0088

**OCEAN'S REACH**



- 1 BR, 1 BA, Gulf Front Condo
- Hardwood Floors, Updated Kitchen & Bathroom
- Ground Floor Location w/Gulf Views
- \$799,900 MLS 216019723
- Cindy Sitton 239.810.4772

**SUNDIAL OF SANIBEL**



- Beautifully Remodeled
- Cherry Cabinetry & Granite Counters
- Large Tile Flooring & Crown Molding
- \$439,000 MLS 216040185
- Brian Murty 239.565.1272

**3RD FLOOR SUNDIAL UNIT**



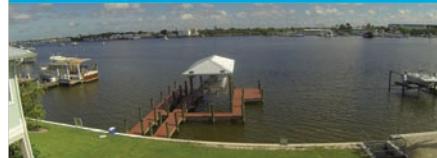
- Condo in Full Service Destination Resort
- Personal Getaway or Investment Opportunity
- Fully Furnished, Maintained by Present Owner
- \$424,900 MLS 216071599
- Cathy Rosario 239.464.2249

**ST. CHARLES HARBOUR**



- Deep Water Boating at Its Best!
- 4 Bedrooms, 5.2 Bathrooms, 8,003 S.F.
- Wine Cellar, Gorgeous Circular Bar
- \$2,195,000 MLS 216062368
- McMurray & Nette 239.850.7888

**BAYFRONT LOT W/NEW BOAT HOUSE  
NEW LISTING**



- New Seawall and Boat Lift
- Across the Street from Beach
- Build your Dream Home w/Beach Access
- \$1,195,000 MLS 216080428
- Tracy Walters 239.994.7975

**PEPPERTREE POINTE**



- Wow Factor Included in this One
- Large 2 BR, 2 BA + Den
- Almost 2,500 S.F. Total Area
- \$279,900 MLS 216031077
- Brian Murty 239.565.1272

**PALM ISLE AT PARKER LAKES**



- Lakefront 3 Bedroom, 2 Bath Home
- Water Views, Enclosed Lanai, Vaulted Ceilings
- 2-Car Garage w/Screened Door & Storage
- \$259,000 MLS 216073455
- Jason Lomano 239.470.8628

**BUSINESS MINDED  
NEW LISTING**



- Commercial Real Estate
- Restaurants
- Car Wash
- Price Available Upon Request
- Tracy Walters 239.994.7975

**NEAR CAPTIVA BEACH  
NEW PRICE**



- Short Walk to Gulf & Beach
- Pool, 4 BR, 4 BA
- Huge Outdoor Lanai, Game Room
- \$1,449,000 MLS 216054204
- John Nicholson 239.849.3250

**THE SANCTUARY HERON CONDO**



- 3 BR, 2.5 BA on Premier Sanibel Golf Course
- Timeless Design w/10 Ft. Ceiling Throughout
- Virtual Tour: <http://royalshell.me/568baltusrolct>
- \$619,000 MLS 216007762
- The Radigan Team 239.691.6240

**OLD PELICAN BAY  
NEW PRICE**



- Magnificent Waterfront on 1/2 Acre
- 6 BR, 5 Full & 2 Half BA, 3-Car Garage
- Elevator, 160' on Deep Water Sailboat Access
- \$3,199,000 MLS 216058559
- Roger Stening 239.770.4707

**COLONY TRACE**



- Gorgeous 4 BR, 3 BA Pool Home
- Excellent for Entertaining w/Open Kitchen
- Poolside Cabana, Brick Paver Lanai
- \$339,900 MLS 216075804
- Jason Lomano 239.470.8628

**PALMIRA GOLF & COUNTRY CLUB**



- Gorgeous Lakefront Estate Home in Gated CC
- Water Views, Pool/Spa, Outdoor Kitchen
- Spacious Granite Kitchen w/SS Appliances
- \$899,999 MLS 216061478
- Jason Lomano 239.470.8628