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VOL. 26, NO. 21

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 23, 2018

NOVEMBER SUNRISE/SUNSET: 23 6:53 • 5:36 24 6:54 • 5:36 25 6:54 • 5:36 26 6:55 • 5:36 27 6:56 • 5:36 28 6:57 • 5:36 29 6:57 • 5:36

Youngsters Start Disaster Relief Charity Group

by Jeff Lysiak

In the wake of natural disasters that have struck communities in Florida and California over the past several months, a charitable organization – created by kids from Southwest Florida – is selling customized bracelets to help raise money to donate to victims affected by those tragic events.

The idea behind Kids Care Disaster Relief was conceived by 13-year-old Kristina Podlasek, a seventh grade student at Canterbury School in Fort Myers.

“After Hurricane Michael hit, I kept seeing lots of pictures of people in need,” said Podlasek, the daughter of Island Cow Restaurant owners Brian and Elke Podlasek. “It reminded me of what we went through with Hurricane Irma last year, but even worse, so I wanted to do something to help.”

Ultimately, Podlasek and her classmates came up with the idea of creating custom-made rubber bracelets, each bearing the message “Hurricane Michael” and the



Kristina Podlasek holding some of the bracelets being sold in an effort to raise money to help victims of natural disasters in Florida and California

photo by Jeff Lysiak

date “10-10-2018.” The bracelets, which come in youth and adult sizes, are being offered for a \$5 donation to Kids Care Disaster Relief.

On the first day they began selling the bracelets, the nonprofit group raised \$427, which grew to almost \$2,000 in two weeks. In less than one month, the

small group of students collected more than \$5,000 in donations, which will be delivered in person to Mexico Beach, Florida Mayor Al Cathey on December 9.

“It seemed like a fairly simple way to raise some money for a good cause,” said Brian Podlasek, who will drive Kristina and her friends to Mexico Beach for the check presentation ceremony next month. “The kids are already doing community service hours for school, so this is very impressive.”

In addition to Podlasek, members of Kids Care Disaster Relief include Colin Cambell, Olivia Hoy, Maya Shuster, Kat Sanders and Ellie Appelgren.

“Having grown up in the Midwest, I had never experienced a hurricane until we relocated to Florida last year,” said Appelgren. “Seeing the devastation a hurricane can cause made me want to help others in need.”

“Having experienced Hurricane Irma last September, I understand the impact and devastation a massive storm like Hurricane Michael can have on people,” added Sanders. “My family was very lucky... we had minimal damage to our home and neighborhood. I want to help the people that were hit so hard by this storm. If we all come together, we can

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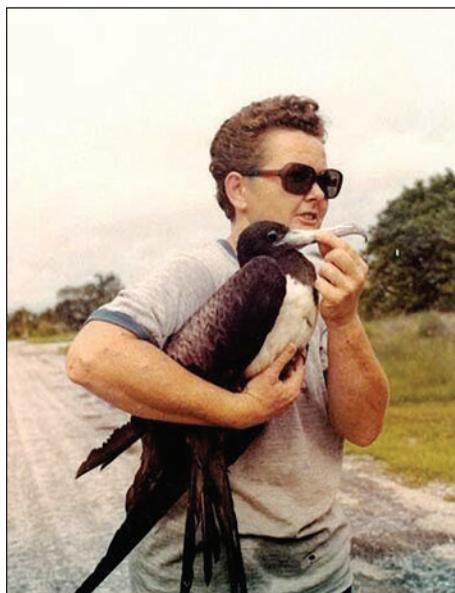
CROW 50th Anniversary Party Next Sunday

by Jeff Lysiak

The final gathering in celebration of the 50th anniversary of the founding of the Clinic for the Rehabilitation of Wildlife (CROW) has been scheduled for Sunday, December 2 from 1 to 4 p.m. at the Visitor Education Center, located at 3883 Sanibel-Captiva Road.

“The CROW 50th Anniversary Party is designed as a thank you to the community, to the families – both on the island and from the mainland – who have helped us over the years,” said event chair Diane Neitzel. “We hope people come and have a fun afternoon.”

The free event will include animal exhibits and docent presentations inside the Visitor Education Center, a discussion of the history of CROW, visits and photo opportunities with some animal ambassadors – including Bashful the Virginia opossum, Mina the great horned owl and Lola the American kestrel – plus a few costumed characters of a sea turtle, a raccoon and an American bald eagle.



CROW founder Shirley Walter rescuing a magnificent frigatebird photos provided

The celebration will also include carnival-style games with prizes, giveaways, arts and crafts projects to take home, refreshments and a 50th anniversary cake for all to enjoy.

Established in 1968 in the Sanibel home of Shirley Walter, CROW is a



A group photo of some of CROW's staff, board members and volunteers, circa 1996

teaching hospital dedicated to saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine. The facility cares for more than 3,500 patients annually, with a dedicated team of full- and part-time clinic staff, veterinary interns, students and more than 200 volunteers serving the needs of sick

and injured wildlife.

Throughout this 50th anniversary season, CROW has hosted a number of special events, including an open house, a community outreach event at Lakes Regional Park in Fort Myers, numerous animal presentations as well as annual

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Bailey's Limited Edition Ornament Now Available



Bailey's 2018 ornament

photo provided

In 2018, Bailey's General Store introduces the tenth in its series of limited edition collector ornaments. Memories play a major role in creating traditions and this year's depiction of an ornate Bailey's General Store is a shining example. This year's ornament shows the store building wrapped as a package for the holidays with red ribbon and a large red bow. The package is a backdrop for the lights, greenery and other decorations in the shopping center.

The building that is currently home to Bailey's General Store dates back to the 1960s. The store is the main building in Bailey's Shopping Center and has shared this community space with many businesses over the years; currently it includes a dry cleaner and laundry services, a clothing store, frozen custard shop, liquor store, bike shop and several restaurants.

Since the Bailey family purchased the shopping center, several additions and

changes to the original building have been made, including moving the main doors from facing Periwinkle Way, adding the hardware, front end, bakery and deli areas, and putting a second floor on the building to house the business offices. The current building bears little resemblance to the original, but is a familiar sight to islanders and visitors.

Each ornament is made of 24k gold on brass and comes in a presentation folder showing the Bailey's logo on the front. The folder contains a certificate indicating the limited edition number and giving a brief description of the significance of the design. The ornaments, certificates and folders are produced by the Charleston Mint of Brevard, North Carolina.

The ornaments are for sale exclusively at Bailey's General Store, located at the corner of Periwinkle Way and Tarpon Bay Road, or online at www.baileys-sanibel.com. ❄️

Black Friday Beach Walk

On the day after your Thanksgiving festivities, join Sanibel Sea School for a beach walk to enjoy the fresh ocean air and explore what has washed ashore. The nonprofit organization's executive director, marine biologist "Doc

Bruce" Neill, will talk a bit about our island ecosystem and any interesting creatures encountered along the way, and will be happy to answer your questions.

Meet at Sanibel Sea School, 455 Periwinkle Way, at 8:45 a.m. on Friday, November 23. This walk is free and all ages are welcome. Visit www.sanibelseaschool.org or call 472-8585 for more information. ❄️



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Captiva Island Historical Society

Looking Back: Fisherman's Lodge



Emma Alt and friend photo courtesy Captiva Island Historical Society Archives

This week's image is Emma Alt (on right) and a friend playing shuffleboard on the Fisherman's Lodge court (pre 1940).

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

Visit the Captiva Island Historical Society website www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva. ✨

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 a.m. Chapel Service, 9 a.m. Blended Worship Service, 11 a.m. Traditional Worship Service. Sunday School and nursery care at 9 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 8 and 10:30 a.m. Sunday School 10:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. Taizé Service third Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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Trailways Campers Get Surprise Visitor

What a surprise it was for Trailways Campers to have Grampy from Grampy's Charities take part in an afternoon of games, talent show practice and refreshments on November 14. Grampy joined right in to greet, be a companion, salute volunteers and hike to the pier along the Caloosahatchee.

The campers loved him. Benjamin Miller, in whose honor Trailways Camp was initiated by the Miller Family, led a walk to the fishing pier with his friend Chris Vinci and his companion, Jack David. Monica Jones received an award for catching the smallest fish at just under two inches. Sanibel volunteers, Donna Leahy, Jean Robinson and Nancy Niesel, were required by Jerry Miller, founder of Trailways Camp, to sing a song to serenade Grampy's entrance.

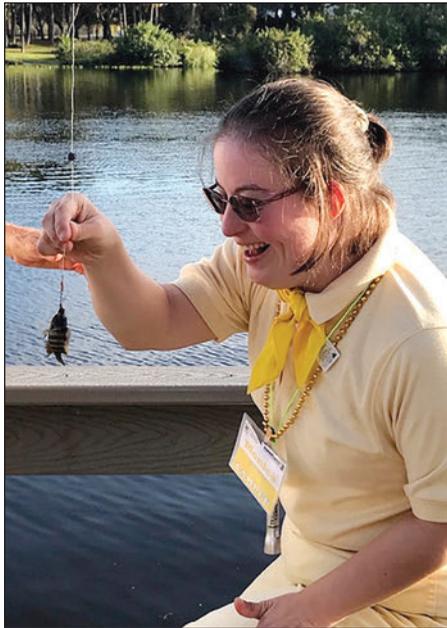
Trailways Camp is "A Place Where You Are Something Special." For more information, visit www.trailwayscamp.org.



From left, Chris Vinci, Benjamin Miller and Jack David photos provided



Grampy chats with Anya Denmark and Terri Jones



Monica Jones caught the smallest fish



From left, Angelica Green, Aime Hanks, Chris Vinci, Grampy, Ryan Ahlberg and Steven Siarkiewicz

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Community House

Cooking With Chef Jarred

Resident Chef Jarred Harris will lead a cooking demonstration on Monday, November 26 from 4 to 6 p.m. Menu includes: chickpea fritters with yogurt, cucumber and mint; pumpkin, peanut and yam curry with pistachio raisin basmati rice; and banana fritters with pineapple frozen yogurt. Cost is \$35 for members and \$50 for guests. Cooking demonstrations are also scheduled for Wednesday, December 12 and 19 from 4 to 6 p.m. Register online.

Community Social For Veterans

The next community social will be held on Wednesday, November 28 from



Salli and Billy Kirkland photo provided

6 to 8 p.m. Cost is \$15 per person in advance, \$18 at the door; veterans are no charge but must RSVP. Menu includes: iceberg wedges with tomatoes, blue cheese crumbles and chopped bacon; chicken and dumplings; old fashioned meatloaf,

mashed potatoes and gravy; macaroni and cheese; and mixed vegetables. An ice cream sundae bar will be available for \$5. Alcoholic beverages will be available.

The Community House and King Arthur Flour are hosting a pie baking contest during the social. Stop by and pick up an entry form. Judging criteria will include best tasting, appearance and creativity, and texture. The contest is open to home chefs of all ages (no professionals). Prizes will be awarded for first, second and third places in each category. Winners will be awarded King Arthur cookbooks and gift certificates.

Kids Cooking First Mondays

The next kids cooking class will be held on December 3. Classes are held on the first Monday of the month from

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

Hands-On Cooking Class

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

Luminary Night Festivities

The Community House will be open from 5:30 to 8 p.m. on Luminary Night, Friday, December 7. Stop by and pick up some stocking stuffers or holiday ornaments. Have a bag of popcorn and a glass of wine. Sample and purchase some of Chef Jarred's pre-made holiday appetizers. They go right from the freezer to the oven, and all proceeds benefit The Community House.

Shell Crafting

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

Honey For Sale

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

Yoga Classes

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

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

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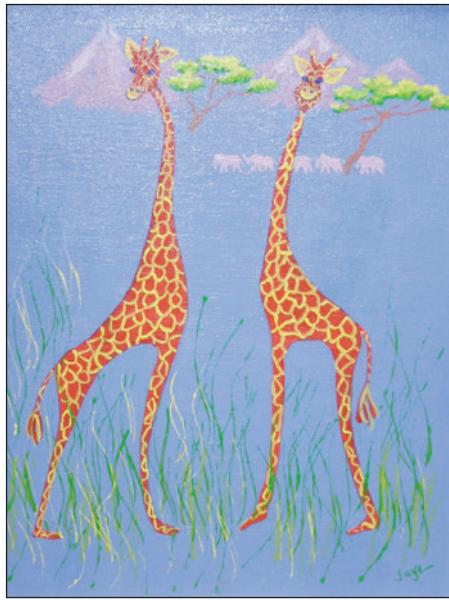
Paintings On View At Sanibel Congregational

Each month throughout the year, Sanibel Congregational United Church of Christ exhibits the work of one or more fine artists with local ties. Paintings by Jaye Boswell will be on view in Fellowship Hall in November.

Boswell, a resident of Sanibel for 35 years, graduated from the University of Miami with a BA in art education. For 22 years, she taught art in the Lee County School System, where she was named the 2004 Visual Arts Teacher of the Year. While teaching, she also did freelance painting and graphic art for area businesses.

During the 1989-90 school year, Boswell combined art with environmental education and had her students draw ducks in a wildlife setting. The drawings were judged at the JN "Ding" Darling National Wildlife Refuge. From this class project, the Federal Junior Duck Stamp competition emerged. Headquartered in Washington, DC, the annual program now has approximately 40,000 entries from the U.S. and its territories.

Boswell's belief in a strong connection between art and nature is evident in her pen-and-ink, watercolor, and acrylic paintings. She also designs greeting cards, illustrates books and creates original hand-painted decorator



Giraffes by Jaye Boswell image provided items, which she donates to charitable causes.

Boswell recently received the first annual Brush of Excellence Award. This honor was created by the Sanibel-Captiva Conservation Foundation and a descendent of JN "Ding" Darling to select an Annual Environmental Artist of the Year, based upon one or more of the following criteria: their art career furthers environmental causes; their work is informed by or captures or addresses environmental causes; their work inspires us to see our connection to nature; and the artist has a history of philanthropic in-kind support of

environmental causes.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. The paintings are for sale, with a portion of the proceeds benefiting the church. The exhibit may be seen during office hours when Fellowship Hall is not otherwise being used and on Sundays after the 7:45, 9, and 11 a.m. services. For more information, call 472-0497 or visit www.sanibelucc.org.

Church Hosting Prom For Special Needs Guests

Sanibel Community Church will serve as one of nearly 500 churches around the world already registered to host Night to Shine 2019, sponsored by the Tim Tebow Foundation, simultaneously on Friday, February 8. Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older, hosted by local churches in all 50 states and across the globe all on one night.

Every guest of Night to Shine enters the complimentary event on a red carpet complete with a warm welcome from the crowd and paparazzi. Once inside, guests receive the royal treatment, including hair and makeup stations, shoe shining areas, limousine rides, corsages and boutonnières, a catered dinner, karaoke, prom favors, a dance floor – all leading up to the moment when each guest is crowned king or queen

of the prom.

"I am blown away by how we are seeing God use the church to step into this space as an advocate for people with special needs. It's not about my foundation or the churches themselves, but about communities coming together to love and celebrate people with differences. Every town, every village, every state, every country needs a Night to Shine for their special needs community – a chance to be a part of something significant and life-changing...and to be blessed in the process," said Tim Tebow, founder of the Tim Tebow Foundation.

As sponsor of Night to Shine, the Tim Tebow Foundation will provide each host church with the official 2019 Night to Shine Planning Manual, the official Night to Shine Prom Kit, complete with decorations and gifts for the guests, and personalized guidance and support from a Tim Tebow Foundation staff member. The foundation also has committed millions of dollars in financial support to hundreds of churches needing assistance in hosting the event.

When Night to Shine launched in 2015, 44 host churches and 15,000 volunteers worked together to honor more than 7,000 kings and queens of the prom. This past February, 537 host churches and 175,000 volunteers came together to celebrate 90,000 honored guests with special needs. Now in its fifth anniversary year, the Tim Tebow Foundation is seeing new churches sign up continuously and the event is expected to take place in over 700 locations this coming February.

For more information, visit www.sanibelchurch.com.

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Happy Hour Holiday Shopping At 'Ding' Darling

There will be free refreshments, extended hours and complimentary gift wrapping on Tuesday, November 27 at the "Ding" Darling National Wildlife Refuge Nature Store. This is the 5th annual Happy Hour Holiday Shopping event in the "Ding" Darling Visitor & Education Center. The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will keep the store open two extra hours after the center closes, from 5 to 7 p.m.

The date also marks the nationally promoted Giving Tuesday, and the store will set up a Giving Tree that allows donors to contribute to education, land acquisition and research projects at the refuge in the name of a loved one for



Nature-themed gifts and ornaments abound at the Nature Store photo provided

holiday gifting.

The Refuge Nature Store has stocked

holiday items for the event, and it will have gift consultants ready with

Council Approves Donax Plant Project

by Jeff Lysiak

During the December 6 Sanibel City Council meeting, an update on the Donax Wastewater Reclamation Facility Process Improvement Project was presented.

Community Services Director Keith Williams and Finance Director Steve Chaipel told members of the council that three bids on the project had been received: PWC Joint Venture LLC submitted a bid of \$20.1 million, Cardinal Contractors, Inc. submitted a bid of \$21.7 million and Wharton Smith, Inc. submitted a bid of \$22.8 million.

Williams also offered two construction options. The first included awarding the contact to the apparent low bidder, which adequately addresses needed improvements to existing processes at the Donax facility, substantially improves removing nitrogen and phosphorus (algal

nutrients) and would be eligible for utilization of a \$2 million grant.

The second option would involve adjusting the initial plans into a hybrid design, which would include the demolition of the existing flow equalization basin at the plant. Under this option, a new flow equalization basin would be implemented at Plant I, while Plants II and III would be converted from a two-stage to five-stage process. Generator No. 1 would also be replaced.

In offering a comparison of both available options, Williams talked about the pros and cons of each.

"Option one does include the membrane reactors, which is the key component to the most effective form of nutrient removal associated with the plant. Option one also better allows for plant capacity expansion," said Williams. "Option two does not include the MBR membranes. Option two reduces nutrients to target levels, but during abnormally high flows, during ongoing maintenance procedures at Plants II and III or during any increase in overall capacity, option two would no longer serve the purposes in terms of targeted treatment levels."

Currently, the Donax facility is

permitted for 2.375 million gallons per day, which could be expanded under option one. However, option two does not have the flexibility for increased capacity.

According to Chaipel, several funding options for the project are being considered. Current 2014 bond debt service is scheduled to end in fiscal year 2021, which equates to approximately \$1.3 million annually in debt service. Florida Department of Environmental Protection (FDEP) grant funding was made available, with \$825,000 already spent on design, permitting and bidding and \$2 million to be reimbursed for construction costs.

"We're projecting a minimal impact on user rates going forward because of the debt service retirement that we're gonna see in the next five years," said Chaipel, who explained the three options for financing: a private bank loan, a bond issuance or via the Clean Water State Revolving Fund.

Following some additional discussions, members of the council unanimously agreed upon option one, approving the debt issuance of \$12.7 million. They also agreed to have city staff work with the Florida League of Cities Loan Council to determine the

best available financing option for the project.

"This is all about cash management. This is all about collectively trying to do something and being able to put it into a state of the art facility with no impact to the tax payer whatsoever," said Mayor Kevin Ruane. "I don't see any real disadvantage."

Construction work on the Donax Wastewater Reclamation Facility Process Improvement Project is expected to start in June or July 2019, and is anticipated to take two years to complete.✪

For more information, call 472-1100 ext. 241.✪

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From page 1

CROW

activities including the CROW Classic Golf Tournament, Southern Comfort fundraiser and 37th Taste of the Islands. CROW was also honored by serving as grand marshal at this year's Sanibel and Captiva Islands Independence Day Parade.

"Come out to help us celebrate our 50th anniversary with one big hoorah!" added Neitzel.

For more information, call 472-3644 or visit www.crowclinic.org.✪

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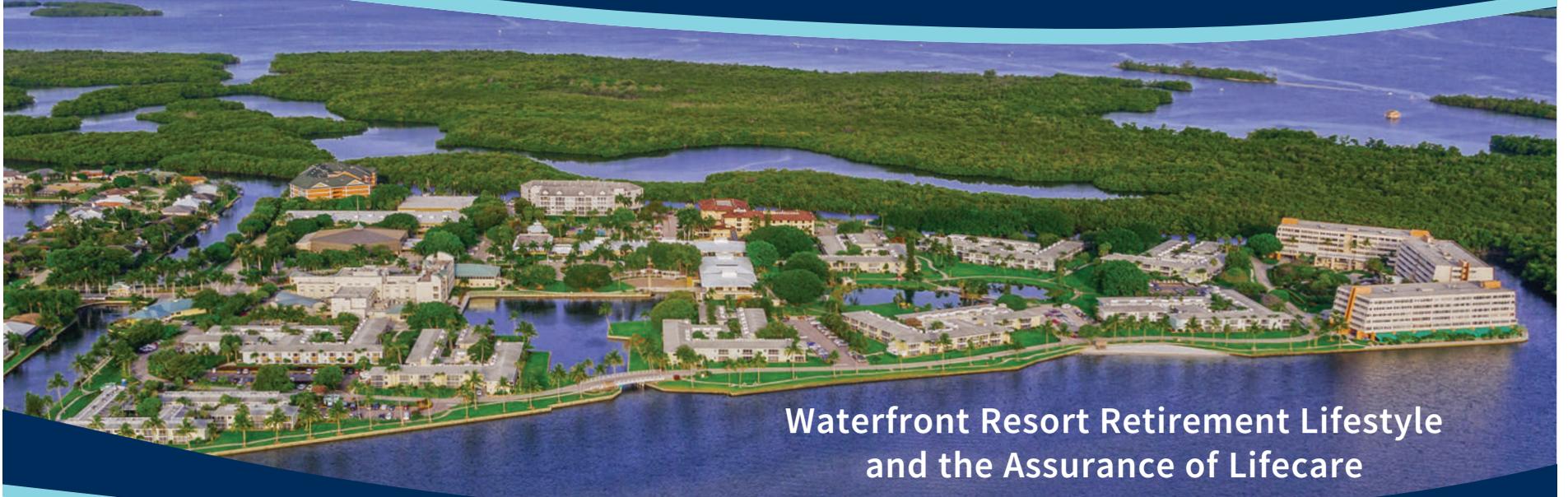
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Chalking around the island is a favorite winter camp tradition at Sanibel Sea School photo provided

Winter Camp At Sea School

Sanibel Sea School will offer a pair of week-long camps during winter break. This year's themes will be the sun and the moon, and how each is tied to the ocean and its creatures. Campers can expect a combination of Ocean Tribe holiday traditions, exciting science, arts and crafts, and outdoor activities.

During Powered by the Moon Week, participants will explore gravity and tides, learn about how the lunar cycle affects various ocean inhabitants, and go moon

gazing together. Powered by the Sun Week will be all about the sun's energy and how it supports life on our planet. Campers will dive in to photosynthesis, talk about some sunbathing marine species, and make solar s'mores.

There will also be a few Sanibel Sea School traditions, such as hot chocolate, ocean caroling, and the annual Give Your Worries to the Sea ceremony. Camps are open to ages 6 to 13, and a Counselor In Training program will also be offered for teens ages 13 to 18 to practice their leadership skills. Registration is open now at www.sanibelseaschool.org/sanibel-camps.*

Course On Celtic Spirituality

As an introduction to the internationally acclaimed 2019 Shared Scholar, the Rev. Dr. John Philip Newell and his subject, Celtic spirituality, the Rev. Dr. John H. Danner will offer a two-week course at Sanibel Congregational United Church of Christ (SCUCC) on Wednesdays, November 28 and December 5. Each week's class will be presented twice, at 10 a.m. and 7 p.m. Using Dr. Newell's *The Book of Creation* as a text, the course will review his biography and provide a basic outline of his understandings of Celtic spirituality. The book will be available for advance purchase.

Dr. Newell is a peacemaker, poet and scholar, and is renowned for his work in Celtic spirituality. The topic of his lecture in the sanctuary on Thursday, January 24 at 7 p.m. will be Faiths Finding Faith in Each Other. A reception and book signing will follow.

At the Shared Scholar Seminar on Friday, January 25 at 10 a.m., he will speak about A Celtic Vision of the Sacred Earth. Lunch will be served following the seminar.

Dr. Newell is an ordained Church of Scotland minister with a passion for peace among the great wisdom traditions of humanity. His family's home is in Edinburgh, Scotland but he and his wife spend their summers in the high desert of New Mexico at



Rev. Dr. John Philip Newell photo provided

the American Spirituality Center of Casa del Sol at Ghost Ranch, where he serves as companion theologian. He was formerly Warden of Iona Abbey in the Western Isles of Scotland and is co-founder of *Salva Terra: A Vision Towards Earth's Healing*.

Among Newell's more than 15 books are *Listening for the Heartbeat of God*, *Praying with the Earth*, and his most recent visionary work, *A New Harmony: the Spirit, the Earth, & the Human Soul*. He received the Contemplative Voices Award from the Shalem Institute in Washington, DC in

continued on page 20

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Coastal Keepers Hosts Fundraiser At The Community House



From left, Sam Lucas, Shannon Stainken, Christina Gould and Paula MacDonald checking in guests to The Launch, a fundraiser for Coastal Keepers held on November 17 at The Community House photos by Jeff Lysick



From left, Ben Biery, Sierra Hoisington and Johnny Rader



From left, Dr. Bruce Neill, Paul Tritaik and Richard Johnson



From left, bidders Anna and George Sampas during a humorous exchange with auctioneer Richard Johnson



Dr. Bruce Neill holding up a photograph taken by Ada Shissler, part of the live auction



Auctioneer Richard Johnson encouraging bids on a historic Charlie McCullough photograph, held up by Dr. Bruce Neill



Attendees checking out some of the silent auction items available at the event

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Plant Smart

Tailed Bracken

by Gerri Reaves

Tailed bracken (*Pteridium aquilinum* var. *pseudocaudatum*) is native throughout the southeastern U.S., as well as parts of the Midwest and New England.

A member of the bracken fern family, it is also called eastern or tailed brackenfern, as well as brake fern.

In the wild, it grows in dry or sandy pastures, pinewoods and hammocks, and is very adaptable in a landscape setting.

This long-lived hardy perennial makes an excellent low-maintenance groundcover.

Unlike most ferns, it will grow in drier areas and will endure sun, growing one to three feet tall.

Although it prefers partial shade. It's a good choice for shady spots, for example under trees where other species will not grow. It is not salt tolerant.

Cattlemen and farmers consider it a pest because it is poisonous for grazing livestock.

The erect stalks branch into threes, and the arching triangular fronds are



Native tailed bracken makes an excellent low-maintenance groundcover

photo by Gerri Reaves

twice-divided with blunt tips and a coarse texture.

The stiff fronds are handy for floral arrangements.

Rounded leaflets measure about a half-inch long. The spores found on their undersides are spread by the wind.

This bracken also spreads – sometimes aggressively – via creeping hairy rhizomes, or root-like horizontal stems.

Very deep roots endow the plant with fire and drought tolerance.

Propagate it by division.

Tailed bracken has been used for a variety of medicinal and manufacturing purposes. Even though the furry fiddleheads are eaten in some cultures, consumption is not recommended because the plant is carcinogenic.

Sources: *The Ferns of Florida* by Gil Nelson; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; www.floridata.com; and www.fnps.org.

Plant Smart explores the diverse flora of South Florida.✽

From page 1

Disaster Relief

make a big difference.”

Currently the group has shifted their focus to raising money for victims of the California wildfires. Now preparing to sell bracelets that will benefit people living in Paradise, California, Podlasek and her team hope that their idea catches on with other youngsters across the United States.

“By connecting Kids Care Disaster Relief with kids in other communities, we feel they will see that they can make a real difference,” the group’s website reads, in part. “We hope this positive learning experience will benefit the children greatly, parents and their communities.”

Podlasek is happy with the amount of donations they have received so far, and is even more excited to see Kids Care Disaster Relief continue to catch on as an idea across the country with even more community-minded youngsters like her.

“For any other hurricanes or natural disasters, we will make bracelets to raise money for those issues as well,” she added. “I can’t wait for more people and kids to help and join this mission. I believe that all children can make a big difference from something so simple.”

Thanks to the Internet, word about Kids Care Disaster Relief has reached areas far outside of Southwest Florida. Last week, a woman from Maryland made a \$1,000 donation to the cause.

The group had already attracted the attention of a number of local businesses, each of whom has signed on as a sponsor. They include Island Cow Restaurant, Palm Printing, Maughan Law Group, Bank of the Islands and *Times of the Islands*. Their sponsorship is helping pay for the cost of manufacturing the bracelets and for shipping expenses, ensuring that 100 percent of money donated to the organization goes directly to victims.

To make a donation or to purchase a bracelet, send checks to Kids Care Disaster Relief, 18452 Deep Passage Lane, Fort Myers Beach, FL 33931. For more information, visit www.kidscaredisasterrelief.com.✽

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

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For more information, go to www.sanibelgardenclub.org

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Shell Of The Week

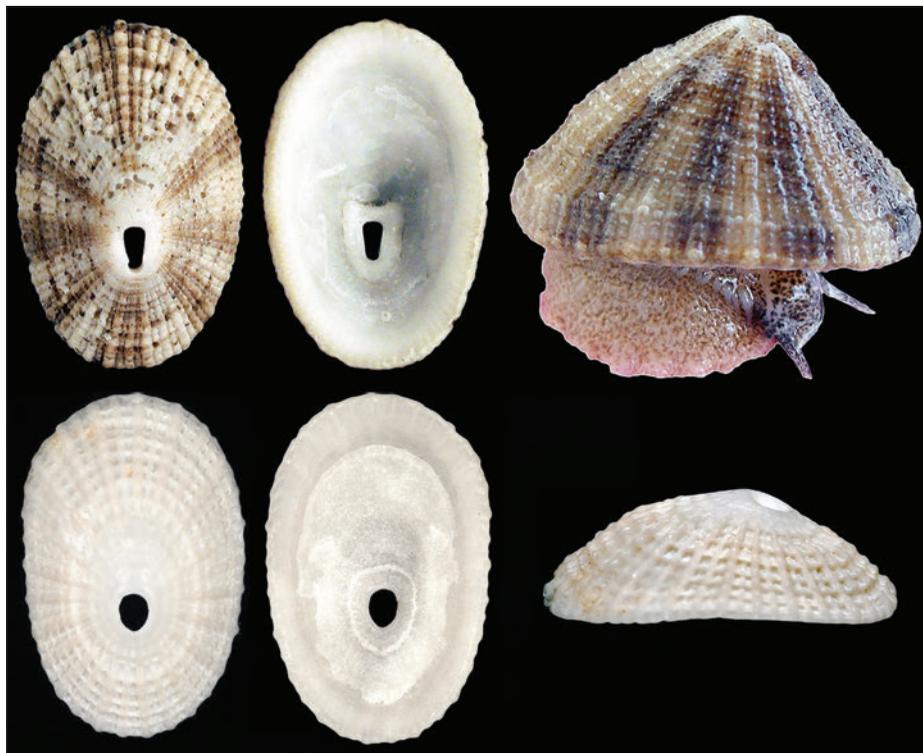
Cayenne And Meta Limpets



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

As suggested recently by a museum friend, here is a brief comparison between the shells

of two Southwest Florida keyhole limpets. The Cayenne Keyhole Limpet, *Diodora cayenensis*, is on the top row, the Meta Keyhole Limpet, *Diodora meta*, on the bottom row. The Cayenne may reach about 25 mm (one inch) locally, whereas Meta may grow to be only half as much. Notice, (1) the color, almost completely absent in Meta; (2) the general outline, more "oval" in Cayenne, more elongate in Meta; (3) the shell height, with a taller shell in Cayenne; (4) the "pinched" aspect of the "keyhole" in Cayenne versus a more rounded keyhole in Meta; and (5) the internal callus surrounding the keyhole, complete in Meta, truncated in Cayenne. Learn more about these species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.



The Cayenne Limpet (top) and the Meta Limpet (bottom)

photos by José H. Leal and Amy Tripp

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In The Garden – Sanibel’s Retail Garden Center and Outdoor Showroom is holding monthly gardening classes beginning December 5. All classes will be held on Wednesdays at 10 a.m. Reservations are required and space is limited. Call 395-5859. Schedule of classes:

December 5 – Succulent Gardens. Assemble and take home a succulent garden in a container while learning more about this unique group of plants. Cost \$35.

January 9 – Tropical Floral Arrangement. Make and take home a tropical arrangement in your choice of vase with items you can find in your landscape. Vase and materials provided. Cost \$45.

February 6 – Butterfly and Pollinator Gardens. Learn how you can create areas and pockets in your landscape to attract butterflies and other pollinators. Take home a butterfly plant. Cost \$20.

March 6 – Orchid Transplanting. Learn how to care for and transplant your orchids into a larger container or by mounting them to a tree or other structure. Orchid and pot included. Cost \$40.

RS Walsh In The Garden – Retail Garden Center & Outdoor Showroom is located at 3889 Sanibel-Captiva Road, across from The Sanibel School. For more information, visit www.rswalsh.com.

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Cold Front Options



by Capt. Matt Mitchell

Last week's cold front was the strongest so far this winter. Wind, rain and much cooler morning temperatures than we are used to kept even the most diehard anglers off the water for a few days until conditions improved. As usual, getting back on the water after a major temperature drop feels like you're starting over. Fishing started out a little slow, which was expected, but after just a few days, it rebounded.

Finding bait is always the first challenge after a major cooldown. Every winter we wait for a strong enough cold front to push the bait to the warmer, less fluctuating, deep water of the causeway bridges. The deep water around the causeway bridge pilings will soon be the go-to bait spot all winter but, as of now, shiners have been very scattered with either lots of smaller ones coming from out along the beaches or the bigger stuff in smaller umbers being caught while chumming out on the flats. Bringing live shrimp when returning

to fishing after a cold front is always a good choice, not only a back up. In the first few days following the cold front, I caught a wide variety of species on shrimp. I could not even get a bite on a shiner until later in the day when water temperatures gradually warmed up. During the coldest period of the day, I like to fish low and slow by putting a live shrimp on a quarter ounce jig head to not only slow it down but to pin it to the bottom. Some days during cold periods, this will draw a strike when nothing else does.

A live shrimp on a jig head also works well when thrown in fast-moving current and when it's allowed to sweep by the structure. All winter long, this is a great way to fish all of our local passes. On the first few days after the cold front when I struggled to find my clients any kind of decent fishing action, this shrimp on a jig head method kept the rods bent. The variety of fish we caught on live shrimp was crazy, when you found the right rip or eddy in the pass. We caught snook, redfish, black drum, snapper, sheepshead and grouper. Basically everything that swims in our waters eats shrimp.

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. ✨



Gary Biltgen with a black drum caught while fishing with Capt. Matt Mitchell photo provided

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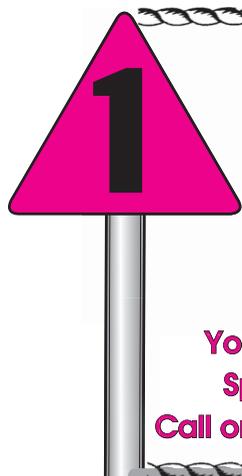
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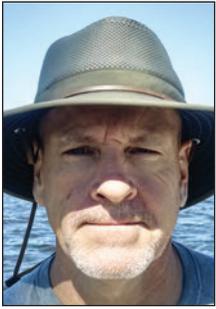
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CROW Case Of The Week:

Northern Raccoon



by Bob Petcher

The northern raccoon is an intelligent and curious critter. The dexterity of its fingerlike five toes on its front paws is second best among animals to a monkey. The raccoon is known to

have the ability to grasp and manipulate food that it finds in the wild. It can also make its way through an unlocked door by using its grip to turn doorknobs and, once inside a home, to open jars if it wishes.

Raccoons are known for their "mask" around their eyes. This black fur feature has been said to help reduce glare and enhance the nocturnal animal's excellent night vision. Interestingly, raccoons can run at speeds of up to 15 miles per hour.

The male raccoon can also be referred to as a boar, while the female counterpart is named a sow. Juveniles are called kits. It is said that raccoons have adapted so well to urban life that they are now more common in cities than in the country.

At CROW, a sub-adult, male northern raccoon was admitted from North Fort Myers after it had gotten itself into quite the predicament. The young raccoon

stuck its head in a soup can and could not yank it back out.

"The can covered the raccoon's entire face and was stuck around the base of the widest point of the skull. Only the tips of its ears were sticking out," said Dr. Robin Bast, CROW staff veterinarian. "The raccoon was quiet in the cage prior to being examined, likely from exhaustion due to previous attempts to free itself. However, it quickly became stressed when handled since it was unable to see its surroundings and was unable to defend itself."

The CROW veterinary team, concerned with the raccoon's ability to breathe, immediately used a can opener to remove the bottom of the can. The raccoon was given sedation medication so the team could safely cut the can away, however, as soon as the medication began to take effect, the raccoon relaxed and the can was easily slipped from his head.

"For the raccoon's safety as well as the staff's, we quickly sedated the raccoon with injectable medications," said Dr. Bast. "Thankfully, there were no complications. Quick thinking by wildlife rehabilitator Morgan Hester led us to grab a can opener to safely cut an opening so the raccoon could breathe, without accidentally cutting its face in the process."

The veterinary staff performed an exam and found the patient to be in great health. He reportedly did not sustain any cuts or injuries from the can. The raccoon was housed at the clinic overnight until he fully recovered from



Patient #18-4249 is sedated while its head is stuck inside a Chunky soup can

photo by Brian Bohlman

the medication. The next morning, he was returned to the same area he was rescued in North Fort Myers.

"Luckily, this raccoon had no lacerations or bruising related to the can. It was in good body condition and was otherwise apparently healthy," said Dr. Bast.

Curious critters can get themselves into different predicaments. Fortunately, CROW officials have seen it all.

"Unfortunately, it is not uncommon for wildlife to get tangled up in trash items such as plastics, cans, etc. – particularly for raccoons, which are good at scavenging from dumpsters in

urban areas," said Dr. Bast. "We had an aninga admitted to the hospital last week that was starving because it had a dryer sheet wrapped around its beak. In years past, I've also removed a Skippy peanut butter jar from a raccoon and a Gatorade bottle from a skunk."

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



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CROW Calendar Of Events



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

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

Friday, November 23, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, November 23, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3

and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Monday, November 26, 11 a.m.,

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

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

Tuesday, November 27, 1 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Wednesday, November 28, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, November 28, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring

visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

Thursday, November 29, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, November 29, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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

From page 10

Celtic Spirituality

2011 in recognition of his commitment to spirituality and peacemaking.

The lecture and seminar are presented annually by the Shared Scholar Committee, sponsored by five congregations on Sanibel and Captiva: Bat Yam – Temple of the Islands, Captiva Chapel by the Sea, The Christian Science Church of Sanibel, Saint Michael and All Angels Episcopal Church and Sanibel Congregational United Church of Christ. The Shared Scholar Lecture Series is also supported by the Leo Rosner Foundation.

For more information, call 472-0497 or visit www.sanibelucc.org.*



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Ocean Tribe Hosting Sunrise Paddle In The Bay

by Kealy McNeal



Ocean Tribe Paddlers organizes a meet-up each month for paddling enthusiasts to enjoy the community of a group paddle, share stories and ideas, and meet new friends to paddle with. On Saturday, December 1, join the group for a morning paddling excursion around San Carlos Bay. The route will offer beautiful island views and excellent wildlife watching opportunities. Loaner boards are available upon request.

We will launch at 6:45 a.m. from Causeway A (the island closest to the toll booth). Plan to arrive 10 to 15 minutes early. Be mindful that we will be launching in the dark, so headlamps or flashlights are highly recommended. The paddle will last approximately one hour, with perfect timing to watch the sunrise. Any weather-related changes will be announced on the Ocean Tribe Paddlers Facebook page at least one hour prior to the event.

Our Ocean Tribe Paddlers community is open to everyone, and your first event is always free. After that, we request that you purchase a membership via our website. If you have questions or would like to reserve a loaner vessel for the meet-up, email oceantribepaddlers@sanibelseaschool.org.

*Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.**

Films And Speaker At Sea School

Sanibel Sea School will host an evening of fly fishing films and discussion on Wednesday, November 28 at 7 p.m. The 2017

documentary *Fly Fishing in the Anthropocene* explores the ecosystems and interactions between humans and the environment in a remote region of Russia, and questions whether it is still possible for fishermen to find true wilderness. Expect beautiful fishing scenery and a great soundtrack. A select number of short fly fishing films will also be shown.

On Friday, November 30 at 4 p.m., Dr. Ross Boucek of The Bonefish and Tarpon Trust will visit Sanibel to speak about the conservation and restoration of bonefish, tarpon, and permit fisheries and habitats. His focus will be on the Florida Keys, a world class recreational fishing destination.

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

Thanksgiving Wildlife Cruise

Adventures In Paradise is offering its annual Thanksgiving Sunset Dolphin & Wildlife Cruise through the waters surrounding Sanibel on Thursday, November 22 from 4:30 to 6 p.m. The 90-minute guided tour aboard *Dolphin Waters*, a 45-foot Corinthian Power Catamaran, brings you where the wildlife comes out to play.

Watch for the bottlenose dolphins, who are known to trail the wake of the boat and show off their acrobatic skills. Soft drinks and homemade pumpkin pie will be served while you keep a lookout for the many different species of majestic birds that can be found soaring through the sunset.

Tickets are \$39 per passenger. Reservations are limited and tickets can be purchased by calling 472-8443 or by visiting www.adventuresinparadise.com. Adventures In Paradise cruises depart from "G" dock at Port Sanibel Marina, located just off Sanibel on Summerlin Road.

Family owned and operated for 32 years, Adventures In Paradise offers fishing, sea life encounter excursions, shelling the outer islands, dolphin and wildlife cruises, and Sanibel trolley tours. Private cruises and trolley tours are also available.*



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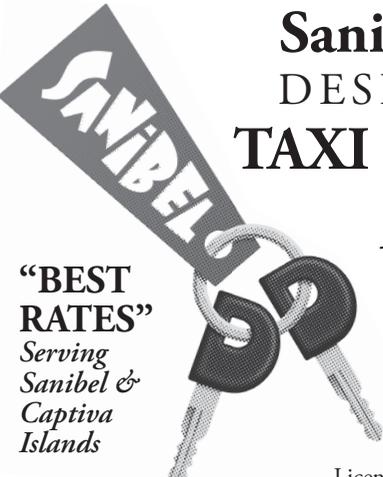
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"BEST RATES" Serving Sanibel & Captiva Islands



Wild Turkey Tikka Masala

- 2 wild turkey thighs (skin removed)
- 5 tomatoes, diced small
- ½ cup bell pepper, diced small
- ½ onion, diced small
- 2 tablespoons tomato paste
- 1 cup chicken or vegetable broth
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 3 tablespoons cilantro, roughly chopped
- ½ cup heavy cream
- 1 teaspoon curry powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 teaspoon turmeric
- Oil, for cooking
- Sea salt and fresh ground pepper, to taste

Preheat a large pan to medium-high heat and add 1 teaspoon oil. Season the turkey thighs with salt and pepper and sear on both sides. Remove from pan and set aside.

Reduce heat to medium and add 1 teaspoon oil. Sauté bell peppers and onion for two minutes, then add garlic and ginger. Sauté for one more minute. Stir in tomato



Wild Turkey Tikka Masala

paste and mix well. Next add all the dry spices and stir until fragrant, about 30 seconds. Add the tomatoes (do not drain) and broth, stirring to combine. Place the turkey thighs in the sauce. Bring to a boil then reduce to simmer and cover for two to three hours (cook time will depend on size of turkey thighs). Stir every thirty minutes. Add

photo courtesy Fresh From Florida

stock or water if liquid evaporates or gets low. When meat is tender and ready to serve, stir in heavy cream and cilantro. Serve over noodles or rice.

Fresh From Florida food fact: Tikka Masala is an Indian dish traditionally served with chicken as the protein. We have adapted this recipe to use wild turkey.*

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.

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

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

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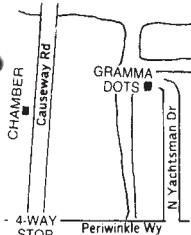
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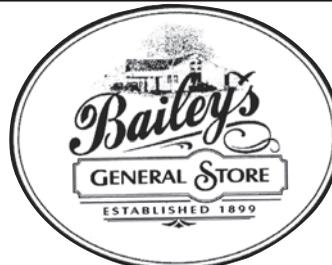
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BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars.

Glass Fusing with Petra Kaiser – Wednesdays, November 28 to December 19, 9:30 a.m. to 12:30 p.m.

Glass Fusing with Petra Kaiser – Thursdays, November 29 to December 20, 9:30 a.m. to 12:30 p.m.

Instructed Life Drawing with Francesco Gillia – Mondays, December 3 to 17, 9:30 a.m. to noon.

Basic Drawing with Pen & Ink with Linda Benson – Tuesday and Wednesday, December 4 to 12, 9 a.m. to noon.

Creating with Polymer Clay with Martha Grattan – Tuesday, December 4, 4 to 6 p.m.

Adult Tap with Bobby Logue – Tuesdays, December 4 to 18, 12:30 to 2 p.m.

Beginner Tap with Bobby Logue – Tuesdays, December 4 to 18, 2:15 to 3:15 p.m.

Pine Needle Basketry with Gisela Damandl – Thursday and Friday, December 6 and 7, 9 a.m. to 4 p.m.

Intermediate Tap with Bobby

Logue – Fridays, December 7 to 28, 9 to 10:30 a.m.

Hip Hop/Jazz with Bobby Logue – Fridays, December 7 to 28, 10:45 to 11:45 a.m.

Life Drawing, Open Studio, Non-Instructed with Carol Rosenberg – Fridays, December 7 to 21, 9:30 a.m. to noon.

An Invitation to Photographic Storytelling with Harvey Schipper – Friday, December 7 to 21, 9 a.m. to noon.

Gesture and Structure to Draw the Human Form with Francesco Gillia – Tuesday, December 11, 9:30 a.m. to 3 p.m.

Palette Knife Painting in Oil from Landscape Photography with Jan Ellen Atkielski – Thursday and Friday, December 13 and 14, 9 a.m. to 3:30 p.m.

HD LIVE at the Met Lecture on La Traviata with Tom Cimarusti – Friday, December 14, 1 to 3 p.m.

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

American Legion Post 123

American Legion Post 123 is serving a turkey dinner with all the trimmings on Thanksgiving, Thursday, November 22 from noon to 8 p.m. Barbecued ribs and chicken are on the menu Sunday, November 25 from noon to 8 p.m.

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

Every Monday night beginning at 5 p.m., the 8 Ball Pool League is in play. If you have a flag that needs to be retired, drop it off at Post 123.

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



Shells Found



Steve and Sue Wolf photo by A. Zehl

Sue and Steve Wolf from St. Peters, Missouri found two junonias, one Scotch bonnet and lots other shells at Bowman's Beach, while staying at Ocean's Reach. Sue said, "I've been coming down to Sanibel since the 1980s and this is the first time I've found a junonia, and I found two just minutes apart!"**

Happy Thanksgiving!

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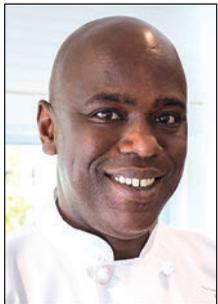


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The Community House
Pine Nuts



by Resident Chef Jarred Harris

Pine nuts, also known as Indian nuts, pinon, pignolia, pignolis and pignole, are the seeds of pine trees. These seeds are found between the scales of pine cones and considered a delicacy in many cultures around the world. There are many different species of pine trees grown around the world, however, only 20 of those produce seeds that are edible. These delicious seeds are most commonly used in pestos, salad toppings and even desserts.

Eating pine nuts dates back over 6,000 years. They were a common food staple for various Native American Indian tribes, as well as ancient Asian, Mediterranean and Latin cultures. In European folk medicine, pine nuts were used to treat gout and cataracts. Ancient Greeks and Romans commonly preserved pine nuts in honey and

used them to treat impotence. It was considered the Greek and Roman version of Viagra.

Harvesting pine nuts is a labor-intensive process, which explains their high price. The extraction method is slow and primitive, but effective. It takes 15 to 20 years for the trees to begin producing the seeds. The majority of the North American pine nuts harvest comes from wild, uncultivated trees. The majority of the seeds are harvested by hand.

Pine nuts contain minerals such as manganese, potassium, calcium, iron, magnesium, zinc and selenium. As a matter of fact, pine nuts are one the richest sources of manganese.

Pine nuts are used for appetite suppression, protecting vision health, boosting energy, lowering the risk of heart disease, and they contain anti-aging antioxidants.

Here is a simple recipe to try using pine nuts.

Chicken Pinenut and Raspberry Salad

- 1 small jar organic raspberry preserves
 - 2 tbsp. olive oil
 - 1 tbsp. white wine vinegar
 - 1 tsp. Dijon mustard
 - Salt and ground black pepper
 - 2 tbsp. scallions (minced)
 - 1 cup fresh raspberries
 - 4 chicken breasts (cooked and cut into 1-inch pieces)
 - ½ cup pine nuts (toasted)
- Method
Place the raspberry preserves, oil,

vinegar, Dijon mustard and salt and pepper into a mixing bowl. Whisk until well blended.

Add the scallions, raspberries and diced chicken to the vinaigrette. Gently toss until well coated.

Add the pine nuts to the salad and serve over a bed of lettuce.

*Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

Coloring for Grownups – December 1 to 29. The repetitive motion involved in coloring has a calming effect and adults have found this childhood activity a refreshing way to reduce anxiety, create focus or bring about more mindfulness. Participants may bring their own materials or use those provided.

Children's Programs

Happy December Holidays – December 1 to 20. Available during normal library operating hours: Tuesday and Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday and Saturday from 9 a.m. to 5 p.m. December holiday books will be on display. Make a holiday card to give to someone you love.

It's Gingerbread Storytime – 2 p.m. Friday, December 21. Gingerbread stories will be shared. Make a gingerbread person out of construction paper and a paper tube.

It's Gingerbread Time – 9 a.m. to 5 p.m. Saturday, December 22; and noon to 8 p.m. Wednesday, December 26. December holiday books will be on display. Make a gingerbread person out of construction paper and a paper tube.

Happy New Year! – 10 a.m. to 6 p.m. Thursday, December 27; 9 a.m. to 5 p.m. Friday and Saturday, December 28 and 29. Holiday books will be on display. Make a noisemaker and use it to celebrate the new year.

Captiva Memorial Library is located at 11560 Chapin Lane. Call 533-4890 for more information.*

December Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for adults and children in December:

Adult Programs

Available during normal library operating hours: Tuesday and Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday and Saturday from 9 a.m. to 5 p.m.

Checkers – December 1 to 29. Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

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<p>Hormel Meat & Cheese Party Tray 32 oz.</p> <p>save 2.00</p> <p>13⁹⁹</p> 	<p>Kretschmar Premium Cheese Platter 12 oz.</p> <p>save 1.00</p> <p>8⁹⁹</p> 	<p>Del Monte Vegetable Party Tray 40 oz.</p> <p>save 1.50</p> <p>11⁴⁹</p> 
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At Periwinkle & Casa Ybel

BIG ARTS Monday Night Film Series

Loveless

by Di Saggau



The BIG ARTS Monday Night Movie for November 26 is *Loveless*, an eerie thriller of hypnotic, mysterious intensity from Russian director Andrei Zvyagintsev. It's an apocalyptic study of a failed marriage and the subsequent disappearance of a child, a stark, mysterious and terrifying story of spiritual catastrophe in the form of a procedural crime thriller. It is also a story of modern Russia whose people are at the mercy of implacable forces, a loveless world like a planet without the full means to support human life, a place where the ordinary need for survival has mutated or upgraded into an unending aspirational demand for status, money and freedom. All of it is overseen by intensely conservative social norms of Christianity, conformism and nationalism.

Loveless is a portrait of the failed marriage and the shy, unhappy 12-year-old boy, Alyosha, who is the basic cause of the couple's collapse. After he overhears a horrible argument in their cramped flat, he disappears. How will they find their son? Has he been kidnapped? This is a film which confronts us with the most unthinkable of crises and perhaps also challenges the eternal piety and complacency

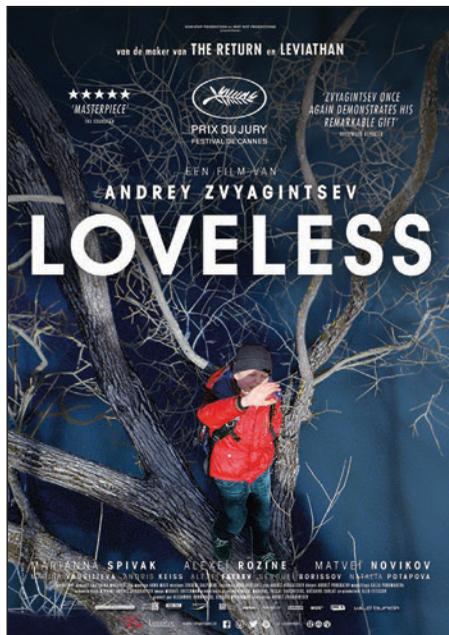


image provided

of family life. *Loveless* is a domestic drama, but its brilliance and passion are compelling. It runs 129 minutes. Moderator for the evening is Bob Kamino.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.bigarts.org, at the door or by calling 395-0900.*

Programs At Sanibel Library



photo provided

Try your hand at Google Paint VR at Sanibel Public Library

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

Interested in VR? Patrons ages 10 and older can enjoy the awe and wonder of the ocean in a virtual underwater world. You

can also create a masterpiece with Google Paint. These virtual reality experiences will be offered from 3 to 4 p.m. on Friday, November 30 on a first-come basis.

Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m.

continued on page 28

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Betty Anholt and Charles LeBuff

photo provided

Free Lectures On Conservation Ethic At Refuge

Authors Charles LeBuff and Betty Anholt will debut their new collaborative historic work at two free lectures at the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center on Thursday, December 13. Their slide presentations at 10 a.m. and 1 p.m. will cover highlights of their book *Protecting Sanibel and*

Captiva Islands: The Conservation Story, which releases earlier that month.

A book signing with the authors will follow both lectures. The book is available for purchase in the Refuge Nature Store, profits from which benefit education, research and conservation projects at the refuge.

LeBuff, who served as a refuge officer from 1958 to 1990, has also written *Images of America: JN "Ding" Darling National Wildlife Refuge* and other books on island history. Island historian Anholt authored an earlier book titled *Sanibel's Story: Voices and Images*

from Calusa to Incorporation.

Protecting Sanibel and Captiva Islands examines the overarching impulse of island residents and visitors to protect the islands. "People from former presidents and cabinet-level executives to those whose names have often been forgotten have made it their mission to guard the integrity of the islands' natural systems," reads the book jacket. "This book describes the evolution of the conservation ethic on the islands and how it continues despite numerous obstacles."

There is no charge to attend the lectures, which are sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Seating is limited and available on a first-come basis.

Following is a schedule of events planned by DDWS and the refuge for season.

Happy Hour Holiday Shopping – November 27

Free Winter Programs – January 7 to April 28

2019 Biweekly Wednesday Film Series – January 9 to April 3

2019 Friday Lecture Series – January 18 to April 12

Woodring Homestead 100th Anniversary Exhibit Unveiling – January 23

Go Wild for "Ding" – Call of the Osprey Fundraiser – February 13

"Ding" Darling & Doc Ford's Tarpon Tournament – May 2 and 3

For more information, call 472-1100 ext. 241 or visit www.dingdarlingsociety.org.

Poet's Corner



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

What I Want This Poem To Do

by Hannah Star Rogers

I want the reader to see how much more similar we are to barnacles than to winds, to grazing deer and coyotes pawing sea turtle nests the living who are less like us existence has more in common with itself than nonexistence and that what we are is what we are not being so that there is an excuse for wishing you are otherwise until you are as you are.

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

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Book Review

Where The Crawdads Sing

by Di Saggau



For years, rumors of the “Marsh Girl” have haunted Barkley Cove, a quiet town on the North Carolina coast. Catherine “Kya” Clark is a figure of mystery and prejudice in the coastal community in the 1950s and ‘60s. Six-year-old Kya watches her mama walk out the door, wearing her special alligator shoes and carrying a suitcase. She stares at her mother’s back waiting for her to turn and wave. Her mother does neither. Kya’s mother was no longer able to endure her drunken husband’s beatings. Soon after her four siblings leave, Kya grows up in the care of her sometimes violent father, who eventually disappears, too. Kya replaces all the loss with the one thing that gives her comfort, the wet earth and the marsh.

The chapters alternate between Kya’s life and something that happened in 1969 when handsome Chase Andrews, “star quarterback and town hot shot,” is found dead. At first his death is considered an accident, and then it becomes a murder investigation. The locals immediately suspect Kya. As we learn about Kya, we

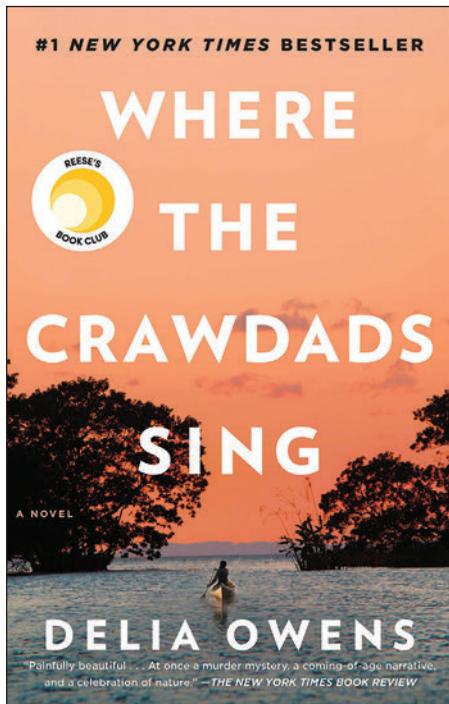


image provided

also learn about the investigation by the town sheriff into the murder of Chase and the trial that takes place with Kya at the center. The timelines merge toward the end of the book.

Kya has survived over the years by knowing the marsh. She is resourceful and clever. She learns to catch seafood and sell it to her friend Jumpin’. He and his wife, Mabel, are the only villagers who show any kindness to her. The older Kya becomes, the more she yearns for

companionship. She sees others her age getting together on the beaches of her marsh. She develops a friendship with a boy named Tate, who teaches her to read.

Both Tate and Chase play significant roles in her life. Kya, unknown to the community, becomes an accomplished artist and captures the essence and beauty of all the creatures of the wetlands. The book is abundant with descriptive prose and brings the reader straight to the edges of the marsh waters, offering an exquisite

experience to a unique place in our natural world.

Where The Crawdads Sing begins with a vivid prologue that talks about the differences between a marsh and a swamp. A swamp is about decay and decomposing matter, while a marsh is teeming with life. Kya is familiar with all the life in the marsh. *Where the Crawdads Sing* is another book I raced through enjoying every page, especially the haunting and unexpected conclusion.✧

School Smart

by Shelley M. Greggs, NCSP



Dear Readers,

We want our kids to be appreciative and not take things for granted, and learning to be grateful can improve kids’ relationships,

ability to empathize and overall happiness. If you are looking for ways to reinforce the importance of gratitude or would like to find other meaningful ways your kids can show appreciation, here are some tips:

Set an example. Kids learn a lot from watching their parents. Show them what it means to be grateful by offering a genuine “thank you!” to a waitress who serves your food or a helpful neighbor. Thanking children for doing things that are helpful, even when they are chores like putting away toys, reinforces the behavior and lets them know they’re appreciated.

Point out generosity. Call attention to it when people, including your kids, do things that go beyond what’s expected like helping without being asked, being especially thoughtful, or taking extra time to do something because it’s important to someone else. Send the message that you will notice if they knock themselves out for you, or for someone else.

Have a talk. For some kids, especially young children or those who have trouble understanding emotions, it can help to have a talk about how showing appreciation makes other people feel. Try asking your child how he feels when people say thank you to him for doing something nice, and then how he feels when they don’t. Going over his own feelings will help him understand how his behavior affects others and make it easier for him to understand the emotional benefits of being grateful.

Find fun ways to say thanks. There are lots of ways to show gratitude. If your child isn’t comfortable talking to strangers or has a hard time expressing herself in writing, work together to come up with a different way for her to show her appreciation. She could try giving a smile or a thumbs up if someone holds the door, or show grandma how much she loves her new coat by drawing a thank you picture or card or sending a smiling selfie.

Share the love. Encourage kids to think of people who help them, from school personnel to the local firemen, and say thanks with cards or cupcakes. Making them and giving them are fun, and they help kids see how connected we all are.

Put things in perspective. Talk to your kids about those who are

less fortunate. Don’t scare them, but don’t keep them in the dark either. Understanding that not everyone has the same advantages will help them develop compassion for others and gratitude for their own privileges.

Make gratitude part of bedtime.

When you tuck him in at night, ask your child to tell you three things he’s grateful for. Even if he’s had a bad day, it will help him and you end each day on a positive note.

Give kids credit. Be mindful of the fact that your child may have her own way of expressing gratitude, even if it doesn’t fit your expectations. Different kids communicate in different ways. For example, your child may be more comfortable giving a hug than a verbal thank you, or might show her appreciation by helping out around the house. Tuning in to your child’s unique way of being thankful will let her know that even as she’s learning new ways to give back, you see and appreciate the thoughtful person she already is.

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

From page 26

Sanibel Library

There will be crafting, building and playing, plus books and a snack.

The weekly children’s schedule runs November 27 through December 20.

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

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

If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons, sign up on-the-spot; program finishes by 5 p.m.

Weekly children’s programs are listed on the library’s online calendar. No registration is required. For more information, call 472-2483 or visit www.sanlib.org. Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge.✧

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Bird by Kathleen Taylor

image provided

Artwork Sought For Exhibition On Captiva

The Captiva Civic Association (CCA) is hosting an art exhibition, titled 24 Hours on Captiva. The opening reception will be held on Thursday, December 6 from 5 to 7 p.m. at the Captiva Civic Center on Chapin Lane on Captiva.

Artists with freshly rendered works depicting people, places and things on Captiva, day or night, are invited to submit their art. This exhibit is

sponsored by the Sanibel-Captiva Art League and the CCA. The exhibit is open to all artists and you do not need to be a member of the CCA or the art league. Last year, over 50 artists entered 96 art works in the show.

Entries for the exhibit will be accepted on Thursday, November 29 from 11 a.m. to 1 p.m. at the Captiva Civic Center. On that day at 2:30 p.m., the juror, David Ruhe, will announce awards for first, second, third and Best Representation of Captiva, followed by a talk on Ruhe's work and the exhibit.

The opening reception coincides with the CCA Holiday Social. For more information, call 472-2111.*

BIG ARTS Reveals Exciting Plans For Future



New building plans

photo provided

Nearly 300 people crowded the BIG ARTS performance hall, veranda decks and garden last week for a welcome back celebration and a sneak peek of the proposed new building to be erected on the same footprint as the current structure on Dunlop Road. The plans and presentation were enthusiastically received.

Multiple renderings on easels were available for viewing as well as an animated video presentation by architect Amy Nowacki. A film presentation

followed with remarks by BIG ARTS outgoing Chairman of the Board Hyde Tucker, incoming Chair Susan Heisler, Vice Chair and Chair of the Capital Campaign Jim Pigott and Executive Director Lee Ellen Harder. Many of the guests stayed long after the presentation to talk about the project, enjoy the buffet, bar and the music by the Bill Harris Experience.

Detailed information will soon be available on the BIG ARTS website at www.bigarts.org.*



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Highlights From BIG ARTS Welcome Back Party



Mike and Chandra Briers

photos provided



Bunny and Joel Ospa



Sfi and Don Irwin



From left, Patricia Haggerty, Barbara Broadhurst and Anita Smith



Karen Barsuhn and Donna Oberhill



Ken Gill and Karen Dewitt



Kathy Green and Susan Andrews



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Experts Share Thoughts On Water Quality

by Jeff Lysiak

During the November 15 League of Women Voters (LWV) Sanibel luncheon meeting, held at Sundial Beach Resort & Spa, more than 70 people attended a panel discussion with three local water quality experts, who shared their thoughts on what factors have led to impaired water quality, what's being done to improve conditions, who is responsible for regulating water quality, and what can be done locally to effect positive changes.

Speaking on the panel were John Cassani, an ecologist, fisheries scientist and regional water manager who was named Calusa Waterkeeper in 2016; James Evans, director of Sanibel's Department of Natural Resources and author of the *Caloosahatchee Watershed Regional Water Management Issues* white paper; and Rae Ann Wessel, natural resource policy director for the Sanibel-Captiva Conservation Foundation (SCCF), where she promotes public awareness of issues affecting the Southwest Florida watershed.

"Rae Ann, James and John have been everywhere this summer talking about this, so a lot of you have probably heard them speak," said Robyn Cook, president of LWV Sanibel. "But for those of you who may have been away or haven't kept up with the news about our water... welcome back!"

Wessel explained what factors go into making water "polluted," noting that in addition to undesirable chemicals, water can be negatively affected by having excessive amounts of nitrogen and phosphorus in it. Evans added that dramatic changes in land use over the past century have also factored into impairing our water quality.

"What you do in your own backyard makes a difference," said Evans. "But what's being done with agricultural and urban development makes an even bigger difference."

The experts explained that as the "rainy" season has ended, the region only saw approximately 70 percent of what is considered normal rainfall. However, during the first few weeks of the rainy season, the area was inundated with precipitation, which contributed to the growth of algae blooms. Massive releases of freshwater releases out of Lake Okeechobee also triggered red tide conditions along the gulf coast.

"It was kind of a perfect storm of things coming together," opined Cook.



From left, panelists James Evans, Rae Ann Wessel and John Cassani with Robyn Cook, president of the League of Women Voters Sanibel during last week's luncheon meeting

photos by Jeff Lysiak



Daria LeTourneau poses a question

When it came time for the public to be notified of the polluted water conditions at local beaches, Wessel said that she went through "an endless" loop of phone calls to find out who is responsible for posting signs.

"There are a lot of moving parts when it comes to water regulations and who is responsible for what," said Cassani.

Another hurdle the experts have met is that responsible agencies aren't forcing compliances with the rules that are currently in place.

"We've got a lot of ideas on how to resolve these issues, but we need people with the political will and leadership to do it," said Wessel. She later explained that one huge factor in water being released out of Lake Okeechobee is that the Everglades – where water used to flow naturally to the south – is now half its original size, thanks to massive development projects from West Palm Beach down to Miami. "We have less space to hold the same amount of water," she added.

Recently, a state/federal partnership approved the funding for the Everglades Agricultural Area (EAA) Reservoir, a project that will provide additional water storage area south of Lake Okeechobee. And while the massive project may take up to 10 years to complete, scientists and water experts are hoping that this will provide some remedy.

According to Cassani, the EAA Reservoir will encompass some 10,000 acres, at depths up to 20 feet. But will it be successful, the audience asked. "The state of Florida has never undertaken a project of



From left, Rae Ann Wessel, John Cassani and James Evans responding to questions from the audience

this scope before," he said. "Will it work? If you believe the science behind it and the engineers working on it, I do."

"With climate change and sea level rise, we're going to need to store even more water," added Evans. "The world is watching us, so if it fails, it will fail and nobody will do this again."

One non-partisan question was raised during the Q-and-A session which followed the panelists' presentation: Following the most recent election, did water win or lose?

"That's really up to all of us," said Wessel. "You have to participate in discussions and educate yourselves on the issues. We only get the government that we allow."

"Where it really starts is in communities like Sanibel," said Evans, who pointed out

the city's proactive approach in regulating fertilizer applications, monitoring Best Management Practices (BMPs) at local golf courses and advocating for improved water quality at the regional, state and federal levels.

Upcoming LWV Sanibel luncheon meetings and topics to be discussed include January 17 (Is Democracy Working?), February 21 (Immigration) and March 21 (Reproductive Health). All meetings will take place beginning at 11:30 a.m. at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive. Cost is \$25 per person. Mail a check in advance with the names of all attendees to: LWV Sanibel, P.O. Box 1194, Sanibel, FL 33957, or attendees can pay at the door. Reservations can be made online at lwvsanibel@gmail.com.✧

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Veterans Day Cruise Raises Funds For Charity



From left, Paul Kiefer, Jeff and Bev Warren, Lyn Kern and Kay Kiefer

photos provided

A full boat of Sanibel Catholic women and men celebrated Veterans Day during their annual Red, White, & Blue Cruise aboard the *Lady Chadwick*. Everyone enjoyed fellowship with friends and a perfect sunset, all while raising over \$600 for

Catholic charities.

Recent proceeds have been used to support the Immokalee DACA programs and the Marion Mission in Africa. The group noted that 100 percent of all money raised goes directly to the beneficiaries of their fundraising events.*



From left, Joanne O'Neill, Ann Marie Sprotte, Nancy DeBenedictis, Francine Dale, Connie Mara and Shirley Bohnert

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From left, Allison Goss, Stan Harding, Lander Peck, Chris Cashion and Randy Zavada

Island Resident Signs With FGCU Soccer Team

Lander Peck grew up on Sanibel and went to The Sanibel School. She is now a senior at Bishop Verot High School in Fort Myers. Peck was recognized for her athletic

achievements on November 14 at a signing ceremony in the courtyard of her high school to formally commit to playing soccer for coach Jim Blankenship at FGCU next year. The Division 1 soccer team and coach extended an invitation to Peck three and a half years ago, her freshman year, to verbally commit to FGCU. Peck has worked incredibly hard through her high school years to make

the verbal commitment a reality. The Division 1 FGCU Women's Soccer program is consistently a top ranked national program and the head coach is recognized and ranked amongst the top 10 women's soccer coaches in the country.

The signing ceremony was attended by students, teachers, friends, players, coaches and family members including: parents Neil and Birgit Peck, owners

photo provided

and operators of the Sanibel Sunglass Company; Allison Goss, Lander Peck's first soccer coach in elementary school, and an ex-collegiate soccer player; coach Stan Harding from the Strikers soccer team, Kelly Field; current club coach Chris Cashion of the Florida Fire Juniors, Naples, Florida; and high school coach Randy Zavada.

The goal of signing ceremony was to recognize Peck's postsecondary plans to attend FGCU to participate in Division 1 level soccer. Peck plays midfielder and has already broken the high school record for the most assists in a single season. After her sophomore year, she broke the high school record for most overall assists. In club traveling play, Peck plays for the U18 Florida Fire Juniors in Naples, Florida in the Florida State Premier League.*

Stop Identity Theft In Its Tracks

FISH of SanCap, along with the Sanibel Police Department, Entech, and Griffon Force, is offering a community presentation, titled Enough of Scams; Stop Identity Theft In Its Tracks, on Thursday, December 6 from noon to 2 p.m. at Saint Michael & All Angel's Episcopal Church. Lunch will be provided.

Personal identity theft occurs every two seconds, and the demographic hardest hit are those 65 years of age and older, according to the Center

continued on page 6B

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 • Eastern Exposure, 3 BR, 2 BA, Fireplace
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 John Nicholson 239.849.3250



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Tour guide Richard Finkel of Captiva Cruises photos provided

Captiva Historical Society Kicks Off New Season

The Captiva Island Historical Society (CIHS) hosted a day trip to the historic Gasparilla Inn on Boca Grande for lunch on November 13. Two full boats from McCarthy's Marina transported 100 passengers to their destination as marina docents recounted the geographic and political



Fish house

history and lore of Pine Island Sound and Charlotte Harbor. Guests returned with knowledge of local hurricanes, fish houses, Calusa Indians, tourism development and daily life on neighboring islands off the grid.

A buffet lunch was served in the main dining room of the inn an employee of the hotel since 1983 delivered an animated talk tracing the history of the hotel to its origins in 1913: It began as a retreat for the executives of a company that owned both the thriving Florida phosphorus mining trade and the railroads that transported the chemical, using the deep harbor at Boca Grande. The hotel survived vicissitudes of the economy and management changes to morph

into the natural elegance that graces it today.

At lunch, CIHS board members provided maps depicting and describing some of the highlights of Boca Grande for self-guided tours to pursue before the rebounding deadline at 3:15 p.m.

It was a sold-out crowd that returned to Captiva, satiated with a deeper understanding of the stories that created the bounty of surroundings in Southwest Florida.

Each passenger received a copy of the schedule of events program of CIHS for the coming season.

For more information, visit www.captivaislandhistoricalsociety.org or call 472-2323.*

From page 3B

Identity Theft

of Medicare and Medicaid Services. Everyone, though, should be in a high alert mode when it comes to savvy identity theft and scams taking place. All ages can become victims, and all need to be cautious when answering phone calls, text messages and electronic mail.

A panel of experts from the Sanibel Police Department, Griffon Force, LLC and Entech will tell you how to make your environment and community safe. Experts will discuss and advise on how to prevent identity theft and other fraudulent electronic crimes.

Carrie Kerskie of Griffon Force said, "In the data-centric world we live in, your information has become your greatest asset. Lean how to protect yourself and your family by joining us for this interactive discussion." Kerskie is the president of Griffon Force and a national speaker, trainer, author and consultant on the topics of identity theft, fraud and data privacy.

Scam artists are far too clever in establishing a connection with people with the sole intent of stealing their identity. By attending this seminar, you will educate yourself against these crimes and others that can affect your life. To RSVP, contact Kathy Y. Monroe, FISH program director, at 472-4775.

Saint Michael & All Angel's Episcopal Church is located at 2304 Periwinkle Way.*

Wendy Humphrey

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- Charles Sobczak 472-5187 x 255



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- Jim Hall 472-5187 x 215



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 - Dock is 75' x 10'
 - 3 bedroom 2 bath home with pool & spa
 - Quiet East End location
 - \$999,000 (2171074)
- Judy Reddington 472-5187 x 331



Magical East End Cottage

- 1959 cottage on 100 x 150 lot
 - Just 3 homes from deeded beach access & quaint shops
 - Very "East End"
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- Glenn Carretta/Teresa Baker 472-5187 x 221/220



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- 1 bedroom, 1 bath, 2nd floor unit
 - Spanish Cay overlooks the Sanibel River
 - Across the street from the Gulf
 - Rental history is very good!
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- Susan Dunn 472-5187 x 238



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 - Close to beaches, great restaurants & shops
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- Dan Wexler 472-5187 x 208



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- One Bedroom Sundial West Condo with View
 - Great vacation AND rental income property
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- Robin Humphrey/Martha Smith 472-5187 x 218/241



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 - East End - Easy Access on and off Island
 - \$1,099,000 (2181075)
- Tina DiCharia/Glen Simmons 472-5187 x 259



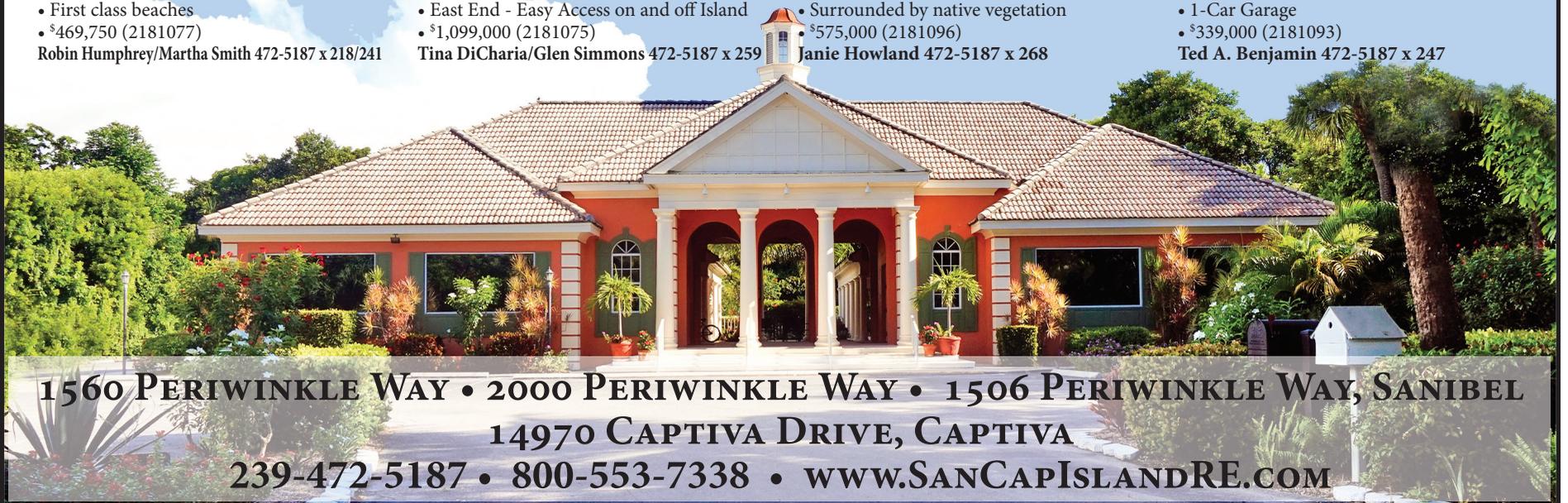
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- Janie Howland 472-5187 x 268



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The Sanibel Captiva Trust Company

How New Tax Law Can Upend An Estate Plan



Steven V. Greenstein, J.D., CTFA Wealth Services Advisor

The recently enacted Tax Cuts and Jobs Act, which became effective as of January 1, not only reduced individual and

corporate tax rates, but also made significant changes to the tax laws regarding estate and gift taxes. The most notable change was the doubling of the lifetime exemption amount an individual may transfer tax free (either

during life or at death) to approximately \$11.2 million per individual or \$22.4 million for a married couple. These exemption amounts are expected to continue to rise, as adjusted for inflation, each year until 2026.

It is important to put the new \$11.2 million lifetime gift and estate tax exemption in context. Five years ago the exemption was \$5.25 million; 10 years ago it was \$2 million; and 15 years ago the exemption was just \$1 million. So today, while most taxpayers will never pay any gift or estate tax, the new higher exemption could drastically alter the outcome of an estate plan drafted prior to this year.

Don't assume that because you may not now owe any federal estate taxes upon death, you can allow your existing estate plan to gather dust in a file. Quite the contrary. For example, if you use funding formulas to set up marital trusts and family/credit shelter trusts upon your death, and those trusts are designed to take advantage of your

remaining lifetime exemption, the initial trusts may prove to be overfunded to the detriment of your surviving spouse.

Also, many estate plans include the use of "second look" strategies after the first spouse's death, such as bypass trusts, disclaimer trusts, QTIP and/or Clayton trusts. You may now want to consult with your estate planning attorney to review and possibly update these terms in light of the increased exemption amounts.

It is also important to review any life insurance trusts you may have created in the past that were intended to pay your estate taxes upon your death. Determine if these trusts still make sense or if they should be replaced with another form of asset protection since you may no longer have to pay estate taxes at death.

Since the current lifetime exemptions expire in 2026, high net-worth individuals may want to take advantage of the increased exemptions to make gifts to new or existing trusts, thereby

removing the gifted property from the donor's estate. This is particularly timely since stock prices have appreciated greatly since 2009. Putting appreciated stock into gift trusts can help you fund your favorite charitable causes at death while giving you more flexibility to diversify your appreciated portfolio now. Gifting securities outright also can help reduce the value of your estate, but keep in mind that such gifts may lose the opportunity for a step-up in basis at death and instead pass to the recipient with the donor's cost basis.

Always bear in mind that estate planning is not just about reducing taxes. A well-crafted estate plan should be designed to protect assets, further charitable intent, provide for surviving spouses, adult and minor children, and special needs beneficiaries. The recent changes in the law provide a compelling reason to review and potentially update your estate plan with your trusted financial advisors.✧

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Reusable Bag Giveaway This Saturday

On Saturday, November 24, Coastal Keepers will hold an event at Bailey's General Store to reduce the use of disposable plastic bags on the islands and educate locals and visitors about the harm plastic bags cause to the environment.

From 8 a.m. to noon, Coastal Keepers and Bailey's General Store will partner to distribute reusable, washable canvas bags for free while supplies last.✧



Richard Johnson of Bailey's General Store and Sam Lucas of Coastal Keepers

photo provided

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Results From Osprey Cup At The Dunes

The Dunes Men's Golf Association hosted its 1st annual Osprey Cup on November 14. It was a beautiful day on Sanibel as the White Team, led by captain Don Denecke, and the Red Team, led by captain DL Murphy battled it out to determine the deserved Osprey Cup Champion. The day was filled with food, drinks and a marathon of Ryder Cup-like golf festivities. The gentlemen played three nine-hole formats: better ball, modified alternate shot and individual singles. Each nine-hole format had nine points up for grabs.

The first 18 holes of play consisted of the team games, nine holes of better ball and nine holes of alternate shot. After 18 holes of golf, the matches stood at:

- Team White: 98 points
- Team Red: 82 points

After 18 holes and a quick lunch, many of the competitors were ready for a nap and opted out of the afternoon nine-hole individual match. Those adventurous ones for each team went onward and continued to play. The singles matches were neck and neck and unfortunately for Team Red, they needed more than that.

- Team White Singles: 32 points
 - Team Red Singles: 31 points
- So the crowned 1st annual Osprey Cup Champion was the White Team.

- Team White Total: 130 points
- Team Red Total: 113 points. ✨



Team Red: DL Murphy, Paul Nichols, Warren Randall, Peter Kaplan, Dave Blue, Bob Kent, Skip Jewett, Tom Winkler, Roy Brodersen, Gary Dutton, Roger Blouin, Thomas Meline, James Fantozzi, Miguel Hnatow, Jack Roberts, Ken Grosse, Jerry Nichols, Joe Miller, Stan Hirschfeld and Fred Gobel photos provided



Team White: Don Denecke, Doug Mallon, Bill Arons, Bill Walsh, Tom Veratti, Chuck Hogg, Larry Cima, Mike Funk, Bob Lindman and Thomas Shriner, Brad Thompson, Bob Schoen, Jim Clapp, Joe Mason, John DeFrancisco, Jim Burkholder, Phil Philibosian, Gregory Jennings, Jack Strothman and Tom Donovan

Happy Thanksgiving!



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Resort Style Living! List Price \$565,000



North Dr. Ft Myers

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From left, Kiwanis Treasurer Les Boyle, Special Equestrians Executive Director Jan Fifer, participant Evan Weygant riding Scarlet and volunteer Nadina Roberts photo provided

Kiwanis Awards Grant To Special Equestrians

The Sanibel Captiva Kiwanis Club recently awarded a grant to support the work of a unique organization – Special Equestrians, a local nonprofit serving children with mental and physical challenges. Special

Equestrians operates on a 14-acre farm in the Buckingham area just north of Fort Myers, with stables, offices and pastures for 13 horses. At the Special Equestrians facility, children are helped through riding activities and care for the horses. The organization serves over 90 students who come from a five-county area.

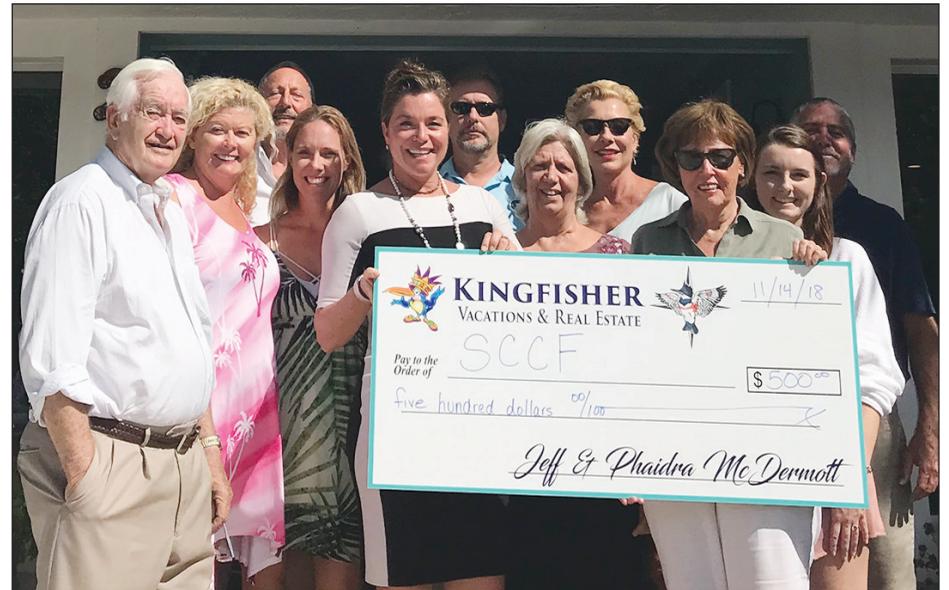
The Kiwanis Club's mission is to raise funds to help support organizations who provide educational, medical and recreational activities for

children. This past year, the club has provided grants of over \$100,000 for individual college scholarships as well as operating grants to over 30 organizations.

Special Equestrians fits the Kiwanis profile well. It is a 501(c)3 organization

and a United Way partner. In addition, it is a Premier Accredited PATH (Professional Association of Therapeutic Horsemanship) organization, insisting on strict procedures and standards for safety and well-being for all participants.*

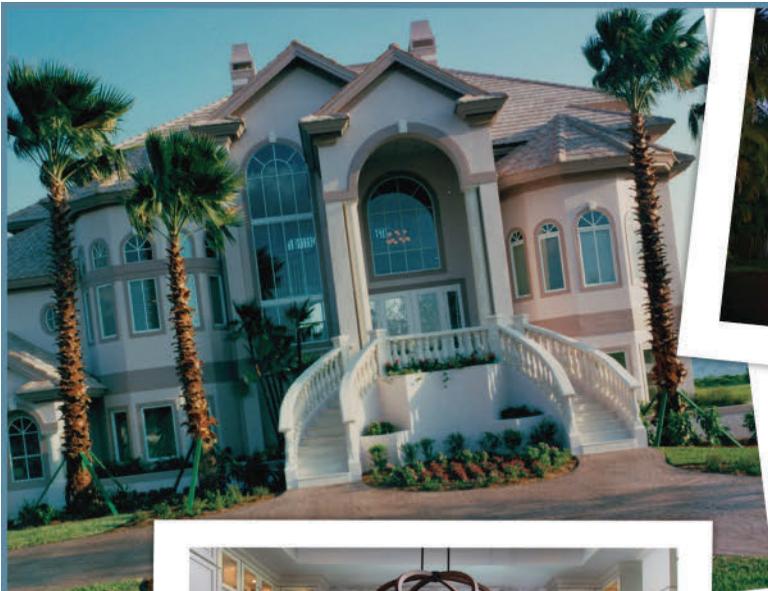
Real Estate Firm Donates To SCCF



From left, Keith Trowbridge, Mary Bondurant, Fred Bondurant, Amy Costello Phaidra McDermott, Bill Tomlinson, Robyn Moran, Kara "KC" Cuscaden, Brooke Brownyard, Kate Stone and Tommy Wiley photo provided

Kingfisher Real Estate made a \$500 donation to the Sanibel-Captiva Conservation Foundation (SCCF) recently. The funds represent proceeds

from September and October real estate sales to further assist with the SCCF's efforts to protect the waterways and delicate ecosystems on the islands.*



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Will Power

I Am Truly Thankful



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

Happy Thanksgiving to you and yours, and thank you so very much for following my column over the years. In the spirit of the Thanksgiving holiday, allow me to list some of the things that I am thankful for:

I'm thankful for my family. I have a loving, devoted, smart and very patient wife who has put up with me for over close to 30 years. We started out with nothing to our names save our student loan debt. It seemed as if our adventure had just begun.

We have three daughters of whom we couldn't be more proud. While I lost my mother to leukemia a few short years ago, I am thankful for the 11-plus years we had with her since her initial diagnosis. She danced at all of her grandchildren's bar/bat mitzvahs, which is wonderful to reflect upon fondly.

I'm thankful that I'm alive and well. This may sound trite, but some may recall from previous columns that I almost died in a terrible bicycling accident about 15 years ago. I am an avid road cyclist, but on a July afternoon in 2004, a car cut me off while I was enjoying my ride. My helmet saved my life, but I had four skull fractures and problems with my neck and spine. The accident required hospital stays and surgery, but today I'm still on the bike and doing well. I am thankful for those motorists who are considerate of us cyclists and beg the rest of you to please watch out for bicyclists both on the bike paths and on the road.

I'm thankful for my career and the people with whom I work. I truly enjoy what I do for a living. My firm is established in this community, dating back to 1924. My law partners and I get along very well because it's more like a family than a firm. We have a loyal and hard-working team – one of whom has been with us for over 40 years! My clients are second to none as they are a bunch of friendly, warm and sincere people who have interesting backgrounds and life experiences. I've learned so very much from many of my clients.

I'm thankful to live in Southwest Florida. I grew up in Indianapolis but have lived in Florida for more most of my life. The people here are kind and empathetic. While our summers are hot, our temperate winters and ability to enjoy outdoor activity year-round more than make up for it. One of my good friends from Chicago visited a few years ago, and I took him out to dinner. We traveled to a waterfront restaurant via boat instead of the car. He saw dolphins jumping and a wonderful sunset that evening.

He couldn't believe that we can do this anytime we want. It made me proud and happy to live here.

Finally, I'm thankful for this column and the people of Sanibel, Captiva and Fort Myers. I appreciate Lorin Arundel and all of the good folks at the *Island Sun/River Weekly News* as well as my faithful readers for allowing me to bring you this estate planning column. I will say that it is sometimes a challenge to come up with interesting topics on a weekly basis for years on end. Estate planning isn't the most entertaining of subjects by itself, but I've received a lot of positive feedback along with appreciation from many who've told me they understand the concepts that I've tried to highlight over the years. I thank all of you for your continued support;

Once again, Happy Thanksgiving to you and your family and loved ones. Be sure to reflect on what treasures exist in your life, especially as we approach the holiday season.

©2018 Craig R. Hersch. Learn more at www.sbslaw.com.✪

Realtor Completes Training Program

Tina DiCharia of VIP Realty Group, Inc. successfully completed the Spokesperson Issues Training program conducted by Florida Realtors, held at its headquarters in Orlando.

The course, designed to improve public speaking abilities, enhance communication with the media and increase awareness of the issues affecting the realtor profession, was taught by Tom Morgan and Joan McCain, Orlando-based communications experts who have extensive experience with print and electronic media news.

Florida Realtors serves as the voice for real estate in Florida. It provides programs, services, continuing education, research and legislative representation to its 165,000 members in 55 boards/associations.✪



Tina DiCharia

photo provided

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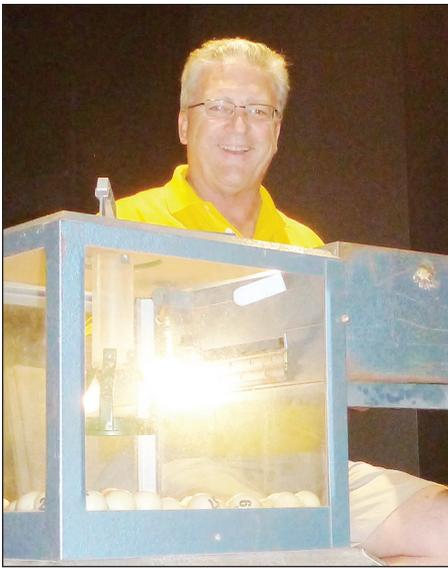


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Lion Steve Schulz served as caller at Feather Bingo photos provided

Lions Club Bingo Fundraiser Draws Crowd

The Sanibel Captiva Lions Club hosted its 34th annual Feather Bingo for Charity at The Community House with a great crowd that enjoyed appetizers, refreshments and a turkey dinner with all the trimmings. Lion Steve Schulz served as caller and players won a total of \$400 in prizes.

"We are grateful to all our friends and neighbors who turned out for our Feather

The Sanibel Captiva Lions Club had a great turnout for Feather Bingo for Charity night at The Community House

Bingo night," said Lion Hazella Vellele, who organized this year's event with her husband Lion George. "It was a wonderful evening that supported many worthy causes."

Sight is undoubtedly one of the Lions' defining causes. The Sanibel Captiva Lions have collected thousands of used eyeglasses and readers each year as part of its Recycle for Sight program. Club members offer complimentary health screenings for adults each season and volunteer their time for many worthy causes, including ringing The Salvation Army bell at holiday time.

The upcoming Christmas tree sale has become an important part of the club's fundraising for over 30 years. In its 50th

year, Lions serve where they live, as well as globally, and continue to have fun in the process. "The Lions Club offers the opportunity to make a difference in your community," said Club President Lion Bob Kern.

"Thank you to Lions Hazella and George for organizing such a fun Feather Bingo night and collecting the array of prizes," added Kern. "We also send our appreciation to Sanibel Catering Company by Bailey's for providing delicious appetizers and turkey dinner."

The Sanibel Captiva Lions meet the first and third Wednesday of the month with a different guest speaker once a month at The Community House. Meetings begin with cocktails and

appetizers at 6 and dinner at 7 p.m. Visiting Lions and anyone interested in becoming a Lion are always welcome. To learn more, visit www.sanibelcaptivalions.org.

Grampy's Golf Tournament Set For December 7

Sanibel Captiva Community Bank will host the 2nd annual Grampy's Pro-Am benefiting Ronald McDonald House Charities of Southwest Florida at Fiddlesticks Country Club on Friday, December 7. Registration and breakfast begin at 7 a.m. followed by an 8:30 a.m. shotgun start. Cocktails, lunch and awards will follow the tournament at 1:30 p.m.

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

Grampy's Charities has offered its support and leadership for the foreseeable future, while 100 percent of the event proceeds will benefit Ronald McDonald House Charities of Southwest Florida.

At the inaugural Pro-Am in 2017, Grampy's Charities raised over \$80,000 for Ronald McDonald House Charities.



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From left: Matt Asen, owner of The Timbers; Maggi Feiner, president and CEO of FISH of SanCap; Maria Espinoza, FISH Walk-in Center manager; and Mark Blust, operations, The Timbers photo provided

Anniversary Celebration Supports FISH

The Timbers Restaurant and Fish Market held a 40 Years of Fresh Fish anniversary celebration last month. For an entrance fee, guests were treated to Chef Teh's culinary specialties, including sushi, plus cocktails and entertainment. A portion of the proceeds were to benefit FISH of SanCap.

Matt Asen, owner of The Timbers, presented a check for \$1,900 to FISH of SanCap President and CEO Maggi Feiner recently in support of the nonprofit "neighbors helping neighbors" organization.

In October of 1978, The Timbers Restaurant first opened its doors as a limited menu steakhouse. Forty years and over four million satisfied customers (and a few old crabs) later, the Timbers Restaurant and Fish Market is known worldwide as "Sanibel's Seafood Specialists."*

Lions Club Christmas Trees Go On Sale Friday



The Christmas trees are delivered fresh from Michigan photo provided

The day after Thanksgiving marks a Sanibel-Captiva Lions Club holiday tradition – Christmas tree fundraiser. The former gas station at Bailey's Shopping Center, 2477 Periwinkle Way, will turn into a wonderland of premium Frasier firs freshly cut and shipped on refrigerated trucks from Michigan.

Approximately 210 trees are being delivered to the old gas station facing Periwinkle Way on Friday, November

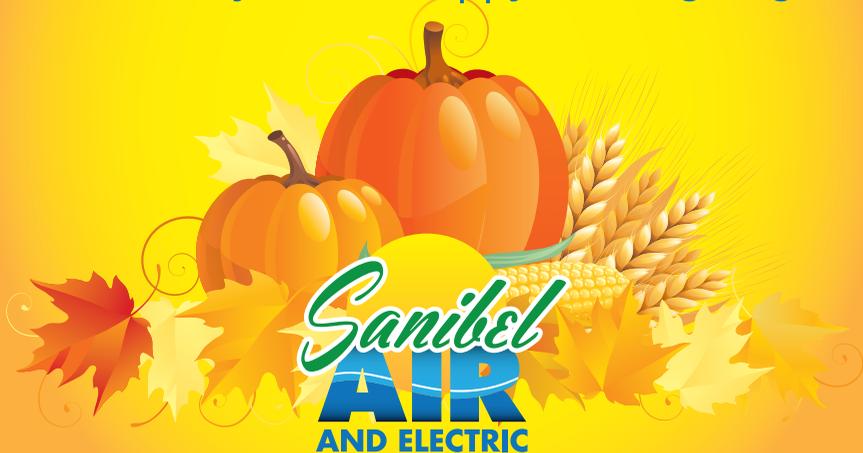
23, and will be available for purchase seven days a week, from 10 a.m. to 5 p.m. They will remain on sale through Christmas Eve or until stock is gone.

The trees are between five and 10 feet in height. Cliff Nolan, organizer of the sale, said, "We have always had good luck with Michigan trees. They are healthy and full and beautiful. Buyers will be very happy with them."

Proceeds from the sale go to the continued on page 21B

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Registration Open For Seminar On Energy Vampires

Dr. Constance Clancy, along with artist Katie Gardenia, will lead a one-day, experiential workshop, titled Disempower Energy Vampires Who Surround You and Reclaim Yourself Through the Art of Resilience, on Saturday, January 19 from 9 a.m. to 4 p.m., at Tween Waters Island Resort and Spa, located at 15951 Captiva Drive.

"We encourage people who are highly sensitive, intuitive and caring, referred to as 'empaths,' to attend our seminar," said Clancy. "Because these folks are trusting, optimistic, goal-driven and hard-working, they are often magnets and easy targets for 'energy vampires' who suck them dry. And these manipulators are everywhere – co-workers, employers, family members, romantic partners, spouses or friends," Clancy said. "So empaths end up exhausted, used and taken advantage of on a mental, physical, emotional and even spiritual level."

"All of us have been touched by people who drain you," said Gardenia. "I used to think everybody is just good... but that changed over the years. There are a lot of givers and takers, and the givers unfortunately, attract those who pull the energy out of you."

"This dynamic happens often," Gardenia said. "You may never have even thought about it before. I want attendees to open their eyes and walk away with an



Dr. Constance Clancy photos provided

'A-ha' moment."

Participants will learn the characteristics of empaths, as well as why they appeal to people with toxic personalities, and how best to protect themselves. They will also discover how to recognize the traits of individuals labeled as narcissists, sociopaths and psychopaths.

"Katie and I felt compelled to facilitate this seminar since we are both empaths and have experienced our own wounding as a result," said Clancy. "After much discussion, we said never again will we let these individuals into our lives. And since we have taken time for healing, we want



Katie Gardenia

to share our experiences in dealing with 'vitality depressors.'

"As I got older and looked back, these circumstances happened to me over and over," said Gardenia. "And I finally realized I did not have to please or love everyone who came into my life. It was not my job to take care of certain people, these energy vampires who flatter you, make you feel special, like you're the only one, boosting your ego. Because, you know what? They are there for another reason and it is not for you."

Gardenia said doing this type of reflection over the years brought her peace and she hopes to provide help



Participants will select a custom energy-healing spirit doll as a remembrance of the seminar, made by Katie Gardenia

to others. "Many women are hurting and I want to tell them it is OK to be by yourself. It is not necessary to have someone in your life to make you feel whole."

The day-long workshop features handouts, open discussions, and storytelling by Clancy and Gardenia. The

continued on page 20B

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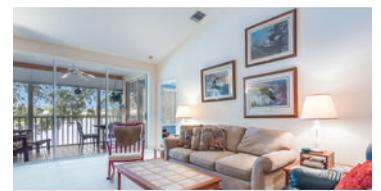
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- \$18,770,000** EUR € 16,607,415

2. Gulf Ridge home directly across from the Beach– Sanibel

- 3 BR/ 3.5 BA on over an acre of lush land, home features custom details throughout
- Hand-stained wood ceilings with clerestory windows and multiple outdoor spaces
- \$1,449,000** EURO € 1,229,526

3. Lighthouse Point -Sanibel

- 2BR/ 2 BA + den, corner unit on Sanibel's east end with Bay views from almost every room
- Updated bathrooms, master bath with large walk-in shower, kitchen features granite counters
- \$649,000** EUR € 550,699

4. Remodeled Direct Access Canal Home in Shell Harbor

- 3BR/3BA completely remodeled ground level home featuring travertine floors and open kitchen
- Large boat dock able to accommodate sizeable boat or sailboat, very short trip to the open waters of the bay.
- \$1,749,000** EURO € 1,484,087

5 Gulf Access canal home in Siesta Isles – Fort Myers Beach

- 4BR/4.5BA remodeled home in one of Fort Myers premier boating communities
- Spacious tropical outdoor living with pool, multiple decks, cabana, boat dock & lift. Gourmet kitchen, travertine flooring, spa like bathrooms, and more
- \$1,395,000** EUR € 1,235,962

6. Remodeled Lake Murex Home – Sanibel

- 3 BR/ 2BA with pool, spa, and 2 story pool cage
- Old Florida style home near the beach on Sanibel's West end
- \$899,000** EUR € 844,322



4



5



6



7



8



9

7. Santiva Home Designed & Built by Renowned Architect

- 4 BR/3 BA with pool and pool house, steps from the beach with Gulf views from top floor
- Home & large property exude style and tranquility reminiscent of an Island resort or spa
- \$1,779,000** EUR € 1,560,382

8. Directly Across the Street from Deeded Beach Access on West Gulf – Sanibel

- 3BR/3.5BA with pool, short walking distance to several beach front restaurants and tiki
- Shore bike to Rec Center & Sanibel School
- \$1,297,700** EUR € 1,083,449

9. Canal Home on Quiet Cul de Sac – Sanibel

- 4 BR/4 BA Gulf access canal home
- Spacious home with large caged pool
- \$1,895,000** EUR € 1,552,412

10. Shell Seekers – Captiva

- 6BR/7.5 BA Olde Florida architecture style home offering stunning 180degree direct views of the Gulf of Mexico
- Stunning coastal décor, 2 story coffered ceilings in the living room, gorgeous master suite & fantastic outdoor living
- \$8,475,000** EUR € 7,191,332

11. Fully remodeled in Sanibel Shores – Sanibel

- 3BR/2BA remodeled and redecorated home with a modern coastal style.
- Sprawling backyard with large pool deck & pool, walking distance to beach, tiki's, golf and more. Property generates \$80k in annual rental income
- \$849,000** EUR € 752,209

12. Crescent Island

- 4 acre private island located just off the shores of Sanibel and Fort Myers. Offering deep water dockage in San Carlos Bay, private beach, and Key West Style home complete with 3 bedrooms, 2 bathrooms, elevated pool, and beachy decor. Established rental history.
- \$2,599,000** EUR € 2,129,139



10



11



12

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Tiffany, Jeff, Joan & Joe Burns



Kathy Haungs, Denice & John Beggs

 FRIDAY Mostly Cloudy High: 76 Low: 67	 SATURDAY Sunny High: 77 Low: 68	 SUNDAY Sunny High: 78 Low: 69	 MONDAY Sunny High: 77 Low: 68	 TUESDAY Cloudy High: 79 Low: 66	 WEDNESDAY Mostly Sunny High: 82 Low: 70	 THURSDAY Partly Cloudy High: 80 Low: 71
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:07 pm	6:53 am	None	5:48 pm
Sat	12:08 am	7:37 am	3:02 pm	6:16 pm
Sun	12:45 am	8:26 am	4:05 pm	6:45 pm
Mon	1:28 am	9:20 am	5:17 pm	7:22 pm
Tue	2:17 am	10:19 am	6:35 pm	8:21 pm
Wed	3:15 am	11:21 am	7:34 pm	10:11 pm
Thu	4:31 am	12:24 pm	8:13 pm	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:12 pm	6:55 am	11:13 pm	5:50 pm
Sat	2:07 pm	7:39 am	11:50 pm	6:18 pm
Sun	3:10 pm	8:28 am	None	6:47 pm
Mon	12:33 am	9:22 am	4:22 pm	7:24 pm
Tue	1:22 am	10:21 am	5:40 pm	8:23 pm
Wed	2:20 am	11:23 am	6:39 pm	10:13 pm
Thu	3:36 am	12:26 pm	7:18 pm	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	1:27 pm	7:13 am	None	6:47 pm
Sat	12:11 am	7:57 am	2:19 pm	7:27 pm
Sun	12:37 am	8:43 am	3:16 pm	8:09 pm
Mon	1:12 am	9:29 am	4:11 pm	8:54 pm
Tue	1:59 am	10:16 am	5:05 pm	9:42 pm
Wed	3:04 am	11:10 am	6:01 pm	10:46 pm
Thu	4:40 am	12:17 pm	6:56 pm	None

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	1:45 am	10:09 am	4:17 pm	9:04 pm
Sat	2:18 am	10:53 am	5:12 pm	9:32 pm
Sun	2:55 am	11:42 am	6:15 pm	10:01 pm
Mon	3:38 am	12:36 pm	7:27 pm	10:38 pm
Tue	4:27 am	1:35 pm	8:45 pm	11:37 pm
Wed	5:25 am	2:37 pm	9:44 pm	None
Thu	6:41 am	1:27 am	10:23 pm	3:40 pm

Island Seniors At Center 4 Life

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

The center will be closed on Thursday, November 22 and Friday, November 23 in observance of the Thanksgiving holiday.

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

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

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

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

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

Line Dancing Classes – Tuesday, November 27 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

Walking Guided Tour of ECHO and Lunch at Farmers Market Restaurant – Monday, December 10. Cost is \$15 for members and \$25 for non-members. ECHO's Global Farm tour is a fascinating guided walk of a creative working farm. Along the way, you will find unique demonstrations, plants and techniques useful to farmers and urban gardeners in developing countries. Experience the seven settings of the farm which feature crops, techniques and animals from around the world. Carpooling available.

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

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

Bridge – Monday and Wednesday. Registration begins at 12:30 p.m.; the game begins at 1 p.m.

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – November 27 and December 4 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

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

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are

used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

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

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

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

Agent Joins Firm



Amy Dixon photo provided

Amy Dixon has joined the real estate team at John Naumann & Associates. Dixon is a knowledgeable real estate professional.✪



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Promotion At Island Bank

Robbie Roepstorff, president of Edison National Bank/Bank of the Islands, announced the promotion of Darrin Grotrian to assistant vice president. With this promotion, Grotrian becomes an officer within the bank's management team. He will also continue serving as the assistant office manager for the bank's Sanibel and Captiva offices.

"With his retail banking knowledge and can-do attitude, Darrin plays a strong leadership role for the Bank of the Islands team," said Roepstorff. "His assistance to Vice President Willy Ocasio is invaluable as they deliver superior customer service at our Sanibel and Captiva offices."

Last year, Grotrian represented the bank at the Florida Bankers Association's Emerging Leaders Washington, DC Fly-in. A Sanibel resident, Grotrian serves on the board



Darrin Grotrian photo provided of the Sanibel Community Association as treasurer and is a member of Sanibel-Captiva Rotary Club.✪

New Marketing Team Member

Ashley Burns has joined NOISE Inc. as senior brand experience leader. Most recently, Burns led Kalon Consulting in the branding and marketing of boutique to mid-sized business to consumer clients throughout Southwest Florida, and Kalon Consulting will fold into NOISE Inc. as a new partnership. A Florida native, Burns has over 15 years of customer service experience within the hospitality, recreation and tourism industries, and specializes in customer experience and service marketing strategy and delivery – excelling at both personal and digital experience, and relationship marketing.

Burns earned a master of business administration and master's in marketing from the University of Tampa, completed undergraduate studies in event management at Florida State University and is a United States Air Force veteran. She has extensive experience with Southwest Florida travel marketers.

"I've had the great opportunity to know Ashley for more than eight years on both a personal and professional



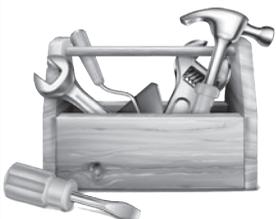
Ashley Burns photo provided relationship," said NOISE President John Sprecher. "Her previous work with NOISE was exceptional, and her knowledge base with her dual master's degrees has expanded her value to our clients exponentially. Can't wait to see her contributions to our client successes."✪

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Son Follows Pioneer MLB Umpire Father In A Different Baseball Role



by Ed Frank

This is the story of a son that followed his father into Major League baseball. But it's not your usual "like father, like son" story.

Kevin Gregg is the 38-year-old vice-president of media relations for the Boston Red Sox. He joined the Red Sox organization in 2013 as media relations director and was promoted recently to vice president.

Now here is the twist to the father-son baseball story:

Kevin's late father, Eric Gregg, was a Major League umpire for 24 years and just the third African-American umpire in the Major Leagues.

He was a prominent umpire during that long tenure and worked the 1989 World Series, All-Star games, postseason championship games and the first night game in Chicago's historic Wrigley Field.

In a recent interview, we asked Kevin what influence his dad had on him pursuing sports communication, and did he ever consider his dad's umpiring profession?

"Dad had a great influence on me," he said. But he decided early on that umpiring wasn't for him. "It's not a fan-friendly job, and it takes you away from home for long periods of time, sometimes a month," he added. Baseball road trips are usually no longer than 12 days.

His father did, however, provide him an early spark for the love of baseball, taking him to spring training and on some road trips when he was just 10 or 11 years old.

Now that the waters have cooled after the Red Sox record-setting 108 regular season wins and their march to the World Series championship, the fourth in the last 15 years, he said his off-season days are not as hectic. "Now it's more like a 9-to-5 job, and I'm able to take a few days off."

But it's a pressure-packed job during the regular season trying to keep the players, the team and the Boston organization happy and "keeping everyone in the loop." He said they work hard with the players to develop good media relations skills – a practice that begins even down in the Minor Leagues.

"It's a great stress during the World Series arranging player interviews," he said.

A principal task in the off-season is preparing and editing next year's voluminous media guide.

During the regular season he attends and works every home game and travels with the team to all postseason games. In addition, this past season he traveled to 54 road games.

"It's a dream job. I love baseball and am proud to work for the Red Sox," he said.

He is a graduate of James Madison University where he majored in sports management. Prior to joining the Red Sox, he worked one year in media relations for the Philadelphia 76ers basketball team and six years in the communications department of the Philadelphia Phillies baseball team.

There is another very important reason why he loves the Red Sox. It was here where he met his wife, Stephanie, who is the Red Sox senior director of fan services. Their first child, a boy, is due December 12.

Perhaps the future holds a third Gregg in Major League baseball.✧



Kevin Gregg

photo courtesy Boston Red Sox

SPORTS QUIZ

1. In 2017, the Dodgers' Corey Seager became the fourth player in major-league history to have two three-homer games before his 24th birthday. Name two of the other three to do it.
2. Name three of the four teams managed by Hall of Famer Whitey Herzog.
3. In 2016, Brad Kaaya became the all-time career passing yards leader (9,968) at the University of Miami, Florida. Who had been No. 1?
4. When was the last time the Washington Wizards won an NBA playoff game against the Celtics in Boston?
5. Of the 31 NHL teams, how many are based in the U.S.?
6. Since the current World Cup format began in 1986, how many times has at least 10 European men's soccer teams advanced to the round of 16?
7. When Triple Crown winner Justify triumphed in the Preakness in 2018, it put Bob Baffert in a tie for the most wins at that race by a horse trainer (seven). Who else did it seven times?

ANSWERS

1. Mookie Betts, Juan Gonzalez and Boog Powell. 2. Texas (1973), California ('74), Kansas City ('75-'79) and St. Louis ('80-'90). 3. Ken Dorsey, with 9,565 yards (1999-2002). 4. It was 1982. 5. Twenty-four. 6. Six times (1986, '90, '94, '98, 2006 and 2018). 7. R. Wynnham (between 1875 and 1888).

From page 15B

Energy Vampires

seminar concludes with Clancy demonstrating a technique that participants can do using an "energy-healing spirit" doll, one personally crafted by Gardenia. Upon arrival, each participant may choose one of these dolls, hand-stitched and embellished by Gardenia, as a remembrance of the seminar.

"Connie and I started sharing energy vampire experiences with each other, and we realized a need for this seminar," said Gardenia. "I had a 'Holy Cow' moment right then and decided to create an energy-healing figure. The idea just popped out of the blue."

Inspired by her passion for fiber art, her 24-inch prototype doll is made from natural elements like sticks and pebbles, intertwined with copper wire and constructed out of felt. A pouch on its shoulder contains a note Gardenia wrote on parchment paper and its chest has a piece of screen that "can filter emotions."

"My prototype also wears a bit of garlic – vampires hate garlic," Gardenia said with a laugh. "I want these dolls to be a fun thing."

Since the workshop has space for 40 guests, Gardenia is creating a unique doll

for each attendee to "have and to hold."

Other workshop topics include: trauma betrayal and its effects on the brain; healing from PTSD; establishing and setting rock-solid boundaries; developing resilience; finding self-love and reclaiming your true power.

Early bird fee is \$175 by November 30; \$195 before January 10, which includes lunch and beverages. The admission fee can be mailed to: Constance Clancy, P.O. Box 82, Snowmass, CO 81654. RSVP to: drconstanceclancy@gmail.com. For more information, contact Brooke Brownyard at sanibelbrooke@aol.com or 281-4179.

Dr. Constance Clancy, EdD, LMHC, LPC, NCC is a licensed and nationally certified mental health counselor, hypnotherapist, integrative life enhancement coach, local columnist, public speaker and seminar facilitator. She is working on a book, *In the Nick of Time; Rising to Resilience from the Depths of Betrayal*.

Katie Gardenia is a self-taught fiber artist, currently residing in North Carolina in a circa 1834 post office. Future plans call for Gardenia to open an art-inspired space at Captiva's Bubble Room restaurant, a venture she founded and owned.

This seminar is their first together.✧

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Life Insurance

Immediate Annuity



J. Brendan Ryan, CLU, ChFC, MSFS

Immediate or income annuities should have a prominent place in a person's retirement planning.

Annuities, which can only be issued by life insurance companies, have two phases: the deferral phase; and the payout phase. In the deferral phase, a person puts money into the policy and leaves it there until a later date. While it is in the annuity, the funds earn interest or investment return. But unlike a certificate of deposit, a savings account or a mutual fund, the gain that is credited to the account is not currently taxed but only taxed when the gain is withdrawn. Then it is taxed as ordinary income.

In the payout phase, there are a number of options as to how to receive the funds.

Annuities can be funded with a rollover from a qualified plan, another annuity, a life-insurance policy or with a sum of after-tax dollars taken out of savings. A fixed annuity pays a level amount; a variable annuity pays a

fluctuating amount depending on the performance of the subaccounts inside the annuity.

An income annuity is important in retirement planning because it guarantees income that one cannot possibly outlive. It can also be guaranteed for two lifetimes in a joint annuity. After all, the basic purpose of retirement planning is to be sure one has adequate sources of income for a comfortable retirement and that those sources do not run out before the retiree and, in most cases, retiree and spouse, take their last breath.

How can an insurance company do this? By the law of large numbers. Company actuaries can predict that in a large pool of clients, a certain number will die each year though they do not know which ones. And their numbers tell them the incidence of dying for the whole pool over the years. Armed with that information, the insurer can offer guarantees that are backed up with their huge reserves.

An income annuity can guarantee for one or two people an income for life that will stop at the end of life (or two lives in the case of a joint annuity). Or, it can guarantee those one or two lifetimes with an extra guarantee. It can guarantee that, even if the one or both of the annuitants die, in no case will payments stop until a total of 10 or 20 years of payments have been made. Or the guarantee could say that even if death of the annuitant(s) causes the payments to stop, if the amount paid out over the years does not equal

the amount paid for the annuity, then the difference will be refunded in lump sum or in installments to the named beneficiary. But beware – the more guarantees that are built in, the less the monthly payments will be to the annuitant(s).

Enough of the abstract discussion. Let's look at a few examples:

If a 57-year-old woman pays \$100,000 for an immediate fixed annuity that lasts only as long as she lives (life only), she would receive \$447 per month for the rest of her life. If she chose to have the income last at least a

total of 10 years even if she dies sooner (10-year certain), it would pay \$444 per month.

For \$100,000, a male age 65 could expect to receive \$558 per month (life only) or \$553 per month (10-year certain).

A male age 70 could pay \$100,000 for an immediate annuity and get \$612 per month (life only) or \$586 (10-year certain).

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✱

New Real Estate Associate

Michelle Bornhorst has joined the real estate firm of John Gee & Company. Originally from Toledo, Ohio, Bornhorst graduated from Ohio University with a major in interior design. She moved to Florida over 11 years ago and fell in love with the Florida lifestyle.

As a resident of Sanibel, Bornhorst is able to share her passion for real estate and interior design, and enjoys sharing her knowledge of the island to help others find a place they can call home. In her free time, she enjoys boating, running and spending time with family and friends.✱



Michelle Bornhorst

photo provided

From page 14B

Christmas Trees

various charities that the Lions Club's supports.

The Sanibel-Captiva Lions Club began selling fresh trees more than 40 years ago. It has since grown to become one of the club's largest fundraising events. Sanibel-Captiva Lions Club President Bob Kern said,

"The entire club pitches in, from set up to selling, which ensures 100 percent of the revenue goes directly to the charitable work of the Lions Club."

For more information on Lions Club service activities, visit www.sanibelcaptivalions.org. Lions meet the first and third Wednesday of every month at The Community House, where the club was chartered in December 1967.✱

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Doctor and Dietician

Banned Flavor Additives



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

We always encourage our patients and our readers to eat real food, rather than processed foods. And now there is another reason to do so! In the beginning of October, the Food and Drug Administration officially banned the use of seven different food additives. It will be tough to recognize them on most labels though, since these dangerous additives are only labeled as “artificial flavors.” However, they are typically added to products to mimic “natural” mint, citrus and cinnamon flavors. The FDA went forward with this move after both food safety experts and environmentalists brought to light research demonstrating that six of the additives caused cancer in different lab animals. The seventh flavor had already been removed from the FDA’s

approved list because many manufacturers in the food industry had already stopped using it.

The six artificial additives linked to cancer include benzophenone, ethyl acrylate, eugenyl methyl ether, myrcene, pulegone and pyridine. Interestingly, the FDA determined these additives did not pose a public health risk at the “low levels” of intended use by the food industry, but amended the food additive regulation under something called the Delaney Clause. This law requires that the FDA cannot approve anything that causes cancer to humans or animals at any dose. This wasn’t the first time these food additives had seen controversy, as a few companies had sued the FDA for a response back in 2016.

Companies have two years to replace these additives and, being that all of these artificial flavorings have natural counterparts, our hope is that these companies will choose to use the natural options. Nonetheless, we continue to advocate eating fresh foods and cooking homemade meals from scratch as much as possible, using fresh, preferably organic foods while avoiding processed foods and ingredients. Eat fresh, live healthy.

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

Superior Interiors

Let Your Home Flow



by Jeanie Tinch

Anatural flow from room to room can assist in creating an atmosphere of ease. When entertaining friends and family, we express our hospitality and warmth of the place we call home. With

season soon approaching, it’s time to get your home ready for guests and socializing with these simple tips.

As one enters a house, a wreath or hanging arrangement sets the tone for the ambiance that awaits inside the foyer. As guests step inside, welcome them with the inviting smell of a burning candle, warm lighting and the presence of twinkling mirrors. Add an area rug to add to the cozy feel while doubling as an

accommodation to this high traffic area.

Moving from the foyer to the living room, people will gravitate to the seats. Ensure that no one is the “odd man out,” left in the separated chair. Seating arrangements should encourage conversation; face couches, sectionals, and chairs facing each other to aid in the process.

The dining room and kitchen are co-hubs for lively conversation. Make them welcoming by layering cloths on the tables and lighting a few more candles. The centerpiece should be lively but not overbearing, as it shouldn’t act as a barrier between guests.

Most of your guests will be visiting this area, so don’t overlook the powder room. These small spaces are often seen as jewel boxes that can be charming and offer luxury items such as scented soap, fresh floral arrangements and plush towels.

Make the rest of the rooms feel like home by adding accent pillows, a few extra throws and interesting accessories (perhaps from past adventures) that have a story to share.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coincdecden.com.✧

Beautifulife:

Gratitude



by Kay Casperson

This is an excellent time of year to discuss gratitude, because everyone is already in the mindset of giving thanks and taking a more in-depth look at all there is in our lives to be grateful

for. But what if we took a closer look at the real meaning of gratitude in our lives.

Gratitude is so much more than saying the words “thank you.” Of course, those words are extremely important, but there is so much more to feeling gratitude than just being thankful. As a matter of fact, when you genuinely have a sense of gratitude, it overpowers all other feelings inside.

There is an overwhelming sense of gratitude above and beyond thankfulness when something happens in your life that changes it for the better, like having a child or getting married. You can also feel this sense of gratitude when you accomplish something amazing or when you’re feeling extremely loved, appreciated or blessed by someone or something in your life and your circumstances change for the better.

I teach my children to say thank you every day for things that people do for them, but gratitude is something that cannot be taught, because it is a feeling that we experience when our lives are truly impacted in a good way. So, the question is, how can we experience gratitude more often in our everyday lives? Let’s take a closer look at the different areas of your life to find out.

People – How are your relationships with others? There have been studies that show that having gratitude attracts more positive people into your life and if you encourage this in others, you can strengthen your relationships even more.

Goals – What do you have yet to accomplish? To ensure that you are heading in the right direction, take a look back at the past and all of the things you have already overcome and achieved. Now, celebrate your accomplishments, and your appreciation and gratitude will shift you into high gear towards the future.

Health – Being grateful can completely shift your physical and mental health into a more favorable outcome. In fact, there are scientific studies that prove that gratitude can work as well as good medicine can. The power of being grateful will completely change your mindset. Instead of focusing on what you do not have or what you have not done, say the words, “I have all that I need” or “my life is full and flowing with blessings” or “I am following my heart’s path.” Then you will start to see how big gratitude can become in your life.

There are a few suggestions that I would make in order to keep gratitude in your life every day:

Make a list of the things you’re grateful for and update it regularly so that you can clearly visualize all of your blessings;

Speak positive words of encouragement to yourself about how far you have come and where you have yet to go;

Practice kindness to others and find something good to do for someone every day to feel empowered and fulfilled;

Surround yourself with people who love you and appreciate who you really are, and encourage you to be all you can be;

Pray and give thanks for all of your blessings and you will continue to see them flow freely into your life daily.

My affirmation for you this week is: “I am allowing my heart and my life to be filled with an overwhelming sense of gratitude today and every day.”

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✧

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WITH *Constance Clancy* ED.D., LMHC, LPC, NCC

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Lunch and beverages included

Content

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



KATIE GARDENIA

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

Objectives

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

FOR ADDITIONAL INFORMATION

Contact Brooke Brownyard at sanibelbrooke@aol.com or 239.281.4179

dearPharmacist

In Praise Of Pumpkins And Pumpkin Seeds



by Suzy Cohen, RPh

I love pumpkin spiced lattes and tea... pumpkin seeds on my salad and pumpkin soup. Pumpkin pie, mmm! I love all of it. Pumpkins should be eaten because of their taste, plus all their healing benefits.

Let's go over the seven most important nutrients found in pumpkins and their seeds.

Alpha and Beta Carotene – After eating pumpkin, your body converts the alpha carotene into vitamin A to help you maintain vision, a healthy immune system and a strong skeletal system. In a 2011 study, researchers confirmed that high concentrations of alpha carotene are strongly correlated with a reduced risk of all the following: cancer, cardiovascular disease, diabetes and respiratory diseases. Another study found that those with high blood serum levels of alpha carotene were less likely to die from heart disease in their lifetime. This compound is very similar to beta carotene.

Squalene – This compound promotes both skin and eye health. You might not have heard about squalene, but this antioxidant acts similarly to beta-carotene, and it protects your skin from UV light damage and other forms of potentially dangerous radiation. There is also evidence that the compound is involved in retinal health. As pumpkin seeds are an excellent natural source of squalene, eating them helps with vision and beauty.

Vitamin E – Pumpkin seeds contain natural vitamin E including gamma tocopherol. Vitamin E protects the outside wall of our fragile cells and protects them from free radical damage. The gamma-tocopherol content of pumpkin seeds is particularly high, at 19 mg per 100-gram serving. Gamma tocopherol, we have recently learned, has powerful cancer protective properties, helping specifically with both colon and

prostate cancer.

Lignans – Perhaps the most interesting and significant of the phytonutrients in pumpkin seeds are lignans. Lignans exhibit anti-estrogenic activity in the body, which help to balance hormones and protect the body against hormone-dependent cancers, like breast cancer. Lignans are also found in flax seed.

Magnesium – Pumpkin seeds are very high in magnesium, a mineral that half of U.S. adults under age 70 are deficient in. Magnesium is your relaxation mineral, because it induces a calm sensation.

Tryptophan – Eating pumpkins will make you happy. They're high in tryptophan which is an amino acid that converts in your body to the famous mood-boosting serotonin. This neurotransmitter is what SSRI drugs target too. And this is fascinating, a 2012 study found that pumpkin seed consumption was more effective at relieving depression than the prescribed antidepressant imipramine.

Beta-cryptoxanthin – Beta-cryptoxanthin is another carotenoid that we transform into vitamin A in the body. There is a study that suggests beta-cryptoxanthin has been found to reduce a person's chance of developing nicotine-induced lung cancer. So if you're a smoker, eat pumpkins!

No matter what time of year, you can eat pumpkin seeds or use the oil. I praise pumpkins for their ability to fight inflammation, cancer, aging skin, poor vision, diabetes, lupus, lung issues, rheumatoid and multiple sclerosis.

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.

Overeaters Anonymous

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

For more meeting information, visit www.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I grew up with a narcissistic parent who I am now estranged from. This is greatly affecting my adult relationships. How can I rid myself from these types?

A: It sounds like you are repeating the pattern of attracting narcissistic people in your relationships. This is very common and stems from old wounds you have from your narcissistic parent.

Dr. Mario Martinez states in his work that we have three archetypal wounds: shame, abandonment and betrayal. These are old wounds that most likely started as you grew up. Due to these old wounds, it's likely that you have attracted similar partners. These partners as you have witnessed, fed off of your generous and kind spirit. For each of these archetypal wounds, there is a corresponding healing field that contains energies that oppose energy of the wound:

1. Shame – This is one of our most painful wounds. In our second developmental stage of life, shame versus autonomy, one will either feel shame (I am bad) or move onto an

autonomous stage to further healthy growth.

The healing field for shame is honor. The moment you feel shame, shift to something you did that felt honorable. Honor helps shift the negative energy of shame. Share it with someone who can celebrate that honor with you and reflect that honor back to you.

2. Abandonment – For those who were abandoned early on in life, the healing field for abandonment is commitment. You won't abandon others, so you can celebrate yourself for that. Your commitment to yourself and your own evolution is more than enough for health and healing and your own evolution.

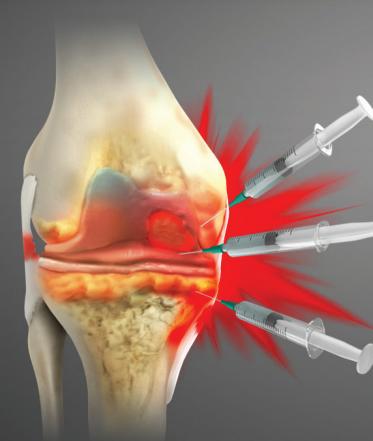
3. Betrayal – My guess is you have experienced betrayal from your parent and others in your life. The healing field for betrayal is loyalty. You are forever loyal, trustworthy and to be trusted by others. Think of the many times you have been loyal to others when they were in need. Celebrate your loyalty and never stand to be betrayed again.

Give yourself permission to talk about these traits and begin to shed light on them. Show up in the room and be proud to be present for yourself from this moment forward.

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

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Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
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
Democratic Club of the Islands	Demclubislands@gmail.com
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Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
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ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Penny And Mojo

Penny is a 1-year-old female pit bull mix who arrived at the shelter with spotty hair loss due to Demodex. She was treated for the condition and, after medications, medicated baths, good nutrition, less stress and plenty of TLC, she has been transformed. She even rocked the runway at the Fashion Show at the Fall Pet Fest. Come meet this absolutely delightful volunteer/staff favorite. Adoption fee is \$40.

Mojo is a 3-year-old male domestic shorthair who has been in foster care after having surgery on a leg. He is now completely healed and is now ready to find his new family. He is an overall quiet, laid-back cat. He likes things simple and quiet. He also loves his cat naps and loves to look out the window, so leave the blinds open. Free adoption for Mojo and other cats through November 30.

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



Penny ID# A757273



Mojo ID# A745380

Haven on Earth Animal League

Trixie And Dylan

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

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

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



Trixie



Dylan

PAWS Of Sanibel

Brava And Lucy

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

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



Brava



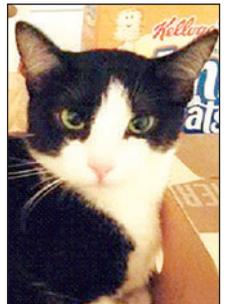
Lucy

Sonny And Cher

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



Sonny



Cher

PAWS Of Sanibel

Keep Pets Indoors

submitted by Diane Barr, PAWS of Sanibel

Henry's story; a tale of caution for all pet owners on the islands: "My name is Henry. I live on Casa Ybel Road. My grandmother came to bring my sick mom some soup, and I ran out the door. I was only outside 10 minutes before my mom found me, but I was attacked by a horrible monster. The doctor thinks it was a bobcat, but I don't



Henry

know. I had never seen anything like it before, as this was my first (and last) trip outside. I got away and ran home to my mom. I've been to many doctor's offices, and had surgery, so the doctor could remove what remained of my eye. It hurts bad, but I feel very lucky."

Please be extremely careful that your pets don't ever get out the door. It happens a lot when people drop by. You have people working in your house, or you have house guests. It's best to put pets in a room without access to the outside door whenever you think others will be coming and going. If at all possible, never allow your pets access to doors leading outside. Pets that get outside are killed very quickly by predators here on the islands. Do everything you can to protect them. They are counting on you to keep them alive and well.✪

PUZZLES

Answers on page 29B

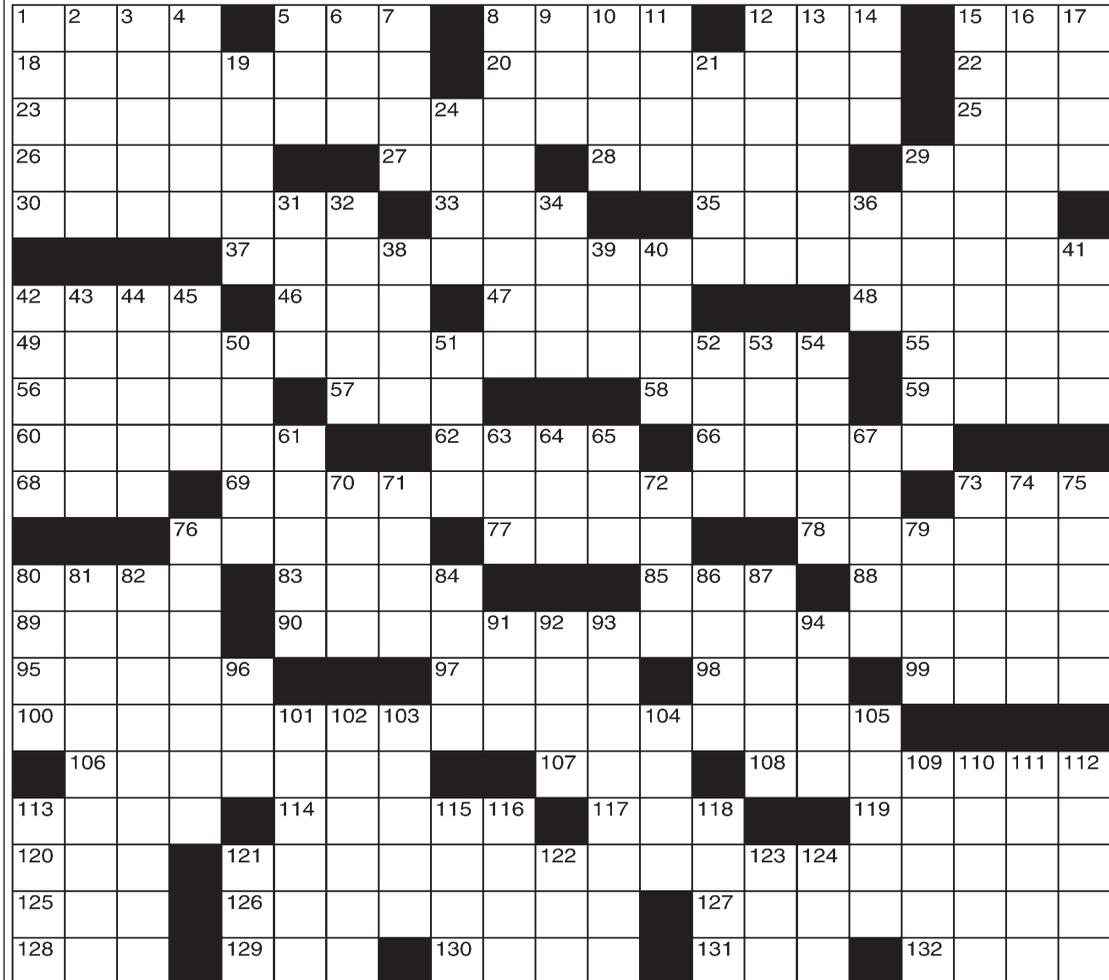
Super Crossword

ODD MUSICAL COUPLE

- ACROSS**
- 1 Travel aimlessly
 - 5 Sport — (vehicle)
 - 8 Marsh fuel
 - 12 See 124-Down
 - 15 "Well, this — surprise!"
 - 18 Extents of estates
 - 20 Enjoying an African trek
 - 22 Biscotti tidbit
 - 23 Start of a riddle
 - 25 Swaying to and —
 - 26 "Heaven Can Wait" director
 - 27 "... — will!"
 - 28 Diplomatic agent
 - 29 Do injury to
 - 30 Keeps hold of
 - 33 Brit's 26th letter
 - 35 Religious recluse
 - 37 Riddle, part 2
 - 42 Little guys
 - 46 Socratic "T"
 - 47 Inch or mile
 - 48 Garden flowers, informally
 - 49 Riddle, part 3
 - 55 Part of a list
 - 56 Thing pulled by a milker
 - 57 Prefix with flooey
 - 58 Mexican moola
 - 59 Desertlike
 - 60 Little tyke
 - 62 Animal pen
 - 66 "— a loss for words"
 - 68 Bar drink
 - 69 Riddle, part 4
 - 73 To the — power
 - 76 Replay mode, briefly
 - 77 Sandy color
 - 78 Crotchety
 - 80 Runaway GI
 - 83 Seized auto, e.g.
 - 85 Ending for count
 - 88 Made less harsh
 - 89 Good score in diving
 - 90 Riddle, part 5
 - 95 Lauder of fragrances
 - 97 James of "Slither"
 - 98 "How pretty!"
 - 99 "On the subject of ..."
 - 100 End of the riddle
 - 106 Inhale
 - 107 "— Bravo"
 - 108 50-50 chances
 - 113 Barren
 - 114 Pottery, e.g.
 - 117 Trident, e.g.
 - 119 The Evil One
 - 120 Pig — poke answer
 - 125 VIP on the Hill: Abbr.
 - 126 Move to a new post
 - 127 Iffy issue
 - 128 Equine critter
 - 129 Get a total
 - 130 Hefty volume
 - 131 Put in words
 - 132 Got hold of
 - 11 Little mountain lake
 - 12 Spiritual goal of Zen Buddhism
 - 13 Hunted, with "on"
 - 14 Lung-filling stuff
 - 15 Inspire with foolish passion
 - 16 Cry uncle
 - 17 The "H" or "O" of H₂O
 - 19 Stuffy room
 - 21 Footrace a little over 3.1 mi. long
 - 24 Rice-sized pasta
 - 29 Hatchet
 - 31 — one (zip)
 - 32 Kiss noise
 - 34 Chinese statesman — Xiaoping
 - 36 Chow mein additive, for short
 - 38 Immaculate
 - 39 Co. board member
 - 40 At the apex
 - 41 J.D. Salinger heroine
 - 42 Actress Innes
 - 43 Vocalist Paula
 - 44 Evade slyly
 - 45 Litigious one
 - 50 Fishing net
 - 51 Black-and-white whale
 - 52 Figure skater Johnny
 - 53 Morales of "NYPD Blue"
 - 54 Lover of Juliet
 - 61 "American Beauty" actress Birch
 - 63 Ending for Gator
 - 64 Big name in SUVs
 - 65 Cochlea locale
 - 67 Madison Ave. solicitor
 - 70 Future sign
 - 71 Ray of —
 - 72 Feels regret over
 - 73 Ibis' homes
 - 74 Fido's prize
 - 75 Prefix with carbon
 - 76 Rained pellets of ice
 - 79 Probe org.
 - 80 From the top
 - 81 Pulled chicken leftovers?
 - 82 Ottawa natives
 - 84 Start of a fairy tale
 - 86 Clog, for one
 - 87 Oilcan part
 - 91 Rove
 - 92 Lion's home
 - 93 Native resident
 - 94 Extremely, informally
 - 96 Greek vowel
 - 101 Hankered
 - 102 Bobbin stuff
 - 103 NHL's Toronto Maple —
 - 104 Time piece?
 - 105 Optional SAT part
 - 109 Egypt's Anwar
 - 110 In — (as yet unborn)
 - 111 — diet (trendy regimen)
 - 112 Act stealthily
 - 113 Big name in credit cards
 - 115 Lickety-split
 - 116 The Magi, e.g.
 - 118 Fanzines, say
 - 121 Musical syllable
 - 122 "Grand Hotel" studio
 - 123 Big inits. for hunters
 - 124 With 12-Across, mud wrap locale

DOWN

- 1 Less cooked
- 2 Colour in a landscape
- 3 "Looks — everything"
- 4 High-IQ organization
- 5 "I hate this!"
- 6 Driver's prop
- 7 Gas brand up north
- 8 Forks over
- 9 Many an MIT grad
- 10 "Even — speak ..."



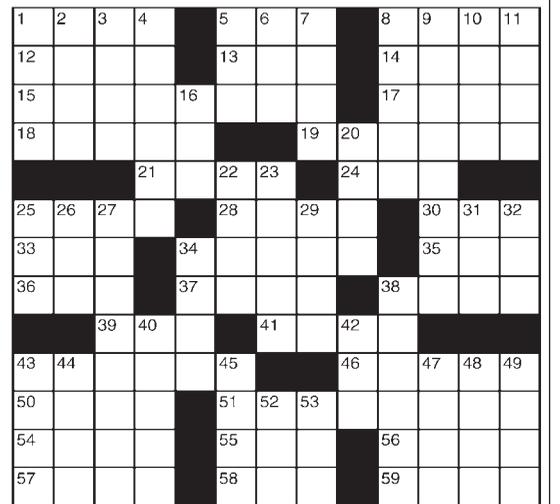
King Crossword

ACROSS

- 1 Nitwit
- 5 High-arc shot
- 8 Book after the Gospels
- 12 Rainbow
- 13 Ram's mate
- 14 Exceptional
- 15 Team leaders
- 17 Skewer
- 18 Massage
- 19 However
- 21 Frog's cousin
- 24 Business abbr.
- 25 Rate of speed
- 28 Part of a Batman costume
- 30 Height of fashion?
- 33 "Born in the —"
- 34 Gem
- 35 "— Got a Secret"
- 36 Recipe meas.
- 37 Addict
- 38 From the start
- 39 America's uncle
- 41 Lascivious
- 43 Jane Good-all's topic
- 46 Thesaurus compiler
- 50 Leak out slowly
- 51 South American rodent
- 54 Ready for customers
- 55 Beerlike beverage
- 56 Satan's forte
- 57 Pirate William
- 58 Gasoline stat
- 59 Hunt for
- 8 Firebug's crime
- 9 Type of monkey
- 10 Advanced math
- 11 Adam's third son
- 16 Commotion
- 20 Any of Rome's seven
- 22 High pair
- 23 Wooden pin
- 25 Deposit
- 26 Donkey
- 27 Overturned
- 29 Existed
- 31 11-Down's mom
- 32 Kitten's comment
- 34 Bound
- 38 Pueblo structures
- 40 Fix the Constitution
- 42 Type of humor
- 43 Diner employee
- 44 Arizona tribe
- 45 Con game
- 47 Donated
- 48 A Great Lake
- 49 Chat
- 52 Matterhorn, e.g.
- 53 "— o' My Heart"

DOWN

- 1 Clark or Cavett
- 2 Algerian port
- 3 Prop for Sherlock
- 4 Will subject
- 5 Hawaiian garland
- 6 Possess
- 7 Above all others



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

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

- Auslander
- Hayden
- Merwin
- Tate
- Brooks
- Kooser
- Pinsky
- Tretthewey
- Dove
- Kumin
- Ryan
- Warren
- Hall
- Levine
- Simic



"Your
doesn't look too good today!"
answer on page 31B

SCRAMBLERS

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

- Leer
- LEGO
- Supine
- NOPER
- Tally
- CORSE
- Yearn
- EACH

TODAY'S WORD

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

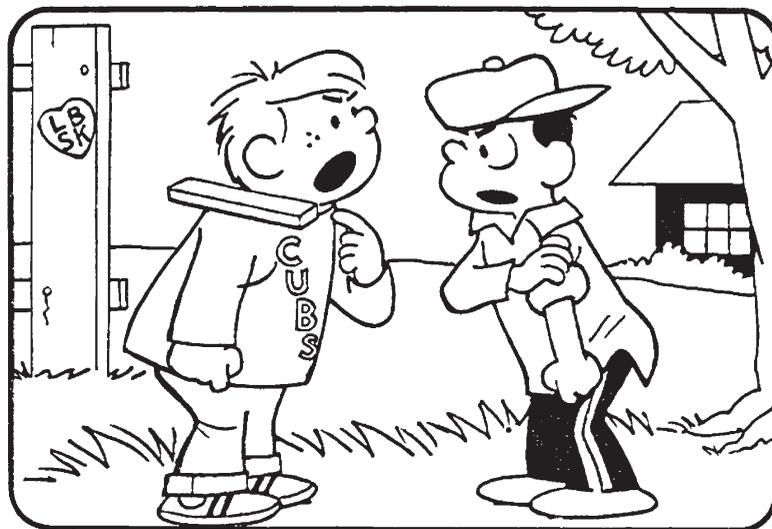
SUDOKU

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.

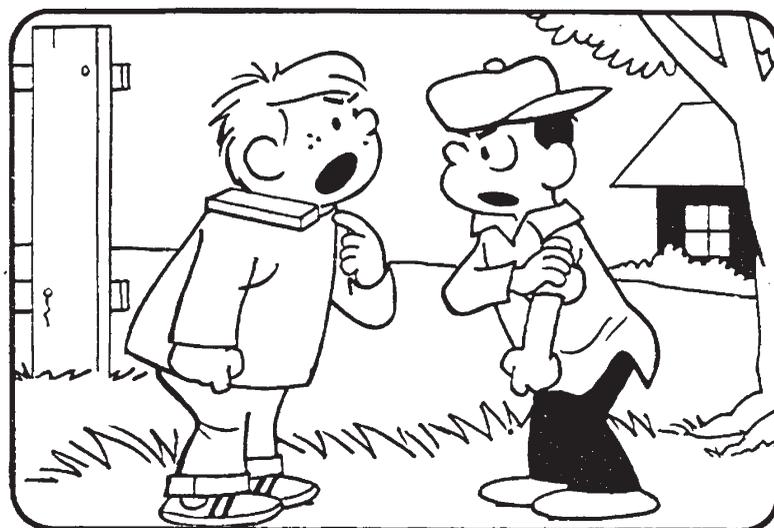
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Heart is missing. 2. Block is shorter. 3. Team name is missing. 4. Arm is moved. 5. Stripe is missing. 6. Window is different.

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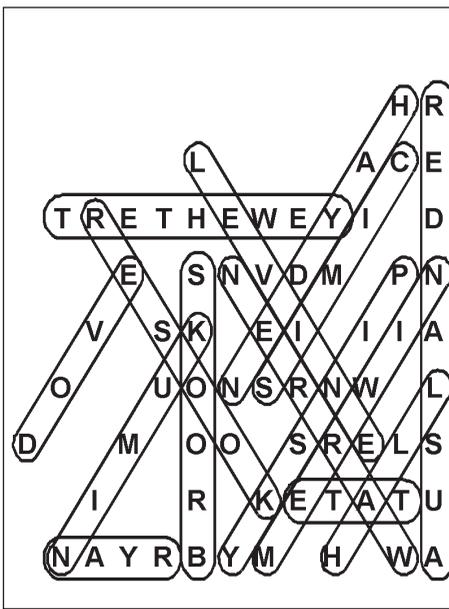
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MAGIC MAZE



SUDOKU

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

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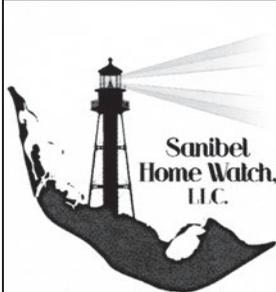
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 11/9 * TFN

ANNUAL RENTAL ON SANIBEL

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

ANNUAL RENTAL

ANNUAL RENTAL SANIBEL

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

SANIBEL - DUNES ANNUAL RENTAL

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

ROOMMATE WANTED SANIBEL

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

SERVICES OFFERED

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
 Joe Scarnato (239) 849-6163
 scarnatolawn@aol.com
 1/25 * TFN



Complete Landscaping Services & Weekly Lawn Service
 New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.
239-896-6789
 4/13 * TFN

PROFESSIONAL CAR WASH & WAX & DETAIL BY HAND

Sanibel & Captiva Islands & South Fort Myers.
 Exterior & Interior Cleaning. Tire Dressing. No job too big or too small. I come to your Home, Condo, or Hotel. Reasonable Rates. Satisfaction Guaranteed.
 Call Bryan 239-284-3639
 10/12 * TFN

HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction
 Sanibel & Captiva • 239-565-0471
 Sanibel Lic. #11412 Lee Co. Lic. #051047
 1/4 * TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.
 Call or text Roger 239-707-7203
 State License #13002788
 4/20 * TFN

HELP WANTED

THE SANIBEL CAPTIVA TRUST COMPANY
 PRIVATE WEALTH MANAGEMENT

FAMILY OFFICE SERVICES ASSOCIATE

The Sanibel Captiva Trust Company is a highly regarded, privately held, independent trust company chartered in the state of Florida in 2001, currently with \$2 billion of assets under management across approximately 370 families.
Job Description:
 The Family Office Services Associate is a full-time position reporting to the Director of Family Office Services and requires the knowledge and experience to support a broad range of client needs across estate planning services.
Job Responsibilities:

- Act as a Family Office client advocate in all regards, including ability to manage account/cash flow needs, address estate planning questions, review estate documents, refer/coordinate meetings and client reviews with members of clients' professional advisor circle; fulfilling requests for information to those advisors regarding our mutual clients' needs.
- Ability to open new accounts; set up remittances and disbursements, cash management, transaction monitoring and tracking.
- Ability to gather and analyze client information and assist with services including, but not limited to personal balance sheet management, insurance policies, income tax and estate tax planning, real estate and business appraisals, bookkeeping and bill paying, cash flow analysis and budgeting, and document retention.
- Provide clients with concierge-level interpersonal communications and expediency.
- Skills and Qualifications:**
- The Family Office Services Associate position requires attention to detail, accuracy, efficient time management, professional interpersonal skills and a team attitude.
- Must be proficient at related computer and programs to properly function and execute within the position.
- Bachelor's Degree (BA) from a four-year college or university with a concentration in accounting or finance; and four to six years related experience and/or training; or equivalent combination of education and experience. Competitive compensation is commensurate with education, expertise and length of experience in the industry. Please submit resumes to lmobley@sancaptrustco.com
 11/16 * 11/23

HELP WANTED

OCCASIONAL CLEANING HELP NEEDED

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

SANIBEL PUBLIC LIBRARY LIBRARY TECHNOLOGY ASSISTANT

Pt, 20-24 hrs/wk. Eve. & Sat. hrs. required. Qualifications: commitment to excellent public service, knowledge of personal computers, PC & Mac, ability to troubleshoot hardware and software, high school diploma, computer equipment and software experience; some college preferred.
 \$10-15/hr. dependent on exp. Tolls pd. JD avail at sanlib.org/employment. Send resume to secretary@sanlib.org
 11/9 * 11/30

PART TIME DATA/CONFIRMATION PROCESSOR

Part Time Data/confirmation processor for Sanibel Vacation Rental company. Good working knowledge of Excel spreadsheets; MS Word. Strong command of spoken and written English. 30+ Hours per week Mon-Fri. Compensation based on experience. Please fax resume to 239 437-7543 or email to DLS@Schuldenfrei.com.
 11/9 * TFN

JERRY'S FOODS SERVERS & BARISTAS

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

GARAGE SALE

YARD SALE

Downsizing. Lots of great items. Power washer, generator, Hammock, Ping Pong Table, patio furniture, paint sprayer, Vintage Woodard Patio table with 6 chairs, planting pots, silverware, Kitchenaid Mixer. Too many items to mention Sat. Nov. 24, 9 a.m. to 4 p.m. 9307 Dimmick Drive, Sanibel.
 11/16 * 11/23

My Stars ★★★★★

FOR WEEK OF NOVEMBER 26, 2018

Aries (March 21 to April 19) A project benefits from your organizational skills that get it up and running. Your success leaves a highly favorable impression. Don't be surprised if you get some positive feedback soon.

Taurus (April 20 to May 20) Spend time on practical matters through the end of the week. Then begin shifting your focus to more-artistic pursuits. Resist being overly self-critical. Just allow yourself to feel free to create.

Gemini (May 21 To June 20) Restarting those creative projects you had set aside for a while will help provide a much-needed soothing balance to your hectic life. Besides, it will be like meeting old friends again.

Cancer (June 21 to July 22) A change in plans could make it tough to keep a commitment. But stay with it. You'll get an A-plus for making the effort to do what's right and not taking the easy way out by running off.

Leo (July 23 to August 22) The Lion's enthusiasm for a workplace policy review is admirable. But be sure you know who is really behind the resistance to change before pointing your finger at the wrong person.

Virgo (August 23 to September 22) You can expect to have to do a lot of work through midweek. Devote the rest of the week to checking your holiday plans in case some need to be adjusted to accommodate changes.

Libra (September 23 to October 22) Try to avoid signing on the dotted line in the early part of the week. You need time to study issues that weren't fully explored. Later in the week might be more favorable for decision-making.

Scorpio (October 23 to November 21) A new development could snarl travel schedules or other holiday-linked projects. Some flexibility might be called for to deal with the problems before they get too far out of hand.

Sagittarius (November 22 to December 21) Relatives seek your advice on a matter you'd rather not be involved in. If so, use that sage Sagittarian tact to decline the "offer," so that no one's feelings are needlessly hurt.

Capricorn (December 22 to January 19) A shift in planning direction might help you speed up your progress toward achieving that long-planned goal. Trusted colleagues are ready to offer some valuable support.

Aquarius (January 20 to February 18) An unexpected demand for settlement of an old loan could create some pre-holiday

anxiety. But you might not really owe it. Check your records thoroughly before remitting payment.

Pisces (February 19 to March 20) It's a good time to get into the social swim and enjoy some well-earned fun and games with those closest to you before you have to resume more serious activities next week.

Born This Week: Your ability to sense the needs of others makes you a wise counselor for those seeking help with their problems.

STRANGE BUT TRUE

- It was 20th-century American singer and songwriter Bobbie Gentry who made the following sage observation: "Euphemism is a euphemism for lying."

- In a match between a 200-pound mountain lion and a 20-pound porcupine, the lion is likely to be the loser – and probably will die if it tried to take a bite of the desired prey.

- The next time you're annoyed by a bad

case of the hiccups, consider poor Charles Osborne. In 1922, when he was 28 years old, Mr. Osborne got the hiccups. For the next 68 years, he continued to hiccup, finally stopping in 1990, one year before his death at the age of 97.

- Marilyn Monroe's iconic film *Some Like It Hot* (which in 2000 was named the greatest American comedy film of all time by the American Film Institute) originally was titled *Not Tonight, Josephine!*

- At one time the Catholic Church considered it sinful to eat a hot dog.

- For a nation based on a foundation of democracy, the U.S. certainly has a lot of states (that were originally colonies, of course) named for British royalty or nobility. The state of Virginia, for instance, was named for Queen Elizabeth I, known as the "Virgin Queen;" and Georgia was named in honor of King George II. King Charles II got both North and South Carolina, while the Duke of York and Albany – later King James II – was honored when the state of New

York was named. Even France got in on the action: When explorer Robert de la Salle claimed a large chunk of territory for France in 1682, he named it Louisiana, after King Louis XIV.

THOUGHT FOR THE DAY

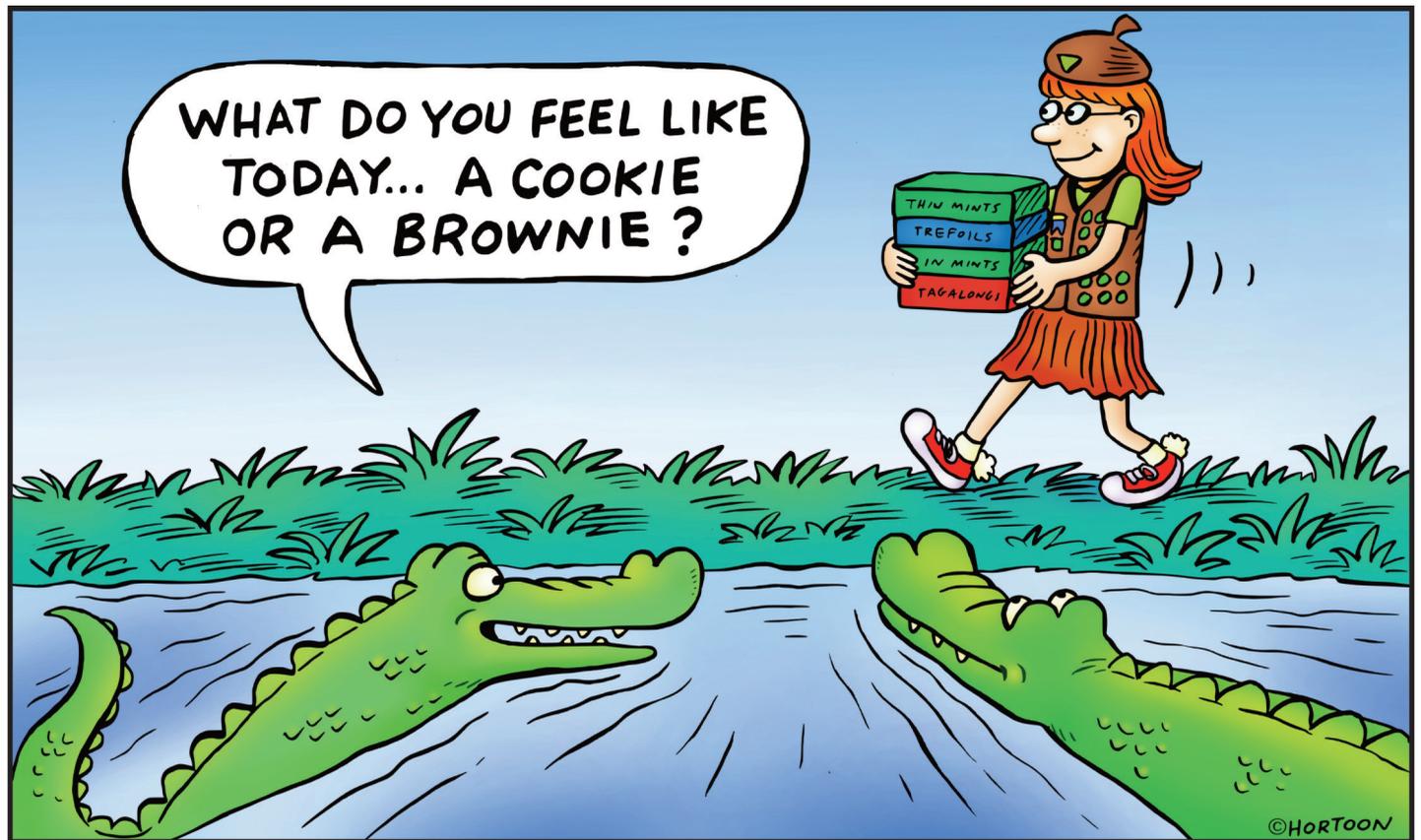
"It is frequently the tragedy of the great artist, as it is of the great scientist, that he frightens the ordinary man." – Loren Eiseley

SCRAMBLERS

1. Ogle; 2. Prone; 3. Score; 4. Ache

Today's Word
HOROSCOPE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Carolands	Bonita Springs	2001	4,695	\$2,749,000	\$2,450,000	273
Laurel Oaks At West Bay Club	Estero	2007	5,071	\$1,795,000	\$1,705,000	48
Cape Coral	Cape Coral	2018	2,900	\$1,694,000	\$1,625,000	259
Sunset Captiva	Captiva	1979	2,218	\$1,049,000	\$950,000	307
Beachview Country Club Estates	Sanibel	1984	2,265	\$969,000	\$935,000	14
Glenview At Shadow Wood	Estero	2002	3,021	\$935,000	\$870,000	4
Cape Coral	Cape Coral	2018	2,653	\$899,000	\$865,000	34
Cape Coral	Cape Coral	2018	2,427	\$868,000	\$800,000	94
San Carlos Estates	Bonita Springs	2016	2,347	\$749,900	\$720,000	148
Siesta Isles	Fort Myers Beach	1985	1,901	\$734,000	\$670,000	267



Signal Inn #4 - Gulf-view 1 bedroom grossing ~\$60K in easy on-site program. \$499.9K



1351 Middle Gulf Dr - Beachfront home #2C where view & living space go on & on. \$1.695M



Pointe Santo #C43 - 3 bedroom penthouse with private roof-top deck & income. \$1.125M



Sanibel Arms West #E2 - Income-producer, 1st floor with updated kitchen & new baths. \$874K



Mariner Pointe #1061 - Bayfront beauty, remodeled 2 bedroom with this view. \$499.9K



9441 Peaceful Dr - Wide lot in Gumbo Limbo bordering conservation land. \$249K



Captains Walk #B2 - Easy east-end living on 1st level in residential complex. \$239K



9270 Kincaid Ct - Lot for single-family home on private road in Belle Meade. \$149K



The SanibelSusan Team is thankful... especially to these clients & colleagues for working with us this year.

Happy Thanksgiving

Alliant Property Management
 Chuck Andrews, ReMax of the Islands
 Mike Badenoch, Buyers Choice
 Bank of the Islands
 Barrier Island Title Services Inc.
 The Burns Team, Premier Sotheby's
 Coastal Title
 Coutino Cleaning (Juan & Lucia)
 Walter Gangl
 Barry & Pat Harbroe

Henderson Franklin Law, Dick Collman
 Horizon Inspection Services
 Hornbrook Family
 Island Condo Maintenance
 Island Locksmith, Joe & Holly
 Island Management
 "Island Sun"
 Hana Jerabkova
 JMA Photography, Jim Anderson
 Louis & Wanda Klein
 Jerry & Barb Leazes
 Isabelle Lewis
 John Lonergan
 Susan McCallion, McCallion & McC
 Phaidra McDermott, Kingfisher
 Steve McGuire
 Kevin McLellan
 & family

Modern Movers
 Monteagle Insurance, Theresa Carney
 Pat & Amelia Murray
 Susanne Perstad, Gulf Gateway Realty
 Private Client Insurance Services,
 Dave Arter
 Hans Proppe & Susan Tarr
 Dave & Bobbie Radcliff
 Ray Ramsey
 Dianne Reich
 Rossier Insurance, Angie Roehl
 Royal Shell Rentals, Cameron & Kris
 San-Cap Management, Sherry
 Sanibel-Captiva Community Bank,
 David Wright
 Sanibel Glass
 Sanibel Holiday, Rebecca et al
 Joe & Betsy Scagnoli

Bill & Helen Scheffel
 Dr. Mike Scheske
 Select Vacation Rentals, Patience et al
 Len Seely for the Bell Family
 Noel Shahnazarian
 Simmons Law Firm, Tim Murty
 Deb Staley, VIP Realty Group
 Jim & Bev Strothers
 Sundial West, Stacey & Kathy
 Superior Title, Amanda
 Title Group Services
 Todd Tooley, VIP Realty Group
 Lynda Traverso, VIP Realty Group
 Tru-Clean, Carpet & Tile Care
 Anna Turner, McCallion & McCallion
 JoAnne Ulrich, Homewatch
 VIP Vacation Rentals, Keith et al
 Jon & Connie Yambert



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More info & real estate blog at SanibelSusan.com